



Popcorn

AMBER (ACT & SA) / Everyday (NSW)

Makes 6 serves

Ingredients:

- 1 tablespoon of vegetable oil
- 100g popcorn kernels
- Flavouring (see variations below)

Method (saucepan):

1. Heat a large saucepan to medium-high temperature.
2. Add vegetable oil.
3. Add kernels to the hot saucepan, gently shaking the pan back and forth to ensure even coverage at the bottom of the pan. Cover with a lid and take off heat (to gently allow the kernels to heat up evenly).
4. After 30 seconds, move the saucepan back on to the heat.
5. As the popcorn pops, gently shake the pan back and forth while still on the heat.
6. When popping slows, remove from heat and place immediately into a large mixing bowl to add flavouring.
7. Add the flavouring while the popcorn is still hot and serve plain in paper bags or allow to cool before storing in zip lock plastic bags.

Method (microwave):

1. Place popcorn and oil in a large microwave proof bowl and cover with a microwave proof cover or plate.
2. Cook on high for approximately 5 minutes or until popping slows.
3. Add the flavouring while the popcorn is still hot and serve plain in paper bags or allow to cool before storing in zip lock plastic bags.

Tips:

- Using the saucepan method, and letting the kernels come to an even temperature before popping, helps to reduce the number of un-popped kernels.

Variations:

- **Parmesan and rosemary:** ½ cup parmesan cheese + 1 tablespoon rosemary, finely chopped.
- **Cheese:** ½ cup each parmesan cheese + ½ cup reduced fat cheddar cheese.
- **Garlic:** 1 tablespoon dried garlic granules or flakes + 2 tablespoons parsley, finely chopped.
- **Curry:** 1 tablespoon curry powder.
- **Mexican:** ½ tablespoon chilli powder + 1 tablespoon dried cumin + 1 tablespoon sweet paprika.

- **Vinegar:** Provide a spray bottle filled with vinegar for kids to add their own spritz.
- **Choc vanilla:** 1 tablespoon cocoa powder + 1 teaspoon vanilla extract.
- **Cinnamon:** 1 teaspoon cinnamon.

Recipe tested by ES December 2016

Nutrition information:

Plain popcorn	Per serve (16g)	Per 100g
Energy (kJ)	301	1850
Protein (g)	1.7	10.5
Fat – total (g)	3.6	21.9
Fat – saturated (g)	0.6	3.4
Carbohydrates – total (g)	7.3	45.0
Carbohydrates – sugar (g)	0.1	0.7
Sodium (mg)	0	1
Fibre (g)	2.3	14.5

Parmesan and rosemary popcorn	Per serve (24.5g)	Per 100g
Energy (kJ)	448	1830
Protein (g)	4.7	19.3
Fat – total (g)	6.1	24.8
Fat – saturated (g)	2.1	8.7
Carbohydrates – total (g)	7.4	30.3
Carbohydrates – sugar (g)	0.2	0.7
Sodium (mg)	110	451
Fibre (g)	2.3	14.5

Cheese popcorn	Per serve (32g)	Per 100g
Energy (kJ)	538	1680
Protein (g)	7.5	23.4
Fat – total (g)	7.3	22.7
Fat – saturated (g)	2.9	9.1
Carbohydrates – total (g)	7.4	23.0
Carbohydrates – sugar (g)	0.1	0.4
Sodium (mg)	166	519
Fibre (g)	2.3	14.5

Garlic popcorn	Per serve (16.8g)	Per 100g
Energy (kJ)	308	1840
Protein (g)	1.8	10.7
Fat – total (g)	3.6	21.2
Fat – saturated (g)	0.6	3.3
Carbohydrates – total (g)	7.7	45.6
Carbohydrates – sugar (g)	0.2	1.4
Sodium (mg)	0	2
Fibre (g)	2.3	14.5

Curry popcorn	Per serve (16.8g)	Per 100g
Energy (kJ)	309	1840
Protein (g)	1.8	10.6
Fat – total (g)	3.6	21.6
Fat – saturated (g)	0.6	3.3
Carbohydrates – total (g)	7.5	44.6
Carbohydrates – sugar (g)	0.2	1.0
Sodium (mg)	0	2
Fibre (g)	2.3	14.5

Mexican popcorn	Per serve (17.9g)	Per 100g
Energy (kJ)	327	1830
Protein (g)	2.0	10.9
Fat – total (g)	3.9	21.6
Fat – saturated (g)	0.6	3.3
Carbohydrates – total (g)	7.8	43.8
Carbohydrates – sugar (g)	0.3	1.7
Sodium (mg)	6	33
Fibre (g)	2.3	14.5

Vinegar popcorn	Per serve (17g)	Per 100g
Energy (kJ)	299	1760
Protein (g)	1.7	10.0
Fat – total (g)	3.5	20.8
Fat – saturated (g)	0.6	3.2
Carbohydrates – total (g)	7.3	42.8
Carbohydrates – sugar (g)	0.1	0.7
Sodium (mg)	0	1
Fibre (g)	2.3	14.5

Choc vanilla popcorn	Per serve (16g)	Per 100g
Energy (kJ)	316	1800
Protein (g)	1.9	10.7
Fat – total (g)	3.7	21.1
Fat – saturated (g)	0.6	3.6
Carbohydrates – total (g)	7.6	43.4
Carbohydrates – sugar (g)	0.2	1.0
Sodium (mg)	2	13
Fibre (g)	2.3	14.5

Cinnamon popcorn	Per serve (17g)	Per 100g
Energy (kJ)	310	1820
Protein (g)	1.8	10.3
Fat – total (g)	3.6	21.3
Fat – saturated (g)	0.6	3.3
Carbohydrates – total (g)	7.6	44.5
Carbohydrates – sugar (g)	0.2	1.1
Sodium (mg)	0	2
Fibre (g)	2.3	14.5