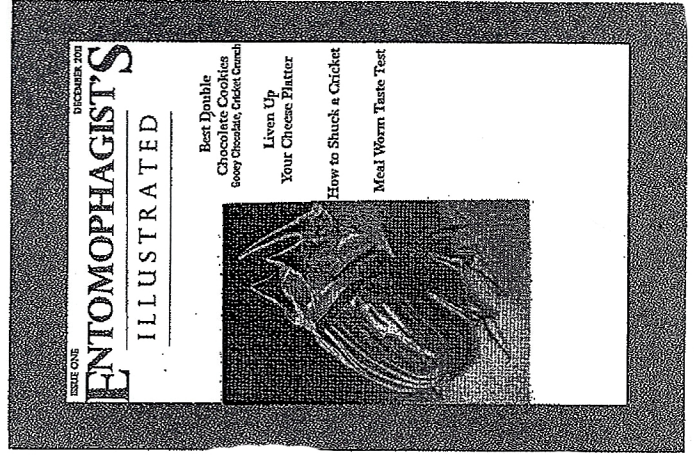
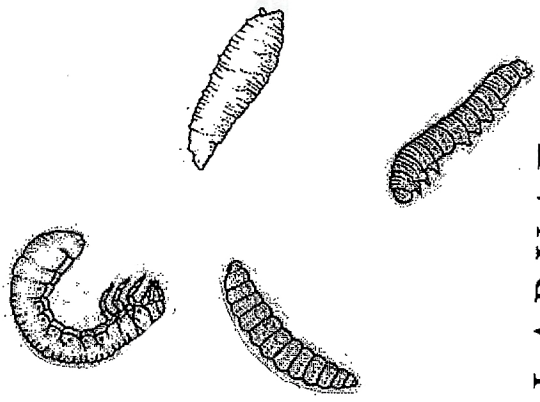


LARVAE

larvae



Double Chocolate Cricket Crunch Cookies

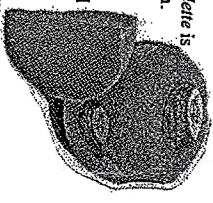
Makes two dozen

Preheat oven to 375°

- 1/2 c. granulated sugar + 1/2 c. for coating cookies
- 1 1/2 c. unbleached all purpose flour
- 3/4 c. Dutch-processed cocoa powder
- 1/2 tsp baking soda
- 1/4 tsp + 1/8 tsp table salt
- 1/2 c. honey
- 1 large egg white
- 1 tsp. vanilla
- 1 1/2 sticks unsalted butter, softened
- 1/3 c. packed light brown sugar
- 6 oz. bittersweet chocolate chips
- 1/2 c. shucked crickets

Brining Life to Your Cheese Platter

So, you thought eating insects was just for those "developing nations" and during Westerners, but it just so happens some of our most inspiring and prized gastronomic cultures have a tradition of eating cheese infested with insects too. France, Germany and Italy each make a cheese, which relies on the gastric juices of either the cheese mite, tyrophagus casei, or cheese fly, phopina casei, prized as a rare delicacy.



Around Lille, France *Mimolette* is made, a hard cheese reminiscent to Edam. This cantaloupe looking cheese is made from cow's milk with an orange interior and grayish, soft exterior. The holey and dimpled appearance of the rind is caused by cheese mites which are brushed onto the rind and then burrow holes into it allowing the cheese to breath. The rind requires consistent maintenance to remove rind dust and avoid build up causing a thick and gummy rind. *Mimolette* is eaten both when young, 2 months aged, and 'extra-vieille', up to two years aged, when it has become very hard and extra sharp.

Cheese mites also help to produce *Milbenkase* in Germany. *Milbenkase* is an aged caraway flavored quark, a cream cheese-esque curd cheese.

How to Shuck Crickets

And several different ways to use them from around the world!

Shucking a cricket sure is easier than shucking an oyster, and comes with far less risk of hurting yourself. To shuck your oyster simply remove its wings and legs. Voilà! Your crickets are ready to eat or be cooked with.

Now here are some suggestions on how to use your freshly shucked crickets. First try our recipe for 'Double Chocolate Cricket Crunch Cookies', found on page 1. Another great, and simple, way to use crickets is like how they do it in Cambodia. Here cricket catchers catch the cricket using a leafy branch tied to a pole, then they are tossed into a bucket of water where they drown, the water is drained every few hours. The next morning the crickets are then deep-fried. Even when making homemade french fries or potato chips the potato is soaked in cold water prior, this helps achieve a crispy fry, along with the right temperature oil. A variation of this is using crickets with your fondue *bourignonne*, which is a fondue consisting of a hot pot of oil where meat is dipped in it to cook it. Sauces are then provided on the side. Just remember, if you're a man and your cricket falls

