

Choose Your Own Popcorn Seasoning!

Flavor Profiles: Foods can be divided into 5 different flavor profiles based on how they taste. They are salty/umami, bitter, spicy, sweet, or sour. Using the ingredients below see if you can match each ingredient to the correct flavor profile.

sea salt	cocoa powder
peppermint	cinnamon
parmesan cheese	soy sauce
dried seaweed	brown sugar
honey	hot sauce
lemon juice	maple syrup
rosemary	lime juice
chili powder	

Salty/Umami

- Sea salt
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-
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Bitter

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-
-

Sweet

-
-
-

Spicy

-
-
-

Sour

-
-

Answers: Salty/Umami - sea salt, seaweed, parmesan cheese, soy sauce Bitter - peppermint, rosemary, cocoa powder Spicy - cinnamon, hot sauce, chili powder sweet - honey, brown sugar, maple syrup Sour - lemon juice, lime juice

We can combine different flavors together to make yummy things. Like chocolate covered pretzels are sweet & salty or how chili powder and limes make things spicy and sour. Now you get to make your own popcorn seasoning! With the help of an adult, pop your popcorn and find ingredients in your fridge or pantry that you think will go well together!

INGREDIENTS

- 2 tablespoons oil
- ½ cup popcorn kernels
- Popcorn seasoning

INSTRUCTIONS

1. Prepare popcorn seasoning
2. In a large, heavy-bottomed saucepan over medium heat, combine the oil and 2 popcorn kernels. Cover the pot and wait for the kernels to pop, which might take a few minutes. In the meantime, place a large serving bowl near the stove so it's ready when you need it.
3. Once the kernels pop, turn off the burner, remove the pot from the heat and pour in the remaining popcorn kernels. Cover the pot again, and give the pot a little shimmy to distribute the kernels evenly. Let the pot rest for 60 seconds to make sure the oil doesn't get too hot before the kernels are ready to pop.
4. Turn the heat back up to medium, put the pot back onto the burner and continue cooking the popcorn, carefully shimmying the pot occasionally to cook the kernels evenly. Once the kernels start popping, tip the lid just a touch to allow steam to escape.
5. Continue cooking until the popping sound slows to about one pop per every few seconds. (If the popcorn tries to overflow the pot, just tip the upper portion of popcorn into your bowl and return it to the heat.)
6. Remove the lid and dump the popcorn into your serving bowl. Sprinkle the popcorn with your popcorn seasoning. Toss the popcorn and serve immediately, for best flavor and texture. The popcorn will taste good for several hours, though.



MY POPCORN SEASONING RECIPE

INGREDIENTS

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FLAVOR PROFILES:

INSTRUCTIONS:
