



## Eat Grub: The Ultimate Insect Cookbook (Hardback)

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By Shami Radia, Neil Whippey, Sebastian Holmes

Frances Lincoln Publishers Ltd, United Kingdom, 2016. Hardback. Condition: New. Language: English. Brand new Book. 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. It teaches you how to use insect flours to make healthy, gluten-free and protein-rich dishes, and how to puree, bake and grind various insects making them versatile to use. 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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### Reviews

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*This composed publication is great. It is one of the most remarkable publication i have got read through. I am just quickly could get a delight of looking at a composed book.*

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