



UNIVERSITÀ
CATTOLICA
del Sacro Cuore



PRODUCTION OF APPROPRIATE FOOD: sufficient, safe, sustainable

Pop-Corn Preparation Protocol

1. Fully Grease the bottom of the pot (or pan) do not overdo it (the seeds must not fry, the oil is used mainly to prevent it from sticking to the bottom and so use its little as possible);
2. Heat the oil for 2-3 minutes (depending on the size of the pot) and add the seeds being careful to spread them as much as possible on the bottom of the pot;
3. Immediately cover with a lid.
4. When the seeds begin to "blow up" slightly raise the cover (leaving him on the pot) to allow steam to escape.
5. Finish cooking up until the "pops" can't be heard anymore.
6. Season with salt to taste.