

Stewed legs



Provincia

León

Ingredients

- 14 units of frog legs.
- 1 clove garlic.
- 1 medium onion.
- 1 glass of white wine.
- A little bit of paprika.
- Ground pepper.
- Flour's teaspoon

Preparation method

Put oil in a pan, add finely chopped onion and poach slowly.

Crush the garlic and parsley in a mortar and add to the fried onion sauce.

Put the legs so as they start to cook. When have been about 10 minutes, add the pepper and if you like them spicier, add a little pepper. Next incorporate the flour that may be wheat or corn, fry gently and gradually add the white wine. Leave it boil until the alcohol evaporates and thickens the sauce. If you like a little red and the flavor of paprika, add a bit of it, moving the pan occasionally.