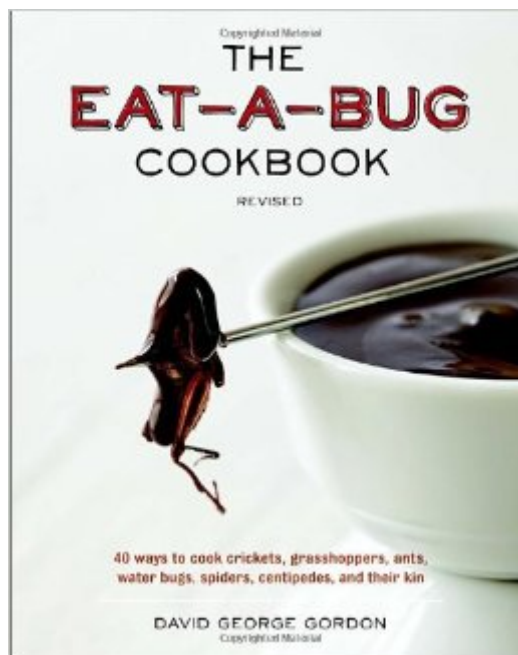


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# The Eat-a-Bug Cookbook, Revised: 40 Ways To Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, And Their Kin



## Synopsis

With its stylish new package, updated information on the health and environmental benefits of insect eating, and breed-your-own instructions, this new edition of *The Eat-a-Bug Cookbook* is the go-to resource for anyone interested in becoming an entomological epicure. For many Americans, eating a lowly insect is something you'd only do on a dare. But with naturalist and noted bug chef David George Gordon, bug-eating is fun, exciting, and downright delicious! Now you can impress, enlighten, and entertain your family and friends with Gordon's one-of-a-kind recipes. Spice things up at the next neighborhood potluck with a big bowl of Orthopteran Orzo "pasta salad with a cricket-y twist. Conquer your fear of spiders with a Deep-Fried Tarantula. And for dessert, why not try a White Chocolate and Wax Worm Cookie? (They're so tasty, the kids will be begging for seconds!) Today, there are more reasons than ever before to explore entomophagy (that's bug-eating, by the way). It's an environmentally-friendly source of protein: Research shows that bug farming reduces greenhouse gas emissions and is exponentially more water-efficient than farming for beef, chicken, or pigs. Mail-order bugs are readily available online—but if you're more of a DIY-type, *The Eat-A-Bug Cookbook* includes plenty of tips for sustainably harvesting or raising your own. Filled with anecdotes, insights, and practical how-tos, *The Eat-A-Bug Cookbook* is a perfect primer for anyone interested in becoming an entomological epicure.

## Book Information

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## Customer Reviews

This might be one of those books you buy as a quirky gift, or possibly even out of sheer frustration

that you've tried every other type of food and fancy something new. Maybe even, it must be acknowledged, that you in fact enjoy eating bugs! Maybe it sounds better if you are, as the introduction notes, "embracing entomophagy" and certainly with this book you will get some answers to the fairly common questions about eating bugs after the initial icky-factor hesitancy that seems in-built into so many people. At the time of writing this reviewer is planning a visit to an Asian land where eating bugs is more common. One is certainly more forewarned and forearmed but will he try them...? No doubt it is a truism that we often eat with our eyes and yet it does feel a step too far...In any case, this book was interesting if not out of sheer morbid curiosity. We are, in any case, eating insects when we don't know about it. Before you get angry and suspect your neighbourhood foreign fast-food restaurant of hygiene crimes, it is all allowed by the rules set by many countries. As the book explains, "... the U.S. Food and Drug Administration has established the permissible degrees of insect damage and infestation (that's right, the allowable number of eggs, immature and adult insects, or their parts) for various foods." The standards are set, primarily for aesthetic rather than actual healthcare reasons, whilst admitting that it is virtually impossible to keep many foodstuffs bug-free. Mind you, that still may feel a lot less troublesome than sticking a once wiggling caterpillar on your fork! This book will either resolve or reinforce many prejudices, have your jaw either dropping or you drooling with each revelation.

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