

# From Disney World

Dip stuffed bread into egg and milk mixture, soaking a few minutes to penetrate into bread.

Fry in hot fat until lightly browned, turning to brown both sides, about 3 minutes. Drain on paper towels on cake rack. Serve at once sprinkled with sugar and cinnamon.

If desired, spread with whipped butter and serve with maple syrup.

Makes 2 servings. Note: If more servings are desired, double only the amount of bread and bananas and egg, milk and vanilla for 4 servings.

## Walnut Bread

Second Most Requested Walt Disney World Recipe—Served at Liberty Tree Tavern in Magic Kingdom

- 2 pkgs. active dry yeast
- ¼ cup warm water
- 5 cups bread flour
- 1 tablespoon salt
- 4 teaspoons sugar
- ½ cup very finely chopped walnuts
- 1 cup liquid non-fat dry milk
- 2 tablespoons vegetable oil
- 2 small eggs

Mix yeast with warm water and set until dissolved.

In mixing bowl, combine flour, salt, sugar and walnuts.

Add milk, oil, eggs and yeast.

On low speed, using bread arm, mix to blend liquid and dry ingredients. When blended, mix on medium speed for 15 minutes. Cover and let stand for 15 minutes.

Turn dough out on a lightly-floured board and cut into 6 equal pieces. With floured hands knead into loaf shape and place on baking sheet. Cover and let rise in a warm place until double in bulk.

Bake at 375°F. for 25 to 30 minutes or until golden brown. Serve hot. Makes 6 loaves. Note: Bread freezes well.

## Chicken & Meatball Stew "The Saskatchewan"

Third Most Requested Walt Disney World Recipe—Served at Le Cellier in Epcot Center Canada Showcase

- ½ cup flour
- 1 teaspoon salt
- ¼ teaspoon white pepper
- 2 lbs. chicken thighs (about 6)
- ¼ cup vegetable oil
- 4½ cups water
- 2 tablespoons butter
- 1 cup chopped onions
- 1 clove garlic, chopped
- 1 cup sliced carrots
- 1 cup sliced celery
- 2 medium potatoes, peeled & cubed
- 1 whole clove
- 1 bay leaf

Mix together flour, salt and pepper. Dredge chicken thighs in mixture. Brown well in heated oil on both sides in a large Dutch oven. If there is any flour left from dredging chicken, sprinkle over fried chicken. Add water, bring to a boil and simmer, covered, until tender, about 30 minutes. Remove from broth and set aside. Keep broth in which chicken was cooked in Dutch oven.

In a skillet, heat butter and saute onion until tender. Add garlic and cook 2 minutes longer. Add remaining ingredients and saute together for 5 minutes, stirring. Add to reserved chicken broth and cook until vegetables are tender, 15 to 20 minutes. Meanwhile, make meatballs:

- 1 lb. ground pork
- 1 lb. ground veal
- 1 teaspoon salt
- ½ teaspoon freeze-dried chives
- ¼ teaspoon vegetable seasoning
- ½ teaspoon white pepper
- ¼ teaspoon ground thyme
- ¼ teaspoon ground coriander
- ½ cup half and half
- ¾ cup dry bread crumbs
- ¼ cup (about) water

Mix ground pork and veal with seasonings by hand, blending well. Add half and

half and bread crumbs and blend well. Gradually add water until a medium firm texture is achieved. Shape into 20 to 25 meat balls and place on a greased baking sheet. Bake at 375°F. until meatballs are lightly browned, about 30 minutes.

To serve, add chicken thighs and meatballs to cooked vegetables in broth and reheat. Serve some chicken and meatballs along with vegetables for each serving. Makes 4 to 6 servings.

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