

Frog Legs Provençal

Author: Chef Eric



A French favourite for many! This dish is traditionally associated with French cuisine, and a favourite English derogatory nickname for the French is the Frogs. Despite this cliché, frog legs are actually a rare dish in France and are much more common in Provence. Only the upper joint of the hind leg is served, which has a single bone similar to the upper joint of a chicken or turkey wing. They are commonly prepared by frying or deep-frying, sometimes breaded and sometimes un-breaded. The flavour and texture is a mix between chicken and lobster.

Ingredients

24 frog legs
 1 liter milk
 ¼ pound butter
 ½ cup olive oil
 Salt and freshly ground black pepper
 1 cup diced tomatoes
 ¾ cup chopped parsley
 6 cloves garlic, minced
 1 cup flour
 ½ cup cognac

Preparation Time		Difficulty	Simple
Portions	4 servings	Yield	
Country/Region			
Vegetarian	No		

Preparation

The day before, place the frogs legs into a non reactive bowl, cover with the milk, wrap and keep refrigerated until used.

Drain the legs into a colander and discard the marinade. You will probably have to work in 3 batches, as it is hard to pan fried 24 legs at once, and not every body as a giant pan to cook them all at once.

On medium high heat, melt a third of the butter in skillet with a third of the olive oil. With a clean towel pat dry heights frog legs and season with salt and pepper. Dredge them individually in the flour and tap them to remove any excess. Add to the hot fat and brown them on both sides for few minutes. Add a third of the garlic, a third of the tomato and quarter of the parsley and sauté for 5 to 7 minutes. Add a third of the Cognac and flame. Decanter in roasting pan, reserve in a preheated oven at 300°F. In a clean pan repeat the same process until all done. Then, serve on a platter with fresh chopped parsley over top.

Notes