

# Food adventure: Serving up mealworm fudge

Welcome to Bugfeast Candyland! There are plenty of reasons to eat bugs! Not only are they high in protein and low in fat, but insects are also very tasty!

If you don't believe us, then try them for yourself! Wings of Paradise has invited Chef Jeff Stewart of [creepycrawlycooking.com](http://creepycrawlycooking.com) to prepare a special Candyland menu for this year's Bugfeast.

So, tempt your tastebuds with three samples made with REAL INSECTS!

- Roasted Mealworm Fudge

**Lori Gysel & Gerry Kentner**



- Chocolate Cricket Clusters
  - Blue Anty-floss
- Don't believe this is true? Well, this was the information put out by

the Wings of Paradise Butterfly Conservatory.

And, Dave and Gerry, ever searching for new food adventures took their grandson— Alex— there during March Break.

And, it's true, they did have all these dishes made from bugs. Alex (who is my oldest son) dove right in and tried everything— roasted mealworm fudge, chocolate cricket clusters, blue anty floss (just like candyfloss, but somehow made from ants) and there were also scorpion lollipops (real lollipops with a scorpion in the centre of each one).

I can't even begin to imagine what it would be like once you got down to licking the spider!

Although Alex tried it all, Dave and Gerry both politely declined. I would have too! You just never know what someone will come up with next.

Apparently there were lots of parents and grandparents there with their kids during March Break and most of the kids were trying the samples— I do believe there was substantially more boy children there than girl children. Surprise, surprise!

Have fun and keep cooking (not necessarily with bugs)!

(Lori and Gerry can be reached at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com))



## New restaurant opens

New Indian cuisine restaurant, Chanan's Little India, opened May 4 at 78 Main St. S. in Georgetown and Jenna Atwal, the niece of owners, Harjinder and Nikki Sumra, sampled some of the masala, at the opening reception.

Photo by Patti Post

## Asparagus Soup

### Ingredients

- 1 and 1/2 lbs asparagus, washed (approximately 1 large bunch)
- 2 small onions peeled and chopped fine or 1/2 spanish onion
- 2 tbsp butter or margarine
- 6 cups vegetable or chicken stock
- 1 1/2 cup 35% cream
- salt and freshly ground pepper



browning till translucent. Add the asparagus stalks and stock and simmer for approximately 25 minutes.

Cool slightly, then puree in a food processor. Return to pot and add cream, the asparagus tips and salt and pepper to taste. Reheat and serve.

Serves 6

### Method

Cut or break off the asparagus tips and simmer for 2-4 minutes in one inch of boiling water. Drain and set aside.

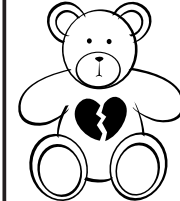
Blanch the onion in a saucepan without



## Upcoming community dinner

A Lobster/Chicken Dinner will take place on Saturday, May 17 at The Salvation Army Georgetown Community Church at 271 Mountainview Rd S on May 17. There are two sittings for dinner and both lobster and chicken is available. Call 905-877-1374 for tickets/info.

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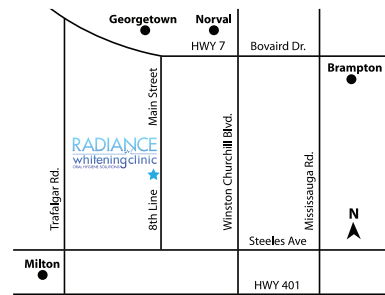
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