

THE
GROWOLOGY
SCHOOL



COOKBOOK

The Marijuana Kitchen
Recipes Using Cannabis

Introduction

Welcome to the Growology School. People nowadays are more aware of marijuana or cannabis in terms of how it's beneficial for us. Cannabis has the component tetrahydrocannabinol (THC), which is a chemical compound found in the plant that gives a feeling of becoming high or for some euphoria. This high state makes our brain initiate numbness of pain somewhat and change our mood to gain its health benefits. The THC content is released only when subjected to heat from a source like lighting when smoking or when cooking it in situations where you infuse cannabis into your dishes.

Cooking cannabis for relief of pain has some benefits compared to smoking. Even though it may take effect to an hour or even more than that when you inhale or smoke cannabis. For people suffering from arthritis and using cannabis as medicine, this is actually a piece of very great news. The state of medication from consuming marijuana has the ability to last up to 8 hours, depending on the strain and how well you make your cannabutter or whatever method you are using. Eating cannabis with foods that are rich in fat and protein will ensure the cannabis effects last longer, whereas if you consume it in candy or sugary form, it won't last so long.

This book will take you to the journey of preparing cannabis as one of the main ingredients in making recipes that will satisfy your sweet tooth.

The Cannabis Kitchen

Chances are, you already have a cannabis kitchen, it just lacks cannabis. Before you dig into the recipes, there are a few basics to cover first, and this section of the book does it in three parts:

WHAT – What cannabis and cannabis edibles are and what you can expect when making and consuming them.

WHERE – Where and how to find cannabis for cooking at the best value.
HOW – How to combine essential skills and knowledge to make perfect marijuana edibles every time you cook.

If you are reading this book, I trust you already know the WHY: Because cannabis is a unique superfood that can dramatically improve your health and quality of life.

Why Cook with Weed Butter?

Cannabis sativa, reefer, reggie, weed, pot, herb, trees, ganja, green, loud, marijuana, or medicine. However you refer to it, weed combined with butter is much like liquid gold. For centuries, people have consumed cannabis-infused foods to assist with ailments like pain, lack of appetite, or simply to chill out. The potency of the weed butter you make is up to you. It can be powerful enough to ease chronic pain yet mild enough to allow a gentle mellowness to spread throughout the body and mind – sometimes needed after a stressful day. This versatility is what makes weed butter so great and why I’m here to help you along the way.

Ingesting cannabis as food turns out to be better for your health, especially for those concerned with the effects of smoking. Although the jury is still out on whether resin and smoke from cannabis is responsible for chronic illness, weed butters and oils are the perfect alternative for anyone prudent who prefers to avoid the health side effects (and occasional social stigmas) of smoking weed.

Whether you’re adding cannabis-infused butter (also known as cannabutter) into cookies, toast, or boxed macaroni and cheese, it’s a multi-use miracle. Inconspicuous and versatile, weed butter is one of the simplest ways to make an edible, and one of the least expensive ways to administer medical marijuana to a patient. Many store-bought

edibles contain obscene amounts of sugars and unwanted chemicals. But when making your own cannabutter out of butter or coconut or avocado oil, it can help you recover from the symptoms of chemotherapy or anorexia without unnecessary ingredients that are not suitable for certain patients. And still others can choose to add a recreational drizzle of weed olive oil onto avocado toast for a relaxing Saturday morning. The ways to implement weed butter or oils into your meals are as infinite as the foods we eat.

Eating cannabis-infused butters is a liberating and stigma-free way to consume cannabis; a vehicle to help elevate your mood, relieve pain, or both. Are you on your menstrual cycle and just want a spoonful of weed-infused Nutella to soothe your cramps or satisfy your sweet tooth? Did you have a bad week with work and are hoping to start the weekend with hash browns, bacon, and eggs with a bit of weed? Are you looking for something to alleviate the soreness from yesterday's leg day at the gym? (I'm saying this as if I know what a day at the gym is like, I don't). But either way, we got you – weed butter and I.

Let's take a step back for a moment to think about the power of food. This is a relationship that begins in infancy. Food nourishes us, helps us grow, and has the ability to bring people together in a way that nothing else can. Food is not political; it's not formed by religion or cultural bias. I know what some of you are saying, yes, it can be political, and yes, it has ties to religion and culture, but it didn't start that way, and it is far more universal than that. We are nourished by food, healed by food. It's as simple as that.

What we eat can be seen as the strongest link to our culture. It connects us to where we came from and to where we travel. Growing up in a West African immigrant household, I saw firsthand how the tradition of my parents' country stayed rooted in our everyday lives. So much so that when I finally arrived in Africa, I suffered from very little

culture shock and instead made connections that came from a much more innate foundation – mostly informed by the food I ate.

When I speak about food, I'm also referring to all of the herbs, plants, and flowers we eat. I was shocked to learn that broccoli, artichoke, and even plantains are flowers. This tradition of cooking with herbs and flowers existed since ancient times. It's easy to take for granted the abundance of exotic and nonnative produce, spices, and herbs that our modern pantries, refrigerators, and spice racks hold. There was a moment in time when all of these things were seen as sacred. That's how I view cooking with cannabis flowers, a.k.a. weed.

Food infused with cannabis has a long association with healing both the body and mind. The types of food we take in, especially superfoods, can help fill the void of what our body is lacking and craving in order to thrive. Nutritionally dense foods, or superfoods (cleverly named by marketers) like broccoli, blueberries, and leafy greens are absorbed to fortify our body with vitamins and nutrients. Cannabis, and by extension tetrahydrocannabinol (THC), could also be considered a superfood.

THC is what most people think of when they think of weed. It gives you the euphoric “high” effects, and can also affect the way you feel pain, hunger, and moods. It can help with inflammation, nausea, and nerve pain, and help increase appetites. No wonder it's used as a treatment for all types of diseases.

Cannabis as an entire plant is the multipurpose food of all foods. We can juice its leaves or grind the seeds to put in smoothies and baked goods. We can use its stalks to make rope, bricks, fuel, cloth, and paper. We dry its flowers to smoke, vape, or create oils to eat or apply directly onto our skin. I know it's corny, but for me, it doesn't get more super than that.

For the past several years as a creative in the cannabis industry, I've worked for the award-winning edibles company, Om Edibles, founded by Maya Elisabeth. Om Edibles has single-handedly pioneered a wide spectrum of uses for cannabis. Many were in disbelief that you could use cannabis oil to help treat lupus, eczema, or even fine lines and wrinkles. Om Edibles has been treating cannabis as a superfood for 10 years, and it goes to show that cannabis is not a passing phase but a medicine that has always been and is here to stay. Whether the leaves are consumed in a green cold press or the oil is drizzled over a salad (I'll show you how to make a cannabis-infused balsamic vinaigrette on page 68), taking in a dose of the superfood that is cannabis could be an amazing component of your anti-inflammatory, relaxation, and rejuvenating needs.

When we tap into all the health benefits of cannabis, we unlock and activate receptors in our body's endocannabinoid system. According to modern science, this means that every human body – and some of our four-legged friends, too – are born with receptors that accept more than 100 cannabinoids, like THC and CBD. The Department of Neuroscience at the University of the Basque Country says, "Cannabinoid receptors, located throughout the body, are part of the endocannabinoid system, which is involved in a variety of physiological processes including appetite, pain-sensation, mood, and memory."

When weed is cooked with fat, such as butter, oil, or even bacon grease, you're left with an ingredient that can be effortlessly used as the base for any snack or meal. Perhaps this is to entice your appetite, battle the pain of a cancer patient, or help someone who struggles with PTSD looking for a natural remedy to help them sleep without night terrors.

Combining fat and weed is essentially all you'll need to get started. But you can't just sprinkle your stash onto a recipe like salt; there's more to it than that. Creating truly great weed butter is an art in and of itself. In this book, you will learn the basics of how to extract weed into your coconut oil, fancy French butter from that expensive market, or virtually any fat you prefer. This is a cookbook for grandmothers, stoner bros, stay-at-home parents, soul food enthusiasts, and gourmet chefs alike. Make a small batch of butter for yourself or enough to throw an entire cannabis-infused dinner party. Either way you look at it, it's a dope skill to have (pun intended).

What is Weed Butter?

Also known as cannabutter, weed butter is one of the most essential components to making edibles. Typically, edibles are made from cannabis-infused fat, sugar, alcohol, or vegetable glycerin. (If you want to learn how to infuse sugar and alcohol, tell my publishers to offer me another book deal!) The fat in butter and oils, however, is the optimal way to transfer the THC from cannabis into an infusion. Turns out, depending on the method you use, you can transfer more than just the THC to the fat, but rather a full spectrum of the chemical components of cannabis. This includes the non-psychoactive properties of THCA, which quietly benefit our health. THCA is similar to CBD, the stuff that doesn't get you high. To learn more about CBD, check out *Healing with CBD: How Cannabidiol Can Transform Your Health without the High*, by Eileen Konieczny.

Eating Weed Butter vs. Smoking Weed

The liver runs through it. Ever wonder why, when eating edibles or weed butter, it takes longer to feel the high? It's because the weed takes a couple extra steps before entering our bloodstream. First it goes to the stomach, then our liver. The process can take up to three hours before our bodies feel the full effect. Bailey Rahn, an editor at

Leafly, reminds us that, “THC is metabolized by the liver, which converts it to 11-hydroxy-THC. This active metabolite is particularly effective in crossing the blood-brain barrier, resulting in a more intense high.” Smoking, however, goes through the lungs and immediately into the bloodstream, giving us that quicker, instantly gratifying high that we’re more accustomed to.

Be patient. I can’t stress this enough, but as a very important rule of thumb, when consuming edibles, start slow. Some may feel the effects of cannabis within 30 minutes, others not until three hours later. When testing your weed butter, test about ¼ teaspoon of the weed butter you make, or approximately one serving of your cannabis-infused dish. Wait about an hour. Take note of how you feel and let your body tell you whether this is a good amount, if you need more, or if you need less. Erring on the side of caution will ensure that you actually enjoy yourself and have a positive experience.

Experiment to find the perfect dose. This book will help you achieve an almost perfect dose, but know that edibles rarely have exactly the same potency from piece to piece, even when store bought. Not every single batch of butter or oil will be the same, unless they are tested by a laboratory. It will be difficult for you to ensure that each batch will be exactly the same. Perhaps the last batch was really mild and you want to double the serving into a dish that you are cooking or baking. While I encourage you to experiment with what potency works best for you, test each batch ahead of time before baking to ensure the most accuracy possible for the dish.

Dosing Canabutter and Weed Oil

Let’s be real: When it comes to edibles, most people make them far stronger than necessary. It’s both a waste of precious cannabis, and in my personal opinion, a gluttonous way to treat a sacred plant. It might be a good idea to remember that cannabis has the capacity to be a

strong medicine, hence the existence of medical marijuana. But I'm not here to preach, just to inform you that when it comes to making weed butter, less is more.

The horror stories associated with strong edibles are the only reason why edibles get such a bad rap. Everyone has that story – "I ate this edible and got soooo high that I [blank]." This is unfortunate, considering how many people could find relief or enjoyment with edibles, if they ate them responsibly.

How does one eat edibles responsibly? Well, by consuming the amount of cannabis that your body can physically and mentally handle. The good news is that you can never technically overdose on weed. And if you do it right, finding your perfect dose can be quite valuable and fun. Schedule a day or an evening to test your dosage sweet spot. When testing, consider your energy levels, emotional state, and daily workload. Despite the fact that I've consumed cannabis for 21 years, I'm a lightweight and prefer lower doses at or around 5 to 10 mg. What does that feel like? Here's a handy breakdown:

THC (mg)	Dose	Effects
0-2	Microdose	No noticeable euphoric effect
3-5	Low	Minimal noticeable euphoric effect
6-10	Minimum	This is on the lower side of what most legal and medical states consider to be a standard dose. Small euphoric effect.
11-15	Standard	This is your standard dose. 10 mg being the sweet spot. Moderate euphoric effect.

16-25	Experienced	Normal dose for an experienced user. Strong euphoric effect.
26-80	Very experienced	Very high dose, for intense pain relief.
81-100	Expert	Extremely high dose best administered by health professionals.
101+	Medical	Extremely high dose that should only be administered by health professionals.

Potency Chart

More than just a trend, microdosing and low dosing are an integral part of my personal philosophy when smoking, vaping, or eating edibles. I like to keep my THC serving sizes low. What's the point of making tasty edibles if you can't eat every last crumb? Eating in lower doses allows you to enjoy a full meal without feeling uncomfortably high. Each cannabis oil recipe in this book starts with either 7 grams (1/4 ounce) or 14 grams (1/2 ounce) of weed. This loosely translates to about 15 mg or 30 mg of THC, respectively, for each teaspoon of oil or butter used in the entire dish.

When testing for potency, remember that it will take some time for you to feel the effects and benefits of your cannabutter, canna-oil, or cannabis-infused food. When you eat an edible, unlike when you smoke a joint, the cannabis enters your bloodstream through your gut. This means that the THC or CBD gets absorbed at a slower rate than it does when smoking or vaping. Sometimes you might feel a more intense body high. As a rule of thumb, wait one to two hours to see how you feel before eating a second serving of your medicated meal. Try to do this on a day when you're able to chill out, in case you find that you've gotten too stoned.

Below is a handy chart to use when deciding on the potency of your weed butter. In this book, all recipes use the lowest dose, meaning that for every cup of weed butter or weed oil, there will be 700 mg of THC. Remember that 1 cup = 8 ounces = 48 teaspoons. If you've had a serving and don't feel anything after two hours, it's okay to try some more.

Weed Butter Potency

	Dose Quantity of weed, THC before infusion CBD/tsp	%THC/strain oil, or fat	Infused butter, THC or CBD/cup	or THC
Low	¼ ounce (7g) 14.58	10 percent	1 cup/2 sticks	700 mg
Moderate	½ ounce (14 g) 29.17	10 percent	1 cup/2 sticks	1400 mg
Potent	1 ounce (28 g) 53.33	10 percent	1 cup/2 sticks	2800 mg

The average strain of marijuana will contain approximately 10 percent of THC. However, different strains may have different percentages of THC and/or CBD. Take note of the labels on weed purchased from a dispensary or retailer, which should list the percentage. If they do not, find out the name or strain – it's always a good idea to know which strain you are using. If you know the name of your weed, you can easily look it up online. I know, the internet, right? On a secure device, simply search for the strain followed by "percentage of THC." Leafly.com is a great resource for this. If a strain is over 10 percent THC, add 70 extra milligrams for each additional percentage point. For example, if a strain is 11% THC and you infuse 1 cup of butter with 7 grams of cannabis, it will be 770 milligrams of THC total in the entire batch. Similarly, you

would wind up with 840 milligrams for a 12% strain, 1050 milligrams for a 15% strain, and so on. If your preferred cannabis strain is CBD dominant, use the same calculations above to reflect amounts of CBD in your infusion.

If you find that after testing, the batch of weed butter or oil you made was too weak for your preference, feel free to increase the grams of weed by increments of 7 to more easily calculate potency. For example, if the standard dose of 14 grams (1/2 ounce) is too low for you, but you don't want to add an entire ounce, just increase the amount of weed you're using by 7 grams for a total of 21 grams of cannabis – that's 3/4 ounce.

If you find that the batch is too strong, dilute your batch by adding one additional cup of butter, oil, or fat to your infusion, and mix evenly by shaking and stirring. Once it is cooled, try one teaspoon of the new mix and see how your body feels.

Dosing

When it comes to the ideal cannabis edibles dose, everyone is different – and I mean *drastically* different. Five milligrams of THC will be too much for some folks, while 105 milligrams won't be enough for others. This is because everyone's cannabinoid needs vary, and a lot of complex factors come into play regarding how individuals respond to marijuana.

California and Colorado have put caps of 10 milligrams of THC per serving on commercial edibles. While this might be perfectly reasonable for some people, others will feel absolutely nothing from such a low dose. When it comes to cannabis edibles, the best way to get exactly what you need is to make them yourself.

The Truth About Dosing

Just because a given recipe tells you to use a certain amount of cannabis does not mean it is going to deliver what YOU individually need, a reality which provides a continual source of frustration for home cooks.

For so long, home cooks used to pick a reasonable amount of marijuana to use based upon tolerance level and the strength of the plant material and hope for the best. It didn't always work so well. Some people made edibles far too strong for their tolerances, while others created foods that failed to deliver at all. Both scenarios waste weed.

Don't worry, I will teach you how to estimate the milligrams of THC per serving in your homemade edibles before you cook, so you'll always get what you need.

Testing Your Tolerance

All the talk of per-serving milligram doses is great, but the numbers mean nothing if you don't know your personal tolerance level. Here's how to find yours.

If you live in an area where you can buy commercial edibles, choose a lab-tested brand with a reputation for consistency, such as Cheeba Chews or Kiva. Alternatively, you can use homemade edibles to test your tolerance level, but first you will need to do the calculations in this chapter.

Once you know the amount of THC in your food, begin by eating a 10-milligram dose. If you are brand-new to edibles or consider yourself a "lightweight," begin with a 5-milligram dose. Make a note of how you feel a few hours later. If you felt good, congratulations. You have found your ideal dose range. If not, try eating 5 or 10 milligrams more the next day. Continue increasing the milligram amount day after day until you find a dosage amount that makes you feel good. Keep in mind the

point of the exercise is to find a comfortable therapeutic dose, not to get baked out of your mind.

If you don't know how strong a given batch of cannabis butter, oil, or other edible is, it's best to test the waters before chowing down with gusto. Start with a half portion, or even a quarter portion if you are sensitive to edibles. Wait at least three hours. If you feel the effects, don't eat any more. If you feel nothing, try another piece, or wait until the next day and try a larger portion. Even if you don't feel a "high," you will still be getting medicinal benefits.

The Homemade Edibles Dosing Formula

This four-step formula will give you as close an approximation as you can get in dosing homemade edibles without going to the expense of lab testing. If you are cooking with lab-tested cannabis, you can skip step 1 below and simply look on the label to find the percentage of THC.

Step 1: Estimate the THC Percentage of Your Cannabis

A US government study from 2009 says that the national average marijuana contains 10 percent THC, so start your percentage estimate at 10 percent and adjust up or down from there, keeping in mind that all marijuana is *not* created equal. The government-grown cannabis from the University of Mississippi supplied to researchers tops out at 3 percent THC, whereas a 2015 Colorado study saw some top-shelf strains from that state come in at a whopping 30 percent THC.

The following will give you typical THC percentages you are likely to encounter:

3 to 5%: Government weed or low-quality "schwag"

5 to 10%: Higher potency brick weed

10 to 15%: Decent quality trim and shake, average homegrown cannabis, a majority of black-market marijuana

15 to 25%: Most decent-quality dispensary cannabis and better-quality black-market marijuana

Above 25%: If you're lucky enough to find this, don't waste it cooking – smoke it or vape it instead

Step 2: Calculate the Amount of THC in Your Cannabis

For this example, let's use cannabis that is 10 percent THC. As 1 gram equals 1000 milligrams, calculate how much THC is in 1 gram of our starting material by multiplying the percentage of THC (.10 in this case) by 1000. So, $.10 \times 1000$ equals 100 milligrams THC per gram in our starting plant material.

Step 3: Calculate the Amount of THC in Your Homemade Infusions/Staples

To do this you need to decide how much cannabis you are going to use, and how much butter or oil (or other ingredient) you are going to infuse.

For this example, I will use the same amounts I used to create all the recipes in this book: $\frac{1}{2}$ ounce (14 grams) of marijuana make 1 cup (8 ounces) of cannabutter. Multiply the 14 grams of starting material by the 100 milligrams of THC per gram as determined in step 2 (14×100) and see that our 1 cup of infused butter contains 1400 milligrams of THC.

To calculate how much THC is in each ounce of butter, we divide 1400 milligrams of THC by the 8 ounces (1 cup) of butter, which gives us 175 milligrams of THC per 1 ounce of infused butter. Are you with me so far?

Step 4: Calculate the Amount of THC per Serving in Your Homemade Edibles

This calculation determines THC dosage in each serving of your finished recipe. To do this you will need to know how much of your infusion you will use in the recipe and how many servings the recipe makes.

Let's say you are going to use $\frac{1}{2}$ cup (4 ounces) of cannabutter to make 36 cookies. You already know the cannabutter contains 175 milligrams per ounce, so there will be 700 milligrams in the entire recipe (4×175). Now all you have to do is divide the total amount of THC (700 milligrams) in the recipe by the number of servings (36) the recipe makes, and you will see that each cookie will contain about 19 milligrams of THC.

If 19 milligrams THC was more than you wanted, you could cut the amount of cannabutter in the recipe and make up the difference in unmedicated butter. Conversely, if you want stronger cookies, you might opt to dissolve some decarboxylated kief or hash into your cannabutter by gently heating them together. This is how to play with recipes in order to get the exact dosage you want.

Calculating Dosages with Concentrates

If you are using concentrates, the process and calculations are the same, but what changes is the percentage of THC and the amounts you will typically use. In the absence of lab tests, check the potency of what you are using by smoking or vaping a little and estimate accordingly. Start your estimate in the middle range and adjust up or down depending on quality:

- The THC percentage for kief and water, or bubble hash, will weigh in between 30 to 50 percent, and in rare cases of exceptionally good product you might find 60 percent.

- For CO₂ or butane hash oils, the typical range is 50 to 70 percent, with exceptional product going up to 80 percent.

Calculating Dosages with Store-Bought Staples

When using store-bought staples, use the label to determine how many milligrams of THC are in the amount of infusion used in your recipe, then divide by the number of servings in the recipe.

Dosage Calculation Tips and Troubleshooting

Here are some tips:

- For your convenience, I have created a free online dosage calculator that does all the math and metric conversions for you. Find it at: bit.ly/dosingcalculator.
- It is not possible to predict CBD or other cannabinoid percentages without lab testing. If you are using lab-tested cannabis, you can use this formula to estimate the amount of any cannabinoid tested for.
- Even with decarboxylation, you might not convert 100 percent of the THCa to psychoactive THC, so it is best to estimate slightly less than the actual calculation.

Practical Tips on Buying, Storing, and Prepping Cannabis

Bringing marijuana home from your favorite purveyor is not like acquiring other produce as it will arrive in your hands already trimmed, dried, and ready for smoking or vaping. But there are a few things to know and do before cooking.

Buying

Outside of growing your own marijuana, you will rarely encounter trimmings, and you will never encounter stems or fan leaves. Even if you can get them, skip the stalks, stems, and large fan leaves as the proliferation of trichomes, the small resinous glands on the surface of

the plant that contain the cannabinoids and terpenes, is too small for the level of potency they add to infused ingredients.

Now that you know what not to cook with, let's explore the ideal cannabis cooking materials.

- **Trimmings** include tiny trichome-covered “sugar leaves” that surround the flower and small “popcorn buds” that grow near the bottom of the plant. You will rarely find trimmings for sale, but if you know anyone who grows, you might be able to get a good deal on them for cooking. It never hurts to ask.
- **Shake** is an economical cooking (or smoking) product comprised of small pieces that break off large buds and filter to the bottom of a large bag of marijuana. Shake is tasty and made from the same plants, but costs a fraction of the price of flowers. Not all vendors sell shake, but many do and others can get it if they have a customer who wants it, so always ask.
- **Marijuana buds or flowers** will probably be your only option, if you don't grow your own. Don't worry, it's still more economical than buying premade edibles. There is no need to buy the most expensive top-shelf marijuana for cooking. Just ask your seller for a reasonably priced potent strain.
- **Marijuana concentrates** like kief (the resinous trichomes with little to no plant material), hash (kief that has been heated and pressed), or hash oils (concentrated oils extracted using a solvent, usually CO₂ or butane) also make terrific cooking materials, although the latter will probably not be cost effective. Decarboxylated concentrates can be stirred directly into recipes or infused into butter, oil, or other ingredients.

Storing

Properly storing marijuana will help preserve its terpenes; however, there is no such thing as a marijuana expiration date. As long as it

shows no signs of mold or decay, you can cook with cannabis years after harvest and still achieve great results.

Here are some essential storage tips:

- Avoid plastic and store in an airtight glass container in a cool, dark place.
- Leave buds intact, waiting until you are ready to use them before crumbling or grinding.
- Avoid light damage by storing in a dark glass jar or storing clear jars in cool, dark cabinets.
- Marijuana's ideal humidity is 65 percent. Anything significantly lower than 50 percent can result in premature dryness, although that poses no problems for cooking. However, high humidity can result in moisture buildup and mold growth, so it is a good idea to open jars every few days if you live in a humid area. If your grower has properly cured their harvest, this won't be an issue.

Preparation

The first thing to ensure before cooking with cannabis is your kitchen area is properly prepped first. Use proper commonsense kitchen rules and be safe. Have a set of utensils and pans set aside purely for use in cooking with cannabis, to make sure there is no risk of cross-contamination and do make sure that your kitchen is well-ventilated – this is an incredibly aromatic process!

The real secret to becoming a cannabis chef is practice and this book offers the perfect start for your as a novice or even as an expert because recipes are clear, concise, and easy to follow. Here are some useful tips to keep in mind before we start.

- Measure out the food you use in your recipes is important, just as it is in any recipe.
- Do not overheat your cannabis. Although heat is needed to release the THC, overheating can damage some of the cannabinoids. Never use a microwave. Cook for longer periods at temperatures lower than 330°F.
- The flavor is important, so always test and be ready to improve on your recipes. Your cooking shouldn't have the single aim of creating a high; it should also taste nice too.
- Make sure you serve your cannabis meal in a relaxed atmosphere and have some good topics to hand for after-dinner conversation.
- Cannabis and alcohol don't mix very well, so drink no more than one glass of wine with the meal – do not get drunk. Cannabis works very well with both coffee and chocolate, so have these on hand for your guests?
- We know that, when eaten, cannabis can take an hour or two to have the desired effect. However, there will always be someone who can't wait for their high and will want more. This can be dangerous so make sure that every person is given a fair amount and never let anyone have a second portion.

Equipment

Having a good set of tools and equipment will be the first step in the success of your recipes. Like the way professional cooks work, you must have an organization of the ingredients, tools and equipment needed for the recipe to be made. You must be prepared in advance to have great focus when cooking already. Have everything at a hand's reach, and you will not fail at any given time. Good preparation will make your kitchen life easy, and outcomes are more successful. The following is a list of equipment and terms useful to the home baker.

BOWLS

Have an assortment of sizes of stainless steel and glass bowls available. Sizes used in the recipes range from small, heatproof 6-ounce bowl up 4- to 5- quart bowls.

COFFEE FILTERS

These are particularly useful infiltration of alcoholic tinctures. Please make sure to use the types of filters that are unbleached.

BAKING PANS

Recipes for cookies were tested using an 11 x 15-inch baking sheet, but you can use whatever you have on hand. Make sure you follow directions for spacing the cookie dough. Baking sheets are also good to place under anything baked in a tart pan or a spring form pan. Note that some recipes specify 10- x 15-inch sheets. An assortment of pan sizes are used in other recipes, including 10-inch spring form, 10-inch Bundt, 10-inch tart, and 8- and 9-inch square pans.

CANDY THERMOMETER

There are only a few recipes in this book that require a candy thermometer, and to make these, you can also use a laser temperature gun. You must have a laser temperature gun anyway; without it, you will not be able to determine the temperature of the cannabis you are decarboxylating. I mention the candy thermometer here only because you may already have one on hand, just sitting in a drawer and waiting for something to do.

COOKIE CUTTER

For the recipes in this book, we used a 2-inch-round cookie cutter, but a glass with a 2-inch diameter also works. If the dough sticks, dip the rim of the glass in flour.

FOOD PROCESSOR

Use in the preparation of tart and pastry crusts, toppings, and fruit, and for chopping nuts and graham crackers.

ICE CREAM MAKER

These can be manually operated by hand or can be powered by electricity, very useful for our ice cream and gelato recipes.

MASON JARS

These are ideal for storing cannabis buds, cannabis sugar, or any other cannabis-infused ingredients.

MEASURING CUPS

You will need both liquid measuring cups and dry ingredient measuring cups. Dry ingredient measuring cups are meant to be filled right up to the top and then leveled off with a straight edge. Liquid measuring cups, generally made of glass or clear plastic, have a pouring spout. They are made to be filled to the measurements on the side, which are usually in both cup and ounce measurements.

GRINDER

This little significant apparatus does exactly what the name says. At the point when the buds are ground up, they have more surface region, which means higher potency. This boosts the surface area of the plant matter that comes into contact with the item you will mix, for example, butter or coconut oil. An espresso grinder can also be a substitute, or you can purchase a grinder exclusively made for pounding weed. They can be purchased in shops that sell papers, bonds, pipes, and so on.

MIXER

A stand mixer or a handheld mixer is mostly used in the recipes of this book. Just make sure to invest in a heavy-duty one when buying to lessen the hassle or you fixing it when it overheats, or a part is

destroyed. If you don't opt to have one, you can still stick to the mix by hand of course with more muscle work included.

OFFSET SPATULA

This type of tool is a metal that has a thin blade that is bent about half an inch down the handle of the spatula. An offset spatula is usually used in lifting cakes and in smoothing the frosting a cake that a regular spatula can't reach.

PAINT STRAINERS OR CHEESECLOTH

These are much useful in pressing buds and cannabis-infused mixtures so that no pulp or excess material will be left. Many would prefer to paint strainers than cheesecloth because they are easier to use. They don't tear easily and can be used over and over again. But cheesecloth is also good, and you can easily buy it anywhere.

PARCHMENT PAPER OR SILICONE BAKING MATS

Liners are used to make sure that the baked goods won't stick on the bottom of the pan. It helps keep the shape of your baked goods, and it aids in removing the baked goods from the pan and sheets easily.

PASTRY BAGS AND TIPS

Used in piping frosting to our cakes with intricate details and uniformity, this can come in disposable or washable type. The tips have different designs that can be used in decorating your cakes. Some tips can be used in making buttercream flowers, leaves and lettering as well.

PYREX DISHES

You must have a variety of sizes available as they can be used for recipes if you don't have baking pans on hand. These are oven safe; that is why they come in handy when baking.

RUBBER GLOVES

Used mainly for sanitation and safety purposes, this can also help handle greasy or oily ingredients. Just make sure to change in between handling different ingredients to avoid cross-contamination.

RULER

Again, this tool is used for measuring accuracy, especially in slicing cakes, bars and brownies. Metal ones are ideal as they are easier to clean and won't accumulate mold, unlike the wooden ones.

SCALE

Digital is the most ideal, but traditional scales are also good. The scale you choose must be able to register grams and ounces. This tool is used for accuracy in measuring out your ingredients.

TEMPERATURE

This is needed when calibrating the heat of the oven and when decarboxylating. It is essential to have the proper temperature to avoid your goods from overbaking and under baking.

TIMER

These are useful to properly bake or cook your ingredients at the right amount of time.

WIRE COOLING RACKS

From its name, it allows the circulation on freshly baked goods, which aids in bringing down the temperature of it to retain shape and also to prevent the baked goods from overcooking.

TOOTHPICKS OR WOODEN SKEWERS

These are used in testing if the baked goods are cooked or not.

STRAINERS

Used in removing lumps when sifting through dry ingredients to have a smooth batter or mixture.

TORCH

This is used to caramelize the sugar when doing a Brulee. This can also come in handy when removing frozen goods from pans.

Prepping the Marijuana

Marijuana does not require much preparation, but there are a couple of necessary steps before you start cooking.

The Grind

In most every instruction you find, except mine, you'll be advised to finely grind your cooking cannabis, often using a food processor or coffee grinder. In fact, a popular commercial infused butter maker has this capability built into it with no way to bypass the function. Don't finely grind your weed.

The resinous cannabinoid and terpenoid-filled trichomes you are extracting are *on* the plant, not *in* it. Despite asking countless experts, I have never gotten a satisfactory answer as to why so many people finely grind their marijuana besides, "That's the way we've always done it."

The only thing fine grinding accomplishes is to deposit more plant material into your cannabis infusion, which likewise means the finished edibles will have a more pronounced cannabis flavor, something most people don't like.

My recommendation is to use your fingers or a handheld grinder to break up the plant material in much the same way you would if you

planned to roll it into a joint. There is no need to pulverize it into a fine powder.

Decarboxylation

The first thing you'll have to do, regardless of which method you're using, is decarboxylate your cannabis material. Also known as "decarbing," this requires you to bake your weed, allowing the THC or CBD to activate. Raw, unsmoked cannabis contains various cannabinoids, including THCA and CBDA. These cannabinoids need to be heated in order to turn into THC or CBD. This happens when you smoke a joint, for example. It's an instant decarboxylation that helps you to achieve your high. THCA is great for you too, but it won't give you the same effects as THC. Decarbing is a necessary step in order to enjoy the full spectrum of the cannabis you consume. Also, it allows for the lipids (such as fatty acids, waxes, and some vitamins) in the butter or oils to easily bind to your weed for the ultimate cannabis infusion.

Though you can use top-notch, beautiful cannabis flowers from your local dispensary, feel free to use trimmings, stems, and/or stalks. If you're someone who cultivates weed, it's a great way to cut back on waste while using the entire plant. Just be sure that the quality of the plant is clean (free of pesticides, mold, etc.) and that the material is frosty with some trichomes.

What You'll Need

Desired amount of weed (¼ ounce, ½ ounce or 1 ounce)

Hand grinder or scissors

Glass baking dish or sheet pan

Oven

What to Do

1. Preheat the oven to 220° F.

2. *Gently* break apart the desired amount of weed using a hand-grinder, scissors, or with hands until it's the perfect consistency for rolling a joint – fine, but not too fine. Anything too fine will slip through cheesecloth (or a joint, for that matter). You want your cannabutter and oil to be clean and as clear as possible.

3. Evenly spread your plant material onto the glass baking dish or sheet pan. Pop in the oven on the center rack for 20 minutes if using old or lower quality weed; 45 minutes for cured, high-grade weed; or 1 hour or more for anything that has been recently harvested and is still wet.

4. Check on the weed frequently while it's in the oven, gently mixing it every 10 minutes or so as to not burn it. You will notice that the color of your herb will change from bright green to a deep brownish green. That's when you know it has decarboxylated.

Is Decarboxylation Always Necessary?

You might wonder if you need to take the extra step of decarboxylating cannabis if you are going to turn it into an infusion that you will be cooking with later. You don't have to, but you may want to.

While cannabis will partially decarboxylate during cooking, lab tests show that even when making a long-cooking infusion, you can extract a bit more potency by taking the time to decarboxylate first. The difference might not be dramatic, but if your goal is to extract the maximum amount of THC possible from your marijuana, take the time to decarboxylate. If you plan on adding marijuana flowers, or a concentrate like kief, hash, or hash oil, directly into your foods without making an infusion, you will always want to decarboxylate first.

The reliability and stability of your oven temperature can affect how much of the THCa is converted to psychoactive THC, but if you decarb

and then infuse, you should be getting most, if not all, of it. Besides, any THCa left still imparts important medicinal benefits.

Those who want to make sure they convert 100 percent of the THC can invest in the NOVA, a small gadget that maintains proper time and temp to do just that. But know that a special device is not essential to decarb your cannabis and successfully make edibles.

Clarified Butter

Though not absolutely important, clarifying butter beforehand can result in a more even consistency of weed butter. Similar to ghee, clarified butter is butterfat that has been separated from milk solids and water.

What You'll Need

8-16 ounces butter

Saucepan

Mason jar or air-tight container

Spoon

What to Do

1. In a medium saucepan, heat your butter over medium-low heat until it melts.
2. Once it's fully melted into a liquid, gently skim the white milk solids and any water from the top of the butter with a spoon. Use in your infused cannabutter recipe, or transfer clarified butter into a mason jar or air-tight container for later use.

Cannabis Staples & Potency

Think of this chapter as the detailed instructions for the recipes in part 2 of this book. It will bring you up to speed with the basics before you actually get down to making infusions and cooking with cannabis.

Cannabis Staples

Infusions form the backbone of cannabis cooking, as most marijuana recipes call for a quantity of infused cannabis butter, cooking oil, or other staple (such as honey, cream, syrups, or alcohol) which in turn are mixed with other ingredients.

Recommended Infusion-Making Methods

Every cannabis cook has their favorite method of making infusions. It really is a matter of personal preference, what material you are infusing, and the amount you are making. Yes, if you are *very careful* you can infuse over direct heat on the stove top, but I usually tell people to avoid this as it is far too easy to render the whole thing useless by burning or overheating. Instead, try one of these easier infusion methods:

Slow Cooker

My personal favorite infusing tool is a slow cooker.

Pros

- Requires little to no monitoring. Simply stir in cannabis along with the oil or butter and walk away for hours.
- Maintains a steady low temperature.
- Pretty much foolproof.

Cons

- Requires buying a separate gadget if you don't already have one, albeit an inexpensive one that will last for many years.

Stove-Top Indirect Heat via Double Boiler

In the absence of a slow cooker, the indirect heat on the stove top is your next best option. A **double boiler** suspends a pot containing the plant material and infusion medium over another pot of simmering water. If you don't have a double boiler, you can improvise one by simmering water in a stockpot and suspending a covered saucepan over it.

Pros

- Maintains a steady low temperature.
- No need for extra gadgets.

Cons

- Requires frequent monitoring of simmering water level to prevent burning.

Stove-Top Indirect Heat via Mason Jar

Add the cannabis and infusion medium to a quart-sized mason jar. Place a folded kitchen towel in the bottom of the pot to diffuse some of the heat, then place the mason jar on top of the towel. Add water to the pot as far as you can without the jar floating. Simmer for about 4 hours, adding water as needed.

Pros

- Maintains a steady low temperature.
- No need for extra gadgets.

Cons

- Requires frequent monitoring of simmering water level to prevent burning.

Infusion-Making Tips

There are a number of things you can do to ensure the best results of your cannabis infusion cooking experiences:

- Stock up. Instead of having to plan well in advance each time you want to make edibles, keeping a stash of infused “staples” in your refrigerator or freezer allows you to create edibles on a whim.
- Be cautious with temperature. THC is completely burned off at 392°F, but starts to break down long before. Slow infusing over low temperatures yields the best results. Cooking in a slow cooker or in a double boiler ensures your infusion never gets too hot.
- When infusing with a double boiler, always cover the top pot to reduce the amount of evaporation.
- If infusing in a mason jar in simmering water, cover the jar, but “burp” (release the air inside) the jar every hour or so to relieve pressure buildup.
- For best flavor and texture, don’t grind your weed into a fine powder. Crumble with your fingers or use a coarse grinder.
- Improve the flavor of edibles by making extra strong infusions, as this allows you to use less in the finished recipe and still get a proper dose.
- A French press coffeepot makes separating plant material from the infused medium quick and easy.
- You also can strain infusions over a cheesecloth-lined strainer into a clean container.

What to Do if You Accidentally Consume Too Much Marijuana

Because it can take so long to feel the effects, there is no easier way to ingest too much marijuana than by eating it. People may eat some, think it’s not working because it can take well over an hour to feel the effects, eat more, and inadvertently ingest too much.

The first thing to do if you or someone you know has consumed too much marijuana is to stay calm. It might be uncomfortable, but it is not dangerous and the side effects will pass in a few hours. There is no such thing as a fatal marijuana overdose. You will not stop breathing and your organs will not shut down. Cannabis simply does not work that way in the body.

Here's what to do if you ever feel too high:

Chew peppercorns. Due to their similar terpenoid profiles and how the plants interact, black peppercorns can counteract high levels of THC. Try chewings on two or three peppercorns for a few minutes when feeling too high, and enjoy relief in minutes.

Consume CBDs. Cannabidiol can also counter the effects of too much THC. My favorite remedies are CBD breath sprays – a few spritzes and you will almost instantly feel yourself starting to come down – but CBD in any form will work.

Eat and Drink. Drink plenty of water and, unless you are feeling nauseous, get some nonmedicated foods in your system. Edibles are felt more profoundly on an empty stomach.

Sleep it Off. The best thing to do when you have ingested too much marijuana is go to bed and get some sleep.

Recipes

Cannabis Butter

Makes 1 cup

Prep Time: 5 Minutes

Infuse Time: 4 to 6 Hours

Vegetarian, gluten-free, nut-free

Cannabutter is one of the cannabis cook's best friends. You'll use it for most of the baking you do and in lots of other recipes. For best results and maximum versatility, use unsalted butter.

Dosage when made with 10% THC cannabis: About 175 mg THC per ounce

1 ¼ cups butter

½ ounce crumbled decarboxylated cannabis

To Make in a Slow Cooker

Add the butter and cannabis to the slow cooker, cover, and cook on low for 4 to 6 hours, stirring occasionally if desired.*

To Make in a Double Boiler

Add the butter and cannabis to the top of a double boiler and cook over simmering water for about 4 hours. Check the water level frequently and add more as necessary to keep several inches of simmering water in the lower pot. Stir the butter occasionally.*

To Make in a Mason Jar

1. Bring a saucepan of water to a simmer and place a clean, folded kitchen towel in the bottom of the pan.
2. Put the butter and cannabis in a mason jar and cover with the lid.
3. Place the jar on the towel in the simmering water for about 4 hours. Check the water level frequently and add more as necessary. Stir the butter occasionally. Open the jar every hour or so while infusing in order to relieve any pressure buildup.*

* Drain and strain the butter as outlined in the general instructions at the beginning of this chapter. Label and store in an airtight container in the refrigerator for up to 1 month.

Storage Tip

For longer storage, put in an airtight plastic container and freeze, then remove just the amount you need to cook with. Fats can go rancid even in the freezer, so use within 6 months.

Cannabis Oil

Makes 1 Cup

Prep Time: 5 Minutes

Infuse Time: 4 to 6 Hours

Nut-free, vegetarian, gluten-free, dairy-free

You can infuse any type of edible oil, so use whatever works best for the recipes you plan to cook. I try to keep a variety of infused oils on hand. Vegetable, olive, and coconut oil will cover most recipes you'll want to make.

Dosage when made with 10% THC cannabis: About 175 mg THC per ounce

1 ¼ cups edible oil of your choice

½ ounce crumbled decarboxylated cannabis

To Make in a Slow Cooker

Add the oil and cannabis to the slow cooker, cover, and cook on low for 4 to 6 hours, stirring occasionally if desired.*

To Make in a Double Boiler

Add the oil and cannabis to the top of a double boiler and cook over simmering water for about 4 hours. Check the water level frequently and add more as necessary to keep several inches of simmering water in the lower pot. Stir the water occasionally.*

To Make in a Mason Jar

1. Bring a saucepan of water to a simmer and place a clean, folded kitchen towel in the bottom of the pan.
2. Put the oil and cannabis in a mason jar and cover with the lid.
3. Place the jar on the towel in the simmering water for about 4 hours. Check the water level frequently and add more as necessary. Stir the oil occasionally. Open the jar every hour or so while infusing in order to relieve any pressure buildup.*

* Drain and strain the oil as outlined in the general instructions at the beginning of this chapter. Label and store in a glass jar with an airtight lid.

Storage Tip

I find it handy to freeze medicated oils and butter in ice cube trays to make it easy to remove just a small amount.

Cannabis Milk or Cream

Makes 1 Cup

Prep Time: 5 Minutes

Infuse Time: 1 to 1 ½ hours

Vegetarian, gluten-free, nut-free

Dairy products can curdle when exposed to too much heat and ultra-long cooking times, which is why I prefer the double-boiler or mason jar technique for this infusion. Infused dairy products are handy not

only for recipes, but also to quickly medicate drinks like coffee, tea, or hot cocoa.

Dosage when made with 10% THC marijuana: About 175 mg THC per ounce

1 ¼ cups milk or heavy (whipping) cream
½ ounce crumbled decarboxylated cannabis

To Make in a Double Boiler

Add the milk or cream and cannabis to the top of a double boiler and cook over simmering water for about 1 hour. Check the water level frequently and add more as necessary to keep several inches of simmering water in the lower pot. Stir the milk occasionally.*

To Make in a Mason Jar

1. Bring the saucepan of water to a simmer and place a clean, folded kitchen towel in the bottom of the pan.
2. Put the milk or cream and cannabis in a mason jar and cover with the lid.
3. Place the jar on the towel in the simmering water for about 1 ½ hours. Check the water level frequently and add more as necessary. Stir the milk occasionally. Open the jar every hour or so while infusing in order to relieve any pressure buildup.*

* Drain and strain as outlined in the general instructions at the beginning of this chapter. The length of time milk or cream will stay fresh in the fridge depends on how fresh the milk was to begin with. It's usually safe for 3 to 5 days or until the milk begins to sour. Label and store in an airtight container.

Variation Tip

You can also infuse half-and-half as well as vegan milks, such as almond, soy, or coconut milk, using these same instructions. THC binds best in the presence of fat, so avoid fat-free products.

Cannabis Honey or Syrup

Makes 1 Cup

Prep Time: 10 Minutes

Infuse Time: 6 to 8 Hours

Vegetarian, gluten-free, dairy-free, nut-free

These instructions work for any sticky, syrupy substance, such as honey, maple syrup, agave sweetener, corn syrup, or molasses. Since the cannabis is placed in a cheesecloth bundle during the infusion process (which makes cleanup fair easier), less cannabis is used, so it's best to give these staples a bit more time to infuse. It's also a good idea to stir more frequently.

Dosage when made with 10% THC cannabis: About 85 mg THC per ounce

¼ ounce crumbled decarboxylated cannabis

1 ½ cups honey, agave sweetener, maple syrup, corn syrup, or molasses

Cut a 10-by-10-inch piece of cheesecloth and place the cannabis in the center of it. Gather the cheesecloth corners together and tightly tie with kitchen twine to make a bundle.

To Make in a Slow Cooker

Add the honey to the slow cooker along with the cannabis bundle, cover, and cook on low for 6 to 8 hours, stirring every hour or two to move the bundle around.*

To Make in a Double Boiler

Add the honey and cannabis bundle to the top of a double boiler and cook over simmering water for about 6 hours. Check the water level frequently and add more as necessary to keep several inches of simmering water in the lower pot. Stir the honey occasionally.*

To Make in a Mason Jar

1. Bring a saucepan of water to a simmer and place a clean, folded kitchen towel in the bottom of the pan.
2. Put the honey and cannabis bundle in a mason jar and cover with the lid.
3. Place the jar on the towel in the simmering water for about 6 hours. Check the water level frequently and add more as necessary. Stir the honey occasionally. Open the jar every hour or so while infusing in order to relieve any pressure buildup.*

* To drain, cool until the bundle can be safely handled, then squeeze out as much honey as possible. Discard the bundle. Label and store honey in an airtight jar in the refrigerator for up to 6 months.

Ingredient Tip

For a healthy way to use up every last drop of infused sweetness, after squeezing out as much honey or syrup as you can from the cannabis bundle, drop the bundle in a teapot with a few tea bags and pour boiling water over it. Steep for a few minutes, then strain into cups for a delicious, medicated tea.

Cannabis Simple Syrup

Makes 1 Cup

Prep Time: 5 Minutes

Infuse Time: 1 ½ to 6 Hours

Vegan, gluten-free, dairy-free, nut-free

This version of the bartender's staple is a great way to simultaneously sweeten and medicate cold drinks – think iced tea and iced coffee drinks, summer fruit punches, Mexican-style *aguas frescas*, and more. Edibles are all about refreshing, restoring, and healing, and this simple syrup offers an easy path to relief.

Dosage when made with 10% THC cannabis: About 85 mg THC per ounce

1 ¼ cups water

1 ¼ cups granulated sugar

¼ ounce crumbled decarboxylated cannabis

To Make in a Slow Cooker

Add the water, sugar, and cannabis to the slow cooker, cover, and cook on low for about 2 hours, stirring occasionally if desired.*

To Make in a Double Boiler

Add the water, sugar, and cannabis to the top of a double boiler and cook over simmering water for about 1 ½ hours. Check the water level frequently and add more as necessary to keep several inches of simmering water in the lower pot. Stir the syrup occasionally.*

To Make in a Mason Jar

1. Bring a saucepan of water to a simmer and place a clean, folded kitchen towel in the bottom of the pan.
2. Put the water, sugar, and cannabis in a mason jar and cover with the lid.
3. Place the jar on the towel in the simmering water for about 6 hours. Check the water level frequently and add more as necessary. Stir the syrup occasionally. Open the jar every hour or so while infusing in order to relieve any pressure buildup.*

* Drain and strain as outlined in the general instructions at the beginning of this chapter. Label and store in an airtight container in the refrigerator for about 6 months.

Variation Tip

Add a handful of other flavorful herbs to your infusion to make gourmet drinks like mint iced tea or lavender lemonade.

Cannabis Tincture

Makes 1 cup

Prep Time: 5 Minutes

Infuse Time: 4 Days

Vegan, gluten-free, dairy-free, nut-free

Alcohol-based tinctures could not be easier to make or use to medicate most any recipe – just stir in a few drops. Besides enhancing edibles, tinctures are also effective when taken sublingually. Place a few drops under your tongue and feel the effects far faster than waiting for an edible to digest.

Dosage when made with 10% THC cannabis: About 175 mg THC per ounce

1 1/8 cups high-proof alcohol, such as Everclear, 151 rum, or high-proof vodka

½ ounce crumbled decarboxylated cannabis

1. Put the alcohol and cannabis in a mason jar. Cover tightly and shake. Store in a cool, dark cabinet and let steep for 4 days, taking the jar out to shake each day.

2. Strain by pouring through a cheesecloth-lined strainer or through a fine-mesh yogurt strainer. Label and store in an airtight, dark glass bottle in the fridge. Tinctures will keep almost indefinitely.

Variation Tip

You can substitute other alcohols like tequila, whiskey, or bourbon, but generally speaking, the higher the proof, the better your tincture will infuse. For lighter dosed, infused alcohols to use in cocktails, increase the amount of spirits in this recipe to 4 cups.

Cannabis Sugar

Makes 1 Cup

Prep Time: 5 Minutes

Infuse Time: 1 Hour

Vegan, gluten-free, dairy-free, nut-free

In addition to endless uses in all kinds of recipes, medicated granulated sugar offers a discreet way to add a little cannabis to coffee, tea, cereal, or anything else you'd sprinkle sugar in. Like the other infusions, it's easy to make and keep on hand so you never need to be without a quick medicating dose when you need it most.

Dosage when made with cannabis tincture: 175 mg THC per cup

1 cup granulated sugar

2 tablespoons cannabis tincture made with Everclear

1. Preheat the oven to 200°F.
2. Put the sugar and cannabis tincture in a small bowl and mix thoroughly. The mixture will be a bit grainy.
3. Spread sugar in a thin layer on a baking sheet. Bake for 1 hour, removing the pan to stir the sugar every 15 minutes. The sugar

will have a dry consistency with all the alcohol evaporated when it is done.

4. Let it cool. If the sugar has lumps, run it through a blender or food processor, or alternately press the sugar through a sieve to restore its normal texture. Store in an airtight container at room temperature. It will keep indefinitely as long as it doesn't accumulate any moisture, in which case it will turn gummy.

Ingredient Tip

It's important to use tincture made from Everclear or another extremely high-proof alcohol when making cannabis sugar. Lower proof alcohols contain too much water, which can make the mixture a gummy mess.

Marijuana Mayonnaise

Makes $\frac{3}{4}$ cup

1 Tbsp = 1 serv

Prep Time: 5 Minutes

Vegetarian, gluten-free, dairy-free, nut-free

With a blender or food processor, you can make homemade mayonnaise in just minutes. This version is so easy to whip up and superior in taste to store-bought mayo, you'll never need to buy it again. If you have infused oil on hand, it takes no extra time to make it medicated.

Dosage when made with cannabis oil: About 25 mg per tablespoon

2 egg yolks

4 teaspoons freshly squeezed lemon juice

1 teaspoon Dijon mustard

$\frac{3}{4}$ cup vegetable oil

¼ cup cannabis oil

Salt

Freshly ground black pepper

1. Put the egg yolks, lemon juice, and mustard in a food processor or blender and process until well combined.
2. With the machine running, drizzle in the vegetable oil and cannabis oil in a slow, steady stream. The mixture will thicken as it emulsifies but will not be quite as thick as commercial mayonnaise.
3. Season with salt and pepper. Refrigerate in an airtight container, use within 2 days.

Ingredient Tip

Look for pasteurized eggs to avoid possible foodborne illness in raw eggs, especially if you have a compromised immune system.

Cannabis Pesto

Makes 1 Cup

2 Tbsp = 1 Serv

Prep Time: 10 Minutes

Vegetarian, gluten-free

Serve this versatile, cannabis-fortified pesto sauce with pasta, or over steamed or grilled vegetables, chicken, fish, or tofu for an instant meal. You can even use a light coating of pesto instead of sauce on pizza.

Dosage when made with cannabis oil: About 20 mg per 2 tablespoons

1 cup loosely packed fresh basil

½ cup freshly grated Parmesan cheese

¼ cup toasted pine nuts or walnuts

¾ teaspoon minced garlic
¼ cup plus 2 tablespoons extra virgin olive oil
2 tablespoons cannabis olive oil
Salt
Freshly ground black pepper

Add the basil, Parmesan, nuts, and garlic to a food processor or blender. Process to mix. With the machine running, drizzle in the olive oil and cannabis oil in a slow, steady stream. Season with salt and pepper. Refrigerate in an airtight container for up to 5 days or freeze for up to 1 month.

Storage Tip

Freeze extra pesto sauce in ice cube trays, then transfer the frozen pesto cubes to plastic freezer bags for longer storage. When ready to use in cooking, simply remove the amount you need.

Cannabis Vinaigrette

Makes 1 Cup

1 Tbsp = 1 Serv

Prep Time: 10 Minutes

Vegetarian, gluten-free

Vinaigrettes, mixtures of seasoned oil and vinegar or citrus juice, are easy ways to use cannabis-infused oil. The flavor possibilities are endless when you try different ingredient combinations. Discover the versatility of vinaigrettes as salad dressings, or add a dash of flavor and medication to steamed or grilled veggies, fish, poultry, or meats.

Dosage when made with cannabis oil: About 20 mg per tablespoon

Basic Medicated Vinaigrette

½ cup extra virgin olive oil or vegetable oil
¼ cup cannabis oil
¼ cup vinegar or other acid, such as freshly squeeze lemon or lime juice
Flavoring ingredients, such as mustard, soy sauce, hot sauce,
Worcestershire sauce, sesame oil, walnut oil, grated ginger, citrus zest,
or grated cheese
A touch of sweetness to bring out flavor, such as sugar, honey, agave,
or maple syrup
Herbs, spices, salt, and freshly ground pepper

Whisk together all the ingredients or combine in a blender or food processor until emulsified. Refrigerate in an airtight container for up to 5 days. Always shake the container before using.

Italian Parmesan Vinaigrette

¾ cup extra virgin olive oil
¼ cup cannabis oil
¼ cup red wine vinegar
2 tablespoons grated parmesan cheese
2 teaspoons Dijon mustard
1 teaspoon minced garlic
1 teaspoon dried parsley
¼ teaspoon sugar
Salt
Freshly ground black pepper

Asian Vinaigrette

½ cup vegetable oil
¼ cup cannabis vegetable oil
¼ cup rice vinegar
1 tablespoon minced ginger
2 teaspoons toasted sesame oil
2 teaspoons soy sauce

2 teaspoons honey or agave
1 teaspoon minced garlic

Lemon Vinaigrette

$\frac{3}{4}$ cup extra virgin olive oil
 $\frac{1}{4}$ cup cannabis oil
 $\frac{1}{4}$ cup freshly squeezed lemon juice
1 teaspoon minced garlic
1 teaspoon dried oregano
 $\frac{1}{4}$ teaspoon sugar

Variation Tip

Try countless vinaigrette variations by changing the types of oils, vinegars or other acidic ingredients, and seasonings.

Cranberry Hemp Seed Granola

Makes 3 Cups

$\frac{1}{2}$ Cup = 1 Serv

Prep Time: 10 Minutes

Bake Time: 35 Minutes

Vegetarian, gluten-free, dairy-free

Making homemade granola is so quick and easy, you'll never be tempted to buy store-bought versions again. I prefer using infused coconut oil in this recipe for the fabulous flavor it adds, but any infused edible oil will work in its place.

Dosage when made with cannabis oil: About 25 mg THC per serving

1 $\frac{1}{2}$ cups rolled oats
 $\frac{3}{4}$ dried cranberries
 $\frac{1}{3}$ cup sliced almonds

1/3 cup sweetened coconut flakes
¼ cup hulled hemp seeds
¼ cup honey
1/8 cup cannabis oil, melted if using coconut oil
1/8 cup coconut oil, melted, or other oil
1 egg white
¼ teaspoon cinnamon
1/8 teaspoon salt

1. Preheat the oven to 300°F. Line a large baking sheet with parchment paper.
2. In a large bowl, mix together the oats, cranberries, almonds, coconut flakes, and hemp seeds.
3. In a small bowl, whisk together the honey, cannabis oil, coconut oil, egg white, cinnamon, and salt. Pour this mixture over the oat mixture and stir until well combined.
4. Spread the oat mixture in a thin, even layer on the prepared baking sheet. Bake for about 35 minutes or until browned to your liking, stirring the granola every 10 minutes or so during baking.
5. Let cool and store in an airtight container for up to 2 weeks or more (if you can resist temptation and make it last that long).

Ingredient Tip

Hemp seeds contain almost no THC but are fiber-rich nutritional powerhouses containing high levels of omega-3 and omega-6 fatty acids, proteins, and minerals.

Banana Bread

Makes 7 Mini Loaves

½ Loaf = 1 Serv

Prep Time: 10 Minutes

Bake Time: 25 Minutes

Vegetarian, nut-free

Sweet bananas make a casual anytime cake that needs no frosting. The trick is that the bananas need to be very, very ripe so they can be mashed until smooth. Bananas become sweeter the longer they ripen.

Dosage when made with cannabis butter: About 25 mg THC per serving

Vegetable shortening or nonstick cooking spray

$\frac{3}{4}$ cup all-purpose flour

$\frac{1}{2}$ cup whole-wheat flour

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ cup packed brown sugar

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon nutmeg

1 $\frac{1}{2}$ cups mashed bananas (about 4 medium bananas)

$\frac{1}{4}$ cup buttermilk

$\frac{1}{4}$ cup cannabis butter at room temperature

2 tablespoons honey

1 large egg

1 teaspoon vanilla extract

1. Preheat the oven to 350°F. Grease 7 (2 $\frac{3}{4}$ -by-3 $\frac{3}{4}$ -inch) mini-loaf pans with the vegetable shortening or nonstick cooking spray.
2. In a medium bowl, combine the all-purpose flour, whole-wheat flour, sugar, brown sugar, salt, baking powder, baking soda, and nutmeg and stir to mix.
3. In a large bowl, combine the mashed bananas, buttermilk, cannabis butter, honey, egg, and vanilla extract and beat well with an electric mixer or by hand.

4. Add the dry ingredients to the large bowl and mix until just combined. Do not overmix.
5. Fill the loaf pans slightly more than half full.
6. Bake until a toothpick inserted into the center of the loaf comes out clean, 20 to 25 minutes.
7. Cool the loaves in the pans on a wire rack for about 10 minutes before removing them to finish cooling on the wire rack. Serve warm or at room temperature. Individually wrap the loaves in plastic wrap, and they will keep for about three days, or they can be frozen for several months.

Variation Tip

Mix and match 1 cup of any of these into the batter for a flavor boost: toasted nuts, sweetened-dried cranberries, fresh blueberries, raisins, chocolate chips, white chocolate chips, peanut butter chips.

Carrot Raisin Bran Muffins

Makes 12 Muffins

1 Muffin = 1 Serv

Prep Time : 15 Minutes

Bake Time : 25 Minutes

Vegetarian

Sweet carrots and raisins combine with nutty bran flakes to make these hearty, healthy muffins. It's important to use a neutral oil like vegetable oil with this recipe – or any quick bread – so as not to dull the flavors. Nut oils will overpower the other ingredients.

Dosage when made with cannabis oil: About 25 mg THC per serving

1 cup milk

1 cup shredded carrots

¼ cup cannabis vegetable oil
¼ cup vegetable oil
1 egg
2 teaspoons finely grated orange zest
1 ½ cups crushed raisin bran flake cereal
1 ½ cups all-purpose flour
1/3 cup sugar
1/3 cup firmly packed brown sugar
1 tablespoon baking powder
2 teaspoons pumpkin pie spice
½ teaspoon salt
1 cup raisins
¾ cup chopped walnuts or pecans (optional)

1. Preheat the oven to 375°F. Place paper liners in 12 regular-size muffin cups.
2. In a medium bowl, whisk together the milk, carrots, cannabis oil, vegetable oil, egg, and orange zest until combined.
3. In a large bowl, combine the bran flakes, flour, sugar, brown sugar, baking powder, pumpkin pie spice, and salt.
4. Add the wet ingredients to the dry and stir just until all the flour is moistened. The batter will be lumpy.
5. Stir in the raisins and walnuts (if using).
6. Spoon the batter into the prepared muffin cups, filling each about three-quarters full.
7. Bake until the muffin tops have browned and a toothpick inserted into the center comes out clean, about 25 minutes. Serve warm, or cool to room temperature on a wire rack. Store the muffins in an airtight container at room temperature for about 3 days.

Storage Tip

Like most muffins and quick breads, this recipe freezes well. Individually wrap the muffins in plastic wrap, stack them between layers of waxed

paper, and store in zip-top plastic freezer bags. Thaw at room temperature and enjoy.

Dutch Baby Pancake

Serves 2

Prep Time: 5 Minutes

Bake Time: 25 Minutes

Vegetarian, nut-free

This fluffy baked pancake is certain to receive oohs and ahhs when you remove it from the oven – and your guests never need to know how easy it is to make. Of course, when serving an edible to someone else, always get their permission and inform them of the dosage level.

Dosage when made with cannabis milk or cream: About 40 mg THC per serving

¾ cup milk

¾ cup all-purpose flour

3 eggs

1 tablespoon cannabis milk, cream, or half-and-half

1 tablespoon sugar

½ teaspoon salt

1/8 teaspoon ground nutmeg (optional)

¼ cup unsalted butter

Juice of ½ lemon

2 tablespoons confectioners' sugar

1. Preheat the oven to 425°F.
2. In a large bowl, whisk together the milk, flour, eggs, cannabis milk, sugar, salt, and nutmeg (if using) until combined and lump free.

3. Melt the butter in a large, preferably cast iron, skillet over medium heat. As soon as the butter is melted, pour the batter into the pan. Transfer the skillet to the oven and bake for about 20 minutes or until the pancake is puffed and golden brown. Lower the oven temperature to 300°F and continue baking for 5 more minutes.
4. Remove from the oven, sprinkle with lemon juice and confectioners' sugar, and serve immediately.

Variation Tip

To make an apple Dutch Baby Pancake, peel and dice 1 apple and toss it with 1 tablespoon of sugar and ½ teaspoon of cinnamon. Prior to step 3, sauté the sugared apples in 1 tablespoon of unsalted butter over medium-high heat until slightly softened, about 5 minutes. Transfer the apples to a plate and wipe out the pan. Melt the butter as in step 3, return the apples to a small pile in the center of the skillet, pour the batter around the apples, and bake as directed in step 3.

Mini Bacon, Egg, and Cheese Quiches

Makes 24 Mini Quiches

Prep Time: 20 Minutes, Plus 30 Minutes to Chill

Bake Time: 40 Minutes

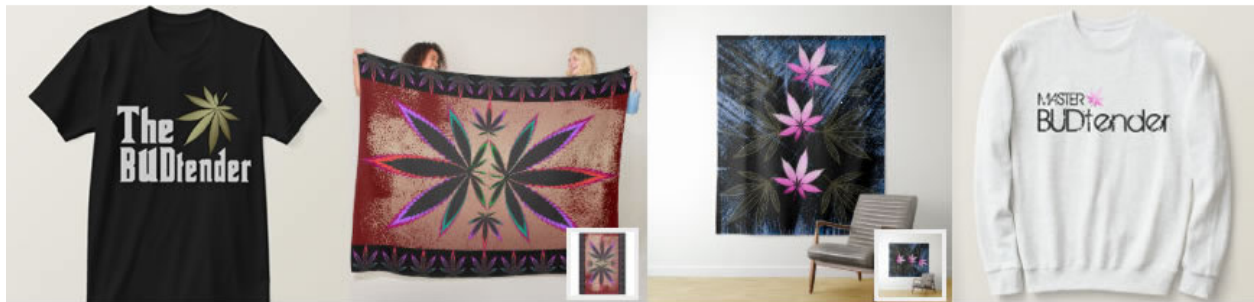
Nut-free

Mini muffin pans make it easy to create delicious, bite-size quiches, so you can eat as many as your dosage needs merit. While I make this recipe with classic breakfast flavors, feel free to play with it and add your favorite omelet.

Final Words

I hope you found our workbook helpful. You should now know how to start cooking with your own marijuana at home.

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