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Entomophagy: Insect and Arthropod Grub!

Buddy Roper

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Entomophagy: Insect and Arthropod Grub!



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APPETIZERS

Bacon Infused Cheese Muffins

Servings 12

Prep Time 15 Minutes

Cook Time 18 Minutes

INGREDIENTS

- 1 ½ cup flour
- ¼ cup (40 g) Cricket Powder
- ¼ cup sugar
- 1 ½ tsp baking powder
- 1 egg, beaten
- ¾ cup milk
- 1/3 cup oil (bacon drippings work best)
- ½ cup shredded sharp cheese
- 4 cooked bacon slices

INSTRUCTIONS

- 1 Preheat oven to 400°F.
 - 2 Grease muffin tin lined with paper muffin cups.
 - 3 In a medium mixing bowl combine flour, cricket powder, sugar, baking powder.
 - 4 In a separate bowl combine egg, milk, and oil.
 - 5 Add egg mixture to dry ingredients, mixing only until just incorporated.
 - 6 Slice bacon into small pieces, then add bacon and cheese to the muffin batter.
 - 7 Spoon out the batter into muffin baking pan, and bake for 17-19 minutes. Toothpick or fork should come out clean.
 - 8 1 minute before removing from the oven, add a few small pieces of bacon and cheese for a flavorful and colorful topping.
-

Basil Cricket Bocconcini Baguette

INGREDIENTS

- Fresh Baguette
- Fresh Basil
- Olive Oil infused with garlic
- Balsamic vinegar
- Bocconcini cheese (small, mild, mozzarella cheeses the size of an egg)
- Roasted crickets – approximately 1/4 to 1/3 cup (15 g)
- Sea salt
- Chimichurri spice available at The Epicentre

INSTRUCTIONS

- 1 Slice bocconcini into 1/4 inch circles and set aside, 1 per appetizer.
- 2 Slice baguette into small circles 1/4 to 1/2 inch thick and then arrange on a platter or tray.
- 3 Take fresh basil and place a leaf on each piece of baguette, if leaf is large then cut in half covering most of the baguette. Top each appetizer with a slice of bocconcini.
- 4 Mix together olive oil and some balsamic vinegar and whisk until combined. Generously drizzle over all the appetizers you have prepared.
- 5 Place roasted crickets in a separate small bowl and drizzle very lightly with olive oil. Add a pinch of sea salt and a dusting of chimichurri spice or any other spice that may strike your fancy. Give a gentle and quick toss- I usually use my fingers given the lightness of the crickets.
- 6 Place a small amount of crickets on top of each appetizer and serve up something truly tasty.
- 7 Note: always make a couple on the side due to the impossible task of making this recipe without having at least two before you serve it to the guests!

Buffalo Carrot Soup



Servings 4

Cook Time 37 Minutes

Ingredients

- 2 tablespoons butter
- 1 chopped large yellow onion
- 1 1/2 pound large carrots peeled and diced
- 2 1/2 cups chicken or veggie broth
- 2 teaspoons cumin seeds
- 1 tablespoon honey
- 1 teaspoon fresh lemon juice
- 1/8 teaspoon ground allspice
- 1/2 cup plain yogurt
- 1/2 cup buffalo worms can also substitute mealworms

Instructions

- 1 Melt butter in large saucepan over medium-high heat. Add onion and carrots, sauté 10 minutes.
- 2 Add broth; bring to boil. Reduce heat, cover, and simmer until carrots are very tender, about 20 minutes.
- 3 Stir cumin seeds in small skillet over medium-high heat until fragrant, 4 to 5 minutes; cool. Crush cumin seeds with mortar and pestle.
- 4 Toast buffalo worms in a lightly oiled non-stick pan for 1-2 min over medium heat until just browned at 350F.
- 5 Remove soup from heat. Puree with blender until smooth. Return to same pan. Whisk in honey, lemon juice, and allspice. Season with salt and pepper.
- 6 Ladle soup into bowls. Drizzle yogurt over; sprinkle generously with toasted cumin and buffalo worms.

Cheddar Cricket Biscuits

Servings 10-12 Biscuits

INGREDIENTS

- 1 $\frac{3}{4}$ all purpose flour
- $\frac{1}{4}$ cup (25 g) cricket powder
- 1 TBSP baking powder
- 1 TBSP organic granulated sugar
- $\frac{1}{2}$ tsp sea salt
- $\frac{1}{4}$ cup cold butter
- 1 $\frac{1}{2}$ cups shredded cheddar cheese
- $\frac{3}{4}$ cup milk

INSTRUCTIONS

- 1 Preheat your oven to 450F
- 2 In a large bowl or food processor mix flours, baking powder, sugar and salt together.
- 3 Cut in the butter with a pastry blender or by running your food processor until the consistency is similar to almond or corn meal.
- 4 Transfer to a bowl and add the cheddar cheese. Use your hands to toss and combine.
- 5 Add all of the milk and stir until a soft dough forms. Remove from the bowl and knead 10 times on a floured surface.
- 6 Use a rolling pin and roll the dough out to approx. $\frac{1}{2}$ inch thick. Cut into 2" rounds using a small mug or glass (flour the rim to prevent sticking). Place your biscuits on an ungreased cookie sheet covered in parchment paper.
- 7 Bake for 10-12 minutes until your biscuits are golden brown on the bottom and nice and puffy.
- 8 Remove from the oven and call the family, warm biscuits are truly irresistible!

Corn Borer Cornbread Muffins

INGREDIENTS

- Cornbread mix
- 3/4 c. dry roasted corn borers

INSTRUCTIONS

- 1 Prepare batter according to instructions.
- 2 Stir in insects.
- 3 Bake.

Crackers and Cheese Dip with Candied Crickets

INGREDIENTS

- 8 oz. cream cheese
- 4 oz. shredded cheddar cheese
- 1 tsp. Worcestershire sauce
- 2 tsp. chopped onions
- 1 tsp. chopped green pepper
- 2 tsp Miracle Whip®
- candied crickets

INSTRUCTIONS

- 1 Soften cream cheese. Introduce remaining ingredients.
- 2 Spread mixture on cracker and top with a candied cricket.

Cream of Curried Vegetable Soup

INGREDIENTS

- 2 tablespoons butter
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 ½ tablespoons ginger minced
- 1 medium sweet apple, peeled and chopped
- 1 tablespoon curry powder
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 ½ teaspoons turmeric
- 1 teaspoon dried thyme
- ¼ teaspoon cayenne
- 1 sweet potato, peeled and cubed
- 2 cups cauliflower
- 1 yukon gold or yellow potato, peeled and cubed
- 2 carrots, peeled and diced
- 4 cups vegetable stock
- 2 cups water
- ¼ cup (40 g) Mealworm Powder.
- 1 can coconut cream
- 1 ½ teaspoons salt
- ¼ cup fresh cilantro, chopped
- Pepper to taste

INSTRUCTIONS

- 1 In a large saucepan or soup pot, melt butter over medium heat. Add first list of ingredients, onions, garlic, ginger, apple and spices. Cook until softened.
- 2 In a separate bowl, using a whisk combine vegetable stock with mealworm powder. Add to your soup pot along with the root vegetables and water. Bring to a boil. Reduce heat and simmer for 30-40 minutes.
- 3 Let cool for 10 minutes. Puree soup in small batches in your blender or food processor. Personally, I prefer to use my hand –blender and get the job done all in one pot!
- 4 Add cilantro, coconut cream, salt and pepper. Heat through but Do Not Boil. Ready to serve.

Cricket and Bacon Stuffed Mushrooms

INGREDIENTS

- ½ Cup of Roasted Crickets
- 1 Package of bacon
- 1 8 oz Package of Cream Cheese (room temp.)
- 2 Quarts of whole Portabella Mushrooms

INSTRUCTIONS

- 1 In a bowl add cream cheese and roasted crickets.
- 2 Wash Mushrooms and remove stems from caps. Place caps on a cookie sheet covered in foil.
- 3 Fry Bacon until brown and crispy. Move to paper towel to drain.
- 4 While the bacon is still warm, add to the cream cheese and cricket mixture and mix well.
- 5 Next Spoon the mixture into mushroom caps. Bake at 350 degrees for 20 minutes.

Deep-Fried Tarantula



Servings 4

Cook Time 1-2 Minutes

INGREDIENTS

- 2 cups canola or vegetable oil;
- 2 frozen adult Texas brown, Chilean rose, or similar-sized tarantulas, thawed;
- 1 cup tempura batter
- 1 teaspoon smoked paprika.

INSTRUCTIONS

- 1 In a deep saucepan or deep-fat fryer, heat the oil to 350°F.
- 2 With a sharp knife, sever and discard the abdomens from the two tarantulas. Singe off any of the spider's body hairs with a crème brûlée torch or butane cigarette lighter.
- 3 Dip each spider into the tempura batter to thoroughly coat. Use a slotted spoon or your hands to make sure each spider is spread-eagled (so to speak) and not clumped together before dropping it into the hot oil.
- 4 Deep-fry the spiders, one at a time, until the batter is lightly browned, about 1 minute. Remove each spider from the oil and place it on paper towels to drain.
- 5 Use a sharp knife to cut each spider in two lengthwise. Sprinkle with the paprika and serve. Encourage your guests to try the legs first and, if still hungry, to nibble on the meat-filled mesothorax, avoiding the spider's paired fangs, which are tucked away in the head region.

Tempura Batter

- 1 medium egg
- 1/2 cup cold water
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking soda

- 1 To make the batter, beat the egg in a small mixing bowl until smooth. Slowly add the cold water, continuing to beat until evenly mixed. Add the flour and baking soda and beat gently until combined; the batter should be a bit lumpy.
- 2 Let the batter sit at room temperature while heating the oil.

Earthy Fennel Soup with Mealworm Flour

Servings 6-8

INGREDIENTS

- 3 tablespoons butter
- 1/2 cup red onion, chopped
- 2 medium fennel bulbs, chopped (though outer ribs discarded first)
- 2 small to medium leeks, greens discarded, whites chopped
- 1 large yellow or Yukon potato, chopped
- 4 cups vegetable stock
- Salt and pepper to taste
- 2/3 cup Protein2050 Mealworm Powder
- 1/2 cup 10-12% cream (optional)
- Grated marble cheese (optional)

INSTRUCTIONS

- 1 Melt the butter in medium saucepan. On medium heat, sauté the red onion, fennel and leeks until soft, approximately 6-8 minutes.
- 2 In a large mixing bowl, whisk stock and mealworm powder together. Add to the saucepan with the onion, fennel, and leeks, along with the potato. Bring to a boil then reduce heat and simmer for 20-25 minutes.
- 3 Remove from heat and cool slightly to puree in food processor or use hand blender to puree in the pot. Add salt and pepper to taste.
- 4 Return to low heat and stir in the cream, do not boil.
- 5 Top with grated marble cheese if you like (I do!), serve with thick slices of your favorite crusty bread and dip away! This meal is like a warm hug from an old friend on a cold day!

Easy Termite Dip

INGREDIENTS

- 1 (8) oz package of cream cheese, room temperature
- ½ cup of roasted termites
- 1 jar of your favorite salsa
- 1 (8) oz bag of a shredded Mexican cheese blend

INSTRUCTIONS

- 1 Spread the cream cheese evenly in the bottom of a small casserole dish.
- 2 Next spread the salsa evenly over the layer of cream cheese.
- 3 Top the mixture with shredded cheese and roasted termites.
- 4 Bake at 350 degrees for 20 minutes or until dish is heated through.

Frozen Cranberry Mango Smoothie with Cricket Protein



Servings 1-2

INGREDIENTS

- 1/3 cup frozen cranberries
- 2/3 cup frozen red grapes
- 2/3 cup frozen mango
- 1/2 cup Greek yogurt
- 1 cup coconut milk
- 2 tbsp Cricket Flours: 100% Pure

INSTRUCTIONS

- 1 Using a kitchen blender first add in the coconut milk, and cricket flour then add in the frozen cranberries, grapes, mango, and Greek yogurt and blend until fully mixed.

Hopping Thai Salad



Servings 6

Prep Time 15 Minutes

Cook Time 15 Minutes

INGREDIENTS

Marinated Crickets and Grasshoppers

- 1 tablespoon lime juice
- 1 tablespoon fish sauce
- 1 tablespoon soy sauce
- 1.5 tablespoon sesame oil
- 1 clove chopped garlic
- 1 teaspoon chopped ginger
- 1 teaspoon crushed red pepper
- 1 teaspoon cumin
- 1/2 cup crickets whole, roasted
- 1/2 cup grasshoppers whole, roasted

Salad Dressing

- 2 tablespoons rice vinegar
- 1 tablespoon catsup
- 1 tablespoon sherry
- 1 teaspoon finely chopped ginger
- 3 tablespoons soy sauce
- 3 tablespoons olive oil
- 1 small finely chopped shallot

Salad and garnish

- 6 oz bag of baby spring salad mix
- 6 oz bag of baby arugula
- belgian endive for garnish optional
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons sesame seeds
- lime wedges for serving

INSTRUCTIONS

- 1 Combine marinade ingredients and marinade crickets and grasshoppers for at least 45 min.
- 2 Combine dressing ingredients and refrigerate.
- 3 Fry crickets in oil over medium to low heat until browned (about 4 min).
- 4 Toss greens and dressing.
- 5 Sprinkle greens with cricket/ grasshoppers and sesame seeds. Serve with lime wedges.

Locust and Cricket Chermoula



Servings 2

Prep Time 30 Minutes

Cook Time 5 Minutes

INGREDIENTS

For the crickets:

- Vegetable oil 15 ml
- Crickets 100 g
- Baby spinach 150 g
- Lime juice from 1 lime

For the chermoula butter:

- Coriander 1 small handful, fresh leaves
- Garlic 1 cloves, minced
- Paprika 2.5 g, smoked or sweet depending on your taste
- Cumin 1.25 g, ground
- Butter 50 g, slightly softened
- Chili powder To taste
- Salt 1 good pinch

INSTRUCTIONS

- 1 First chop the coriander leaves and mix with the other ingredients for the chermoula butter, set this aside for now.
- 2 Heat the oil in a wok over a moderate heat, add the crickets and stir fry for around 1 to 2 minutes until the spitting subsides.
- 3 Add the chermoula butter and stir until completely melted.
- 4 Add the baby spinach and toss vigorously until the spinach starts to wilt.
- 5 Serve immediately and enjoy.

Mealworm Fried Rice

INGREDIENTS

- 1 egg, beaten
- 1 tsp. oil
- 3/4 c. water
- 1/4 c. chopped onions
- 4 tsp. soy sauce
- 1/8 tsp. garlic powder
- 1 c. minute rice
- 1 c. cooked mealworms

INSTRUCTIONS

- 1 Scramble egg in a saucepan, stirring to break egg into pieces.
- 2 Add water, soy sauce, garlic and onions. Bring to a boil.
- 3 Stir in rice. Cover; remove from heat and let stand five minutes.

Mexican Mole Waxworm Snacks and Salad Toppers

INGREDIENTS

- Mexican Mole (pronounced 'mo-lay') Spice
- Fire and Brimstone Spice
- Sea salt
- Frozen wax worms (a couple of handfuls)
- 2 tsp cooking oil

INSTRUCTIONS

- 1 Pre-heat oven to 350 F
- 2 Place frozen wax worms on a parchment-lined cookie tray.
- 3 Bake for approximately 8-10 minutes until moisture-free and warmed but not completely golden or cooked.
- 4 Heat small amount of oil in sauté pan to medium and add wax worms. Dust with spices but not salt. Sauté another few minutes until golden and crispy. Adjust spicing to personal preference.
- 5 Remove from heat, add a pinch of sea salt and either devour or place on top of your favorite salad or dish.

Rootworm Beetle Dip

INGREDIENTS

- 2 cup low-fat cottage cheese
- 1 1/2 teaspoon lemon juice
- 2 tablespoons skim milk
- 1/2 cup reduced calorie mayonnaise
- 1 tablespoon parsley, chopped
- 1 tablespoon onion, chopped
- 1 1/2 tsp. dill weed
- 1 1/2 tsp. [Beau Monde](#)
- 1 cup dry-roasted rootworm beetles

INSTRUCTIONS

- 1 Blend first 3 ingredients. Add remaining ingredients and chill.

Sautéed June Bugs



INGREDIENTS

- 12 Fresh live June bugs
- 1 tablespoon Olive Oil
- 1/2 teaspoon Salt
- 1/2 teaspoon Chili Powder

INSTRUCTIONS

- 1 Add the olive oil to a skillet heat until shimmering.
- 2 Toss in the June bugs and sauté for about 5 minutes, until crunchy.
- 3 Sprinkle with salt and chili powder, and serve immediately.

Scorpion on Endive with Herb Cheese



Servings 12

Prep Time 30 Minutes

Cook Time 5 Minutes

INGREDIENTS

- 12 scorpions (preferably 2 inches or larger)
- 2 cups cabernet sauvignon
- Zest and juice of 1 lemon
- Spices or seasonings to taste, optional
- 2 tablespoons of honey
- 12 endive leaves (3 inches long)
- 6 ounces cream cheese
- 1/2 cup fresh chopped basil or parsley

INSTRUCTIONS

- 1 Marinate scorpions in the wine and refrigerate for 30 minutes.
- 2 Blot excess liquid on paper towel.
- 3 Add lemon zest or spices of your choice; or lightly glaze scorpions with honey and lemon.
- 4 Transfer scorpions to baking sheet and slightly dry in oven at 250 degrees for 3 to 5 minutes. Do not bake or over-dry - the scorpion must remain supple.
- 5 Remove from baking tray and allow to cool.
- 6 Wash and dry endive leaves. Mix herb into cream cheese.
- 7 Add a dollop of cheese to each endive leaf and gently place a scorpion on the cheese.

Sheesh! Kabobs



Servings 6

Cook Time 8-9 Minutes

INGREDIENTS

- 12 frozen katydids, grasshoppers, or other large-bodied Orthoptera, thawed;
- 1 red bell pepper, cut into 1 1 / 2 -inch chunks;
- 1 small yellow onion, cut into 8 wedges

Marinade:

- 1/2 cup fresh lemon juice
- 1 tablespoon olive oil
- 1 teaspoon honey
- 1/2 teaspoon freshly grated ginger
- 1 tablespoon Dijon mustard
- 2 tablespoons minced fresh herbs, such as parsley, mint, thyme, and tarragon
- 1/4 teaspoon salt
- Pinch of freshly ground pepper

INSTRUCTIONS

- 1 Mix all ingredients for the marinade in a nonreactive baking dish. Add the katydids, cover, and marinate in the refrigerator overnight.
- 2 When ready to cook, remove the katydids from the marinade and pat dry. Assemble the kabobs by alternately skewering the insects, bell pepper, and onion wedges to create a visually interesting lineup.
- 3 Brush the grill lightly with olive oil. Cook the kabobs 2 or 3 inches above the fire, turning them every two or three minutes and basting them with additional olive oil as required. The exact cooking time will vary, depending on your grill and the type of insects used. However, the kabobs should cook for no longer than 8 or 9 minutes.

Spinach, Radicchio Salad with Balsamic Insect Protein Vinaigrette



INGREDIENTS

Walnut-Balsamic Insect Protein-Vinaigrette:

- 4 tablespoons balsamic vinegar
- 3 tablespoons walnut oil
- 2 tablespoons (12g) Cricket Flour
- 3 teaspoons honey
- Salt and fresh ground pepper

*This dressing is always made best a little ahead of time so it can do its 'thing'

Salad:

- 3 cups baby spinach, freshly washed
- 3 cups radicchio, chopped
- 2 celery stalks, sliced thin on an angle
- 1/4 cup walnut pieces
- 1 cup organic grapes, sliced in half
- 1/3 cup crumbled chevre or goat's cheese

DIRECTIONS

- 1 In a small bowl whisk together the walnut oil, balsamic and honey. When blended, whisk in Protein2050 Cricket Flour . Season with salt and pepper and then set aside.
- 2 In a larger bowl combine the spinach, radicchio, celery, walnuts and grapes and give them all a toss.

The cricket's muesli



Servings 1

Prep Time 5 Minutes

Cook Time 7 Minutes

INGREDIENTS

- 200 grams of cottage cheese
- 50 grams of fresh crickets (or 15 grams of dried crickets)
- 1 banana
- 20 grams of rolled oats
- 30 grams of dark chocolate (85%)
- A pinch of cocoa powder
- Cinnamon powder

INSTRUCTIONS

- 1 In a hot and greased pan at medium heat, fry gently your crickets for about 7 min. At the end, add some cinnamon and toss to coat.
- 2 Break the chocolate and the banana into pieces.
- 3 In a bowl, add and mix all the ingredients and finish with sprinkling the crickets with the cocoa powder.
- 4 “Bon appétit”!

Three Bee Salad



Servings 4

INGREDIENTS

- 1/2 cup frozen adult bees
- 1/2 cup frozen bee pupae
- 1/2 cup frozen bee larvae
- 2 tablespoons red wine vinegar
- 6 tablespoons olive oil
- 1 teaspoon Dijon mustard
- Salt and freshly ground pepper to taste
- 1 ounce bee pollen granules
- Lettuce for serving
- Nasturtium petals or other edible flowers for serving

INSTRUCTIONS

- 1 Bring two quarts of lightly salted water to a boil. Add the adult honeybees and return to boil for 1 minute.
- 2 Using a slotted spoon, remove the bees from the water. Pat dry with paper towels and allow to cool.
- 3 To the same water, add the honeybee pupae. Repeat the procedure for cooking the adult bees (but watch how you pat these little guys with the paper towels!), also allowing the pupae to cool.
- 4 Repeat the same process with the honeybee larvae.
- 5 In a large bowl, combine the vinegar, oil, mustard, and salt and pepper to taste.
- 6 Add the cooked adult bees, followed by the pupae, then the larvae.
- 7 Immediately before serving, add the bee pollen granules, stirring the mixture to ensure that the granules are evenly distributed.
- 8 Serve on a bed of lettuce, decorated with the nasturtium petals, a bee-utiful touch for this bee-atific dish.

Young Spinach Salad with Ant Larvae



Servings 4

INGREDIENTS

- 1.5 cup goats milk ricotta
- 12 roasted baby beets
- 8 oz Hymenopteran Caviar
- 2 inches vegetable oil
- 1 cup balsamic vinegar
- 2 cup cottonseed oil
- 1 cup extra virgin olive oil
- 2 clove garlic
- 1 Shallot
- 1 tbsp Dijon mustard
- 1 tbsp granulated sugar

INSTRUCTIONS

- 1 For roasted baby beets: Clean beets by cutting tops off. Place in a roasting pan and pour oil in. Cover with foil and bake at 350F for 45 min. Take out and cool. Once cool take a clean towel and remove the skin by rubbing it away.
- 2 Caviar: sauté thawed tender ant larvae in extra virgin olive oil for about 2 minutes for a light brown toasted effect
- 3 For Balsamic vinaigrette: Add everything in blender except for oils and puree. Slowly add oils until emulsified. Season with salt and pepper and serve.
- 4 For the plating: Slice beet and arrange in diamond formation on the outskirts of a small round. Toss baby spinach, goats milk ricotta, and balsamic vinaigrette, s/p together and place in center. Garnish with "Caviar".

ENTREES

Bee-LT Sandwich



Servings 1

INGREDIENTS

- Bee larvae
- 1 egg white
- 1 tsp butter
- 1/4 tsp honey
- 1 tomato
- 1 leaf lettuce
- 2 slices of bread
- 1 tbsp mayonnaise
- 1 pinch salt

INSTRUCTIONS

- 1 Sauté the bee larvae in the butter, with a tiny bit of salt and a few drops of honey.
- 2 Once larvae become golden brown and crispy-looking, remove, and mix into enough egg white to cover and bind them into a mass. Then return them to the sauté butter, pressing them together into a patty.
- 3 Toast bread, and slice tomato. Spread mayonnaise on toasted bread when ready.
- 4 When bee patty becomes firm, place it atop the lettuce and tomato on the sandwich. Enjoy!

Black Bean Cricket Chili



Servings 8-10

INGREDIENTS

- 2 Tbsp butter
- ½ onion, diced
- 4 cloves fresh garlic, diced
- 4 stalks of celery, diced
- 1 large green pepper, diced
- 1 large yellow or red pepper, diced
- 1 Tbsp chili powder
- 2 tsp ground cumin
- 2 28oz cans of unsalted diced tomatoes, rinsed
- 2 19oz cans of black beans, rinsed
- 2 Tbsp chili powder
- 2 tsp dried oregano
- 2 bay leaves
- 1 cup vegetable or chicken broth
- ¼ cup (40 g) Protein2050 Cricket Powder
- 1 tsp sea salt
- ½ tsp black pepper
- Optional: ¼ to ½ cup pickled Jalapeño peppers for some extra heat

INSTRUCTIONS

- 1 Melt the butter in a medium or large soup pot and begin sautéing the onion, garlic, celery and peppers. Add cumin and first Tbsp of chili powder and sauté for 5 minutes.
- 2 Add tomatoes, black beans, remaining chili powder, oregano and bay leaves.
- 3 In a bowl whisk together the broth and cricket powder, then add to your soup pot.
- 4 Simmer, partially covered for 45 minutes to one hour.
- 5 Add sea salt and pepper and jalapeno peppers if desired.

Buffalo Worm Macaroni and Cheese



Servings 4

Prep Time 10 Minutes

Cook Time 20 Minutes

INGREDIENTS

- 45g Grub buffalo worms
- 250g macaroni
- 75g peas
- 75g zero fat greek yoghurt
- 250g cheddar cheese
- 4 rashers smokey bacon

INSTRUCTIONS

- 1 Pre-heat your oven to 180 degrees and dry roast your buffalo worms on a baking tray for around ten minutes or until they start to turn golden brown. Keep an eye on them as they can burn easily.
- 2 Cook your pasta in salted boiling water. Once ready drain the pasta making sure you keep at least 100ml of the cooking water in a jug.
- 3 While your pasta cooks, dice the bacon into small pieces and cook in a frying pan until it turns crispy. Remove from the heat and pat any excess fat off with kitchen towel.
- 4 In a large pan add the greek yoghurt, cheese and cooking water, stirring over a medium heat until the cheese has all melted. Now add back in the pasta, along with the bacon and buffalo worms. Mix thoroughly.
- 5 Transfer the mixture into an oven proof dish, grate a little extra cheese on the top and bake for 20 minutes.
- 6 Serve with seasonal green vegetables.

Chicken and Ant Casserole

INGREDIENTS

- 1 rotisserie chicken
- 1 cup of ants
- 1 box of instant rice
- 1 (16) oz bag of shredded sharp cheddar cheese
- 1 bunch of broccoli
- Salt & Pepper to taste

INSTRUCTIONS

- 1 Cook box of instant rice according to package directions.
- 2 Cut Broccoli tops into bite size pieces.
- 3 Mix all ingredients together and pour into a casserole dish.
- 4 Bake at 350 degrees in oven for approximately 30 minutes.

Cricket Flour Baked Lemon Chicken



INGREDIENTS

- 8 chicken tenders
- 1/4 cup diced green peppers
- 2 sliced baby red potatoes
- 1 tsp minced garlic
- 1 pinch sea salt
- 1 pinch pepper
- 1 lemon
- 2 tsp Cricket Flours: 100% Pure

INSTRUCTIONS

- 1 Preheat oven to 350°F.
- 2 Using a cutting board slice green peppers, baby red potatoes, and cut 1/2 of the lemon into small strips. Using two large sections of tinfoil create two separate pouches and evenly add in sliced vegetables, lemon strips, and minced garlic. Using the other 1/2 lemon squeeze fresh juice into each pouch but leave enough for a final garnish once the Cricket Flours Baked Lemon Chicken dish has finished cooking.
- 3 Next add Cricket Flours: 100% Pure, salt and pepper to the top of the sliced vegetables and fruit. Place 4 chicken tenders on top of each mixture in the pouch and pinch together the top of each tin foil pouch to create a seal.
- 4 Place both pouches on a baking sheet in the middle of the preheated oven for 35 minutes to bake.
- 5 After 35 minutes, remove the baking sheet from the oven to open each pouch and then place them back in the oven to cook for 5 minutes. (At this point we also decided to cook a side dish of mixed brown rice, red rice, and black barley to use as a base for the meal.)
- 6 Once removed from the oven, plate your meals and use the remainder of the lemon to add a final garnish of fresh lemon juice. Enjoy!

Cricket Mushroom Pate



INGREDIENTS

- 2 tbsp. water
- 1 tbsp. oil
- 1 cup onion (about 1 medium onion), chopped
- 1/4 lb. (2 cups) sliced mushrooms (I like cremini)
- 2 garlic cloves, chopped
- 2 tbsp. wine (red or white, I don't think it matters)
- 1/4 cup cricket flour (cricket powder)
- 1/8 tsp. each salt and ground black pepper, or to taste

INSTRUCTIONS

- 1 Over medium heat, sauté chopped onion in oil and water until translucent. Add garlic and mushrooms. Cover, lower heat and simmer for 10 minutes. Uncover, add wine and cook 1-3 minutes more.
- 2 Purée onion-mushroom mixture in food processor or blender. Stir or blend in cricket flour, salt and pepper. Correct seasonings. Let sit an hour or two, or until ready to eat

Cricket Powder Pancakes and Waffles

Servings 3-4

Prep Time 10 Minutes

Cook Time 15 Minutes

INGREDIENTS

- 6 whole eggs grass-fed
- 1/2 cup chia seeds
- 1/4 cup (25 g) cricket powder
- 2T. butter grass-fed, or ghee, coconut oil, fat of choice
- 1/2 tsp. cinnamon
- 1/4 tsp. sea salt
- 1/8 tsp. NuNaturals stevia powder Pure NuStevia Extract Powder, or stevia to taste if you're using a different concentration

INSTRUCTIONS

- 1 Place all the ingredients in a blender.
 - 2 Blend on medium speed for 30 seconds, or until you have a mostly smooth batter.
 - 3 Allow the batter to set up and thicken for 10-15 minutes. The chia seeds will perform this action.
 - 4 Heat a griddle or cast iron skillet with 1 T. preferred fat and fry up those pancakes, adding more fat as needed. They will cook as traditional pancakes do.
-

Curried tempura Grasshoppers with Sweet Chili Sauce



INGREDIENTS

- (For the grasshoppers)
- - 15-20 Grub grasshoppers (per person), legs and wings removed
- -50ml light soy sauce
- (for the tempura batter)
- -1 cup white rice flour
- -4 tbs mild curry powder
- -1 free-range egg
- -1 pinch Malden sea salt
- -1 cup icy cold beer - leave in freezer for 30 mins before use
- -1 liter vegetable oil
- - sweet chili sauce to serve with

INSTRUCTIONS

- 1 Firstly dry roast the grasshoppers. Coat grasshoppers in the soya sauce then cover with tin foil and roast in an oven on 180 degrees for 25-30 minutes. Remove tin foil for the last 5 minutes to leave the grasshoppers dry and crispy. Remove and cool.
- 2 Sift the rice flour and curry powder together then add the salt. In a separate bowl beat the beer and the egg together until smooth and pale (beat the bubbles out of the Chiang beer). Once combined add this wet mixture to the dry mixture and whisk together, be sure not to overwork the gluten in the flour (a few small lumps are fine).
- 3 Meanwhile heat the oil in a deep pan to around 170 degrees. Using chop sticks dip the soy roasted grasshoppers one by one into the batter and then fry for around 20 seconds on each side. Once golden brown, remove and drain on kitchen towel be sure to remove as much oil as possible. The key to a good tempura is to have a cold batter going into hot oil. The temperature exchange causes air bubbles in the batter which create more of a crunch when eaten. Serve the tempura grasshoppers with sweet chili sauce and garnish with thinly sliced long red chilies.

Fried Crickets and Pandanas Leaf



Servings 5

INGREDIENTS

- 3 / pandanas leaves, chopped into big chunks
- 50g / Grub Crickets
- 3 tbsp / light soy sauce
- 1 liter / vegetable oil (for deep-frying)
- 1 pinch / white peppercorns

INSTRUCTIONS

- 1 Firstly heat the oil in a wok to 160 degrees. When hot add the crickets and pandanus to the hot oil for around 4-5 minutes until insects are crunchy.
- 2 Remove crickets and leaves from the wok and drain excess oil by placing them on kitchen roll. Once all the excess oil has been drained, lightly coat in soy sauce and white peppercorns then serve.

Green Bean & Roasted Grasshopper Casserole

INGREDIENTS

- 2 cans of French green beans, drained
- ¼ cup diced onion
- 4-6 drops of Worcestershire sauce
- 1 can of cream of mushroom soup
- 1 ¼ cup of a shredded white cheese blend
- 1 cup of roasted grasshoppers

INSTRUCTIONS

- 1 Put first four ingredients into a mixing bowl.
- 2 Add all but a ¼ cup of cheese blend and mix well.
- 3 Pour into a small casserole dish.
- 4 Top the mixture with roasted grasshoppers and remaining cheese blend.
- 5 Bake for 15-20 minutes, at 350 degrees, or until casserole is heated through.

Malaysian Style Cricket Jemput-Jemput



Servings 10-14 Balls

Prep Time 10 Minutes

Cook Time 10 Minutes

INGREDIENTS

- 10g Grub crickets
- 1 small onion
- 50g shredded cabbage
- 1 tsp ginger paste
- 80g plain flour
- 1/2 tsp chilli flakes
- pinch of salt
- 120ml water
- vegetable oil

INSTRUCTIONS

- 1 Finely slice the onion and cabbage.
- 2 Remove the legs from the crickets.
- 3 In the mixing bowl add the flour, salt, ginger paste, crickets, sliced onion and cabbage.
- 4 Slowly add the water whilst mixing all the ingredients together.
- 5 Heat the vegetable oil in the wok (filled so that it is a couple of inches deep).
- 6 Using a tablespoon, drop balls of the mixture into the oil.
- 7 Fry for 3-4 minutes or until golden brown.
- 8 Remove from wok and set on tray lined with kitchen roll to drain excess oil.
- 9 Serve with pickled cucumber, sliced carrot and chili sauce.
- 10 Eat on its own as a starter or with rice for a more substantial meal.

Mealworm Antipasto Salad

INGREDIENTS

- ½ cup of mealworms
- ½ cup tomatoes
- ½ cup diced bell peppers
- ½ cup of diced pepperoni
- ½ cup diced ham
- ½ cup of olives
- 1 cup of cubed cheese
- ½ cup Zesty Italian dressing

INSTRUCTIONS

- 1 Mix all ingredients together until well blended. Chill before serving.

Quiche Lorraine avec ver de terre*



INGREDIENTS

- 1 9-inch frozen pie crust (or, make your own pastry)
- 1 beaten egg
- 1 cup (237 ml) evaporated milk
- ½ tsp (2.8g) salt
- 1 cup (125g) cheese
- 3.5oz (100g) onion, sliced
- 9 slices bacon, cooked and crumbled
- 16 individual earthworms
- a dash of Worcestershire sauce

INSTRUCTIONS

- 1 Clean the earthworms by washing them thoroughly in cold water. Then boil the earthworms 3 times, using clean water each time.
- 2 Spread worms on a cookie sheet and bake them in a 350F (180°C) oven for 10 to 15 minutes, or until worms are “crispy”. Then let worms cool and crumble like bacon bits.
- 3 Combine egg, milk, salt and Worcestershire sauce in a bowl. Stir in cheese, sprinkle half of onions over unbaked crust then pour in half of the egg mixture. Top with the onions that are left.
- 4 Bake at 350F for 30 minutes and allow to cool for 5 minutes before cutting.

*Non-Arthropod Cuisine

Spicy Chapulines Tostadas



Servings 40 Tostadas

Prep Time 10 Minutes

Cook Time 10 Minutes

INGREDIENTS

- 6oz grasshoppers frozen chapulines
- 1tbsp garlic powder
- 1tbsp seasoned salt
- 1/2 red bell pepper diced
- 1/2 yellow bell pepper diced
- 1/2 green bell pepper diced
- 1/2 red onion diced
- 1tbsp butter
- blackening seasoning add to taste
- 1cup lettuce shredded
- 1/2 cup chopped tomatoes
- 1 bag tortilla chips round chips / mini tostadas

INSTRUCTIONS

- 1 Thaw frozen chapulines in fridge
- 2 Season chapulines with garlic powder and seasoned salt, then toast in oven for 4-5 min at 350F.
- 3 Finely dice red bell pepper, green bell pepper, yellow bell pepper and red onion. Sauté veggies in butter over medium high heat until slightly tender.
- 4 Add chapulines to sautéed veggies along with blackening seasoning to taste and remove from heat.
- 5 Layer each mini tostada / tortilla chip with a layer of chapulines-veggie sauté, shredded lettuce, and freshly diced tomato. Enjoy!

Spicy Cricket Fritters



Servings 4

INGREDIENTS

- $\frac{3}{4}$ cup Gluten-free flour (regular flour is fine too)
- $\frac{1}{4}$ cup (25 g) Cricket powder (cricket flour)
- 1 cup water
- 1 teaspoon chili paste
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup cooked corn kernels
- $\frac{1}{4}$ cup fresh ginger, minced and sautéed for 1 minute
- $\frac{1}{2}$ cup shallots, minced and sautéed for 1 minute
- 1 scallion, thinly sliced
- 3 chives, minced
- 1 tablespoon fresh cilantro, chopped
- $\frac{3}{4}$ cup crickets, chopped (pre-boiled but not roasted)

INSTRUCTIONS

- 1 Mix together flours, water, chili paste and salt until smooth. It should be thick but not too runny or watery. Add the remaining ingredients and combine until mixed – do not over mix.
- 2 Heat a large pot with cooking oil. Test for proper heating by taking a drip of batter and dropping it in the pot – if we're sizzling then we're ready to go!
- 3 Take a spoonful of batter and drop into the oil. Be sure to leave lots of space for them to float around until they are golden brown. Cook for 3-5 minutes.
- 4 Transfer to a plate, let cool for a minute and dig in.
- 5 These are also a tasty treat with a spicy aioli to heat things up!

Spicy Grasshoppers with Bean Sprouts



Servings 4

Prep Time 10 Minutes

Cook Time 15 Minutes

INGREDIENTS

- 60 Grub Grasshoppers
- 350g bean sprouts
- 4 spring onions, finely chopped
- 1 red chili, finely sliced
- 1 tablespoon black sesame seeds
- 1 teaspoon of Korean chili powder
- 1 teaspoon of sesame oil
- fresh coriander

INSTRUCTIONS

- 1 Pre-heat the oven to 180 degrees whilst you prepare the grasshoppers. To do this remove the legs and wings and place in a bowl with one teaspoon of sesame oil, making sure all of the grasshoppers are coated.
- 2 Place the grasshoppers on a baking tray and dry roast for 8 minutes. Take care not to overcook as they will burn easily.
- 3 Meanwhile heat the olive oil in a wok and add in the bean sprouts, spring onions and chili powder. Cook on a high heat for three minutes before adding in the dry roasted grasshoppers and black sesame seeds.
- 4 Cook for a further thirty seconds, ensuring everything is tossed together. Garnish with the fresh chili and coriander and serve.

Termite and Rice Soup

INGREDIENTS

- 2 cups of termites
- 2 cups of cooked rice
- 8 cups of water
- 1 cup of chopped carrots
- 1 cup of chopped celery
- 10 beef bouillon cubes
- ½ cup chopped onion
- ¼ cup chopped fresh parsley

INSTRUCTIONS

- 1 Combine water, carrots, celery, onion, parsley and bouillon cubes in large pot.
- 2 Bring to a boil and reduce heat to a simmer.
- 3 Simmer for 45 minutes. Add termites and rice. Simmer for another 10 – 15 minutes and serve.

DESSERTS

Candied Grasshoppers

INGREDIENTS

- 1 package of candied apple caramel square wraps
- 1 cup of grasshoppers
- 8 Oreo cookies crushed

INSTRUCTIONS

- 1 Lay one caramel square wrap on counter and cut in half. Place grasshoppers at one end of strip and roll up.
- 2 Fold ends in to seal.
- 3 Work in hands gently until Caramel is soft and then roll in cookie crumbs.
- 4 Repeat until all the grasshoppers are used.

Chocolate Mint Ganache Cricket Cookies

Servings 45 Cookies

INGREDIENTS

- 1 cup almond butter
- 2 eggs
- $\frac{3}{4}$ cup coconut palm sugar
- 1 tsp baking soda
- $\frac{1}{2}$ cup cocoa powder
- 1 tsp vanilla extract

Mint Cricket Ganache

- $1\frac{3}{4}$ cups semi sweet or dark chocolate chips
- $1\frac{1}{2}$ Tbsp coconut milk
- $1\frac{1}{2}$ tsp peppermint extract
- 2 Tbsp (20 g) Cricket Powder

INSTRUCTIONS

- 1 Preheat oven to 350F
- 2 Using an electric mixer, beat together almond butter, eggs, coconut sugar, baking soda, cocoa powder and vanilla extract.
- 3 The dough will be quite sticky and thick. Place dough in between two large pieces of plastic wrap and with a rolling pin roll out as thin as possible.
- 4 Place dough onto a cookie sheet and put into the refrigerator for 15-20 minutes to chill.
- 5 Use a cookie cutter or rim of a glass to cut out cookie circles.
- 6 Place on a parchment lined cookie sheet and then bake for 8-10 minutes.
- 7 Set aside to cool while you make your cricket ganache.

Ganache

- 1 Heat up water in a double boiler or place a glass bowl over a pot of water and heat at medium to high heat.
- 2 Melt chocolate, coconut milk and peppermint extract. Stir with a whisk while melting.
- 3 Add Cricket Powder (gluten-free if necessary)
- 4 Add more almond milk and whisk until consistency is thin, not watery but not thick.
- 5 Take each cookie and place top down into the ganache. Remove and then place on a parchment lined cookie sheet.
- 6 Place cookies into the refrigerator or freezer to cool and set.
- 7 Voila! These cookies also freeze very well for future midnight mint snacks!

Cricket Caramel Cheesecake

Servings 48 Cheesecake Bites

INGREDIENTS

Crust

- 2/3 cup pecans
- 3/4 cup flaked, unsweetened organic coconut
- 1/4 cup cashew butter
- 2 Tbsp organic local honey
- 2 Tbsp coconut flour
- 4 Tbsp ground almonds or almond meal
- 1/4 cup butter, room temperature
- Pinch of sea salt
- 2 Tbsp (20 g) Protein2050 organic cricket powder (gluten free if necessary)

Cheesecake

- 2 eggs
- 1/2 cup organic sugar
- 500g cream cheese, room temperature
- 1/2 cup whipping cream
- 2 tsp custard powder

Topping

- 1/4 cup (8 g) roasted organic crickets
- 2 TBSP granulated honey
- Pinch of sea salt
- 1/4 cup Dulche de Leche caramel, room temperature

INSTRUCTIONS

- 1 Preheat oven to 350F
- 2 Line one or two mini muffin pans with mini muffin cups, foil candy cups work especially well.
- 3 For the crust, place pecans into a food processor and mix until the oils begin to give the nuts a pecan butter texture.
- 4 Add the coconut, cashew butter, honey, coconut flour, almond meal, butter, salt and cricket powder. Pulse until well combined.
- 5 Remove from processor and place in a bowl in the fridge for 10 minutes to stiffen while you make your cheesecake mixture.
- 6 In a medium bowl beat together the eggs and sugar until light and fluffy.
- 7 Alternate adding the cream cheese and cream in small amounts and continue to beat. *NOTE: add the custard powder to last bit of cream to be added, mix, then add it to the cream cheese mixture. Finish beating and set aside.
- 8 Remove crust mix from the refrigerator and place 1 tsp in the bottom of each muffin cup. Press into bottom to flatten.
- 9 Place cheesecake mixture into a piping bag with a medium to large hole and pipe cheesecake into each cup in a circular motion starting from the outside and ending in the middle.
- 10 Place cheesecakes into oven and bake for 15 minutes. To prevent cracking, leave the cheesecakes in the oven for an additional 15 minutes while the oven cools then remove and cool. The other method to prevent cracking involves placing your muffin tin on a cookie sheet and putting some water in the cookie sheet. The steam from the water prevents cheesecake cracking as well.

While your cheesecakes cook you can start on the candied crickets for the top.

- 1 Take roasted crickets and place into a colander shake. This will help to quickly remove the legs. Pour onto a plate and separate whole crickets and then discard the remaining legs.
- 2 Heat sauté pan to medium-low and add granulated honey, sea salt and crickets. Continue to stirring until honey is melting and crickets are well coated. Mix for another 10 seconds being careful not to burn honey or crickets and remove from pan and place on a sheet of parchment paper to cool. Before they cool completely, you can break the candied crickets apart into bits that are the size of 2-3 crickets for the tops of your cheesecakes.
- 3 Place caramel into a piping bag with a small hole and pipe a drop of caramel onto the center of each cooled cheesecake. Then top with 2 or 3 candied crickets. Voila! You are ready to serve.

Note: These cheesecakes freeze well and can be topped with caramel and crickets after you pull them from the freezer the day of serving.

Cricket Flour Waffle Cones & Ice Cream



Cricket Flour Waffle Cone Ingredients:

- 1 whole egg
- 1 egg white
- 1/4 tsp salt
- 1/4 cup granulated sugar
- 1/2 cup of all purpose baking flour
- 1/4 cup Cricket Flours: 100% Pure Cricket Powder
- 3 tbsp of melted butter

Cricket Flour Waffle Cone Directions:

- 1 Preheat waffle maker to medium-high setting.
- 2 In a bowl, whip the eggs, salt and granulated sugar until it is very well mixed and brightened.
- 3 Incorporate the all purpose baking flour and Cricket Flours: 100% Pure and mix well until all lumps are removed.
- 4 Add melted butter and stir until well mixed.
- 5 Place 3 tbsp of batter onto the waffle iron and cook for 1-minute. Check for color and cook longer if necessary. When the color is achieved, remove from the waffle iron and roll with a waffle cone mold.
- 6 Yields 4 waffle cones.

French Vanilla Ice Cream Ingredients:

- 2 cups heavy cream
- 1/2 cup granulated sugar
- 1/8 tsp of kosher salt
- 1 vanilla bean
- 6 large egg yolks
- 1 oz roasted edible insects
- 4 oz salted caramel sauce

French Vanilla Ice Cream Directions:

- 1 Combine the cream, 1/4 cup sugar, and the salt in a heavy-gauge pan over medium heat and bring to a simmer. If you are using a split vanilla bean, add it to the cream as it comes to a simmer. Remove the pan from the heat once it reaches a simmer.
- 2 Blend the egg yolks with the remaining 1/4 cup sugar until smooth and light. Ladle about half of the hot milk mixture into the blended yolks, adding it a little at a time and whisking constantly.
- 3 Pour the yolk mixture into the cream and return the pan to low heat. Cook, stirring constantly with a wooden spoon, until thickened enough to cling to the back of the spoon. (Do not bring to a full boil)
- 4 Strain the mixture through a fine-mesh sieve into a clean container set in a bowl of ice water. If using vanilla extract, stir it into the mixture now. Continue to stir until ice cream base has cooled to 70F. Cover the container and refrigerate for at least 12 hours.
- 5 Set up your ice cream freezer according to the manufacture's directions, add the ice cream base, roasted edible insects, and freeze until it is very thick but still soft enough to stir.
- 6 Transfer the ice cream to a freezer container and place in the freezer to firm and ripen for at least 4 hours before serving. Scoop and drizzle with salted caramel sauce.

Edible Bug Shop's Mealworm Banoffee Pie



Servings 6

Cook Time 60 Mins

INGREDIENTS

- 250g pack of wheat biscuits
- 125g butter, melted
- 2 ripe bananas
- 300ml double cream
- 4 tablespoons whole plain roasted mealworms (you can find them online at [Edible Bug Shop](#))
- 395g sweetened condensed milk
- ⅓ cup brown sugar, firmly packed
- 50g Butter (for caramel filling)
- milk chocolate shavings to serve

INSTRUCTIONS

- 1 Place the biscuits in your food processor and quickly blitz (trying to leave some chunky biscuits). If you don't have a food processor you can put the biscuits in a zip lock bag and crush them with a rolling pin instead.
- 2 In a mixing bowl add your crushed biscuits and 125mL of melted butter and mix until combined.
- 3 Divide the biscuit mixture into the 6 serving glasses, and press down firmly.
- 4 Slice the banana into medium thickness pieces and place them on top of the biscuit base.
- 5 Now it's time to sprinkle some mealworms onto the bananas - add as many as you like. Don't be shy.
- 6 To make caramel filling, place condensed milk, sugar and butter into a medium saucepan over low heat.
- 7 Cook, stirring constantly with a wooden spoon, for 10-12 minutes or until caramel thickens.
- 8 Spoon the hot caramel over the biscuit bases, and put them in the fridge for about an hour so they can cool down.
- 9 The mealworms will absorb the caramel filling, but should still also retain some crunch.
- 10 Once your caramel has cooled, dollop some double cream on top and decorate with some shaved chocolate and extra mealworms.

Ghirardelli Cricket Flour Brownies



Servings 8-10

Prep Time 15 Minutes

Cook Time 25-30 Minutes

INGREDIENTS

- 4 oz GHIRARDELLI Semi-Sweet Chocolate Baking Bar (1 bar)
- 1 cup brown sugar, packed
- 2 large eggs
- 1 stick unsalted butter
- 1 tsp vanilla
- 1/4 tsp baking powder
- 1/2 tsp salt
- 3/4 cup & 2 tbsp Cricket Flours: All-Purpose Baking Flour
- 1/3 cups GHIRARDELLI Semi-Sweet Chips

INSTRUCTIONS

- 1 Preheat oven to 350°F. Using a 8" x 8" pan, butter the inside and lightly flour the inside and then set aside.
- 2 On low heat, use a saucepan to begin melting the GHIRARDELLI bar and butter. It helps to cut the butter into smaller pieces, and break/cut up the GHIRARDELLI bar into smaller sections as well. Keep stirring on low heat until both are completely melted. Once melted, remove the saucepan and allow to cool to room temperature so that you do not cook the egg and additional ingredients.
- 3 Once cooled, stir in the brown sugar and vanilla. Next, add both eggs and mix fully.
- 4 In a separate mixing bowl, combine the Cricket Flours: All-Purpose Baking Flour and other dry ingredients until they are fully mixed. Next, begin to slowly fold in the dry mixture into the saucepan. After the dry ingredients have fully been mixed in, add in your GHIRARDELLI Semi-Sweet Chips.
- 5 The last step is to simply pour your final GHIRARDELLI Cricket Flour Brownie mix into your pan, and bake in the over for 25-30 minutes, or until your tester comes out clean.

Gluten-Free Cricket Carrot Cupcakes



Servings 12 Cupcakes

Prep Time 15 Minutes

Cook Time 25 Minutes

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 teaspoon kosher salt
- 3 eggs
- 1/2 cup maple syrup
- 2/3 cup applesauce
- dry
- 1/2 cup gluten-free flour blend
- 1/2 cup cricket flour
- 1/2 cup coconut flour
- 2 cups finely grated carrot
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1/3 cup finely chopped walnuts
- pinch coconut sugar
- frosting
- 4 ounces cream cheese
- 2 tbsp softened butter
- 1 cup confectioners' sugar
- 1/2 tsp vanilla

INSTRUCTIONS

- 1 Preheat the oven to 325°. In a large bowl, whisk together the barley flour, coconut flour, cricket flour, baking soda, cinnamon and salt.
- 2 In a small bowl, whisk together the eggs, applesauce, oil, and maple syrup.
- 3 Stir in the carrots and walnuts, then add to the dry ingredients. Stir to thoroughly combine. If the batter is needs to be thinned, add more applesauce.
- 4 Pour the batter into a paper-lined cupcake tin and sprinkle with brown sugar. Bake for 25 minutes, or until a toothpick stuck in the center comes out clean, then set aside and cool in the tin for 30 minutes.
- 5 Meanwhile, in a large bowl or stand mixer, whip together the butter, cream cheese and powdered sugar until smooth.
- 6 Once the cupcakes are completely cooled, spread with frosting.

Mealworm Chocolate Chip Cookies



Servings 8 Dozen

Cook Time 8-10 Mins

INGREDIENTS

- $\frac{3}{4}$ cup butter
- 1 cup sugar
- $\frac{1}{2}$ cup brown sugar
- 12 oz chocolate chips
- 2 eggs
- 1 tsp vanilla
- $\frac{2}{3}$ cup ground mealworms
- $1 \frac{1}{3}$ cup flour
- $\frac{1}{2}$ tsp salt
- 1 tsp baking soda

INSTRUCTIONS

- 1 Cream butter with sugars, eggs, and vanilla. Add combined dry ingredients, then chocolate chips.
- 2 Drop by teaspoon onto a greased cookie sheet and bake at 375° F for 8-10 minutes. Makes approximately 8 dozen cookies. Recipe may be halved.

Mealworm Funnel Cake

INGREDIENTS

- 1 box of funnel cake mix
- 1 funnel (make sure the funnel is big enough for the meal worms to pass through)
- ½ cup of meal worms
- ½ cup powdered sugar
- Sliced Strawberry's
- Oil – Either a deep fryer or 2 inches deep in a skillet.

INSTRUCTIONS

- 1 Mix funnel cake mix according to package directions.
- 2 Add in meal worms. Drop into hot oil and fry on each side until a light brown.
- 3 Remove from oil and drain on paper towel.
- 4 Top with powdered sugar and fresh strawberries.

Oatmeal Waxworm Cookies



Servings 8

Cook Time 12 Mins

INGREDIENTS

- 2 cup coconut sugar (or brown sugar, but I preferred the coconut texture here)
- 1 cup salted butter, softened
- 2 tsp vanilla extract
- 3 eggs
- 1½ cups all-purpose flour (or try 1¼ flour and ¼ mealworm or cricket powder)
- 1 tsp salt
- 1 tsp cinnamon
- ½ tsp baking soda
- 2 cups oatmeal (ideally the old-fashioned kind with whole oats)
- ¼ cup raisins
- ⅛ - ¼ cup frozen waxworms (expensive unless you grow them yourself – save a few for garnish if desired)

INSTRUCTIONS

- 1 Preheat oven to 180°C / 350°F
- 2 Beat sugar and butter together, ideally with an electric mixer (beat well!)
- 3 Add vanilla, then eggs, one at a time
- 4 Beat oatmeal, raisins, and waxworms into dough
- 5 Drop by large spoonful on cookie sheet
- 6 Press a few waxworms into the tops of your cookies if desired
- 7 Bake until edges begin to brown (about 12 minutes)

Old-fashioned Oatmeal Cricket Cookies



Servings 24 Cookies

Prep Time 10 Mins

Cook Time 8 Mins

INGREDIENTS

- 1 3/4 cups old-fashioned rolled oats
- 1/2 cup all purpose flour
- 1/4 cup cricket flour
- 3/4 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 sticks unsalted butter softened
- 1/3 cup packed light brown sugar
- 1/3 cup granulated sugar
- 1 large egg
- 1/2 teaspoon vanilla

INSTRUCTIONS

- 1 Preheat oven to 375°F. Grease baking sheets. Stir together oats, flour, cricket flour, cinnamon, baking soda, and salt.
- 2 Beat together butter, brown sugar, and granulated sugar in a large bowl until light and fluffy.
- 3 Add egg and vanilla and beat until combined well.
- 4 Add oat mixture and beat until just combined.
- 5 Drop dough by heaping tablespoons 2 inches apart onto baking sheets and flatten mounds slightly with moistened fingers. *Don't use parchment paper, it will cause the cookies bottoms to brown prematurely.
- 6 Bake cookies in upper and lower thirds of oven, switching position of sheets halfway through baking, until golden, about 8 - 9 minutes total. Transfer to racks to cool.

Rice Crispy Cricket Treats



Servings 18

Cook Time 5 Mins

Passive Time 30 Mins

Ingredients

- 1 cup almond butter
- 1/2 cup honey
- 1.5 teaspoon pure vanilla extract
- 5 cups puffed rice cereal
- 1.5 cups crickets whole roast crickets, chopped
- 1/4 cup dark chocolate chips

Instructions

- 1 Line an 9"x13" baking pan with a sheet of aluminum foil, then mist or rub foil with oil and set aside.
- 2 In a medium pan over medium heat, add almond butter, honey, and vanilla, stirring until the almond butter is melted and fully combined with the honey.
- 3 Remove from heat and add the cereal and crickets, stirring well everything is fully combined. Distribute the mixture evenly in the baking dish, pressing down firmly to pack the mixture with your hands or spoon.
- 4 Place chocolate into a microwave safe bowl and nuke at 50% power for 1 minute, checking and stirring every 15 seconds there after. When chocolate is melted, drizzle over the top of the packed cereal mixture.
- 5 Cool pan in fridge for about 30 minutes before cutting into squares.

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