

Popcorn Four Ways!

Makes 30 2-ounce servings per spice mix

Time: 25 minutes



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Below are the recipes for all four of the spice mixes. Making three mixes in a class is ideal, to have enough jobs for all the students, but you can adjust based on your class and comfort level. Adjust the amount of popcorn you make depending on the number of mixes you intend to make -plan on about 1/2 cup popcorn kernels (120 grams) per spice mix!

Kitchen Tools:

- 1 air popper
- 3 large bowls
- 4 small bowls
- 3 sets measuring spoons
- Spoons for mixing
- Plastic gloves
- For Chili Lime and Lemon Parm Popcorn:
 - 2 cutting boards
 - 2 lettuce knives
 - 1 citrus juicer
 - Cut gloves
 - 2 whisks

Ingredients:

For Lemon Parm Popcorn:

- 2 Tablespoons olive oil
- ½ teaspoon ground black pepper
- Juice of ½ lemon
- 2 Tablespoons nutritional yeast

For BBQ Blast Popcorn:

- 3 Tablespoon olive oil
- 2 Tablespoon + 1 teaspoon smoked paprika
- 2 teaspoons brown sugar
- 1 ½ teaspoon garlic powder
- 1 ½ teaspoon onion powder
- 1 teaspoon parsley flakes
- Pinch of cayenne

For Masala Popcorn:

- 3 Tablespoons olive oil
- 2 teaspoons curry powder
- 2 teaspoons brown sugar
- ¼ teaspoon salt
- ¼ teaspoon chili powder

For Chili Lime Popcorn:

- Juice of 1 lime
- 1 Tablespoon chili powder
- 2 Tablespoons olive oil

Instructions:

1. The assistant educator begins prepping for cooking, while the lead educator introduces the lesson for the day.
2. Lead educator reads the recipe aloud with the class.
3. Divide the class into 3 groups and assign each a spice mix. Provide them with the tools and ingredients they'll need to assemble them.
4. Mise en place: 10 to 15 minutes
 - a. With the whole class gathered, use the air popper to make the plain popcorn. Set a large bowl or container with high sides under the spout of the air popper, plug it in, and let it run until the popping slows significantly. Unplug the machine and divide the popcorn evenly into 3 large bowls.
 - b. Chili Lime: Cut lime in half and squeeze juice into a small bowl. Add 1 tbsp chili powder and whisk to combine. Set aside.
 - c. Lemon Parmesan: Cut lemon in half. Set one half aside and juice the other into a small bowl. Add 1 Tablespoon olive oil and ½ teaspoon black pepper and whisk to combine. In a second bowl, measure out 2 Tablespoons nutritional yeast.
 - d. Masala: Combine 2 teaspoons curry powder, 2 teaspoons brown sugar, ½ teaspoon salt, and ¼ teaspoon chili powder in a small bowl. Mix thoroughly.
 - e. BBQ Blast: Combine 2 Tablespoons + 1 teaspoon paprika, 2 teaspoons brown sugar, 1 ½ teaspoon garlic powder, 1 ½ teaspoon onion powder, 1 teaspoon parsley flakes, ½ teaspoon salt, and a pinch of cayenne in a small bowl. Mix thoroughly.
5. As the students cook, review any learning objectives or talking points.
6. Prepare: 5 minutes
 - a. Assistant educator passes out a bowl of popcorn and plastic gloves to each group of students.
 - b. Drizzle 2 Tablespoons of olive oil over each bowl.
 - c. With gloved hands, spread the spice mix evenly over the popcorn and toss to combine.
 - d. For the Lemon Parmesan: Drizzle olive oil, black pepper, and lemon mixture over the popcorn. Toss to coat, then sprinkle with nutritional yeast and toss again.
7. Serve and enjoy.