

Recipes:

Appetizer /Enter:

Savory macaroons whipped spiced crunchy peanuts and mealworms.

For 24 macarons (keep 12 for dessert)

Ingredients:

- 100g ground almonds
 - 100g icing sugar
- 2 times 40g egg white
- 100g of caster sugar
 - water 3.75c

Preparation:

- Mix and sift the powder almond and icing sugar
- in a saucepan, bring the water and caster sugar to a boil, **without stirring, and ensure that the temperature does not exceed 115 ° C**
- Fit gently 40g egg white then increase speed when the temperature of syrup made earlier approach of 105 ° C
- Stop cooking the sugar to 115 ° C and pour the net on the eggs beaten stiff continuing to fight
- Mix remaining 40g of white with the icing sugar and ground almonds for a homogeneous almond paste
- with a flexible spatula, stir in about 1/3 of the meringue to the almond paste to soften, then stir in the rest macaronant.

- Top with a pastry bag with the preparation and conduct small heap size of a walnut on a sulphurized sheet of paper or a silicone sheet for macarons
- Leave crust about 30 minutes, an hour or more. The buttons must be like when dust graze the dry
- Preheat oven to 150 ° C and bake for 15 minutes.

For the filling:

Ingredients:

- 200 mL of wholecream
 - Tabasco
 - Salt
- Dry Roasted peanuts
 - A handful of

Mixmealworms:

- 200 ml of cream, Tabasco and 3 pinches of salt
- Pour this mixture into the siphon
- Hitting two gas cartridges
- Shake and refrigerate
- Crush a handful of dry roasted peanuts
- grill mealworms few minutes in one tablespoon of oil
- Book twelve beautiful mealworms (for decoration)
- Cut other mealworms into small pieces the size of pieces of ground peanuts
- Garnish whipped macaroons spicy, sprinkle over whipped a pinch of peanuts and flour to

- Top with a second shell macaroon

Food :

Okonomiyaki crickets and locusts:

Ingredients:

- 100g wheat flour (or flour 50g and 50g cornflour)
- 1cl water
 - 1 egg
- 1 mug of Chinese cabbage (or property leafy green cabbage default)
- 1 teaspoon scoop of powdered dashi (otherwise bouillon cube)
 - Some seaweed wakame
- Some Chinese mushrooms
- 3 tablespoons soy sauce
 - sesame Oil
- Some locusts and crickets

- lemon juice
- Tabasco

Optional:

- teaspoon teriyaki sauce and 1 teaspoon mirin
 - from ginger powder or fresh grated
 - a tablespoon sugar

Preparation:

- in a bowl, mix flour, egg, water, chopped Chinese cabbage into strips, the wakamés algae, Chinese mushrooms rehydrated, the dashi and soy sauce
- pour some sesame oil in the bottom of a pan and pour the previous preparation
- cook for a few minutes
- Meanwhile, fry in another pan a handful of locusts with a few drops of Tabasco and juice lemon,
- When grilled drop them on the okonomiyaki (watch above)
- Proceed the same way with the crickets and why not with other insects
- Serve with Chinese cabbage salad and a little soy sauce to dip it insects and okonomiyaki

Dessert:

Macarons mango-ginger with winged

**Take 12 macarons set aside
for the filling:**

Ingredients:

- 1 mango
- 1 small piece of ginger
- 2 sachets of agar (or 4G)
- Some dried ants

Preparation:

- Peel and cut the mango into cubes
- the blender with a background of water in a blender
- Add half grated ginger
- heat the mixture in a saucepan with two bags of 2g agar
- After boiling, distribute the preparation in a dish with paper movie
- Sprinkle ants distributing the insects across the surface
- Refrigerate until making jelly
- Cut discs in the frozen using a round cutter diameter macaroons (about 3cm)
- Fill the shells of macaroons
- macaroons Decorate a beautiful ant

YOU MAKING YOUR TRAINING !!!

WARNING:

**Choosing edible insects. All insects do not eat. For more information,
visit the pages of Variety.**

<http://salutmacaille.fr/2013/09/15/cuisiner-les-insectes/>