

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.

Cajun-Fried Bullfrog Legs

Recipe by Jackues Gaspard

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

- In a bowl, add the egg whites, your favorite Cajun seasoning, cayenne pepper, lemon pepper, salt, Tabasco sauce, baking powder and beer together and 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



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- 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.