Freshwater Bullfrog
*Rana catesbeiana*

**Region of Origin:** Eastern North America  
**Habitat:** Freshwater Lakes, Marshes, Ponds, and Streams; Prefer warm waters  
**Current Range:** North America, South America  
**Life Span:** 7-9 Years in the Wild

Now found all over the planet, bullfrogs are ravenous eaters and will eat anything they can swallow. They can rapidly eliminate populations of native small animals including snakes, fish, rodents, insects, amphibians and birds. Ever multiplying, their reproductive capacity is astonishing; an adult can lay 20,000 eggs in a single clutch! Luckily, bullfrogs have tasty legs and you can prepare them a number of ways. As tradition has it, bullfrog hunters do not wear waders. It’s rather a primitive exercise to head out after dark (preferably under a full moon), sink into the pond with not much more than a torchlight and gig – a ten foot pole with a multi-prong spear tip; but one that is entirely authentic. You lurk around the dark water until you see that defining ‘eye shine’ that means, at least for a moment, the frog is frozen in the bright light. You spring, and spear the gig. If you don’t succeed the first time, try again – it takes a few times to get the ‘giggin’ down pat.

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**Fried Frog Legs (French Style)**

Recipe by [Hank Shaw](http://www.honest-food.net)

Angler, hunter, gardener and award winning author and chef [Hank Shaw](http://www.honest-food.net) offers this delectable recipe on his site, [Honest-Food.net](http://www.honest-food.net) – Thank you Hank!

- 1.5 - 2 lbs Frog Legs
- 10 Tbsp Unsalted Butter, Divided
- 1 cup Milk
- 3 Cloves Garlic, sliced very thin
- 1 Tbsp Salt
- 2-3 Tbsp Lemon Juice
- 1 Tbsp Black Pepper
- 2-3 Tbsp Minced Fresh Parsley
- 1 Cup Flour

1. Soak the frog legs in the milk in the fridge for an hour.  
2. Meanwhile, mix the salt, black pepper and flour in a bowl, then chop the garlic and parsley.  
3. Heat 5 tablespoons of the butter in a frying pan large enough to hold all the frog legs; if you don’t have a pan large enough, put a baking sheet in the oven and set a rack inside. You'll use this to store the finished frog legs while you fry the rest. If you do have a large enough pan, set the baking sheet with the rack set inside next to the stovetop.
Fried Frog Legs (French Style)

- Turn the oven to about 180°F.
- Dredge the frog legs in the seasoned flour and shake off the excess.
- Fry in the butter over medium-high heat until golden, about 3 to 5 minutes per side. Flip only once if you can help it, as the flour coating is fragile.
- Set on the rack to drain when the frog legs are done.
- Discard the butter in the pan and wipe it out with a paper towel.
- Set the pan back on the stove over medium-high heat.
- When the butter is hot, saute the garlic until it smells good, about 1 minute. Turn off the heat and swirl in the lemon juice. Arrange the frog legs on individual plates, and, right before you serve, mix the parsley into the sauce. Pour it over the frog legs and serve immediately.

“I served my frog legs with sauteed chanterelles and crusty bread. But boiled or roasted fingerling potatoes would be another good option, green beans an ideal veggie, or maybe a bitter greens salad with a vinaigrette dressing. White wine or a lighter beer, i.e., a lager or pilsner, is a must.” - Hank Shaw

Fried Frog Legs (French Style) photo above is copyrighted and courtesy of Holly A. Heyser.

Sometimes, you find something too great to pass up! One look at this dish, and you know it’s a must eat. This recipe is classic Provencal, formally called, “cuisses de grenouille à la Provençale,” and it is the way Hank first experienced frog legs as a child. The memory stuck with him. Find his story and recipe here. It’s a great read with a delicious ending!
**Teriyaki Frog Legs with Mushrooms**  
*Recipe by Rick Browne*

- 2 cups Boned Frog Legs
- ½ cup Butter
- ¼ cup Onions, chopped
- 1 cup Bellpepper, chopped, any color
- 1 cup Parsley, freshly minced
- 1 lb Crimini Mushrooms, sliced
- 2 Tbsp Garlic, minced
- 1 ½ tsp Onion Salt
- 1 tsp Hot Sauce of choice
- ½ cup White Wine, dry
- ½ cup Teriyaki Sauce of choice

- In large wok/skillet, melt butter over medium-high heat.
- Add onions, bell peppers, and parsley, sautéing until onions are clear.
- Add mushrooms, garlic, onion salt, and ginger; stir well and cook until mushrooms are hot.
- Add hot sauce and frog legs and stir well, then pour in the wine and teriyaki sauce.
- Reduce the heat to medium-low (250-300°F) and simmer 10 minutes, stirring once or twice.
- Garnish with minced green onions, and serve with buttered grits and stewed tomatoes.

**Cajun-Fried Bullfrog Legs**  
*Recipe by Jackues Gaspard*

- 12 pairs Bullfrog Legs
- 2 Egg White
- 1 Tbsp Cajun Seasoning
- 1 tsp Cayenne Pepper
- 1 tsp Lemon Pepper
- 1 tsp Salt
- 2 tsp Tabasco Sauce
- 1 tsp Baking Powder
- 2 tsp Cornstarch
- 4 oz Fresh Beer
- 2 cups All-Purpose Flour
- 1 cup Yellow Cornmeal
- 1 qt Peanut Oil

- In a bowl, add the egg whites, your favorite Cajun seasoning, cayenne pepper, lemon pepper, salt, Tabasco sauce, baking powder and beer together &thoroughly mix.
- Next, dissolve 2 tsp of cornstarch in a small amount of cold water and add it to the mixture.
- Again, blend all of the ingredients together. This will be used to coat the frog legs.
- In a separate bowl, with a lid, mix 2 cups of all-purpose flour and 1 cup of yellow corn meal together.
- After dredging the frog legs in the beer batter, add them to the bowl of flour and cornmeal.
**Cajun-Fried Bullfrog Legs**

- Close the lid, and shake until they are well coated on all sides. (A large Ziploc-type bag can also be used for this.)
- Heat peanut oil (or other vegetable oil) to 365°F
- Fry the legs for about 3-4 minutes on each side (turning once), or until they have turned golden-brown.

Do not attempt to fry too many at one time because it will bring down the oil temperature. This will make them greasy. We are looking for crispy legs, remember? This is why it is important to maintain an even temperature throughout the process.

**Sautéed Frog Legs**

*Recipe by Cody Sibley*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>6 pairs Frog Legs</td>
<td>2 dashes Worcestershire Sauce</td>
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<tr>
<td>2 cups Buttermilk</td>
<td>½ cup Hot Sauce of choice</td>
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<tr>
<td>Salt and Black Pepper to taste</td>
<td>3 Tbsp Olive Oil</td>
</tr>
<tr>
<td>Cayenne Pepper to taste</td>
<td>2 Tbsp Butter</td>
</tr>
<tr>
<td>Cumin to Taste</td>
<td>1 cup Onion, chopped</td>
</tr>
<tr>
<td>1 ½ Tbsp Garlic, minced</td>
<td>1 cup Bellpepper, chopped</td>
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- Marinate Frog Legs in Buttermilk and Hot Sauce mixture for 8-12 hours
- Prepare skillet on stove with Butter and Olive Oil, heating on medium heat until butter melts.
- Mix Butter and Olive Oil in Pan
- Add Onion, Bellpepper, Minced Garlic, Worcestershire Sauce and Frog Legs
- Sprinkle (to taste) Salt, Pepper, Cayenne Pepper, and Cumin across frog legs to season first side
- Sautee for several minutes, then flip frog legs to other side
- Sprinkle (to taste) Salt, Pepper, Cayenne Pepper and Cumin across frog legs to get seasoning on 2nd side
- Continue to flip frog legs until they are nice golden brown color
- Add additional Olive Oil and Butter as needed
- Sit cooked frog legs on paper towels to drain

Serve on plate topped with Onion, Bellpepper, and Garlic mix from the skillet
Frog Leg Sauce Piquante

Recipe by Unknown

- 4 pairs Large Frog Legs
- 2 Tbsp Canola Oil
- 2 Tbsp All-Purpose Flower
- 1 cup Onion, diced
- 1/4 cup Green Bellpepper, diced
- 1/4 cup Celery, diced
- 2 cloves Garlic, minced
- 1 tsp Salt
- 1/4-1/2tsp Cayenne Pepper
- 1 can 28 oz Crushed Tomato with Liquid
- 2 cups Seafood stock
- 1 tsp Hot Sauce of choice
- 1/2 tsp Thyme, dried
- 1 Fresh Bay Leaf
- 1 Tbsp Fresh Parsley, chopped
- 1 tsp Fresh Lemon Juice
- 2 cups Hot Cooked Rice
- Garnish: Fresh Parsley, chopped

- In a large skillet, heat oil over medium-high heat.
- Add frog legs, and lightly brown on both sides, about 10 minutes.
- Transfer frog legs to a platter, and set aside.
- Add flour to skillet, and cook, stirring constantly, until a tan roux forms, 4 to 5 minutes.
- Add onion, bell pepper, celery, garlic, salt, and cayenne to skillet; cook until wilted, 3 to 4 minutes.
- Add tomato, stock, hot sauce, thyme, and bay leaf.
- When mixture begins to simmer, reduce heat to medium.
- Simmer, uncovered, until sauce reduces by a third, 25 to 30 minutes, stirring occasionally.
- Lay frog legs in sauce, and cook for 8 to 10 minutes, basting with sauce.
- Taste, and adjust seasoning, if needed.
- Stir in parsley and lemon juice.
- Remove bay leaf, and serve over rice.
- Garnish with parsley, if desired.
Grilled Frog Legs

Recipe by Unknown

2 lbs Frog Legs

MARINADE:
- 12 oz Louisiana Brand Hot Sauce
- 1 Tbsp Salt
- 2 Tbsp Black Pepper
- 1 Tbsp Onion Powder
- 1 Tbsp Garlic Powder
- 1 Tbsp Cayenne Pepper
- 1 cup Corn Starch

CREOLE DIPPING SAUCE:
- 2 Tbsp Olive Oil
- 2 Tbsp Butter, Unsalted
- ½ cup Yellow Onion, finely diced
- 2 Tbsp Garlic, minced
- 2 Tbsp Fresh Lemon Juice
- 2 Tbsp Flat-Leaf Parsley, chopped
- 1 cup Heavy Whipping Cream
- ½ cup Creole Mustard or Coarse Grain Mustard

- In a medium bowl, whisk together all marinade ingredients.
- Place frog legs in a large zip lock bag. Pour marinade into bag with frog legs and marinate for 12 to 24 hours in the refrigerator.
- Make the creole dipping sauce: In medium sauce pan over medium-high heat, heat the olive oil and butter.
- Add the onion, garlic, lemon juice, and parsley. Sauté until the onions become translucent, about 5 minutes. Add the cream and bring the mixture to a simmer.
- Continue cooking on low heat (stirring occasionally) until the cream reduces by half, about 10 minutes.
- Add the mustard and continue stirring until fully incorporated.
- Move the pan off the heat and keep warm, until frog legs are ready to serve.
- When ready to cook, start the Traeger on Smoke with the lid open until a fire is established (4-5 minutes).
- Turn temperature to 450 degrees F and preheat, lid closed, for 10 to 15 minutes.
- Remove frog legs from marinade and place on grill.
- Grill for 4 minutes, gently flip legs over, and continue to cook until the internal temperature of the frog legs reaches 160 degrees.
- Remove from grill and serve with Creole Dipping Sauce.