



Tonga Toast

Serves 4

- 1 cup sugar
- 2 teaspoons cinnamon
- 1 8-inch loaf sourdough bread
- 2 bananas, peeled
- 1 quart canola oil, for frying

Kona Cafe
Disney's Polynesian Resort



For a breakfast splurge, delicious Tonga Toast is one of the most-requested recipes from Walt Disney World Resort. This morning treat has been on the menu at Disney's Polynesian Resort for more than 30 years. Don't count calories until lunchtime.

Mix sugar and cinnamon with a fork in a shallow bowl until thoroughly blended; set aside.

Slice the bread into four 2-inch-thick slices.

Cut each banana in half crosswise, then each piece lengthwise.

Place a bread slice flat on the counter and tear out just enough from the middle (do not tear all the way through) to stuff half a banana into; repeat with each bread slice.

In a large pot or a deep fryer, heat the oil to 350°F; use a candy thermometer to make certain the oil does not get any hotter, or it will burn.

Gently place one bread slice into the oil for 1 minute or until light brown. Turn and fry for another minute on the other side.

Remove from fryer, drain on paper towels, then toss in sugar and cinnamon mixture.

Repeat for each piece.

Serve with a drizzle of warm syrup.

