

Oven Roasted Frog

 Batch VH002

Notes: Try substituting kale instead of spinach to get more crunch.



Save



Pic



Copy

Ingredients

- | | |
|---|--------------------|
| 1 | Organic large frog |
| 2 | Cloves of garlic |
| 1 | Bundle of potatoes |
| + | ... |

Recipe

- | | |
|---|-------------------------------------------------------------------|
| 1 | Peel and cut potatoes into quarters |
| 2 | Peel and breakdown the garlic into small 1mm squares |
| 3 | Debone the Frog |
| 4 | Stuff the minced garlic between the skin and the meat of the frog |

Oven Roasted Frog

 Batch VH002

Notes: Try substituting kale instead of spinach to get more crunch.



Save



Pic



New Batch

Ingredients

1 Organic large frog

f garlic



1 Bundle of potatoes

+ ...

Recipe

1 Peel and cut potatoes into quarters

2 Peel and breakdown the galic into small 1mm squares

3 Debone the Frog

4 Stuff the minced garlic between the skin and the meat of the frog

Oven Roasted Frog



Batch VH002



Save



Pic



Copy

Ingredients

- 1 Organic large frog
- 2 Cloves of garlic
- 1 Bundle of potatoes

|

Recipe

Peel and cut potatoes into quarters

Q W E R T Y U I O P

A S D F G H J K L



Z

X

C

V

B

N

M



123



space

return

Oven Roasted Frog



Batch VH002



Save



Pic



Copy

Ingredients

- 1 Organic large frog
- 2 Cloves of garlic
- 1 Bundle of potatoes

2

Recipe

Peel and cut potatoes into quarters

Q W E R T Y U I O P

A S D F G H J K L



Z

X

C

V

B

N

M



123



space

return