



Popcorn with Mint and White Garlic.



DIFFICULTY
EASY



TYPE OF CUISINE
MEDITERRANEAN



Nº OF DINERS
4



TYPE OF DISH
STARTER



PREPARATION TIME
10 MINUTES



GARLIC VARIETY
WHITE

Ingredients

- 4 cloves of White Garlic
- 200 gr of Corn grain.
- 1 sprig of fresh Mint
- 100 gr of Butter
- Fine Salt

Step by Step



1. Peel the Garlic cloves and dice in very small cubes (almost chopped).
2. Chop a few Mint leaves and set aside the rest.
3. Add a spoonful of Butter to a pan on medium heat, when it has melted, add the Garlic.
4. When it's slightly golden, add the chopped Mint.
5. Lastly, add the corn and cover the pan.
6. In a few seconds you will hear the corn grains popping against the pan's cover. When you hear almost nothing remove the pan from the heat.



DISH PRESENTATION:

7. Season the Popcorn with a pinch of salt and mix thoroughly.
8. Place the Popcorn in a container or bowl of your choice, we have chosen a metal bucket. Then add the rest of the Mint leaves.

TIPS FROM THE CHEF Miguel Ángel Mateos:

- The mixture between Garlic and Mint yields a very innovative flavour that combines really well with Corn.
- We must closely watch the heat, if it is too high we may unintentionally burn the Popcorn.
- This dish admits any spice or seasoning, whether sweet or salty, such as Curry, Paprika, Cinnamon, Honey...