



## **Cuisses de grenouilles à la provencale**

### **Frog legs provencal**

#### **INGREDIENTS**

16 frozen frog legs  
2 clove of garlic  
1 bunch of parsley  
2 knob of butter  
2 C. flour

#### **PREPARATION**

Defrost the frog legs. For this, place them to soak in a mixture of milk and water. They will then defrost gently, without damaging their flesh.

Drain them thoroughly and dry them on paper towels. Pare the thighs making sure to remove the back with a knife.

Meanwhile, prepare garlic and parsley. Peel the clove of garlic, remove the germ. Rinse the parsley. Chop it all very thinly.

Pour the flour into a deep plate. Roll the frogs' legs over it.

Melt the butter in a frying pan and brown the floured frog legs. Turn them gently to cook on each side.

At the end of cooking, add the minced garlic and parsley.

Let frogs' legs come back to the pan for a few more minutes to gorge on the flavors of garlic and parsley.

Serve them hot, with a few slices of lemon.