



Frog Eye Salad: An Explanation of a Traditional Western Thanksgiving Dish

With Thanksgiving looming, you may be searching the internet for dessert ideas other than the tried-and-true pumpkin pie, and you may come upon a delicacy known as [moms_frog_eye_salad](#).

Forget about desserts, salads, and spaghetti for a moment. What's more, while you're at it, forget all you know about frogs. While frog eye salad and its distant relative ambrosia (also known as Hawaiian salad) have certain similarities, this meal is a distinct variation of the dessert salad.



Frog eye salad: how to prepare it

Frog eye salad is officially a pasta salad, unlike classic ambrosia, which is made with marshmallows, whipped cream, and canned fruit. The main component is acini di pepe, a kind of pasta that resembles couscous in form and size (the Italian word means "pepper seeds"). Acini di pepe also explains the dish's strange, somewhat off-putting name, since the cooked pasta resembles frog eyes in the finished result. The pasta also gives the dish a texture that is comparable to rice or tapioca pudding.

To create this salad, start by making a custard, which can be flavored with pineapple juice if desired. After it's been chilled for at least two hours, you may add your toppings and have some fun. Most people use traditional ingredients like canned mandarin oranges, pineapple chunks, and Cool Whip folded into the custard, although banana slices, mini-marshmallows, coconut flakes, and maraschino cherries can also be used. This salad doesn't require lettuce, and it certainly doesn't require frogs.

So, how does it taste?

Frog eye salad has been described in a number of blog postings as a "very old school" favorite that has appeared at a variety of family events. That, or a "staple" brought to potlucks and holiday feasts by aunts and mothers. But it's worth noting that there are differing views on whether or not it's a popular holiday meal.

This refreshing [fresh fruit salad](#) is refreshing and delicious!