



FROG LEGS

Vietnam - *Rana tigrina*

Frog legs are one of the better-known delicacies of French and Chinese cuisine. In the US, Cajun Fried Frog Legs is very popular and in Indonesian cuisine, it's frog-leg soup, with a strong taste of garlic, gingers, and fermented soya beans, accompanied with celery or parsley leaves. In Chinese cuisine, frog legs are usually stir fried and mixed with light spices, stewed, fried, or made into congee; a popular dish in Cantonese cuisine. Frog legs are rich in protein, omega-3 fatty acids, vitamin A, and potassium.



Packing: China: 2-4, 4-6, 6-8, legs/lb, IQF, IWP, 6x5 lb. Vietnam: 4-6, 6-8, 8-12 legs/lb, IQF, IWP, 6x5 lb



Fishing Method: Farm Raised



Shelf-life: 24 months from production date when in optimal frozen temperature.



Flavor/Dietary information: Frog Legs has a mild taste with a firm and tender texture. It has a white color.



Form: IQF, IWP, Farm



Preparation: Baked, Fried, Grilled, Broiled, Saute, Smoked, Hot Pot



Species Name/ Source: Vietnam / *Rana tigrina*



**QUALITY | SUSTAINABILITY
RELIABILITY | INTEGRITY**



Conservation status: Good Choice

