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Creepy Crawly Cuisine: The Gourmet Guide to Edible Insects

By Julieta Ramos-Elorduy Ph. D.

Park Street Press. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.0in. x 7.9in. x 0.5in. An introduction to the world of edible insects, complete with recipes and color photographs. Includes an historical look at the use of edible insects in indigenous cultures. Provides information on where to obtain insects and how to store and prepare them. Includes over 60 gourmet recipes, complete with stunning color photographs. The most wholesome source of protein on earth cannot be found in any supermarket in the United States, but it can be found right in your backyard! Insects have been a staple food of almost every indigenous culture, not only because of their delicious flavor but also because they provide a more complete protein than soy, meat, or fish, and are concentrated sources of calcium, niacin, magnesium, potassium, the B-vitamins, and many other nutrients. As the world heads for food shortages in the next century insects can help meet humanity's growing nutritional needs. Creepy Crawly Cuisine tells you everything you need to know to make insects a part of your diet. It includes an overview of the use of edible insects by indigenous cultures, information on where to obtain insects and how to...



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Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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