

# Contents

## INTRO / 6

- Food + Cannabis 6
- Cooking Style 6
- Low Dose, Small Bites 7

## THE IMPORTANCE OF CANNABIS / 8

- What to Look For 8
- The Endocannabinoid System 10
- Cannabinoids: Effects + Benefits 10
- Terpenes: Fragrance, Flavor + Feeling 11

## COOKING WITH CANNABIS / 15

- 4 Steps to Making Edibles 15
- Ingesting Cannabis 15
- How to Enjoy Edibles 15
- Dosage 16
- Infusion Potency 16

## TRICKS OF THE TRADE / 18

- Tools for the Modern Cannabis Kitchen 18
- Tips + Techniques 18
- Entertaining Tips 20

## MASTER INFUSIONS / 23

- Decarboxylation: How to Activate THC 26
- Canna Butter 27
- Canna Coconut Oil 29
- Sous Vide Canna Infusions 31
- Canna Tincture 33
- Canna Honey 34
- Canna Maple Syrup 35

## RECIPES / 39

- Peach & Ginger Ale Float 41
- Chocolate Hazelnut Spread 42
- Roasted Beet Hummus 45
- Carrot Cake Energy Bites 46

Spiced Superfood Truffles 49  
Maker Profile: *Whoopi & Maya*

Green Eggs & Ham 51

Roasted Grape Crostini 54

The Elvis Cookie 57  
Maker Profile: *Venice Cookie Company*

Apple Power Crumble 60  
Maker Profile: *Treat Yourself*

Pimiento Cheese & Tomato  
Tea Sandwiches 63

Birthday Cake Mellows 66

Coconut Yogurt & Honeycomb 69

Cardamom Caramels 73

Booty Call Brownies 76

Grapefruit Negroni “Pot” de Fruits 79

Blood Orange Shatter Blondies 82

Frozen Key Lime Pies 85

Black Sesame & Raspberry Cupcakes 88

Cannoli Cups 93

Duck Meatball Sliders 95

Gruyère & Green Garlic Gougères 98

Corn Dog Muffins 101

Cherry Cheesecakes 104

Joyful Almond-Coconut Bars 107  
Maker Profile: *Kiva Confections*

Fried Mac & Cheese Bites 111  
Maker Profile: *Elevation VIP*

PB & J Chocolate Cups 115

Mexican Street Corn & Cheese Crisps 118  
Maker Profile: *Sous Weed*

Banana Cream & Salted Caramel  
Cookie Cups 123

Strawberry Jam Pavlovas 126  
Maker Profile: *Flour Child*

Blueberry Lemon Macarons 131

## OUTRO / 137

- Acknowledgments 137
- Resources 137
- Bibliography 138
- About the Authors 140
- Index 141