DOÑA IRMA SHARES HER EXPERIENCE MAKING MEALWORM FLOUR

How much flour did you make from your most recent batch?
Once I ground the worms it was about four ounces.

Do you like the taste of the flour?
Yes!

Was the flour different than you expected?
No, because we had already tried it before. It tasted like chocolate, so it was okay.

How did you make the flour?
First, I had to separate the big ones from the small ones from the bin. From there, I put them on the pan and they began to die. I had to toast them really well. Once, they were toasted, I took them off and I grinded them on a rock and from there I grinded them even more.

How long did it take you to make the flour?
About an hour.

How did you use the flour?
I made pancakes.

Do you any questions or doubts about the process?
No. Everything was clear.

Did any challenges arise in the process of making the flour?
I just say you should take care of the worms well. I didn't have any problems with the worms, maybe because of the type of house I have. My worms were the ones that were growing the fastest. When it's time to make the flour, you have to make sure not to have the pan be too hot. In the beginning, mine was really hot and that made the worms jump. They would jump and explode. That would make me nervous. When I put the second batch of worms on, the pan was neither too hot nor too cold, so they toasted nicely.