



Camp AH-HA: Food Friday: Popcorn

Below is the recipe that
Camp Counselor Sarah showed
us on Facebook for
how to make popcorn without a microwave

Fresh Homemade Popcorn:

- Did you know that families have loved popcorn for hundreds and hundreds of years? In fact, many historians feel that the Native Americans introduced the Europeans to this tasty treat!
- There are written diaries of traders coming into the Great Lakes area of the United States **400** years ago and seeing the Iroquois making popcorn in a pot stuck in hot sand near a fire.

You'll Need:

- Popcorn kernels (*white or yellow... White pop smaller and more tender, yellow pop larger and firmer)
- Canola or vegetable oil
- Popcorn seasoning of your choice (salt, popcorn flavor shakers, butter, etc.)

How To:

In a pan that has a lid, pour in enough oil to lightly coat the bottom of the pan and turn the pan on almost high heat.

Add popcorn kernels in a single layer to the bottom of the pan. You can add however much you would like but about 4 tablespoons of popcorn will give you about 5-6 popped cups.

Put the lid on. Make sure you stay at the stove with the pan!
Popcorn only takes a couple minutes to make!

Once you hear sizzling and the kernels start popping, shake the pan every 20 seconds or so to make sure most of the kernels get popped.

Once there are a few seconds between pops, dump into your popcorn bowl (using your lid like a shield in case there are any rogue kernels that pop when you are dumping out the popcorn!).

Season right away and enjoy!

Tips:

- If you're using butter, you'll want to slowly drizzle the butter in while stirring the popcorn at the same time. If not, your popcorn will be mushy!
- If you like your popcorn with mix ins that are chocolate, wait a few minutes before adding them or they'll start to melt from the heat of the popcorn!