



The
Unofficial
DISNEY PARKS
COOKBOOK

Your Guide to the Happiest Kitchen on Earth!

The
Unofficial
DISNEY PARKS
COOKBOOK



From Delicious *Dole Whip* to Tasty *Mickey Pretzels*,
*** 100 Magical Disney-Inspired Recipes ***

ASHLEY CRAFT

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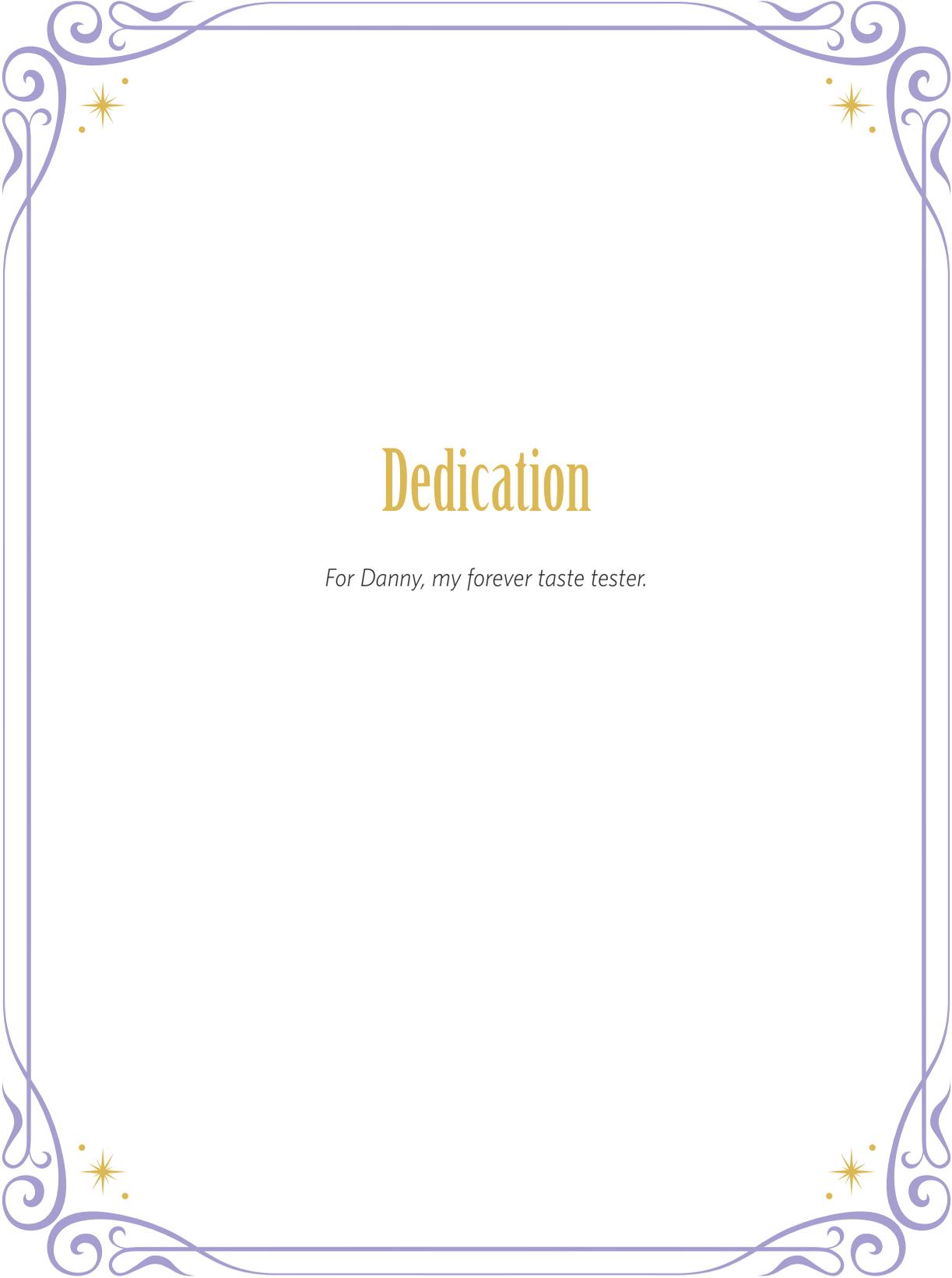
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Always follow safety and commonsense cooking protocols while using kitchen utensils, operating ovens and stoves, and handling uncooked food. If children are assisting in the preparation of any recipe, they should always be supervised by an adult.



Dedication

For Danny, my forever taste tester.

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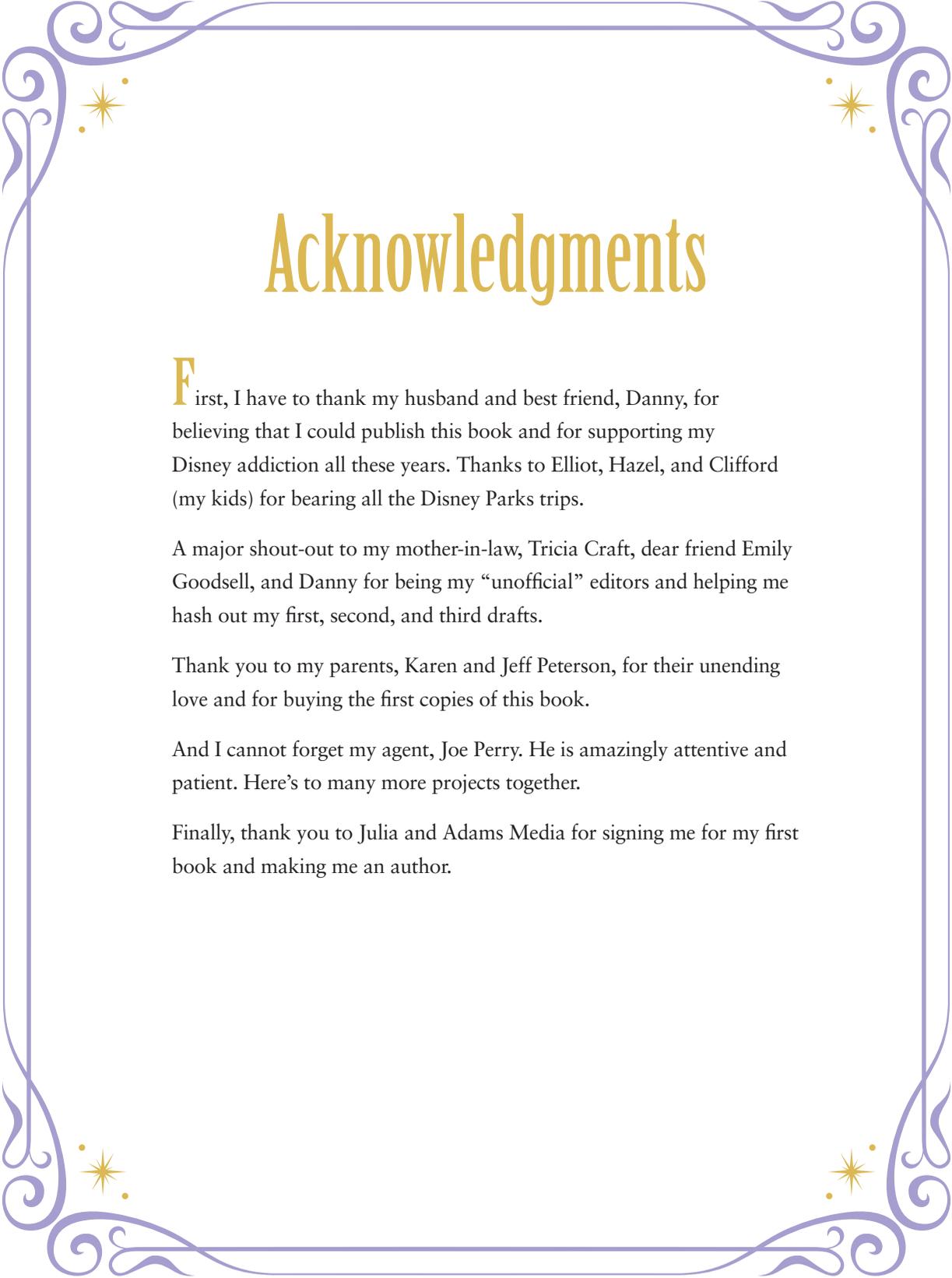
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Preface

I was lucky enough to grow up in Anaheim Hills, California, just fifteen minutes from the Disneyland Resort. My family would sometimes say, “Let’s go to Disneyland tonight and just ride Space Mountain,” or, “Anyone want churros? Let’s go to Disneyland and have some churros.” I look back on that childhood and pinch myself to remember those moments—that privilege I had often taken for granted, as would any kid who didn’t know differently. (Sorry to my own kids that they had to grow up far away from any Disney location.)

The Disney bug didn’t leave me when I left California, though. I participated in two Disney internships as a college student and was able to work at Disney’s Animal Kingdom and Disney’s Old Key West Resort. I thought being a kid at Disney couldn’t be beat, but turns out, being an adult at Disney is even better!

Of course, life gets busier every year, and as much as I’d love to, taking a trip to California or Florida every few months just isn’t feasible for me now. And it really isn’t for the average family either. Several



years ago, I decided to do something about it by re-creating that magic at home. I started making Disney Park–inspired foods and snacks from scratch, and before long, friends started to request I make them for group gatherings. My blog posts about Disney recipes became popular, and my kids were always begging me to make them “The Grey Stuff.” That’s when I realized that Disney fans need this book, and I’m just the person to write it for them.

So whether you are new to the Disney fandom or you have been a Disney devotee all your life, you can finally enjoy Disney Park snacks and treats any day of the year. Wow your friends at your next Disney movie viewing party with French Fries with Pulled Pork and Cheese. Delight your children with a Chocolate-Hazelnut Lunch Box Tart. Add Cheeseburger Steamed Pods to your regular dinner menu. However you use these recipes, you’ll discover deliciousness on each page. I’m excited for you to try them in your own kitchen!



Introduction

Dole Whip at Magic Kingdom, Mickey Pretzels at Disney’s Hollywood Studios, Frozen Lemonade at Disney’s Animal Kingdom—Disney has so much to offer, and one of its best attractions is its food! Of course, a trip to Disney isn’t always in the cards, but luckily you can bring its treats straight to your own kitchen.

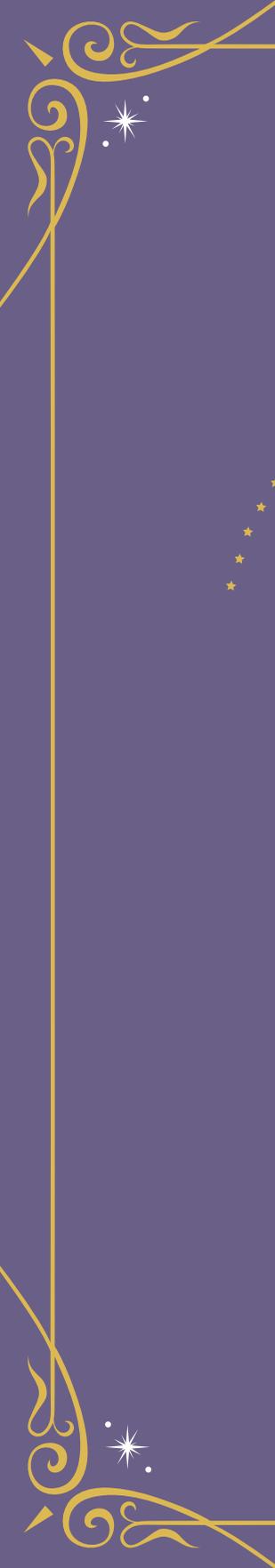
The Unofficial Disney Parks Cookbook offers one hundred easy recipes for the best of Disney’s magical cuisine. Whether you’ve been to the parks a hundred times and are craving your favorite Disney dishes, or you’re just looking for something Disney-inspired to make you feel like you’re on vacation, each recipe has been thoroughly tested to ensure a taste worthy of a certain mouse. The recipes are also organized based on the Disney Park where each one is featured, beginning with the first park to open, Disneyland, and ending with the newest park, Disney California Adventure. You’ll find treats for every occasion, including:

- Disneyland’s nostalgic delights, like Beignets and Jungle Juleps
- Disney’s Hollywood Studios’ best snacks to kick off any Disney marathon, from Perfect Popcorn to Candy Apples

- 
- EPCOT's international fare, like honey-drenched Moroccan Baklava and French Napoleons
 - Disney California Adventure go-tos for an at-home island retreat, from Mangonada Smoothies to Chili-Lime Corn on the Cob
 - Magic Kingdom's fairytale favorites, like Peter Pan Floats and Gaston's Giant Cinnamon Rolls

Flip through to recipes you know and love or try something new! Just one bite and you may be transported to Neverland to become a kid again. Or perhaps you will find yourself in a galaxy far, far away.

Wherever your taste buds lead, the magic of Disney will glow within your kitchen. But before you grab an apron—and maybe your favorite mouse ears too—be sure to check out Part 1 for more information on each Disney Park and the foods found there, as well as tools you will want to have on hand to create the recipes in this book. With these basics, you'll be ready to get cooking!



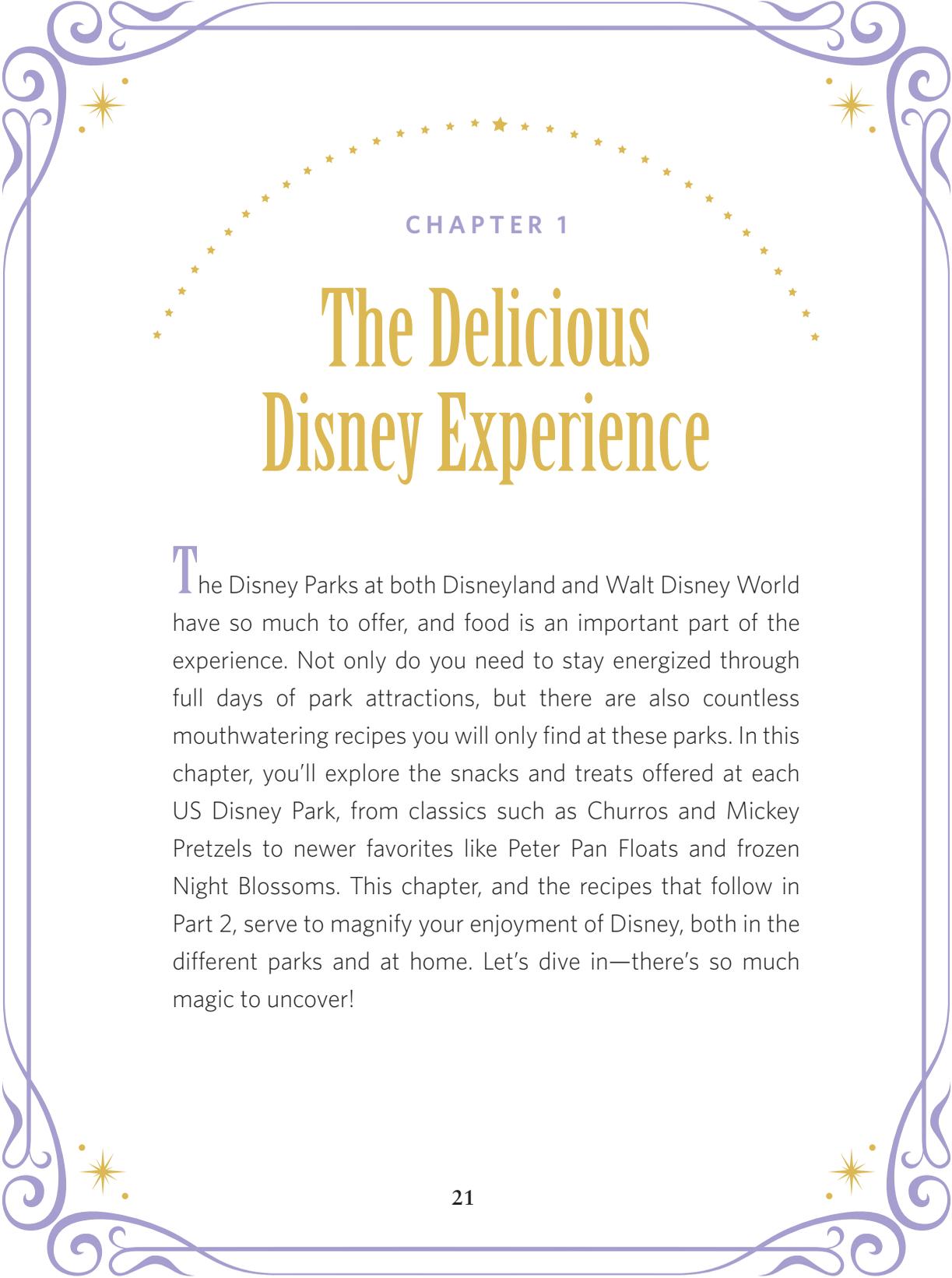
PART 1

DISNEY PARKS COOKING 101



Disney is well known for being a titan of the food industry. Over the years, what began as a single theme park in California grew into a twelve-park empire across three continents. Creating satisfying cuisine for the millions of visitors they welcome not only takes an army of Cast Members, but mountains of food and industrial supplies. Luckily for you, *The Unofficial Disney Parks Cookbook* has re-envisioned one hundred of these recipes with a home kitchen in mind!

In this part, you'll explore the food and beverages of Disney's six main US parks in more detail, from the classics introduced by Walt Disney himself at Disneyland to modern favorites created for the newer attractions at Disney California Adventure. Chapter 1 sets the stage for the recipes included in Part 2, cluing you in to the different food themes and specific meals, treats, and drinks you'll find in each park chapter. Then, before tying on that apron, you'll want to check out the chapter on essential tools. Here, you'll discover everything you will need for creating tasty Disney dishes right in your own kitchen. Let the magic begin!



CHAPTER 1

The Delicious Disney Experience

The Disney Parks at both Disneyland and Walt Disney World have so much to offer, and food is an important part of the experience. Not only do you need to stay energized through full days of park attractions, but there are also countless mouthwatering recipes you will only find at these parks. In this chapter, you'll explore the snacks and treats offered at each US Disney Park, from classics such as Churros and Mickey Pretzels to newer favorites like Peter Pan Floats and frozen Night Blossoms. This chapter, and the recipes that follow in Part 2, serve to magnify your enjoyment of Disney, both in the different parks and at home. Let's dive in—there's so much magic to uncover!



Disneyland

On July 17, 1955, crowds came from everywhere to see if the experiment by film mogul Walt Disney was going to sink or swim. Construction crews worked around the clock to get everything ready for opening morning, but it got so tight that Walt Disney had to decide whether plumbers should finish the toilets or the drinking fountains, since they only had time to complete one. He chose the toilets, and that choice demonstrated that Walt Disney was concentrating on food sales as much as he was the rides. After all, without working drinking fountains, everyone would turn to the park offerings to quench their thirst.

The Long Beach Independent Telegram ran an ad in July 1955 that talked up the food options for the new Disneyland:

*Good Eating Land at Disneyland!
Like Adventureland and Fantasyland, the new
"Kingdom of Good Eating" at Disneyland is another
great attraction. Fine restaurants, unique refreshment
stands and interesting luncheon spots abound in
Disneyland. Dining Disneyland style
is an unforgettable experience. The food's
as fabulous as the fun, too!*

Sponsored foods included the Chicken of the Sea Pirate Ship and Restaurant. Forty-three well-known brands contracted with Disneyland to serve food and to serve it Walt's way, with elaborate



theming. Walt knew food could be more than just sustenance. The idea seems obvious today, but in post–Depression America, food was not usually especially flavorful or frivolous. People ate what they needed to survive, and that was about it. Snacks and treats, especially, were a relatively new concept.

Disneyland began with treats that were new and fun in the 1950s and continues to serve them to this day, not for the novelty that they used to be, but for the nostalgia. Foods like cotton candy, popcorn, turkey legs, and funnel cakes transport us back to images of a simpler time.

Today’s Disneyland food culture has taken on an even bigger persona—one that has adapted over time. Some food items, like Dole Whip, have become cult classics and draw extremely long lines and massive online hashtag followings. “Social Clubs” have popped up in the parks: exclusive groups that have catchy names (like “Neverlanders” and “Main Street Elite”) and personalized jackets. Many of these groups’ identities revolve around food items offered at Disneyland. While the look of the food may have changed in many ways, Disneyland is and always will be a place where families go to have fun and enjoy food favorites.

Magic Kingdom

Although Disneyland and the Magic Kingdom are “twin” parks, they do have several distinct differences. Magic Kingdom’s biggest food advantage over Disneyland is its ability to produce massive volumes of fare for the huge crowds it gets every day. Cosmic Ray’s Starlight Café, a quick-service restaurant located in Magic Kingdom’s Tomorrowland, is Disney Parks’ busiest restaurant—the busiest restaurant



in the United States, in fact, and the third busiest in the world. Not Disney World—the whole world. Walt Disney World takes in about 52 million visitors annually, and all those people need to be fed!

Just as Disneyland began by contracting out food production to other companies, Magic Kingdom continued this tradition. Although the food items often don't broadcast the companies that make them anymore, most snacks and treats sold at Disney Parks are created in factories, and often by third-party companies. This ensures supply to match the massive demand and gives guests the highest quality product on the market, as well as uniform quality.

In order to bring that food to the masses at Magic Kingdom, The Walt Disney Company also built a system of tunnels underground. These Utilidors are on the “first floor” of Florida (due to the high water table), while the streets of the park are located on the “second floor.” These efficient tunnels allow fresh food and drink to be whisked straight to the restaurants, and in turn, food waste to be removed from the park.

Another efficient invention of the Magic Kingdom is the Disney College Program. This internship program, started in 1972 (just one year after Magic Kingdom opened), supplies the necessary workforce to serve those millions of guests. College students from around the country and around the world come out in droves to be a part of the magic. They are the primary employees of all food establishments at the Magic Kingdom, including food carts and counter and table service restaurants. If a university is listed as an employee's “home-town” on their Disney nametag, this is an indication that they are a Disney College Program participant!