

Insects Innovation in Gastronomy

MODULE 1



Module 1:

Introduction to Edible Insect Gastronomy

Disclaimer:

This project is co-funded with the support of the European Union.

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Module 1: Introduction to Edible Insects in Gastronomy

Unit 1: A Brief History of Eating Insects Until Current Times

- **Objective:** Introduce the basic history of how insects have been consumed as food in different parts of the world.

Provide an overview of the current status of edible insect ingredients across different European countries, highlighting key companies in the sector and emerging trends.

- **Content:**
 - Explanation of how some cultures have eaten insects for centuries.
 - Examples of European countries adopting insect ingredients today.
- **Materials:** Visual timeline, a 6-minute video on the history of insect consumption and international info on the current state of the sector.

Unit 2: What Are Edible Insects?

Edible Insects and Their Approval in the European Union: Understanding Novel Foods, Approved Edible Insects and Available Options.

- **Objective:** Explain in simple terms which types of insects are considered edible in Europe.
- **Content:**
 - Introduction to novel food, accepted edible insects like crickets, mealworms, beetle larvae and locusts.
 - Brief explanation of their properties and characteristics.
 - Exploration of providers of insect-based products and identification of available options in the European market
- **Materials:** Images of the most common edible insects, shapes as ingredients, animated video, QR to EU legislation-related, images, 6-minute video.

Unit 3: Benefits of Eating Insects

Benefits and Advantages of Consuming Insect-Based Ingredients

- **Objective:** Present the benefits of consuming insects as food.
- **Content:**
 - Initial explanation of why insects are good for the environment (saving water, space, etc.).
 - Introduction to health benefits, like being rich in protein.
 - Identification of studies about the claimed benefits and properties
- **Materials:** video and explanation including infographics, visual data, QR to resources such as scientific studies, 6-minute video.

Unit 4: Insects in European Cuisine: Creating a Complete European Menu with Insect-Based Ingredients

- **Objective:** Provide an overview of how some chefs in Europe are starting to use insects in their dishes. Practical and hands-on approach, create a complete European menu, featuring a starter, main courses, and dessert, all incorporating these cutting-edge ingredients.
- **Content:**
 - The chefs introduce some of the key edible insects used in cooking.
 - Core content: Video showing a complete European menu, 4 dishes, prepared by chefs, explaining ingredients and recipe while cooking:
 - Starter:
Fried cricket tortillas (Spanish recipe)
 - Main dishes:
Smoked Cricket Salmon Tartare (Northern Europe)
Cricket-Powder Falafel (Middle Eastern Origins)
 - Dessert:
Caramelized Mealworms with Yogurt and Honey (Inspired by French Pastry Menus)

- **Materials:** 7-minute video with chefs cooking live and explaining the recipes and techniques.

Unit 5: What Do People Think About Eating Insects?

- **Objective:** Explore people's and cooking professionals' reactions and experiences about eating insects. Provide information about the findings of the social psychological research.
- **Content:**
 - Introduction to how people in Europe are reacting to the idea of incorporating insect-based ingredients in meals, providing information about the findings of different studies such as the social psychological report accomplished by the consortium of the project.
 - Video of professional chefs and culinary students tasting dishes made with edible insect ingredients in a cooking class, sharing their perceptions and describing its textures, flavours and evaluating their potential in gastronomy.
- **Materials:** video of live tasting of insect-based meals gathering people's opinions, students and expert chefs' comments, QR of the European report, 6-minute video.



