

African Stew

Disney's Animal Kingdom Lodge

The Mara

Ingredients

- 4 cups water
- 3 chicken bouillon cubes
- 1/3 cup curry paste (or can be dry curry)
- 2 tbsp. ground coriander, toasted
- 2 tbsp. granulated roasted garlic
- 4 cups coconut milk
- 1/4 cup sugar
- 3 tbsp. soy sauce
- 2 pounds beef/pork/chicken, large diced
- 2 cups mixed red and green peppers, diced
- 2 cups onions, diced
- 1/2 cup whole kernel corn, frozen
- 1 bay leaf
- 1/4 tsp cayenne pepper
- 2 tbsp. cornstarch (make slurry)



Directions

1. In kettle, heat water, chicken bouillon cubes, curry paste, ground coriander, and granulated garlic. Let boil and add in sugar and coconut milk.
2. Add in the soy sauce and the diced meat. Let simmer for 20 minutes.
3. Add vegetables, spices, and cook until tender.
4. Bring to a boil and add cornstarch slurry slowly to the mixture and whisk until thickened.



ROASTED GARLIC

4 oz **DRY RUB**

The flavor and aroma of garlic are very strong and distinct. This garlic can be used in a variety of dishes, such as meats, vegetables, and sauces. This roasted version adds a smoky flavor to dishes and really makes the dish pop!

(Garlic)

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