



Pig and Pepper

The Cook, editor



How to Eat....WHAT????

When The Cook was just a wee tad, knee-high to a grasshopper, she happened upon that famous tome by Thomas Rockwell, *How to Eat Fried Worms*. In it, young Billy is challenged to eat fifteen worms in fifteen days by his...er..."friends". Needless to say, Billy rises to the occasion, and with fifty bucks on the line, is bound and determined to eat those worms, even if it kills him. Lots of catsup and mustard see him through the first nine of those little suckers... The Cook would like to point out, though, that it is Billy's mother who raises this book to new heights of culinary inspiration. Egged on by Billy's father, she searches through her cookbook, *Mastering the Art of French Cooking*, and settles upon "Alsatian Smothered Worm". The ingredients? Worms sautéed in drippings, then slathered in sliced onions and sour cream, and baked in an oven until tender. Mmm mmm good. Might The Cook suggest a nice dry Alsatian Gewürztraminer or Riesling with that?

In more recent times, The Cook, no longer so wee a tad, and now eyeing that self-same grasshopper with culinary interest, recalls the Canadian school principal who agreed to eat fried worms as part of a reading challenge at his school. So the art of preparing worms, insects, and all creatures creepy and crawly is one that finds its natural home in the world of children's books. Not convinced? You only have to visit the University of Iowa's [Insects as Food](#) page to discover that "insects can be delicious and nutritious"! More information about insects, and about eating insects, can be found at the [University of Kentucky Entomology](#) page. And for the truly faint of heart, the same site also has recipes for [Insect-themed food](#) to satisfy your hunger.

Bibliographic Information:

**Thomas Rockwell. *How to Eat Fried Worms*. Illustrated by Emily McCully.
New York: Franklin Watts, 1973.
ISBN 0-531-02631-0**

The Cook loves serving up a fine kettle of fish, along with a helping of tongue in cheek, and finds inspiration in the pages of her favourite children's books -- Hansel and Gretel notwithstanding. After all, children are for reading to -- not eating!