

FROG LEGS WITH LEEK AND POLENTA



Ingredients (serves 2 people):

Frog

8 units frog legs

Leek garlic a sliced stalk

Olive oil to taste

1 Sicilian lemon juice

1/2 tinned peeled tomatoes

1 tbsp heavy cream

Salt to taste

Black pepper to taste

1 creamy cheese polenta recipe

Grated Parmesan cheese

Wheat flour the necessary

Panko flour the necessary

2 beaten eggs

Preparation:

1. For the frog season the meat with salt, pepper, olive oil and lemon tastes and let stand for 10 minutes.
2. Lightly beat the eggs and season with salt and pepper.
3. Drain the frog legs well.
4. Dip in wheat flour.
5. Pass in beaten egg.
6. Pass in Panko flour.
7. In a fry pan brown the frog legs in olive oil. Reserve.
8. In the same fry pan brown the leeks and add the peeled tomatoes and the heavy cream.
9. Cook for a few minutes.
10. Season with salt and black pepper.
11. Serve the frog legs with the sauce.
12. Accompany with creamy cheese polenta prepared according to recipe found in Side Dishes Recipes and Parmesan cheese to taste.