

KETTLE CORN WITH FRIED SAGE

Kettle Corn is dangerously easy to make. It's become one of my favorite movie snacks.

Ingredients.

1/4 cup butter
1 Tablespoon vegetable or canola oil
1/4 granulated sugar
1/2 cup corn kernels
5-7 sage leaves
1/4 cup extra virgin olive oil
kosher salt

A Couple Notes.

Do not use enameled cast iron or Le Creuset for this recipe. The heat diffuses too much and the popcorn kernels will just burn and never actually pop! Use a heavy, stainless steel pot with a tight fitting lid.

Cooking Kettle Corn is all about finding the right temperature and getting it out of the pot and into a bowl the second it's done popping. You'll have to practice on your stove. I use our largest gas burner on medium heat.

Be sure to transfer the popcorn out of the pot the second the popping starts to space out or it will start to burn.

Directions.

In a small sauté pan, heat 1/4 cup extra virgin olive oil until shimmering. Gently place in a few sage leaves at a time and allow to fry for 10-15 seconds. You don't want them to brown. Remove using tongs and set on a paper towel to drain. Repeat with the remaining leaves. Set the leaves aside.

Put your butter, oil, sugar, and corn kernels in a large pot (I use a three quart saucepan with a tight fitting lid) over medium heat stirring constantly until the butter is melted. When the butter has melted completely, cover with a tight fitting lid, and either leave the heat on medium or reduce it; depending on your individual stove.

Keep the pot tightly covered by using a towel and holding the lid in place. It can take 4-7 minutes for the corn to start popping depending on your temperature. Don't be tempted to lift the lid. That will just let out the steam and it will take longer and then it can burn. Once it starts popping give the pot a good shimmy every 10-15 seconds to make sure that all of the popcorn is getting coated evenly. When the popping slows down, remove your pot from the heat and immediately (and carefully) transfer your kettle corn into a large bowl.

Allow the kettle corn to cool for a minute or two. Season with a bit of salt, add the fried sage leaves, toss, and serve immediately.

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