

# The Insect Experience

- By Gourmet Grubb -



# The Insect Experience

- The Concept Store -

## The Insect Experience:

So you've had scorpions on a stick in Thailand or eaten some creepy crawlies as a part of a fear factor challenge? Well this is different! There's so much more to them than that! **Eating insects are a culinary experience, one that delights the taste buds and excites the senses.** Here at the -The Insect Experience- we want to introduce insects to you in a new and modern way.

Forget what you think you know about eating insects and welcome to The Insect Experience.

## Why eat insects?

For starters, why exactly are we trying to change your perception of eating insects?

Here's why...The food industry relies on unsustainable and unethical practices of sourcing protein, and as a result of the increasing population we will no longer be able to produce enough protein to keep up with the growing demand. Insects are a really great source of protein and thus make a great alternative! Insects are far more sustainable and environmentally friendly to farm and there are no animal welfare concerns. Insects are super healthy - they are naturally high in protein, fat, zinc, iron and calcium.



# Local is lekker

- Mopane Loaded Polenta Fries -

R40

## The concept:

Maize and mopane caterpillars are a staple food in Southern Africa, and this dish brings these two local favourites into one dish, with a Mediterranean twist.

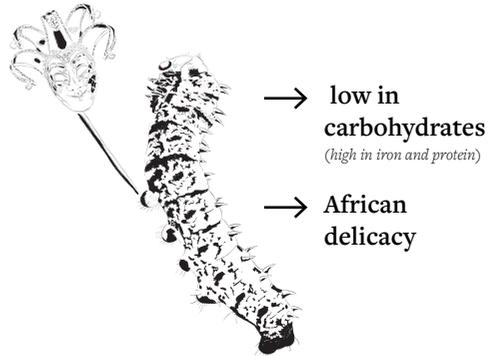
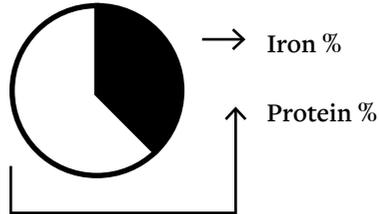
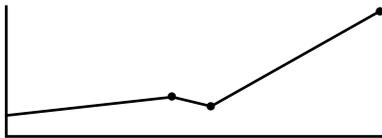
## The dish:

Mopane Loaded Polenta Fries. Fried polenta and powdered mopane caterpillar served with a homemade smoked tomato chilli chutney.

## Ingredients:

1. Maize
2. Mopane caterpillar powder
3. Tomato
4. Chilli

**Insect consumption will increase by 23.8% from 2018 to 2023**



## Allergens:

Insects, seafood

# Tagliatelle alla insetto

- Homemade insect flour tagliatelle -

R40

## The concept:

A mealtime favourite, this pasta dish aims to showcase the functional side of insect powder.

## The dish:

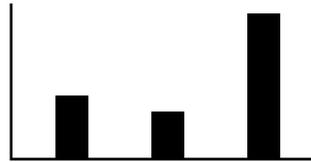
Homemade insect flour tagliatelle served with basil pesto, cherry tomatoes and crispy larvae crumbs.

## Allergens:

Insects, seafood, gluten.



**2 billion people** worldwide eat insects as part of a traditional diet.



**Insects have 20% more protein than chicken and 18% more than beef.**

## Ingredients:

1. Wheat
2. Black soldier fly larvae flour
3. Basil pesto
4. Tomatoes

# Fritters with a twist

- Meat alternative fritters -

R40

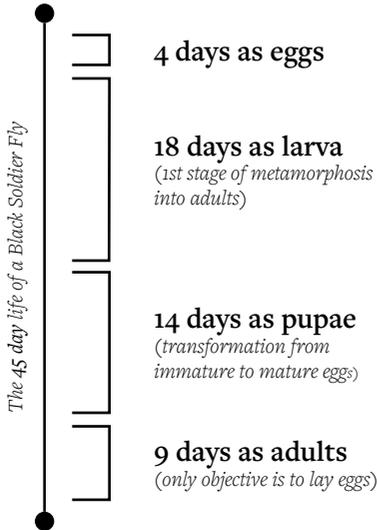
## The concept:

Nutritionally, insects are the perfect meat alternative; culinary wise, this dish aims to show it to you.

## The dish:

Chickpea and *Hermetia illucens* croquettes served with a mopane tahini hummus dip topped with micro coriander.

## Life cycle of a Black Soldier fly (*Hermetia illucens*)

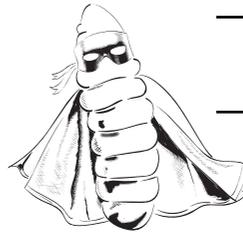


## Ingredients:

1. Chickpea flour
2. *Hermetia illucens* flour
3. Tahini (sesame seeds)
4. Coriander

## Allergens:

Insects, seafood, gluten, sesame seeds.



→ **43% protein**  
(calcium rich)

→ **Clean source of food**

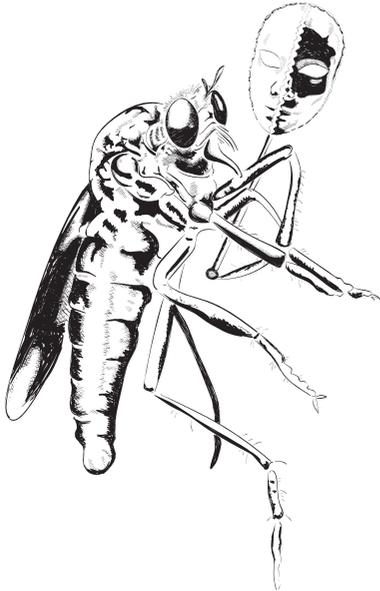
# Ice - Cream

R.30

- Chocolate, Peanut Butter, Chai Latte -

## The concept:

Using a dairy alternative created from insects, Gourmet Grubb has developed a **healthy, artisanal ice cream**. Using **only natural, ethical and locally sourced ingredients**, this ice cream aims to **change the way you think about eating insects**.



### Ice-cream scoop

- EntoMilk
- Raw honey
- Cocoa



### Dark chocolate



### Sugar cone

## The dish:

A delicate scoop of ice cream (flavor of your choice) on a bed of crumble and dark chocolate. The dish combines the earthy flavor of the natural ingredients with the indulgence of ice cream.

## Ingredients:

1. EntoMilk (dairy alternative made from Hermetia)
2. Raw honey
3. Cocoa
4. Sugar cone

## Allergens:

Insects, seafood, gluten

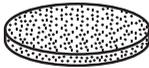
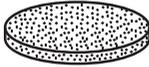
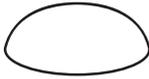
# Bugaroons

R.30

- Macaroons -

## The concept:

Insect flour is type cast as a healthy product, but this dish deviates completely from all its stereotypes and aims showcases its more flavourful and decadent side.

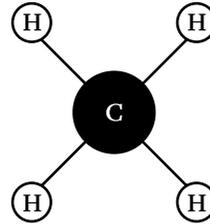


**The  
Bugaroon**

## What is a bugaroon?

Comes from macaroon which is a small round cake with a meringue-like consistency. It contains almonds, eggs and sugar (and in this case black soldier fly larvae flour too). Therefore it is a bugaroon.

## Insects produce 80 times less methane



→ Hydrogen

→ Carbon  
*(methane cell)*

## The dish:

Two macaroons made with a mixture of Hermetia flour and almond flour. (Ask chef for available flavours).

## Ingredients:

1. Hermetia illucens flour
2. Almond flour
3. Sugar
4. Eggs

## Allergens:

Insects, seafood, egg.