



Popcorn

You will need:

Popcorn kernels

Microwaveable roasting bags

Approximately 40g / one handful of kernels, will make one bowl of popcorn

Additional ingredients

If you don't want plain popcorn, you can create your own flavour combinations. Salt, sugar or a combination of both are popular, but why not get experimental with something a bit different and try...

- Curry powder
- Paprika
- Vanilla and cinnamon
- Lemon juice and black pepper
- Hot chocolate powder
- Cocoa and vanilla
- Chilli powder, desiccated coconut and lime juice

Top tips

- To add liquid flavourings, use a small spray bottle, as pouring it will create soggy popcorn!
- The steam helps the flavours stick, so add them quickly, but carefully
- Add flavourings a teaspoon at a time and taste test

Allergens

- None in the basic recipe, but remember to consider any flavour additions

Put one handful (roughly 40g) of popcorn kernels into the bag and use the provided tie to loosely seal it

Put the bag into the microwave and heat on full power for approximately two minutes, until most of the kernels have popped

Make sure you remove and open the bag carefully, as steam will be released and it's hot!

You can then add your different flavourings (approximately one teaspoon), close the bag again and shake well before serving

The popcorn can be stored for a couple of days in a sealed container, but it's best eaten fresh!

This method is much healthier than buying processed versions and is great for children to be able to create their own flavours. A perfect treat for movie night!

For more recipes, visit www.talkcommunitydirectory.org/cooking

