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**UNBELIEVABLY NOISY. UNBELIEVABLY TASTY.
LIKE SHRIMP, APPARENTLY. A SINGING
SWARM OF FLYING SHRIMP.**

Oh yes, brave foodies. What a time to be alive.

After 17 long, laborious, lingering years underground, the Brood X Cicadas have finally emerged across the eastern United States — trillions of them. With a ‘T.’

Since you’re in possession of this book, you probably already know about Frank’s RedHot®. Which means you also probably know that you can put that \$#!t on everything.

Which brings us to the question a ton of people who don’t routinely eat insects that suddenly, infrequently inhabit the earth are probably thinking to themselves.

Which is, of course, “Um... why.”

Well dear skeptic, let us tell you why.

When we heard the cicadas were coming out of the ground, we thought, wow, that’s pretty neat.

But then we heard that people actually eat these things. Hmm, we thought, now that’s something.

Naturally then, we concluded, “Well, if cicadas are something, then cicadas are technically part of everything. Which means they deserve to be enjoyed by whatever subculture of the world enjoys eating cicadas in the way that they should be enjoyed, like every other food in the world should be enjoyed. With Frank’s RedHot®.”

And so this once-in-a-quarter-of-a-lifetime cookbook was born.

Dedicated to anyone bold enough to forge into the edible unknown.

So go outside and grab a net, grab a bucket, or just grab some bugs with your bare hands. Then grab a bottle of Frank’s and spice up these suckers before the going gets so good that the going’s already gone.

Because when we say you can put that \$#!t on everything.

We mean ev-er-y-thang.



ALLERGEN WARNING

If you have a seafood or shellfish allergy, please DO NOT eat cicadas as they may contain the same allergen as is found in shrimp or prawns.

As always, take caution if you have any other type of food allergy, as well.

Maybe even those with any allergy at all.

Like pollen or grass or trees.

Could also be a convenient excuse if you were grossed out anyway.

CICADA PREP & SAFETY

1. **CICADAS DO, IN FACT, COME FROM THE GROUND. SO THEY COULD HAVE A PRESENCE OF HEAVY METALS. ALL WE CAN TELL YOU IS TO EAT 'EM IN MODERATION AT YOUR OWN RISK. UNLESS YOU ARE PREGNANT OR A CHILD. THAT'S A NO-NO, CHILD/FUTURE CHILD.**
2. **DON'T EAT CICADAS FROM YOUR YARD IF YOU'VE SPRAYED IT WITH PESTICIDES. PERHAPS STUMBLE UPON SOME FROM AN ANNOYING NEIGHBOR'S YARD THAT IS PESTICIDE-FREE.**
3. **OUR RECIPES CALL FOR BLANCHED OR ROASTED OR CRISPY FRIED CICADAS, SO JUST FOLLOW THE INSTRUCTIONS FOR BLANCHING OR ROASTING OR CRISPY FRYING TO GET RID OF ANY BACTERIA. THAT'S REALLY IT.**
4. **BE SURE TO REMOVE HARD PARTS SUCH AS WINGS, LEGS, AND HEADS BEFORE COOKING. MIGHT BE A WEIRD TEXTURE.**
5. **TRY TO CATCH THEM AS SOON AS THEY EMERGE FROM THE GROUND AT NIGHT OR EARLY MORNING. OR AFTER THEY HAVE MOLTED ON TREES AND ARE STILL WHITE. IF YOU HAVE THE ABILITY TO DETECT SUCH THINGS AS INSECT MOLTING.**
6. **GENERAL NOTE: THE FDA DID NOT REVIEW THIS BOOK, BUT THEY ARE WELCOME TO. DOESN'T HAVE TO BE A 5 STAR REVIEW, BUT WE WOULDN'T COMPLAIN.**

AIR-FRIED BUFFALO CICADA "WINGS"

MAKES

24 Servings

PREP

5 Minutes

COOK

5-10 Minutes

Might as well start with a classic. Well, it will be a classic. A classic that you can only make once every 17 years. A come-and-get-it-while-you-can kinda classic.

Because the wings are made out of cicadas this time around. Which, unlike Buffalo, actually do have wings. But we won't be using the actual wings. It's just a figure of speech. Don't overthink it.

Invite your friends. Put on the game. Plug your air fryer in. Grab a batch of bugs. And make a batch of (cicada) wings.

INGREDIENTS

1/2 cup Frank's RedHot®
Original Cayenne Pepper Sauce

1/3 cup butter, melted

4 cups blanched cicadas

DIRECTIONS

Blanching seems like a funny word. You're right; it is. Bring 1 gallon of water and 1 teaspoon of salt to a boil over high heat. Add 4 cups of cicadas and cook for 2-3 minutes. Drain and rinse with cool water.

1. **SPRAY** basket of air fryer with no stick cooking spray. Preheat air fryer to 400°F. Pat those little cicada buggies dry with paper towels.
2. **PLACE** cicadas in fryer basket, being careful not to over-fill. (Cook in batches, if needed, depending on the size of your air fryer.) Air fry 5 to 10 minutes or until crispy, shaking basket or tossing them with tongs every 5 minutes during cooking.
3. **MEANWHILE**, mix melted butter and RedHot in large bowl. Add crispy 'cadas and toss to coat. Serve immediately with blue cheese or ranch and celery sticks, if desired.



BUFFALO BUG DIP

MAKES

24 Servings

PREP

10 Minutes

COOK

20 Minutes

Ah, dips. Everyone loves a good dip. Especially a good buffalo dip. Now, you could make this dip with chicken. Or even shrimp. But if shrimp are the shrimp of the sea, then cicadas are the shrimp of the earth.

At least that's what we've heard. We don't know. We make hot sauce. We're not... biologists? Hold, please. K. Looked it up. Entomologists. We're not those. The point is, there are basically billions of flying shrimp all around you. Probably right now.

So grab a net, follow the extremely loud, extremely persistent buzzing, and you're on your way to this here spicy, creamy, Buffalo Bug Dip. Which has a nice zing to it, and a real nice ring to it.

INGREDIENTS

2 cups blanched cicadas,
coarsely chopped

1 package (8 ounces) cream
cheese, softened

1/2 cup Frank's RedHot®
Original Cayenne Pepper Sauce

1/2 cup ranch dressing

1/2 cup blue cheese crumbles

DIRECTIONS

How to blanch cicadas in 208 characters (with spaces): Bring 1 gallon of water and 1 teaspoon of salt to a boil over high heat. Add 4 cups of cicadas and cook for 2-3 minutes. Drain and rinse with cool water.

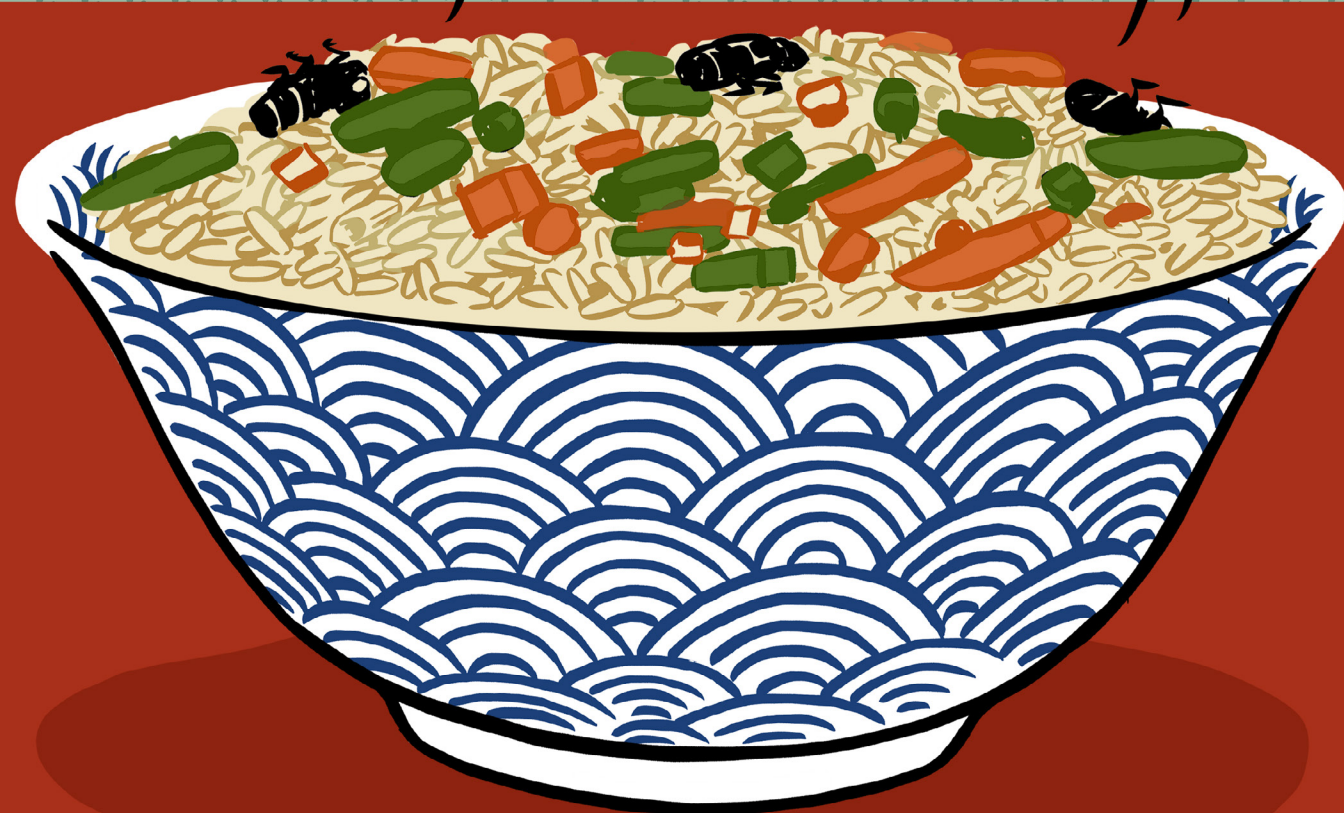
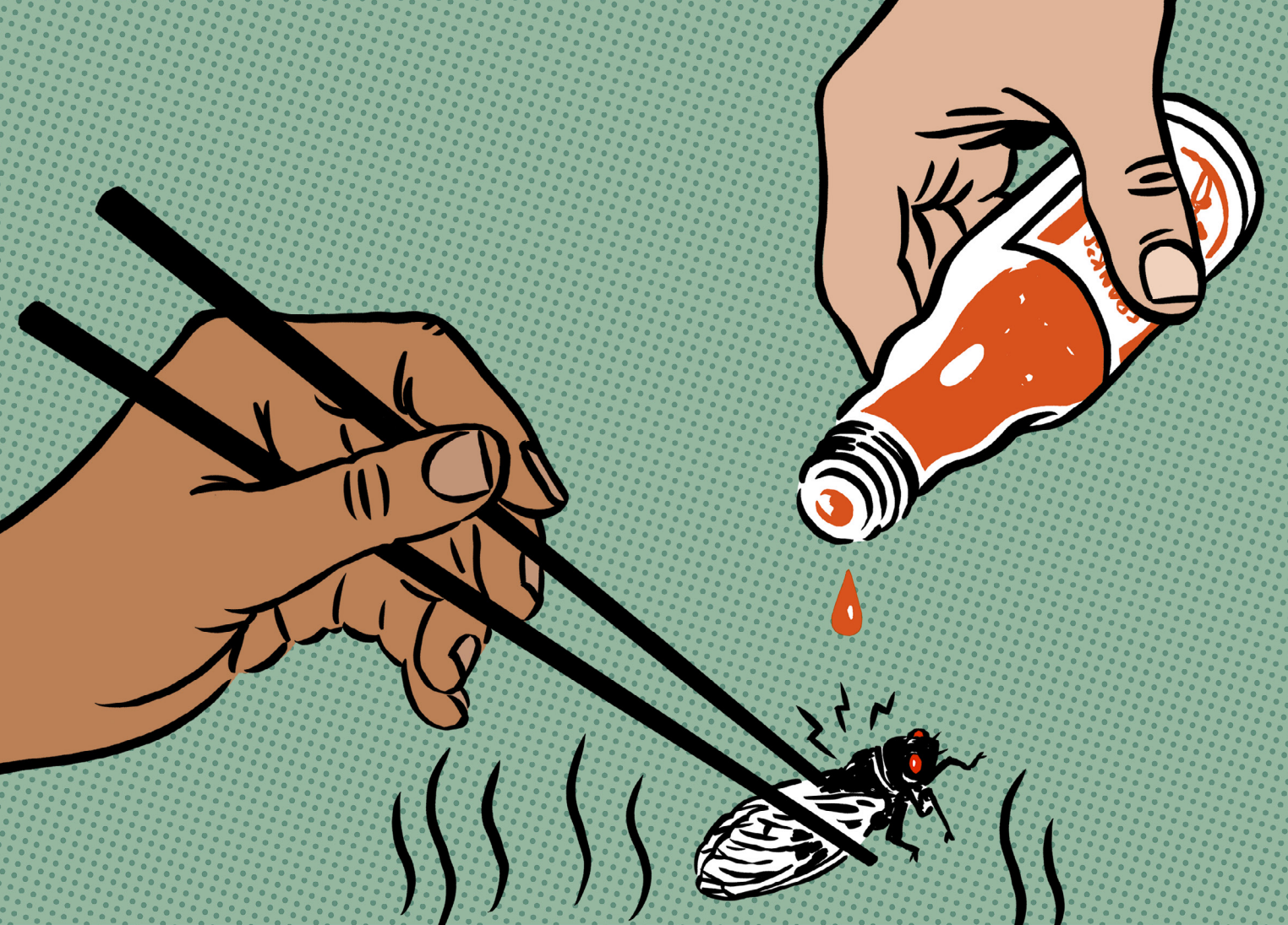
1. PREHEAT oven to 350°F. Mix all ingredients in large bowl. Spoon into shallow 1-quart baking dish.

2. BAKE 20 minutes or until mixture is heated through. Stir and sprinkle with green onions. Serve with chips, crackers, and/or cut up veggies.

Hot Tip:

For that little extra crunch in your dip, swap in roasted or fried cicadas. With this chirping delight, it's always right. Okay. No more rhyming.





BUFFALO CICADA STIR-FLY

MAKES

6 Servings

PREP

5 Minutes

COOK

6 Minutes

Yes, the 'L' is intentional. It's a pun. But it's cool 'cause we're about to take your stir fry to new heights.

Okay, enough word play. Let's get down to bug business.

Sorry, couldn't resist.

Step 1. Go outside.

Step 2. Snatch some cicadas.

Step 3. Follow the actual steps below.

INGREDIENTS

2 tablespoons vegetable oil

1 teaspoon minced garlic

1/2 teaspoon grated
peeled ginger

1/3 cup Frank's RedHot®
Sweet Chili Sauce

1 1/4 cups blanched cicadas

1 cup chopped green, red,
or yellow bell pepper

1/2 cup chopped red onion

DIRECTIONS

Wait, what's all this about 'blanching'? Just bring 1 gallon of water and 1 teaspoon of salt to a boil over high heat. Add 4 cups of cicadas and cook for 2-3 minutes. Drain and rinse with cool water.

1. HEAT oil in medium skillet on medium-high heat. Add garlic and ginger, cook and stir 30 seconds. Add Sweet Chili Sauce; cook on medium-high heat until bubbly.

2. ADD cicadas, bell peppers and onion. Stir-fry about 5 min until veggies are tender-crisp and coated with sauce. Serve over hot cooked rice.

BUFFALO 'CADA-DILLAS

MAKES

8 Servings

PREP

5 Minutes

COOK

5 Minutes

We'd like to say this one is in here simply because the name worked out so perfectly. But we'd be lying. What this melty, Monterey Jack-cheesy, cicada-filled tortilla creation is actually perfect for is... well, pretty much anything.

Pink sunset on the patio comes to mind. A sippin' summer Saturday snack also, definitely, comes to mind.

However you choose to cheese, these Buffalo 'Cada-dillas are a downright serious buzz for your tastebuds, bud.

INGREDIENTS

1 1/2 cups roasted or crispy fried cicadas

1/2 cup Frank's RedHot® Buffalo Wings Sauce

2 cups shredded Monterey Jack cheese

1/2 cup thinly sliced green onions

16 (8-inch) flour tortillas

Blue cheese dressing

DIRECTIONS

Roasted cicadas made easy: Preheat oven to 400F. Toss 4 cups cicadas with vegetable oil. Place cicadas on sheet pan and roast in oven for 12-15 min or until golden brown and crunchy. Season with salt and pepper.

1. TOSS cicadas and Buffalo Wings Sauce in medium bowl. Divide saucy cicadas, cheese, and green onions evenly among 8 tortillas. Top with remaining tortillas.

2. COOK about 3 to 5 minutes in large skillet on medium heat, or grill over medium heat until toasted and cheese is melty, turning once. Cut into wedges to serve. Serve with blue cheese dressing and additional Buffalo Wings Sauce, if desired.



CARAMEL 'CADA CORN

MAKES

16 Servings

PREP

5 Minutes

COOK

55 Minutes

All right. You're on the couch. You've got your favorite scary movie ready. It doesn't have to be a scary movie, but it feels kinda right when we're eating insects. Now. The only thing missing? Popcorn. Duh.

Welp, we got somethin' for ya that's sweet, salty, spicy, and cicada-y. We're talkin' caramel sauce spiked with the signature heat of Frank's® RedHot. And probably the best thing about this one is that it doesn't even matter if you pronounce it care-a-mel, or car-mull.

Pretty sure it's car-mull, though.

INGREDIENTS

10 cups plain
popped popcorn

1/2 cup unsalted
roasted peanuts

2 cups roasted or
crispy fried cicadas

1 cup butter

1/3 cup Frank's RedHot®
Original Cayenne Pepper Sauce

1 cup brown sugar

1/4 cup light corn syrup

DIRECTIONS

If it flies, it fries. Heat 8 cups vegetable oil over medium-high heat until oil temp is 350F. Fry 4 cups of cicadas (2 cups at a time) for 3-5 minutes until cooked through and crunchy. Drain then season with salt and pepper.

1. **PREHEAT** oven to 275°. Mix popcorn, peanuts, and cicadas in large bowl. Set aside.

2. **HEAT** butter and RedHot in medium saucepan on medium heat until butter is melted, stirring to mix well. Stir in brown sugar and corn syrup. Bring to boil, stirring constantly. Boil 6 minutes without stirring.

3. **POUR** RedHot caramel mixture over popcorn mixture. Toss to coat evenly with spatula sprayed with no stick cooking spray. Spread evenly on parchment-lined shallow baking pan.

4. **BAKE** 45 minutes, stirring every 15 minutes. Cool completely on wire rack. Break into clusters. Store in airtight container.

Two Hot Tips:

Drizzle cooled caramel corn with melted chocolate for that sweet, sweet topping.

For a double dose of heat, swap wasabi peas for the peanuts. Mouth. Watering.





CHILI LIME 'CADA TACOS

MAKES

8 Servings

PREP

5 Minutes

COOK

5 Minutes

Margs. Chips. Guac. 'Cadas. It's not weird. It's tacos. It's never weird.

So what if it isn't Tuesday. Do you only eat tacos on Tuesday? No. That's just a societal construct. You don't subscribe to that. You subscribe to the tastiest tacos you can possibly imagine.

Any time. Any place. Any insect.

In this case, cicadas. The chili lime variety. Stuffed into warm, fluffy, tortillas. Mmk. That's enough. It's taco time.

INGREDIENTS

1/2 teaspoon McCormick®
Ground Cumin

1/2 teaspoon McCormick®
Garlic Powder

1/4 teaspoon salt

1 1/2 cups blanched cicadas

1 tablespoon vegetable oil

1/4 cup Frank's RedHot®
Chile 'n Lime Hot Sauce

8 flour tortillas or taco
shells, warmed

DIRECTIONS

Blanching is no biggie. Just bring 1 gallon of water and 1 teaspoon of salt to a boil over high heat. Then add 4 cups of cicadas and cook for 2-3 minutes. Then drain and rinse with cool water. Blanched. Bugs. Bam.

1. MIX cumin, garlic powder and salt in large bowl. Add cicadas and toss until well coated.
2. HEAT oil in large skillet on medium-high heat. Add seasoned cicadas; cook and stir about 5 minutes or until lightly browned and heated through. Stir in Chile 'n Lime hot sauce to coat.
3. SPOON those tasty buggers into warm tortillas. Top with your favorite fixins like chopped avocado, shredded cheese, lettuce or cabbage, and sliced green onion or cilantro.

Creamy Chile Lime Sauce:

Mix 1/4 cup RedHot Chile 'n Lime Hot Sauce and 1/4 cup mayonnaise or sour cream in small bowl until well blended. Drizzle on tacos to serve.



SPICY CICADA MARY

MAKES

4 Servings

PREP

5 Minutes

COOK

Wouldn't Cook This One

Here we go. Now we're talkin'. You've been foraging and cooking cicadas all day. You've probably worked up a sweat. It's time to cool down with a spicy drink.

Which doesn't make as much sense as I thought it would. Either way.

This one involves vodka.
No need to delay any further.
Say bye to the celery stalk.
Bring on the cicada skewer.

INGREDIENTS

1 quart tomato juice

1/2 cup chilled vodka

2 tablespoons Frank's RedHot®
Original Cayenne Pepper Sauce

2 tablespoons French's® Reduced
Sodium Worcestershire Sauce

2 tablespoons prepared
horseradish

1 tablespoon lemon juice

1 teaspoon McCormick®
Celery Salt

Roasted cicada garnish, obviously

DIRECTIONS

1. MIX all ingredients in large pitcher.

2. CHILL. Serve over ice.

3. GARNISH with a skewer of cicadas and
maybe some blue cheese stuffed olives.

LOADED BUFFALO CICADA PIZZA

MAKES

5-ish Servings (Yes, "5-ish")

PREP

10 Minutes

COOK

We tried to think of some clever name for this recipe, but it's pizza, and so you kinda just don't mess with that.

TL;DR: Toss crispy cicadas with Frank's and layer on ready-made flatbread with cheese and bacon. Top it with more Frank's, blue cheese, and green onion.

Boom. Loaded Buffalo Cicada Pizza.

Well. There might be a little more to it.

INGREDIENTS

1 rectangular flatbread,
about 6x12-inches

2 ounces cream
cheese, softened

1 cup crispy fried
or roasted cicadas

3/4 cup Frank's RedHot®
Mild Wings Sauce or Original
Cayenne Pepper Sauce, plus
more for serving

1 cup shredded
mozzarella cheese

3 slices bacon, cooked
and crumbled

1/4 cup crumbled blue cheese

2 tablespoons sliced
green onion

DIRECTIONS

For crispy 'cadas, heat 8 cups vegetable oil over medium-high heat until oil temp is 350F. Fry 4 cups of cicadas (2 cups at a time) for 3-5 minutes until cooked through and crunchy. Drain then season with salt and pepper.

1. PREHEAT oven to 400°F. Place flatbread on large sheet pan. Spread evenly with cream cheese.
2. TOSS cicadas and Wings Sauce in large bowl. Top pizza evenly with saucy cicadas. Sprinkle mozzarella and bacon over top.
3. BAKE 20 minutes until cheese is melted and lightly browned.
4. DRIZZLE flatbread with additional Wings Sauce. Sprinkle with blue cheese and green onion. Cut diagonally into 10 slices to serve.





BREAKFAST BUG BURRITO

MAKES

8 (1/2-Wrap) Servings

PREP

5 Minutes

COOK

25 Minutes

Set your alarms and forget about the snooze button. Or at least try not to snooze until the alarm gives up. It's time for breakfast with bugs.

Wakey, wakey, eggs, and cicadas. Unfortunately, rhyming was over several pages ago.

But that doesn't mean you can't start your day off with a double dose of protein.

'Cause this rousing remix just got the ridiculous RedHot treatment.

INGREDIENTS

8 eggs

1 cup milk

2-3 tsp. Frank's RedHot®
Original Seasoning Blend

4 (8-inch) flour tortillas

1 cup shredded white
Cheddar cheese, divided

1 cup cooked rice or
beans, divided

2 cups baby spinach, divided

1 cup roasted cicadas, divided

Frank's RedHot® Original
Cayenne Pepper Sauce

DIRECTIONS

Rules of roasting — Preheat oven to 400F. Toss 4 cups cicadas with vegetable oil. Place cicadas on sheet pan and roast in oven for 12-15 minutes or until golden brown and crunchy. Season with salt and pepper to taste.

1. WHISK eggs, milk, and seasoning in large bowl. Spray large non-stick skillet with no stick cooking spray. Heat on medium-low heat. Add 2/3 cup of the egg mixture to the pan, swirling to coat bottom. Immediately dip one side of a tortilla into egg mixture in skillet. Turn tortilla and place dipped-side up in skillet. Cook just until eggs are set on the bottom, about 2 to 3 minutes.

2. LAYER tortilla with 1/4 cup of the cheese, 1/4 cup rice, 1/2 cup of the spinach, and 1/4 cup of the cicadas. Reduce heat to low, cover pan. Cook 2 to 3 minutes, or just until cheese has melted and spinach is wilted. Remove from skillet. Repeat with remaining ingredients. Roll to enclose filling. Cut wraps in half and serve with RedHot.

A Couple-a Hot Tips:

Skip the tortillas and make egg muffins for breakfast on-the-go. Mix all ingredients together in a large bowl and pour evenly into cups of muffin tin sprayed with no stick cooking spray. Bake in preheated 350°F oven 20 to 25 minutes or until eggs are set.

Substitute sautéed onions and bell peppers in place of the baby spinach for a Southwest twist.



CICADA "DARM" SLIDERS & CELERY BLUE CHEESE SLAW

MAKES

PREP

COOK

Sure, that's a long title but the title pretty much says it.

Guess that's what makes a good title good.

We'll expand anyway.

Crispy breaded cicadas smothered in Frank's topped with mozzarella and a tangy blue cheese celery slaw for a crunchy, spicy, cheesy slider you never thought existed and will never stop dreaming of.

INGREDIENTS

- 4 ribs celery, thinly sliced
- 1/2 small red onion, thinly sliced
- 1/2 cup crumbled blue cheese
- 1/3 cup sour cream
- 36 blanched cicadas
- 1/2 cup all-purpose flour
- 1 egg, lightly beaten
- 1 cup plain panko breadcrumbs
- 1 quart (4 cups) vegetable oil, for frying
- 1 cup Frank's RedHot® Original Cayenne Pepper Sauce
- 10 tablespoons unsalted butter, melted, divided
- 1 package (12 count) dinner rolls, unseparated
- 1 lb mozzarella cheese, shredded

DIRECTIONS

- Blanch your bugs by bringing 1 gallon of water and 1 teaspoon of salt to a boil over high heat. Then add 4 cups of cicadas and cook for 2-3 minutes. Then drain and rinse with cool water.*
1. FOR the Celery Blue Cheese Slaw, mix celery, red onion, blue cheese, and sour cream in a medium bowl until well blended. Cover and refrigerate until ready to use.
 2. HEAT vegetable oil to 350°F in a large, deep Dutch oven. Working in batches, dip cicadas in flour first, then into egg, then panko, making sure each piece is completely coated. Fry cicadas in batches, making sure not to crowd the oil, until golden brown. Drain on wire rack or paper towels.
 3. MIX Frank's RedHot® Sauce and 8 tablespoons of the melted butter in a medium bowl, whisking until smooth. Set aside.
 4. TO ASSEMBLE the sliders, preheat oven to 375°F. Slice entire package of dinner rolls in half horizontally, leaving the bottom half a little thicker than the top. Place the bottom half on shallow baking pan. Arrange fried cicadas on top. Sprinkle mozzarella evenly over the cicadas. Place top half of rolls on a separate baking pan, cut side down; brush tops with remaining butter. Place both pans in oven and bake 10 to 15 minutes, until bread is browned and cheese is melted. (Remove the top half of rolls from oven early if they are browning too quickly.)
 5. REMOVE sandwich halves from the oven. Drizzle bottom half with the hot sauce mixture and spread the celery slaw evenly over top. Place toasted top half of the rolls over slaw. Secure each sandwich with a toothpick. Cut with a serrated knife to separate sandwiches if desired; serve immediately.



BANG BANG BUGS

MAKES

10 Servings

PREP

10 Minutes

COOK

25 Minutes

Full disclosure: this is a remix of our iconic, crispy, crunchy, Frank's Bang Bang Shrimp appetizer with an addictive Sweet Chili mayo dipping sauce made of unsurprisingly, yes, Frank's RedHot® Sweet Chili Sauce and mayo.

Well, the recipe's not really a remix. We literally just swapped the shrimp for cicadas. Because this isn't a shrimp cookbook. And it's Cicada Season. And the name is pretty snappy, too.

Sorry, shrimp. Really, really not sorry.

INGREDIENTS

1/3 cup Frank's RedHot®
Sweet Chili Sauce

1/3 cup mayonnaise

3 tablespoons Frank's RedHot®
Original Cayenne Pepper Sauce

30 blanched cicadas

1/3 cup buttermilk

2/3 cup cornstarch

Vegetable oil for frying

DIRECTIONS

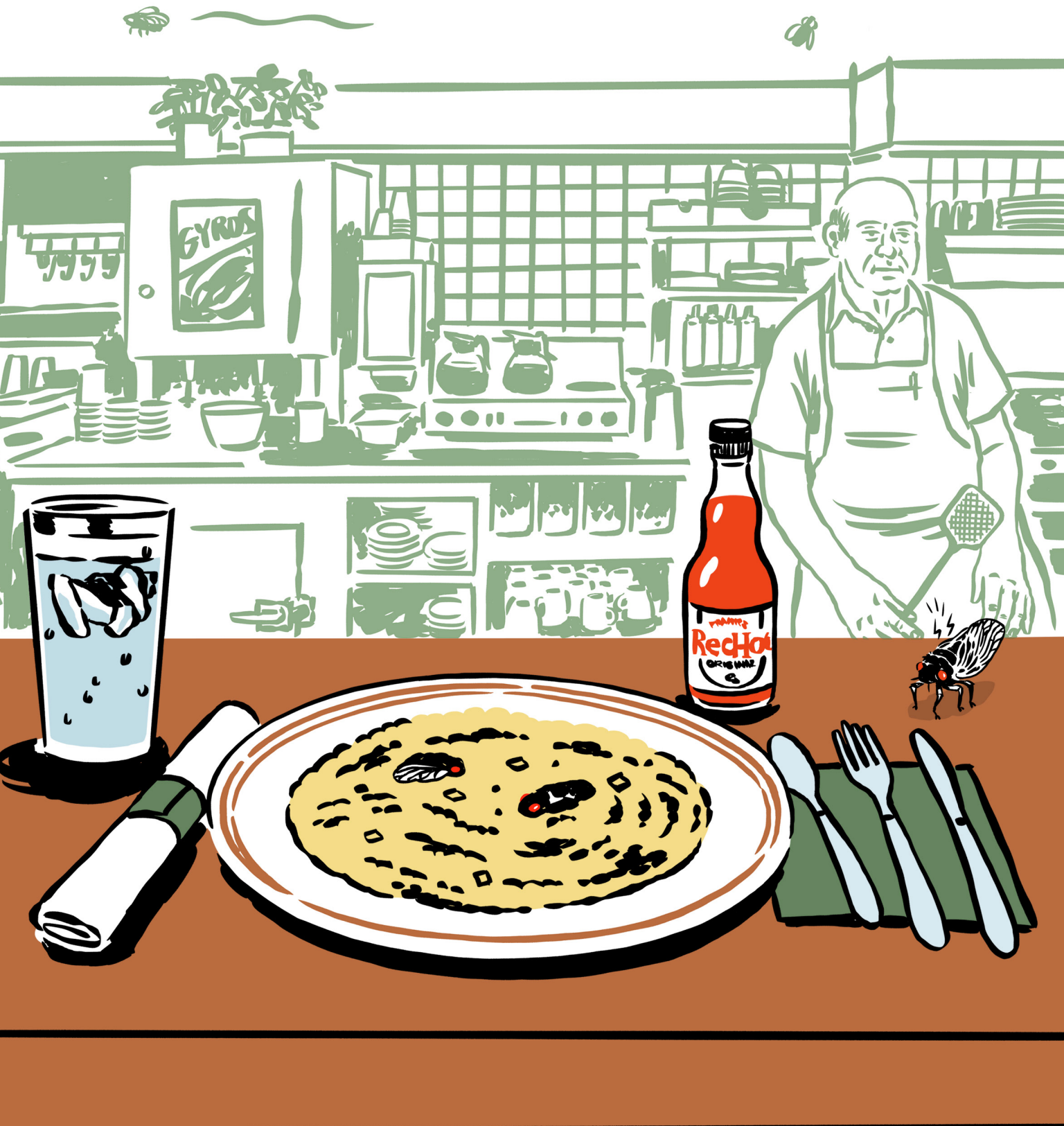
Bug blanching basics: Bring 1 gallon of water and 1 teaspoon of salt to a boil over high heat. Then add 4 cups of cicadas and cook for 2-3 minutes. Then drain and rinse with cool water.

- MIX Sweet Chili Sauce, mayo and RedHot Original Sauce in large bowl; set aside.
- TOSS cicadas with buttermilk; drain off any excess liquid. Place cornstarch in large bowl. Working in batches, add cicadas and toss to coat well, shaking off any excess.
- HEAT 1 inch of oil in large skillet on medium-high heat until hot. Cook cicadas in batches about 4 to 6 minutes, turning once, until golden. Drain on paper towels.
- TOSS hot fried cicadas in 1/4 cup Chili Sauce mixture until well coated. Serve immediately with remaining sauce for dipping.

Hot Tips:

Cut cicadas in half for before breading for 'popcorn cicada' bites.

Go ahead and make it into a bug bowl if bowls are your thing. Bowls are pretty cool. Just serve the cicadas over a bed of rice or greens and drizzle with Sweet Chili Mayo as the dressing and you got a bowl.



SWEET & SPICY CICADAS AND CHEDDAR GRITS

MAKES

6 Servings

PREP

10 Minutes

COOK

25 Minutes

Cajun comfort cicadas.

Three words we never imagined would go together until we wrote this cookbook and decided that they absolutely go together. But it's a grits dish, which means it's a great dish, pretty much no matter what you put in it. In this case, it is, of course, cicadas.

Sweet, spicy, savory, crunchy, cheesy, creamy, we could go on with more adjectives but it's probably best to just get cookin' and then you can describe them however you want.

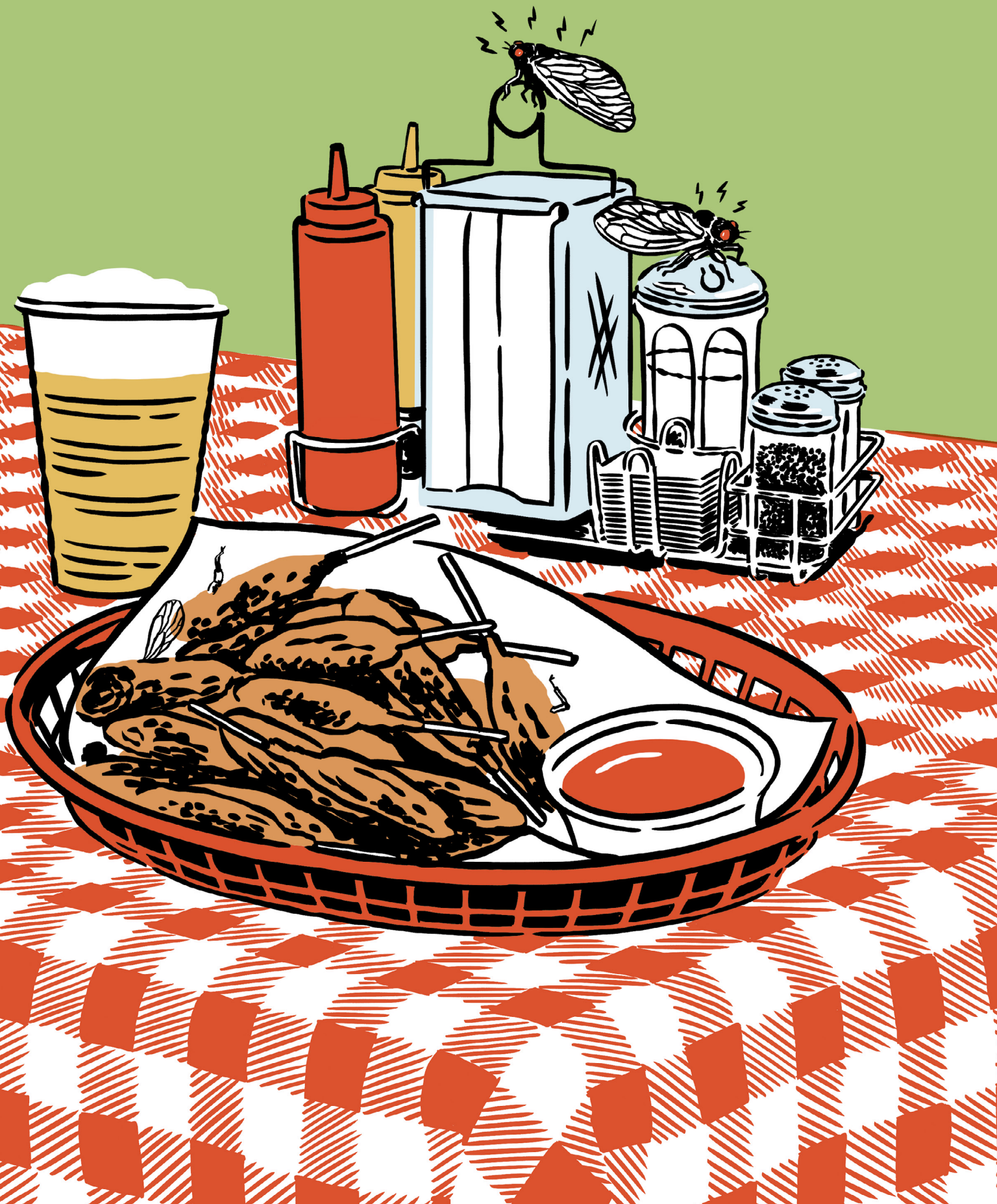
INGREDIENTS

- 1 cup milk
- 1 cup water
- 1/2 cup old-fashioned white grits
- 1 cup shredded Cheddar cheese
- 2 tablespoons butter
- 1 tablespoon olive oil
- 2 tablespoon butter, divided
- 1 teaspoon minced fresh garlic
- 1 1/4 cups blanched cicadas
- 2 teaspoons brown sugar
- 1 teaspoon McCormick® Perfect Pinch® Cajun Seasoning
- 1/4 cup Frank's RedHot® Original Cayenne Pepper Sauce
- 6 slices cooked bacon, crumbled
- 1/4 cup thinly sliced green onion

DIRECTIONS

Blanching 101: Bring 1 gallon of water and 1 teaspoon of salt to a boil over high heat. Add 4 cups of cicadas and cook for 2-3 minutes. Drain and rinse with cool water. Congrats. You graduated.

1. BRING milk and water to boil in medium saucepan on medium-high heat. Gradually stir in grits. Reduce heat to low; simmer 12 to 15 minutes, stirring constantly. Add cheese and butter; stir until cheese is melted and grits are smooth. Keep warm. (If thinner consistency is desired, stir in additional milk or water.)
2. HEAT oil and 1 tablespoon butter over medium high heat until butter is melted and bubbling Add garlic and cook for 1 minute. Add cicadas and cook for 3-4 minutes until golden brown. Add brown sugar, seasoning and hot sauce and bring to a boil. Cook for 1 minute. Remove pan from heat and swirl in remaining 2 tablespoons of butter to create a creamy sauce.
3. DIVIDE grits into 6 bowls and top with cicadas, and sauce then bacon and green onion to finish.



MINI CICADA CORN DOGS

MAKES

10 Servings

PREP

COOK

3-4 Minutes

Boardwalks. State Fairs. Renaissance Faires spelled with an extra 'E.' These are all places where you'll probably find corn dogs.

But not corn dogs like these. And not because they're mini, either. No, no, no, no, no, no, no.

These battered babies are full of crunchy cicadas wrapped in a warm hug of corn, fried golden, brown, and delicious with a side of spicy cool ranch sauce to dip in. So fry up a mini basket, find a mini Ferris Wheel, and keep the carny vibes alive one mini cicada corn dog at a time.

INGREDIENTS

8 cups canola oil

3/4 cup plus 2 tablespoons
flour, divided

3/4 cup cornmeal

2 teaspoons baking powder

3 tablespoons Frank's RedHot®
Original Seasoning Blend
or Frank's RedHot® Original
Cayenne Pepper sauce

3/4 cup milk

1 egg

30 roasted cicadas

30 4-inch wooden skewers

1 bottle Frank's RedHot®
Buffalo Ranch Thick Sauce

DIRECTIONS

How to roast when you host: Preheat oven to 400F. Toss 4 cups cicadas with vegetable oil to coat. Place cicadas on sheet pan and roast in oven for 12-15 min or until golden brown and crunchy. Season with salt and pepper.

1. PLACE 8 cups of the oil in large, heavy bottomed saucepan. Heat on medium-high heat until oil reaches 360°F.

2. WHILE oil is heating, place 2 tablespoons of the flour in shallow dish; set aside. Mix remaining 3/4 cup of the flour, cornmeal, baking powder and 2 tablespoons Seasoning in large bowl with wire whisk until well blended. Beat milk and egg in separate small bowl; pour into bowl with cornmeal mixture. Mix with wooden spoon until completely moistened. Transfer batter mixture to tall measuring cup or glass.

3. THREAD each cicada onto one of the skewers. Working in batches, roll hot cicadas in flour to coat, tapping to remove excess flour. Then dip hot dogs in batter, twisting while lifting out, making sure cicadas are evenly coated.

4. IMMEDIATELY place battered hot dogs into hot oil in saucepan. Cook 3 to 4 minutes, turning occasionally, until corn dogs are golden brown and cooked through. Place on a paper towel-lined plate to drain.

5. Serve with Frank's RedHot Buffalo 'N Ranch Thick Sauce.

