

Instructions for the Best Popcorn You've Ever Had

Have Ready:

- One cup macadamia nut oil (preferred), or extra virgin olive oil
- One cup un-popped popcorn kernels (white or yellow, any brand)
- Heavy bottomed pan with lid
- Popcorn Salt
- Large container for finished popcorn

Notes:

If you can't find macadamia nut oil in the stores, you can buy it on-line at [www.http://www.OilsOfAloha.com](http://www.OilsOfAloha.com). If you can't find popcorn salt, go to the Morton salt website (<http://www.mortonsalt.com>) and buy it there.

A. Start Process

1. Put heavy bottomed pan on high heat
2. Pour oil in pan
3. Add two kernels of popcorn
4. Replace lid slightly off to allow steam to escape

B. When the two kernels pop

1. Put rest of popcorn in pan and cover
2. Shake it up
3. Put pan back on burner, with lid slightly off

C. When popcorn starts to pop:

1. Turn heat down from highest to near low (popcorn will pop slowly); this is important, don't be impatient.
2. Keep lid a little off
3. Every once in awhile, shake it up

D. When the popcorn fills half the pan

1. Turn heat up, just under hottest
2. Every once in awhile shake it up
3. Always leave lid a little off

E. When popcorn causes the lid to rise:

1. Pour some out into the large container
2. Return to the heat
3. Shake it regularly

F. As speed of popping slows way down, it's near the end

1. Turn off heat
2. Dump rest of popcorn into the large container
3. Use lid of popcorn pan, swirl it around on top of popcorn to get all the oil
4. Add salt to taste

Troubleshooting:

If you end up with oil in the pan, you've cooked it too fast in the slow period, or you didn't shake it up regularly during the slow-cook period.