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Cricket Pasta by Bugsolutely is a culinary adventure: Review

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Bugsolutely Cricket Pasta

Rating: ★★★★★

Protein can be found in a variety of sources including traditional animal sources such as beef, poultry and seafood, plant sources such as beans and quinoa and now, insects.

Protein is plentiful in developed countries but large swaths of the world are still deficient in protein leading to an interest in alternative sources. **Cricket Pasta**, made from 20% cricket flour, represents a new source of protein from Bugsolutely.

Crickets are a good source of protein and are efficient to grow. They require 1000 times less food than cows and consume very little water so they are good for the environment. They only require 2 kg of feed to make a 1 kg of protein, while a cow needs 10 kg. Many



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Southeast Asian countries feature insects in the diet. Cricket Pasta has high levels of protein, calcium, iron, vitamin B12 and Omega 3 so they are a healthy choice.

Cricket Pasta is made from 80% durum semolina and wheat flours, and 20% cricket flour sourced from selected suppliers. Some say that the cricket flour has a flavor similar to roasted almonds and is a warm hazel color. A nutritional analysis shows that it has about double the amount of protein, fewer carbohydrates and more fiber compared to traditional pasta. It has a bit more fat, sodium

and sugar. One serving contains about 200 calories.

Testing was done with the cricket fusilli pasta, a type of corkscrew shaped pasta. The dry pasta resembled whole wheat pasta with the light brown color. There was no particular odor in the dry product. It looked and felt like pasta. A pot of salted water was boiled and the pasta was cooked to an *al dente* texture in about 8 minutes. The pasta was tested unadorned by any sauce initially. The texture was like any other pasta while the flavor had slightly earthy notes. The pasta was served to a dining partner with a pesto sauce, accompanied by red wine and green salad. With the sauce the earthy flavor dissipated and the dining guest stated that he couldn't discern anything different from regular pasta. The idea of eating insects may take some getting used to for Western diners unfamiliar with this food source, but the flavor is only very slightly noticeable without sauce and the texture is no different from pasta made from semolina flour.

Bugsolutely, based in Bangkok, Thailand, was founded in 2015 by Massimo Reverberi a Milan, Italy native. The company is focused on developing, making and exporting foods made from edible insect flours. Thailand has a thriving cricket growing base with over 20,000 families raising crickets for human consumption. Bugsolutely pasta and flour is FDA approved and they follow **GMP manufacturing standards**. Bugsolutely exports internationally through food distributors as well as their company website.

Cricket Pasta by Bugsolutely is a tasty food that is hardly any different in taste and texture compared to regular pasta and offers significant nutritional and environmental benefits.

Information

Bugsolutely Cricket Pasta

Available from **Bugsolutely** for \$6.40 (\$16.40 with international shipping) for a 12.3 oz package.

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