

Cooking Thyme with Stacie

Caramel Popcorn

1/4 cup vegetable oil
2/3 cup popcorn kernels
8 TB unsalted butter (1 stick)
3/4 cup dark brown sugar
3/4 cup corn syrup
1 TSP coarse sea salt
1 TSP baking soda
Cooking Spray

In a large Dutch oven, pour in the vegetable oil and then the kernels of popcorn. Cover the pot with a tight-fitting lid and place on the stove over medium heat. Occasionally shake the pot and remove from heat when there is more than a second or two between pops and most of the popcorn has popped.

Preheat oven to 250°.

In a large saucepan, melt the stick of butter over medium-low heat. Next stir in the brown sugar, corn syrup and sea salt, combine until well mixed. Bring the mixture up to a boil. Let it gently boil for 2 minutes. (You may have to turn down the heat a bit, so it does not boil over.) Add 1 teaspoon baking soda and stir. The mixture will be very foamy! Pour it over the popped corn. Divide the popcorn between two well-greased, rimmed baking sheets.

Place in the oven for 20 minutes, then stir to coat the popcorn with caramel. Repeat three additional times, every 20 minutes. After about one hour remove the pans from the oven and spread the popcorn on parchment paper on the counter. Let cool completely. Break apart and store in an airtight container up to one week.