

How to Make Perfect Popcorn from Kernels: Step-by-Step Guide



Popcorn is one of the most popular snacks worldwide. Preparing this snack can sometimes be tricky if you don't have the right information or ingredients. The good thing is that they are fairly easy to prepare once you know what you are doing.

Follow these simple steps, and you should be enjoying warm and delicious popcorn in the next few minutes.

Ingredients:

- Olive Oil
- Fine sea salt, for serving
- Optional seasonings such as nutmeg and chili powder
- 1/2 cup popcorn kernels

Resources you Need:

- Saucepan and lid
- Mixing spoon and kitchen gloves
- An open heat-source



Steps:

1 Start by coating your pan with olive oil. This is the best cooking fat to use because it's healthier and is suitable for use in high temperatures. With a 2-quart saucepan, add 2 tablespoons of oil.

Keeping track of the ratio of oil to kernels you use is essential, as it helps ensure the popcorns cook correctly, and ensures that the popped kernels don't soak in the oil once the process is complete.

2 Then prepare your heat source, and then place your pan above it. Let it sit on the heat for a few seconds, so that the oil is properly heated. Next, add two or three individual kernels. Cover the saucepan and wait for the kernels to "pop."

3 Once you have heard the tester kernels pop, add the remaining half cup of kernels to the saucepan. Cover the saucepan and swirl the kernels in the oil to ensure they are properly coated. Avoid adding any flavorings such as salt or chili powder at this point, doing so helps you maintain the original flavor of the popcorn across each kernel.





Steps (*Continued*)

4 Let the kernels sit in the oil mixture for a few minutes. You will be able to tell it is cooking properly by the increasing rate of “pops” in the saucepan. Stay nearby to occasionally stir so that any unpopped kernels sink to the bottom, so that they can be properly cooked.

5 Once the sound of popping slows to a few seconds between each pop, remove the lid and check inside the pot to ensure all the kernels have fully cooked.

Remember that not all kernels will “pop out” as expected. Done right, expect a cook rate of about 80-95% of the kernel you added to the saucepan.

6 Once this process is complete, remove the pan from the heat. Then serve the fresh popcorn and add your favorite flavoring ingredients.

Remember that popcorn can be extremely hot at this point, so be cautious. This will give you ample time to incorporate the fresh batch of popcorn with some of your favorite flavors. These can include spices such as nutmeg, ginger, chili powder, and more.

Pro Tips

There is nothing better than the sound of kernel popcorn filling your kitchen on a lazy weekend afternoon. It can be an excellent snack to share with friends or family when cooked right. Below are some of the few useful tips you should consider for the cooking process:

- ▶ **Avoid using the microwave** – using an open fire helps ensure the oil heats the right way because of the high heating point of olive oil. Plus, using an open fire also has a directly positive effect on the flavor of the popcorn.
- ▶ **Use some flavoring or seasoning** – popcorn is a tasty snack. Make it better by adding some of the common food flavorings such as ginger, chili, nutmeg, and more.
- ▶ **Track the temperature for the best outcomes** – a recent study showed that 180 degrees Celsius (356 degrees Fahrenheit) is the perfect temperature for popping popcorn. Going any higher than this can leave you with over 25% of the kernels unpopped.
- ▶ **Use some melted butter** – have you ever wondered why some theater popcorns seem delicious or savory? Consider adding your preferred melted butter brand to the popcorn once the cooking process is complete.

