

# Honey Popcorn

Recipe by Heather Lin, Wellspent Designer, Photographer and Marketing Manager

Serves 2-4 | 15 minutes

This popcorn was a movie night favorite as a kid. Our family never had a lot of sweets around the house, so a chance to eat this popcorn always felt super special. I hadn't thought about this recipe for decades until my brother recently asked my mom for the recipe. As soon as she sent it, the memories came flooding back, and I had to make it. My mom's recipe calls for corn syrup, but because we don't live in the 1980s anymore, I decided to update things and use honey instead. I now make it for my own kiddo, and now every movie night he puts in a special request for "the honey popcorn."

**½ cup corn kernels**

**4 tablespoons Okinawan brown sugar**

**4 tablespoons extra virgin olive oil, divided**

**2 tablespoons honey**

**sea salt flakes, to taste**

**Step 1** Heat up 2 tablespoons of olive oil in a large saucepan over medium-high heat, toss in a few corn kernels and cover with a lid (if you have one, splatter guards work great instead of a lid). Once the few kernels have popped add in the remaining kernels; cover and shake regularly throughout the popping process. Once popping has stopped, move the popcorn into a large bowl.

**Step 2** In a small saucepan add 4 tablespoons brown sugar, 2 tablespoons olive oil and 2 tablespoons honey. Over low-medium heat, slowly bring the mixture to a boil.

**Step 3** Boil for 3 minutes, then pour evenly over the popcorn. Immediately mix until evenly coated and sprinkle with a pinch of flake salt. (Cleaning tip: At this point I highly recommend that you get water in that saucepan as soon as possible because that sugar mix hardens quickly!)

**Step 4** Place parchment paper (or a silpat) on your work surface and spread out the popcorn so it doesn't stick into large clumps. Allow a few minutes for the popcorn to cool completely, and enjoy!