



FROGS' LEGS WITH A GARLIC PUREE AND PARSLEY SAUCE

(serves 4)

- 4 dozen frogs' legs
- 4 heads of garlic
- 3.5 ozs (100 g) of parsley with the stems removed
- 4-5 ozs (120 g) butter
- ½ cup milk
- 2 tablespoons cold pressed extra virgin olive oil
- Salt and ground black pepper

Preparation and cooking

1 – Wash the parsley and remove all the stems even the small ones. Cook the heads in boiling, salted water for 3 or 4 minutes; rinse them in a cold water then purée in a food processor. Set aside.

2 – Break apart the heads of garlic to separate the cloves and, without skinning them, drop them into boiling, salted water for 2 minutes. Drain and peel. Change the water and return the garlic to the fresh water and boil them again for 7 to 8 minutes. Remove them; change the water again to remove the strength of the garlic but to preserve its taste. Repeat this operation 5 or 6 times until the garlic is very well cooked. When cooked, purée.

3 – Place the purée of garlic in a saucepan with ½ cup milk. Mix together and season with salt and pepper. Set aside.

4 – Salt and pepper the frogs' legs and cook in very hot olive oil with a pat of butter. Cook until golden, 2 to 3 minutes depending on size.

5 – Put a little water in a saucepan and blend in the purée of parsley to obtain a coulis of parsley. Heat and season to taste.