

# Buttermilk Fried Frog Legs with Mustard Cream over Green Onion Corncakes

## Prep time

30 mins

## Cook time

45 mins

## Total time

1 hour 15 mins

Recipe by: George Graham - [AcadianaTable.com](http://AcadianaTable.com)

Serves: 4

## Ingredients

### Mustard Cream Sauce

- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- ½ cup finely diced yellow onion
- 2 tablespoons minced garlic
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped flat-leaf parsley
- 1 cup heavy whipping cream
- ½ cup Creole mustard or coarse-grained mustard

### Green Onion Corncakes

- 3 cups diced green onions, divided
- 2 cups yellow corn kernels, freshly cut from the ear
- 2 tablespoons minced garlic
- 2 tablespoons chopped fresh cilantro
- 2 large eggs
- 2 cups all-purpose flour
- 2 teaspoons Acadiana Table Cajun Seasoning Blend, [see recipe here](#)
- 2 teaspoons hot sauce
- Kosher salt and freshly ground black pepper
- ½ cup olive oil

### Frog Legs

- 12 individual frog legs
- 2 cups buttermilk
- 2 tablespoons Acadiana Table Cajun Seasoning Blend, [see recipe here](#)
- 2 tablespoons garlic powder
- 2 tablespoons hot sauce
- Kosher salt and freshly ground black pepper
- 2 cups all-purpose flour
- 2 tablespoons Acadiana Table Cajun Seasoning Blend, [see recipe here](#)
- 2 tablespoons garlic powder
- 1 cup olive oil
- 1 cup peanut oil

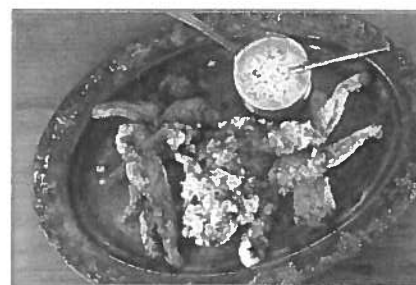
## Instructions

### Mustard Cream Sauce

1. In a medium saucepan over medium-high heat, add the olive oil and butter. Add the onion, garlic, lemon juice, and parsley. Sauté until the onions become translucent, about 5 minutes. Add the cream and bring the mixture to a simmer. Continue cooking until the cream reduces by half, about 10 minutes. Add the mustard and continue stirring until fully incorporated. Move the pan off the heat and keep warm until ready to use.

### Green Onion Corncakes

1. In a large mixing bowl, add 2 cups of green onions and corn along with the garlic and chopped cilantro. Mix well.
2. Add the eggs and the flour to the vegetable mixture. Add the seasoning, hot sauce, salt, and pepper. Stir to combine thoroughly.
3. In a large skillet over medium-high heat, add the olive oil and bring to temperature. Once the oil is sizzling, drop golf ball size portions of the mixture into the skillet and using a spatula, flatten into pancake



portions. Fry until browned on one side, about 3 minutes. Turn and finish on the other side. Remove to a platter and keep warm.

### Frog Legs

1. If necessary, with a sharp knife, separate each pair of frog legs into two individual legs.
2. In a plastic container with a lid, add the frog legs and buttermilk along with the Cajun seasoning, garlic powder, hot sauce, salt, and pepper. Mix to combine and submerge the frog legs. Seal the container and refrigerate for 2 hours.
3. In a colander over the sink, empty the frog legs into the colander and let the buttermilk mixture strain off. Transfer the still-soaked frog legs to a platter and sprinkle with more of the salt and pepper.
4. In a large mixing bowl, add the flour along with the Cajun seasoning and garlic powder. Mix well.
5. Add the frog legs to the flour mixture and coat. Move the frog legs to a platter.
6. In a large black iron skillet over medium-high heat, add the olive oil and peanut oil. Once the temperature reaches 350°F add the first batch of frog legs. Fry until golden brown and remove to a paper towel-lined platter. Keep warm while you finish frying the rest of the frog legs.
7. For serving, place one of the corncakes on a plate and top with three frog legs. Spoon the mustard sauce generously over and garnish with more of the diced green onions.

### Notes

Prep time does not include marinating. If you can, source fresh-caught, wild frog legs, but farm-raised will work. I buy mine from Hebert's in Maurice, Louisiana. This dish is the perfect small plate portion for an appetizer or fry these up for a party and serve with the sauce on the side.

Recipe by Acadiana Table at <https://acadianatable.com/2014/11/10/buttermilk-fried-frog-legs/>