

Caramel Crunch Popcorn Bombs

Makes about 14 cups

Make Popcorn

- Heat 3 Tablespoons of coconut or peanut oil in a large saucepan over medium to high heat
- Put 3 popcorn kernels in oil and wait for them to pop
- Add rest of 1/3 Cup of popcorn kernels. Cover pot and remove from heat
- Count to 30! This method allows ensures all the kernels will pop at once when you put the pan back on the heat – no unpopped or burnt kernels!
- Put the pan back on heat (with the lid still on!) and gently shake back and forth once the popping has begun in earnest (Tip: if the lid is slightly ajar, this will allow steam to escape and result in even crunchier popcorn)
- Once popping slows to several seconds between pops, remove from heat and dump popped corn into a large bowl or onto a large baking sheet

Make Caramel*

Ingredients:

- 125 grams butter
- ¾ cup white sugar
- 2 Tablespoons Honey
- 1 cup pecans (or walnuts) roughly chopped

Method:

- Combine butter, sugar and honey over a medium heat. Cook and stir for 5 – 7 minutes until sugar dissolves (add ½ teaspoon of salt for salted caramel!)
- Bring to boil and boil uncovered without stirring a further 5 – 8 minutes or until light golden in colour
- Take off heat and stir in pecans
- Combine with popcorn
- Cool before eating!

* Danger Alert! Get an adult to help you when heating oil and making caramel. Hot caramel can really burn!

If sweet popcorn is not your thing, try flavouring your plain popcorn with melted butter and salt - a la movie mode - or sprinkle smoked paprika or curry powder and cumin over it. Parmesan cheese is delicious, too!

Some caramel popcorn recipes use ½ teaspoon of baking soda or bi carb of soda in the caramel. This causes the caramel to foam up a bit and coats the popped corn more evenly. The result is a crispy crunchy coating.

If you love really crunchy caramel corn, bake it in a moderate oven for a short time

Keep out of reach of pigeons and young siblings!