

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.

Sautéed Frog Legs

Recipe by Cody Sibley

6 pairs	Frog Legs	2 dashes	Worcestershire Sauce
2 cups	Buttermilk	½ cup	Hot Sauce of choice
	Salt and Black Pepper to taste	3 Tbsp	Olive Oil
	Cayenne Pepper to taste	2 Tbsp	Butter
	Cumin to Taste	1 cup	Onion, chopped
1 ½ Tbsp	Garlic, minced	1 cup	Bellpepper, chopped

- 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