Jenna's Popcorn

Adapted from Jenna Sattherthwaite

BAH Note: As I commented on Jenna's post, my memories of popcorn involve the magic of Jiffy Pop. I loved watching that foil puff up as the kernels popped. Then with the advent of microwave popcorn, the method of making popcorn got so far removed from anything that resembles cooking that I was grateful for Jenna's primer on the process. Here's what she does:

- Choose a 'sturdy' pot (if the pot is made of very thin metal, the popcorn will tend to burn).
- Pour in any kind of oil (olive, peanut, canola, etc) until the oil completely covers the bottom of the pot.
- Pour in popcorn kernels until there is a single layer across the bottom of the pot.
- Turn the flame on medium high and cover the pot.
- Shake the pot around a couple times during cooking while the kernels are popping (holding the cover firmly so that the popcorn stays contained!).
- When there is a 2-3 second interval between kernels popping, pour the popcorn into a bowl.
- Add salt to taste, and if you want to be truly decadent, melted butter (mmmmm).

Yup, it really is THAT easy. And if you happen to have bought some coconut oil for those Pomme Frites, I can attest that it works beautifully for popping corn.

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jenna's popcorn was posted by wendi on 23 january 2012 at bonappetithon.com