

Let's Get Started

First things first. When cooking with cannabis you need to choose what kind of cannabis you want to cook with and what desired effect you want to achieve. For example, if you want your edibles to manage pain but not completely put you to sleep, it would be wise to stay away from the heavy Indica strains. the same can be said if you want to use your edibles to manage insomnia, Sativa's will work but you will achieve a better result if you choose an Indica strain. Luckily your local dispensary budtender should be able to help you out with any questions you might have.

What Supplies you need

Now that you have your cannabis you will need a few more items before we get started.

1. Medium-sized saucepan.
2. Cookie sheet.
3. Cheesecloth or strainer.
4. Access to an oven and stove.
5. Mason jars to store your final mixture.



Dosing your Cannabis

How to dose your cannabis edibles. Every one gram of cannabis bud equals 1,000mg. If your cannabis is testing at 10 % THC, then 10 % of the 1,000mg (100mg) is pure THC. When infusing cannabis, you only capture about 60% of the total THC. Typically, a baker would use 7 to 10 grams per 2 sticks of butter. Once you calculate the total amount of THC in your cannabis infusion you divide by the number of units you are making.

How to Decarboxylate your Cannabis

1. Place your broken-apart cannabis buds on a cookie sheet to decarboxylate. Decarboxylation is when you bake your cannabis at 200 degrees, no higher than 230, to activate the THC in your cannabis (do not exceed 230 or you will burn the

Infusing your Cannabis

2. Infusing your cannabis. Add 2 cups of water into a saucepan and bring it to a low boil. Add a glass measuring jar to the center of the saucepan and place 1 stick of butter for every 3.5-7 grams of cannabis you plan on using. Once you've added your cannabis to the melted butter, turn the heat on low and mix lightly for 1- 2 hours to infuse the mixture. Makeing sure to maintain the heat of about 200 degrees.

3. Strain your infused butter with a cheesecloth/coffee filter into a mason jar and let cool for 15 to 30 minutes

4. When baking with your infusion **do not exceed 270 degrees** or you will burn off your THC. (Cook low and slow).

Milligram Dosage Formula

$$\text{MgD} = ((\text{G} \times 1,000 \times \text{THC}) \times 0.60) / \text{U}$$

G = Number of grams added to butter

U = Number of units produced

THC = THC percentage of cannabis (15% = 0.15)

Nutty Caramel Cupcakes BROWNIE:

- 1 Package Ghirardelli Caramel Walnut Turtle Brownie Mix
- 1/4 cup chopped pecans
- 1/4 cup water
- 1/3 vegetable oil
- 1 egg



CARAMEL FROSTING:

- 1 pouch caramel enclosed
- 1/2 cup butter
- 2 cups powder sugar
- 2 teaspoons milk
- Pinch of salt
- chopped nuts optional

Heat oven to 220°F. Line muffin pan with paper baking cups. For Brownies: In medium bowl, stir together all brownie ingredients. spoon batter into muffin pan. Bake 23-27 minutes. Cool thoroughly. For Caramel Frosting: Using an electric mixer, mix caramel and butter on medium speed, add powdered sugar, milk and salt; blend until smooth. Frost cupcakes and sprinkle with nuts, if desired. Makes 12 brownie cupcakes

