

PRODUCT  
INSTRUCTIONS

**BURGERS'**  
- SMOKEHOUSE -

# FROG LEGS



FREEZE UPON ARRIVAL. THAW COMPLETELY BEFORE USING.

# FROG LEGS

## BURGERS' FROG LEGS

Frog Legs from farm raised frogs. Great deep fried, Cajun fried, battered and fried, and sautéed. Frog Legs are a rare food delicacy. They can be prepared in a variety of ways.

## FRYING FROG LEGS

1. Thaw frog legs completely in refrigerator.
2. Heat oil in skillet or deep fryer until hot. Oil is hot enough when a drop of water bounces across oil.
3. While oil is heating beat one egg and a cup of milk together.
4. In separate bowl mix one cup flour and  $\frac{1}{2}$  tsp salt together.
5. Separate frog legs into two pieces if desired.
6. Salt thawed frog legs. Dip frog legs in flour mixture, then dip into egg/milk solution, and re-dip in flour mixture. Make sure to coat legs fully with the flour mixture.
7. Place frog legs in hot oil. Legs should sizzle when placed in oil. Pan fry about 20 minutes turning to brown both sides. Deep fry about 8 to 10 minutes.
8. Serve with mashed potatoes and gravy, and a favorite vegetable or with plate of French fried potatoes.

## FRENCH FRIED FROG LEGS

24 frog legs	1 quart buttermilk
4 cups seasoned yellow corn flour	1 egg
3 Tablespoons Creole mustard	1 (10) ounce bottle of beer
Worcestershire sauce	dash of hot sauce
salt, pepper and garlic powder to taste	2 cups oil

Place thawed frog legs in large bowl and pour buttermilk over them (this is a tenderizer). Allow to sit for one hour at room temperature. In another bowl combine egg, mustard and beer. Beat with whisk until well blended. Add salt, pepper, garlic, Worcestershire and hot sauce to taste.

Preheat oil to 375° F. Place corn flour in paper bag. Take frog legs

out of buttermilk and coat with beer batter. Put frog legs into paper bag with corn flour and shake vigorously to coat frog legs. Deep fry in hot oil until golden brown. Serve with cocktail or tartar sauce.

## FROG LEGS WITH CAJUN FLAVOR

1. Thaw frog legs completely in refrigerator. (8 pairs or 16 singles)
2. Pat frog legs dry with paper towel.
3. Mix together 1 tsp paprika, ½ tsp onion powder, ½ tsp ground cayenne pepper, ¼ tsp black pepper, and salt to taste. Season frog legs with this mixture.
4. Heat one cup of oil or shortening in deep skillet.
5. Mix together ½ cup flour, dash of white pepper, dash of oregano, and dash of rosemary. Roll seasoned frog legs in flour mixture.
6. Fry in hot oil until lightly brown.

## FROG LEGS IN BREAD CRUMBS

1. Thaw 12 pair or 24 single frog legs until completely thawed. Mix together one tablespoon oil, one teaspoon salt, pinch of black pepper, ½ bunch of parsley (chopped), and juice from half of lemon. Roll frog legs in mixture and let set for a little while.
2. While frog legs are marinating, heat ½ pound shortening in deep skillet.
3. Mix together 5 ounces bread crumbs, 2 eggs, and 4 ounces flour and roll frog legs in this mixture.
4. Fry in hot shortening until a golden brown. Garnish with parsley and slices of lemon.

## FROG LEGS WITH MUSHROOMS & ONIONS

12 single frog legs	4 tablespoons of butter	1 tablespoon of flour
4 ounces white wine	4 ounces chicken broth	½ c. sliced mushrooms
½ c. green onions	parsley	1 egg yolk
½ c. cream	2 teaspoons dry sherry	salt and pepper

1. Sprinkle frog legs with salt and pepper.
2. Melt butter in sauté pan, add frog legs and simmer for 5 minutes.

*Recipes continued on next page...*

# FROG LEGS

*Recipes continued from previous page...*

- Add flour, simmer again for 3 minutes. Add wine and chicken broth; simmer.
3. In another pan, sauté mushrooms with green onions. Add to the frog legs. Add parsley and heat for about 6 to 10 minutes, or until frog legs are done.
  4. Before serving mix egg yolk, cream and sherry together and pour over frog legs to bind mixture together.

## MARINATED GRILLED FROG LEGS

Season 16 frog legs with the following marinade:

- |                        |                        |
|------------------------|------------------------|
| 1 cup olive oil        | Juice from one lemon   |
| 4 pickled basil leaves | 3 large cored tomatoes |
| 2 peeled garlic cloves | 2-3 Tbsp. capers       |
| 4 peeled shallots      | 1 Tbsp. salt           |
| 2 pinches of cayenne   | 6 oz. orange juice     |

Put all marinade ingredients in the blender and process until smooth. Place frog legs in a shallow pan and pour marinade over them; refrigerate for three hours. Remove from refrigerator and drain marinade from frog legs. Reserve the marinade. Season frog legs with salt and pepper and place on preheated grill. Cook over high heat 2-3 minutes each side. Remove from grill, tent with foil and hold warm until ready to serve. In medium saucepan bring marinade to simmer. Place frog legs on serving platter and drizzle marinade over top.

### IMPORTANT FOOD SAFETY TIPS

- “DANGER ZONE” (40° to 140°F)
- Keep cold food cold – at or below 40°F.
- Keep hot food hot – at or above 140°F.
- When heating or cooling of food it is important to travel through the “Danger Zone” temperatures as rapidly as possible.
- If not going to consume hot food right away, it’s important to keep it at 140° F or above.
- Leftovers must be put in shallow containers for quick cooling and refrigerated at 40°F or below within two hours.
- Always thaw product in refrigerator.