

# HONEY POPCORN



CANADA AGRICULTURE AND FOOD  
MUSEUM – MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION DU CANADA

**Program** Online

**Location:**

This delicious, salty-sweet popcorn is sure to be a crowd pleaser!

## Ingredients

### For the popcorn:

- ½ cup (125 mL) popcorn kernels
- 2 tbsp (30 mL) canola oil

### For the popcorn topping:

- ¼ cup (60 mL) butter
- 1/3 cup (80 mL) honey
- 2 tbsp (30 mL) water
- ½ tsp (2.5 mL) salt

## Preparation

### For the popcorn:

**Note:** This recipe uses the microwave pro pop popper, but please feel free to use your preferred popcorn maker.

## HONEY POPCORN | 2

1. Place canola oil and popcorn kernels into the base of the popper. Mix until all of the kernels are coated in oil.
2. Place the lid on the bowl, then microwave for approximately three minutes. Cooking time will vary depending on the microwave; cooking is complete when the rate of popping slows down to one to two seconds between popping. Don't overcook or the popcorn will burn!
3. Using oven mitts, carefully take the popper out of the microwave; the bowl will be hot!
4. Put the popcorn in a large bowl and set aside.

**Yield:** Approximately 12 cups of popped popcorn.

### **For the popcorn topping:**

1. Preheat the oven to 350°F.
2. In a saucepan, melt the butter over low heat. Add the honey, water, and salt. Stir and continue to cook over low heat until ingredients are well incorporated.
3. Bring the mixture to a boil for one minute, then remove from heat. Working quickly, pour mixture over the popcorn and toss with a large spoon to coat.
4. Transfer the coated popcorn to a baking sheet lined with parchment paper and spread evenly.
5. Bake for 10 minutes or until golden brown, stirring the popcorn after 5 minutes.
6. Remove from the oven and allow popcorn to cool before serving.
7. Transfer small handfuls to popcorn bags and enjoy!