



Frog Legs with Tomato Garlic Caper Butter

PAPER & FOOD SERVICE, INC.

Ingredients	Yield: 1 Serving
2 ea. frog legs, large, cleaned	
2 oz. Flour, all-purpose	
3/4 tsp. Cajun seasoning	
1 oz. Olive oil	
1 oz. Butter	
1/2 oz. Shallots, minced	
1/4 oz. Garlic, minced	
2 oz. Fresh tomatoes, peeled and seeded	
1/4 tsp. Capers	
t.t. Salt	
t.t. Black pepper, café	
1 oz. White wine, dry	
1/2 tsp. Fresh parsley, chopped	
2 oz. Angel Hair pasta	

Preparation Instructions:

1. Cut the frog legs in half. Season both the legs and flour with Cajun seasoning.
2. In a saute pan, over medium heat, melt the butter and olive oil. Dredge the frog legs in the seasoned flour and shake to remove any excess flour. Add the frog legs to the hot pan and saute until golden, turning as needed, approximately 2 to 3 minutes each side.
3. Add the shallots, garlic, capers and saute for 1 minute. Then add the tomatoes, season with salt and pepper and cook for additional 1 minute. Add the wine, simmer for 2 minutes and stir in the parsley.
4. To serve drain angel hair pasta and place in serving bowl, top with frog legs mixture. Serve immediately

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Frog Legs, large	Commodity	131656	2 ea.	\$2.26
Flour, all-purpose	Gold Medal	381254	2 oz.	\$0.04
Cajun Seasoning	Culinary Secrets	345814	3/4 tsp.	\$0.05
Olive oil	Trifoglio	370861	1 oz.	\$0.15
Butter	Grassland	000110	1 oz.	\$0.10
Shallots	Fresh	097737	1/2 oz.	\$0.09
Garlic	Markon	097210	1/4 oz.	\$0.04
Tomatoes	Fresh	097796	2 oz.	\$0.12
Capers	Trifoglio	275680	1/4 tsp.	\$0.03
Salt	Katy's Kitchen	340620	t.t.	\$0.02
Black Pepper, café	Culinary Secrets	345631	t.t.	\$0.03
White wine dry	N/A	N/A	1 oz.	\$0.75
Parsley	Fresh	097531	1/2 tsp.	\$0.03
Angel Hair Pasta	Villa Frizzoni	330210	2 oz.	\$0.14

Recipe Cost	\$3.85
Portion Cost	\$3.85

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$11.95	\$3.85	\$8.10	32.22%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$12.95	\$3.85	\$9.10	29.73%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$13.95	\$3.85	\$10.10	27.60%