



Bug Chef & Author

David George Gordon

Audience:
K-12
Category:
Science, Culinary
Arts, Multi-Cultural,
Reading

Recipes

Orthopteran Orzo

Yield: six servings

Ingredients

- 3 cups vegetable broth
- 1 cup orzo
- 1 cup two- or three-week-old cricket nymphs
- 1 tablespoon butter
- 1 clove garlic, minced
- 1/2 cup chopped onion
- 1/2 cup grated carrot
- 1/4 cup finely diced red pepper
- 1/4 cup finely diced green pepper
- 2 tablespoons chopped parsley



(From the Eat-a-Bug Cookbook by David George Gordon, © 1998, Ten Speed Press)

Bring broth to a boil, then stir in the orzo.

Continue boiling the pasta until it is tender (about 10 minutes); drain any extra liquid, then quickly add carrot and red and green peppers. Mix evenly and set aside.

In a separate skillet, melt the butter, adding the minced garlic, onions and crickets. Sauté briefly, until the onions are clear and the garlic and crickets have browned.

Combine cricket mixture, including any liquid, with the orzo and vegetables, top with parsley and serve.



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Scorpion Scaloppine

Recipes

Yield: four servings

Ingredients

- 8 frozen desert hairy scorpions
(*Hadrurus arizonensis* or similar species, thawed)
- 1 pint low-fat milk
- 1 cup white cornmeal
- A pinch of freshly ground pepper
- 12 frozen katydids, locusts or
other suitably sized Orthoptera, thawed
- 1 red pepper, cut into 1 1/2-inch chunks
- 1 small yellow onion, cut into 8 wedges
- 2 tablespoons unsalted butter
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh parsley, chopped



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Using a sharp knife, remove and discard stingers and venom glands from the tips of the scorpions' tails.

Pour milk into a medium-sized bowl; add scorpions and set aside while preparing the rest of the ingredients.

In a 12" skillet, melt the butter. Remove scorpions from the milk mixture, allowing excess to drain off. Dredge the scorpions through the cornmeal, one at a time. Shake off excess flour.

Place the scorpions in the hot butter, and cook until golden brown (about 2 minutes), then turn scorpions over and cook until done (about 1 minute).

Drain on paper toweling, sprinkle with lemon juice and chopped parsley.



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Recipes

Sheesh! Kabobs

Yield: six servings

Ingredients

- 1/2 cup lemon juice
- 1 tablespoon olive oil
- 1 teaspoon honey
- 1/2 teaspoon freshly grated ginger
- 1 tablespoon Dijon mustard
- 2 tablespoon minced fresh herbs-parsley, mint, thyme and/or tarragon
- 1/4 teaspoon salt pinch of freshly ground pepper
- 12 frozen katydids, locusts or other suitably sized Orthoptera, thawed
- 1 red pepper, cut into 1 1/2-inch chunks
- 1 small yellow onion, cut into 8 wedges

Mix all ingredients for the marinade in a non-reactive baking dish. Add the Orthoptera, cover and marinate overnight.

When ready to cook, remove the insects from the marinade. Pat them dry, for ease of handling. Assemble each kabob, alternately skewering the insects, tomatoes and onion wedges to create a visually interesting line-up.

Brush the grill lightly with olive oil. Cook the kabobs two or three inches above the fire, turning them every two or three minutes and basting them with additional olive oil as required. The exact cooking time will vary, depending on the kind of grill and types of insects used; however, the kabobs should cook for no longer than eight or nine minutes.



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