

**The 50 Years of
Walt Disney World
Recipe Book**



Once upon a time...

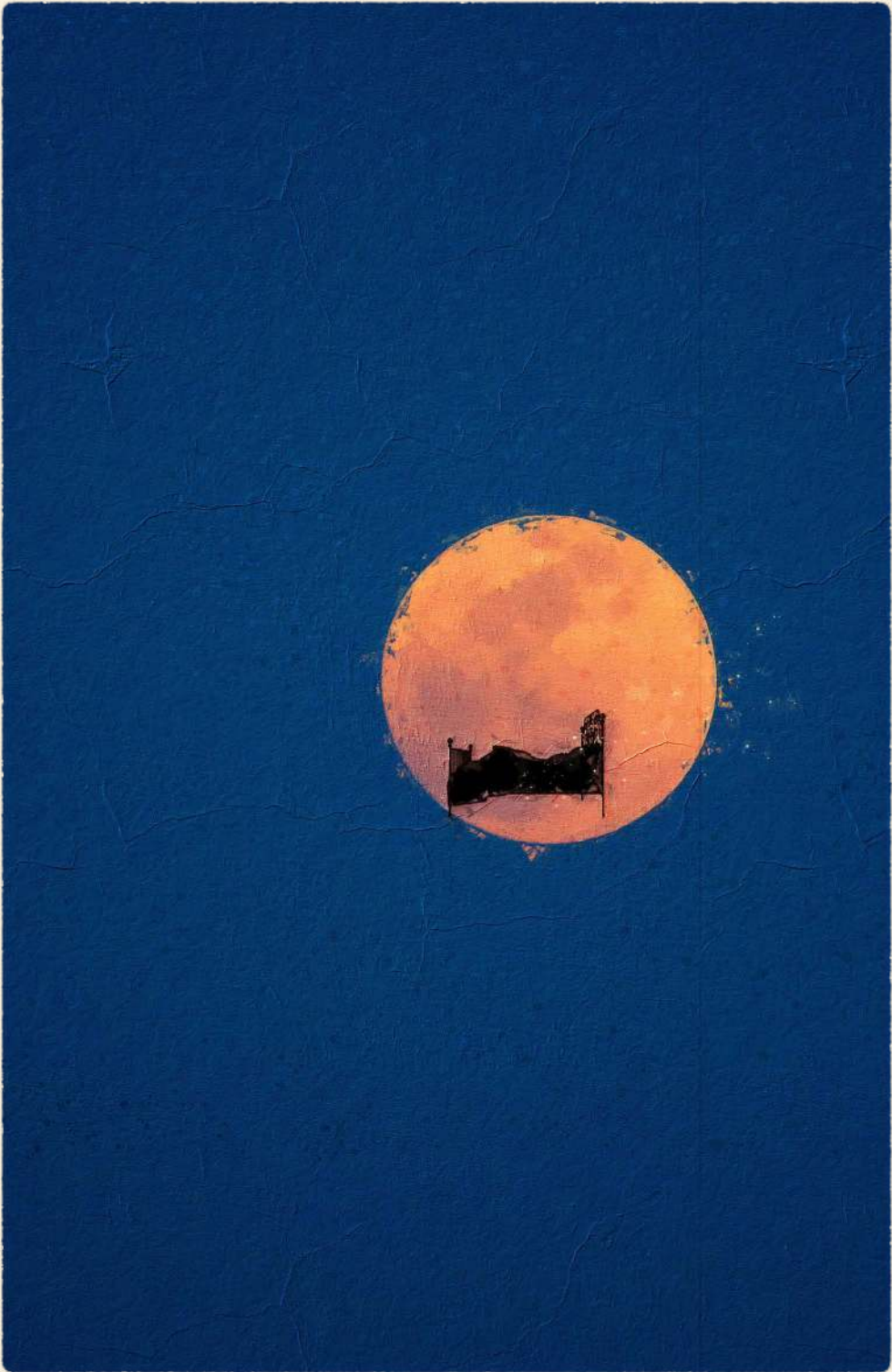
In a Kingdom across the Atlantic Ocean, Walt Disney World Florida was born. Disney World has brought magic to life for millions of people and in celebration of Walt Disney World's 50th anniversary, Florida4Less has created the 50 Years of Walt Disney World Recipe Book.

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Load in the hole

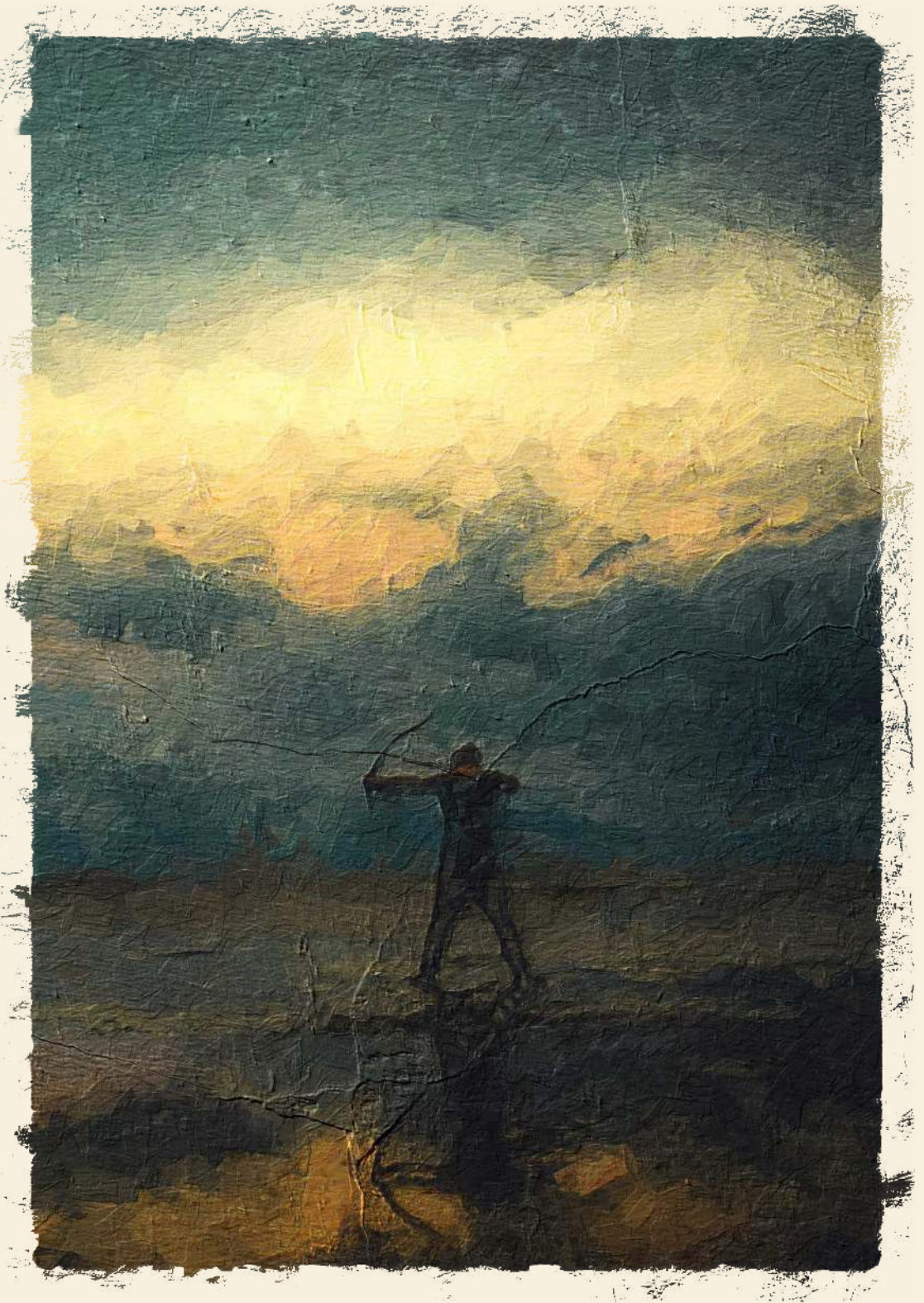
Bedknobs & Broomsticks (1971)

Ingredients

8 high-quality pork sausages
140 g plain flour
3 eggs
300 ml skimmed milk
2 tbsp rapeseed oil
¼ tsp salt

Method

1. Preheat oven to 200°C fan/400°F
2. Place the flour and salt in a mixing bowl making a hole in the centre
3. Crack the eggs into the hole and add 100ml milk
4. Beat the eggs and milk together using a whisk gradually incorporating the flour. Keep whisking until the batter is smooth and thick
5. Gradually beat in the remaining milk and set aside
6. Heat the oil in a large shallow baking dish for 5 minutes (make sure the whole pan is sufficiently coated in oil, including the sides)
7. Add the sausages and return to the oven for 10 minutes
8. Working swiftly, remove the dish and pour in the batter all in one go, quickly returning to the oven
9. Bake for 25-30 minutes until the batter is golden brown and crispy
Serve immediately



Burnt Ends

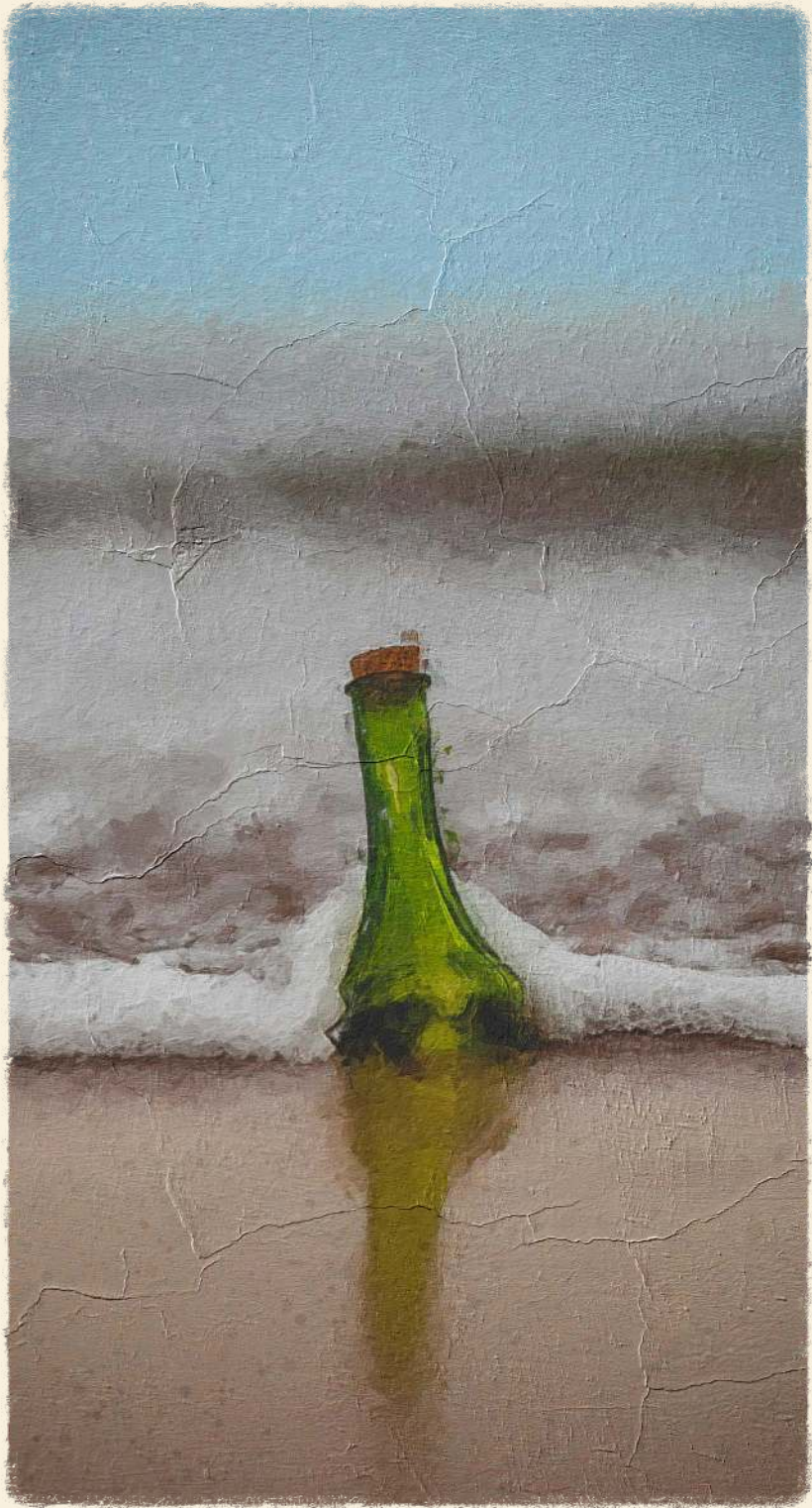
Robin Hood (1973)

Ingredients

1x 4-6kg brisket
1 cup BBQ spice rub
1/2 cup BBQ sauce

Method

1. Cut the excess fat off the brisket, enough so that you can see the beef through the fat
2. Cover the brisket in BBQ rub
3. Cover brisket and refrigerate for 11 hours
4. Preheat the smoker to 121°C/250°F
5. Insert a meat thermometer and place meat into the smoker until the internal temperature reaches 77°C/170°F (this will take 4-5 hours)
6. Remove the meat, wrap it in foil & place back in the smoker until it reaches 88°C/190°F
7. Remove the meat from the smoker and unwrap and let it rest for 15 minutes
8. Cut the meat into ½ inch cubes and coat with BBQ sauce & the pan drippings
9. Place the cubes uncovered into the smoker and cook for 45 minutes
10. Remove the burnt ends from the smoker and serve



Vegetable Leaf Lettuce Cups

The Rescuer's (1977)

Ingredients

1 tsp sesame oil
2 freshly grated ginger
2 cloves garlic minced
4 spring onions thinly sliced
2 tsp's canola oil or grapeseed oil
1 can water chestnuts (237 ml), drained and finely chopped
227g baby bella cremini mushrooms finely chopped
2 tbsp rice vinegar
3 tbsp soy sauce (reduced sodium)
3 tbsp hoisin sauce
350g extra-firm tofu
¼ tsp chili flakes
8 large leaves of romaine lettuce

Method

1. In a bowl, stir together the hoisin, soy sauce, sesame oil and rice vinegar. Set aside
2. Using kitchen roll, squeeze out as much liquid as possible from the tofu
3. Heat canola oil in a large skillet over a medium-high heat. Once the oil is hot, crumble in the tofu
4. Cook until tofu starts to turn golden
5. Stir in the chili flakes, half the spring onions, water chestnuts, garlic and ginger and cook for 60 seconds
6. Pour in sauce you set aside and stir until the tofu is coated. Cook for 50 seconds, the sauce should be warmed through
7. Spoon the tofu mixture into individual lettuce leaves and sprinkle with the remaining spring onions



Cookie Monster Cookies

The Muppet Movie (1979)

Ingredients

170g unsalted butter (softened) or margarine
150g sugar
2 medium eggs beaten
300g plain flour sifted
1 tsp baking powder
1 tsp salt
1 tsp vanilla extract

Method

1. Preheat the oven to 200°C/390°F
2. In a bowl, cream together the butter and sugar until smooth
3. Add beaten eggs and vanilla extract then mix again
4. Mix in all remaining ingredients and work together with your hands until a dough forms
5. Chill the dough in the freezer for at least one hour prior to baking
6. Once chilled, on a floured surface, roll the dough roughly half a centimetre thick
7. Cut with your chosen cutter and place onto a greaseproof paper-lined baking tray
8. Bake at 200°C for 10-12 minutes until golden brown

Optional

Once baked and cooled decorate your cookies with blue frosting and some googly eyes to look like the cookie monster himself!



Corn Bread

The Fox and the Hound (1981)

Ingredients

25g plain flour
125g cornmeal
140g caster sugar
1 medium egg
1 tsp salt
3 tsp baking powder
240ml milk
80ml rapeseed oil

Method

1. Preheat the oven to 200°C/390°F
2. Grease a 9inch cake tin and line the base with greaseproof paper
3. Combine all dry ingredients in a large bowl
4. Mix in wet ingredients until the mixture is smooth and free of lumps
5. Bake in the centre of the oven for 20-25 minutes or until a knife or skewer comes out clean when inserted into the thickest part
6. Allow to cool and turn out onto a wire rack, slice and enjoy!



Seafood Paella

Splash (1984)

Ingredients

175g raw tiger prawns	280g roasted peppers (if using from a jar be sure to drain and rinse excess oil)
150g live muscles, cleaned	
150g squid rings	225g chopped tomatoes
900ml fish stock	2 tbsp extra-virgin olive oil
250g paella rice	30g parsley roughly chopped
1 large onion diced	1 lemon cut into wedges
3 garlic cloves crushed	OPTIONAL – pinch of saffron
1 tsp paprika	

Method

1. In a saucepan, bring the fish stock to the boil and set aside (if using saffron, add to the stock at this stage)
2. On a medium-high heat, heat the oil in a paella pan or large & wide frying pan and fry diced onion for 5 minutes until soft
3. Add crushed garlic, paprika, chopped tomatoes and half the parsley. Fry for 2 minutes
4. Add paella rice, stir and season
5. Pour in the stock and bring to a boil
6. Turn down the heat and cook uncovered for 10 minutes (at this stage try not to stir!)
7. Add the peppers and cook for a further 5 minutes
8. Add in prawns, mussels and squid rings
9. Cook for 5 minutes, covered
10. Turn off the heat and leave to rest for 5 minutes
11. Uncover and serve with the remaining parsley and lemon wedges



Pumpkin Soup

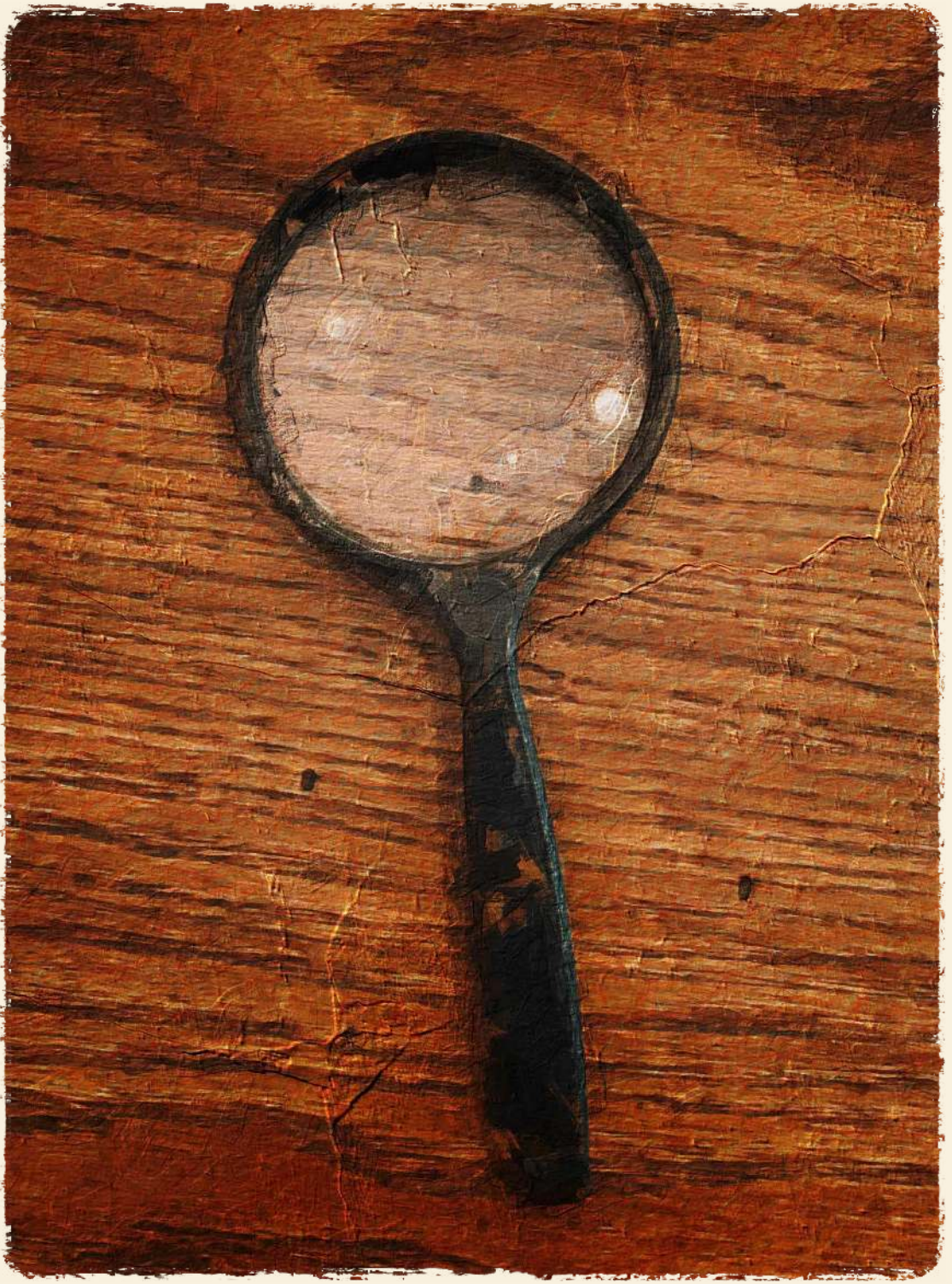
Return to Oz (1981)

Ingredients

1kg diced pumpkin
3 carrots
1 diced onion
1 large celery stick
3 garlic cloves crushed
750ml vegetable stock
2 tbsp single cream
1 tbsp tomato puree
1 tsp smoked paprika
2 tbsp rapeseed oil
1 stalk of rosemary

Method

1. Preheat the oven to 200°C/390°F
2. Remove pumpkin skin, scoop out the seeds and cut into chunks
3. Peel and slice the carrots, dice the onion and finely chop the celery
4. Add all vegetables to a roasting tin, along with the garlic (whole), rosemary (stalk removed) and smoked paprika.
5. Season well with salt and pepper and toss everything together with oil until nicely coated
6. Roast for 30 minutes (be sure to remove all rosemary stalks and garlic skins)
7. Add all the roasted vegetables to a food processor and blend until smooth
8. Add the stock, tomato puree and cream and blend again
Serve immediately and enjoy!



Basil Infused Chicken Pesto Pasta

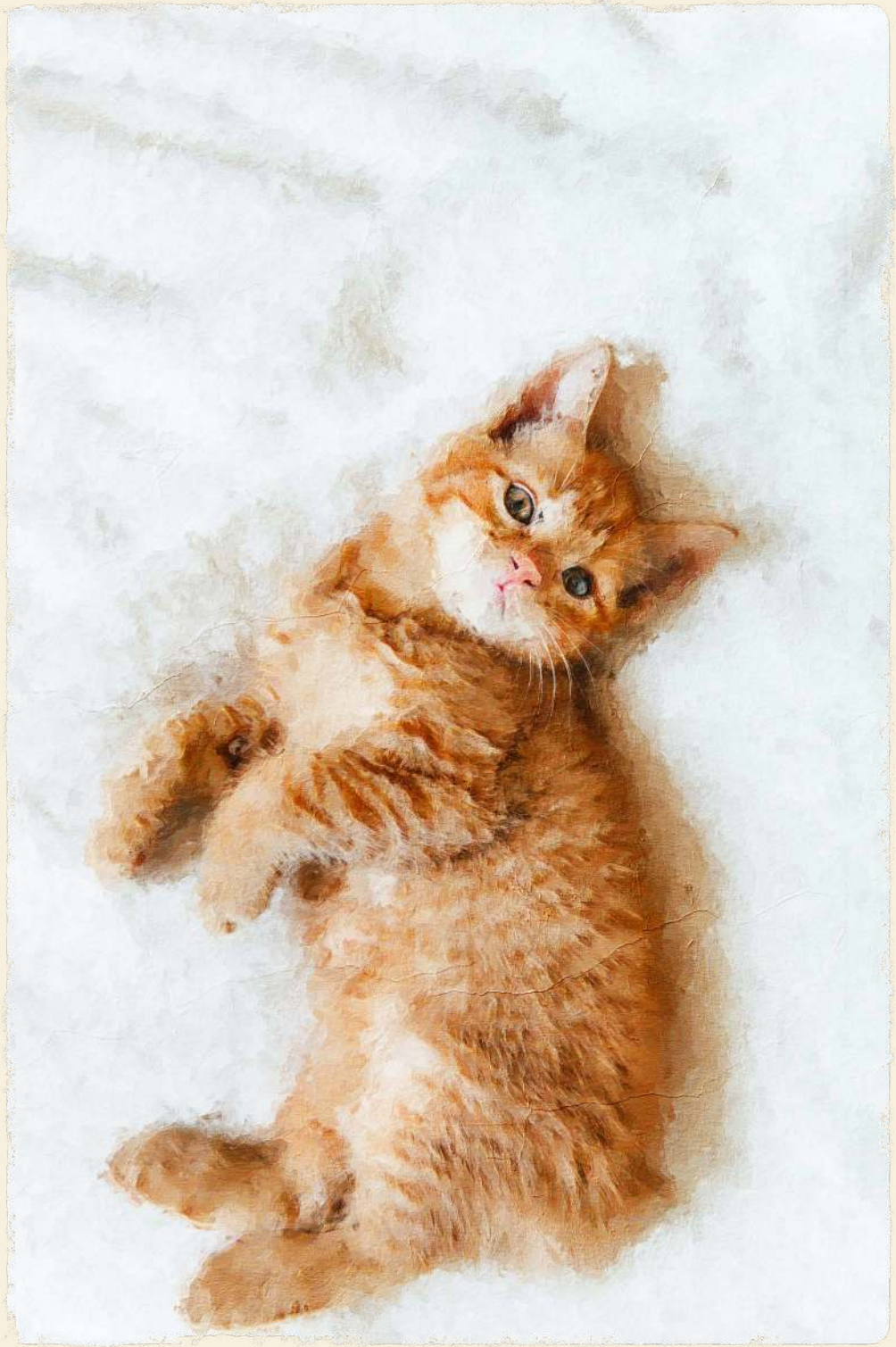
The Great Mouse Detective (1986)

Ingredients

1 garlic clove
50g fresh basil leaves
25g pine nuts
25g grated parmesan
125ml extra virgin olive oil
Juice of half a lemon
75g of your favourite pasta per person

Method

1. Bring a pan of well-salted water to the boil
2. Add your pasta and cook for 8-10 minutes (or as per instructions)
3. Lightly toast the pine nuts in a dry pan being careful not to burn
4. Put the garlic and a pinch of flaked sea salt into a small food processor and pulse
5. Add pine nuts and pulse again until you reach a rough consistency
6. Add the basil and pulse again until well mixed but keeping the rough texture
7. Scoop into a bowl and stir in the parmesan and lemon juice
8. Pour in the olive oil and mix until desired thickness
9. Season to taste
10. Drain the pasta, stir in your pesto
11. Garnish with a little more parmesan and a couple of basil leaves



Louie's New York Hot Dogs

Oliver & Company (1988)

Ingredients

4 good quality hotdogs
4 hotdog buns (we like brioche)
1 large onion sliced thinly
1 good squirt of ketchup
1 tsp French mustard
Sauerkraut

Method

1. In a heavy bottom frying pan heat a little oil, add the onions and fry until soft and golden brown
2. Add a good squirt of ketchup into the pan, a pinch of salt and a couple of tablespoons of water
3. Fry on a low heat until the onions are sticky and fully coated
4. Add hotdogs to a pan (with the brine) and bring to the boil, heat for 5 minutes
5. Serve in a bun, with mustard sauerkraut and onions



Crab Cakes

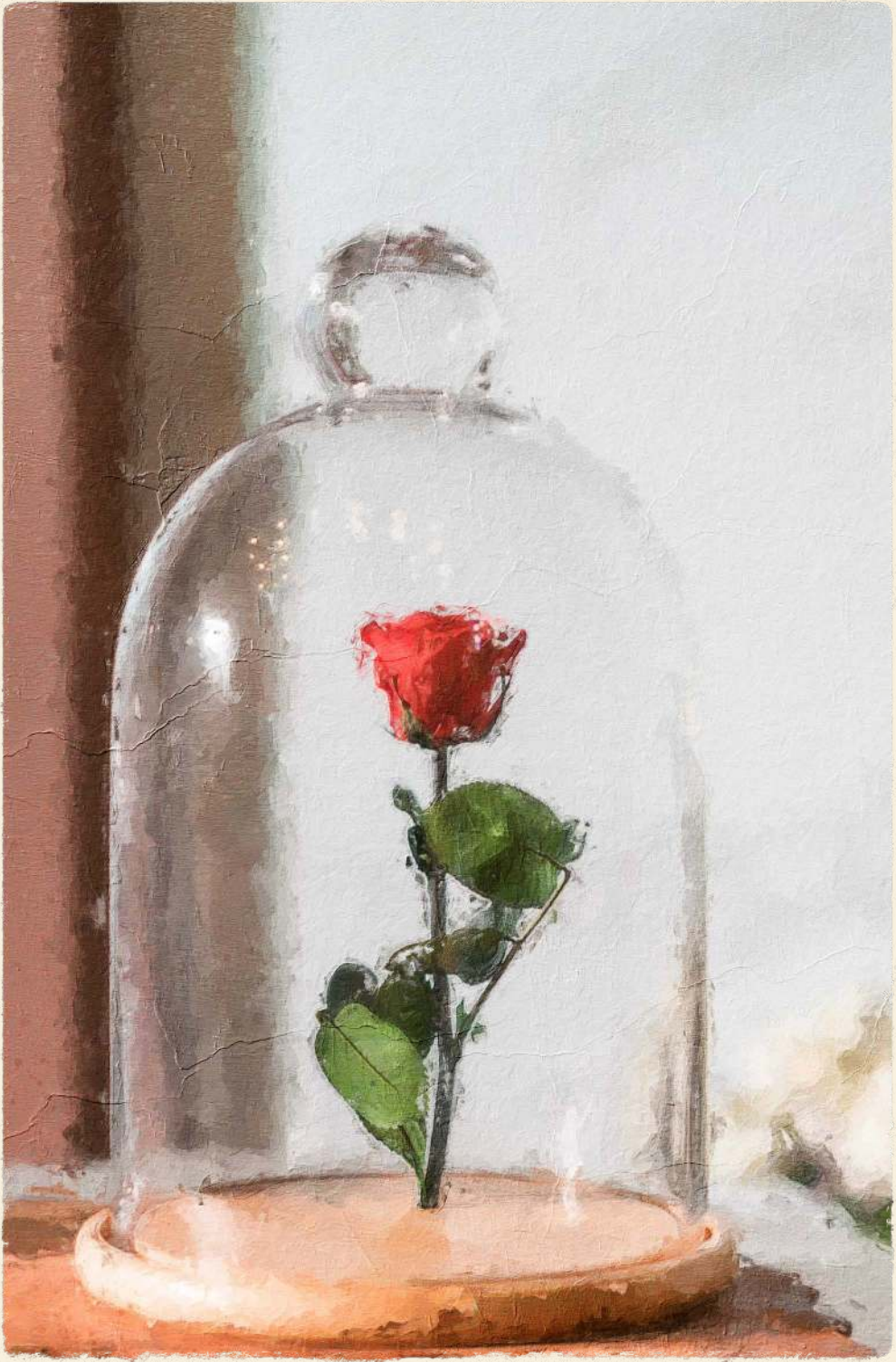
The Little Mermaid (1989)

Ingredients

450g white crab meat	2 medium eggs whisked
4 spring onions	50g panko breadcrumbs
Small handful chopped chives	165g golden breadcrumbs
Small handful chopped parsley	30g plain flour
1 tsp paprika	45ml fresh lemon juice
1 tsp dried oregano	110ml vegetable oil
1 tsp garlic powder	Salt and pepper
100g mayonnaise	

Method

1. In a large bowl combine the crab, spring onion, chives, parsley, lemon juice, and mayonnaise. Add panko breadcrumbs and gently mix into the crabmeat mixture.
2. Divide into 6 and mould into deep round cakes, cover and chill
3. In a wide shallow bowl add flour and season with salt and pepper (if seasoning is desired)
4. In another bowl, whisk the egg with a little water
5. In a third bowl, mix breadcrumbs with paprika, oregano, garlic powder and salt & pepper
6. Coat the crab cakes lightly in the flour mixture, dunk in the egg wash and then coat evenly with breadcrumbs
7. Heat oil in a large heavy bottom frying pan and fry crab cakes gently for 4 minutes on each side until golden brown
8. Place onto kitchen roll to absorb excess oil
Serve hot and enjoy!



The Grey Stuff Pastries

Beauty & the Beast (1991)

Ingredients

12 pastry tartlets
14 Oreos
250g mascarpone
200g sweetened condensed milk
150g melted white chocolate
1 tsp cocoa powder

Method

1. Crush Oreos into a fine crumb
2. Fold into mascarpone and combine well
3. Add in condensed milk and melted chocolate
4. Add cocoa powder bit by bit until you reach your desired grey colour
5. Spoon into a piping bag and pipe into tart cases
6. Dust with a little cocoa powder and serve



Abu's Baked Bread

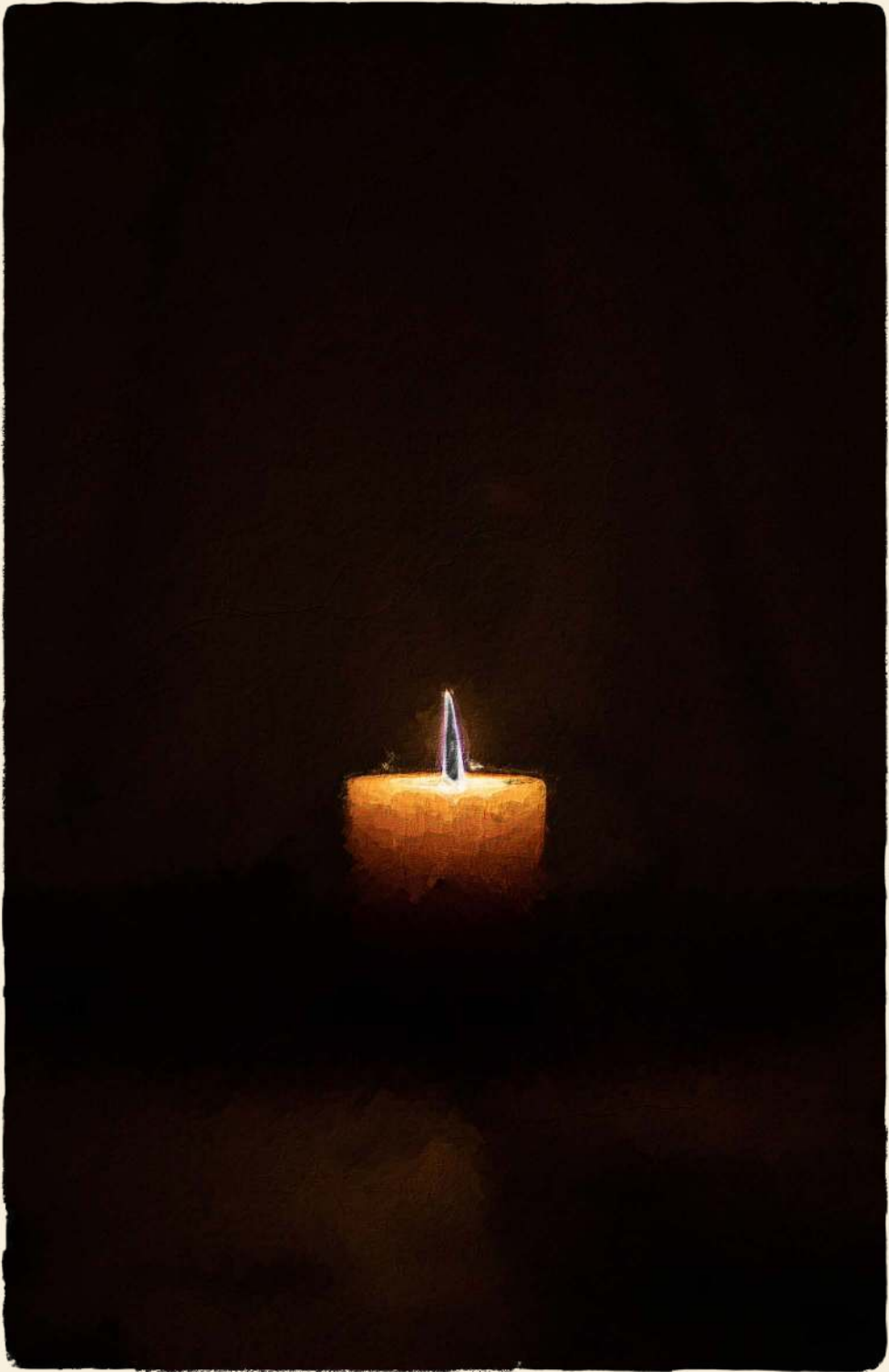
Aladdin (1992)

Ingredients

500g strong white flour
20g caster sugar
10g salt
1 sachet fast yeast (7g)
330g full-fat milk (room temp)

Method

1. Preheat the oven to 200°C/390°F
2. In a large bowl, add the flour and caster sugar together. With your fingers rub salt into one side of the bowl and add the sachet of yeast on the opposite side
3. Add the milk and mix until you have dough. Cover and rest in a warm place for 30-40 minutes
4. Fold the dough, keep turning and folding until all air is removed. Cover again and rest for an hour until it has at least doubled in size
5. Turn the dough out onto a floured surface and using floured hands, roll into a long baguette shape, divide into 12 equal pieces
6. Shape each piece into a ball and place onto an oiled baking tray
7. Rest in a warm place until they have doubled in size
8. Using a sharp knife, slash the top of each roll and bake for 20-25 minutes until golden brown
Best enjoyed fresh from the oven with salted butter!



Caramel Apples

Hocus Pocus (1994)

Ingredients

8 red apples
400g caster sugar
100ml water
4 tbsp golden syrup
1 tsp lemon juice
Red food colouring
Red food glitter
8 lolly sticks
Sugar thermometer

Method

1. Push the lolly sticks into the bottom of each apple and set aside on a plate
2. In a large saucepan, add sugar, lemon juice and water. Simmer until the sugar has dissolved (don't stir at this point)
3. Add the golden syrup and let the mixture bubble until it reaches 150°C / 302°F
4. Add the food colouring and gently swirl the pan until mixed in, then add the glitter and turn off the heat
5. Dip each apple into the toffee covering fully and place onto greaseproof paper (you will need to work quickly while the toffee is still liquid, you can gently heat again if you need to)
6. Once hardened, enjoy!



Slimy, Yet Satisfying Minted Lamb

The Lion King (1995)

Ingredients

2 lamb leg steaks
1 tsp mint jelly
1 tbsp fresh mint finely chopped
Half tbsp fresh rosemary finely chopped
1 garlic clove diced
Salt and pepper
Olive oil

Method

1. Remove your steaks from the fridge and allow to rest for at least 10 minutes before cooking
2. In a bowl, mix mint jelly, garlic and the herbs
3. Coat your steaks in a little oil and then rub the mixture over the meat
4. In a heavy bottom frying pan or griddle pan, heat a little more oil and fry for 6-8 minutes on each side
Serve immediately



Corn Relish

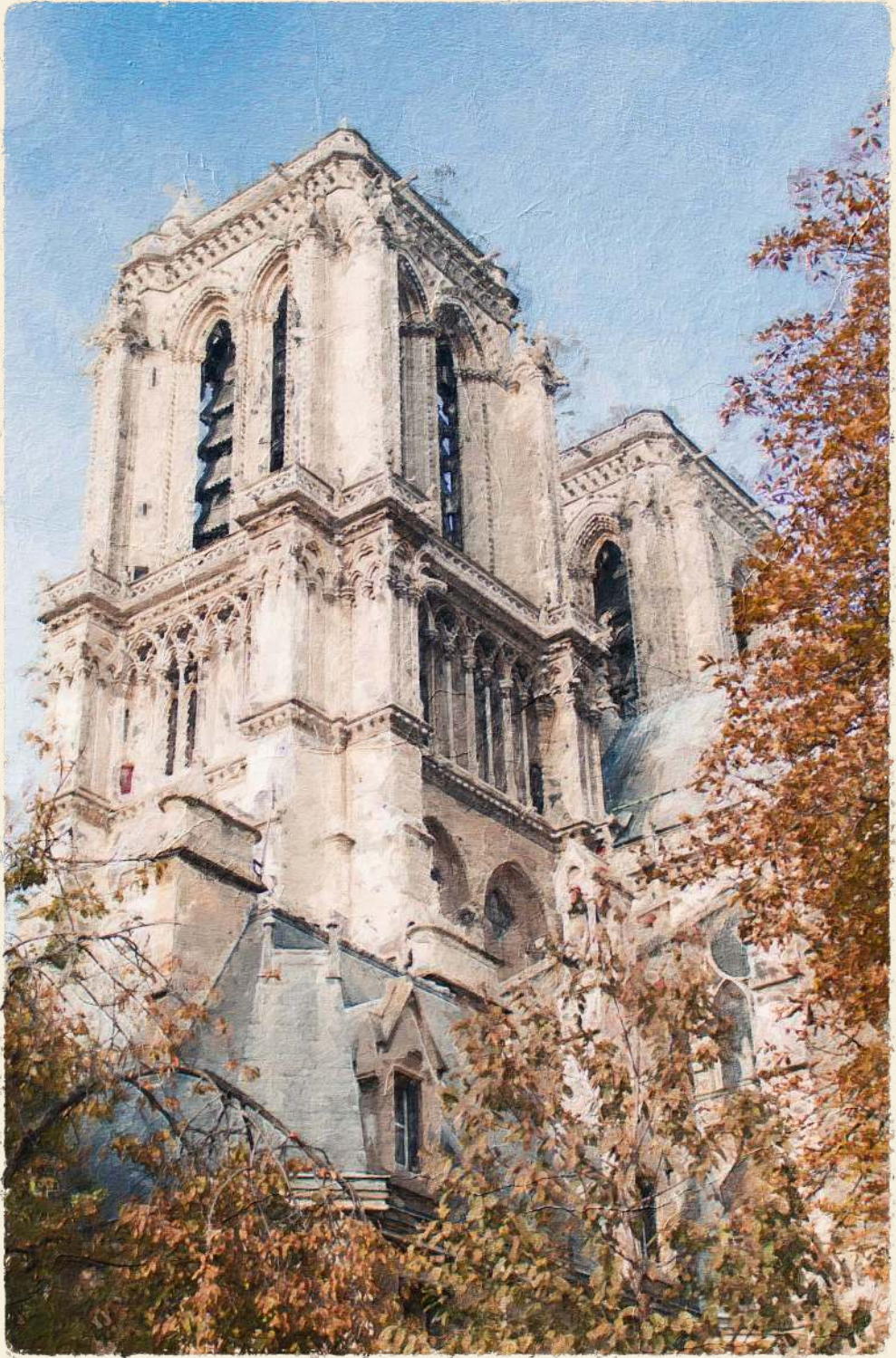
Pocahontas (1995)

Ingredients

250g fresh sweetcorn (about 2-3 cobs)
1 shallot finely chopped
1 red chilli finely chopped (remove the seeds)
70ml cider vinegar
25g caster sugar
Half tsp mustard powder
1 tsp vegetable oil
Handful fresh coriander leaves finely chopped

Method

1. Using a sharp knife, remove the sweetcorn from the kernels
2. Heat the oil in a saucepan and cook the shallots until soft and translucent
3. Add the sweetcorn, chilli, cider vinegar, caster sugar and mustard powder and stir well
4. Bring to a simmer and cook until the sweetcorn is a bright yellow and the sauce coats everything
5. Once cooled, stir in the coriander



The King Of Fools Vegetable Tart

The Hunchback of Notre Dame (1996)

Ingredients

250g ready-made puff pastry
Plain flour
5 tsp green pesto
250g mixed baby tomatoes
8 asparagus tips
150g baby courgettes
1 jar roasted peppers (drained)
Bunch fresh basil
Handful black olives
100g mozzarella
25g parmesan cheese
Extra virgin olive oil

Method

1. Preheat the oven to 200°C/390°F
2. On a floured surface, roll out the pastry into a square and then cut into 4 equal pieces
3. Place onto a baking tray lined with greaseproof paper
4. Spread the pesto onto the centre of each square, leaving a 1cm edge all round
5. Roughly chop all your vegetables and basil, toss in a bowl with olive oil
6. Slice the mozzarella into small chunks
7. Spoon the mixture onto each tart and top with mozzarella
8. Bake for 15-20 minutes until the pastry has risen and is golden
Serve warm and enjoy!



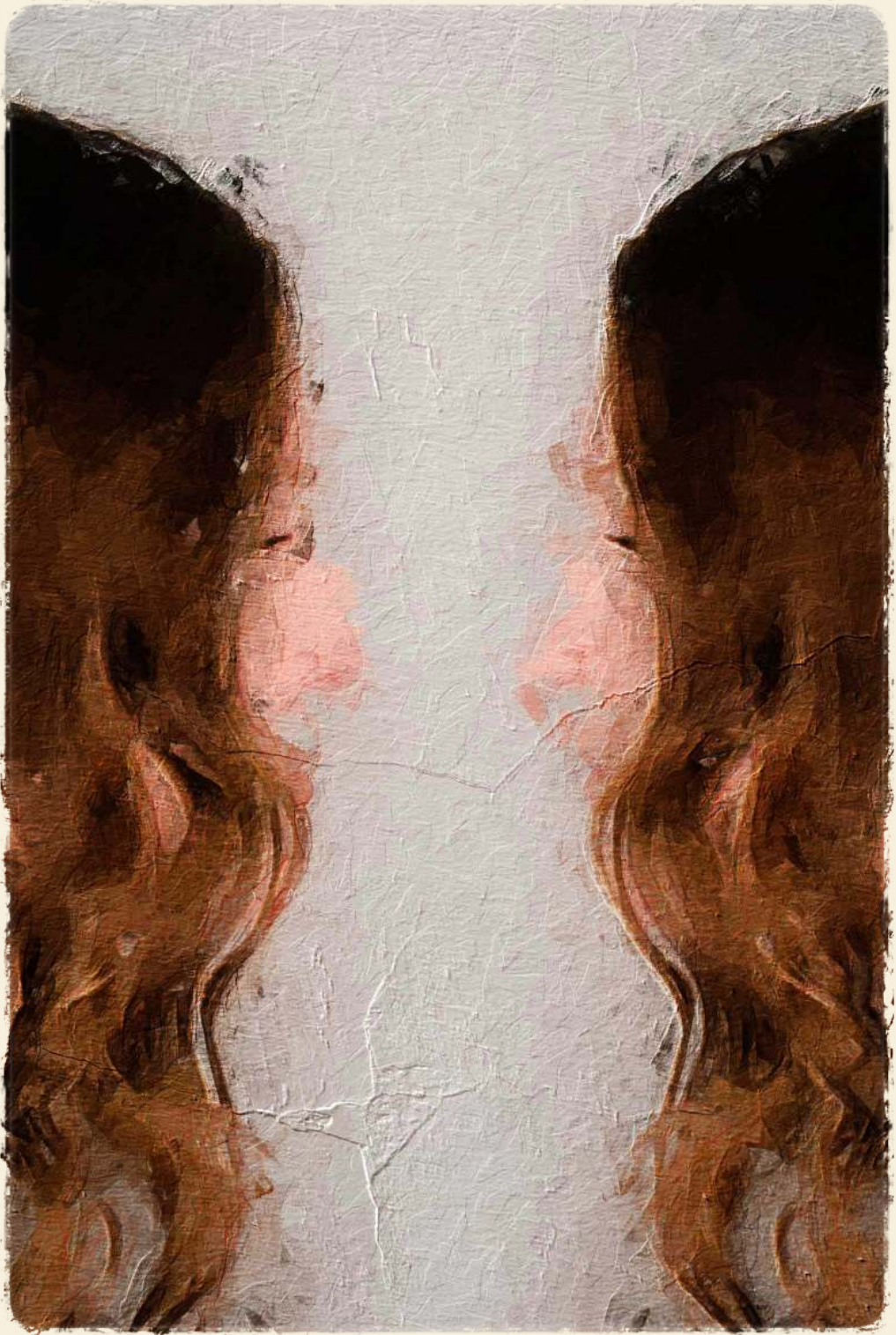
Fruit Jelly Flubber (1997)

Ingredients

2 x 25g packs of lime jelly powder
300g strawberries roughly chopped
300g raspberries roughly chopped
300g blueberries roughly chopped

Method

1. Prepare the jelly mixture as per instructions
2. Add a handful of fruit to the bottom of each ramekin or jelly mould
3. Pour in the jelly mixture ensuring all the fruit is covered
4. Cool in the fridge until set
5. Turn out into dishes and serve with a little more fruit



Oreo & Peanut Butter Brownies

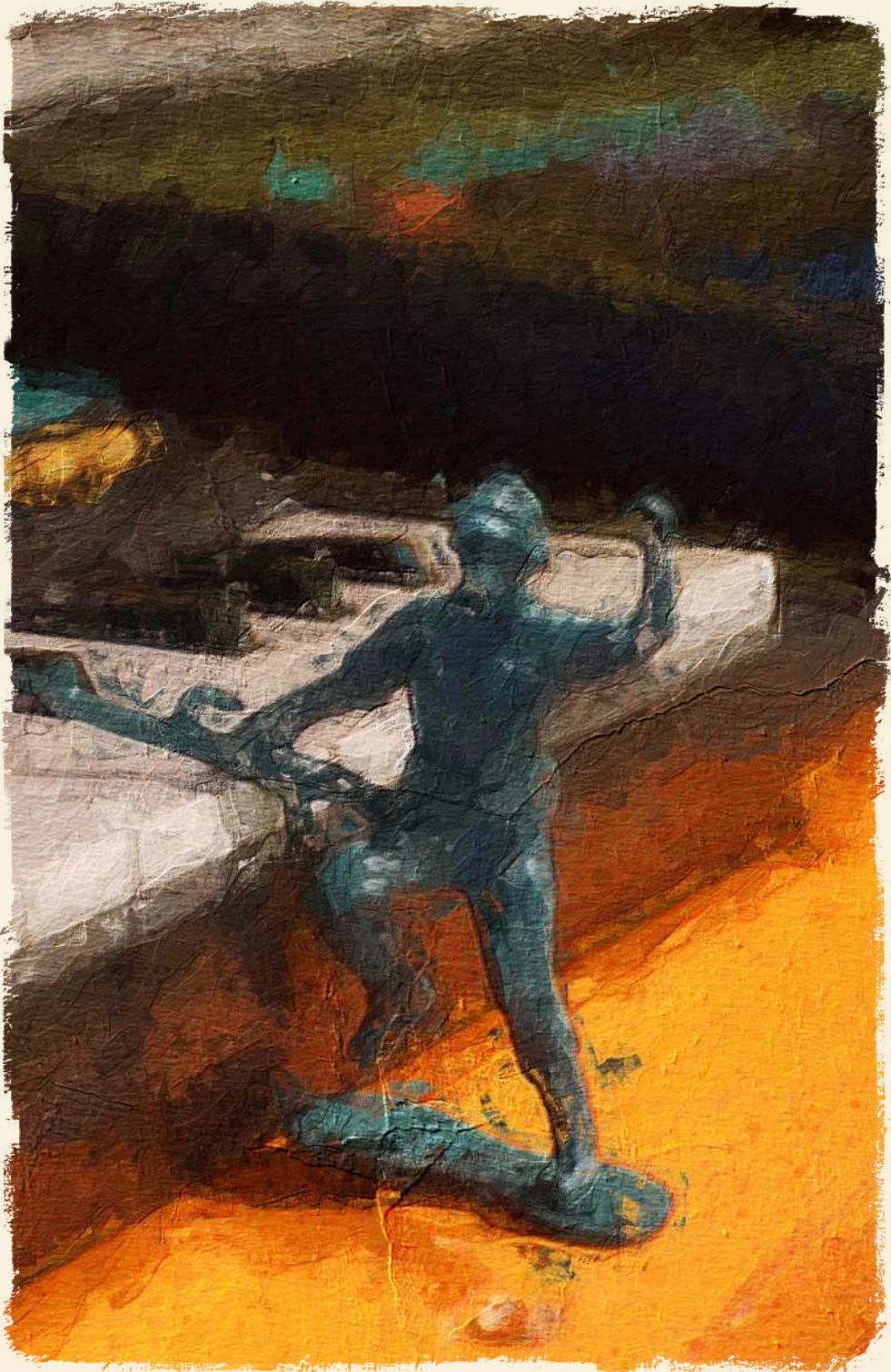
The Parent Trap (1998)

Ingredients

16 Oreos
120g smooth peanut butter
200g caster sugar
170g butter melted
85g brown sugar
45g cocoa powder
70g plain flour
2 tsp vanilla extract
4 large eggs whisked

Method

1. Preheat the oven to 180°C/370°F
2. Grease an 8-inch baking tin and line with greaseproof paper
3. In a large bowl, mix the butter, vanilla extract, caster sugar and brown sugar
4. Add in the eggs, a bit at a time, stirring well, then mix in the flour and cocoa powder until you have a thick batter
5. Pour half the batter into your lined baking tin placing whole Oreo's on top
6. Smother the Oreos with peanut butter and then pour the remaining batter over the top
7. Add more peanut butter, gently smooth out with a knife
8. Bake for 30-35 minutes and allow to cool before cutting



Pizza Planet Pizza

Toy Story 2 (1999)

Ingredients

Pizza bases (these can be shop bought or homemade)

Grated mozzarella and cheddar mix

1 large fresh mozzarella ball

200g passata

1 tbsp dried oregano

1 large green pepper sliced

1 large red onion sliced

1 tin sweetcorn drained

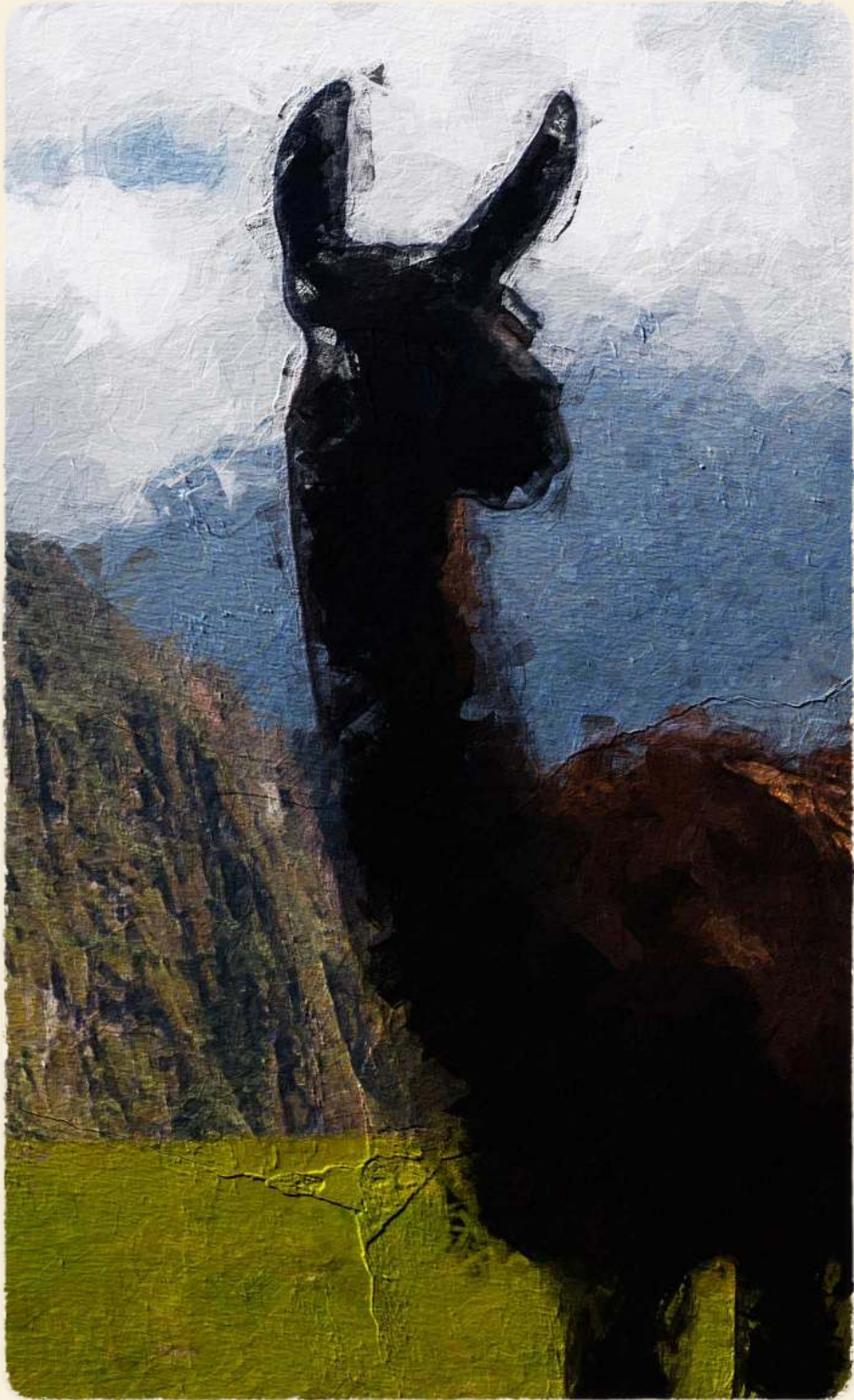
200g cherry tomatoes halved

Handful of black olives pitted and halved

OPTIONAL Rocket to garnish

Method

1. Preheat the oven to 180°C/370°F
2. Roll out your pizza dough into 10-inch rounds
3. In a bowl, mix the passata and dried oregano together and spoon onto the pizza bases
4. Cover with grated cheese and sliced mozzarella
5. Sprinkle on all your vegetables
6. Bake in the oven for 8-10 minutes until golden brown
7. Serve with a handful of Rocket



Spinach Puffs

The Emperor's New Groove (2000)

Ingredients

2 sheets of puff pastry
300g frozen spinach (defrost and pat dry with kitchen roll)
225g cream cheese
150g diced pancetta
60g feta
30g grated parmesan
2 large eggs whisked
Half tsp garlic powder
Quarter tsp dried oregano
Salt and pepper

Method

1. Preheat the oven to 180°C/370°F
2. Fry the pancetta in a little oil
3. Roll out the pastry and cut into 12 equal squares
4. In a bowl, add the cream cheese and soften with a wooden spoon
5. Add in 1 egg, garlic powder, oregano and a pinch of black pepper and mix together
6. In a separate bowl, crumble the feta, parmesan, spinach and pancetta. Mix with a fork
7. Add the cream cheese mixture to the spinach mixture and mix well
8. Spoon a little of the mixture onto each puff pastry square and pull in each corner pressing together at the top to seal completely
9. Whisk the remaining egg and brush over each pastry
10. Bake in the oven for 18-22 minutes until golden brown
11. Allow to cool slightly and enjoy warm



Yellow Snow Cone

Monsters, inc. (2001)

Ingredients

1 bag of ice
250ml fresh lemon juice
50g sugar
Yellow food colouring

Method

1. In a pan, heat the sugar and lemon juice until you have a bubbling syrup (be careful not to burn) add a
2. couple of drops of yellow food colouring and allow to cool
3. Add ice to a food processor and pulse until you have a fine 'shaved ice' consistency
4. Spoon ice into paper cones and drizzle on syrup until covered
Enjoy immediately



Surf and Turf

Lilo & Stitch (2002)

Ingredients

1 good size rump steak per person
4 whole shell-on tiger prawns per person
4 cloves of garlic
1 tbsp fresh rosemary chopped
6 tbsp extra virgin olive
Zest of half a lemon
1 red chilli
Cherry tomatoes on the vine
1 tbsp red wine vinegar
1 tbsp fresh parsley chopped

Method

1. Remove steaks from the fridge at least 30 minutes before cooking
2. In a bowl mix 3 tbsp olive oil with 2 cloves of garlic sliced thinly and chopped rosemary
3. Spoon the mixture over the steaks and season well with salt and pepper, allow to rest
4. In another bowl mix 3 tbsp olive oil with 2 cloves of crushed garlic, diced chilli, lemon zest and red wine vinegar
5. Spoon the mixture over the prawns
6. In a hot griddle pan cook the steaks to your liking and cook the prawns until pink and cooked through
7. Add the tomatoes to the pan (on the vine) and grill lightly
8. Serve with chips and salad



Black Pearl Protein Balls

Pirates of the Caribbean (2003)

Ingredients

120g walnuts
210g pitted dates
2 tbsp raw cacao

Method

1. Finely chop walnuts and set aside
2. In a food processor blend dates and cacao until smooth
3. Mix the walnut and date mixture together
4. Using your hands roll into bitesize balls
5. Chill in the fridge and enjoy!



Jack Jack's Mac & Cheese

The Incredibles (2004)

Ingredients

250g macaroni
600ml full-fat milk
250g grated cheddar
50g grated mozzarella
50g grated parmesan

Method

1. In a large pan cook macaroni in salted water for 8-10 minutes. Drain and set to one side
2. In another pan melt the butter and add the flour making a roux, cook for 2-3 minutes stirring constantly
3. Mix in the milk slowly and cook until the sauce thickens
4. Add the cheese keeping a little cheddar and parmesan to the side
5. Pour the macaroni into the cheese sauce mix and stir well
6. Transfer to an oven-proof dish, top with remaining cheese and place under a hot grill until bubbling and golden.



Edmund's Turkish Delight

The Lion, The Witch And The Wardrobe (2005)

Ingredients

500ml water
375g caster sugar
Juice of 1 lemon
75g cornflour (plus a little extra for dusting)
Half tsp Xanthan gum
3 tbsp gelatine powder
2 tbsp rose water
Pink or red food colouring
Icing sugar for dusting

Method

1. In a saucepan add 300ml water, 375g caster sugar and lemon juice and heat on low (stirring constantly) until the sugar has dissolved
2. Increase the heat and bring to the boil
3. In a separate jug, add the cornflour, Xanthan gum and 200ml water and stir until the cornflour has dissolved, then add the gelatine powder and stir
4. Now that the sugar mixture is boiling, add the cornflour liquid in and stir constantly until everything is combined
5. Simmer for around 15-20 minutes until the consistency is a thick shiny paste
6. Remove from the heat and allow to cool, stirring occasionally
7. Once cooled, add the rosewater and a drop of food colouring (or enough to reach your desired colour)
8. Line a high sided baking tray with greaseproof paper and oil the paper as well as dusting with a little cornflour
9. Pour the mixture into the tin and smooth out. Leave to set at room temp
10. Cut into cubes and space out evenly, leave to sweat at room temp for at least 24 hours
11. Coat the cubes in cornflour and leave to cure for 3-4 hours
12. Once a dull crust has formed, coat the cubes in icing sugar and enjoy!



Chefs Best Ratatouille

Ratatouille (2007)

Ingredients

1 aubergine
1 large courgette
1 small squash
1 red pepper
Half an onion finely chopped
2 garlic cloves thinly sliced
225g passata
Half teaspoon dried oregano
Quarter teaspoon chilli flakes
2 tbsp olive oil
3 sprigs fresh thyme
Salt and pepper

Method

1. Preheat the oven to 180°C/370°F
2. Pour passata into a 10-inch baking dish, add the garlic, onion, oregano, chilli flakes and 1 tbsp olive oil along with salt and pepper and mix well
3. Remove the ends of the aubergine and courgette, remove the centre of the pepper
4. Using a sharp knife, cut very thin slices of the vegetables
5. Lay the vegetables onto the sauce overlapping and alternating between until the dish is totally covered
6. Drizzle with olive oil, season with salt and pepper and sprinkle over thyme leaves
7. Cover with greaseproof paper and bake in the oven for 45-50 minutes until the vegetables are cooked but not browned and the sauce is bubbling up
8. Serve immediately and enjoy!



Homemade Twinkies

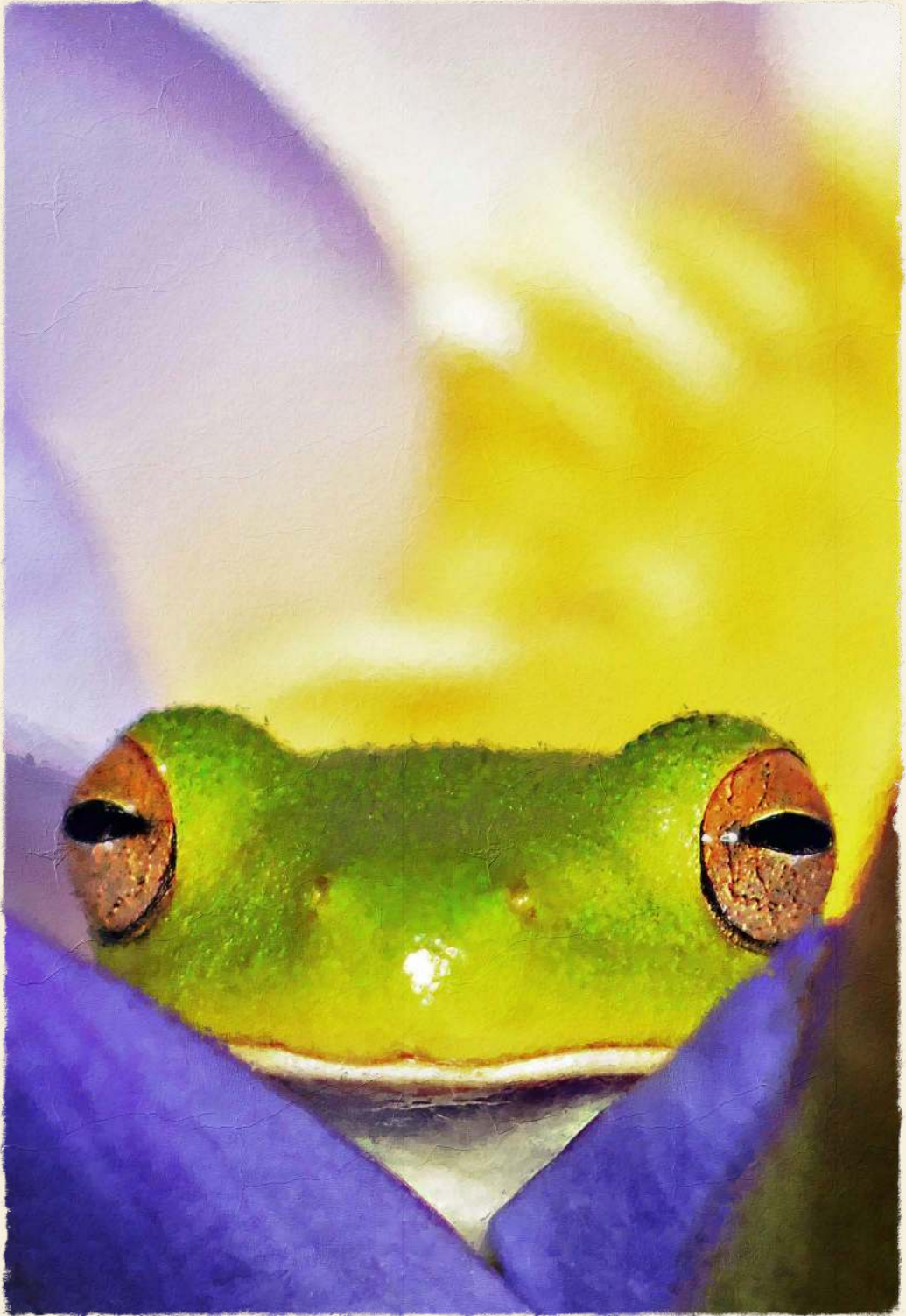
WALL+E (2008)

Ingredients

95g plain flour	Pinch of salt
60g unsalted butter	Vegetable oil
30ml whole milk	Vanilla frosting
5 large eggs (room temp)	
150g sugar	
1 tsp baking powder	
Quarter teaspoon cream of tartar	
1 tsp vanilla extract	

Method

1. Preheat the oven to 175°C/350°F
2. Lightly grease a silicone cake mould with oil
3. In a large bowl, add the flour, baking powder and a pinch of salt and mix
4. In a small pan, warm milk and butter until the butter melts and add the vanilla. Remove from the heat but keep warm
5. Separate the egg whites from the yolks and beat the egg whites along with 6 tbsp sugar and cream of tartar with an electric whisk until soft peaks form
6. In another bowl beat the egg yolks with 6 tbsp sugar until thick
7. Add the two egg mixtures together but do not mix
8. Sprinkle over the flour and combine but not too well mixed
9. Pour the melted butter mixture into the flour and eggs and fold in gently until the batter is evenly mixed
10. Evenly divide the batter into your cake moulds and bake for 13-15 minutes until golden brown and springy
11. Allow to cool in the moulds
12. Once cooled turn out onto a wire rack
13. Using a skewer poke a hole into the end of each twinkie and wiggle around making space for frosting
14. Using a piping bag fill your twinkies with a little frosting



Gumbo

The Princess and the Frog (2009)

Ingredients

500g diced boneless chicken thighs	2 tbsp plain flour
400g chopped tomatoes	1 tbsp Cajun seasoning
250ml chicken stock	2 tbsp fresh sage chopped
1 large onion diced	
2 green peppers diced	
2 celery sticks diced	
2 garlic cloves crushed	
1 bay leaf	

Method

1. In a large pan brown the chicken, remove from the pan and set aside
2. Add the onion, celery, peppers, garlic and bay leaf to the pan and cook for 5 minutes
3. Add the chicken back to the pan, sprinkle in the flour and Cajun seasoning and cook for a couple of minutes
4. Add the tomatoes, stock and sage and bring to the boil, then turn down the heat and simmer with the pan lid on for 10-15 minutes
5. Remove the lid and cook for a further 5 minutes
6. Check the chicken is fully cooked through, season to taste and serve



Queen of Hearts Jam Tarts

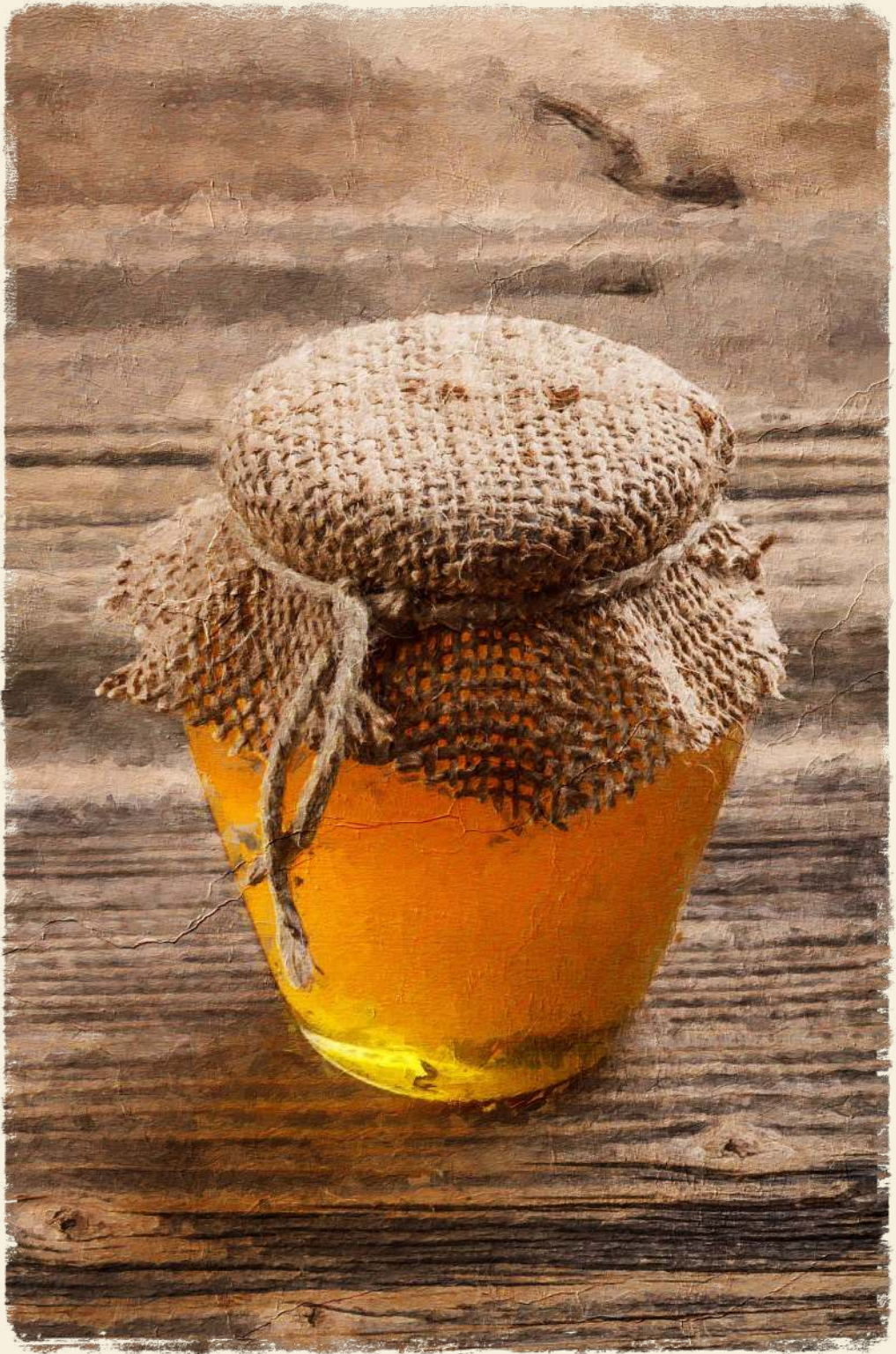
Alice in Wonderland (2010)

Ingredients

250g plain flour
125g butter chilled
1 egg
Half tsp vanilla paste
100g strawberry jam or curd

Method

1. Preheat the oven 180°C/370°F
2. In a bowl rub together the flour, butter and a pinch of salt until you have a breadcrumb-like texture
3. Mix in the egg, vanilla and 1 tbsp water and start to work into a dough
4. Bring together with your hands and wrap in cling film, place in the fridge for at least 30 minutes
5. Butter a 12-hole tart tin and set aside
6. On a floured surface roll out the dough and then cut out 12 discs large enough to fill the holes in the tin
7. With the remaining pastry cut out hearts for the top of the tarts
8. Fill your tarts with strawberry filling, top with hearts and bake in the oven for 15-18 minutes until golden
9. Cool on a wire rack completely
Serve and enjoy!



Honey and Sesame Chicken

Winnie the Pooh (2011)

Ingredients

450g diced chicken breast	1 tbsp brown sugar
65g plain flour	2 garlic cloves crushed
30g corn starch	40g sesame seeds
Vegetable oil for frying	
115g honey	
65g soy sauce	
1 tbsp sesame oil	
1 tbsp rice wine vinegar	

Method

1. In a large bowl combine flour and corn starch and set aside
2. In another bowl whisk eggs
3. Heat around 3 inches of oil in a deep frying pan
4. Dip each piece of chicken in egg and then the flour mixture
5. Cook the chicken pieces in hot oil for around 4-5 minutes until crispy and golden
6. Absorb excess oil on a paper towel and set aside
7. In another pan, add honey, sugar, soy sauce, sesame oil, vinegar and garlic whisking constantly to combine
8. Bring the sauce to the boil, then reduce the heat and simmer for a few minutes until thickened.
9. Pour the sauce over the chicken and sprinkle over sesame seeds
10. Serve with fried rice



Sugar Rush Sundae

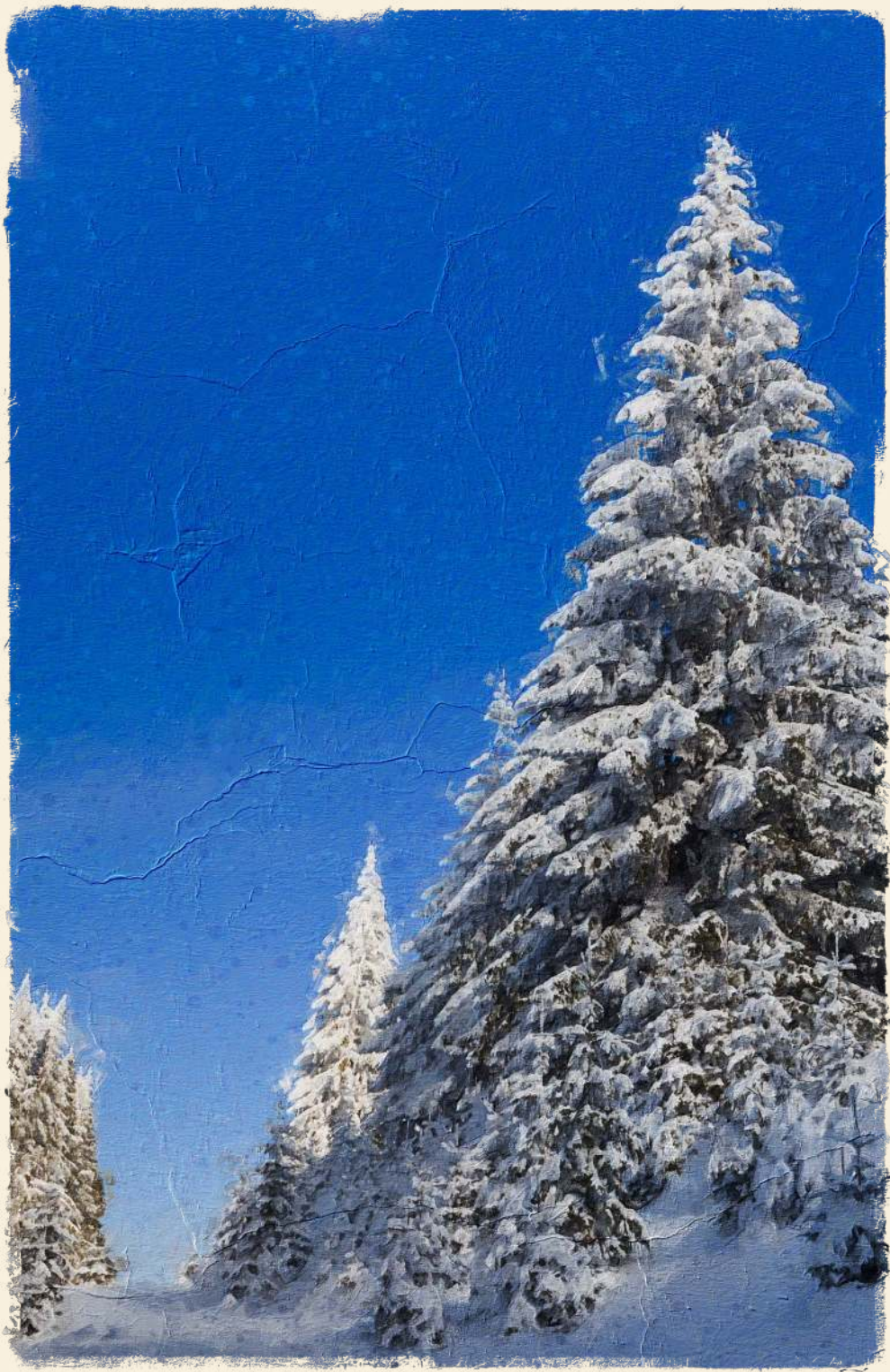
Wreck-it Ralph (2012)

Ingredients

2 scoops vanilla ice cream
2 scoops chocolate ice cream
2 scoops strawberry ice cream
Fresh whipped cream
Chocolate flakes
Sprinkles
Glacier cherries
1 banana sliced

Method

1. In your favourite sundae glass put a few cherries in the bottom
2. Layer your ice cream, banana and cream
3. Top more cream, lashings of sprinkles, chocolate flakes and a final cherry



Baked Alaska

Frozen (2013)

Ingredients

115g softened butter
285g caster sugar
85g self-raising flour
25g cocoa powder
6 large eggs
500ml vanilla ice cream
225g raspberries
75ml amaretto

Method

1. Preheat the oven 180°C/370°F
2. Grease an 8-inch round cake tin and line with greaseproof paper
3. Beat together butter and 115g caster sugar until light
4. Add the 2 eggs (1 at a time) whisking well after each
5. Add in the flour and cocoa powder and mix
6. Add a little milk until a soft consistency forms
7. Spoon into the tin and bake for 20-22 minutes until springy
8. Allow to cool and set aside
9. Heat the oven next to 240°C/460°F
10. Whisk 4 egg whites until soft peaks form, slowly add 170g caster sugar whisking all the time until glossy and stiff peaks
11. In a shallow oven-proof dish place your cake in the centre and prick all over
12. Pour over amaretto and top with raspberries
13. Scoop on ice cream and cover everything with meringue ensuring everything is totally covered
14. Bake in the oven for 3-4 minutes until lightly golden
15. Serve immediately with a few more berries



Groots Cosmic Lasagne

Guardians of the Galaxy (2014)

Ingredients

250 fresh lasagne sheets	2 garlic cloves crushed
700g lean beef mince	1 tbsp finely chopped oregano
230g tinned chopped tomatoes	Small bunch fresh basil leaves
2 tbsp tomato puree	60g unsalted butter
150ml beef stock	60g plain flour
Olive oil	700ml whole milk
1 large celery stick chopped	80g grated parmesan
1 onion diced	Pinch ground nutmeg

Method

1. Preheat the oven to 200°C/390°F
2. In a large deep frying pan heat a little oil and fry celery and onion until soft. Add garlic and cook for 2 minutes, then add the mince and fry until all browned
3. Stir in tomato puree and chopped tomatoes, cook for 2 minutes and then add the stock and simmer for 30 minutes on medium-low heat
4. Remove from heat and add oregano and basil leaves along with salt and pepper, set aside
5. In a saucepan melt the butter and add the flour forming a roux, cook for 3-4 minutes stirring constantly
6. Add the milk gradually, still whisking and simmer for 6-8 minutes until the sauce has thickened.
7. Add 3 quarters of the parmesan and a pinch of nutmeg, season well with salt and pepper
8. Spread a little cheese sauce into the base of a deep baking dish, layer on lasagne sheets and meat sauce.
9. Repeat until you fill the dish ensuring you finish with cheese sauce. Top with grated cheese
10. Bake in the oven for 35-40 minutes until bubbly and golden



Joy's Broccoli & Cheese Casserole

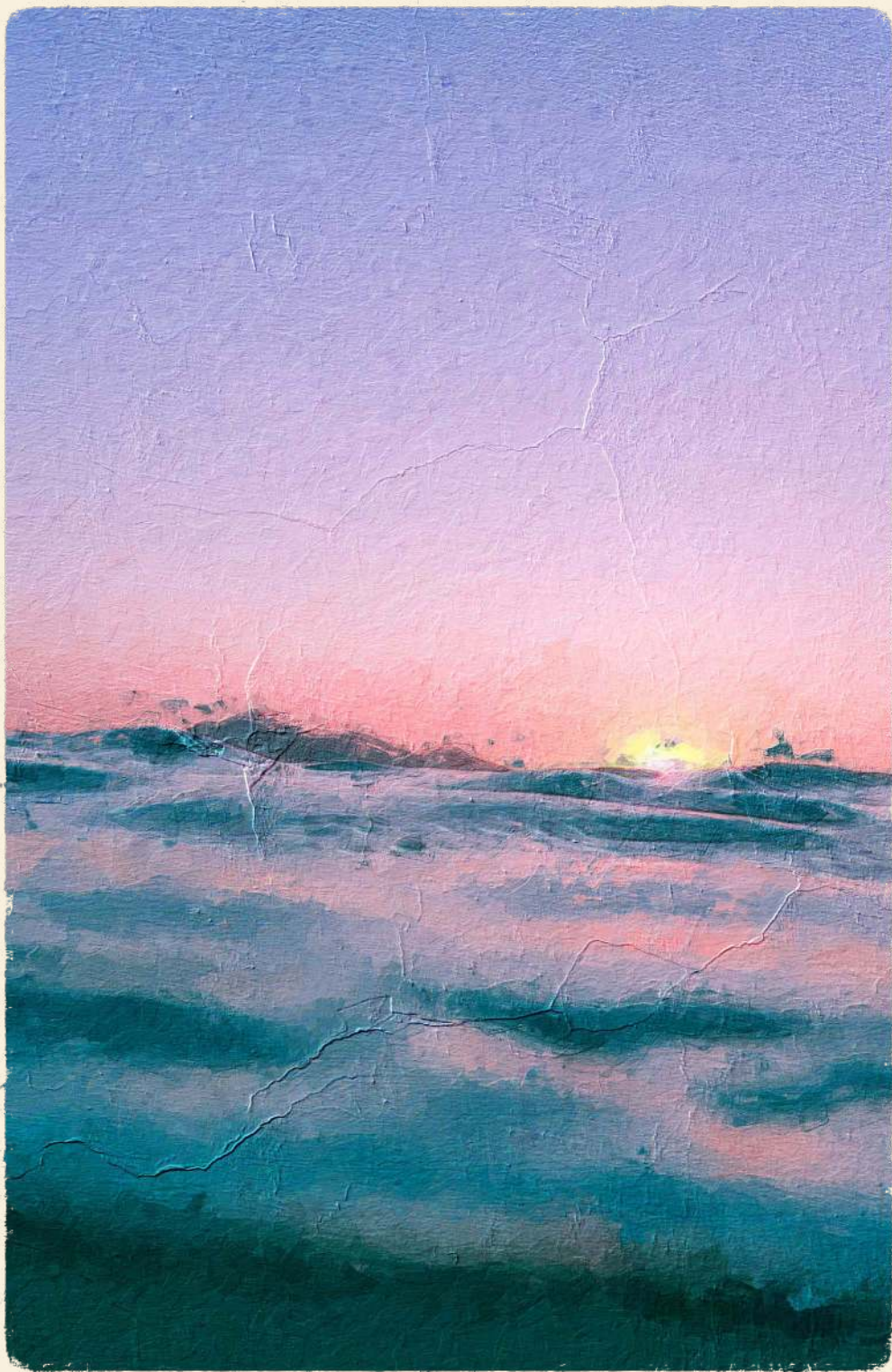
Inside Out (2015)

Ingredients

500g broccoli
475ml whole milk
200 grams cheddar cheese
2 eggs beaten
75g butter
60g flour
1 tsp salt

Method

1. Preheat the oven to 180°C/370°F
2. In a large pan, boil salted water and add broccoli, cook for 8-10 minutes. Drain well and set aside
3. In another pan melt the butter and add the flour forming a roux, cook for 3-4 minutes stirring constantly
4. Add the milk gradually, still whisking and simmer for 6-8 minutes until the sauce has thickened.
5. Add the cheese, broccoli and eggs and stir gently to combine and the cheese is melted
6. Pour into a baking dish and bake for 40-45 minutes
7. Remove from the oven and let sit for 5-10 minutes before serving



Kalua Pork

Moana (2016)

Ingredients

2.5kg boneless pork joint
Coarse sea salt
3 banana leaves
1.5l water
Half teaspoon liquid smoke

Method

1. Preheat the oven to 175°C/350°F
2. Using a small sharp knife cut 2cm deep slits all over the pork
3. Rub 2 tbsp salt all over the pork
4. Wrap pork in banana leaves one at a time ensuring it is completely covered
5. Tie with kitchen string and then wrap the entire thing in tin foil
6. Place in a large roasting tin and pour 1 litre of water into the tin
7. Roast the pork for 2 hours or until very tender
8. Unwrap and cool slightly and then in a large bowl shred pork with forks
9. In a small pan, bring to the boil 470ml water with 2 tsp salt and liquid smoke
10. Pour over the pork and stir in, allow to sit for 10 minutes to allow flavour to absorb
Serve immediately and enjoy



A Spoon Full of Sugar Cake Pops

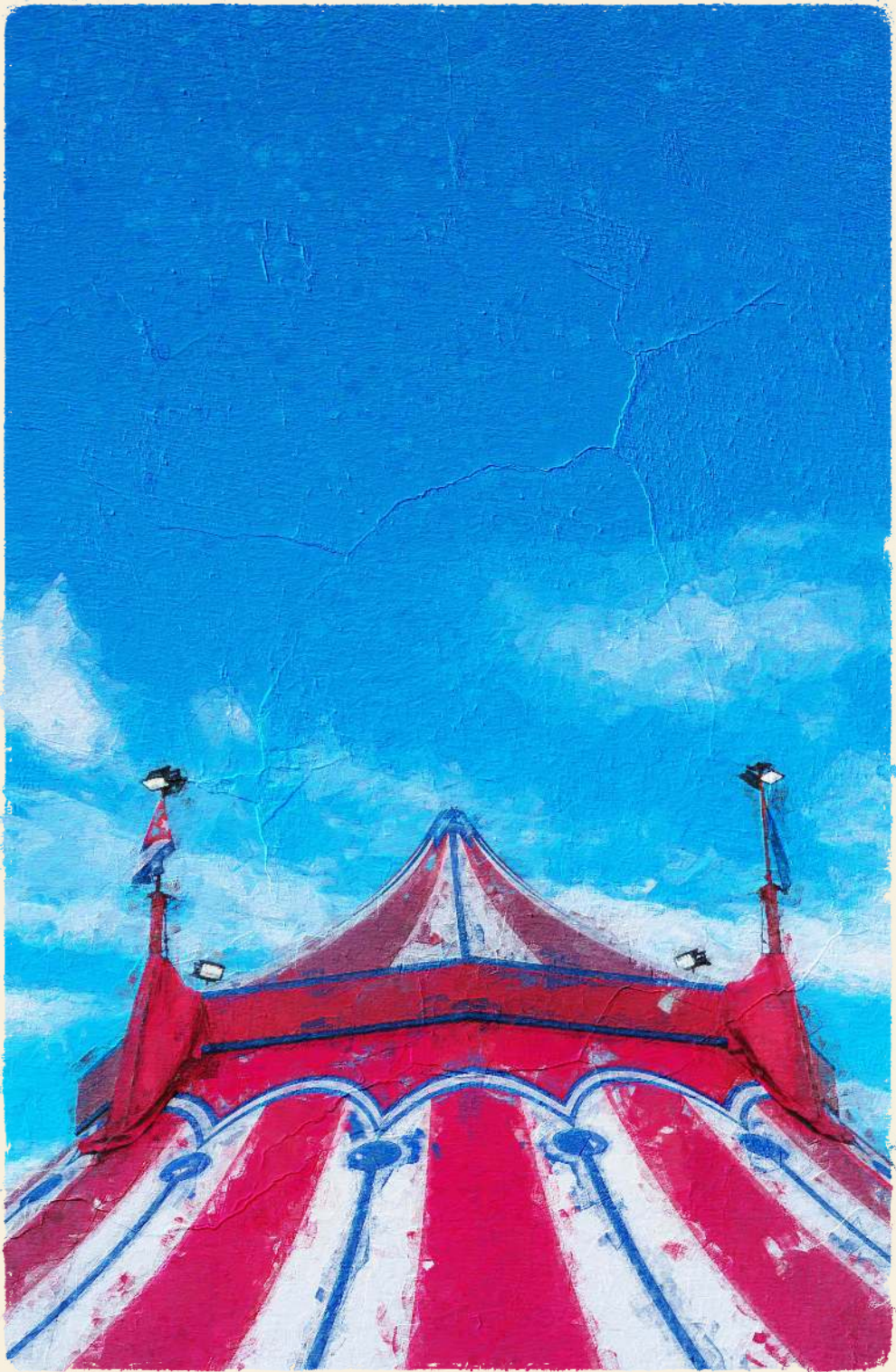
Mary Poppins Returns (2018)

Ingredients

175g butter	Sugar sprinkles
150g icing sugar	Lollypop sticks
100g caster sugar	
100g self raising flour	
1 tsp vanilla extract	
2 medium eggs	
1 tbsp milk	
200g white chocolate melted	

Method

1. Preheat the oven to 180°C/370°F
2. Grease and line an 8-inch cake tin
3. Cream together 100g butter, caster sugar and half tsp vanilla extract
4. Beat in eggs one by one
5. Whisk in flour and mix well
6. Tip batter into the cake tin and bake for 15-20 minutes until risen and golden
7. Set aside and cool completely
8. In a large bowl beat together 75g butter, icing sugar, vanilla extract and milk until creamy
9. Crumble the cooled cake into the buttercream and mix
10. Form chunks of the cake mixture into balls and push onto a lollypop stick
11. Set in the fridge to cool for at least an hour
12. Melt the white chocolate and dip each cake pop in covering completely
13. Sprinkle with sugar sprinkles and allow to harden, enjoy!



Circus Peanut Cupcakes

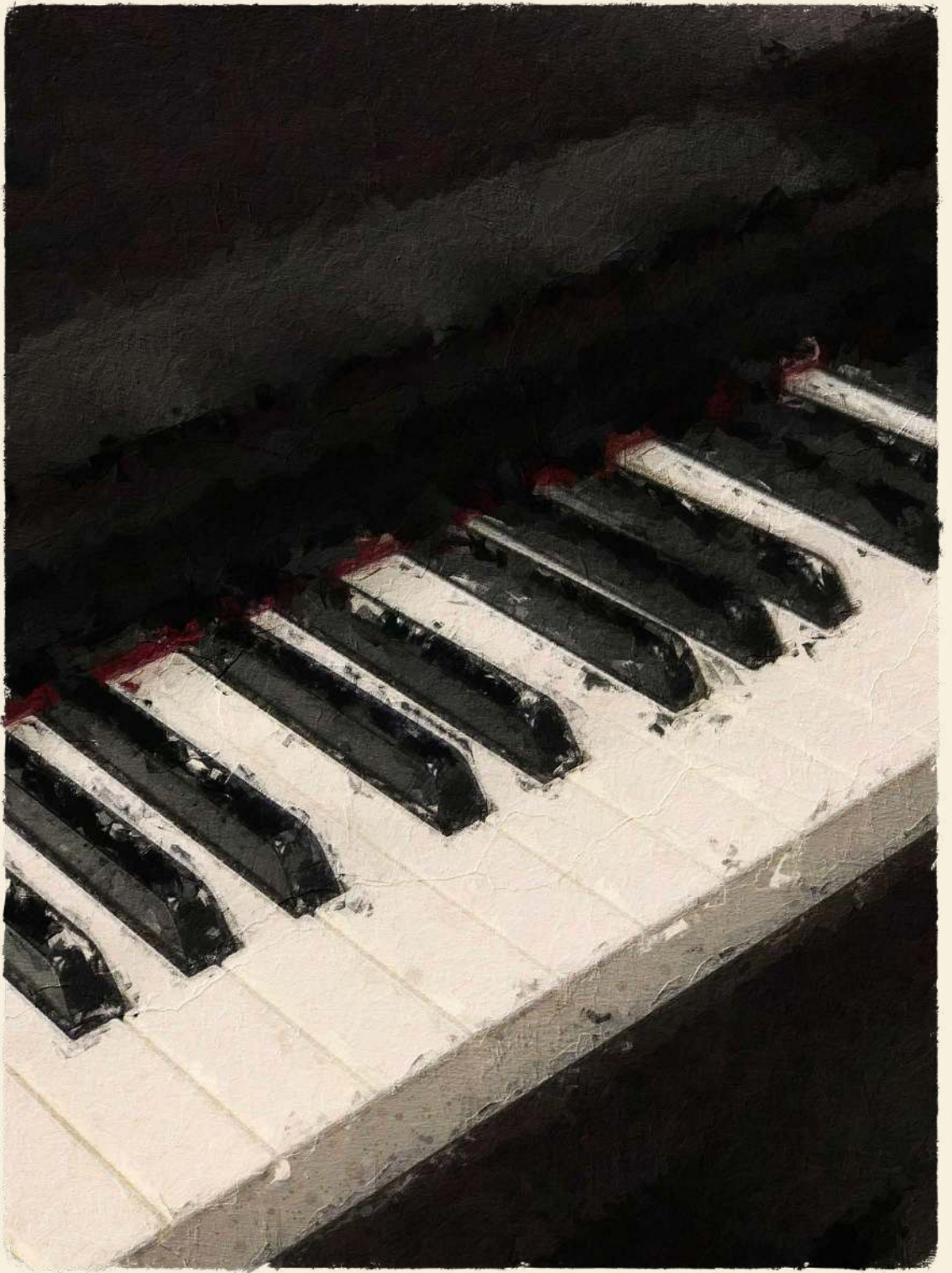
Qumbo (2019)

Ingredients

75g butter
250g plain flour
100g caster sugar
250g icing sugar
200ml whole milk
1 egg
175g peanut butter
2 tsp honey
1 tsp vanilla extract

Method

1. Preheat the oven to 190°C/380°F
2. In a pan melt the butter and 75g peanut butter over a low heat
3. Sift the flour and baking powder into a large bowl, add caster sugar and mix
4. In another bowl mix the melted butter with egg and 150ml milk
5. Mix flour and butter mixtures together and whisk until smooth
6. Divide the mixture into 12 cupcake cases and bake for 30-35 minutes
7. Remove from the oven and allow to cool
8. In a bowl cream together 100g peanut butter and icing sugar, add honey and vanilla extract. Add a little milk to form a smooth spreadable icing
9. Frost your cupcakes and enjoy!



Jazzy Sloppy Joes

Soul (2020)

Ingredients

450g lean beef mince
1 onion diced
1 green pepper chopped
350g ketchup
1 tbsp Worcestershire sauce
2 tbsp brown sugar
Salt and pepper
8 slices gouda cheese
8 brioche buns

Method

1. Heat a little oil in a large heavy bottom frying pan, fry the onions and peppers for 5 minutes
2. Add the minced beef and fry for 8 minutes until browned, drain off any excess fat
3. Add ketchup, sugar and Worcestershire sauce and simmer over medium heat until the sauce has thickened.
4. Season with salt and pepper to taste
5. Spoon over your brioche buns, top with cheese and enjoy immediately!

Poison Apple Martini

Snow White and the Seven Dwarfs

Ingredients

30ml vanilla vodka

30ml apple sours

150ml bitter lemon

Grenadine

Granulated sugar

Green food colouring

Method

1. In a shallow bowl mix sugar and a couple of drops of food colouring
2. Wet the rim of a martini glass slightly, shake off the excess and dip into the sugar mixture
3. Fill a large cocktail shaker with ice
4. Pour in vodka, apple sours and bitter lemon. Shake well
5. Strain into your sugar-rimmed glass, top with a splash of grenadine

Pinocchio's Nasty Medicine

Pinocchio

Ingredients

25ml Jägermeister
150ml spiced ginger beer
10ml fresh lime
Sliced cucumber

Method

1. In a tall glass, add ice and combine ginger beer, Jägermeister, and fresh lime.
2. Mix well and top with sliced cucumber

Sparkling Stars

Fantasia

Ingredients

15ml Cognac
15ml Cointreau
1 tsp cane syrup
60ml Champagne or Prosecco
Granulated sugar
Gold edible glitter

Method

1. In shallow bowl mix sugar and glitter
2. Wet the rim of a champagne flute slightly, shake off excess and dip into the sugar mixture
3. Add Cognac, Cointreau, sugar syrup and top with champagne or prosecco and mix with a cocktail stirrer
4. Add a little more glitter and serve

Bambi's Berry Refresher

Bambi

Ingredients

50ml gin
45g blueberries
45g blackberries
Juice of 1 lemon
1 tbsp maple syrup
2 sprigs of fresh rosemary
Soda water

Method

1. In a large cocktail shaker add the berries, rosemary, and maple syrup. Muddle together well
2. Add ice, gin and lemon juice and shake well
3. Strain over an ice-filled glass, fill about halfway and top with soda water
4. Garnish with berries and a lemon slice

The Glass Slipper

Cinderella

Ingredients

25ml blueberry vodka
25ml vanilla vodka
50ml coconut water
Squirty cream

Method

1. Fill a cocktail shaker with ice and shake vodka and coconut water well
2. Strain into an ice-filled glass and top with a squirt of cream

The Lost Boys

Peter Pan

Ingredients

25ml dry vermouth
25ml gin
25ml fresh orange juice
2 dashes bitters

Method

1. Shake together all ingredients with ice
2. Strain and serve over ice

Kiss in an Alley

Lady and the Tramp

Ingredients

50ml vodka
25ml peach schnapps
25ml fresh orange juice
50ml cranberry juice
Glacé cherries

Method

1. Gently stir together vodka, schnapps, orange juice and cranberry juice
2. Pour over ice and top with cherries and an orange slice

Sleep for 100 Years

Sleeping Beauty

Ingredients

25ml gin
25ml Cointreau
25ml dry vermouth
Half tsp absinthe
25ml fresh lemon juice

Method

1. Fill a cocktail shaker with ice and shake together all ingredients well
2. Serve over ice and a slice of orange

de Vil's Devil Martini

101 Dalmatians

Ingredients

50ml tequila
25ml red wine
25ml lime juice
1 tbsp cane syrup

Method

1. Fill a cocktail shaker with ice and add tequila, lime juice and cane syrup. Shake well
2. Strain into a martini glass and add red wine pouring over the back of a spoon to 'float'

Merlin's Magic Mule

The Sword in the Stone

Ingredients

50ml vodka
150ml ginger beer
3 dashes bitters
Crushed ice
Mint sprig
Lemon wedge

Method

1. Fill a glass halfway with crushed ice
2. Mix vodka, ginger beer and bitters and gently combine, pour over ice
3. Garnish with mint and lemon wedge

Pear of the Big Pawpaw

The Jungle Book

Ingredients

50ml gin
50ml prosecco
10ml fresh lemon juice
20ml pear syrup (from a can)
Fresh pear sliced

Method

1. Gently mix all ingredients
2. Pour over crushed ice and garnish with pear slice

Thomas O'malley's Jazz Juice

The Aristocats

Ingredients

50ml Malibu
25ml pineapple juice
25ml cranberry juice
10ml coconut milk
Glacé cherry

Method

1. Fill a cocktail shaker with ice and shake together all ingredients well
2. Serve over fresh ice and garnish with a cherry

Florida  Less

www.florida4less.co.uk