**Entomophagy recipes**

**University of Illinois Entomology Graduate Students Association**

***Note: If you have shellfish allergies, you should not consume food with insects***

**CRICKET BROWNIES** (Based on recipe at https://www.cricketflours.com/cricket-flour-brownie-recipe/)

*These amounts will make a double recipe – two pans of brownies.*

Ingredients:

1 ½ cup butter (3 sticks)

1 cup cocoa

3/4 tsp. salt

3 cup sugar

1 ½ cup sour cream

3/4 cup regular flour

3/4 tsp. baking powder

3/4 cup cricket flour (ordered from Chirps)

6 eggs

3 tsp. vanilla

Instructions:

Preheat oven to 350°F.

On low heat, melt butter in a medium sauce pan and mix in cocoa and salt. Once the butter is fully melted, mix in the sugar, sour cream, regular flour, baking powder, cricket flour, eggs, and vanilla.

In a greased 8inch-by-8inch pan, pour out your Cricket Flour Brownie Mix. Cook for 24-minutes, and check with a toothpick to make sure it comes out clean. The mix may look like it is not finished cooking, but you do not want to overcook your Cricket Flour Brownies.

**MEALWORM FLAPJACKS**

From The Edible Insect Network, via https://www.eatgrub.co.uk/cook/mealworm-flapjacks/

Ingredients:

200g rolled oats

150g caster sugar

150g salted butter

90g raisins

20g mealworms (ordered from Fluker's, fed oatmeal to clear guts)

Note: you can also order freeze-dried meal worms

1 egg

1 teaspoon baking powder

2 tablespoons plain flour

Instructions:

Break the egg into a bowl and whisk thoroughly.

Melt the butter in the saucepan.

Whilst the butter is melting, combine all of the other ingredients in a bowl.

Once the butter is melted, mix the egg and butter with all the ingredients and place in the fridge for around an hour until chilled.

Tip your mix out onto a baking tray, and spread evenly until it’s about half an inch thick. Next, place in an oven that has been pre-heated to 170°C (about 340°F). Bake for 20-30 mins, until golden brown, then leave on the side to set for around an hour.

Once cooled and set, chop into bite sized chunks and enjoy your mealworm flapjacks.

**MBINZO CATERPILLAR STIR-FRY**

***Modified from traditional African recipe with Asian sauce***

Ingredients for sauce (from https://www.tasteslovely.com/best-stir-fry-sauce/)

1/2 cup low sodium soy sauce (or Tamari if gluten free)

1/2 cup chicken broth (or vegetable broth if vegan)

1 tablespoon corn starch (or arrow root)

1 tablespoon honey (or agave nectar if vegan)

1 teaspoon sesame seed oil

1 teaspoon rice vinegar

2 inch piece of ginger, peeled and grated or finely minced (or 1 tablespoon ginger paste in a squeeze tube, and other readers have had success with 1 tablespoon ground powdered ginger)

2 garlic cloves, grated or finely minced

Stir-fry ingredients (amount varies by how much you want)

Green onions (3 bunches)

Carrots (1 pound bag)

Broccoli (5 crowns)

Green or red peppers (2 or 3)

Rice (1lb bag)

olive oil for cooking

dried Mbinzo caterpillars obtained from African food store (or substitute mealworms)

Instructions

Whisk all sauce ingredients together. Adjust the amount of sauce you add according to how much stir fry you’re making. When adding to your stir fry, allow to cook for 3 full minutes to allow the corn starch to thicken the sauce.

Thoroughly wash and clean dried mbinzo caterpillars. Soak for approximately 1 hr.

Cook chopped vegetables in olive oil until desired tenderness, add soaked mbinzo caterpillars and sauce. Simmer until caterpillars appear cooked, sauce is thickened, and ingredients are well incorporated.