

DRINKS & DESSERT

Soft Caramel Popcorn

Two stories about caramel popcorn! After our second clogging class in June 2012, Eliza asked if we could get ice cream. I said, "At 10 in the morning? No." Instead, I said that we needed to pick up some music at the music store. Eliza wanted to go to the Real Foods market nearby, and then I asked if they wanted to go into the quilting store next door. We bought brown eggs for Anna, who had been wanting me to buy them. The quilting store was having a "Shop Hop" with free caramel popcorn and root beer floats. So Eliza got her morning ice cream after all! The caramel popcorn (they passed out the recipes) was similar to the one below, except for amounts (1 cup butter and 1/2 cup corn syrup).

November 2013: One night after feeling not so good because of some back and pinched nerve issues, I came to the dinner table for a bowl of chili. I really was wishing for a treat. Knock! Knock! Knock! at the door: Who was there? (I didn't answer as I hadn't showered yet...). It was some neighbors with a 12 Days of Thanksgiving treat and activity for our family. The timing was great: a delightful wish come true. So Anna, Pete and I ate the popcorn ALL up. We started with little bites and then decided to finish it off. Everyone else was at a Stake Fireside with Lane, so we figured we'd better make some fast for the others to enjoy. I called to get Samantha's recipe, which is:

2 cups brown sugar
1/2 cup butter
1 cup corn syrup

In a sauce pan on the stovetop, stir until dissolved.

1 can sweetened condensed milk

Boil to soft ball stage. Remove from heat and add:

1 teaspoon vanilla
(optional: 1/2 teaspoon baking soda as well)

Stir and pour over:

popped popcorn (start with 1-1/2 cups unpopped popcorn)

Spread over a sprayed cookie sheet and allow to cool. If you want baked caramel popcorn, i.e. Cracker Jack-type, put it in the oven at 250°F and bake for 1 hour, stirring every 15 minutes. (You can also add peanuts.) This is how Grandma Livingston (JNL) makes it.