

Nick Acosta's Frog Legs

WHAT YOU WILL NEED

2 to 2 ½ pounds small frog legs

2 cups all-purpose flour

1/3 cup Rouses whole milk

Rouses Creole Seasoning

2 teaspoons Rouses vegetables oil

Rouses Vegetables oil for deep frying

2 eggs, separated

HOW TO PREPARE

Using kitchen shears, snip the small bone connecting the legs and remove the feet.

In a small bowl, whisk together milk, oil and egg yolks. In separate bowl, beat egg whites until stiff. Fold egg whites into milk, oil and egg yolk mixtures.

Sprinkle frog legs with Creole seasoning. Dip each leg in milk-egg mixture and dredge in flour.

In black iron pot or deep fryer, heat vegetable oil to 375 degrees. Fry frog legs until golden brown. Using a slotted spoon, transfer frog legs to paper towels to drain. (serves 4 to 6)

Rouses sells already cleaned frog legs in our Seafood Department. If you're using fresh caught, skin the frogs as if you were peeling off a glove, and soak the legs in cold water for at least two hours.

