

The Stoner's Cookbook



Cooking With Cannabis
GOURMET 5-MINUTE MUNCHIES

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Lost, confused, or just too high to figure out what's going on? You've come to the right place. For those of you out there that have no idea how to cook delicious meals & treats with cannabis, or more importantly; how to make the infamous cannabutter, then you've cracked open just the right book.

We'll jump right in with instructions for making the foundational ingredient for all cannabis-related cooking endeavors - cannabutter and cannabis cooking oil, which are not only major time-savers, but they eliminate the taste and texture of just throwing chopped cannabis into any old recipe.

CANNABUTTER



Cannabutter is the base ingredient for all kinds of cannabis related cookery. Cannabis butter is very easy to make and it's super effective!

INGREDIENTS

- ~25 grams of cannabis
- ~500 grams of butter
- Several cups of water(it doesn't really matter how much, as it will be separated in the end)

(This is the basic ratio - 20 grams of butter per gram of cannabis. You can make more or less depending on your requirements, or how strong you want the stuff to be.)



DIRECTIONS

1. Grind up the cannabis until it is very, very fine - far finer than if you were going to smoke it. You want to turn it into a fine powder, and an electric or manual coffee grinder is probably the best tool for the job(or you could just put in a little elbow grease with a mortar and pestle.)
2. Heat the water in a frying pan or saucepan on the hob, then melt the butter on a medium to low heat. Once it has completely melted, add the cannabis powder, stir it in and then turn it down to a very low heat.
3. Keep stirring it(be careful that the butter doesn't burn!). Feel free to enjoy the fumes.
4. Cook it on a low heat for between two to three hours, depending on how strong you want it to be, then carefully strain the mixture into a jug or jar(cheesecloth works well), seal it up, and stick it in the fridge. A layer of butter will soon solidify above the dirty water. Peel away the butter and throw away the water. The butter is now ready to be used as you see fit.

Now you can use any recipe that requires butter and substitute it for your cannabis butter to make some delicious treats!

Enjoy!



Note: The top layer is the hardened ready butter, the bottom is the wastewater.



CANNABIS COOKING OIL



The second major ingredient used in various recipes...

INGREDIENTS

- Forty-eight oz. Canola cooking oil
- 1 large-sized cooking pot
- One oz of marijuana nuggets or a 1/4 pound brick weed (or as much trim as you can fit in there.)
- 1 steel or metal strainer (to filter out the oil)
- 1 funnel will fit in the Canola bottle

DIRECTIONS

1. Take the bottle of canola oil and poor the whole bottle into the pot.
2. The the stove on and put it on medium, place the pot on the stove and keep it on there till it is hot, DO NOT LET BOIL.
3. Now take the marijuana / shake crumble it up into small bits, put all this into



your pot.

4. Now every ten minutes or so stir the pot for the next two hours, the trick is not to let it boil over just to keep it hot. If it starts to boil just lift the pot up and let it cool down a bit & turn your heat down a bit. Once or twice of this you will find the exact heat. (If you let it boil over the oil will turn black and it will taste like crap - just keep stirring and you will be fine.)

5. Keep doing this for about two hours, after a bit the oil might turn a little bit green and brown. This is all normal, and means that the resin extraction is working properly.

6. After two hours take the pot off the burner and let it cool for about thirty minutes. Then take the pot and pour the oil through that metal strainer. Do this a couple times to make sure no leaf bits or anything ends up in the final product.

7. LAST STEP, you're almost there, take the filtered oil and funnel the final product into the canola oil.

STORAGE

It's the same as regular cooking oil but try to keep out of light as the light will degrade some of the THC. You can place it in any regular closet or cupboard, just don't get the two mixed up or and tell others or they're in for a surprise!

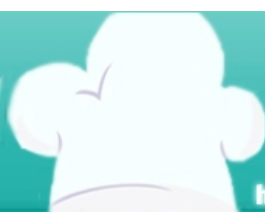
WHEN COOKING

SHAKE BEFORE USE!

Use the directed amount for cookies and brownies etc, don't forget that you are dealing with a VERY potent cooking oil; so you don't need to use too much.

You may now use this for anything that calls for oil in the recipe.

Anything.



CANNABIS BLUEBERRY HOMEMADE ICECREAM



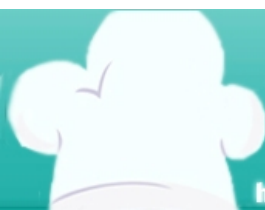
Blueberry Icecream made with Canna milk.

INGREDIENTS

- 2 Cups (Canna) Milk
- 2 Cups Heavy Cream
- 1 Cup Sugar
- 1/4 Tsp Vanilla
- 2 Cups Blueberry Pie Filling
- *Optional* Dash Of Cinnamon

OTHER:

- Icecream Maker
- Big Pot
- Candy Thermometer or Equivalent
- Metal or Glass Bowl
- Strainer
- Cheesecloth or Cheap Dish Rags
- 2-4oz of bud or good quality trim



- 1 Gallon of Whole Milk (Important needs to be Whole Milk for the Fat Content)
- Bag of Ice
- Rock salt

PREPARING THE CANNA MILK

1. Fill Pot on Stove with 2 1/2 cups to a Gallon of Milk. Insert Thermometer into pan. Turn on Stove
2. Add Trim or Bud to the Milk. Keep it between 150F - 170F. Simmer for 20 to 30 minutes stirring constantly. Milk will burn if you wait too long between stirs. Kind of a light Carmel Color Milk
3. Strain milk into a glass or metal bowl to let cool some. You now have delicious Canna Milk. Store it in the refrigerator.

DIRECTIONS

1. Mix Canna Milk, Sugar, Heavy Cream, Vanilla, and Pie Filling (Optional Cinnamon and 2 drops of blue/purple food coloring for color) in a large bowl and mix thoroughly.
2. Now pour Mixture into the Icecream maker Pan. Place Lid on Icecream Maker Pan
3. Follow the instructions that came with the Icecream maker. Layer ice and rock salt around the pan like so. Let it run for 30 minutes to an hour. About halfway through dump all the ice and rock salt(now probably water) and put fresh ice/rock salt back in.

You need to put it into the freezer or pack it back into ice/rocksalt for 3-6 hrs to harden it up a little. This will not freeze solid. Very soft and STRONG. Get high and kill the munchies in one move! Perfect for the lazy stoner.

Bon Appétit!



CANNABIS TINCTURE (COLD METHOD)



INGREDIENTS

- 1 ounce cannabis
- 1 pint 95% Ethanol (190 Proof)

DIRECTIONS

You will need 1 ounce of cannabis for every pint of ethanol. Some good spirits to use would be Everclear, 151 Rum, or White Lightning due to the high proof. You want an alcohol with 95% ethanol, or a 190-proof alcohol to obtain the best results. The night before you make this, leave your bud close the jar and shake for 5 minutes, then return to freezer. Continue to agitate the mixture every few hours with refreezing. Continue this process anywhere from 3 days to 9 weeks, however patient you are really. Remember, the longer the better. When you are done with that process, pour the liquid through cheesecloth. You can save the "ball" of cheesecloth for topical use, or run it through a coffee filter. Make sure to squeeze any remaining liquid out. You might want to wear gloves during this process, as the solution might be pretty strong. The color of your final product is



dependent on what percent ethanol you used. If you used a 95% ethanol solution, your tincture should be pale green to golden. If you used 151 rum, it should be an amber color. If your tincture is a dark green that means excess plant material is present. This does not affect the potency though; it just means it won't taste very good. It's a good idea to add some flavor extracts, like vanilla or raspberry, to change the taste of your tincture.

NOTES

Making a tincture via the cold method preserves the integrity of cannabinoids. Always use the best quality cannabis for the best results. Your cannabis should be completely dry and mold free.

CANNABIS TINCTURE (WARM METHOD)

INGREDIENTS

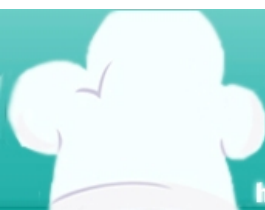
- 1 ounce cannabis, Roughly Chopped
- 1 pint 95% Ethanol (190 Proof)

DIRECTIONS

Place the cannabis and ethanol in a large glass Mason jar. Shake at least once a day. Place the jar in a brown paper bag. Leave in a warm spot, like near the window, for 30-60 days. The mixture should turn a very dark green. Strain with a cheesecloth like in the cold method, making sure to squeeze any excess liquid. This tincture has a nasty taste, but it is very powerful. It may upset fragile stomachs. You should take the tincture orally in cranberry juice or coffee with sugar. Store your tincture in a light-blocking glass jar in a cool, dry place (like the refrigerator or freezer). You can keep the cheesecloth in the freezer as well and apply it over an area of the skin for a few minutes with gentle rubbing.

NOTES

The main difference between this method and the cold method is the preparation of materials. Light must be avoided also.



CANNABIS ELIXIR

INGREDIENTS

- cannabis Tincture
- Honey
- 4-6 Vitamin E Capsules

DIRECTIONS:

Place the tincture in a double boiler over an electric heat source. Reduce the solution by half. Once reduce, add 1/2 the remaining volume of tincture in honey along with the vitamin E capsules (e.g. if you have 2 quarts of tincture after reduction, you would add 1 quart honey). Continue to reduce the volume with constant stirring until you have nearly boiled it down to the original volume of syrup you began with. Let cool, and store in a lightproof glass in the refrigerator.

NOTES

The dosage should be between a teaspoon and a couple tablespoons. You can customize your elixirs by adding different herbs, like adding syrup of Elderberry makes an effective treatment for influenza; or adding Kava can provide greater pain control and sedation. With a little study in herbal medicine, you can customize your blends for any ailment. For the flu, use cannabis tincture with Elderberry and Cat's Claw.



MAGIC TINCTURE

INGREDIENTS

- 2-3 tablespoons Honey
- 1/2 ounce cannabis
- 3 ounces Vodka
- 1 teaspoon Ginger, Grated
- 1 teaspoon Orange Zest

DIRECTIONS

In a small saucepan, heat honey over low heat. Do not let the honey foam over! Mix in the powdered cannabis, and while stirring slowly add the Vodka so the texture stays in a liquid form, not a solid sticky mass. Continue to cook over low heat for 30 minutes. Pour into a jar and cover, let sit in the refrigerator until cool.

NOTES

Take a teaspoon every 15 minutes until you figure out a “dose” that is good for you.

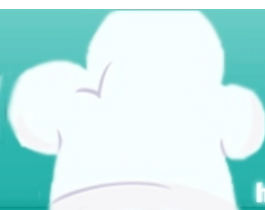
HOT BUTTERED BLAST

INGREDIENTS

- 1/8 pound Butter
- 1/2 ounce cannabis
- 8 ounces Vodka
- 1 tablespoon Honey

DIRECTIONS

In a medium saucepan, melt 1/8 pound of butter over medium heat. Add the cannabis, which should be ground up into a fine powder. Add the Vodka and bring the mixture to a boil, stirring the entire time. Once boiling, reduce to medium-low heat and let sit for 10-30 minutes, or overnight. Strain the mixture and let cool to room temperature. Add honey to taste, and pour into a glass.



NOTES

You could always use a 1/4 ounce of cannabis if you are not up to the intense trip of a half ounce. Substitute Vodka with Everclear for a stronger kick.

CANNAMELON

INGREDIENTS

- 1 large Watermelon
- 1/2 ounce cannabis
- 1/5 liter Vodka

DIRECTIONS:

Grind the cannabis to a fine powder. Put the cannabis in a bottle of Vodka, and cover the top of the bottle with cheesecloth and a rubber band. Cut a hole in the watermelon so you can insert the top of the bottle. Put the bottle in the hole and let sit in the refrigerator overnight.

NOTES

This one is great for picnics!

GREEN DREAM

INGREDIENTS

- 1/4 to 1/2 ounce cannabis
- 1/5 liter Vodka

DIRECTIONS:

Grind the cannabis to a fine powder. Put into bottle of vodka and let sit for 2-10 weeks, shaking daily. Add 1 tablespoon of lemon or orange zest for a unique zing!

NOTES

Serve chilled, in a chilled glass with 3 ice cubes, 1 shot of Green Dragon, 3 shots 7UP, and a teaspoon of honey.



BHANG LASSI

INGREDIENTS

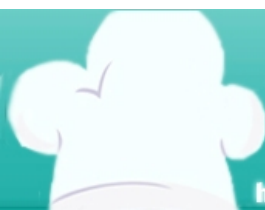
- 1/2 ounce cannabis
- 1 cup Water
- 2 cups Whole Milk, Warm
- Pinch of Garam Masala
- 1 tablespoon Coconut Milk
- 1 tablespoon Almonds, Chopped
- 1/8 teaspoon Powdered Ginger
- 1/2 cup Sugar
- 1/2 teaspoon Sugar Water and Grenadine

DIRECTIONS:

Boil water in teapot and add the cannabis. Brew for 7-10 minutes, then strain. Squeeze any remaining liquids out of leftover cannabis. Save cannabis for later, in separate bowl. Grind the bud and 2 tablespoons of milk together, slowly. Do this about 4 times. Stick the milk in a bowl, and take the cannabis out. Add the cannabis and a bit more milk and grind it some more, adding the almonds. Squeeze the bud and repeat several times. Discard the remaining cannabis, and add all the liquids together (milk, coconut milk, sugar water, and water from the tea). Then add the spices, stir.

NOTES

Use an old teapot unless you want your house to smell like cannabis every time you want coffee. It will also smell a lot when you are brewing. This is a drink that the novice user should definitely avoid, especially if you don't like the effects from eating cannabis.



POT HOT CHOCOLATE

INGREDIENTS

- 1 cup Whole Milk
- 1 cup Light Cream
- 4 grams cannabis
- 5 ounces Unsweetened Chocolate
- 1/2 teaspoon Vanilla
- 5 tablespoons Sugar
- Pinch of Salt
- Pinch of Cinnamon



DIRECTIONS

Combine the milk, sugar, and salt in a saucepan on medium heat. Once the salt and sugar has dissolved, add the light cream, cinnamon, vanilla, and finely chopped cannabis. Heat to just under boiling, and add the chocolate. Turn the heat off, and stir until the chocolate has melted. Serve in a mug, and top with whipped cream and orange zest, or stick to the classical miniature marshmallows.

NOTES

For every 8 ounces of milk, whole milk contains 8 grams of fat, 2% milk contains 5 grams of fat, 1% contains 2.5 grams of fat, and skim milk contains no fat. Do not confuse hot cocoa and hot chocolate. While hot cocoa is made from cocoa powder, it lacks the fat of cocoa butter; hot chocolate, however, is made from chocolate bars melted into cream. Unsweetened chocolate is also called baking or bitter chocolate, you could substitute with semi-sweet chocolate, but leave the vanilla out if you do.



COMA COOKIES

INGREDIENTS

- 2 cups All-Purpose Flour
- 1 1/2 cups Steel Cut Oats
- 1 1/2 cups Light Brown Sugar
- 1 cup Granulated Sugar
- 1 cup Cannabutter
- 2 Eggs
- 2 cups Pecans, Chopped
- 1 cup Currants, Organic
- 1 cup Dried Cranberries, Organic
- 1 teaspoon Salt
- 1 teaspoon Baking Soda
- 2-3 tablespoons Bourbon Vanilla
- 1 teaspoon Nutmeg, Ground
- 1 tablespoon Cinnamon, Ground



DIRECTIONS

Sift together the dry ingredients, except for the steel cut oats, and set aside. Cream the Cannabutter and sugars, then add vanilla and mix in the eggs. Don't overwork the butter and sugar or it will break down. Mix dry ingredients with wet ingredients. Mix in oats with a heavy spoon and blend. Fold in the currants, cranberries, and pecans. Chill the batter. Using a #20 ice cream scooper, drop dough onto greased baking pan at 350 degrees for 15-17 minutes.

NOTES

Instead of currants, you can always use raisins.



CANNAGRANOLA BARS

INGREDIENTS

- 4 1/2 cups rolled oats
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 2/3 cup canna butter, softened
- 1/2 cup honey
- 1/3 cup packed brown sugar
- 2 cups miniature chocolate chips, or chopped dried fruit, and nuts.



DIRECTIONS

Preheat oven to 325 degrees F (165 degrees C). Lightly grease one 9x13 inch pan. In a large mixing bowl combine the oats, flour, baking soda, vanilla, butter or margarine, honey and brown sugar. Stir in the 2 cups assorted chocolate chips, raisins, nuts etc. Lightly press mixture into the prepared pan. Bake at 325 degrees F (165 degrees C) for 18 to 22 minutes or until golden brown. Let cool for 20 minutes then cut into bars. Let bars cool completely in pan before removing or serving. These are great carry along meds.

NOTES

This recipe is really easy to make and tastes great! I've used dried fruits in different combinations. Dried apples, pineapple, dates, raisins, mango, blueberries, just any kind of dried fruit you like can be used in this recipe. I usually replace the chocolate chips with fruit, or split between fruit and chocolate. Dried raspberries and chocolate chip are awesome!



GARLIC GANJA MASHED POTATOES

INGREDIENTS

- 3-4 large Russet Potatoes, Washed, Peeled, and Cubed
- 4 large Garlic Heads
- 3 tablespoons Extra Virgin Olive Oil
- 1 tablespoon Basil
- 1 tablespoon Cracked Black Pepper
- 1 tablespoon Kosher Salt
- 1/4 pint Heavy Cream
- 4-6 ounces Ricotta Cheese
- 4 tablespoons Sweet Butter
- 4 tablespoons Cannabutter



DIRECTIONS

Cut the top 1/2 inch off the garlic heads. Add olive oil to the cut heads and sprinkle with basil. Roast in 420-degree oven for 30-50 minutes. The garlic is done when tender to a fork. Boil the cubed potatoes in salted water until fork tender, drain, and mash lightly. Add butters to potatoes and continue to mash. Add pepper, salt, cream, and cheese and mash until smooth. Squeeze garlic into the mix and whip until smooth.

NOTES

You can crumble bacon into your mashed potatoes for an extra crunch; or for a home-style taste, leave the skin on the potatoes.



MARIJUANA CHILI CON CARNE



INGREDIENTS

- 2 pinto beans
- 1/2 clove garlic.
- 2 cups red wine
- 1/2-cup mushrooms.
- 4 T. chilli powder
- 1 cup of chopped weed.

DIRECTIONS

Soak beans overnight in salt water. In large pot, pour boiling water over beans and simmer for at least an hour, adding more water as needed to keep the beans covered. Next, add all other ingredients, reduce heat and simmer for 3 hours. Serves 10.



HERBAL SPAGHETTI SAUCE



INGREDIENTS

- 1 can tomato paste
- 2 tablespoons olive oil
- 1/2 cup chopped onions
- 1/2 cup chopped marijuana
- 1 pinch pepper
- 1 can water (6 oz)
- 1/2 clove minced garlic
- 1 bay leaf
- 1 pinch thyme
- 1/2 teaspoon salt

DIRECTIONS

Mix in a large pot, cover and simmer with frequent stirring for two hours. Serve over spaghetti. Yummm.



GANJA GOOEY BALLS

INGREDIENTS

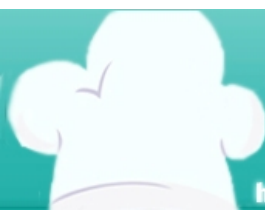
- 1 1/2 cups Cannabutter
- 3 cups Oats
- 1/4 cup Peanut Butter
- 3 tablespoons Honey
- 2 teaspoons Cinnamon
- 1-2 tablespoons Cocoa Powder

DIRECTIONS

Melt the Cannabutter in a microwave safe bowl. In a large bowl, combine the oats, peanut butter, honey, cinnamon, and cocoa. Pour the Cannabutter on top and stir until the mixture becomes homogeneous. Place the bowl into the freezer for 10-20 minutes. Form the mixture into individual balls, using your hands or a #20 ice cream scooper, and drop them onto wax paper to set.

NOTES

Try adding chopped walnuts, raisins, or crisped rice to add a little spin to the recipe. If the result is too gooey, add more oats; if it's too dry, add more peanut butter or honey.



BAKED TURTLE CHEESECAKE

INGREDIENTS

- 2 c Vanilla Wafer Crumbs
- 1 c Chopped Pecans, Toasted
- 0.25 oz Ganja (processed in spice or coffee grinder)
- 2 ea Large Eggs
- 5 oz (1 cn) Evaporated Milk
- 1 ts Vanilla
- 14 oz Carmels (1 bag)
- 0.5 cup Sugar
- 6.0 tb Margarine, Melted
- 16.0 oz Cream Cheese, Softened
- 0.50 c Semi-sweet Chocolate Chips (chocolate chips should be melted).



DIRECTIONS

Combine crumbs and margarine press onto bottom and sides of 9-inch spring-form pan. Bake at 350 degrees F for 10 minutes. In 1 1/2-quart heavy saucepan, melt caramels with milk over low heat, stirring frequently, until smooth. Pour over crust. Top with pecans and ganja. Combine cream cheese, sugar and vanilla, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in chocolate and pour over pecans. Bake at 350 degrees F for 40 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill.

NOTES

Garnish with whipped cream, additional chopped nuts and maraschino cherries, if desired. Makes 10 servings.



HASH BROWNIES



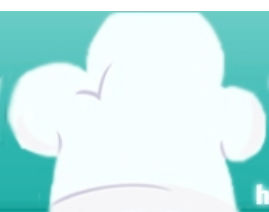
These are a favored delicious classic amongst the cannabis community. Now you will know how to properly make them for yourself or your friends.

INGREDIENTS:

- ¼ cup of cannabis butter, with ¼ cup butter or ½ cup finely chopped bud with ½ cup butter.
- 1 cup of chocolate chips
- 1 cup sugar
- 2 eggs
- ¾ cups self-rising flour
- 1 ½ teaspoon vanilla
- ¾ cup chopped pecans

DIRECTIONS

Preheat oven to 350 degrees F. Grease a 9 inch square baking pan. Melt butter, cannabis butter(or shake) and 1 cup of chocolate chips in a large saucepan over low heat. Remove it from heat. Stir in the remaining ingredients in the order listed, mixing well. Spread batter in prepared pan and bake for 25 to 30 minutes. Slightly pull away from sides of pan and let cool. Cut into 2 inch squares and enjoy!



TOKE-HOUSE COOKIES

INGREDIENTS

- 2 1/4 cups All-Purpose Flour
- 1 teaspoon Baking Soda
- 1 teaspoon Salt
- 1 cup Butter
- 1/2 ounce cannabis
- 3/4 cup Sugar
- 3/4 cup Brown Sugar, Packed
- 1 teaspoon Vanilla Extract
- 1 3/4 cups Chocolate Chips
- 1 cup Nuts, Chopped (Optional)

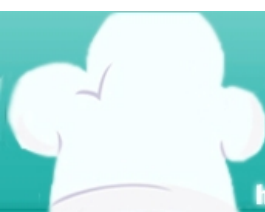


DIRECTIONS

Melt the Cannabutter in a saucepan over low to medium-low heat. Stir in the chopped cannabis. Continue to stir; if the mixture begins to bubble, reduce heat to low. Simmer for at least 30 minutes, the longer the better. When butter turns green, remove from heat. Strain the mixture through a section of cheesecloth. Fold up the material into a bag and squeeze the rest of the butter out of the remaining cannabis. In a small bowl, combine the flour, baking soda, and salt. In a larger bowl, beat the Cannabutter, sugar, brown sugar, and vanilla until creamy. Add the eggs, one at a time, beating well after each addition. Gradually beat in the flour mixture. Stir in the chocolate chips and anything else you want like chopped nuts. Using a #20 ice cream scooper, drop the dough on an ungreased baking sheet. Preheat oven to 375 degrees, and bake for 9-11 minutes, or until golden brown. Cool on a wire rack. Recipe makes about 5 dozen cookies.

NOTES

Eat only a couple cookies every 30 minutes until you figure out the right dosage for you. Make sure you have some regular food to eat when you get the munchies.



Smooth & Creamy Cocopot Ice Cream



INGREDIENTS

- 6 oz. Swiss chocolate
- 2 1/4 cup custard(pre-made)
- 1 1/4 cup whipped cream, whipped
- 1/4 oz skunk or Northern lights

DIRECTIONS

Melt chocolate using either a microwave or in double boiler. Using a rubber spatula put chocolate in with custard and mix well. Using the rubber spatula fold pre whipped cream into the above mixture. Put all into a plastic container cover and freeze, if in freezer for a long time set out at room temperature for 2-3 mins. Serve 3 scoops on small dessert plate and top with chocolate shavings.



GREENRICE KRISPY TREATS



INGREDIENTS

- 3 Tbsp. Cannabutter
- 10 oz marshmallows
- 6 cups crispy rice cereal

DIRECTIONS

Line a 13x9 pan with parchment paper or waxed paper.

In a large saucepan, heat the cannabutter and marshmallows over medium heat until melted, stirring frequently. Remove from heat and immediately stir in the cereal, using a rubber spatula that's been sprayed with cooking spray to prevent sticking.

Spread marshmallow/rice cereal mix in the prepared pan. Flatten gently with the spatula. Place pan in fridge to cool before cutting into squares.

DEVOUR!



SCOOBY SNACKS

INGREDIENTS

- 2 cups flour
- 2 eggs
- 1 cup Quaker dry oatmeal
- 1 tbsp vanilla
- 1/2 cup cocoa
- 1/2 cup sugar
- 1/4 pound (1 stick) butter
- 1 tbsp walnut extract
- 1 oz. of finely ground cannabis

DIRECTIONS

Preheat oven to 350 degrees. Combine all ingredients in a large mixing bowl. If there is not enough liquid to mix all ingredients after 5 minutes of stirring, add a tiny amount of milk to aid in mixing of remaining ingredients. Taste batter before cooking and adjust amount of sugar to your liking. Place on a lightly greased cookie sheet and bake for 8 to 12 minutes, depending on how large you made your cookies. Can be cooked for a shorter time for chewier cookies, or a longer time for drier, crisp cookies.

NOTES

It is advisable not to drive after ingesting. In fact, forget about anything you had planned for that day.



WAKE-N-BAKE BREAKFAST SANDWICHES



INGREDIENTS

- 1-2 grams cannabis
- 2 slices Bread(preferably an English Muffin)
- 2 large Eggs
- 2 slices Bacon
- 2 slices Velveeta Cheese

DIRECTIONS

In a large pan, cook the bacon and scrambled eggs. Assemble the sandwich as follows: 1 slice of bread, buttered side up; 1 gram finely chopped cannabis; 1 slice cheese; 1 slice bacon; scrambled eggs; 1 slice bacon; 1 slice cheese; remaining cannabis; and 1 slice of bread. Press the sandwich together and microwave for 30 seconds, or until cheese has melted.

NOTES

For a lighter version, you could always use butter the bread with Cannabutter.



GANJA CINAMMON BREAD

INGREDIENTS

- 1 cup white sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons ground cinnamon
- 1 cup buttermilk
- 1/4 cup vegetable oil
- 2 eggs
- 2 teaspoons vanilla extract
- 2 tablespoons white sugar
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2 teaspoons margarine/4 teaspoons cannabutter or as much marijuana as you need



DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C). Grease one 9x5 inch loaf pan. Measure flour, 1 cup sugar, baking powder, baking soda, 1 1/2 teaspoons cinnamon, salt, buttermilk, oil, eggs and vanilla into large mixing bowl. Beat 3 minutes. Pour into prepared loaf pan. Smooth top. Combine 2 tablespoons white sugar, 1 teaspoon cinnamon and butter, mixing until crumbly. Sprinkle topping over smoothed batter. Using knife, cut in a light swirling motion to give a marbled effect.

Bake for about 50 minutes. Test with toothpick. When inserted it should come out clean. Remove bread from pan to rack to cool.

nJoy!



LEARY BISCUIT

INGREDIENTS

- 1 Ritz Cracker
- 1 teaspoon Butter
- 1/2 slice Cheese
- 1 gram cannabis

DIRECTIONS

Take a Ritz cracker, smear it with butter, add some cheese, and put the cannabis on top. Microwave on high for 35-40 seconds, or until the cheese is melted.

NOTES

You do not need to “activate” the THC in cannabis.

POTCORN

INGREDIENTS

3 tablespoons Vegetable Oil
1/2 cup Popping Corn
1/8 ounce cannabis

DIRECTIONS

Put the oil in a tall pot, like the ones used for boiling spaghetti, and combine with finely chopped cannabis. Stir over medium-low heat until the oil turns green in color. Put 1-2 kernels in the oil and when they begin to pop, add the rest of the corn. Cover the pot, and shake during popping until the popping noise dies down. Remove the pot from heat. The corn will finish popping. Remove lid and add butter and salt.

NOTES

You can always use microwave popcorn, but you’ll have to use Cannabutter as a topping. Top your finished popcorn with Cannabutter to give it an extra punch.



EXTRA GREEN AVACADO DIP



INGREDIENTS

- 3 ripe Avocados
- 1/2 cup chopped Onions
- 2 tsp Chilli Powder
- 3 tbs Wine Vinegar
- 1/2 cup finely chopped Marijuana

DIRECTIONS

Mix the vinegar, marijuana, and chilli powder together and let the mixture stand for one hour. Then add avocados and onions and mash it all together. It can be served with tacos or as a dip.



MAGIC TEA HELPER

INGREDIENTS

- 1 cup Light Cream
- 1 gram cannabis

DIRECTIONS

In a saucepan over medium-low heat, bring the light cream to almost a boil. Turn off the heat, and add cannabis. Mix in well with a wooden spoon. Cover, and let cool for 1-2 hours. Strain the milk with some cheesecloth, and add to your morning coffee or tea.

NOTES

The amount of cannabis you use, like in any recipe in this book, is entirely up to you. The more the merrier of course!!!

HASH FUDGE

INGREDIENTS

- 3/4 cup Heavy Cream
- 2 cups Sugar
- 1 teaspoon Cornstarch
- 2 ounces Unsweetened Chocolate
- 3 grams Hash
- 3 tablespoons Butter
- 1 tablespoon Vanilla

DIRECTIONS

In a metal saucepan, combine milk, sugar, chocolate, and cornstarch over medium heat. Stir until the mixture comes to 240 degrees (on a candy thermometer). Immediately remove from heat, and leave the thermometer in. Take 3 tablespoons of butter and melt in microwave. Mix in the hash and stir, put back in microwave for 30 seconds, and stir again. Add the hash-butter mixture into your chocolate mixture, but do not stir! When the temperature of the fudge drops to 110 degrees, use a big spoon and stir vigorously for at least



7 minutes, or until it starts to get difficult to stir. Spread in a baking dish, 9x13 inches will work fine, and let the fudge cool down.

NOTES

To save on cleanup time, line the bottom of your baking dish with aluminum foil. If your fudge doesn't turn out right, you probably weren't using a thermometer or you were too impatient and did not let it cool down. Both are important to making good fudge. You could always use Cannabutter if you do not have hash.

CANNACOFFEE MILKSHAKE

INGREDIENTS

- 2 cups Vanilla Ice Cream
- 1 cup Whole Milk
- 1 teaspoon Vanilla Extract
- 1 tablespoon Instant Coffee
- 2 grams cannabis

DIRECTIONS

If you have the time, finely chop your cannabis and let it sit overnight in milk. In a blender, combine ice cream, milk and cannabis mixture, vanilla, and instant coffee.

Blend until smooth. Pour into glass and serve.

NOTES

If you don't like coffee, you can always add 1-tablespoon cocoa powder.



THC Pills

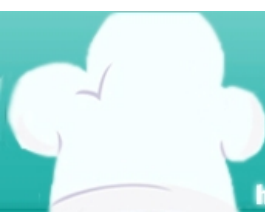


INGREDIENTS

- 1/8th oz herb. (I used shwag the first time)
- 4oz Extra Virgin Olive Oil.
- 32 Empty Gelatin Pill Sleeves. (Get them online, or just go to the store and buy some cheap ginko biloba pills.)

DIRECTIONS

1. Put your herb in a blender for 2 minutes, till it is powder. Add a few tablespoons of water if it is super dry.
2. Move all herb into another container, use glass, it makes the process a lot easier. Then place in freezer overnight.
3. Remove from freezer, and in same container add your olive oil slowly! Add a little bit, then stir, a little bit more, stir, but stop when you have exceeded saturation point(when it starts to look more like a soup than a mixture).
4. Place in microwave for two minutes, covered.



5. Remove from microwave, stir vigorously, to help break up any particulates or clumps.
6. Place back into microwave for another minute.
7. Remove, you want it to be thick...almost like a tar. If it is still runny...zap it again. But DO NOT LET IT SMOKE! If it smokes, it's burning your WEED.
8. Stir, till it is even. It should at this point be a dark amber, but NOT black!
9. Line up your empty pills, inside your filler.
10. Take a spoonfull of your mix, then place it over the filler. Next use a playing card(clean) to evenly smear over your empty pill containers, so they are all evenly filled. Repeat till all pills are filled, then place tops on pills.
11. Repeat process till all THC mix is used.
12. Place pills in freezer for One day.(you can do this for just a few hours if you want.)
13. Clean up....thats it!
14. The fun begins! Just like cannabutter, you have to be weary of your tollerance. Heavy smokers report 2 pills of this from schwag kept them high for almost 10 hours.)
15. Take one pill your first time. It will take about an hour and a half to kick in. If you do not get your desired effect, take ONE more pill. But be sure not to drive anyplace. This will knock you on your ass.
16. Place pills back in freezer, or in the fridge. I like the fridge, because it doesn't take as long to digest.
17. That's it! They will keep for a long time. NOW GO HAVE SOME FUN!!! YOU WILL BE AS HIGH AS ALL HELL...BUT YOU WON'T HAVE COTTONMOUTH!



NOTES

For those of you whom do not have a pill filler, this is what you will have to do; take your tar mix, and add about 1oz oil. Place in microwave for 20 seconds. Mix, till smooth and workable. It should be about as thin as the oil was to begin with. Then use an eye dropped to place into your empty pills. Place caps on, and put it in the freezer. That's it. It's really simple!

TWIG TEA

INGREDIENTS

- 1-2 cups cannabis Stems
- 2 cups Water

DIRECTIONS

Grind your stems into a powder using either a hand grinder, coffee grinder, or mortar and pestle. In a saucepan, bring water to a rolling boil. Add the ground up stems, cover, and reduce heat to low. Let steep for 5-10 minutes, and then toss in a teabag or two of your favorite tea. Let steep another 5 minutes. Serve from a teapot that has a strainer in the spout, or strain your tea using a tea strainer, cheesecloth, or coffee filter.

NOTES

You could always add some honey or sugar to add more flavor.



TRIPLE CHOCOLATE S'MORES MARIJUANA PIE

INGREDIENTS

- 1 1/4 cups Graham Cracker Crumbs
- 1/4 cup Sugar
- 1/3 cup Cannabutter, Melted
- 1 cup Milk Chocolate Chips
- 1 cup White Chocolate Chips
- 1 cup Dark Chocolate Chips
- 1 1/2 cups Sweetened Condensed Milk
- 1 1/2 teaspoons Vanilla Extract
- 1 1/2 cups Miniature Marshmallows

DIRECTIONS

Preheat oven to 375 degrees. Spray inside of a 9-inch pie pan with non-stick cooking spray. In a bowl, combine graham cracker crumbs, sugar, and melted Cannabutter. Press mixture firmly into sprayed pie pan, covering bottom and sides. Blind bake (to bake without any filling) for 6-8 minutes, set aside to cool. For the filling, combine milk chocolate chips, 1/2 cup condensed milk, and 1/2 teaspoon vanilla. Stir until chips are melted then pour into bottom of cooled crust. Set in refrigerator while preparing the second layer. Repeat the above process using the white chocolate chips, and again with the dark chocolate chips. Make sure to let set in refrigerator between each layer. Preheat the broiler. Open a bag of miniature marshmallows. Remove pie from refrigerator and cover evenly with miniature marshmallows. Place under broiler for 1-2 minutes until marshmallows begin to brown. Refrigerate at least 1 hour before serving.

NOTES

You could always use a torch to brown the marshmallows; I find it's a little easier to get an even brown compared to using the broiler.



NIPS

INGREDIENTS

- Saltine Crackers.
- Nutella (in the peanut butter aisle)
- Bowl of well broken up buds

DIRECTIONS

Put a mildly thick coat of nutella on two crackers (about 3 or 4 millimetres thick). Put .5 herb on the nutella spread onto one of the crackers. Put the crackers together like an oreo cookie. Put them on a cookie sheet and bake them at 325 degrees for 25 minutes.

NOTES

You can eat 2 cracker sandwiches. It takes about an hour to hit you and can last for up to 6 hours so don't plan on driving anywhere!

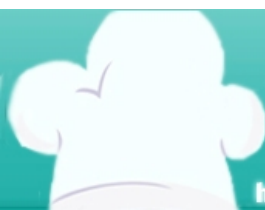
FIRE CRACKERS

INGREDIENTS

- Ground Marijuana
- Peanut Butter
- Cooking Oil
- 6 Ritz Bits Crackers(can substitute)

DIRECTIONS

Spread a thin layer of peanut butter on all 6 crackers, just enough so its not doesn't smush out the sides when you put them together. Sprinkle your weed evenly on 3 of the crackers. Next dab your oil/melted butter on all 6 of the crackers. Place crackers on top of one each other to make a "sandwich" and wrap individually in tinfoil, airtight! Pop them in the oven at 320F for approximately 25 minutes. Unwrap and let cool for 5-10 mintues and indulge!



GANJA GOODNESS

INGREDIENTS

- 1 package Miniature Marshmallows
- 1 cup Raw Whole Almonds
- 1 cup Golden Raisins
- 1 cup Dark Raisins
- 3 tablespoons Honey
- 1/4 teaspoon Cinnamon
- 1 teaspoon Vanilla
- 1/4 cup Vegetable Oil
- 4 tablespoons Cannabutter

DIRECTIONS

Pour vegetable oil into square pan and spread around bottom and sides. Allow extra oil to remain in pan. Chop up almonds until consistency is of grainy sand. Pout almonds into a pan over medium-high heat. Stir with a wooden spoon for 15 minutes. Keep stirring, do not let them burn. Remove almonds to mixing bowl. Chop the golden and dark raisins into small pieces and mix with almonds. Place Cannabutter in microwave safe bowl and microwave on high for 30 seconds, or until butter is melted. In the same bowl, add miniature marshmallows and microwave for 60 seconds, stir, and microwave for 30-60 seconds more until both combine into a smooth consistency. Add the Cannabutter and marshmallow mixture with the almond and raisin mixture, and fold together with a wooden spoon. Add honey, vanilla, and cinnamon and continue to stir. Pour entire mixture into a square cake pan and press out towards edges. Let sit in fridge for an hour. Slice in 1-square inch sections.

NOTES

Sprinkle confectioners sugar onto each square for an added taste!



MARIJUANA MEATLOAF

INGREDIENTS

- 1/4 ounce cannabis
- 1 pound Medium Lean Ground Beef
- 1 large Egg
- 1/2 package Crushed Saltines
- 1 packet Lipton's Tomato Cup-A-Soup
- 1/2 cup Green Pepper, Chopped
- 1/2 cup Onion, Chopped
- 1 Loaf Pan



DIRECTIONS

Preheat oven to 350 degrees. In a large bowl, combine ground beef, onion, and green pepper. Mix together well with hands. Next, add saltines, soup, and cannabis. Roll the beef into a ball and gouge a hole in it with your thumb. Drop the egg in, combining the ingredients until mixed thoroughly. Spread into loaf pan and place in oven for 20-30 minutes.

NOTES

Don't forget to add some ketchup on top at the end, just like mom used to make!



APPLE BUDS

INGREDIENTS

- 4 Apples, Cored
- 1/4 cup Butter
- 1/2 cup Brown Sugar
- 1/4 cup Water
- 1/3 cup cannabis
- 2 tablespoons Cinnamon

DIRECTIONS

Finely chop the cannabis until it is a powder. In a food processor or blender, mix in cannabis, butter, sugar, and warm water. Stuff cored apples with cannabis mixture. Sprinkle apples with cinnamon, and top with a cherry. Bake in oven for 25 minutes at 350 degrees. Serves four.

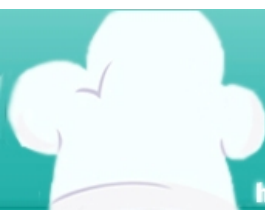
NOTES

Some nutmeg and cherry brandy would make this even better!

POTSTA SAUCE

INGREDIENTS

- 6 ounces Tomato Paste
- 2 tablespoons Olive Oil
- 1/2 cup Onions, Chopped
- 1/2 cup cannabis, Powdered
- 1 pinch Pepper
- 6 ounces Water
- 1/2 Garlic, Minced
- 1 Bay Leaf
- 1 pinch Thyme
- 1/2 teaspoon Salt
- 1 teaspoon Italian Seasoning
- 1 teaspoon Oregano



DIRECTIONS

In a large pot over high heat, add olive oil and onions. When onions become translucent, add garlic, salt, pepper, and cannabis. Stir until garlic becomes translucent. Pour water into pot, along with the bay leaf, thyme, Italian seasoning, and oregano. Once combined, add tomato paste. When mixture starts to bubble, reduce heat to medium-low and simmer for at least 2 hours.

NOTES

Substitute olive oil with Cannabis Cooking Oil. Meat lovers can brown 1 pound of ground beef and add it into the sauce to simmer.

SPECIAL ADULT BROWNIES

INGREDIENTS

- 1/4 pound Butter
- 3/4 pound Dark Chocolate
- 1 cup Raw Sugar
- 3 large Eggs
- 1/2 cup Plain Flour
- Nutmeg and Cinnamon
- 2 tablespoons Vanilla
- 2-3 ounces Dried cannabis Leaf (or 1 ounce of bud)

DIRECTIONS

Preheat oven to 350 degrees. Grease 9x13-inch baking dish. Over low heat, melt butter and chocolate, stirring constantly. Once chocolate starts to melt turn off heat and continue to stir. Add spices, sugar, and eggs. Stir mixture until smooth, and add flour, 1/4 cups chopped walnuts (if desired), and powdered cannabis. Stir well (add a dash of milk if necessary) and pour into pan. Bake for 20-25 minutes. Let cool and cut into 16-30 squares.

NOTES

Again, like every recipe, you can use Cannabutter.



BANANA BUD BREAD



INGREDIENTS

- 1/2 cup Shortening
- 2 Eggs
- 1 teaspoon Lemon Juice
- 3 teaspoons Baking Powder
- 1 cup Sugar
- 1 cup Mashed Bananas
- 2 cups Sifted Flour
- 1/2 cup cannabis, Powdered
- 1/2 teaspoon Salt
- 1 cup Nuts, Chopped

DIRECTIONS

Mix the shortening, sugar, and eggs together. Separately mix bananas with lemon juice and add to first mixture. Sift flour, salt, and baking powder together, and then mix all the ingredients together. Bake for 1 hour and 15 minutes at 375 degrees.

NOTES

For the best tasting banana bread, use bananas that have the “bruised” spots all over them. In addition, you can substitute with Cannashortening instead of adding straight cannabis.



CHOCOLATE PEANUT BUTTER GANJA COOKIES

INGREDIENTS

- 1 cup flour
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup butter
- 1 1/2 cup brown sugar
- 1 tsp vanilla extract
- 1 egg
- 1 cup crunchy peanut butter
- 8 oz semisweet chocolate

DIRECTIONS

1. Sift together flour, baking soda, and salt -- set aside.
2. Melt butter and combine with sugar.
3. Add egg and vanilla to sugar/butter combination.
4. Add peanut butter to wet mixture.
5. Melt chocolate and add to wet mixture.
6. Gradually add dry ingredients.
7. Refrigerate until dough is firm and easy to work with.
8. Form one-inch balls, place on greased cookie sheet.
9. Flatten into cookies using the back of a fork (to form a cross hatch pattern).
10. Bake in a 350-degree oven approximately 10 minutes.



MAMA BUDZ PESTO



INGREDIENTS

- 1/2 cup Basil, chopped
- 1/2 cup fresh cannabis
- 1 cup Olive Oil
- 1/2 cup Parmesan, Grated
- 1/2 cup Romano, Grated
- Garlic

DIRECTIONS

Mix all ingredients in a food processor and refrigerate for at least 24 hours. Simple and delicious!

NOTES

Make sure you use fresh herbs, very important! Add pesto to your spaghetti or anything else you can think of.



CANNABAKLAVA

INGREDIENTS

- 1 1/2 pounds Walnuts, Chopped
- 2 cups Sugar
- 1/2 teaspoon Nutmeg
- 3 teaspoons Cinnamon
- 3 sticks Butter
- 1/2 ounce cannabis, Powdered
- 16 ounces Filo Dough
- 1 1/2 cup Water
- 1 1/2 teaspoon Lemon Juice
- 2 cups Honey
- 1/2 teaspoon Vanilla

DIRECTIONS

Prepare the Cannabutter using all but 2 tablespoons of butter. Grease a 10x15-inch baking dish with remaining butter. Lay 10 layers of filo dough down, coating each layer with liberal amounts of butter. You should have 1/3 of your butter left after doing this. The filo dough will be too big for the pan. Do not grease the sides, as you will want to cut off the excess filo dough so the dough just curves up slightly against the sides. Mix walnuts and 1-cup sugar. Pour into pan and spread evenly. Cut 5 more sheets of dough, just slightly bigger than the pan and repeat the same process in as before with the filo dough. Preheat the oven to 300 degrees, and bake for 50 minutes. During the baking process, mix the remaining sugar with water, lemon, vanilla, and spices. Cook in a saucepan until it is syrup, add honey and heat for another minute. When the baklava is done cooking, cut into 2x2-inch squares, and pour the honey-lemon sauce over the baklava. Let sit for 48 hours until the honey permeates everything.

NOTES

If all else fails, call your preacher.



KEY-F LIME PIE

INGREDIENTS

- 1/4 cup Water
- 1 package Gelatin, Unflavored
- 1 cup Sugar
- 1/2 teaspoon Salt
- 4 Eggs, Separated
- 1/2 cup Lime Juice
- 3 teaspoons Lime Zest
- 1 cup Whipping Cream
- 1/2 cup Pistachio Nuts, Shelled, Unsalted
- Sweetened Whipping Cream
- Lime Slices

Pastry Crust:

- 1/4 cup Cannabutter, Softened
- 1 cup Pastry Flour, Whole Wheat
- 1 large Egg Yolk
- Pinch of Salt
- 1/4 cup Raw Sugar



DIRECTIONS

Combine water and gelatin. Allow to soften for 5 minutes. Mix in salt, egg yolks, juice of lime, and half the sugar. Stir constantly over medium heat, just until boiling. Remove pan from heat, stir in 2 teaspoons of lime zest. Pour the mixture into a bowl and chill until slightly jelled. Gradually add the remaining sugar to the cream, and whip until stiff peaks form. Fold into the chilled, somewhat jelled mixture. Fill the pastry crust (directions follow) and chill the pie until the filling has set. Spread more sweetened whipped cream over the pie, place the slices of fresh lime around the edge, and sprinkle the center with the pistachios and remaining lime zest. Pastry crust: Blend the butter with the flour until you have a grainy mixture. Blend the egg, yolks, salt, and sugar together, and beat into the flour-butter mixture. Cover and refrigerate for 2 hours. Work



the dough into your pie pan with lightly buttered fingers. Poke holes in the bottom and sides with a fork, to let steam out during cooking. Bake in a 400-degree oven for 20 minutes.

NOTES

This recipe makes one 10-inch crust, with about one dose per teaspoon per slice. To cut potency, use half Cannabutter and half regular butter.

MARY "VANILLA CRISPS" JANE

INGREDIENTS

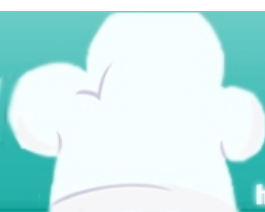
- 1 Egg
- 2 cups Sugar
- 2 teaspoons Vanilla Extract
- 1 cup Cannabutter, Softened

DIRECTIONS

Mix the egg, sugar, vanilla, and Cannabutter in a large bowl until creamy in texture. Add the flour, making sure to incorporate the entire mixture. Cover the bowl, and refrigerate for 1 hour. Preheat oven to 375 degrees. With a #20 ice cream scooper, form the dough into balls and place on an ungreased cookie sheet. Leave about 2 inches between the balls. Take a glass out with a nice diameter, and wet the bottom and dip it in some sugar to coat the bottom. Press the cookies down with the bottom of the glass, but not too flat. Cook 8-10 minutes, or until golden brown.

NOTES

Doesn't really mask the taste of cannabis, but it's good if you like vanilla.



JALAPENO GANJA MUFFINS

INGREDIENTS

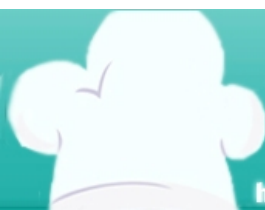
- 1/2 cup Cannabutter
- 1/3 cup Raw Sugar
- 2 large Eggs
- 8 ounces Creamed Corn
- 1 cup Sour Cream
- 1/2 teaspoon Sea Salt
- 1 tablespoon Aluminum-Free Baking Powder
- 1/2 cup All-Purpose Flour, Unbleached
- 1 cup Sharp Cheddar Cheese, Grated
- 1/4 cup Lemon Zest
- 1/2 cup Jalapeno Peppers, Chopped, Seeded
- 1 1/2 cups Yellow Corn Meal

DIRECTIONS

In a large bowl, cream together the butter, sugar, eggs, creamed corn, and sour cream. Sift the salt, baking powder, and flour, and then combine with the creamed mixture. Stir in the grated cheese, lemon zest, peppers, and corn meal. If necessary, adjust the taste with a little bit of sugar at a time. Grease muffin tins with Cannabutter, and fill the cups 2/3 full. Bake in preheated 450-degree oven for 18-20 minutes.

NOTES

If you want it really spicy, like me, try some other peppers or mix in some horseradish with the sour cream.



OATMEAL COOKIES

INGREDIENTS

- 2 extra large Eggs
- 3/4 cup Cannabutter
- 2 cups Raw Sugar
- 2 teaspoons Vanilla Extract
- 1 tablespoon Nutmeg, Ground
- 1 tablespoon Cloves, Ground
- 1 tablespoon Cinnamon, Ground
- 2 cups Whole Wheat Flour
- 1/2 teaspoon Baking Soda
- 1 teaspoon Sea Salt
- 2 tablespoons Water
- 1 1/2 cups Raisins
- 2 cups Rolled Oats
- 1 cup Pecans, Chopped

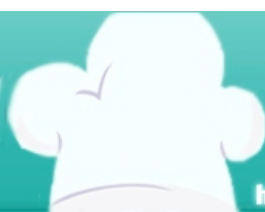


DIRECTIONS

Cream together the eggs, butter, sugar, and vanilla. Sift the spices, flour, baking soda, and salt into the creamed mixture. Add the water, raisins, oats, and pecans; mix thoroughly. Chill cookie dough for 20 minutes. Using a #20 ice cream scooper, place the dough on a buttered cookie sheet. Top with raw sugar if you want. Bake in preheated 350-degree oven for 12-20 minutes.

NOTES

For a variation, use butterscotch morsels instead of raisins and pecans.



WAKE-N-NO-BAKE COOKIES

INGREDIENTS

- 2 cup Sugar
- 1/2 cup Cannabutter
- 1/2 cup Milk
- 3 tablespoons Cocoa
- 3 cups Quick Oat
- 1 teaspoon Salt
- 1 teaspoon Vanilla

DIRECTIONS

In a large saucepan, add the sugar, butter, milk, and cocoa. Bring to a rapid boil, and continue to cook for 2 minutes. Remove from heat and add the oats, salt, and vanilla. Using a #20 ice cream scooper, drop onto wax paper and let cool.

NOTES

I suppose you could even microwave this.

MILK CHOCOLATE CHIP COOKIES

INGREDIENTS

- 2 cups Flour
- 1/2 teaspoon Baking Soda
- 1/2 teaspoon Salt
- 1 cup Cannabutter
- 2/3 cup Sugar
- 2/3 cup Brown Sugar, Lightly Packed
- 1 Egg
- 1 teaspoon Vanilla
- 1 package Milk Chocolate Chips



DIRECTIONS

Cream together Cannabutter and sugars. Beat in egg, and add vanilla. Sift dry ingredients into creamed mixture, and fold in milk chocolate chips. Bake 8-10 minutes in preheated 375-degree oven.

NOTES

Dark chocolate chunks sounds pretty good too!

THE CHEWY

INGREDIENTS

- 2 sticks Cannabutter, Unsalted
- 2 1/4 cups Bread Flour
- 1 teaspoon Kosher Salt
- 1 teaspoon Baking Soda
- 1/4 cup Sugar
- 1 1/4 cups Brown Sugar
- 1 Egg
- 1 Egg Yolk
- 2 tablespoons Milk
- 1 1/2 teaspoons Vanilla Extract
- 2 cups Semisweet Chocolate

DIRECTIONS

Preheat oven to 375-degrees. Melt butter in a heavy-bottom medium saucepan over low heat. Sift together the flour, salt, and baking soda and set aside. Pour the melted butter in the mixer's bowl. Add the sugar and brown sugar. Cream the butter and sugars on medium speed. Add the egg, yolk, milk, and vanilla and mix until well combined. Slowly incorporate flour mixture. Fold in chocolate chips. Chill the dough, then scoop onto parchment-lined baking sheets using a #20 ice cream scooper; 6 cookies per sheet. Bake for 14 minutes, or until golden brown, checking the cookies after 5 minutes. Rotate the baking sheet for even browning.



NOTES

This is the best recipe I have used for making cookies that are nice and chewy. The secret is the use of an egg and an egg yolk; also, chilling the dough is important.

THE PUFFY

INGREDIENTS

- 1 cup Cannashortening, Butter Flavored
- 3/4 cup Sugar
- 1 cup Brown Sugar
- 2 1/4 cups Cake Flour
- 1 teaspoon Kosher Salt
- 1 1/2 teaspoons Baking Powder
- 2 Eggs
- 1 1/2 teaspoons Vanilla Extract
- 2 cups Semisweet Chocolate Chips

DIRECTIONS

Heat oven to 375-degrees. Combine the Cannashortening, sugar, and brown sugar in the mixer's work bowl, and cream until light and fluffy. In the meantime, sift together the cake flour, salt, and baking powder and set aside. Add the eggs 1 at a time to the creamed mixture. Then add vanilla. Increase the speed until thoroughly incorporated. With the mixer set to low, slowly add the dry ingredients to the shortening and combine well. Stir in the chocolate chips. Chill the dough. Scoop onto parchment-lined baking sheets using a #20 ice cream scooper, 6 per sheet. Bake for 13 minutes or until golden brown and puffy, checking the cookies after 5 minutes. Rotate the baking sheet for even browning.

NOTES

The secret behind a big puffy cookie is the use of cake flour, shortening, and the mix of brown to white sugars.



THE THIN

INGREDIENTS

- 2 1/4 cups All-Purpose Flour
- 1 teaspoon Kosher Salt
- 1 teaspoon Baking Soda
- 1 Egg
- 2 ounces Milk
- 1 1/2 teaspoons Vanilla Extract
- 2 sticks Cannabutter, Unsalted
- 1 cup Sugar
- 1/2 cup Brown Sugar
- 2 cups Semisweet Chocolate Chips

DIRECTIONS

Heat oven to 375-degrees. Sift together the flour, salt, and baking soda in a mixing bowl. Combine the egg, milk, and vanilla and bring to room temperature in another bowl. Cream the Cannabutter in the mixer's work bowl, starting on low speed to soften the butter. Add the sugars. Increase the speed, and cream the mixture until light and fluffy. Reduce the speed and add the egg mixture slowly. Increase the speed and mix until well combined. Slowly add the flour mixture, scraping the sides of the bowl until thoroughly combined. Stir in the chocolate chips. Scoop onto parchment-lined baking sheets using a #20 ice cream scooper, 6 cookies per sheet. Bake for 13 to 15 minutes, checking the cookies after 5 minutes. Rotate the baking sheet for more even browning. Remove the cookies from the pans immediately.

NOTES

Some people like their cookies thin, and this works really well. These 3 cookie recipes (the chewy, the thin, and the puffy) are by Alton Brown of Good Eats on FoodTV. Some people don't know how to make a cookie a certain way, and by changing the flour type, the fat type, the egg ratio, and the sugar ratio, you can achieve your favorite cookie!



THE LEGENDARY SECRET GREEN DRAGON



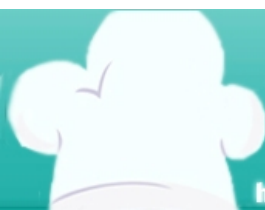
Here is the very successful result of a considerable amount of research done by Master Wu into the elusive and magical Green Dragon.

WARNING: GREEN DRAGON is NOT to be taken lightly! It is EXTREMELY potent!!!

This is a simple and efficient 4 Step process.

INGREDIENTS

- 1/8oz *high quality* cannabis
- 2 oz Bacardi Rum – 151 proof



PROCESS SUMMARY

1. Chop cannabis very fine (coffee grinder works great).
2. Place in a shallow pan (a sheet of aluminum foil works great) and bake at 325°F for 5 minutes.
3. Remove from oven and place cannabis in 2 oz of 151 proof rum (use a small wide mouth mason jar).
4. Simmer in a water bath for 20 minutes. Maintain temperature of the rum/cannabis mixture between 170°F.
5. Strain the mixture and store.

DOSAGE

One milliliter (one full eyedropper) is very nice. Two blasts you out to space. But you must self-titrate (test it on yourself) as each batch will be slightly different. Effects take up to 1.5 hours to begin and lasted for 5 hours(1 dropper) to 7-8 hours (2 droppers).

You can place one eyedropper (1ml) of Green Dragon in a small glass. Then add a small amount of water (1-2 ml) and drink. Do this on an empty stomach for best results (about 20-30 minutes before eating a main meal is good).

PROCESS DETAILS

1. Chop the cannabis. More surface area gives means a faster and more efficient extraction.
2. Bake the cannabis. This converts THCA to THC via a decarboxylation reaction. In whole-plant cannabis, THC content is expressed as THCA (tetrahydrocannabinolic acid) prior to decarboxylation into THC, which takes place when cannabis is heated during cooking, and smoked or vaporized ingestion. THCA is a mild analgesic and anti-inflammatory but does not have good affinity with our CB1 receptors, so in order to make a THC-rich tincture that has many



of the same therapeutic effects as smoked ingestion(including rapid absorption, quick relief and ease of self-titration), we must convert the THCA in the plant matter into THC prior to extracting it through an alcohol soak. THC vaporizes at about 380°F. We want to heat the cannabis to convert THCA to THC, but keep the temperature under 380°F. That is why 325°F is used. Between four and five minutes your oven(and house) will start to smell very strong. This is the time to remove the cannabis from the oven.

Notice also that there is considerable misinformation regarding heating the cannabis. It is true that you don't have to heat it to extract both THC and THCA, but the amount of THC in whole plant preparations is relatively small compared to after decarboxylation of the THCA. So if you want to maximize the strength of your tincture you must heat the cannabis prior to extraction.

3. Use the highest proof alcohol available. Where I live this is Bacardi 151. The more alcohol the more efficient the extraction will be.

4. Simmer the mixture. This is one of the areas that seems to be most debated. Many recipes call for placing the cannabis (unbaked of course) into the alcohol and waiting 2 – 6 weeks. The main concern with heating the alcohol is that it is “explosive” (not exactly true...it is however flammable).

The purpose of the simmering is to heat the alcohol mixture to improve extraction rates and efficiencies. Heating during extraction increases the motion of the molecules (basic physics/chemistry) and drastically decreases extraction times. The boiling point of pure ethanol is 173°F (78°C). We will use the water bath to heat the rum/cannabis mixture to just below the boiling point of ethanol.

Heating the alcohol mixture can be done very safely using a hot water bath. You will need an accurate candy or quick read thermometer. Place about 1 inch of water in a wide, vertical-edged pan (9” diameter x 3” high). Bring the water to a low simmer. The rum/cannabis mixture should be in a small (1 pint) mason jar. Do NOT cover the jar.



Put the thermometer into the mason jar and place into the simmering water bath. Bring the temperature of the rum/cannabis mixture to about 170°F. The alcohol should be just barely boiling.

You should have the oven fan on high. You will notice that any alcohol fumes are mixed with water vapor from the water bath and vented out the fan. This combined with the fact that you are trying not to boil the ethanol makes the process quite safe.

5. Strain and store. When you are finished with the extraction you will be left with about 1oz of green dragon tincture after you have strained the extract. Notice that one ounce of the alcohol has evaporated. See the tips below for a good way to strain the tincture.

A standard eyedropper will transfer about 1ml (or 1 gram) of liquid. There are 29 milliliters in one ounce. So you should end up with about 30 or so full eyedroppers (30 milliliters) of *Green Dragon*.

The liquid should be dark brownish-green and smell like cannabis.

6. Dosage/Titration: Everybody is different. Using Master Wu's Green Dragon technique one dropper will bring effects on in 30-90 minutes and last 5 hours with 1.5 hours of lingering aftereffects.

Many report two droppers give them a "spiritual dose" (as strong as any brownie they have ever had). Effects reported lasting 7-8 hours with lingering effects for 2 more hours.

This means that 1/8oz of good cannabis yields about 30-34 doses of tincture (1 dropperful is really all one would need).



NOTES

1. Baking Temperature/Time.

325 Farenheit for 5 minutes. Although this will change depending on the type of pan you use. With a gas oven and aluminum foil (no pan cookie sheet) 5 minutes was fine. However with an electric oven, a cookie sheet, and baking parchment, I needed a few more minutes. Keep a close eye on it.

2. Double the Recipe?

Sure, why not. It should be fine. But I prefer to err on the side of caution and would probably do the extraction twice with a self-titration in between runs.

3. Dosage

You will have to figure dosage with each batch. And testing it is important. The way to do this is through titration (a fancy chemical term that means to determine the concentration of a solution). The concentration of GD will change based on the strength of the starting material, the amount of alcohol you boil off during the extraction, the efficiency of your pre-bake, etc.

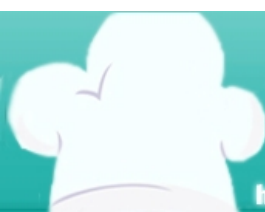
You can start with one or two full dropperfuls(not drops!) and then you can swallow them down. Check the time and note when you first feel effects, when you peak, the intensity of the peak, and how long it lasts. Make sure you can reproduce your titration (empty stomach, time of day, diluted in water?, etc). If you like what you feel, great. If too much or not good enough try again tomorrow with a different amount. With two points (high and low) you should have a pretty good idea of how it works on your body. Of course it might be different on someone considerably bigger or smaller. ills, tinctures, and/or other extracts.

4. When is it Ready?

Right away. That is one of the nice things about this extraction process.

5. Extraction Temperature

Many report successful extractions at 170 degrees fahrenheit. You'll note that the initial recipe called for maintaining temperature between 150 and 165. At 170 the alcohol mixture will be slightly boiling. Note that this is alcohol boiling



not water boiling. Alcohol boils with very fine bubbles as opposed to the rolling boil of water. After 20 minutes the alcohol should be reduced by about half.

6. Green Dragon Final Color and Smell

The green dragon should be a greenish-brown color (more brown than green). If it is emerald green and smells like grass (from the chlorophyll), it will be weak. Emerald green indicates that the pre-baking was not sufficient. The GD should smell like bud, somewhat floral.

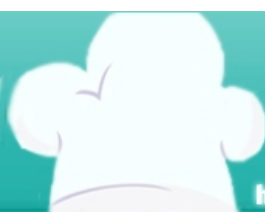
7. How To Recover The Green Dragon

When you are done extracting you will have one ounce(or so) of Green Dragon. But it is mixed up with the 1/8 oz of spent plant material. Here is how I recover the maximum amount of my extract.

First, you could strain it through a regular kitchen mesh strainer. Use the back of a spoon to force out as much Green Dragon as possible.

Next use a garlic press to squeeze the remaining leaves. My preference is a Zylis Garlic Press because it has a plunger mechanism, but any press should do. You then would put the squeezings into the plunger in batches, and squeeze the holy Green Dragon alchemical concoction out of it. This trick will increase your overall recovery by about 15%.

Note: Green Dragon will make you VERY high!! It is recommended to start with the recommended dosage, any more may be more than you bargained for. You do so at your own risk!!! You have been warned!



YOU HAVE BEEN WARNED...

