

Fresh, Fun and Fabulous...

Cook With Heidi!

• **To Serve 上菜**

Ingredients 原料

Eggs 鸡蛋 2个
Red wine vinegar 红酒醋 1tbls
Cleaned Frog legs 洗净的牛蛙腿 6-8 pc
Garlic chopped 大蒜切末 1/2 tsp
Parsley chopped 欧芹切末 1tsp
Lemon juice 柠檬汁
Flour 面粉
Salt & Pepper 盐和胡椒
Curly cress 卷叶水芹 (英国)
Chive flowers 细香葱花

Method

1. Best eggs and vinegar. Whisk into hot soup. Sprinkle in 1/2tsp. parsley in soup.
2. Saute frog legs dusted with flour in butter. When golden brown add garlic.
3. Season with salt and pepper. Finish with a little lemon juice then add parsley, serve on a side dish.
4. Put curly cress and chive flowers in a soup bowl. Serve soup in a tureen.

制作步骤

1. 用打蛋器把鸡蛋和醋打匀后，慢慢的加入汤中，再放入半勺欧芹。
2. 锅中放入黄油，将撒上面粉的牛蛙腿放入锅中间，煎黄。
3. 等煎上色后加入盐、胡椒、柠檬汁和欧芹后装盘。
4. 将卷叶水芹和细香葱花放在汤碗里。服务时汤碗加上盖子。

A handwritten signature in black ink that reads 'Heidi'.