

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.

Frog Leg Sauce Piquante

Recipe by Unknown

4 pairs	Large Frog Legs	1 can	28 oz Crushed Tomato with Liquid
2 Tbsp	Canola Oil	2 cups	Seafood stock
2 Tbsp	All-Purpose Flour	1 tsp	Hot Sauce of choice
1 cup	Onion, diced	½ tsp	Thyme, dried
¼ cup	Green Bellpepper, diced	1	Fresh Bay Leaf
¼ cup	Celery, diced	1 Tbsp	Fresh Parsley, chopped
2 cloves	Garlic, minced	1 tsp	Fresh Lemon Juice
1 tsp	Salt	2 cups	Hot Cooked Rice
¼-1/2tsp	Cayenne Pepper	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.

