

5 SENSES POPCORN

WHAT YOU'LL NEED

1/3 CUP OF GOOD
QUALITY
POPCORN
KERNELS

1 TABLESPOON
BUTTER

3 TABLESPOONS
COCONUT OIL

SALT OR
SUGAR TO
TASTE

A PAN



HOW TO COOK!

STEP 1

Heat the oil in a saucepan on a medium heat – keep watching and make sure the butter doesn't burn!

STEP 2

Place 4 popcorn kernels into the oil and cover the top. When they pop, add the rest of the popcorn kernels into the pan and cover with a lid

STEP 3

Now remove from the heat and count out loud for 30 seconds.... Now return the pan to the heat (keep the lid on) and you should hear the kernels popping

STEP 4

Once you hear the popcorn popping away, gently shake the pan. when the popping slows to 3 seconds between pops, take off the heat and tip into a wide bowl

POPCORN TOPPINGS

HERE ARE THREE WAYS TO SPICE UP YOUR POPCORN THAT ISN'T JUST BORING SALT!

BROWN SUGAR AND CINNAMON POPCORN

Put 50g of brown sugar in a saucepan and add 2 tbsp of water. Dissolve the water and sugar, bringing to boil. Whisk in 10g butter. Remove from heat and pour in 3 tbsp double cream. Stir and add a sprinkle of cinnamon. Pour your mixture over the popcorn and coat evenly!

SWEET POPCORN

Place 250g sugar and 60ml water into a saucepan to dissolve on a medium heat. When the sugar has dissolved and when it looks golden, pour over your popcorn!

TRAIL MIX

Add 50g of raisins and 45g of almonds to your popcorn. Store in an airtight container for a perfect trail mix or after school snack



TEST YOUR SENSES

WHAT COULD YOU
HEAR WHEN THE
POPCORN WAS
COOKING?



WHAT COULD
YOU SMELL?



WHAT DID THE
KERNELS FEEL LIKE
BEFORE THEY COOKED
- AND AFTERWARDS?



NOW IT'S TIME
TO TASTE!



DID THE KERNELS
LOOK DIFFERENT
WHEN THEY HAD
POPPED?

