



# Caramel Popcorn

**Prep Time**  
15 min

**Cooking Time**  
10 - 15 min

**Chilling Time**  
30 min

**Yields**  
4.5 cups



## Ingredients

### For the popcorn

30 ml (1/8 cup) light cooking oil (e.g. canola or sunflower oil)

55 g (1/4 cup) popcorn kernels

a pinch of popcorn salt

### For the caramel

80 ml (1/3 cup) water

200 g (1 cup) granulated sugar

45 g (3 tbsp) butter

### For packaging and gift giving

printable caramel popcorn box

printable food labels

cellophane bags

tape

### Storage & Shelf Life

Caramel popcorn tastes delicious on the day it's made. You can store the popcorn for 2 weeks in airtight containers or sealed plastic bags. Make sure the popcorn isn't exposed to humidity as it easily draws moisture and won't taste as crisp and fresh.

**H**omemade caramel popcorn is sweet, crunchy and hard to stop eating! This yummy snack is easy to whip up: pop the kernels or use premade popcorn. Then cook a thick caramel sauce with brown sugar and butter and toss the popcorn in the sauce. The recipe includes a printable retro popcorn box for gift giving or to serve at your next movie at home, which you can download here: <http://chcotta.ge/bl0309>

## Instructions

### 1) Pop the popcorn kernels

Add the cooking oil into a tall and wide, heavy-bottom pot or saucepan and shake to dispense the oil evenly across the bottom of the pot. Heat the oil over medium-high heat. Once you can smell the oil, put a kernel into the pot. If you see small bubbles forming around the kernel the oil is hot enough. Add the remaining kernels and put the lid on. Shake the pot lightly, so the popcorn doesn't burn to the bottom of the pot. Take off the heat once the popping slows down. Let sit for 1 minute, so any unpopped kernels pop. Transfer into a large, heatproof mixing bowl and sprinkle with a pinch of popcorn salt or fine grain salt.

**Tip:** If you're want to take a shortcut, skip the step above and use 4 cups ready-made popcorn.

### 2) Cook the caramel

Add the water, sugar, and butter into a heavy-bottom saucepan and bring the mixture to a rolling boil over high heat. After 3 minutes reduce the temperature to medium-high heat and continue cooking. Stir constantly and watch the caramel closely. At first, the mixture will become white and foamy and then change colour quickly, going from white to light brown within 1 to 2 minutes. Once the sauce is thick and has a golden-caramel colour, take off the heat.

### 3) Coat the popcorn

After removing the sauce from the stovetop, pour the caramel immediately over the popcorn. Use a large spoon to mix and coat the popcorn. The caramel is still very hot so be careful not to burn yourself. Then spread the coated popcorn in a single layer on a lined baking tray (sheet) and allow to cool the touch.

### 4) Package and gift

Once cooled, break the caramel popcorn into smaller chunks and fill into a serving bowl or our free printable popcorn box. For gift-giving, package the popcorn in small cellophane bags, seal with tape and decorate with a printable tent food label.