

Caramel Popcorn

This has been one of my family's favorites since we were kids, almost always made by my brother. The optional and interchangeable ingredients are some of his adaptations, and also some of mine that I enjoy using. This has always been a huge hit at parties and other social events and everyone always asks for the recipe.

INGREDIENTS

24 cups popped popcorn
½ cup butter
¾ cup canned milk (evaporated), *
1 cup corn syrup, light**
2 cups brown sugar, light
1 teaspoon salt
4 large marshmallows, optional
1 teaspoon vanilla extract
1 teaspoon baking soda

METHOD

1. Pop popcorn before beginning on caramel topping, and if desired add candy corns, nuts, M&Ms, etc.
2. In a small bowl, mix together the vanilla and baking soda. This will be added at the end.
3. In a large pan on medium heat, stir together the canned milk, corn syrup, brown sugar, butter, and salt. Bring to a light boil stirring often. Add the optional marshmallows just before softball stage.
4. Once caramel has reached softball stage***, turn heat off and gently mix in the vanilla and baking soda mixture. The caramel will begin to foam lightly and rise.
5. Quickly pour 1/2 the caramel on to the popped popcorn and quickly mix together well. Once mixed, pour the remaining caramel mixture over the popcorn and mix, allow to cool for 5 minutes then serve.
6. If desired, after mixing the caramel and popcorn together, you can bake it for 10-15 minutes at 350°F and allow to cool for a crispy caramel popcorn.

* You can use heavy cream, canned milk (evaporated), or regular milk. You'll end up with a sweeter caramel if you use heavy cream, and a less sweet caramel if you use regular milk.

** Using all light corn syrup is my personal favorite, but you can also use 3/4 cup light or dark corn syrup and then 1/4 cup molasses or honey for slightly different flavors. It's quite interchangeable.

*** Softball stage can easily be determined by dripping some of the caramel mixture into a small bowl of cold water (allow tap to run on cold for a minute). If you can squeeze and roll the caramel together into a soft ball of goo while in the water, you've reached softball stage. You'll want to check often if the caramel has reached the softball stage as overcooking it will ruin the flavor and texture.

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Categories: 30 Minute, Misc. Dessert **Keywords:** Popcorn, Caramel, Snack

Cuisine: North American : United States

(16 servings
24 cups)



Preparation

- Total Time: 20 Minutes

NUTRITION FACTS

Servings: 16

Amount Per Serving

Calories: 284

Total Fat: 6.63g

Cholesterol: 18mg

Sodium: 260mg

Total Carbs: 55.38g

Dietary Fiber: 1.74g

Sugars: 34.75g

Protein: 2.48g