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FROG LEGS Rana catesbeiana

Cuisses de Grenouilles



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

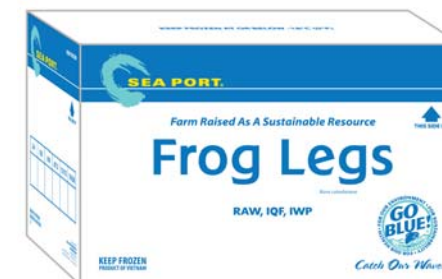
FARMED BULLFROG (FROG LEGS)



China, Vietnam

Catch Our Wave® to Sustainability

Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Product Specifications	
Size	2/4, 4/6, 6/8, 8/12, 13/15 & 16/20 pairs/lb
Pack	6/5 LB IQF, IWP

- Individually Quick Frozen (IQF)
- Individually Wrapped (IWP)

For full package details, visit our website.

Frog Legs are mild in flavor and the meat is tender and juicy, a lot like chicken wings. As a menu item, Frog Legs bring the opportunity for restaurants to present one stand-out menu item that allows chefs to showcase their creative talents. Stylish restaurants are positioning this center of the plate item on menus, giving guests a great selection with a comfortable tender and moist sea "chicken" meat. For Health & Nutrition benefits go to: www.cport.net

SEASONALITY	FLAVOR	TEXTURE
<input type="checkbox"/> Low <input checked="" type="checkbox"/> High Jan Feb Mar April May June July Aug Sept Oct Nov Dec	<input type="checkbox"/> Mild <input checked="" type="checkbox"/> Medium <input type="checkbox"/> Strong <input type="checkbox"/> Sweet	<input type="checkbox"/> Soft <input type="checkbox"/> Medium <input type="checkbox"/> Firm <input checked="" type="checkbox"/> Meaty

For more detailed seasonality, visit our website

RECIPE SUGGESTION

Frog Legs à la Provençal



INGREDIENTS:

- 12 6/8 SEA PORT Frog Legs
- 1 cup all-purpose flour, seasoned with salt & pepper
- 1/4 pound melted butter
- 2 tablespoons Extra Virgin Olive Oil
- 1/2 cup minced green onions
- 1/4 cup slivered garlic
- 1 cup diced tomatoes
- 1 ounce dry white wine
- 1 cup chicken stock
- 1/4 cup sliced green onions
- salt and pepper to taste

PREPARATION:

In a 10-inch sauté pan, heat butter and olive oil over medium high heat. Coat frog legs in seasoned flour, shaking off all excess. When butter is hot, sauté frog legs 2 to 3 minutes on each side. Add onions and garlic. Sauté 3 to 5 minutes or until vegetables are wilted. Add tomatoes and cook 2 to 3 additional minutes. Deglaze with white wine, then add chicken stock. Bring to a rolling boil. Then reduce to simmer and cook until frog legs are tender, 5 to 7 minutes. Sauce should be slightly thickened because of the flour in the skillet. Add green onions and season to taste using salt, pepper. Additional stock may be needed to return a sauce-like consistency.

Preparation time: 30 min Serves 6

Nutrition Facts

Serving Size 4 oz (112g)
Servings Per Container 20

Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 360mg	15%
Total Carbohydrate <3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 13g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%

INGREDIENTS: Frog Legs.

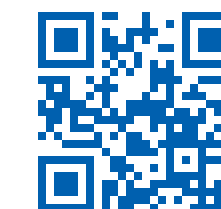
METHOD OF HARVEST: Farm-Raised
COUNTRY OF ORIGIN(S): China, Vietnam

For more recipe suggestions, please e-mail marketing@cport.net

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