

Eating Insects. Eating insects as food. Edible insects and bugs, insect breeding, most popular insects to eat, cooking ideas, restaurants and where to buy insects all covered.

Everything you need to know about eating insects and more. This book is a must have for anybody passionate about eating or breeding insects. The author, Elliott Lang tried eating insects for the first time on holiday in Thailand and loved them. He couldn't find any good book about it and decided to write a book himself and so started to explore the world of eating insects. Edible insects and bugs, insect breeding, most popular insects to eat, cooking ideas, restaurants who serve insects and where to buy insects all covered. Including which insects are most popular to eat and tips on preparing insects for cooking with some yummy recipes. The book is written in an easy to read and understandable style.

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