

Campfire Popcorn

Outdoor Cooking - You will need -

- 2x Metal Sieves
- A wooden pole
- Wire
- Safe Heat Source (Campfire, BBQ etc)
- Bowl

Indoor Cooking - You will need -

- Pan & Lid
- Bowl

Ingredients –

(Remember your personal portion sizes for each of the different food groups when choosing and adding your ingredients.)

- Oil
- Popcorn Kernels
- Natural Flavouring (if needed) - Cinnamon, Nutmeg, Ginger

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands

Please be mindful of the risks present when children are near heat or an open flames whilst cooking and supervise children at all times. Please see the HAF Recipe Book for details of campfire safety.



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Outdoor Cooking Method -

1. Place one sieve upside down on top of the other
2. Use some wire to attach your pole securely between the 2 handles of the sieves
3. Wait for all the flames of your fire to die down until you just have the hot embers
4. In a bowl coat your popcorn kernels in a little oil so they are fully coated
5. Place a handful of kernels into the middle of your sieves
6. Hold over the fire and watch them pop, keep giving them a little shake to ensure you have popped them all
7. Remove from the fire and allow to cool
8. Empty the popcorn into a bowl and add any flavouring

Indoor Cooking Method -

1. Add some oil to a pan and heat on the hob until hot
2. Carefully add the popcorn kernels and place the lid on the pan
3. Listen for them to start popping and keep shaking the pan to ensure you have popped them all
4. Remove from the heat and turn off the hob
5. Empty the popcorn into a bowl and add any flavouring

Notes -

Keep in a covered airtight container.

Eat within 48hrs



Find more recipe cards and cook-a-long videos at -
www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme