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# EAT GRUB: THE ULTIMATE INSECT COOKBOOK (HARDBACK)



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...

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

- Authored by Shami Radia, Neil Whippet, Sebastian Holmes
- Released at 2016

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## Reviews

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