

A Children's Anthology of Insect Pests



Written Charlotte
by Milbank

Illustrated Tess
by Tallula

Edited Alex
by Murdin

HELPFUL INFO

Edible insects - All insects farmed and sold in the UK + EU should be safe and delicious to eat. Don't get them from your garden...they might look juicy but they can be toxic. They are also really important for keeping our gardens healthy!

Insects can be bought from the following Suppliers to make the recipes in this book...

bugfarmfoods.com
crunchycritters.com
eatgrub.co.uk
jiminis.co.uk

horizoninsects.co.uk
(grow-your-own
kits available)

Always check you are happy with your supplier and the quality of the products they sell.

In all recipes here, we make recommendations about which insect to use, but you can always change this for a different one of your choice.

Allergens - Take care - if you have a seafood, crustacean, chocolate or dust-mite allergy you may also be allergic to insects.

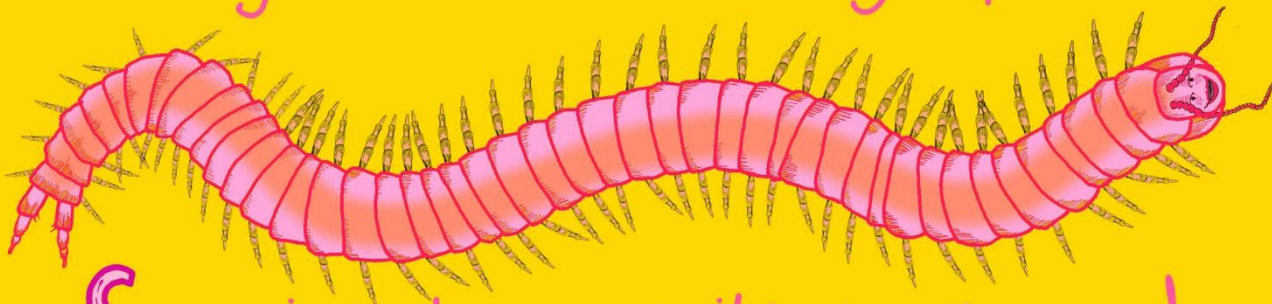
Choking hazard - Some insect parts like legs and wings can pose a choking hazard so should be removed just in case.

Use-by dates + freezing - FRESH insects can be frozen whilst fresh and after cooking. Defrost as you would meat or fish and use within 3-4 days. Most insects come in DRIED form and should come with an expiry date and storage instructions. Dried insects can be eaten without cooking and/or can be rehydrated by soaking in water for a few minutes.

INTRODUCTION

Have you ever eaten... a worm?
Maybe a locust?

Well you've come to the right place.



Some insects are quite yummy and can be very good for us. Insects are high in PROTEIN and VITAMINS that make us grow strong and healthy. They're also important for the ENVIRONMENT, and who knows, maybe we'll ALL be eating insects one day?

This recipe book will take you on a cooking adventure and teach you to use insects in weird and wonderful ways - from tasty snacks + school night dinners to delicious desserts.

Buggy Bites



Creepy-Crawly Cheese Twists

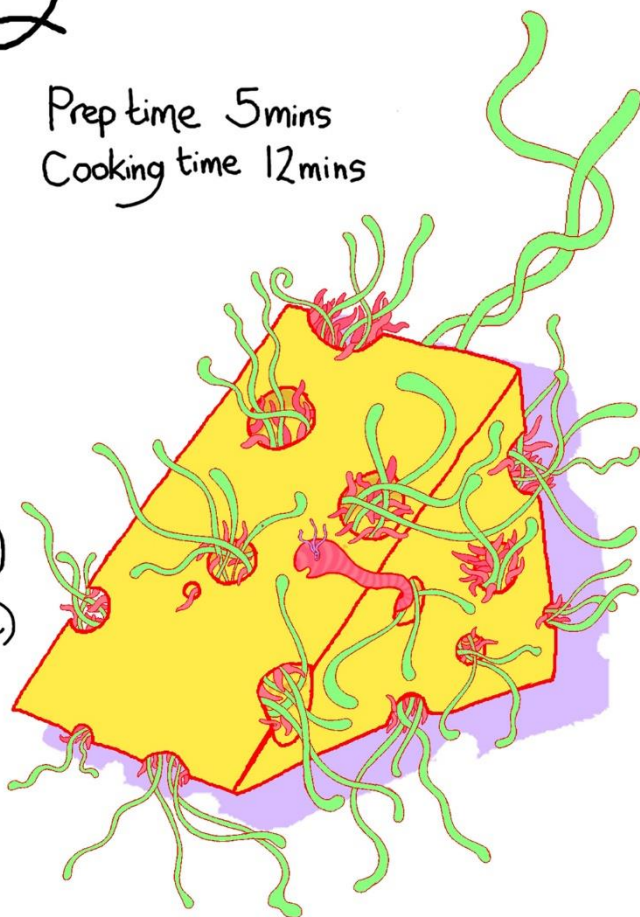
Serves 8

Prep time 5mins

Cooking time 12mins

Ingredients

- * 350g ready-rolled pastry
- * 20-30g dried unflavoured buffalo worms (or mealworms)
- * 100g cheese of choice (cheddar + parmesan work well!)
- * 2 tsp grain mustard (optional)
- * flour for dusting
- * Salt + pepper



Method

- * Preheat oven to 200°C + line baking tray with parchment paper
- * Roll out pastry on a lightly floured surface + brush all over with mustard
- * Evenly scatter worms + cheese over the mustard layer and sprinkle with salt and pepper
- * Fold pastry in half length-ways to form a long thin rectangle. Roll again and again until approx 3mm thick
- * Cut pastry into 1.5 cm strips
- * Taking one strip at a time twist 3-4 times + place onto the tray, repeat for all strips
- * Cook for 12-15 mins, until golden
- * Consume hot or cold. Store in an airtight container in a cool, dry place

Beetle Bruschetta

Ingredients

- * 6 Slices Sourdough loaf or baguette, halved + toasted
- * 30g dried, unflavoured crickets
- * 350g baby tomatoes, halved
- * 1 red onion
- * 2 tbs white wine vinegar (or other vinegar)
- * Balsamic vinegar for drizzling
- * Basil (fresh or dried)
- * Salt + pepper
- * drizzle of olive oil

Makes 12

Prep time 20 mins
Cooking time 5 mins

Method

1. Finely chop onion and add into bowl with olive oil, wine vinegar + tomatoes + leave to soak for 15 mins
2. Toast bread slices in the toaster, leaving to one side when done
3. Stir crickets into tomato + onion mixture
4. Spoon mixture onto bread slices, scatter basil leaves + lightly drizzle with balsamic vinegar

Locust Tempura

Ingredients

- * Vegetable oil
 - * 100g locusts (dried + unflavoured)
 - * 80g plain flour
 - * 200ml Sparkling water, chilled
 - * Pinch of Salt
- For the Sauce:
- * 3tbs Soy Sauce
 - * Juice of 1/2 lime
 - * Chilli flakes (to taste)

Serves 4

Prep time 5mins

Cooking time 5mins

Method

1. to make the sauce, simply mix the soy sauce, lime juice + chilli in a small dish
2. to make the batter mix the flour + salt with the sparkling water + whisk
3. Dip the locusts in flour before dipping them in the batter, allowing any excess to drip off
4. transfer to a hot pan of oil and fry until golden + crispy
5. When cooked, transfer to Kitchen roll to soak up excess oil
6. dip in sauce + eat while hot!



Curried Snack Mix

Ingredients

Serves 8

Prep time 5 mins
Cooking time 15 mins

- * 100g roasted insects of choice
- * 200g mixed nuts (cashews, almonds + peanuts work well)
- * 1tbs curry powder
- * 1tbs chilli powder
- * Pinch of Salt

Method

1. Preheat oven to 200°C
2. Place all ingredients into a large baking tray + mix well
3. Cook in oven for 10-15 mins until nuts are golden
4. Once cooked, leave to cool before eating, store in an airtight container for up to 3 months



Fly-lapel

Ingredients

- * 2 tins chickpeas
- * 80g mealworms
- * 3 tablespoons flour
- * 2 cloves garlic
- * 1 teaspoon paprika
- * drizzle olive oil
- * Salt + pepper!
- * Fresh Parsley + Coriander (a good bunch!)

Makes 10-12 Prep time 15 mins
Cooking time 10-15 mins

Method

1. Preheat oven to 180°C
2. Line a baking tray with parchment paper
3. Blend all the ingredients together to form a thick mixture
4. Flour your hands and roll mixture into golfball sized balls
5. Place all onto baking tray and drizzle with oil
6. Bake for around 15 mins or until golden.



Cheeky Chaps Tortillas

Ingredients

- * 1 red onion
- * 1 tsp olive oil
- * 1 tsp cumin seeds
- * 10 cherry tomatoes
- * 1 tsp paprika
- * 150g dried, flavoured chapulines (crickets work too!)
- * 2 red peppers
- * tortillas + guacamole to serve
- * 1 lime (optional)
- * fresh Coriander

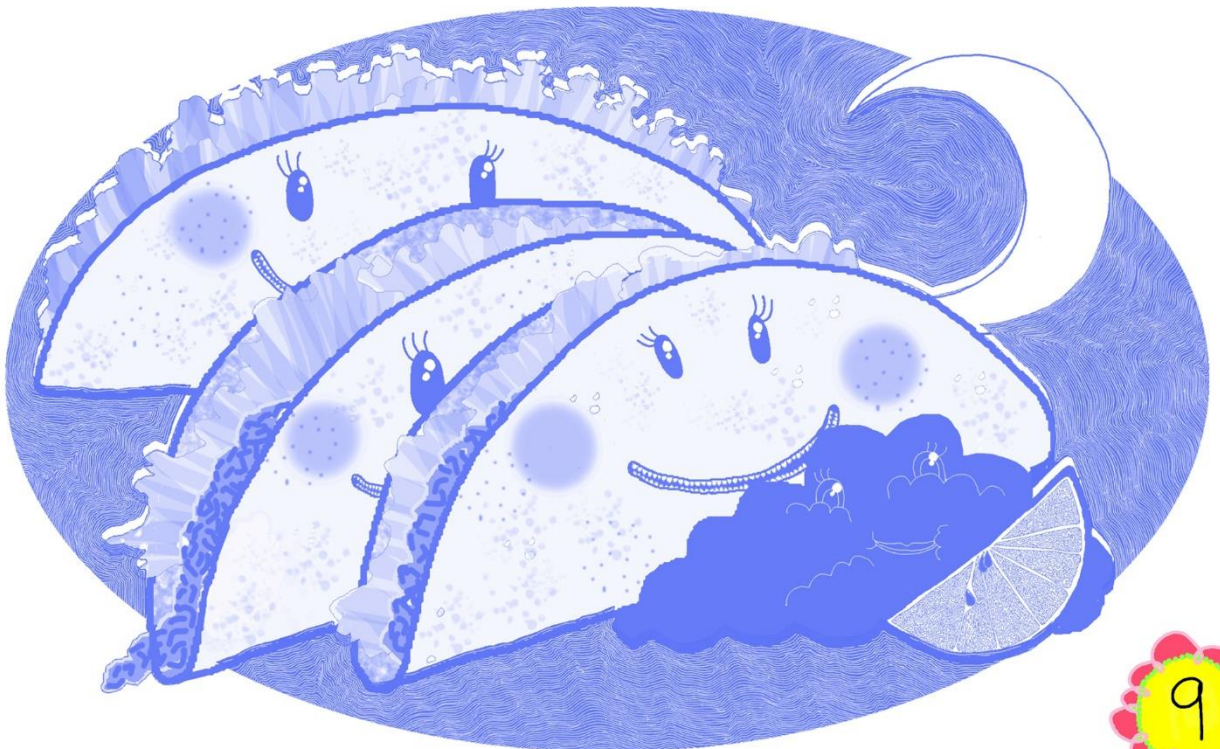
Serves 4

Prep time 10 mins

Cooking time 10mins

Method

1. Heat oil in frying pan + add cumin seeds + chapulines + fry until crispy
2. Add paprika, onion, tomatoes + red peppers + continue to fry for 8-10 mins or until soft
3. Serve hot over tortillas, with guacamole, coriander + lime juice



Mealworm Spaghetti

Ingredients

- * 50g fresh mealworms
- * 2 tbs olive oil
- * 2 shallots or 1 onion, finely chopped
- * 2 cloves garlic, finely chopped
- * 1 tin chopped tomatoes
- * 1 tbs tomato puree (optional)
- * 1 tbs dark brown sugar
- * 1 tbs balsamic vinegar
- * wholewheat spaghetti (or any other pasta of choice)
- * Dried basil (to taste)
- * Salt + pepper (to taste)
- * Parmesan (or alternative)

Bugs work so well with pasta! We've included them here fresh in a rich tomato sauce, but you can throw them into any sauce for added bite! If you can't get hold of fresh insects, try rehydrating unflavoured, dried insects in water for a few minutes. Dried insects work so well as a crunchy topping to a vegetable pasta bake or macaroni cheese!

Serves 4

Prep time 5 mins
Cooking time 20 mins

Method

1. Place a saucepan over a medium heat + add olive oil
2. Once warm, add onions, garlic and a pinch of salt, cook 5-10 mins until soft
3. Add in your mealworms + fry for 5-10 mins, they won't change colour much during this time
4. Add balsamic vinegar, followed by chopped tomatoes, sugar, tomato puree, basil + salt + pepper to taste
5. Simmer over a low heat for 5 mins
6. In a separate pan, cook your spaghetti according to directions on the package, drain 1 minute early and add to the sauce
7. Serve hot, scattering with basil + cheese if desired



Buffalo Baked Potatoes

Ingredients

- * 4 Sweet potatoes
- * 100g capers
- * 100g buffalo worms (dried, unflavoured)
- * Zest + Juice of 1 lemon
- * 3 tbs Soy Sauce
- * 3 cloves garlic (chopped)
- * olive oil
- * Salt + Pepper
- * 2 tsp chilli flakes (to taste)
- * 180g Kale (washed + chopped)

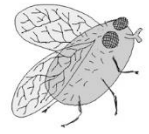
Serves 4

Prep time 10 mins

Cooking time 60 mins

Method

1. Wash potatoes with warm water to remove any dirt
2. Preheat oven to 180°C
3. Coat your sweet potatoes with a drizzle of olive oil, salt + chilli flakes (to taste) + rub in. Put in the oven to cook for 1 hour
4. In a frying pan, heat olive oil + add your garlic, capers + worms
5. Fry until crispy, add kale + leave on heat for 3-4 mins
6. In a bowl, add 3tsp olive oil, all the Soy Sauce, 1.5 tsp chilli flakes, (if using), lemon juice + mix into a smooth dressing
7. Grate in the lemon Zest + Season with pepper
8. When potatoes are cooked, remove from the oven + slice length ways, add a spoonful of dressing, then spoon over the worm, kale mixture, + more dressing



Sticky Stir-fly

Serves 4

Prep time 15mins

Cooking time 10-15mins

Ingredients

- * 4 wholewheat noodle nests (or 300g rice)
- * 150g locusts, rehydrated
- * 1 tbs vegetable oil
- * 2 cloves garlic
- * 1 tsp maple syrup
- * 3 tbs soy sauce
- * 2 tbs almond butter (peanut butter also works well!)
- * 100g broccoli (or any veg of choice)
- * Salt (to taste)

Method

1. Cook noodles/rice according to packet
2. In a separate pan, heat oil. Once warm, add garlic, broccoli, locusts + salt + stirfry for 5-6 mins
3. Add soy sauce, almond butter + maple syrup to pan - stir well to coat the insects and vegetables + cook for another 5mins, adding a splash of water if needed
4. Add noodles/rice + mix until everything is evenly coated
5. Serve immediately!

Sweetest



Buggy Brownies

Makes 12 large brownies

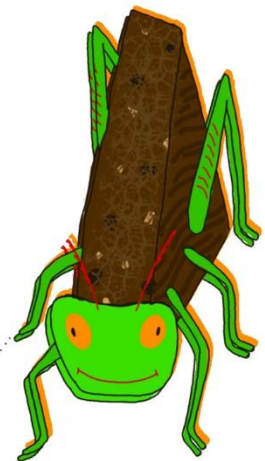
Prep time 15 mins Cooking time 25 mins

Ingredients

- * 200g unsalted butter
- * 200g dark chocolate
- * 60g plain flour
- * 40g cricket flour
- * 50g chocolate or nuts of choice
- * 50g cocoa powder
- * 3 eggs
- * 300g Sugar

Method

1. Preheat oven to 180°C + line a baking tray with parchment paper
2. Cube your butter + break up your dark chocolate, put both into a microwavable bowl + microwave on a medium heat until melted, do this bit by bit to avoid overcooking. Leave to cool.
you could also melt the chocolate in a heat proof bowl over a saucepan of boiling water.
Remember to keep stirring gently until its smooth & glossy!
3. Meanwhile, in another bowl, whisk together the eggs + sugar until the mixture is pale, fluffy + double its volume, this will take several mins
4. Gently pour your chocolate - butter mixture into the egg mix + very lightly stir together in a figure of 8 action to avoid beating the air out of the mix
5. Add your plain flour, cricket flour + cocoa powder into the mix + lightly stir again ensure no lumps, it should look thick + fudgy
6. Next add in your chopped chocolate or nuts + stir until evenly distributed
7. Pour the entire mixture onto the tray + bake for 25 mins, until the top has a shiny top
8. When done, remove from the oven + leave to cool in its tin
9. Once cool, lift the brownie out of the tin + slice into 4 squares, slice each square into 2 triangles
10. Store in an airtight container, consume cold or warmed within 2 weeks.



Buzzy Biscuits

Method

Makes 18

Prep time 15 mins

Cooking time 10-20 mins

1. Preheat oven to 180°C
2. Line 2-3 baking trays with Parchment paper
3. Place butter, Sugar + Syrup into a saucepan + heat until butter is melted
4. Remove from heat and stir in the insects, flour, dried fruit + nuts
5. Use a teaspoon to spoon the mixture onto the baking tray, leaving room between each for them to spread (to about the size of a digestive biscuit)
6. Bake for 8-10 mins until golden, remove from oven + leave to cool in tray for 3-5 mins, then remove from tray to cool fully, they will harden
7. Break up dark chocolate into a microwavable bowl + heat in the microwave on a medium setting until melted. If you don't have a microwave, place the chocolate in a heatproof bowl over a saucepan of boiling water, lightly stirring until melted
8. Spread the melted chocolate onto one side of the cooled biscuits + leave to cool + set
9. Store in an airtight container + consume within 2 weeks

Ingredients

- * 50g butter
- * 50g brown sugar
- * 50g golden syrup
- * 50g plain flour
(or half plain, half insect)
- * 30g unflavoured insects of choice
- * 25g dried fruit of choice, finely chopped
- * 25g nuts of choice, finely chopped
- * 200g dark chocolate



Sticky Cricket Apple Cake

Ingredients

- * 250g plain flour
 - * 50g cricket flour
 - * 200g brown sugar
 - * 1 tsp ground cinnamon
 - * 1.5 tsp baking powder
 - * 240ml milk of choice
 - * 90ml vegetable oil
 - * 1 tsp vanilla extract
 - * 1 tbsp white wine
Vinegar or lemon juice
 - * 2 apples - peeled + finely
chopped
 - * 50g apple puree
 - * Pinch of salt
- Icing:

- * 80g Icing sugar
- * 25ml orange juice

Apple Puree Recipe

1. Peel, core + chop your apple
2. Place in a saucepan with a splash of lemon, 1tsp brown sugar, 15g butter + 2 tsp water.
3. Cook for 10mins until soft + mushy, alternatively, cook in the microwave, checking regularly.

Serves 8-10

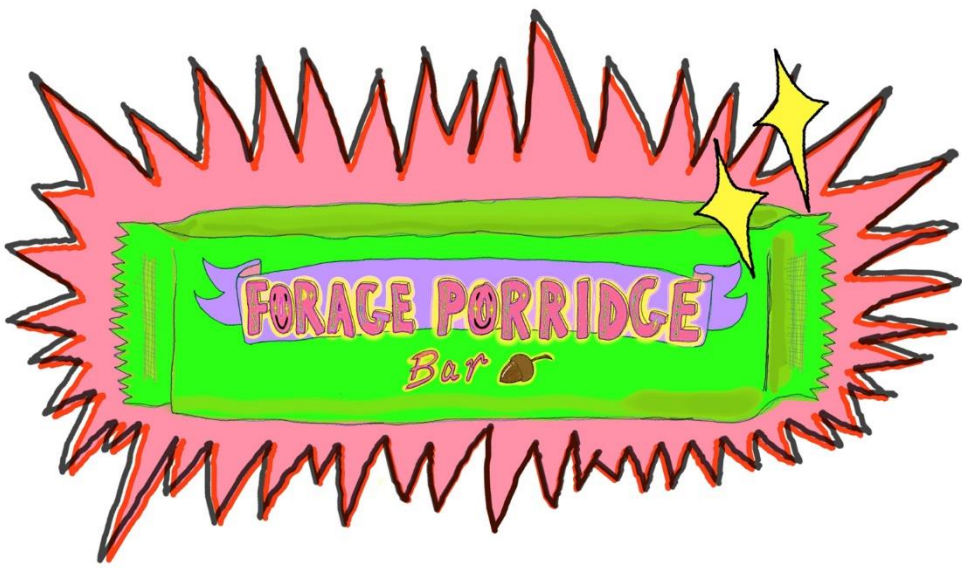
Prep time 20-30 mins

Cooking time 45mins

Method

1. Preheat oven to 180°C + grease a loaf tin with a little butter or oil
2. In a large bowl, mix flour, baking powder, cinnamon + salt
3. In another bowl, mix milk, oil, sugar, vanilla, vinegar/lemon + apple puree. When combined, add chopped apple
4. Add the dry mixture to the wet mixture and gently mix
5. Pour mixture into the loaf tin and bake for 45 mins or until a knife comes out clean
6. Remove from oven + leave in tin to cool
7. Mix icing sugar + orange juice to form a thick, sticky syrup
8. Remove cake from tin + drizzle with icing





Makes 12-14

Prep time 15mins
Cooking time 15mins

Ingredients

- * 480g granola
- * 30g fresh meal worms
- * 30g dried unflavoured buffalo worms
- * 30g mixed chocolate chips/
dried fruit/Sunflower seeds
- * 200ml maple Syrup (or honey)
- * 50g plain flour (or oats)
- * 250g almond butter (or peanut
butter) at room temp
- * Pinch of Salt

Method

1. Preheat oven to 200°C
2. Line a baking tray with parchment paper
3. Lightly toast insects in the oven for 5-10 mins
4. Once toasted, place insects into a bowl with the granola, flour, maple Syrup, almond butter + Salt + Stir thoroughly
5. Spoon the mixture into a tray + Smoot it out evenly
6. Bake for 15 mins or until golden, leave to cool completely + cut into 12-14 slices
7. Store in an airtight container + Consume within 3 weeks (freeze to enjoy longer!)

Index

1. Introduction
2. Buggy Bites
3. Creepy Crawly Cheese twists
4. Beetle bruschetta
5. Locust tempura
6. Curried snack mix
7. Mite-y Mains
8. Fly-lafel
9. Cheeky chaps tortillas
10. mealworm spaghetti
12. Buffalo baked potatoes
13. Sticky Stir-fly
14. Succulent Sweets
15. Buggy brownies
16. Buzzy biscuits
18. Sticky cricket apple cake
20. Forage porridge bars

Created for the children
and teachers of Trumpington
Park Primary School. Published
by the Insect breeding Institute
(2021). Commissioned by
Cambridge Primary Education Trust
and Cambridgeshire County Council,
Supported by Commission projects.