Grasshopper Recipes

Grasshoppers are Good Survival Food!

The recent Survival Topic Survival Foraging on the Move has generated a great deal of interest around the Internet community. Wild edible foods are a popular subject and the article on survival foraging opened some people's minds to the possibilities.

When doing the fieldwork for Survival Foraging on the Move I was able to capture a number of fat juicy grasshoppers. These grasshoppers were boiled along with the various other insects, roots, and vegetables discovered along the route traveled. The result was an invigorating survival soup that provided me with the nutrition I needed to stay alive.

What many people do not know is that grasshoppers are eaten as a matter of course throughout the world, not just during survival situations. And why not? They are high in protein, fats, and other nutrients, are delicious and easy to catch – often in very large numbers.


Survival Food!

Simply put, grasshoppers make an excellent survival food that should never be passed up when the opportunity to harvest them arises.

Known as an easily acquired and tasty snack, people have developed a number of tasty grasshopper recipes that satisfy the most discriminating of palates. I highly recommend you try your hand at catching wild grasshoppers and make a practice survival meal centered around them.

User Submitted Wild Grasshopper Recipes

Grasshoppers can be eaten baked, boiled, roasted or fried. Lacking any special cooking gear a wilderness survivor can always roast them on a hot rock.

You may also enjoy the following visitor submitted grasshopper Recipes. Feel free to send in your own!

Fried Grasshoppers

1. Catch a bunch of grasshoppers and keep them in a container overnight so that they purge their last meals.
2. The next day boil the grasshoppers for about ten minutes in order to soften them up a bit. For larger grasshoppers you can then easily remove the tough wings and legs.

3. Next beat some eggs and stir in the boiled grasshoppers so that they are thoroughly covered in egg.
4. Throw some corn meal and the egg-coated grasshoppers into a bag and shake well.
5. Place the hoppers into a hot skillet with 1-inch or 2.5-cm of hot oil and fry to a golden brown.
6. Remove the grasshopper from the pan and place on towels to soak up the excess grease.

Fried grasshoppers are excellent when eaten plain or dipped in various sauces including horseradish, mustard, ketchup, honey, or barbecue sauce. Many people prefer honey and grasshoppers and I do too.

Grasshopper Survival Stew

If the grasshoppers are large then remove the smaller legs, and the end portion of the hind legs.

1. Boil the hoppers in salt water
2. Add whatever vegetables you have on hand
3. Add some butter, salt and vinegar to the broth
4. Cook until tender.

The grasshopper stew can be served as a soup or over rice or potatoes.