

# Cooking Instructions

(For Powered Silkworm Chow)

## MICROWAVE OVEN

- 1) Add ½ lb. of Silkworm Chow to 3 Cups of hot tap water and mix thoroughly by hand until all traces of powder are gone.
- 2) Place a sheet of plastic wrap over the top of the container to retain moisture.
- 3) Cook on high several minutes until mixture begins to boil (it will puff up and rise to about one third higher than its original level).
- 4) Turn off Microwave and stir for a few seconds for uniform consistency.
- 5) Repeat number 3 (for about 1 minute), and the step 4 again.
- 6) Place a sheet of plastic wrap inside the container and press it against the surface of the chow directly to the surface of the hot chow. This will prevent condensation from forming on the chow surface and keep the chow sterile.
- 7) Allow cooling and then put lid on and store in refrigerator.
- 8) Peel back plastic wrap, slice and serve when firm. (A cheese grater also works well).

## STOVE-TOP

**NOTE:** A double boiler will give better results than cooking directly on the stove top burner (it reduces stirring and prevents burning).

- 1) Pour ½ lb Silkworm Chow into a pot containing 3 cups of hot tap water.
- 2) Mix well by hand (it starts out thick but thins out as it gets hotter).
- 3) Place on stove top and bring to boil for 5 minutes (Stir continuously if you are not using a double boiler to avoid burning).
- 4) Pour into a container to a depth of 3 inches.
- 5) Now follow steps 6, 7 & 8 (above).

**WARNING:** Do not handle the cooked Chow unless your hands have been thoroughly washed.

**NOTE:** The cooked Chow will keep for a month or two in the refrigerator if kept airtight. The powder can be stored for up to three months if kept in a cool dark place or up to a year in a refrigerator. Each 1/2 lb. makes approximate 2 lbs when cooked.

**NOT FOR HUMAN CONSUMPTION**