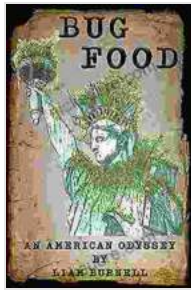


# Bug Food: An American Odyssey



In his book *Bug Food: An American Odyssey*, Josh Ozersky takes readers on a culinary adventure through the world of insects. Ozersky, a food writer and critic, traveled across the United States in search of the most delicious and unusual ways to eat bugs. He ate everything from fried crickets to ant larvae tacos, and he even tried a dish made with live mealworms.



## Bug Food: An American Odyssey

★★★★★ 5 out of 5

Language	: English
File size	: 582 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 382 pages
Lending	: Enabled



Ozersky's goal was not only to explore the culinary potential of insects, but also to challenge the Western taboo against eating them. In many cultures around the world, insects are considered a delicacy, and they are a valuable source of protein and other nutrients. Ozersky argues that if we are to address the growing problem of food insecurity, we need to be open to new sources of food, including insects.

*Bug Food* is a fascinating and thought-provoking read. Ozersky's writing is engaging and humorous, and he does a great job of making the case for eating insects. Even if you're not ready to start eating bugs yourself, you'll come away from *Bug Food* with a new appreciation for the culinary potential of the insect world.

### The History of Eating Insects

Humans have been eating insects for thousands of years. In fact, insects are thought to be one of the first foods that humans ever ate.

Archaeological evidence suggests that early humans ate insects as early as 2 million years ago.

Insects are a nutritious food source, and they are a good source of protein, vitamins, and minerals. However, the Western taboo against eating insects has prevented many people from enjoying this healthy and sustainable food.

## **The Nutritional Value of Insects**

Insects are a good source of protein, vitamins, and minerals. They are also a low-fat and low-calorie food. One ounce of dried crickets contains about 12 grams of protein, 4 grams of fat, and 60 calories.

Insects are also a good source of vitamins and minerals, including iron, calcium, zinc, and magnesium. They are also a good source of fiber.

## **The Environmental Benefits of Eating Insects**

Eating insects is also a sustainable way to meet our protein needs. Insects produce far less greenhouse gases than livestock, and they require less land and water.

In addition, insects can be raised on organic waste, which helps to reduce the amount of waste that goes to landfills.

## **How to Cook Insects**

Insects can be cooked in a variety of ways. They can be fried, roasted, grilled, or boiled. They can also be ground into a powder and used in recipes.

Here are a few tips for cooking insects:

- Choose fresh, live insects. Avoid insects that are dead or damaged.

- Clean the insects thoroughly before cooking. Rinse them in water and remove any dirt or debris.
- Cook the insects until they are golden brown and crispy. Overcooking will make them tough and chewy.

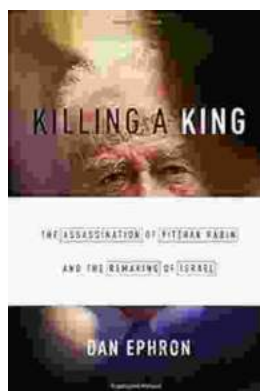
Enjoy your bug food!



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