



# Eat Grub: The Ultimate Insect Cookbook

*Radia,Shami Author, Whippey,Neil Author, Holmes,Sebastian Author*

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# Eat Grub: The Ultimate Insect Cookbook

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**Eat Grub: The Ultimate Insect Cookbook** Radia,Shami Author, Whippey,Neil Author, Holmes,Sebastian Author

Eat Grub features more than 55 exciting recipes using a variety of bugs, from grasshoppers to mealworms. It takes its inspiration from cuisines around the world to present a range of small plates, meals, desserts and even cocktails using whole and ground insects. Learn how to use insect flours to make healthy, gluten-free and protein-rich dishes, and discover how to grill, puree, grind and fry various insects for maximum flavour.

Entomophagy – eating insects – isn't a new phenomenon. We've eaten bugs for centuries, and many countries around the world continue to enjoy them in modern cuisine. But insect eating is currently experiencing a rise in popularity. Restaurants are dishing up insects, the UN is publishing reports on the merits of insect-heavy diets and the Nordic Food Lab is exploring how delicious insects can be. The media is now talking about the ethics, the eco and health benefits, and the economic sense behind incorporating entomophagy into our lives.

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