

# Louisiana Fried Frog Legs

## WET MIX:

2 eggs  
2/3 C milk  
1 T Creole Seasoning (your choice)  
1/2 t garlic powder  
1/2 t onion powder  
1 t hot sauce  
1 t cayenne pepper  
Salt and fresh ground black pepper

## DRY MIX:

2 C corn flour (see note 1) or fish fry, or just plain flour  
3/4 C cornstarch (makes it stick better)  
2 T Creole Seasoning  
1/2 t Salt  
1/2 t Black Pepper  
1/2 t Cayenne  
1 t lemon and pepper seasoning



Don't hesitate to adjust any of the above to your liking

t = teaspoon  
T = tablespoon  
C = cup

Put legs in wet mix. Mix it all up and marinate it for 30 or more minutes in the refrigerator.

Dredge the legs in the dry mix and let sit a minute or so moving them around just a little. Using a paper bag works good for this too. Just drop the legs in and shake it up a few times. Use peanut oil, about 2" in the pan depending upon the pan depth. Heat to 365°F (hot oil will burn you badly, be careful). Place legs in the oil a few at a time leaving at least a 1/2" space between pieces. Stir them around every 10 seconds or so. Cook them about 5 minutes. Let them fry until they bubble lightly. If they quit bubbling completely they're overcooked. With practice you can get each piece done perfectly.

Remove the legs and place on paper towels. Move them around so the grease is soaked up. Taste one once they're cooled a little to see if you need to add any seasoning. Transfer them to another pan with more paper towels and cover with paper towels.

Let the oil come back to 350°F for the next batch! Remember, the oil cools as you cook. If you don't have a frying thermometer get one, guessing just don't get it! If the oil gets too hot turn the fire off, or lower, and let it cool to the right temperature. If the oil smokes you've probably ruined it. A thermometer prevents all of this trouble.

To keep the food warm put the oven on 200°F (or as low as it will go) and let it warm up about 15 minutes. Cover the legs with paper towels (not plastic wrap) or loosely with foil, turn the oven off, and put the pan in the oven. If you seal the pan with plastic wrap or foil the legs will become soggy. If you leave the oven on they will dry out too much. This only works for so long. After a few re-heats the legs will dry out anyway.