

Shopping List



Bulk

Organic popcorn kernels
Roasted hazelnuts
Organic roasted almonds
Organic light agave syrup
Organic vanilla extract
Cream of Tartar
Baking soda

Grocery

Organic dark brown sugar

Dairy

Butter

Check out our food blog
"Sassy Sampler" at
[www.communityfoodcoop.
wordpress.com](http://www.communityfoodcoop.wordpress.com)

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Pop Fly Popcorn



Source: adapted from Taste of
Home

Pop Fly Popcorn

INGREDIENTS

3/4 c organic popcorn kernels
~1 c roasted hazelnuts
~1 c organic roasted almonds
6 T organic dark brown sugar
1/2 c salted butter (or soy margarine)
1/4 c organic light agave syrup
1/2 t organic vanilla
1/4 t cream of tartar
1/4 t baking soda
Sea salt (optional)

INSTRUCTIONS

1. Preheat oven to 250°F.
2. Pop your popcorn, ideally in a hot air popper. You should have about 12 cups of popped popcorn.
3. Pulse nuts in a food processor 10–12 times to break them up (you can also chop them). Pour them on top of the popcorn, but don't mix them in (they will sink to the bottom of the bowl/bag if you do).
4. In a medium saucepan over medium-low heat, combine butter, brown sugar, and agave syrup. Bring to a slow simmer and stir frequently with a rubber spatula (being sure to scrape the bottom and sides of the pan) for about 5 minutes, until mixture has thickened.
5. Remove caramel mixture from heat and allow to cool slightly.
6. Add the vanilla and mix well, and then sprinkle the cream of tartar and baking soda in a mix well. The caramel mixture should lighten in color.
7. Drizzle over your popcorn mix—if you have a very, very large bowl then you can use that, or you can use a large, clean paper shopping bag. Mix carefully, as the caramel will still be very warm.
8. Immediately spread the popcorn over two baking sheets (lined with parchment paper or greased).
9. Bake for about 30 minutes, mixing popcorn about halfway through.
10. Remove from oven and allow to cool for about an hour. Optional—sprinkle with sea salt.
11. Break apart popcorn and serve—best when served the day you make it, but it will keep in an airtight container for a few days. You can crisp it back up by putting it in the oven for a few minutes.



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Makes about twelve 1 cup servings