

The Perfect Popcorn Recipe (Vegan, Gluten-Free, Nut-Free, Soy-Free)

Altered from Simply Recipes
Makes 2 quarts

Ingredients:

- 3 Tablespoons peanut, grapeseed, or other high smoke point oil
- 1/4 teaspoon salt (or to taste)
- 1/3 cup of organic or non-GMO popcorn kernels

Heat the oil and salt in a 3-quart saucepan on medium high heat. Put 3 popcorn kernels into the oil and cover the pan. When the kernels pop, add the remaining popcorn kernels in an even layer. Cover, remove from heat and count 30 seconds. Return the pan to the heat. The popcorn should begin popping soon, and all at once. Once the popping starts gently shake the pan by moving it back and forth over the burner. When the popping slows to several seconds between pops, remove it from the heat, and serve.