

## Nitro Cricket Milk Dessert

by Kristopher Edelen  
Recipe from HOTPANnyc

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### Ice-Cream Base (Cricket Anglaise)

#### Ingredients

5 ounces **fine textured cricket protein** (C-fu TIP)  
2 quarts **raw Guernsey milk**  
1 quart **raw heavy cream**  
200 grams **cane sugar**  
2 **vanilla bean**  
0.90 grams **pure vanilla extract**  
0.50 grams **iota carrageenan**  
1 gram **kappa carrageenan**  
5 liters **liquid nitrogen**  
**sea salt**, to taste

#### Method:

1. Split vanilla beans lengthwise, scrape beans and reserve for later.
2. Gently heat milk and heavy cream in a small sauce pot. Add sugar, vanilla extract, vanilla beans and sea salt. Whisk until sugar is dissolved.
3. Crumble the fine cricket TIP and place in a blender. Add half the hot base and blend on high until the TIP is fully incorporated. Slowly add remaining hot cream mix and blend on high until all is fully blended and looks velvety.
4. Filter base through a fine sieve. Let base cool on a ice bath before transferring to an US Quart iSi Gourmet Whip (Siphon). Charge your Siphon with four N2O cream chargers and shake vigorously. Into a freezer-safe bowl (preferably metal), carefully pour your liquid nitrogen. Once the nitrogen is in the bowl, quickly release your charged Siphon with the base inside.
5. Begin to carefully break the frozen chunks into bite-size pieces while mixing. Hold the cricket ice-cream in the freezer or continue pouring nitrogen until ready to serve.

### Cricket Crunch

#### Ingredients

225 grams **cane sugar**  
118 grams **water**  
3 tablespoons **pastured butter**  
4 ounces **dehydrated crickets**, chopped  
100 grams **golden syrup**  
5 liters **liquid nitrogen**  
1/8 teaspoon **baking soda**  
**sea salt**, to taste

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### Method:

1. In a small saucepan over medium heat, add butter, sugar and salt. Slowly caramelize the sugar until golden brown. Carefully add the water and golden syrup (the sugar will begin to pop). Clip on a candy thermometer and let it reach to 290 degrees F. Be careful to not let the temperature get too high.
2. Once your sugar syrup is up to temperature, quickly add the crickets and baking soda. Pour your solution onto a silpat.
3. Once the solution is slightly cooled, pour liquid nitrogen on top. Crack the cricket crunch in the bowl, carefully pour the liquid nitrogen over the crunch and break up the frozen pieces. Set aside.

### To Assemble:

Take both frozen nitro treats, mix together inside of a large metal bowl. Finish with more liquid nitrogen and give it a toss. It's ready to plate and serve!