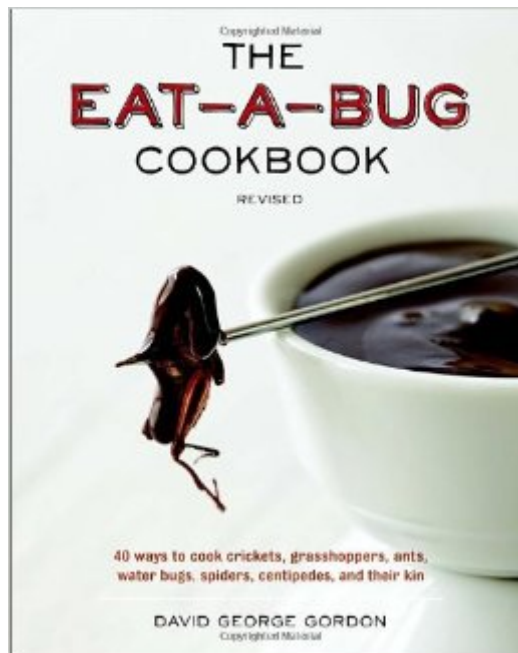


The book was found

# 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

Paperback: 136 pages

Publisher: Ten Speed Press; Reprint edition (July 16, 2013)

Language: English

ISBN-10: 1607744368

ISBN-13: 978-1607744368

Product Dimensions: 7.5 x 0.4 x 9.3 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (23 customer reviews)

Best Sellers Rank: #363,972 in Books (See Top 100 in Books) #168 in Books > Science & Math > Biological Sciences > Animals > Insects & Spiders #432 in Books > Reference > Encyclopedias & Subject Guides > Cooking #633 in Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference

## 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.

[Download to continue reading...](#)

The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin Eat-a-bug Cookbook: 33 ways to cook grasshoppers, ants, water bugs, spiders, centipedes, and their kin The Illustrated World Encyclopedia of Insects: A Natural History and Identification Guide to Beetles, Flies, Bees, wasps, Springtails, Mayflies, ... Crickets, Bugs, Grasshoppers, Fleas, Spide Spiders and Their Kin (Golden Guide) Bugs: A Stunning Pop-up Look at Insects, Spiders, and Other Creepy-Crawlies The Secret Lives of Backyard Bugs: Discover Amazing Butterflies, Moths, Spiders, Dragonflies, and Other Insects! Children picture book: "Bruce the Moose & Peter" (Bedtime story) Beginner reader level 1 (values) Funny (Rhymes) read along-Animal story: Mammals: bugs spiders, Early ... learning (Preschool kids book) Children's 4-8 Teens Cook: How to Cook What You Want to Eat Eat in My Kitchen: To Cook, to Bake, to Eat, and to Treat Adam and His Kin: The Lost History of Their Lives and Times When Crickets Cry How Many Bugs in a Box?: A Pop-up Counting Book (David Carter's Bugs) Water Is Water: A Book About the Water Cycle Grasshoppers and Mantids of the World (Of the World Series) Dragons, Grasshoppers, & Frogs!: A Pocket Guide To The Book Of Revelation For Teenagers And Newbies! Solar Water Heating--Revised & Expanded Edition: A

Comprehensive Guide to Solar Water and Space Heating Systems (Mother Earth News Wiser Living Series) The Computer Insectary: A Field Guide to Viruses, Bugs, Worms, Trojan Horses, and Other Stuff That Will Eat Your Programs and Rot Your Brain Earls The Cookbook: Eat a Little. Eat a Lot. 110 of Your Favourite Recipes The Kimchi Cookbook: 60 Traditional and Modern Ways to Make and Eat Kimchi Sing And Read: The Ants Go Marching

[Dmca](#)