



Go and get popping!

You've probably scoffed it at your local cinema and you might even have eaten it snuggled up in front of your favourite movie at home, but have you ever tried making your own popcorn? It's great fun and for an extra-yummy twist, the recipe here is caramel-flavoured!

Ingredients

- 100g popcorn
- 2 tbsp vegetable oil
- 100g brown sugar
- 75g butter or margarine
- 100g golden syrup
- Vanilla essence
- 1/2 teaspoon baking soda

Equipment

- 2 large saucepans, one with a well-fitting lid
- Oven ring
- Tablespoon
- Weighing scales
- Wooden spoon
- Serving bowl



Instructions

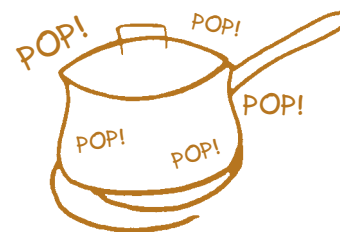
- 1** Pour 2 tablespoons of oil into your saucepan and swirl it around so the bottom of the pan is completely covered in oil. Put the saucepan on a medium-hot oven ring and heat the oil for 1-2 minutes.



- 2** Add the popping corn, shaking the pan gently so that each kernel gets coated with oil.



- 3** Turn the oven ring down to a low heat and put a tightly-fitting lid on the saucepan. Within a few seconds you'll hear the corn begin to pop. Carefully shake the saucepan now and again to stop the corn burning or sticking to the bottom.

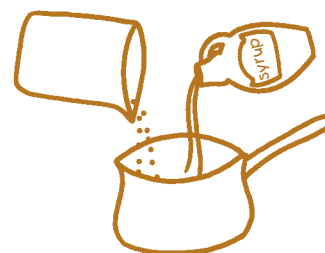


! The oil and caramel mixture will be very hot, so take special care not to splash any on your skin. Ask an adult to help with this to be safe.

- 4** When the popping slows down (you should be able to count 4-5 seconds between pops), take your pan off the heat and pour the popcorn into a bowl.



- 5** Add the butter, brown sugar and golden syrup to a clean saucepan and melt over a hot oven ring.



- 6** Turn the ring down to a medium heat and simmer the ingredients for 5 minutes.



- 7** Take the pan off the heat and stir in a few drops of vanilla essence and 1/2 teaspoon of baking soda.



- 8** Pour the caramel sauce over your popcorn and allow to cool for at least 5 minutes before tucking in.

