

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.

Teriyaki Frog Legs with Mushrooms

Recipe by Rick Browne

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

- 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.

