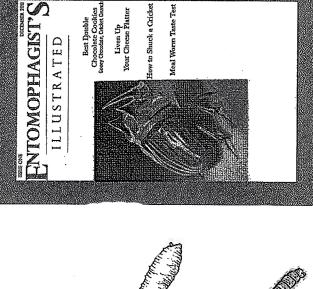
To add some holiday flare to your double chocolate cricket crunch cookies try tossing the crickets in peppermint extract, add as usual.

## Holiday Variation

the dough ball. Bake for 10-11 minutes. Let cool. Make ping pong ball sized balls of the bottom of a glass, lightly buttered, flatten parchment paper lined baking sheet, with dough, roll in white sugar and place on

add your chocolate and crickets. Chill dough In a medium bowl whisk together the dry ingredients, once fully incorporated white, and vanilla. Cream your butter with your flour, cocoa powder and baking soda. mixing bowl. On low speed start adding your white and brown sugars in a large n a small bowl whisk your honey, egg for 30 minutes.

> % c. Dutch-processed cocoa powder 1/2 sticks unsalted butter, softened 1 ½ c. unbleached all purpose flour 6 oz. bittersweet chocolate chips + 1/2 c. for coating cookies 1/3 c. packed light brown sugar 1/4 tsp + 1/8 tsp table salt ½ c. shucked crickets 1/2 c. granulated sugar 1/2 tsp baking soda large egg white tsp. vanilla % c. honey Meal Worm Taste Test fow to Shuck a Chicket Best Double Chocolate Cookies Soory Choulas, Cricket Crirical Liven Up Your Cheese Platter



ROSEMONY FOLKER

LARVAE

Preheat oven to 375°

Makes two dozen

Double Chocolate Cricket Crunch Cookies

## Brining Life to Your Cheese Platter

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

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

aged caraway flavored quark, a cream Milbenkäse in Germany. Milbenkäse is an Cheese mites also help to produce

> of placing the formed quark into a wooden cylinders or wheels. The process consists was nearly lost in 1970, when only one person dating back to the Middle Ages. The art and mites for a minimum of three months and up to a from consuming all the cheese, and the cheese Milbenkase is either formed into balls, teacher learned the process and revitalized it remained who knew the craft, until a science tradition of producing this German delicacy year. The gastric juices of the mites cause box containing rye flour, to discourage the mites

and softening of the cheese. Its up to the the rind isremoved and the cheese is left outside the cheese. Casu Marzu is a pecorino, sheep's Sardinia, Italy's Casu Marzu uses cheese fly eating. The cheese is considered unsafe if the some put their hand over the cheese when Because of the leaping nature of the maggots, consumer to eat the cheese with or without the The digestive acids of the larvae cause fermentation where it is then inhabited with the cheese fly larvae. milk cheese an Italian staple, where a piece of larvae, aka maggots, to soften the interior of maggots have died in the cheese. he larvae jump from the cheese and suffocate. placed in a paper bag where starved for oxygen maggots, to remove the maggots the cheese is Unlike Milbenkäse and Mimolette,

traditions, please savor the moment! have the opportunity to partake in these centuries old but hard to come by outside their regions. So if you rare and beloved by many in their host countries, These three European delicacies are

## How to Shuck Crickets

And several different ways to use them from around the world

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

making homemade french fries or potato chips the potato side. Just remember, if you're a man and your cricket falk which is a fondue consisting of a hot pot of oil where mea his is using crickets with your fondue bourguignonne, fry, along with the right temperature oil. A variation of t is soaked in cold water prior, this helps achieve a crispy they are tossed into a bucket of water where they drown, the water is drained every few hours. The next age I. Another great, and simple, way to use crickets is catch the cricket using a leafy branch tied to a pole, then your freshly shucked crickets. First try our recipe for is dipped in itto cook it. Sauces are then provided on the morning the crickets are then deep-fried. Even when like how they do it in Cambodia. Here cricket catchers Double Chocolate Cricket Crunch Cookies', found on p Now here are some suggestions on how to use

avocado on either a com or flour tortilla, sprinkle your convection bake, to ensure an even roasting. Then toss the be replaced by another, your shucked crickets. Simply glimpse intothe many uses of eating and cooking crickets roast your crickets for ten minutes in a 350° oven on woman you gotta kiss your neighbor! In Mexico grasshopp in the pot you must buy a round of drinks and if you're a crickets on top and voila! Cricket tacos! This is just a crickets with garlic, lemon juice and salt. Spread some tacos are a yummy treat, but this orthoptera caneasily

