



# *Wolf Pine Farm*

## *Community Supported Agriculture*

### **Popcorn – Stovetop Method**

(About 4 servings)

#### **Ingredients:**

2 tablespoon of coconut oil (or other high heat oil)

½ cup popcorn kernels

#### **Optional Toppings (be creative):**

- Melted butter & Salt
- Nutritional yeast & Dill leaves

#### **Instructions:**

Heat a 3 to 6-quart soup pot over medium-high heat. Have a lid ready. When the pot is warm, add 1 tablespoon of coconut oil or other high heat oil. Add 4 popcorn kernels, turn up to high and cover with lid. When the 4 test kernels pop, add the rest of the kernels and shake the pot gently and continuously. The popcorn should start to pop within about 30 seconds. (If not, make sure heat is high enough and keep shaking... it will happen soon)

When popping begins – keep shaking the pot gently to keep kernels from having long contact with the heat. Be sure to carefully vent the lid from time to time to release steam. You can also use a splatter screen or upside-down colander instead, which will let the steam out and keep the popcorn in. You are done when there is a pause between the popping sounds.

Quickly remove from heat into serving bowls. Top with melted butter and a sprinkle of salt. We also like to use nutritional yeast (as a salt/butter substitute), dried dill weed, or other herbs to flavor it.