

Home Made Popcorn – Savoury or sweet - serves 2-4 as snack

Ingredients

50 gr popping corn
1 tbsp vegetable oil



Flavouring

Sweet – mix together
1 tbsp icing sugar
½ tsp cinnamon

Savoury

¼ tsp salt
Up to ½ tsp spice (eg chilli,
cumin, paprika) to taste
Olive/Rapeseed oil in spray
bottle

Equipment

Large pan with a
well fitting lid.
Measuring spoons
Weighing scales
Large bowl
Large spoons to mix



TIP

Measure out the spice
before sprinkling. Don't do
it straight from the jar – you
may get too much.

Method

Heat the vegetable oil
over a medium heat



Add the popcorn kernels.

Cover with the lid

Shake to cover the corn kernels with
oil.

Cook until the popping stops. Do not
take the lid off.

Leave to cool a little and put into the
bowl.

For sweet flavouring shake flavoured
sugar over the popcorn and mix
thorough with two spoons

For savoury popcorn, spray lightly
with olive oil while turning the
popcorn in the bowl with a spoon,
and then quickly sprinkle with spice
across the whole bowl– again while
turning in the bowl.