

Galleria Quesidillia

Prepare the land shrimp (*Galleria* works best)

Separate 1 cup of *Galleria* from their packing material and rinse. Bring 4 cups of water with a Tablespoon of salt to a rolling boil. Drop in 1 cup of *Galleria*. Boil vigorously for 10 minutes. Drain.

Prepare the flour Tortillia and assemble the Quesidillia

Warm or lightly brown 1 tortillia in sautee pan and turn over, sprinkle entire with sharp cheddar cheese, sprinkle with ¼ cup *Galleria* and 1/3 cup Salsa and ¼ cup chopped green pepper. Cover with other tortillia. Heat slowly and press, when cheese melts, flip over and brown the other side. This is a difficult step. You may want to practice this before doing it before an audience. You may also want to use an 8 inch diameter rather than a 12 inch diameter tortillia. Having broad sturdy spatulas for flipping the quesidillia is also helpful.

Serving the Quesidillia

Put on cutting board and cut in small pie pieces or squares and serve with a dollop of salsa, sprig of cilantro and 1 boiled *Galleria*. I make the pieces small so folks can enjoy seconds. No left overs with this recipe.

Notes:

This recipe developed by Florence Vaccarello Dunkel has been served by her and her assistants to over 1000 students and guests at: Montana State University events for many years, including the annual Bug Buffet each February and the annual Contemporary Issues in Science Debate each April; the Emerson Cultural Center in Bozeman in 2012; the Bozeman Chamber of Commerce University Day 2012 and 2013; the Northwestern America Mosquito Association annual meeting, West Yellowstone, MT; and the Montana Fish, Wildlife, and Parks Evening Program Series at the Missouri Headwaters State Park Evening Program in 2012. Those who tasted were strongly positive about their gustatory experience.

In 2013, Dr. Dunkel taught the Montana State University Catering Service how to wrangle the insects and prepare 4 of her all time favorite “land shrimp” luncheon dishes. One of these recipes was the *Galleria* Quesadilla. Simultaneously, the Food Safety Sanitarian observed the process and gave us and the MSU Catering staff guidelines for how to prepare the dish and

have it pass FDA standards. The critical stage is to be sure the water for the Galleria preparation is boiling and they boil for at least 10 minutes.

BUG APPETIT!