

Stovetop Popcorn

Cooking Instructions

1. In a large, heavy-bottomed saucepan over medium heat, combine the oil and two popcorn kernels. Cover the pot and wait for the kernels to pop. This may take a few minutes. In the meantime, place a large serving bowl near the stove so it's ready when you need it.
2. Once the kernels pop, turn off the burner, remove the pot from the heat, and then pour in the remaining popcorn kernels. Cover the pot again, and give the pot a little shimmy to distribute the kernels evenly. Let the pot rest for 60 seconds to make sure that the oil doesn't get too hot before the kernels are ready to pop.
3. Turn the heat back up to medium, put the pot back onto the burner, and continue cooking the popcorn, carefully shimmying the pot occasionally to cook the kernels evenly. Once the kernels start popping, tip the lid just a touch to allow steam to escape.
4. Continue cooking until the popping sounds slow to about one pop per few seconds. (If the popcorn tries to overflow the pot, just tip the upper portion of popcorn into your bowl and return it to the heat.)
5. Remove the lid and dump the popcorn into your serving bowl. Sprinkle the popcorn with a couple pinches of salt, to taste, and any other seasonings you like. Toss the popcorn and serve.

Ingredients

2 tablespoons extra virgin olive oil or coconut oil

1/2 cup popcorn kernels

Salt, to taste

Nutritional yeast, smoked paprika, etc. as optional seasonings