

Pop your own Popcorn

Take a completely natural corn kernel, make it pop then add flavourings to suit your mood. Use one of our suggestions or go crazy and create your own popcorn sensation. This really is a quick, easy and adaptable snack.



Nutritional information is based on the plain popcorn recipe

Nutritional information per portion (20g):

Energy	Fat	Saturates	Sugars	Salt
312kJ 75kcal 4%	2.1g 3%	0.3g 1%	0.7g 1%	<0.01g 0%

of an adult's reference intake.
Typical values per 100g: energy 1560kJ/375kcal.

Equipment

Microwavable roasting bags

Measuring scales

For the flavourings

Measuring spoons

Small spray bottle (optional)

Ingredients

40g popping corn

Flavour combinations (optional)

Vanilla and cinnamon – 1 x 5ml spoon vanilla extract and ¼ x 5ml spoon cinnamon

Vanilla and cocoa – 1 x 5ml spoon vanilla extract and ¼ x 5ml spoon cocoa

Lemon and black pepper – juice from ½ lemon (approx. 10ml) and ¼ x 5ml spoon ground black pepper

Chilli, lime and coconut – juice from ½ lime (approx. 10ml) and ¼ x 5ml spoon chilli powder and 1 x 5ml spoon desiccated coconut (unsweetened)

Curry – add ¼ x 5ml spoon curry powder (or own combination of spices)

Cheese and herb – 1 x 5ml spoon powdered parmesan and 1 x 5ml spoon dried herbs

Dukkah – Grind dukkah spice mix to a powder (using a mortar and pestle or mini food processor) and add ½ x 5ml spoon to the popped corn

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



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Method

1. Weigh 40g of popping corn and put into a microwavable roasting bag.
2. Use ties (supplied with bag) to secure the bag closed, near the top. Leave the bag slightly loose so some air can escape.
3. Assemble flavourings if using.
4. Put the bag in the microwave and cook for approximately 2 ½ minutes at 800w (the time may vary depending on the microwave) stop cooking when the popping slows down and be careful not to overdo the time as the kernels can burn. There will be some un-popped kernels left in the bag - that is normal.
5. Carefully remove bag from microwave (caution it will be hot) and open the bag carefully as the steam will be released.
6. Serve the popcorn plain or use some of the flavour suggestions.
7. If using flavourings, add the ingredients to the bag, hold closed and shake well.

Something to try next time

- Try one of our flavour suggestions or create your own flavour combination.

Prepare now, eat later

- Un-popped kernels can be weighed into bags and cooked later.

Get more from your food

- The dry flavour combinations used in this recipe will keep well in an airtight container in the store cupboard until you make another batch of fresh popcorn.

Top Tips

- When using extract or juice for the flavourings, you can add them to a small spray bottle to coat the popcorn with a spray which will distribute the flavours more evenly.
- Popcorn can be made in the traditional way on the hob with a saucepan and tightly fitting lid. Add 1 x 10ml spoon oil to the pan, drop a popcorn kernel in and when it starts to sizzle add the remaining the popcorn. The corn will start to pop, shake the pan gently occasionally and remove from heat when popping slows to under 2 seconds between pops. Tip into a bowl and coat with your favourite flavour combination and give it a stir to distribute the flavour.

Skills used include:

Weighing and measuring.