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## Perfect Popcorn

- 1 Heat the oil in a 3-quart thick-bottomed saucepan on medium-high heat. If you are using coconut oil, allow all of the solid oil to melt.
- 2 Put 3 or 4 popcorn kernels into the oil.
- 3 When the kernels pop, add the rest of the 1/3 cup of popcorn kernels in an even laver.
- 4 Return the pan to the heat. The popcorn should begin popping soon, and all at once.
- 6 Salt to taste.
- I love popcorn.

"Going in one more round when you don't think you can—that's what makes all the difference in your life." (R. Balboa)