Follow the parallel paths of preparing popcorn.

Heating with steam from within the food is one of the unique features of preparing popcorn.

Select dry corn kernels, suitable for popping.

Home chefs usually use a heavy-bottomed pan with a tight-fitting lid.

Measure popping corn into heating vessel.

Add enough oil to coat the kernel.

Add heat. The kernels will start popping.

Listen for the pops to stop, and remove from heat source.

“Dress” the popcorn while it’s still warm with seasonings. Popcorn absorbs spices and butter best when it is still warm.

Small amounts (less than 2%) of seasonings and salt are added for flavor along with citric acid and an antioxidant (TBHQ) to maintain freshness.

How does popcorn pop?

A kernel of popcorn contains a drop of water inside the soft, starchy center. This soft center is surrounded by a hard surface, the hull. When a kernel is heated, the water drop expands, turning into steam. Continued heating of the steam builds pressure against the hard kernel outer surface, until POP!

Popcorn contains nearly four times more fiber per one-ounce serving than other typical snack foods.

Orville Redenbacher popping kernels are specifically bred in the Midwest (Indiana) for their fluffy popped texture.

How are foods prepared? Our kitchen compared to yours.

Popcorn