



Popcorn in the saucepan



Equipment:	Ingredients
Large saucepan with lid Oven mitts Large bowl Metric scales 2 Large spoons Serving bowls Tongs	15g coconut oil 1/3 cup popping corn Flavouring of choice



Method:

Remember to clean up your workstation as you go

1. Heat coconut oil over a medium heat, allowing to melt
2. Turn off the heat
3. Add 1/3 cup popcorn to the melted oil
4. **Immediately cover with lid**
5. Count to 30.
6. Turn the heat back on to medium high
7. **Do not take off the lid**
8. You will start to hear it popping. Using oven mitts, hold the saucepan by the handles and give a shake.
9. Once the popping sound has stopped, turn off the heat.
10. Tip the popcorn out into a big bowl
11. Sprinkle with flavourings, and stir through using two large spoons (this is called "tossing")
12. Your popcorn will be added to those with flavours from other stations.

Flavours may include 1/2 to 1tsp of:

- Drizzled honey
- Cinnamon sugar
(1Tbs fine sugar mixed with 1tsp ground cinnamon)
- Stock powder or other seasoning blend
- Chinese 5-spice
- Chilli flakes

