

Homemade popcorn

Ingredients

100g popcorn kernels (popping corn)
1 x 15ml spoon oil

Flavouring:

1 x 5ml spoon cinnamon
1 x 15ml spoon icing sugar

Equipment

Weighing scales, measuring spoons, large non-stick saucepan with a tight-fitting lid, mixing spoon, oven gloves, large bowl, 4 x serving bowls (or popcorn bags!)

Serves 4



Nutrition

One quarter of the recipe:

A 33g serving contains

Energy 552kJ 132kcal 7%	Fat 3.6g 5%	Saturates 0.3g 2%	Sugars 4.3g 5%	Salt 0g 0%
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of an adult's reference intake

3.9g of fibre per serving

Method

1. Heat the oil in the pan on a medium heat.
2. After 30 seconds to a minute, drop one of the kernels into the oil to test the temperature. When the kernel sizzles, the oil is hot enough.
3. Pour the popcorn kernels into the pan and stir gently to coat them with oil.
4. Place the lid on the pan tightly and keep on a medium heat.
5. When the kernels start to pop, turn the heat down to medium-low.
6. When you hear lots of popping, put on the oven gloves, hold the lid in place and gently shake the pan.
7. Shake the pan, around every 20 seconds, until the popping stops.
8. Once the popping stops, turn off the heat. Wait a few minutes until there is no more popping (or nothing for 10 seconds).
9. Tip the popcorn into a large bowl.
10. Sprinkle the flavouring (cinnamon and icing sugar), a bit at a time, over the popcorn and stir it through. Repeat this until all the flavouring has been added.
11. Divide the popcorn into 4 bowls, or popcorn bags, and serve!

Snack tip

You could make different flavours from your popcorn. Instead of tipping all the cooked popcorn into a large bowl, divide it into containers (with lids). Add a different flavouring to each. Put the lids on the containers and give them a good shake to coat the popcorn.