

## **Amber's Caramel Corn**

Adapted from <u>Bluebonnets & Brownies</u>

BAH Note: I'm asked the oracle of google what purpose the baking soda serves in the caramel sauce. The best explanation I could find is that it is supposed to help the caramel set up soft. My real world data suggests that the caramel coating sets up rather hard and brittle on the popcorn. Not that it's a bad thing. It just isn't the soft caramel corn that you might get at the beach or county fair. It's more like what I remember Cracker Jacks to have been like. And I won't lie, it's a huge pain to scrub out of your pot and bowl. Be sure to use a nonstick pot to cook up the caramel and fill your work bowl with hot water for a bit before you attempt to scrub it clean.

- 1/4 cup uncooked popcorn kernels
- 1 to 2 tablespoons coconut oil
- 3 cups white sugar
- 3 tablespoons butter
- 1 tablespoon vanilla extract
- 1 1/2 teaspoons kosher salt
- 1 1/2 teaspoons baking soda

Heat the coconut oil in a large pot over medium heat. Add the popcorn kernels, cover, and cook until the kernels have popped (for a refresher on cooking popcorn on the stove, please refer to <u>Jenna's method</u>). Transfer the popcorn to a bowl large enough to let you stir in the caramel. You may need to divide the popcorn into multiple bowls.

Line a half sheet pan or a few cookie sheets with aluminum foil.

In a large, nonstick pot or saucepan, heat the sugar, butter, vanilla extract and salt over medium heat, stirring often. Continue to cook and stir until the sugar melts and the sauce takes on a caramel color. Be careful not to overcook the sauce or it will burn.

Turn off the heat and add the baking soda to the saucepan. As you stir in the baking soda, the sauce will bubble up and double in volume. **Be careful here, hot sugar is rocket hot and burns are no fun.** 

Carefully pour the caramel sauce over the popcorn. If your popcorn is in more than one bowl, divide the sauce among all the bowls you are using.

Working quickly, and carefully, use a silicone spatula to combine the popcorn and caramel sauce. Not each piece will be completely coated but there should be some caramel on each

popped kernel. Transfer the coated popcorn to the foil lined sheets and let it cool completely before grabbing handfuls of it and shoving it in your mouth.

Should you find you have leftovers, store it in an airtight container such as a zip top plastic bag with as much of the air removed as possible.

amber's caramel corn was posted by wendi on 25 january 2012 at bonappetithon.com