**Group 1: Roasted Vegetables and Mealworm Caponata with Basil and Cricket Pesto**

**Yields: 25 portions**

**Ingredients**

**Caponata:**

* Eggplant – 2.5 kg (diced)
* Red bell peppers – 1.2 kg (diced)
* Yellow bell peppers – 1.2 kg (diced)
* Zucchini – 1 kg (sliced)
* Red onions – 700 g (chopped)
* Olive oil – 250 ml
* White wine vinegar – 150 ml
* Capers – 75 g
* Green olives (pitted and chopped) – 250 g
* Sugar – 75 g
* Cooked mealworms – 1.25 kg
* Salt and pepper – to taste

**Basil and Cricket Pesto:**

* Fresh basil leaves – 250 g
* Roasted crickets – 250 g
* Garlic – 8 cloves
* Grated Parmesan cheese – 250 g
* Pine nuts (or any kind of nuts) – 200 g
* Extra virgin olive oil – 500 ml
* Salt – to taste

**Preparation**

1. **Roast the Vegetables:**
Preheat the oven to 200°C (390°F). Toss the diced eggplants, bell peppers, zucchini, and onions with olive oil, salt, and pepper. Spread evenly on baking trays (you'll likely need multiple trays). Roast for about 30 minutes, turning halfway, until golden and soft.
2. **Make the Caponata Base:**
In a large pot or multiple deep pans, heat a bit of olive oil. Add the roasted vegetables, capers, chopped olives, vinegar, and sugar. Cook on low heat for 5–7 minutes. Stir in the cooked mealworms and continue cooking for another 3–4 minutes until everything is well combined and flavors are balanced.
3. **Prepare the Pesto:**
In batches, blend basil, roasted crickets, garlic, Parmesan, and pine nuts. Slowly add olive oil while blending until smooth and creamy. Season to taste with salt.
4. **Serve:**
Spoon the caponata into small bowls or plates. Drizzle with cricket pesto. Garnish with fresh basil if desired. Serve warm or at room temperature.

**Group 2: Mushrooms and Roasted Crickets Arancini**

**Yields: 25 portions** *(Approx. 50 arancini – 2 per person)*

**Ingredients**

**For the Arancini:**

* Arborio rice – 2.5 kg
* Mixed mushrooms – 1.2 kg (half for risotto, half for filling)
* Vegetable broth – approx. 6 liters
* White wine – 500 ml
* Butter – 250 g
* Grated Parmesan cheese – 300 g
* Garlic – 5 cloves (minced)
* Olive oil – 100 ml
* Salt and pepper – to taste

**Filling:**

* Roasted crickets – 750 g
* Fresh parsley – 1 bunch (chopped)

**Breading and Frying:**

* Flour – 500 g
* Eggs – 12 (beaten)
* Breadcrumbs – 1.5 kg
* Vegetable oil – for deep frying

**Preparation**

1. **Prepare the Risotto Base with Mushrooms:**
In a large pot, sauté half of the chopped mushrooms with garlic and olive oil until lightly golden. Add the rice and toast for 2–3 minutes. Deglaze with white wine. Gradually add hot broth, stirring until the rice is al dente. Finish with butter, Parmesan, salt, and pepper. Spread the risotto on trays and let cool completely.
2. **Make the Filling:**
In a pan, sauté the remaining mushrooms in a bit of oil. When soft, add the roasted crickets and chopped parsley. Season to taste and let cool.
3. **Assemble the Arancini:**
Take a portion of risotto, flatten it, add a spoon of filling in the center, and shape into a ball. Repeat for all portions.
4. **Bread and Fry:**
Roll each arancino in flour, dip in egg, and coat with breadcrumbs. Deep fry at 170–180°C (340–355°F) until golden. Drain on paper towels.
5. **Serve:**
Serve hot as finger food or plated, optionally with a dipping sauce of your choice.

**Group 3: Tagliatelle Pasta with Cricket Flour, Green Asparagus and Parmesan**

**Yields: 25 portions**

**Ingredients**

**For the Pasta:**

* All-purpose flour – 2.5 kg
* Cricket flour – 500 g
* Eggs – 35 (medium-large)
* Salt – 1 tsp
* Olive oil – 2 tbsp

**For the Sauce:**

* Green asparagus – 3.5 kg (trimmed and sliced)
* Garlic – 5 cloves (sliced)
* Olive oil – 200 ml
* Grated Parmesan cheese – 400 g
* Vegetable broth or pasta water – as needed
* Salt and pepper – to taste
* Optional: zest of 2 lemons for freshness

**Preparation**

1. **Make the Pasta Dough:**
Mix all-purpose flour and cricket flour on a large surface. Make a well in the center and add eggs, a pinch of salt, and olive oil. Mix with a fork, then knead until smooth and elastic (approx. 10 min). Let rest wrapped for 30 minutes. Roll and cut into tagliatelle.
2. **Prepare the Asparagus Sauce:**
In a large pan, sauté garlic in olive oil. Add sliced asparagus and cook for 8–10 minutes until tender but still bright green. Season with salt and pepper. Add a splash of broth or pasta water to keep it moist.
3. **Cook the Pasta:**
Boil tagliatelle in salted water for 2–3 minutes or until al dente. Reserve some cooking water, then drain.
4. **Combine and Finish:**
Toss the cooked pasta with the asparagus and some cooking water to coat. Add grated Parmesan, mix gently. Add lemon zest if using.
5. **Serve:**
Plate the pasta and finish with extra Parmesan and a drizzle of olive oil.

**Group 4: Potato Gnocchi with Cricket Bolognese and Marinated Aubergines**

**Yields: 25 portions**

**Ingredients**

**For the Gnocchi:**

* Floury potatoes – 5 kg
* All-purpose flour – 1.2 kg (plus extra for dusting)
* Eggs – 5
* Salt – 1 tbsp

**For the Cricket Bolognese:**

* Onion – 500 g (finely chopped)
* Carrot – 400 g (finely chopped)
* Celery – 300 g (finely chopped)
* Garlic – 4 cloves (minced)
* Olive oil – 200 ml
* Tomato passata – 2.5 liters
* Red wine – 400 ml
* Roasted or cooked crickets – 1.5 kg
* Bay leaves – 3
* Salt and pepper – to taste
* Optional: chili flakes for heat

**For the Marinated Aubergines:**

* Aubergines (eggplants) – 2.5 kg (sliced into thin rounds or strips)
* White wine vinegar – 300 ml
* Olive oil – 300 ml (plus more for drizzling)
* Garlic – 3 cloves (sliced)
* Fresh parsley – 1 bunch (chopped)
* Salt – to taste

**Preparation**

**1. Make the Gnocchi:**

1. Boil potatoes whole with the skin until fork-tender. Drain, peel, and mash while still warm.
2. Let them cool slightly, then mix with flour, eggs, and salt until a soft dough forms. Avoid overworking the dough.
3. Roll into ropes, cut into bite-size pieces, and shape using a fork or gnocchi board. Dust with flour to prevent sticking.
4. Set aside on floured trays until ready to cook.

**2. Prepare the Cricket Bolognese:**

1. In a large pot, heat olive oil. Sauté onion, carrot, celery, and garlic until soft.
2. Add crickets and cook for 5–6 minutes to toast and flavor.
3. Deglaze with red wine. Add tomato passata, bay leaves, salt, and pepper.
4. Simmer uncovered for at least 45 minutes, stirring occasionally. Adjust seasoning to taste.

**3. Marinate the Aubergines:**

1. Grill or pan-sear the sliced aubergines until golden and soft. Set aside to cool.
2. In a bowl, mix vinegar, olive oil, sliced garlic, and parsley.
3. Layer aubergines in a container, seasoning with salt and pouring marinade between layers.
4. Let rest at least 1 hour (ideally overnight) before serving.

**4. Cook and Assemble:**

1. Cook gnocchi in salted boiling water until they float (about 2–3 minutes). Drain carefully.
2. Toss with hot cricket Bolognese sauce.
3. Plate the gnocchi, add a few slices of marinated aubergine on top or on the side.
4. Finish with a drizzle of olive oil and optional grated Parmesan.

**Group 5: Tiramisú Mousse with Chocolate and Mealworm Cake Crumble**

**Yields: 25 portions**

**Ingredients**

**For the Tiramisú Mousse:**

* Mascarpone – 1.25 kg
* Egg yolks – 20
* Granulated sugar – 350 g
* Heavy cream – 1 liter (whipped to soft peaks)
* Espresso coffee – 400 ml (cooled)
* Coffee liqueur (optional) – 150 ml
* Gelatin sheets – 10 (approx. 20 g total), soaked and melted
* Vanilla extract – 2 tsp
* Salt – a pinch

**For the Chocolate and Mealworm Crumble:**

* All-purpose flour – 400 g
* Cocoa powder (unsweetened) – 60 g
* Granulated sugar – 250 g
* Butter – 300 g (cold and diced)
* Mealworm flour or crushed dried mealworms – 200 g
* Salt – 1 tsp

**Garnish (optional):**

* Dark chocolate shavings – 100 g
* Cocoa powder – for dusting

**Preparation**

**1. Prepare the Mousse Base:**

1. In a bowl, whisk egg yolks with sugar and vanilla over a bain-marie (double boiler) until thick and pale (sabayon). Let cool slightly.
2. Melt the gelatin (previously soaked in cold water) and stir it into the warm sabayon.
3. In a large bowl, gently mix mascarpone with the sabayon. Add a pinch of salt.
4. Stir in espresso and coffee liqueur.
5. Fold in whipped cream carefully until smooth and fluffy.
6. Pipe or spoon into serving glasses or bowls. Chill for at least 4 hours (or overnight) to set.

**2. Make the Chocolate and Mealworm Crumble:**

1. Preheat oven to 170°C (340°F).
2. In a mixing bowl, combine flour, cocoa powder, sugar, mealworm flour, and salt.
3. Add cold diced butter and work with fingertips or a mixer until a crumbly dough forms.
4. Spread on a baking tray and bake for 20–25 minutes, stirring halfway, until crisp and slightly caramelized.
5. Let cool completely, then crumble into pieces.

**3. Assemble and Serve:**

1. Top each mousse with a generous spoonful of the chocolate mealworm crumble.
2. Dust with cocoa powder and garnish with dark chocolate shavings, if desired.