

FROG LEGS WITH GARLIC AND PARSLEY SAUCE



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- Sub Category Name
Combo
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 1

Used Teas



t-Series The First
Ceylon Souchong

Ingredients

FROG LEGS WITH GARLIC AND PARSLEY SAUCE



Garlic Purée

- 1 head garlic
- 2 tsp milk
- Water

Parsley Purée

- 1 bunch parsley
- Water
- Seasoning, to taste

Frog Legs

- 3 pairs frog legs
- 1/4 cup clarified butter
- 1/4 cup unsalted butter
- Dilmah The First Ceylon Souchong, loose leaf tea
- Flour

Methods and Directions

FROG LEGS WITH GARLIC AND PARSLEY SAUCE

Garlic Purée

- Place the garlic in cold water. Cover and bring to a boil. Drain.
- Pulse the garlic in a food processor with the milk until a rough purée forms

Parsley Purée

- Bring a saucepan of salt water to the boil and add the parsley. Boil for 7 minutes. Drain.
- Place parsley in ice water to cool. Drain again.
- Purée in a blender with a bit of water till smooth.
- Add seasoning to taste.

Frog Legs

- Toss the legs in flour and Souchong tea.
- Shake off the excess coating.
- Heat the butter in a deep saucepan over medium to high heat.
- Add the frog legs and cook for about 3-4 minutes until well browned all over.



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