

# Salted Caramel Popcorn

from Free Day Popcorn Company  
Makes about 40 cups of caramel corn

## Ingredients

- 1 cup unpopped popcorn kernels  
(Omega Mushroom™ works best!)
- 1 cup salted butter
- 1 cup light brown sugar
- 1/3 cup light corn syrup
- 2 tsp kosher or sea salt, divided

## Instructions

1. Preheat oven to 300°F
2. Line a large baking sheet with parchment paper. Set aside.
3. Pop Omega Mushroom™ kernels in oil on stovetop (Note: works best to pop in 1/2 cup batches).
4. Remove any old maids or half popped kernels.
5. Place popcorn in a large bowl
6. In a saucepan melt butter, brown sugar, corn syrup and 1 tsp salt together over medium heat. Bring to boil. Boil for 4 minutes without stirring.
7. Pour caramel mixture over popcorn and stir to coat evenly.
8. Pour popcorn onto lined pan, sprinkle remaining salt on top and place in oven. Bake for 30 minutes, turning every 10 minutes.
9. Allow popcorn to cool on a parchment lined counter. Break apart and store in an airtight container.



Note: Popcorn is freshest and best when consumed within a few days of making. However, if stored correctly, this salted caramel corn still tastes delicious a couple weeks later... if it lasts that long!



grown & harvested along the  
Kansas/Nebraska border by:  
**Free Day Popcorn**  
Company, LLC  
processed and packaged in Belleville, KS  
[www.freedaypopcorn.com](http://www.freedaypopcorn.com)