



POPCORN BALLS

SNACKING AROUND THE WORLD

INGREDIENTS

1/2 cup popcorn kernels

3-4 tbsp oil, choose one with a high smoke point like grapeseed or peanut

2 cups sugar

1 1/2 cups water

1/2 cup molasses or corn syrup

1 tsp vinegar

1 tsp vanilla

1/3 tsp salt

STEPS

Step 1 Pour enough oil in a large pot to just cover the bottom, then let the oil heat up over medium temperature. You want to test the oil by throwing in a couple of kernels, when they pop you'll know your oil is hot enough.

Step 2 Put the rest of the popcorn kernels in evenly across the bottom of the pot.

Step 3 Move the pot from the heat for 20 seconds to let the kernels come to the same temperature. When 20 seconds passed, put the pot back over the heat and cover it. When the kernels begin to start popping, carefully move the pot back and forth across the burner.

Step 4 When the popping starts to slow down, move the popcorn from the heat and put the popcorn in a large bowl. Put it to the side.

Step 5 Put sugar, water, and molasses or corn syrup in a saucepot with a heavy bottom, and boil it over medium temperature; and occasionally stir it.



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Step 6 For at least 5-7 minutes heat the syrup up until it reaches 260 degrees F. The syrup will be really hot and sticky so please use a oven mit to cover your hand while taking the temperature.

Step 7 Put in vinegar, vanilla, and salt. Then stir until its all mixed in well.

Step 8 Pour the syrup over the popcorn immediately and use a rubber spatula to turn with to make sure all the popcorn is evenly coated.

Step 9 Let the popcorn mix to cool for a couple of minutes, then you spray a little cooking spray on your hands so you can shape the balls around the size of an apple.

Step 10 Put each popcorn ball on a sheet tray lined with wax paper or parchment and let them cool until hardened . When the balls are cool, wrap the balls in plastic wrap or put them in plastic zipper bags so they can stay fresh.