

COOKING WITH CANNABIS

Brought to you by The Herb Clinic



CANNABIS COOKING CALCULATION

Convert your cannabis from grams to milligrams.
Example using 10% THC

- **28.3 grams is approximately equal to one ounce**
- **28.3 grams x 1000 = 28,300mg of THC**
- **28,300 x 10% of THC level = 2830mg of THC per batch**

2830 divided by 32 tbsp (1 pound of butter) =
88.4mg THC of per tbsp of butter

To determine the dosage per serving, take the total
number of THC your dish has and divide by the
number of servings it yields.

At the above levels (88.4mg), if your dish calls for 1
tbsp of butter and yields 6 servings, then your THC
level per serving would be about 14mg per serving
($88.4/6=14.7$ mg per serving)

1 gram of dried cannabis has 1000mg of dry weight,
meaning with a strain that is 15% THC
 $15\% \times 1000\text{mg} = 150\text{mg}$ per recipe. Divide by number
of servings

We recommend beginners to start off with a dose of
5-10mg THC per serving. Go low and take it slow! It's
important to note that the onset of eating cannabis
is significantly different than that of smoking and
typically takes around 45 minutes to an hour to feel
the effects.



CANNABIS COCONUT OIL: EDIBLES AND TOPICALS

Create your own line of body care products and edibles. Coconut oil has infused its way to being the main ingredient in edibles and topicals. Cannabis and a coconut oil is best to use as a base. Coconut oil has a high concentration of saturated fatty acids which is a strong binding agent for cannabinoids.

BENEFITS

- **Antimicrobial**
- **Solid at room temperature**
- **Versatile**
- **Inexpensive**

We will teach you a simple DIY project at one of our home parties on how to make your own edibles, topicals, capsules and suppositories. Let us know what you want to learn hands on about!

DECARBOXYLATION IS YOUR FIRST STEP

1. Heat oven to 250oF/120oC.
2. 1 cup cannabis. Break up your cannabis. Do not grind into a fine powder.
3. Place into a baking dish lined with tinfoil on the bottom and cover.
4. Bake for 30 minutes.
5. Remove from oven and let it cool.
6. 1 cup coconut oil
7. Cheesecloth
8. Glass or stainless steel bowl
9. Slow cooker



CANNABIS COCONUT OIL: EDIBLES AND TOPICALS CONT.

Melt coconut oil in crockpot over low heat until melted. A small amount of water can be added to the mixture to help avoid burning. Add cannabis and keep on low heat for 4-6 hours. The temperature should not exceed 245oF. Let cool slightly. Put the cheesecloth over a bowl and pour cannabis and oil mixture through while gently squeezing. Pour cannabis and oil mixture into a mason jar of your choice. Plant matter can be discarded. The infused coconut oil is shelf stable for two months or can be extended with refrigeration.

Once you've got an infused coconut oil, the uses are endless!

Combine your infused coconut oil with beeswax and aloe to make your own infused cannabis topical.

Use your coconut oil in place of oil in a recipe of your choice to make a variety of infused dishes. For example, herb roasted potatoes.

Infused coconut oil can be used as a personal lubricant. Coconut oil can weaken condoms.

Save money on LP capsules. Put your infused coconut oil into empty capsules for easy measurable dosing. Make an infused cannabis tea latte.

Expect to see coconut oil remain a staple in future cannabis recipes.

CANNABIS SUPPOSITORIES

Let's talk about cannabis suppositories. Did you know they can be beneficial if you suffer from migraines, bowel cancer, endometriosis and menstrual pain. You have to make your own! Cannabis suppositories are not sold by Licensed Producers. Warning THC causes impairment! When using THC suppositories do not drive for 6 hours. Start low and go slow! Avoiding the gastrointestinal tract prevents first-pass metabolism by the stomach and liver. Rectal and vaginal absorption rates are higher than oral consumption and inhaling cannabis.

WHAT YOU WILL NEED

1. Small saucepan or double boiler
2. Suppository molds (can be disposable or silicone)
3. Organic cocoa butter
4. Cannabis oil
5. Empty syringe

SUPPOSITORIES CALCULATION EXAMPLE:

1:1, THC 10mg/ml, CBD 15mg/ml

Yield 10.5 capsules, 2-2.5ml suppository molds:

1 ml cannabis oil, 21 grams cocoa butter = THC 0.4mg, CBD 0.7mg
2ml cannabis oil, 20 grams cocoa butter = THC 1.0mg, CBD 1.5mg
3ml cannabis oil, 19 grams cocoa butter = THC 1.6mg, CBD 2.3mg

Example using 25mg THC/ml

Yield 10.5 capsules, 2.5-2.5ml suppository molds:

1ml cannabis oil, 21 grams cocoa butter = THC 1.19mg
2ml cannabis oil, 20 grams cocoa butter = THC 1.25mg
3ml cannabis oil, 19 grams cocoa butter = THC 1.3mg

Over low heat in small saucepan or medium heat over a double boiler, melt cocoa butter while stirring. Once melted add cannabis oil. Stir well. Pour into a glass small narrow bowl (a small mason jar). Use the empty syringe to draw up 2ml and carefully add to the molds with a sturdy support. Freeze up to 6 months.

Where do you buy Cocoa butter?

Planet Organic – 500g \$16.99
Bulk Barn – 227g \$12.99

Where do you buy suppository molds?

Online at Amazon

Store in the freezer. Label to avoid accidental consumption. Keep out of reach of children. Remove from mold and insert rectally or vaginally. Good for six months in the freezer. Onset is approximately 10-15 minutes. Do not use more than one at a time. If you don't feel anything in one hour take another dose. Tumors and cysts on the rectal wall can also slow or prevent absorption. Stay hydrated when using cannabis suppositories.

CANNABIS SUPPOSITORY RECIPE

1. In a double boiler or makeshift double boiler over med-high heat, melt: **1/2 cup cannabis coconut oil / hash infused coconut oil or 1 gram cannabis concentrate for stronger suppositories- check the Wake + Bake THC dosage calculator to find out how much THC will be in each suppository 1/2 cup Cocoa Butter 200mg+ CBD Oil (optional, but recommended)**
2. Stir occasionally until combined.
3. Pour Into silicon molds (after a lot of searching and testing, these ones are perfect) or make your own suppository molds (see below).
4. Place in the fridge until solid. Cut into 1"-2" pieces. Store in the freezer for up to 6 months.

MAKE YOUR OWN SUPPOSITORY MOLDS

1. Wrap a 6 inch wide piece of aluminum foil around the handle of a long wooden spoon handle 2-3 times.
2. Remove the handle while carefully keeping the aluminum foil tube in tact.
3. Seal one end of the foil by rolling it until completely sealed.
4. Pour the cannabis suppository mixture in.
5. Keep making diy molds until you've used all of your suppository mixture.
6. Place the molds in a small cup in the fridge or freezer until solid.
7. Unwrap the suppositories. Cut into 1-2" pieces and store in the fridge or freezer.



TERPENE AND AROMA PAIRING GUIDE

MYRCENE

Aromas - Earthy, Mixed Herbs, Mushroom, Forest Floor, Skunk, Mango

Terpene Benefits - Sleep Aid, Muscle-relaxant, Anti-depressant

Cannabis Strains - Kosher Kush, Himalayan Gold, White Widow

Terpene Effect - Sleepy, Sedated

Mushroom Risotto, Spinach Quiche, Truffle Popcorn

LIMONENE

Aromas - Lemon, Lime, Grapefruit, Blood Orange, Tangerine

Terpene Benefits - Stress Reliever, Weight loss Aid, Mood-enhancer

Cannabis Strains - Lemon Haze, OG Kush, Tangie

Terpene Effect - Enhanced mood, Uplifted

Food Pairing - Oysters, Seared Scallops, Lemon Bar

ALPHA-PINENE

Aromas - Pine Trees, Pine Needle, Wet Wood, Rosemary, Dill

Terpene Benefits - Aids Asthma, Provides Energy, Anti-Inflammatory

Cannabis Strains - Bubba Kush, Jack Herer, Trainwreck

Terpene Effect - Alert, Focused

Food Pairing - Pesto Pasta, Sautéed Pine Nuts, Rosemary Popcorn



TERPENE AND AROMA PAIRING GUIDE

BETA-CARYOPHYLLENE

Aromas - Clove, Black Pepper, Cinnamon

Terpene Benefits - Anti-Anxiety, Anti-Inflammatory, Antioxidant, Pain Reliever

Cannabis Strains - Rockstar, Northern Lights, Skywalker OG

Terpene Effect - Reduced pain, Calm, Stress Free

Food Pairing - Seared Spiced Steak, Chipotle, Spiced Nuts, Pumpkin Pie

NEROLIDOL

Aromas - Perfume, Jasmine, Ginger Flower, Tea Tree

Terpene Benefits - Anti-Fungal, Anti-Depressant, Sleep Aid

Cannabis Strains - Island, Sweet Skunk, Skywalker OG, Banana Kush

Terpene Effects - Tranquil, Peaceful

Food Pairing - Coconut, Jasmine Rice, Ginger Honey Chicken, Carrot Ginger Cake

LINALOOL

Aromas - Citrus Blossom, Violet, Lavender, Rose, Lilies, Geranium

Terpene Benefits - Anti-Anxiety, Sleep Aid, Muscle-relaxant, Anti-depressant, Anti-acne

Cannabis Strains - Lavender OG, LA Confidential, Amnesia Haze

Terpene Effects - Relaxed, Rejuvenated

Food Pairing - Vegan Curry, Crème Brulee, Honey



CANNABIS TOPICAL CREAM

Topicals are cannabis infused lotions and balms that can be applied to the skin for localized relief of pain, soreness and inflammation. Topicals are preferred by patients who want the therapeutic benefits of cannabis without a psychoactive high. If a topical contains active THC, you will not be impaired. Cannabinoids can not reach the blood stream through the skin. Available soon in Canada are transdermal patches and they do deliver cannabinoids into the bloodstream and can induce psychoactive effects. Currently, Health Canada does not permit the sale of cannabis creams, although some licensed producers (LP's) sell pre-made creams that can be mixed with their oils for legal home use. Topicals can be tried for skin allergies, psoriasis, dermatitis, headaches and arthritis. Topicals can also be used as a personal lubricant.

Simple recipe for a cannabis infused topical that is smooth and non-greasy. You can simply mix any cannabis oil with your favorite cream to make an even simpler topical.

DIRECTIONS

1. In a double boiler, melt 1 cup of cannabis coconut oil.
2. Add $\frac{1}{4}$ cup of organic olive oil to the infused coconut oil. The olive oil helps create a smoother finished product and improves absorption.
3. Add $\frac{1}{3}$ cup of beeswax pellets. Mix in or whisk the beeswax until it is melted.
4. Optional – 5-10 drops of essentials (tea tree oil, eucalyptus, clove, peppermint, lavender)
5. Once melted and mixed, pour the mixture into a medium size mixing bowl. Once cooled, whisk everything together and pour into a jar or container. Let it sit and cool.



CANNABIS BATH BOMBS

WHAT YOU WILL NEED

- Bath bomb molds
- 4 ounces baking soda
- 2 ounces corn starch
- 2 ounces citric acid
- 2 ounces epsom salt
- 1 ½ teaspoons water
- 1 teaspoon essential oil
- ¼ teaspoon THC or CBD infused coconut oil or tincture
- 1–2 drops food coloring or mica color powder

DIRECTIONS

1. Combine all dry ingredients (except color) in a bowl. Whisk until evenly mixed.
2. Combine all wet ingredients (except color) in a small glass vessel (a shot glass works perfectly).
3. Very slowly, stir the liquid mixture into the dry mixture, whisking as you go. If you see lots of fizzing, you're going too fast. If you're using food drops for coloring, add them now.
4. After all ingredients are evenly combined, the mixture should feel like damp sand. To test it out, put a small amount in your hand and squeeze. It should stick together in 1–2 big chunks once you release your hand. Add a few more drops of water if it doesn't. Once you reach the desired consistency, mix in the color powder (if using).
5. Fill each half of your mold with the mixture until it is a little over-filled, but don't pack too densely. Loosely sprinkle some more of the mixture on each half (this helps the two sides meld).
6. Press the halves together firmly and hold for a few seconds. Gently remove one side of the mold.
7. Place the bath bomb mold side down and allow to dry for about 20 minutes. Carefully remove the other side of the mold in a gentle twisting motion. (Pro tip: Bath bombs can fall apart very easily, but you can remold one side or re-mix the whole ball and start over if you need to.)
8. Let sit for a few hours (or preferably overnight) until bath bomb is totally firm, then enjoy a soothing cannabis-infused bath and let your stress melt away!

CANNABIS BATH SALTS



When infusing oil for making cannabis topicals you can use the same material you would use for edibles. These bath salts contain moisturizing oil. The downside of that is that they can make your bathtub extra slippery.

WHAT YOU WILL NEED

- 4 cups Epsom salts
- Zest from an orange or lemon. Use a fine grater
- ¼ cup cannabis coconut oil, melted
- 20 drops of essential oils

DIRECTIONS

1. In a large bowl, combine all ingredients. Using rubber gloves and your hands mix well until all the ingredients are well combined. Store in a glass jar. Use ¾ cup per bath.
2. Cannabis oil can be used to infuse bath salts. Once absorbed the cannabinoids influence the CB2 receptors in your skin which stimulates the endocannabinoid system to offer real health benefits. Soaking in a warm tub filled with cannabis bath salts can relax the mind as well as the body. Using cannabis baths can be used to decrease stress, relax muscle, hydrate your skin and treat pain. Taking a cannabis bath can help with a variety of skin conditions including eczema, dandruff and psoriasis and alleviate menstrual cramps and headaches. Cannabis baths will not cause impairment. You will not fail a drug test if you have a cannabis bath. The oil will cause your bathtub to be slippery. Please be careful.

Be creative with different with different essential oils for different therapeutic effects of Relaxing, Uplifting and easing pain

SCENT COMBINATIONS

Relaxing - lavender, chamomile

Uplifting - grapefruit, orange, lemongrass, peppermint

Easing pain - eucalyptus, rosemary

Stress release - Lavender, orange, chamomile, clary sage, geranium, vertiver, myrtle

Spa spirit - Grapefruit, eucalyptus, benzoin, peru balsam

Tranquility - orange, lavender, marjoram, ylang ylang, roman chamomile

Unwind - orange, bergamot, lavender, geranium, cinnamon

GUMMIES

WHAT YOU WILL NEED

- 3 ounces flavored gelatin (do not use sugar-free)
- 1 (1/4-ounce) envelope unflavored gelatin
- 1/3 cup water (cold)
- Desired amount oil

Put one dose of oil for each gummy made.

DIRECTIONS

1. Spray a paper towel with nonstick cooking spray, then rub it lightly around the bear cavities in the mold, to coat them with a thin layer of oil.
2. In a small bowl, combine both gelatins and the cold water.
3. Whisk them together, then let them sit at room temperature for 10 minutes to allow the gelatin to soak up the water and soften.
4. Microwave the bowl for 30 seconds, then whisk well. Microwave for another 30 seconds and stir. If the sugar has dissolved and the mixture looks clear and well-mixed, then pour it into a measuring cup with a spout. If not, microwave for another 10 to 15 seconds until all of the sugar and gelatin have dissolved into the water.
5. Pour the gelatin into the cavities. You should get about 14 (1 1/2-inch) bears from this recipe.
6. Place the candy mold in the refrigerator to set the gelatin, for about 20 minutes.
7. To remove the bears, carefully push the sides away from the edges and toward the center, then pull them up and out of the molds. Repeat with other colors and flavors of gelatin, as desired.



INFUSED BUTTER WITH MAGICAL BUTTER MACHINE

1. Purchase OR rent both the decarb machine & the magical butter machine from The Herb Clinic!
2. Create your own home made infused butters, treats and sweets at your convenience.
3. As simple as putting your decarbed cannabis and butter into the Magical Butter Machine & press start!
4. Let cool or serve warm.
5. Use your Herbal Compound Butter immediately or store it for later.

CHEF'S NOTES:

Levo Oil Infuser \$279.00

Magical Butter Machine \$240.00

Decarb Machine \$265.00

Rentals units by day or weekend!

INFUSED FLOUR – DECARBOXYLATED CANNABIS

WHAT YOU WILL NEED

4 cups Flour
1 cup Decarboxylated ground cannabis

DIRECTIONS

1. Decarb your cannabis.
2. Grind; preferably with a coffee grinder, cannabis
3. *Measure out your four (4) cups of flour (Large ziplock bag)
4. Add cannabis to bag and shake (approx. 10-15 seconds)
5. *Until cannabis is mixed thoroughly with flour.

STRAWBERRY CHEESECAKE BITES

Topped with an easy cheesecake mixture made with strawberry jam, these bites make a fabulous little-bite or treat perfect for Mother's Day; morning, noon or night!

WHAT YOU WILL NEED

10 large	Strawberries
½ cup	Cream Cheese
2 tbsp	Strawberry jam
1 ½ tbsp	Icing sugar
1/8 tsp	Almond Extract
1 drop	Pink food coloring
1 dash	Sprinkles

DIRECTIONS

1. Combine cream cheese, jam, sugar & almond extract, & chill for 10-15 minutes.
2. Cut strawberries in half (Length wise)
3. *Slice a small flat portion off, if the bottom of the berry won't sit "flat"
4. Put Cream cheese mixture in a zip lock bag and cut the corner.
5. Top each strawberry with mixture and then top with sprinkles, for desired effects.



NO BAKE CHOCOLATE MACAROONS

WHAT YOU WILL NEED

6 tbsp	Cocoa
½ cup	Butter
½ cup	Milk
1 ½ cup	Sugar
½ tsp	Vanilla
3 cups	Oatmeal
1 cup	Coconut

DIRECTIONS

1. Boil first 4 ingredients for 2 mins.
Remove from heat and add vanilla.
2. Pour over Oatmeal and coconut; Mix well!
3. Drop teaspoon full's onto wax paper and let cool!

JULY INFUSED CAKE DEMO

WHAT YOU WILL NEED

1 cup	Whole milk, well chilled
3/4 cup	Granulated sugar
2 cups	Infused heavy cream, well chilled
1 tsp	Pure vanilla extract
2/3 cup	Cake mix

DIRECTIONS

1. Add wet and dry ingredients into a bowl.
2. Wisk together.
3. 25 - 30 min in ice cream machine

BUTTERMILK BISCUITS RECIPE

WHAT YOU WILL NEED

2&1/2 cups	all-purpose flour
2 tbsp	granulated sugar
2&1/2 tsp	baking powder
1/2 tsp	baking soda
1/2 tsp	salt
1/2 cup	Medicated cold butter (cubed)
1 cup	buttermilk
1	egg

DIRECTIONS

1. In bowl, whisk together flour, sugar, baking powder, baking soda and salt. Using pastry blender or 2 knives, cut in butter until in coarse crumbs. Whisk buttermilk with egg; stir into flour mixture with fork to make soft dough.
2. With lightly floured hands, press dough into ball. On lightly floured surface, knead gently 10 times. Pat into 3/4-inch (2 cm) thick round. Using floured 2-1/2-inch (6 cm) round cutter, cut into rounds. Place on parchment paper-lined or floured rimless baking sheet. Bake in 400°F (200°C) oven until golden, 12 to 15 minutes.

FRESH PASTA

WHAT YOU WILL NEED

2&1/2 cups (625 ml)	Unbleached all-purpose flour
1 pinch	Salt
4	Eggs
1 tbsp (15 ml)	Cannabis oil

DIRECTIONS

1. Place the flour in a large mixing bowl.
2. Make a well in the centre.
3. Break the eggs into the well and add the oil.

With a fork, lightly beat the eggs and oil, gradually mixing them with the flour. When the dough becomes too thick to work with the fork, continue with your fingertips and then your hands.

4. Do not use too much flour. A few tablespoons may be left over, or there may not be quite enough, depending on the humidity level and the size of the eggs.

Knead the dough on a floured surface for about 10 minutes. The dough will become smooth and elastic. If the dough is sticky, dust it lightly with flour and continue kneading.

5. Let stand for 30 minutes before rolling. If rolling the dough by hand, use a pasta rolling pin and roll it very thin. Cut in 1 cm strips for fettuccine.

6. If you have a pasta machine, follow the manufacturer's instructions for rolling and cutting.



JALEPENO POPPERS

WHAT YOU WILL NEED

- 24 Egg roll wrappers
- 12 Jalapenos, halved
- 1 cup Cream Cheese
- 1/3 cup canna-cheese sauce
- 8 slices bacon, cooked and crumbled
- 2 garlic gloves, chopped finely
- Salt
- Pepper
- Vegetable Oil, for Frying

DIRECTIONS

1. In a bowl, combine cream cheese with canna cheese sauce, bacon and garlic. Season with salt and pepper and mix until fully combined.
2. After you have halved your jalapenos, use a spoon to fill the cream cheese mixture into your jalapenos.
3. Place egg roll on a clean surface in a diamond shape and add jalapeno. Fold up to bottom half and tightly fold in the sides. Gently roll then seal with a few drops of water. Repeat with the remaining jalapenos.
4. In a large skillet over medium heat, heat oil (should have approx. 1" in pan) until it starts to bubble. Add egg rolls and fry until golden, 1-1.5 minutes a side. Transfer to a paper lined cooling rack.
5. Enjoy!!



CHEESE SAUCE

WHAT YOU WILL NEED

2 tbsp	Medicated butter
2 tbsp	All-purpose flour
1 cup	Whole milk (3.5% milk)
1&1/2 cups	Old shredded cheddar cheese
1 pinch	salt and ground black pepper to taste

DIRECTIONS

1. Melt butter in a saucepan over medium heat; whisk flour into butter until smooth.
2. Pour milk into butter mixture and stir with a wooden spoon to combine.
3. Cook and stir until mixture thickens, about 3 minutes.
4. Add Cheddar cheese and stir until cheese is melted, about 3 minutes more.
5. Season with salt and pepper.