

30 minutes

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### Caramelised popcorn

#### Ingredients:

- $\frac{1}{3}$  cup (80ml) popcorn kernels
- $\frac{1}{3}$  cup (80ml) honey
- $\frac{3}{5}$  cup (150ml) sugar
- $\frac{1}{4}$  cup (60ml) butter

#### Method:

1. Pop kernels according to package instructions and set aside in a large bowl.
2. Combine remaining ingredients in a pot over medium heat.
3. Simmer while stirring for 6-8 minutes until sugar has dissolved.
4. Bring to a boil without stirring for about 5 minutes, until mixture turns to an amber colour.
5. Working quickly, pour caramel over popcorn.
6. Stir to combine and set aside to cool completely.

7. Break into pieces and serve.



Salted-caramel beer popcorn  
*Makes 8-10 cups*

Ingredients:

- ½ cup (130g) popcorn kernels
- 2 cups (500g) sugar
- 2 Tbsp (30ml) butter
- Pinch of salt
- ½ cup (125ml) beer
- ½ tsp (3ml) bicarbonate of soda

Method:

1. Preheat oven to 160°C and line two baking trays with baking paper.



2. Pop kernels according to package instructions and set aside in a large heatproof bowl.
3. Combine remaining ingredients in a large pot over medium-high heat.
4. Stir to dissolve sugar, then simmer until mixture darkens to an amber colour, swirling pot occasionally.
5. Add bicarb and stir quickly - take care, as the mixture will rapidly triple in volume.
6. Pour caramel mixture over popcorn and stir to coat.
7. Spread popcorn onto trays, separate clumps and bake to crisp up, about 20-25 minutes.
8. Cool and serve, or store in jars to snack on later.



Sweet and spicy popcorn

Serves 8

Ingredients:

- ½ cup (125ml) brown sugar

- 3 Tbsp (45ml) butter
- 1 packet (100g) PnP mixed nuts
- 1 tsp (5ml) chilli flakes
- 2 Tbsp (30ml) curry powder
- 1 Tbsp (15ml) coriander seeds
- 8 cups (2L) freshly popped popcorn
- Salt, to taste

Method:

1. Melt sugar and butter over a low heat, swirling once, until sugar begins to dissolve.
2. Add nuts, chilli flakes, curry powder and coriander seeds.
3. Cook for about 3 minutes until most of the sugar has dissolved.
4. Mix through popcorn and season to taste.

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