

SEAFOOD

FRENCH FRIED FROG LEGS

Prep Time: 1 Hour

Yields: 6 Servings

Comment:

Although the frog leg is a rare seafood delicacy, it is quite common in south Louisiana. They can be prepared many different ways, but try them beer-battered and deep-fried first.

Ingredients:

2 dozen frog legs
1 quart buttermilk
1 egg
3 tbsps Creole mustard
1(10-ounce) beer
salt and cracked black pepper to taste
granulated garlic to taste
Worcestershire sauce to taste
Louisiana hot sauce to taste
4 cups seasoned yellow corn flour
2 cups vegetable oil

Method:

In a home-style deep fryer such as a FryDaddy, preheat oil to 375°F. Place frog legs in a mixing bowl and top with buttermilk. Allow to sit 1 hour at room temperature. In a separate bowl, combine egg, mustard and beer. Using a wire whisk, stir until well blended. Season lightly with salt, pepper, garlic, Worcestershire and hot sauce. Place corn flour in a paper bag. Remove frog legs from buttermilk, coat in beer batter and place in bag. Seal tightly and shake vigorously to coat. Fry until golden brown. Serve with tartar sauce or cocktail sauce.



FROG LEGS PROVENCAL

Prep Time: 30 Minutes

Yields: 6 Servings

Comment:

Provençal refers to the style of cooking from the south of France bordering the region of Provence on the Mediterranean Sea. Tomatoes smothered in garlic and olive oil along with herbs de Provence set the tone for this style of cooking.

Ingredients:

12 Louisiana frog legs	1 cup diced Creole tomatoes
1 cup seasoned white flour	1 ounce dry white wine
¼ pound melted butter	1 cup chicken stock
2 tablespoons extra virgin olive oil	¼ cup sliced green onions
½ cup minced Bermuda onions	salt and black pepper to taste
¼ cup sliced garlic	Louisiana hot sauce to taste

Method:

In a 10-inch sauté pan, heat butter and olive oil over medium-high heat. Coat frog legs in seasoned flour and shake off excess. When butter is hot, sauté frog legs 2–3 minutes on each side. Add onions and garlic. Sauté 3–5 minutes or until vegetables are wilted. Add tomatoes and cook 2–3 additional minutes. Deglaze with white wine, then add chicken stock. Bring to a rolling boil. Reduce to simmer and cook 5–7 minutes or until frog legs are tender. Sauce should be slightly thickened. Add green onions, and season to taste with salt, pepper, and hot sauce. Additional stock may be added to retain a sauce-like consistency.

