## <u>Recipes:</u>

#### Appetizer /Enter:

Savory macaroons whipped spiced crunchy peanuts and mealworms.

#### For 24 macarons (keep 12 for dessert)

# <u>Ingredients:</u> 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  $^{\rm o}$  C
- Stop cooking the sugar to 115  $^{\rm o}$  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 dost graze the dry
- Preheat oven to 150 ° C and bake for 15 minutes.

For the filling:



Mixmealworms:

- 200 ml of cream, Tabasco and 3 pinches of salt
- Pour this mixture into thesiphon
- Hittingtwogas 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 teaspoonmirin
fromginger powder or fresh grated
a tablespoon sugar

Preparation:

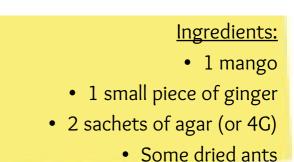
- in a bowl, mix flour, egg, water, chopped Chinese cabbage into strips, the wakamés algae, Chinese mushrooms rehydrated, the dashi and soy sauce
- pour some sesame oil in the bottom of a pan and pour the previous preparation
- cook for a few minutes
- Meanwhile, fry in another pan a handful of locusts with a few drops of Tabasco and juicelemon,
- 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

#### <u>Dessert:</u>

Macarons mango-ginger with winged

#### Take 12 macarons set aside

for the filling:



#### 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 dishwith paper movie
- Sprinkleants 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/