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EAT GRUB: THE ULTIMATE INSECT COOKBOOK



Frances Lincoln Publishers Ltd. Hardback. Book Condition: new. BRAND NEW, Eat Grub: The Ultimate Insect Cookbook, Shami Radia, Neil Whippey, Sebastian Holmes, Eat Grub features more than 55 exciting recipes using a variety of bugs, from grasshoppers to mealworms. It takes its inspiration from cuisines around the world to present a range of small plates, meals, desserts and even cocktails using whole and ground insects. Learn how to use insect flours to make healthy, gluten-free and protein-rich dishes, and discover...

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- Authored by Shami Radia, Neil Whippey, Sebastian Holmes
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