

Recipes in the tradition

In our Italian food culture, it is not so usual to find the frog in the pot. But the food and wine has expanded its borders, and, like the all the Italian cuisine has spread around the world, even the typical dishes of other countries have gained an important place in our culinary habits. Frogs are a second little-known dish, but widely used in northern Italy and France. They have a very mild taste, similar to chicken meat or fish, are very digestible and are versatile in the kitchen. This food has its roots in the humble and ancient tradition, since frogs, thanks to the protein contribution of their meat and the ease with which you can fish, were used during the war to prepare various dishes. From simple dish, now the frog has become a gourmet dish: you will find them only in the best restaurants, and, moreover, at a very high price! The edible part of the whole frog is the thigh, and recipes for cooking this superfine food are several.



Scan here to learn more about Sartirana Festival and frog's recipes!



Progetto CLIL 2.0 *Colours in Lomellina's Products*

CLASSI: 2^a B e 2^a H IC Mortara
Scuola Sec. 1^o grado Josti-Travelli

Insegnanti:
Cassis - Gatti - Mantelli

Sartirana Frog

 *A festival in the land of Lomellina*



The frog is the identifying symbol of this part of Lomellina, flat, well-cultivated, rich in castles, farmhouses and villages, which is between the Ticino to the east, the Po to the south, the Sesia to the west and the line of fountains to the north.

Festival history

The history of the Frog's Festival of Sartirana Lomellina starts in 1972, when some members of the Unione Sportiva Sartiranese (local football association), in order to finance their own third category football league participation, in the absence of sponsors willing to help, decided to organize a Sunday fundraising lunch based on golden fried frogs.

The basic idea of the festival was born at the grocer (Zanabò) who proposed the frogs, as easy to find in Sartirana's paddies. The town's name did the rest, because, although it derives— according to experts— from an old Latin name (Fundus Satrianus, i.e. Satria's people land), could easily be passed off as a corruption dialect (*Salt la rana*).

In the first edition, the tables on which to serve the frogs were the benches of school meals, provided by the municipality. To ensure the authenticity of frogs, it was invented a wash tub with tubes going in and out to ensure running water on site (in the tub the frogs swam unsuspecting of their fate!).

From then on for many years to follow, the cook of the only hotel in the country (Angiulina) was reserved for this task. She cooked fried frogs in a batter, the composition of which was known only to her and reached far until today only to a few elected female cooks. The only indiscretion filtered reports that are made with eggs but no breadcrumbs, which defines the name of "golden frogs".

The festival saw grow more and more its reputation, which spreads up to leave the confines of Lomellina land. For years, attended more than one festival the legendary Mike Bongiorno (a very popular National Television anchor man), who was immediately elected by acclamation Honorary President of the Festival itself.

Frog legs, raw | Nutritional Facts

FOOD SUMMARY

Nutrition Facts

Serving Size 1 ounce (28g)

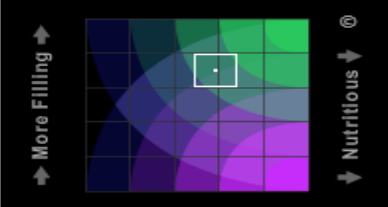
Amount Per Serving		
Calories	20	Calories from Fat 1
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	14mg	5%
Sodium	16mg	1%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	5g	
Vitamin A	0%	Vitamin C 0%
Calcium	1%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Download Printable Label Image

Nutritional Target Map ? What is this?



3.5	ND Rating
2.9	
Fullness Factor	

NutritionData's Opinion ? What is this?

Weight loss: ★★★★★

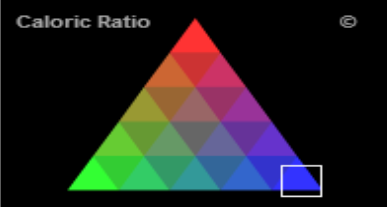
Optimum health: ★★★★★

Weight gain: ★★★★★

The good: This food is very low in Saturated Fat. It is also a good source of Thiamin, Riboflavin, Iron, Phosphorus, Potassium and Copper, and a very good source of Protein and Selenium.

The bad: This food is very high in Cholesterol.

Caloric Ratio Pyramid ? What is this?



6%	4%	90%
Carbs	Fats	Protein

Estimated Glycemic Load

0

0 250

Typical target total is 100/day or less

? What is this?

NUTRIENT BALANCE



53
Completeness Score

? What is this?

PROTEIN QUALITY



NA
Amino Acid Score

? What is this?

This listing does not contain enough data on individual amino acids to determine protein quality.

Source: <http://nutritiondata.self.com/facts/finfish-and-shellfish-products/7739/2>