



The Stoner's Cookbook

THE DEFINITIVE GUIDE TO COOKING WITH WEED

WELCOME TO THE STONER'S COOKBOOK

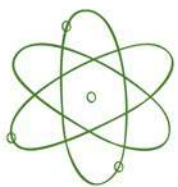


We are a community of passionate marijuana enthusiasts who crave good food, and cannabis. Whether you're an absolute beginner, or an expert, we have what you need to make a magical meal. In this guide you will find everything from perfect marijuana brownies, to cannabis-infused honey. We made The Stoner's Cookbook to give you the tools and knowledge to create your own marijuana recipes, and to create a database of all of the best cannabis dishes from around the world. If you love to cook with marijuana, or want to find your next marijuana meal, you have come to the right place.



THE STONER CHEF

The Stoner Chef is a food enthusiast and proud marijuana chef. Taking inspiration from dishes from around the world, we hope to bring you an eclectic mix of authentic dishes that are fun to cook and enjoy.

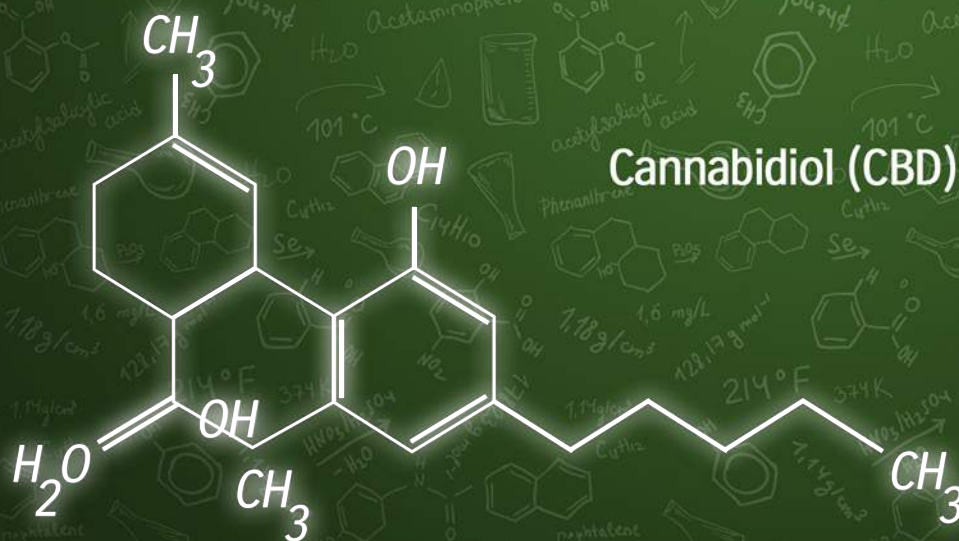


Cannabinoids

Marijuana contains more than 400 active compounds – called cannabinoids. Each strain of cannabis has its own cannabinoid profile. There is a lot of groundbreaking global research on the subject of cannabinoids. There is emerging evidence that CBD has identifiable medicinal properties, including cancer-fighting ability, immune system support, and anti-inflammatory powers. CBD also mitigates the psychoactive effects of THC, taking the edge off the high and reportedly lessening the anxiety that can accompany large doses.

Delta-9-Tetrahydrocannabinol (THC)

THC is the mind-altering cannabinoid in weed that gets you high and the reason why most recreational users consume marijuana. THC stimulates cells in the brain and causes a release in dopamine. Studies have shown that THC contains anti-cancer, anti-epileptic, anti-inflammatory, anti-depressant and appetite stimulating effects, to name a few.



The discovery of marijuana's astonishing medical potential is the most compelling reason to consume the plant. The unique non-psychoactive components of cannabis – called CBD – have been at the center of some of the most exciting developments in modern science. CBD holds therapeutic promise in treating a wide range of mood and anxiety disorders, Parkinson's and Huntington's disease, multiple sclerosis, spinal cord injury, neuropathic pain, stroke and glaucoma, to name just a few. CBD is a promising medicine that has the power to treat some of the most harmful illnesses.

WHAT MARIJUANA STRAIN IS THE BEST TO USE?

Choosing the best marijuana strain depends on your needs, the time of day and the benefits you're looking for. The potency and dosage vary depending on the strain, individual and condition. Marijuana can be divided into two main subspecies – indica and sativa – with lots of genetic variations called strains. Each individual strain of marijuana has unique characteristics that affect its therapeutic and psychoactive properties.

Indicas and sativas are very different, like night and day. We've made a handy chart to point out the differences between them to help make a decision on which strain you would prefer in your favorite recipes.



SATIVA



INDICA

APPEARANCE	Tall, thin plants, narrower leaves, lighter green in color. Grows up to 10 feet tall	Short, dense plants, broad leaves, darker green
LOCATION OF ORIGIN	Tropics (Colombia, Mexico, Thailand and Southeast Asia)	Hash producing countries (Afghanistan, Tibet and Morocco)
TIME TO MATURE	Grow very quickly, once flowering has begun, they take anywhere from 10 to 16 weeks to fully mature	After flowering starts they mature in 6 to 8 weeks
RATIO THC : CBN/CBD	Higher THC, lower CBN/CBD	Lower THC, higher CBN/CBD
BENEFITS	<ul style="list-style-type: none">Reduces nauseaStimulates appetiteFights depressionPositive, uplifting, cerebral effectEnergizes and stimulatesPromotes creativityRelieves headaches and migrainesRelaxes muscles, relieves painActs as an expectorant	<ul style="list-style-type: none">Reduces painMuscle relaxantRelieves spasms, reduces seizuresReduces inflammationAids sleepReduces anxiety/stressReduces nauseaStimulates appetiteRelieves headaches and migrainesReduces intraocular pressureBronchodilator and expectorant

Combining different indicas, sativas or a combination creates hybrids. The resulting hybrid strains will exhibit characteristics based on the indica-sativa percentages they contain.

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SATIVA

INDICA

EFFECTS

Stimulating and uplifting
Energizing and thought provoking
Increases focus and creativity
Supports immune system
Encourages laughter

Body high/buzz
Sedation, pain relief and relaxation
Reduced anxiety

FLAVORS

From pungent skunk to sweet and fruity

From pungent skunk to sweet and fruity

BEST TO TAKE

Best for use in daytime

Best consumed later in the day or bedtime

WHAT IS THE RIGHT DOSAGE & POTENCY RATIO?

Given all the different strains of cannabis available for you to cook with, you'll need to plan your dosage carefully. Be sure to test each new batch under controlled conditions before sharing with your friends. Depending on the potency of your weed you will need a different ratio of cannabis to butter, flour or oil in your recipes.

Five to ten grams of high grade bud from a *highly* potent strain is enough to infuse with a pound of butter. However, if you're using low-potency trimmed leaves, you will need two ounces or more of leaf to infuse the same amount of butter. Dried cannabis buds or shake fall somewhere in between. A general rule to follow is an ounce (28 grams) of pot to a pound (4 sticks) of butter.

It may take a little trial and error with a consistent supply of weed before you are able to achieve the appropriate dosage. For best results, make a big batch of cannabutter and store it in a sealed container in the freezer. This will allow you to maintain a consistent dosage from one recipe to the next as you become familiar with its potency.

COOKING WITH WEED

101

So you want to cook with weed? Awesome!



Cooking with weed is a great way to receive the medicinal benefits of this sacred plant without inhaling smoke. When you eat marijuana, the levels of THC in the body are lower than smoking, but the effects last longer. For the average individual the high is likely to last around 4 hours.



COOKING WITH WEED 101

HOW LONG TILL THE EFFECTS KICK IN?

It can take anywhere from 20 minutes to even 2 hours for the effects to set in. When smoked, the effects set in almost immediately, so it is easy to judge how much you need. However after eating some weed, some people are too impatient, and think they need more. Resist the urge to eat more until the effects start to set in. For first timers, it's best to start with a low dose, and increase it next time if needed. Experiment to find the right amount for you.



COOKING WITH WEED 101

WHAT IF I TAKE TOO MUCH?

While it is not possible to overdose on weed, the effects of eating too much cannabis are not pleasant..

You may feel sick, confused, unable to move or talk, and your coordination may be heavily affected. These effects may last a long time, much longer than when smoked. It is therefore important not to eat too much. If you experience any of these side effects find a safe place, like a couch or bedroom, to relax and collect yourself. Take

deep breaths and drink some water. A high dose of Vitamin C (200mg or more) may help to make you feel better. There is no need to stress. And for the record, we have consumed mass quantities of these recipes (of course we had to try it for ourselves) and we just got REALLY high.

COOKING WITH WEED 101

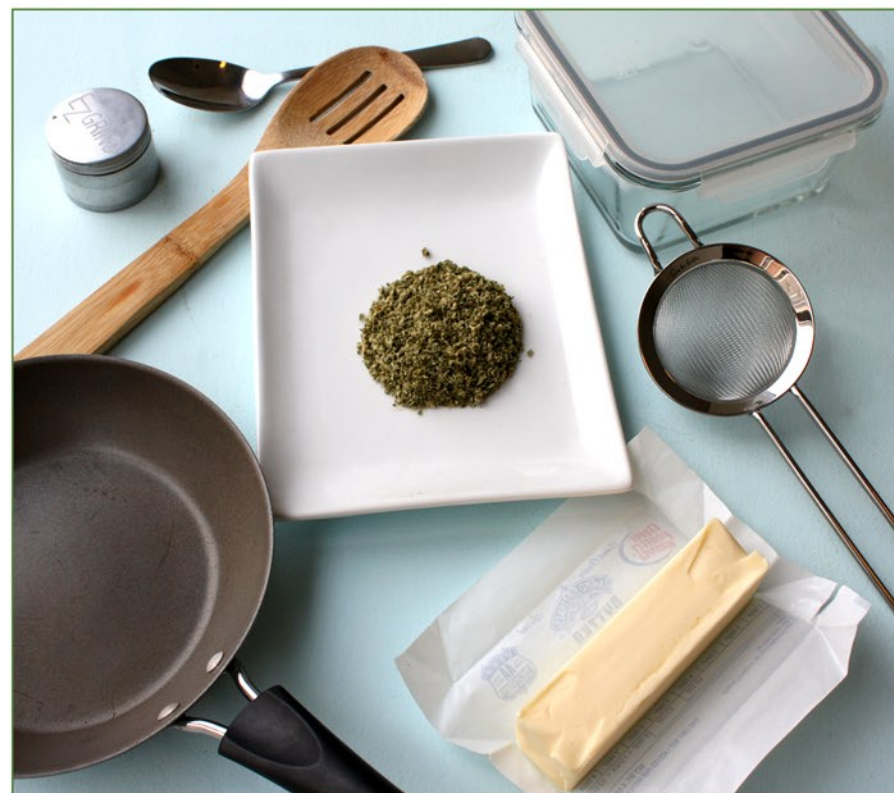
COOKING EQUIPMENT



For the basic extraction methods you will need a heavy saucepan or frying pan (preferably cast iron or stainless steel). A double boiler is useful if you have one. If you don't own one, you could just put a small pot into a larger pot. This will allow you to boil water in the larger pot as a way to precisely and evenly heat the butter or oil in the smaller pot.

You will also require a Pyrex measuring cup (or a glass) and a metal fine-mesh strainer. Avoid using a plastic strainer, as hot oil will melt it. You will also want a precise scale to measure out your buds, hash or leaves. Finally, it's helpful to have a weed grinder, coffee grinder or blender to produce finely ground cannabis (scissors or your hands will suffice if you don't own these materials).

Crock-Pots can be very useful if you plan on making a large batch of cannabutter. If you don't own any of these things find a friendly stoner who can hook you up and enjoy baking together!





SIMPLE CANNABUTTER

This is a simple and quick way to infuse cannabis into butter in the comfort of your kitchen. Be sure to use salted butter since it has a higher smoke point. The nice thing about cannabutter is that it can be made relatively quickly and be used in just about every recipe.

Servings: 6 (makes $\frac{1}{2}$ cup of cannabutter). Time in Kitchen: 60 minutes

Ingredients



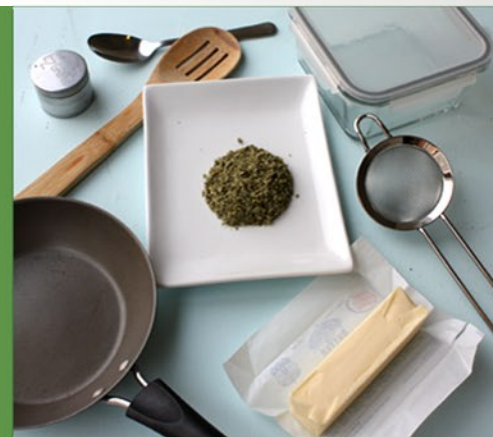
$\frac{1}{4}$ ounce cannabis buds, *finely ground*



$\frac{1}{2}$ cup (1 stick) *salted butter*

Equipment

- 1 x Grinder
- 1 x Medium saucepan
- 1 x Wooden Ladle
- 1 x Spoon
- 1 x Metal Strainer
- 1 x Container (with a tight fitting lid)





SIMPLE CANNABUTTER



1 Melt the butter on low heat in a medium saucepan.



2 Add the ground buds to the melted butter a little bit at a time, stirring in between.



3 Simmer on a low heat for 45mins stirring frequently.



Tip You should see small bubbles slowly forming on the surface.



4 Strain the butter into the container using the metal strainer to filter out the ground buds.



5 Press the spoon against the ground bud in the metal strainer to release all the cannabutter.



SIMPLE CANNABUTTER



The Finished Result!

You can use the cannabutter immediately or store it in the refrigerator for later.

This recipe can easily scale up for larger batches of cannabutter. The general rule is that 1 pound of butter (4 sticks) can absorb 1 ounce (28 grams) of cannabis. For larger quantities we recommend that you simmer the butter for 60 minutes to get the maximum results!

Note: For medical patients, we recommend using 2 ounces of cannabis for each pound of butter, effectively doubling the strength of the cannabutter.

SPECIAL BROWNIES



Ready in 30 minutes | Serves 10-12 people

INGREDIENTS

1 cup all-purpose flour	5 ounces semisweet chocolate, chopped
¼ cup unsweetened cocoa powder	1 ½ tablespoons light corn syrup
½ teaspoon baking powder	1 cup firmly packed light brown sugar
¼ teaspoon salt	1 tablespoon applesauce
10 tablespoons cannabutter	3 egg whites
2 teaspoons vanilla	

DIRECTIONS

1. Preheat oven to 350°.
2. In a small bowl, mix together the flour, cocoa powder, baking powder and salt. Set this aside.
3. Add the cannabutter and the chopped chocolate into a double boiler over high heat. As the water boils in the lower pan, whisk the chocolate and cannabutter until melted. Remove from heat, and whisk in the corn syrup, brown sugar and apple-sauce. Stir in the vanilla and egg whites. Beat the mixture until smooth, and then stir in the flour mixture until you get a smooth consistency.
4. Grease a 9-by-13-inch baking pan. Pour the batter into the pan. Bake for 20 minutes. The brownies are ready when the center of the top is almost firm to the touch. Remove from the oven and let it cool on a wire rack. Enjoy these chocolate treats!

Feeling Lazy?

You can buy just about any Betty Crocker or Duncan Hines Brownie Mix (a brownie mix that requires butter) and replace the butter with equal parts cannabutter. Follow the instructions on the box and enjoy!





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Do you have weed recipes of your own? Submit them and share with others!

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