

CICADA AND BEEF CHILI DOGS



INGREDIENTS

1/4 cup olive oil, divided

2 1/2 pounds lean ground beef

1 pound Cicadas, blanched

1 1/2 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1 cup finely diced onion

1/2 cup tomato sauce

1/4 cup flour

1 cup water

1 teaspoon ground cumin

1 tablespoon chili powder

1 tablespoon chopped garlic

2 tablespoons Worcestershire sauce

4 Hebrew National hot dogs and buns



SPECIAL INGREDIENT

DIRECTIONS

- Add 2 tablespoons of the olive oil to a heavy bottomed pot or dutch oven over medium heat, then add the ground beef, salt and pepper.
- Brown the beef, breaking into small crumbles as it cooks. Drain the beef and any grease from the pot and transfer the beef to a bowl.
- Turn the heat down to low, then add the other 2 tablespoons of olive oil along with the onions and the Cicadas. Cook all for 7-8 minutes, frequently stirring so they don't burn.
- Next stir in the garlic, tomato paste, cumin and chili powder and Worcestershire sauce into the onions, then add the flour and cook for 1 minute.
- Add the beef back to the pot then pour in the broth and stir. Bring to a boil, then turn the heat down to a simmer for 1.5 hours.
- Grill the hot dogs or cook in a preheated oven for 10 to 15 minutes at 250°F. Assemble your chili hot dogs and enjoy!

