Salted Caramel Corn

GLUTEN-FREE + VEGAN

Original Recipe Source:

The Sweet Life

http://www.thesweetlifeonline.com/2012/10/25/salted-caramel-corn

STEP 1:

Heat the oil in a 4-quart (or larger) pot over medium-high heat. Put 2 popcorn kernels into the pot and cover. When the kernels pop, carefully add the rest of the kernels. Shake the pot side to side slightly so that the kernels cover the bottom pan in an even, single layer. Cover and wait for kernels to pop. When popping slows, remove pot from heat, keeping the lid on for a few seconds as any remaining kernels pop. Remove lid, pour popcorn into a large bowl and set aside.

YIELDS:

4 (3 cup) servings

INGREDIENTS:

- ¼ cup popcorn kernels
- ¼ cup oil (such as coconut, grapeseed, safflower or peanut oil)
- 1 cup packed brown sugar
- ½ cup pure maple syrup or brown rice syrup
- ⅓ cup non-hydrogenated vegan butter (such as Earth Balance)
- ½ tsp salt
- ½ tsp baking soda
- 1 tsp vanilla
- ½ tsp sea salt

86L TIP:

If you care to add peanuts to your caramel corn, stir them into the caramel before pouring it over the popcorn.

STEP 2:

Preheat the oven to 250°F and lightly oil two baking sheets. In a medium saucepan, combine sugar, syrup, and vegan butter over medium heat. Stir together and bring to a boil. Boil for five minutes, stirring once.

STEP 3:

Remove from heat and add salt, baking soda and vanilla. Immediately pour over the popcorn slowly while mixing it in with a spatula.

STEP 4:

Once well combined, spread in a single layer on prepared baking sheets. Sprinkle with sea salt and bake for 30 minutes, stirring once. Remove from oven, stir once more and allow to cool for 10 minutes.

When completely cool, store in an airtight container for up to one week.