

If you thought that the only animals that eat insects were reptiles and birds, think again. There is a whole new market for insect consumption and it walks upright on two legs.

Human insect consumption is not a new trend in itself, people have been eating bugs for a long time. There have been eating bugs for a long time. There have been many articles written in which it was reported that various tribes of North American Indians harvested various insects as a staple for their daily diet. Chocolate covered ants were once available in the Gourmet Food section of supermarkets across the country. These delicacies are now available in specialty food stores. In Columbia, Big-bottomed ants have been consumed since before the 1500's and are now harvested as a commercial crop.

The absolute latest in crawly-critter cuisine are restaurants that cater to grub lovers. The Insect Club in Washington, D.C., is one such establishment. Opened in September or 1992, it serves seven insect laden entrees or appetizers in addition to its ordinary menu. Chef Mark Nevin developed the dishes as a culinary extension of the clubs décor. Bug dishes offered include: mealworms rockerfella, cricket burgers and cricket peanut brittle. The Insect Club is not the first restaurant to offer dishes composed of insects on the menu.

Insects are generally more nutritious than one might think. Crickets and mealworms are both high in protein and relatively low in fat. When prepared properly, insects can be a very tasty addition to the non-average diet. Toasted crickets have a richer flavor, much like coffee. Both insects are excellent high protein boosts to any meal.

Here are the recipes for this month, have fun...

CHOCOLATE COVERED CRICKETS

150 Large Fluker Crickets;
1 lb. Chocolate;
1 Strong Stomach;

Deep fry crickets in oil until crispy. Place fried crickets on paper towel to drain. Melt chocolate. Dip crickets one at a time in the melted chocolate. Place crickets on wax paper to cool and hard. If this is to much... buy them directly from our website.

CHOCOLATE CHIRPIE CHIP COOKIES

2- ¼ cups flour;
1 tsp. Baking soda;
1 tsp. Salt;
1 cup butter, softened;
¾ cup sugar;
¾ cup brown sugar;
1 tsp. Vanilla;
2 eggs;
1 12 ounce pkg. chocolate chips;
1 cup chopped nuts;
½ cup dry-roasted, or deep-fried Fluker Crickets;

Preheat oven to 375 deg. F. In small bowl, combine flour, baking soda and salt; set aside. In large bowl, combine butter, sugar, brown sugar and vanilla; beat until creamy. Add eggs; Gradually add flour mixture and insects, mix well. Stir in chocolate chips. Drop by rounded measuring teaspoonfuls onto ungreased cookie sheet. Bake for 8 – 10 minutes.