

Jump over on Goodlife!

The food of the future...

The world we live in contains about 1400 edible insect species. Insects are seen as a delicacy in a lot of countries. Insects contain the same nutrients as meat, they are rich in protein, fatty acids and contain few calories. Because of the growing world population it is getting harder to feed everyone. Insects are a prime candidate to be an additional food source because they reproduce very fast. Our mission is to make edible insects the tasty, healthy and sustainable food source of the future.



Sustainability

The production of insects is a lot less stressful for the environment than meat production. Research at Wageningen University shows that insects emit far fewer greenhouse gases than conventional livestock like cattle and pigs. The emission of ammonia (which leads to the acidification of ground water) is also way lower for insects than for meat production. Therefore it is better for the environment to eat insects. It is up to 20 times more environmentally friendly than the production of meat!

Animal friendly

Animal welfare is an important factor in the production of insects. The insects are killed by cooling them until they fall asleep, the same process happens in nature when insects need to survive the winter. When they have fallen asleep they are frozen until they reach -18 degrees Celsius, they die in their sleep during this process. We think this is the best method when keeping the welfare of the insects in mind.

To be 100% sure that the insects adhere to all food safety standards they are blanched and freeze dried.

During the production of insects hardly any CO₂ is emitted, because of this it contributes minimally to global warming.



To produce one kilogram of insects only one liter of water is needed while for one kilogram of cow meat 14000 liter water is necessary



There are no additives like chemicals or growth promoter used when producing insects



In general insects have a nutty taste and because they are freeze dried they make for a crunchy snack.

Tribolo's

Tribolo worms are mealworms, they are a part of the beetle family. The beetle itself isn't known as a food source, the mealworm is much more popular and is a more efficient source of nutrition. Mealworms are grown in a mix of wheat, vegetables and wheat bran.

Buffalo's

Buffalo's are the larva of the Buffalo beetle. These larva contain a high amount of protein and a low amount of carbohydrates. They are about a centimeter big and not as hard as mealworms. This makes them easier to digest.

Locusta's

Locusta's are locusts and are part of the family of field grasshoppers. The grasshoppers are grown on several different grasses. Grasshoppers are a common food in a big part of the world and they have a high nutritional value. Hint: remove the wings before consumption.

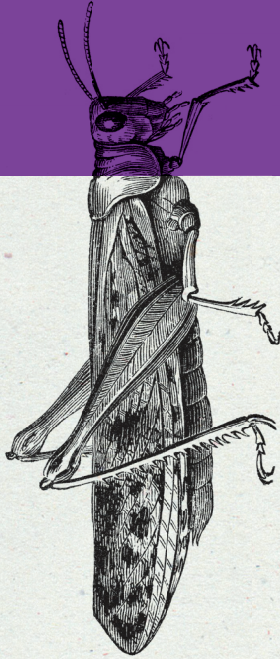
Crickets

Crickets are part of the Orthoptera family. They are rich in protein and contain unsaturated fatty acids.

Chocolate Cricket cookies

Ingredients:

- 300 grams of flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 225 grams of soft butter
- 180 grams of sugar
- 180 grams of brown sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 340 grams of chocolate chips
- 240 grams of crushed nuts
- 30-40 grams of freeze dried crickets



Method:

1. Mix the flour, baking powder and the salt together in a small bowl.
2. Mix the butter, sugar, brown sugar and vanilla extract together in a bowl until it turns creamy.
3. Add the eggs to the butter mixture and keep whisking it.
4. Mix everything together in a big bowl. Add the crickets to the batter.
5. Mix the chocolate chips through the batter.
6. Use a spoon to put the batter on a baking tray. Spread the batter out so the cookies can take on a round shape without touching each other. Bake them in a preheated oven at 180 degrees Celcius for 8-10 minutes.

Carmalized locusta's

Ingredients:

- Refined sugar
- (Walnut) Oil
- Freeze dried locusta's



Tip: serve the caramelized locusta's with some nuts as a tasty surprise with a glass of wine.

Method:

1. Carefully remove the locusta's wings and legs.
2. Put a pan on a medium heat. Put a little bit of (walnut) oil into the pan.
3. Put the locusta's in the pan and add some sugar. Stir the locusta's in the pan until the sugar turns brown.
4. Take the locusta's out of the pan and put them on a sheet of baking paper, make sure the locusta's don't touch each other.
5. The locusta's are ready when the sugar has set.

Cheesesticks with buffalo larva

Ingredients:

- Carton of puff pastry
- 1 egg
- Sesame seeds
- Grated cheese
- Sea salt
- Buffalo larva



Tip: Use meal worms instead of buffalo larva to mix it up!

Method:

1. Spread the sheets of puff pastry out on a baking tray.
2. Use a spoon to beat the egg until it is an even yellow. Then spread it on the puff pastry with a brush
3. Sprinkle the sesame seeds, grated cheese, sea salt and buffalo larva out on the puff pastry.
4. Use a rolling pin to lightly press the ingredients onto the puff pastry until they stick.
5. Slice the puff pastry into 5 strips and twist them.
6. Put the puff pastry on a baking tray lined with baking paper and put them in a preheated oven at 180 degrees Celsius for 15-20 minutes.
7. Make sure the cheese sticks don't turn brown while in the oven!
8. Take the cheese sticks out of the oven and let them cool down.

BUGGS
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