

RECIPE: Fried Frog Legs

"I openly admit that frogs do not look all that tasty when they are sitting in the muck waiting for bugs. But I assure you, following this simple recipe will open your eyes to one of the best tasting wild foods you can get your hands on, short of venison tenderloin."

- Troy Gipps, GLT Hunting Program Coordinator

1. Start with a limit of bullfrogs and/or green frogs (that's 12!).
2. Remove each leg at the hip joint; or remove both legs at the base of the spine.
3. With a pair of needle-nose pliers pull the skin off; pulling from the top of the leg down to the toes (the skin should come off in one piece).
4. Moisten the legs with water.
5. Roll them in flour.
6. Dip them in battered egg.
7. Roll them in a 50/50 mixture of Progresso "Italian Style" Bread Crumbs and Panko Breadcrumbs.
8. Fry on low-to-medium heat in a cast iron skillet filled with 1/2-inch of vegetable oil; turn them over once during cooking.
9. When done, place the legs on a few sheets of paper towel to soak up the excess oil.
10. Enjoy with your favorite beverage!

