

# To make popcorn on the stove:

- Use a medium sized pot with a lid. The thicker the bottom of the pan, the better.
- Cover the bottom of the pan with oil (2- 3 tablespoons), put in three kernels of corn and start heating on medium high heat with the lid on. Cooking time and temperature will depend on your pan and your stove, so you are just going to have to make a few batches while you figure out the perfect temperature for popping.
- Once all three kernels pop, the oil is hot enough. Be careful! Add the rest of the kernels right away before the oil heats higher.
- Put in popcorn kernels in a single layer covering the bottom of the pan (1/4 to 1/2 cup). (Do not add more than a single layer of kernels on the bottom of the pan, they won't cook right.) Put on lid. Once it starts popping, shake it occasionally to make sure all the kernels are getting popped. It should make enough to rise to the lid of pan but not overflow, you'll learn how much you need to get it right. Takes about 3 minutes, depends on pan and stove.
- It's done when popping slows down to 5 seconds between pops (or if you smell scorching!). Learn what heat setting works best.
- Pour into bowl, salt and enjoy! Don't add extra butter, keep it lean.
- For a sweet topping: powdered sugar mixed with cinnamon shaken over the popcorn. Yum! Doesn't take much and only adds a few calories for tons of flavor.
- For salty flavors: season salt, garlic powder, a bit of parmesan cheese, chili powder, a pinch of cayenne, etc... Experiment!