

Popular Asian Fusion



Asian Popcorn Medley



Tamari and Spice Popcorn Mix

Our appreciation for Asian cuisine has long moved beyond takeout boxes and soy sauce. We're accustomed to finding shiitake mushrooms, lemon grass and sushi at the local grocer, and bottled green tea at the corner convenience store. Our own kitchens are stocked with fresh ginger, edamame, tofu, peanut and fish sauces. The recent Olympic games refueled our interest in Asian culture and reminded us how the cuisine is as intriguing as the countries it comes from.

Asian cooking brings together bold and varied flavors. It's easy to understand why we love it so and why we want these flavors in our diet. Adding a sweetly spicy touch to something as simple as popcorn makes even snack time come alive. The following "East meets West" recipes combine flavors of the Orient with popcorn. Popcorn is the perfect canvas to work with, allowing added flavors to shine through. And popcorn is a whole grain that provides fiber to the diet and is naturally low in fat and calories. Great news for your waistline and your taste buds.

Asian Popcorn Medley

- 6 cups popped popcorn
- 2 cups Oriental rice cracker mix
- 3 tbsp. butter or margarine
- 1 tbsp. soy sauce
- 1/2 to 1 tsp. ground ginger (may vary to taste)
- 1/2 to 3/4 tsp. sesame oil (may vary to taste)

- Mix popcorn and rice cracker mix together in a large bowl.
- In a small microwave-safe bowl, microwave butter on HIGH until melted, about 20 seconds. Stir in soy sauce, ginger and oil.
- Drizzle over popcorn mixture; toss.
- Spread mixture on a baking sheet and bake in a 300°F oven for 20 minutes, stirring once.
- Allow to cool, serve or store in airtight container.

Yield: 8 cups

Tamari and Spice Popcorn Mix

- 7 cups popped popcorn
- 4 cups crispy corn and rice cereal
- 1/2 cup peanuts
- 1/2 cup packed brown sugar
- 1/2 cup light or dark corn syrup
- 1/3 cup butter
- 2 tsp. tamari or soy sauce
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/8 tsp. cayenne, optional

- Preheat oven to 300°F. In a large, foil-lined baking pan, spread popcorn and cereal. Sprinkle peanuts on top; set aside.
- In a small saucepan, stir together brown sugar, corn syrup, butter, tamari sauce, cinnamon, ginger and cayenne, if desired, over medium heat. Cook and stir until butter is melted and mixture is blended. Pour over popcorn mixture and stir to coat.
- Bake 30 minutes, stirring twice. Remove from oven and stir; allow to cool. Break into pieces. Serve immediately or store in an airtight container.

Yield: 7 cups

