



**CRUNCHYCRITTERS**

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## Guide to Roasting Insects

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Roasting our dried insects

### Overview:

The easiest method to roast insects is to lightly coat them in soy sauce and encase them in tin foil. Initially roast them within the tin foil before opening the foil out to finish the insects off in direct heat. By following this method the insects not only get steamed in soy sauce but also get crisped off prior to consumption. **Top Tip:** For a spicy treat add a splash of Tabasco Pepper Sauce, sprinkle of crushed peppercorns, Chinese five spice, paprika or dried chilli powder. Alternatively up the ante by adding a couple of crushed garlic cloves within the tin foil.

### Buffalo Worms:

Pre- heat oven to 160 degrees centigrade (320 degrees fahrenheit) before placing the soy marinated Buffalo Worms in tin foil for 7-8 minutes. Next open up the tin foil and rattle the Buffalo Worms to make ensure they're not sticking together. Place back in the oven for a further 2-5 minutes until they're dry to the touch.

### Mealworms:

Pre- heat oven to 160 degrees centigrade (320 degrees fahrenheit) before placing the soy marinated Mealworms in tin foil for 9-10 minutes. Next open up the tin foil and rattle the Mealworms to ensure they're not sticking together. Place back in the oven for a further 3-5 minutes until they're dry to the touch.

### Crickets:

Pre- heat oven to 160 degrees centigrade (320 degrees fahrenheit) before placing the soy marinated Crickets in tin foil for 9-10 minutes. Next open up the tin foil and rattle the Crickets to ensure they're not sticking together. Place back in the oven for a further 3-5 minutes until they're dry to the touch.

### Locusts:

Pre-heat oven to 180 degrees centigrade (356 degrees fahrenheit). Whilst waiting for the oven to warm up remove their legs and wings. You should be able to nudge the legs off quite easily. To remove the wings lightly grip the abdomen before gently squeezing the upper wing joints between your thumb and index finger. Place the soy marinated Locusts in tin foil for 10-12 minutes. Next open up the tin foil and rattle the Locusts to ensure they're not sticking together. Place back in the oven for a further 3-5 minutes until they're dry to the touch. Try enjoying your Locusts with a cool crisp beer or the light semi sparkling Spanish Rosé "Hacienda de Lluna" Moscato.