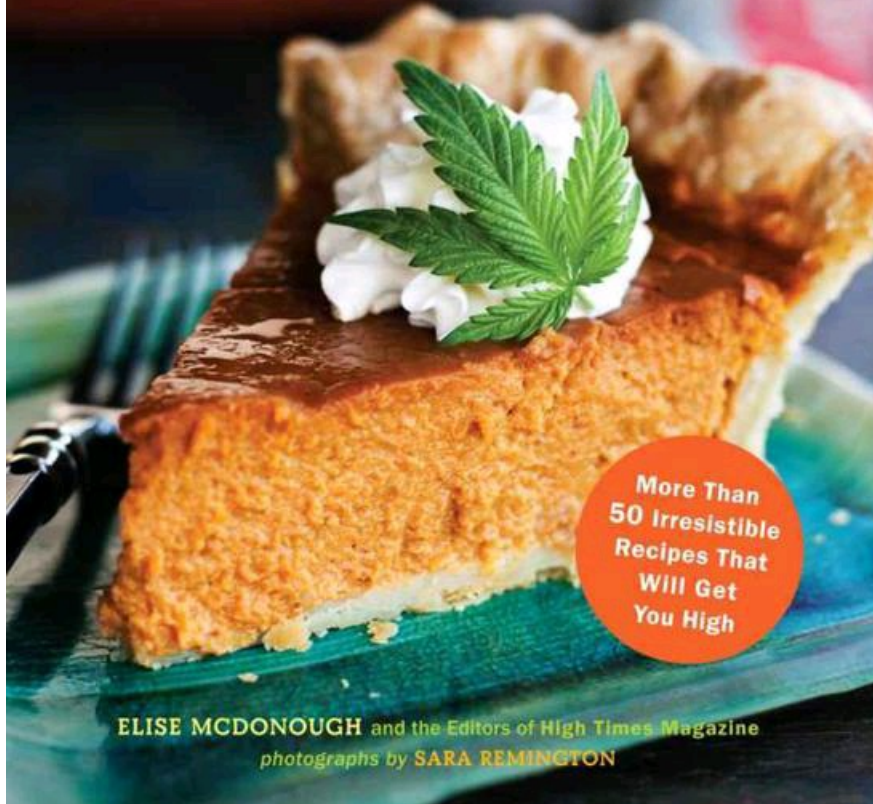


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High Times

CANNABIS COOKBOOK



More Than
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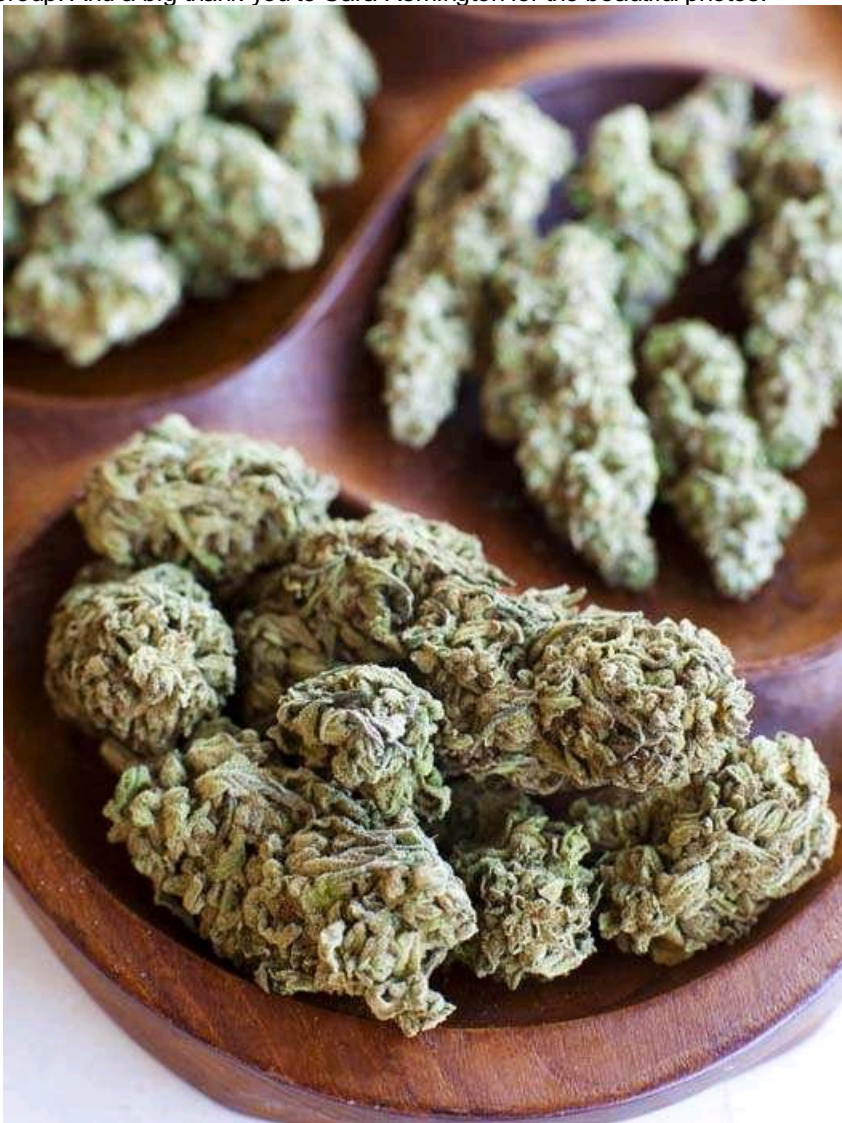
The author wishes to acknowledge the work of many cannabis cooks, without whom this book would not have been possible. The staff of High Times fondly remembers Chef Ra, also known as Jim Wilson, author of the “Psychedelic Kitchen” column for fifteen years before his untimely passing in 2006. We are also very grateful for the ongoing work of Ashley Boudreaux and Chef Mike Delao, our current cannabis recipe contributors. Long live Space Cake Friday!

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INTRODUCTION TO CANNABIS COOKERY

Mention the word “marijuana,” or better yet pull out your stash, and the first thought that springs to most stoners’ minds is rolling a joint, packing a pipe, toking a bowl, hitting a bong, or putting a flame to some other smoking accessory. But it wasn’t always that way.

Ancient people almost exclusively ate their cannabis, saving seeds for food, and using the resinous flowers for medicinal, recreational, and spiritual use. One of the oldest recipes for cannabis-infused sustenance comes to us from India. Called bhang, this legendary cocktail of cannabis, milk, almonds, and garam masala adds a potent punch to a Hindu religious festival called Holi, celebrated each spring in honor of the cannabis-loving deity Lord Shiva ([see Shiva’s Sativa Bhang](#)). Meanwhile, *One Thousand and One Nights*, the classic text of ninth-century Islamic literature, includes a story about two hashish eaters—a practice gratefully emulated by Paris’s legendary Club des Hachichins of the nineteenth century, which saw Baudelaire, Dumas, and other leading lights of French literary society mixing their hashish into coffee for a truly inspiring elixir.

In the Western world, cannabis tinctures, which dissolve the plant’s active ingredients into an alcohol solution, would remain widely available in pharmacies until the late 1800s, offered over the counter as a treatment for melancholia, pain, stomach cramps, and other common maladies. But the concept of smoking pot didn’t become fashionable in the United States until early in the twentieth century, when migrating Mexican workers introduced the practice to the Southwest, and traveling jazz musicians subsequently spread it to the rest of the continent.

So while smoking herb boasts a long and impressive pedigree in the modern world, never forget that eating cannabis is a hallowed human tradition that’s literally older than history. Understanding *Cannabis sativa* as simply another nourishing, healing, helpful flower is key to removing much of the fear and misunderstanding heaped upon a hapless public and a largely harmless plant by decades of government propagand.

Pot brownies, a mainstay of counterculture cuisine since the 1950s, remain the most common way modern people first ingest cannabis. Usually these “dope desserts” arrive as a rite of passage—eaten with your stoner circle in order to enhance summer concerts, 3-D sci-fi movies, camping trips, or backyard “potlucks.” Senior citizen and tireless activist Brownie Mary earned the ganja brownie new respect in 1992, after her third arrest for distributing her famous chocolate medicinals to AIDS patients in San Francisco made her a cause célèbre for the early medical marijuana movement ([see recipe](#)).

In the ‘60s and ‘70s, the food revolution became a part of the general countercultural lifestyle, as hippies went vegetarian and investigated ethnic foods previously unheard of in the United States, such as tofu and seaweed, falafel and hummus, curries and lentils, burritos and arepas. More than anything, they sought something authentic to eat in a country quickly surrendering its culinary heritage in favor of fast food and plastic-wrapped, frozen, prepackaged TV dinners. And while the unfair stereotype of stoners as junk food junkies persists to this day, the fact remains that counterculture cuisine championed by ganja-loving hippies and health foodies has provided a parallel food movement based on good nutrition and organic farming that our increasingly unhealthy society sorely needs. Indeed, the emergence of the local-food movement and embrace of seasonal, sustainable cooking by chefs nationwide owes its roots to a hippie sensibility that’s green in *all* senses of the word.

In 1996, the historic passage of California’s Proposition 215 effectively legalized medical marijuana in California, opening the door for more and more people to realize the benefits of eating their stash instead of smoking it, which include preserving the health of the respiratory system, reducing the smell of pot smoke on hands and clothes, and the ability to discreetly medicate in many places where smoking would be inappropriate—not to mention illegal. Cannabis also produces profoundly different effects when ingested through the digestive system, rather than absorbed by the lungs, with most users reporting a longer-lasting experience that provides a high for both the body and mind.

So why has the humble brownie remained so popular, when cannabis can be infused into any food or drink that contains butter or oil? Partly it has to do with “tradition,” but perhaps it’s also because chocolate very effectively covers up the flavor of marijuana, rendering it more palatable for those who are unaccustomed to the taste. Hopefully, as marijuana becomes popular as simply another culinary herb, we’ll see increased appreciation for its unique flavor profile and cease attempting to hide it.

Cannabis as a whole plant is extremely versatile as an ingredient. Lately, the medical marijuana “edibles” industry has been the key to moving beyond brownies, expanding our pot palates astronomically, as creative canna-chefs in a now competitive field have infused the herb into just about any dish you can imagine. You can find prepared, herb-infused salad dressings, savory dips, powdered drinks, sodas, smoothies, baked goods, and sweets in many dispensaries, not to mention topical lotions, massage oils, and soaps using cannabis as an active healing ingredient.

HEMP VS. CANNABIS

The newly emerging medical cannabis edibles industry is a recent phenomenon, but hemp foods and body-care products have been a mainstay in many health food stores for decades. Hemp and cannabis are related plants but different in a few important ways. Hemp contains little to no detectable THC, and so it is not psychoactive in any form. But while hemp intrinsically lacks the chemicals that make humans euphoric, it still contains many healthful amino acids and antioxidants. Hemp also contains cannabidiol (CBD), an important cannabinoid with many medicinal effects. Hemp flour, oil, protein powder, seeds, and milk are staples of a healthy diet. Natural food companies have started using hemp seeds and flour in frozen waffles, granola bars, breakfast cereal, and other food items.

Hemp can also be found as an ingredient in many soaps, lotions, and balms, while the fibers of the plant create durable paper and textiles. Even though hemp is the sober botanical cousin to cannabis, growing a hemp crop in the United States is still illegal due to the misguided war on marijuana, and so America continues to import hemp from Canada and China to use for food and clothing.

COUNTERCULTURE CUISINE

Recently, the archetype of “stoner chef” has gained traction in pop culture, and when you watch these cannabis-friendly cooks ply their trade, it becomes pretty obvious that they find their inspiration by taking breaks from the heat in the kitchen to go outside and spark up a jay. And why not?

Cannabis is a sensual enhancer that fits seamlessly into the foodie lifestyle, heightening the entire experience, from selecting produce to cooking, plating, and eating (and maybe even washing the dishes).

But what is stoner cuisine? The mainstream media would jeer that it's nonstop gorging on low-quality snack foods like cheesy poofs, potato chips, and candy bars, but in reality these stoner chefs most often express themselves by reimagining traditional foods and fusing formerly foreign flavors together in new, fun ways. Sometimes stoner cuisine is simply stuff you eat only when you're stoned (grilled Nutella and banana panini), but at the highest level, it's really about the recipes that are created while stoned, including unusual food combinations that sound strange at first but then turn out to be wonderful.



In *The Official High Times Cannabis Cookbook*, we've attempted to present all facets of this new "stoner-style cuisine," a lifestyle that balances healthy choices like raw juice and meatless meals with occasional decadence in the form of melted cheese and rich desserts. Since marijuana is "the healing of the nations," all manner of ethnic recipes have been adopted as our own, such as [Time-Warp Tamales](#) and [Psychedelic Spanakopita](#). And of course, we've infused all these dishes with a little bit of cannabis essence.

KITCHEN SAFETY MEETING

Measure your dosage, and your intake, carefully when making or serving pot treats.

Medical marijuana patients use "medibles" for a variety of reasons. Some patients need to avoid smoke, while for others, it's simply another tool to use to treat chronic pain, insomnia, wasting syndrome, nausea, or seizures. People dealing with serious health issues often need a higher dose of cannabinoids, and so we sometimes recommend two dosing levels, one for medical patients and another for recreational consumers.

The primary psychoactive components of cannabis are fat-soluble, meaning the molecules that produce highness bind onto any sort of lipid, including whole milk; butter; cream; or coconut, olive, or vegetable oil. In these "phatty" forms, THC and other cannabinoids can most easily absorb into the bloodstream, thus providing you with the strongest possible psychoactive effect from your stash. It also means you should never, ever, simply add your precious cannabis directly into some brownie mix and call it a day. Without binding the THC to a fat molecule in a compound like cannabutter ([see recipe](#)), most of the effect will be lost, leading to wasted time, wasted herb, and bunk brownies.

The key chemical reaction involved in doing it right takes place when cannabis is combined with your chosen fat and heated at a low temperature (122°F–145°F) for no less than twenty minutes, and ideally up to an hour or more, stirring often. Long-held hippie wisdom dictates simmering the butter or oil for up to eight hours, but this is difficult to accomplish without a Crock-Pot. Anyway, after sixty minutes you can rest assured that most of the THC molecules will have left the plant matter and migrated to the butter or oil. The process is called "decarboxylation," which describes a chemical reaction that converts non-psychoactive THC acid found in the raw plant into psychoactive THC. Cooking cannabis over high heat for too

long will degrade the THC, hurting potency, which makes using a double boiler or Crock-Pot vital.

After you've infused your butter or oil, strain it carefully to discard all the cannabis fiber and particulate matter—it's no good for anything but compost. Cannabis fiber in the form of fresh raw leaf or crispy cooked leaf will irritate sensitive stomachs and may be difficult to digest due to microscopic hairs on the surface of the leaf called cystoliths.

WHAT TO EXPECT WHEN YOU'RE INGESTING

The biggest difference between eating pot and smoking it is the intensity and type of high that results. Eating cannabis brings on a more physical sensation, or "body high," which soothes sore muscles, eases pain, aids relaxation, and fights insomnia, while providing feelings of warmth and pleasant tingling. Edibles can also produce a powerfully psychedelic euphoria, which can last far longer than the typical high from smoking.

Always keep in mind that everyone's tolerance is different, and individuals respond to ingesting cannabis in different ways. Usually, you will not feel any results immediately after eating cannabis, since it needs to be digested to take effect, a process that can take anywhere from thirty minutes to two hours depending on how much you ingest, and whether it's on a full or empty stomach. So start with a small serving and do not eat any more pot food for at least an hour after the first serving.

Those who've eaten too much cannabis may feel panicky, anxious, agoraphobic, uncoordinated, or on the verge of a total "freak-out." Fear of "losing it entirely" has also been reported. Should this happen to you, retreat to a safe place to lie down, dim the lights, breathe deeply, drink plenty of fluids, eat non-pot food, and distract yourself by listening to your favorite music or watching a movie you like. Most probably, you'll end up napping, and in a few hours all the uncomfortable feelings will have subsided.

Keep in mind that it is humanly impossible to fatally overdose on cannabis, even if you've just eaten an entire birthday cake frosted with cannabis buttercream. It's estimated that the amount of THC required to cause a fatal overdose would be four million milligrams, or about nine pounds of pure hashish—and you definitely didn't eat nearly that much, or you wouldn't be able to read this sentence.

Always clearly label and securely store cannabutter or pot foods to avoid accidental ingestion by a roommate, family member, neighbor, or pet. And never feed anyone cannabis without their knowledge, since this could result in a very unpleasant experience or even a potentially dangerous one! Do not drive or operate heavy machinery after eating pot foods.

If your pet accidentally eats a cannabis edible or a bud and is acting strangely, contact your veterinarian immediately, though they will very likely recover just fine once the effect wears off. And remember, cannabis isn't fatal to pets, but chocolate can be, so if your dog scarfs down a brownie, respond quickly and seek a vet's help right away.

GENETICS

Marijuana can be easily divided into two subspecies (*indica* and *sativa*), with countless genetic variations called strains. Each individual strain, whether indica or sativa, has unique properties that affect its psychoactive and therapeutic properties. For our purposes, any strain of cannabis bred and grown for smoking will also work for making edibles. Extremely potent varieties should be used with caution, and perhaps reserved for smoking, since the active ingredients can just as easily be extracted from less prized (and less expensive) varieties.

Cannabis sativa is the equatorial form of the plant, bred in the tropics to reach heights above ten feet tall. *Sativas* take a long time to mature and produce small, wispy buds. This combination of a long growing season and a low yield makes cultivating purebred sativas impractical for most growers, which is a shame. Sativa plants have a higher THC-to-CBD ratio than *indica* plants, producing a high that's energetic, creative, and daytime-appropriate. CBD, one of the many cannabinoids found in the plant, has a confounding effect on THC, balancing the psychoactive effect and inhibiting the high.

The *indica* species originated high in the Kush mountains of Afghanistan, where a short growing season and high altitude resulted in a more compact shrub of a plant. Indicas contain a higher ratio of CBD-to-THC levels, producing an effect that's sedative and relaxing, perfect for a nightcap.

Almost all modern cannabis is a hybrid combining both sativa and indica characteristics, so it's important to research the genetic backgrounds of individual strains you're cooking with, especially if you'd like your pot foods to have a specific medicinal effect. Scientific analysis of the cannabinoid profiles of different strains has so far been largely stymied by prohibition, but visionary medical cannabis dispensaries in California and Colorado have recently begun testing their cannabis with gas chromatography and mass spectrometry to discover which cannabinoids are most effective at treating different maladies.

CANNABINOIDS

The same laboratory techniques that reveal the different genetic profiles of various cannabis strains can also examine their chemical composition. No matter what the variety, marijuana contains more than four hundred active compounds (called cannabinoids), the most well-known being THC. These cannabinoids are the subject of much excitement and groundbreaking research in the United States and abroad.

The latest buzz in the medical marijuana community involves 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.

Since marijuana rich in CBD doesn't get a smoker as high, generations of bud breeders have, over time, selected plants with increasingly smaller amounts. As a result, CBD has been virtually bred out of modern marijuana, a process that Project CBD is attempting to reverse. Thousands of samples from dispensaries have been analyzed as part of the ongoing project, a handful of which have been identified as having CBD levels high enough to serve as the building block for a new generation of CBD-rich strains.

FLAVORS AND TERPENES

Terpenes are a group of chemicals found in plants that determine smell and flavor, among other things. Different terpenes give cannabis strains their distinctive aromas. For example, if your ganja smells like citrus, it is because of a terpene called limonene, also found naturally in lemon peels. Rich, ripe, fruity aromas emanating from your bag of herb come from a terpene called myrcene, also found in lemongrass and mangoes. Hints of pine needles come courtesy of terpenes alpha- and beta-pinene, also naturally present in rosemary. Peppery-tasting marijuana contains sabinene, a terpene also found in tea tree oil. Mint-flavored cannabis has alpha-phellandrene.

This field of knowledge should expand considerably in the coming years, as chefs learn to pair different strains of cannabis with specific foods. The possibilities are dazzling: for example, pairing a Haze strain rich in sabinene and myrcene with foods containing the same terpenes, such as a Thai-style soup with mango and lemongrass (like [Tom Yum Ganja](#)). Savory dishes like rosemary roasted potatoes would sing with the addition of cannabutter from a strain containing pinene. And naturally you'd have to finish up with a chocolate dessert infused with a minty cannabis strain high in alpha-phellandrene.

SEARCHING FOR INGREDIENTS

The entire cannabis plant is suitable for cooking, but the various parts vary widely in potency, flavor, and efficiency. For all you freegan stoners who abhor wasting any part of the plant, there are recipes out there utilizing hoarded stems, trimmed leaves, and scraped-out pipe resin (gross!), while on the other end of the stoner spectrum, well-heeled heads will likely get hedonistic and choose to cook with connoisseur-quality cannabis flowers or sifted trichomes. Either way, never forget to mind your dosage carefully.

In general, if you have access to trimmed leaves, such as the large fan leaves or smaller “sugar” leaves trimmed from the cannabis plant just after harvest, this material will prove the most affordable and efficient way to include cannabis in your cuisine. If you don't have any pot leaves, then the powdery “shake” from the bottom of a stash jar will work best without breaking your bud budget.

When a recipe calls for commercial-grade cannabis, this simply means a medium-quality type of bud. Much commercial-grade cannabis comes from Canada and is also called Beasters—a slang term for B.C. bud. The lowest grade of cannabis is referred to as schwag, and this is typically compressed, imported Mexican brick weed. Either of these types is suitable for cooking.

The many methods of making hash are beyond the scope of this book, but the most popular way today is to use a cold water extraction. Water hash is created by immersing leafy trim or cannabis buds into icy cold water, then agitating it with an electric mixer. The oily trichomes break off, and the water is then filtered through a series of mesh bags which collect the trichomes in increasingly finer grades. The wet mess of trichomes is then dried on cardboard or a screen. This unpressed hash is very useful in a variety of recipes, and when we call for unpressed food-grade hash, we mean the trichomes from the largest micron bags. This is the coarsest grade of hash.

No matter what kind of kind bud you're cooking with, begin by shredding, chopping, or grinding your buds or dried leaves as finely as possible. A coffee grinder reserved especially for this purpose works well, or you can use a simple herb grinder or a sharp pair of scissors.

PHATTY ACIDS

The science of edible cannabis is in its infancy, so stoner chefs use anecdotal evidence to gauge the effectiveness of their recipes. One common question is, which type of fat is best to use when cooking cannabis: saturated, monounsaturated, or polyunsaturated? Most underground food chemists believe that the bigger the fatty acid chain, the better, and so saturated fats are believed to create the most potent pot foods. Saturated fats are often solid at room temperature and usually come from animal products, such as beef fat, lard, butter, and cheese, but tropical oils such as coconut oil and palm oil are also saturated fats, as is cocoa butter. Many chefs feel that THC is most soluble in saturated fats, giving their savory dishes and baked confections a more potent punch. However, too much saturated fat is considered unhealthy and should be used in moderation, since it can raise your LDL (“bad”) cholesterol.

Unsaturated fats of the poly- and mono- varieties have gained popularity in cannabis cooking as more healthful alternatives and include olive, canola, avocado, safflower, sesame, and sunflower oil. Olive oil has a particularly large oleic acid molecule that may help THC dissolve, and so it is a fine choice as a base ingredient for cannabis infusions. If using margarine, seek out a high-quality, non-hydrogenated brand from the health food store.

Along with any type of fat, cannabis is also soluble in alcohol, vinegar, and glycerin. When using butter, choose salted butter for simmering on the stove top, and unsalted butter for baking or for use at low temperatures.

DOSAGE AND POTENCY RATIO

Given all the different ways to make cannabis-infused foods, and the literally unlimited forms and varieties of cannabis available to work with, you'll obviously need to plan your dosage carefully, not to mention test each new batch under controlled conditions before sharing with your friends.

Start by assessing the potency of your secret ingredient before calculating the ratio of cannabis to butter you'll need to use in a recipe. Just five to ten grams of the best hashish made from a highly potent strain is enough to thoroughly infuse a pound of butter, but if you're using low-potency trimmed leaves, you'll need two ounces or more of leaf to equally infuse the same amount of butter. Dried cannabis buds or shake fall somewhere in between, with a good rule of thumb being about an ounce of pot to a pound of butter.

If you're fortunate enough to have access to a consistent supply of cannabis, a little trial and error will let you dial in the appropriate dosage. For best results, make the biggest batch of “budder” possible, and store it in the freezer. This will help you to maintain a consistent dosage from one recipe to the next.

If a recipe you'd like to make calls for a larger amount of infused butter or oil than you deem wise, simply dilute the potency of the cannabutter from your freezer by adding non-infused "straight" butter. Keep in mind that medical patients may need a more potent dosage than the rest of us, depending on their condition.

CANNABIS IN THE RAW

While you won't get high, freshly harvested cannabis buds can also be used to make food, as in the infamous story of a Jamaican goatherd, related to me by an old man from the island. As a boy, Padi told me, he lived in the Blue Mountains, near some Rastas whom his parents had warned him to stay away from. One day, he snuck up into the hills to spy on the Rastas and was surprised to see an old man, who by the length of his dreads must have been seventy or eighty years old, nimbly chasing after goats on a hillside.

Padi greeted the Rasta, saying, "Old man, how you run after dem goats all day?" The Rasta replied with this simple recipe: "Wake up in the morning, you milk the goat. Take the milk, put it in a pot, and add two handfuls of fresh ganja. Let it simmer, then take a tin cup, dip it in, and drink from that all day."

When Padi, now an old man himself, related that story, he didn't know why or how that ganja-infused goat milk could help keep an old man so spry, but recent scientific studies have confirmed the youth-retaining properties of not only fresh, raw goat's milk, but also of cannabis, which is anti-inflammatory. Important acidic cannabinoids such as THC acid and CBD acid are found in raw cannabis, and these acidic cannabinoids are destroyed at high temperatures.

If you are using fresh cannabis buds or leaves to cook with, be prepared for an unpleasant "grassy" taste that results from the breakdown of chlorophyll. If you'd like to avoid this, then dry your fresh buds or leaves by hanging them upside down in a dark, cool, well-ventilated space for a few days. While curing buds in glass jars results in a smoother, tastier smoke, this is unnecessary for cooking ingredients.

Or you can always just go get a goat, and do like the old Rasta told you.

EQUIPMENT

For the basic recipes in Chapter 1, you'll need a heavy saucepan or frying pan. Avoid aluminum and Teflon-coated cookware whenever possible in favor of cast iron or stainless steel. A double boiler is also very helpful, and if you don't have one handy, it's really just a matter of finding one pot that will nest inside another, so that you can boil water in the lower level as a way to precisely and evenly heat the butter or oil in the upper level. Also, find a glass or Pyrex measuring cup and a metal fine-mesh strainer. Don't use a plastic strainer, as hot oil may melt it. Finally, it's helpful to have a coffee grinder or blender dedicated to breaking up your cannabis, but scissors or a hand grinder will suffice. And you'll also want a precise scale for measuring your valuable hash, buds, or leaves.

Crock-Pots prove very useful when making large batches of cannabutter, as well as for several other recipes in this book, and can be found cheaply at garage sales nationwide. Blenders, food processors, juicers, and ice-cream makers are also fun kitchen toys that can be picked up easily on the secondhand market. Other basic kitchen utensils you'll need include measuring spoons, spatula, ladle, wooden spoons, mixing bowls, baking pans, cheesecloth, and a meat thermometer for cooking food safely. A candy thermometer is essential for making caramels and hard candies. If you don't have these things, better find a bud-loving buddy who does and invite yourself over for a "bake-off."

CHAPTER 1: **ACTIVE INGREDIENTS**

HOW TO MAKE CANNABIS-INFUSED BUTTERS, OILS, AND TINCTURES, PLUS RECIPES FOR MAYONNAISE AND FLOUR.

BASIC RECIPES

If you enjoy smoking pot and have decent cooking skills, you've got nothing to worry about when it comes to cannabis cuisine except deciding what to make first. On the other hand, if you love cannabis but need a recipe to boil water, then never fear, because in this section we'll introduce the very basic techniques you must learn in order to get started and get stoned without a year of study at Le Cordon Bleu. And if you *really* get stuck, remember, it's a lot easier to get high with a little help from your friends, particularly the ones who know how to boil water by heart.

Either way, since cannabis is most easily integrated into foodstuffs through oil or butter, the basic recipes required to perform this psychedelic infusion are really all you need to know. Cannabis butter (cannabutter) can be used in literally any recipe that calls for butter, with results that elevate even the most humble food to a sacrament of the most high. Of course, you can also just spread some cannabutter on a slice of toast, but where's the fun in that?

In the meantime, ask around, and you'll soon discover that every cannabis chef has their own special method for making marijuana-infused food, and some are much more complicated than others. Naturally, everyone swears that their way tastes best and makes the most potent edibles, but then again, not everyone can simmer butter for three days, adding a tablespoon of water every five minutes and stirring constantly. So let's rely on the time-tested basic recipes below, at least for starters, as the easiest and quickest ways to efficiently extract THC and other cannabinoids for cooking.

But first, some basic principles. Find an infusing method that works for you and stick with it, using a consistent supply of cannabutter, cannacoconut oil, or THC oil to make the appetizers, dinners, and desserts described in this book as much as possible. You definitely don't want any surprises when it comes to the potency of your product (see [KITCHEN SAFETY MEETING](#), [WHAT TO EXPECT WHEN YOU'RE INGESTING](#) and [DOSAGE AND POTENCY RATIO](#) for more important info on dosing).

THC OIL (CANNABIS-INFUSED OIL)

It's not necessary to use first-pressed extra-virgin or estate-bottled olive oil to make your THC Oil; an affordable virgin olive oil works nicely. Of course, high-quality ingredients result in a more delicious end product, so if you plan on using your THC Oil for salad dressings or to drizzle over veggies and pasta, a fruity extra-virgin olive oil will make all the difference.

MAKES 6 CUPS

6 cups olive oil or canola oil

1 ounce cannabis buds, finely ground, or 2 ounces trimmed leaf, dried and ground

1. In a double boiler, slowly heat oil on low heat for a few minutes until you begin to smell the oil's aroma. Add the ground cannabis slowly, stirring until it is fully coated before adding more cannabis. Simmer on low heat for 45 minutes, stirring occasionally.
2. Remove the mixture from heat and allow it to cool before straining. Press the plant matter with the back of a spoon to wring all the oil out of it. Compost the leafy remains and save the oil in an airtight container in the refrigerator for up to 2 months.

CANNACOCONUT OIL

Coconut oil has a lot of advantages over animal products. It's a saturated fat, allowing maximum absorption of cannabinoids, but it's much more healthful for you than saturated animal fat. Coconut oil is definitely the best option for vegans and those concerned about health. Available at health food stores and well-stocked grocery stores, it's solid at room temperature but melts easily.

MAKES 1¾ CUPS

1 ounce cannabis, dried, or 2 ounces trimmed leaf

One 14-ounce jar coconut oil

1. Fill a large stockpot halfway with water, and add your cannabis. Simmer over low heat, stirring occasionally, for 1 hour. Then, add your coconut oil, and return to a simmer. Remove from heat. Let the coconut oil mixture sit for two days as it slowly extracts, in a covered pot at room temperature. Then, reheat the oil, cannabis, and water mixture until the oil melts.
2. Strain the mixture, being sure to press the plant matter firmly against the side of the strainer. Refrigerate the oil and water mixture for at least 24 hours.
3. Return the next day and separate the solidified oil from the water. Pat dry with a paper towel, then melt the cannacoconut oil in a saucepan until it is liquid. Measure into glass jars for easy dosing. Baby food jars work well.

CANNABIS-INFUSED MAYONNAISE

Recipe from Ashley Boudreaux

Mayo, one of the French “mother sauces,” originated around 1756 and provides the base for aioli, remoulade, and a host of other dishes beloved by High Times house chef Ashley Boudreaux. This emulsified sauce requires about ten minutes of continuous whisking to properly combine the ingredients, so be patient and add the oil very slowly, literally drop by drop, lest the sauce “break” and fail to emulsify. You can also use a food processor, adding the oil drop by drop through the feeder tube while the processor is running; however, the texture of the mayo is usually lighter when whisked by hand. Be sure to give this recipe a run-through once without the ganja, just to get the feel for proper oil-yolk emulsification because if the mayo “breaks” with the ganja in it—well, that could be a financial bite. Also, since the eggs in this recipe are not cooked, be sure to get organic, local, farm-fresh eggs, and if such eggs are unavailable, use pasteurized eggs to avoid any risk of salmonella. (If you have a compromised immune system, you should use pasteurized eggs or avoid homemade mayo altogether.)

STONES 12 TO 14

- 1 cup soybean oil
- ½ ounce ganja shake
- 2 large egg yolks
- 1 teaspoon fresh lemon juice
- Pinch of salt
- 1 teaspoon white vinegar
- ½ teaspoon Dijon mustard

1. In a double boiler, combine the oil and ganja. Heat over low until the ganja smell is pronounced but not nutty or burnt. (The oil should have an earthy green tint to it.) Let cool.
2. Remove and strain the herb, squeezing the weed in a metal strainer against the mesh with the back of a spoon to wring out every drop of oil. Make sure that all your ingredients have been brought to room temperature—this is crucial!
3. In a small metal bowl, use an immersion blender or whisk to thoroughly blend the egg yolks, lemon juice, salt, vinegar, and mustard (this can also be done in a food processor or blender). Using a ½ teaspoon measure, very slowly add the infused oil, a few drops at a time, while constantly blending on low or whisking until the mayo is thick and starting to form ribbons. (If it’s too thick, you can add room-temperature water in tiny increments.) If your mixture “breaks,” it can be repaired by whisking some more room-temperature egg yolks in a separate bowl, then slowly whisking those yolks into the “broken” mayo mixture. If that doesn’t do it, add a few drops of hot water. Cover and chill; it’ll keep in the refrigerator for 4 to 5 days.

SIMPLE CANNABUTTER

This is an easy, quick way to infuse cannabis into butter on your stove top. Be sure to use salted butter since it has a higher smoke point, and don't leave your saucepan unattended! You can make this cannabutter relatively quickly, and use it in any of the recipes in this book.

MAKES ½ CUP

½ cup (1 stick) salted butter*

¼ ounce cannabis buds, finely ground

*To make cannamargarine, simply substitute margarine for butter in this recipe.

1. Melt the butter on low heat in a saucepan. Add the ground buds, and simmer on low heat for 45 minutes, stirring frequently.
2. Strain the butter into a glass dish with a tight-fitting lid. Push the back of a spoon against the plant matter, and smash it against the strainer to squeeze out every drop of butter available. When you're done, discard the plant matter.
3. Use your cannabutter immediately, or refrigerate or freeze until it is time to use. You can easily scale this recipe up for larger batches of cannabutter. 1 pound of butter (4 sticks) can absorb 1 ounce of cannabis, but you may want to simmer for up to 60 minutes.

Drizzle this cannabutter over freshly cooked pasta or popcorn for instant satisfaction. Reserve large batches in the fridge or freezer for use in recipes.

Note: For medical patients, I would recommend using 2 ounces of cannabis for each pound of butter, effectively making a double-strength cannabutter.



LONG-SIMMERING CANNABUTTER

This popular method of water extraction is an easy way to make large batches of butter. Since THC only binds to fat, combining the butter, marijuana, and water will not dilute the potency. You can also use plant material that has not been finely ground, such as whole leaves and stems. After the extraction has occurred, simply skim the butter off the top! You will need two large stockpots.

MAKES 2 CUPS

1 ounce cannabis, dried, or 2 ounces trimmed leaf

2 cups (4 sticks) unsalted butter

1. Fill a large stockpot halfway with water. Add the cannabis or leaf, and bring to a boil over high heat. Reduce heat and simmer for 1 hour. Add your butter, and return to a simmer, stirring occasionally. Simmer for 1 hour more. Cover the stockpot, remove from heat, and allow to cool. To increase potency, repeat this process twice more, simmering for 1 hour and then cooling again.
2. After you have completed the third simmering session, prepare for straining while the mixture is still hot. Position your metal strainer over the second stockpot, and carefully pour the water, butter, and marijuana mixture through the strainer into the stockpot. This is easiest to do in the sink. The strainer will catch all the plant matter, so use the back of a large spoon to push the marijuana against the mesh and squeeze out all the butter. Compost the plant matter, or discard it.
3. On to the chilling process, which will separate the cannabutter from the water. If your stockpot is too big to fit in your refrigerator, pour the cannabutter and water mixture into a large glass bowl, and refrigerate for 24 hours. The cannabutter will rise to the top and solidify.
4. The next day, return to separate the cannabutter. Cut a chunk out of the top layer and remove it from the cold water. Repeat until you have all the butter drying on paper towels. Scrape off butter that seems too mushy and save it for a recipe where the excess water isn't a problem, like gooey brownies.
5. Now, melt the chunks of cannabutter over low heat in a large sauté pan. Once the butter is liquid, pour it into your storage containers. Reusable glass jars are great, especially if you measure 1 cup of cannabutter into each jar. This ensures a consistent, easy-to-use supply.

WAMM MARIJUANA FLOUR

Operating in Santa Cruz since 1993, the Wo/Men's Alliance for Medical Marijuana is a revolutionary medical cannabis collective that strives to fulfill the compassionate goals of California's groundbreaking Proposition 215 voter initiative, which first legalized medical marijuana in the state in 1996. At WAMM, patients with terminal and chronic illnesses volunteer to help tend a large outdoor organic cannabis garden, which they harvest and process into their own medicine. In addition to buds for smoking, WAMM offers members capsules, tinctures, and salves, as well as a wide variety of edibles. Every part of the plant is used in some way, including the stems that go into tincture, the leaves ground into flour for baking, and even a few seeds for planting next year's garden.

The unique thing about the WAMM baking program is that they do not advise straining the whole plant fiber away from the oil or butter. Instead, the marijuana leaves are pulverized so completely that the resulting product is a superfine sifted flour that dissolves right into butter and oil. Using the whole plant this way provides extra fiber and nutrients.

MAKES ABOUT 25 GRAMS

1 ounce leaf material (minimum)

Equipment: Latex gloves, 145 micron silk screen mounted on a wooden frame, piece of glass or mirror larger than silk screen

1. To grind your own marijuana flour, first harvest your plants, whether they are indoor or outdoor. Trim the leaves and dry them upside down or on a screen, in a warm, dry, dark place for a week or so, until they are completely dry.
2. Then, use a blender to grind the leaves into powder, carefully stirring with a metal butter knife kept well above the blender's blades. A vortex will form in the middle of the blender, and you must carefully stir more marijuana from the sides of the blender into this vortex. It takes about 5 minutes to get the cannabis very finely ground. Turn off the blender every 1 or 2 minutes so it doesn't overheat, and use the knife to stir up the blended, ground marijuana.
3. Next, pour this product over a fine silk screen stretched on a wooden frame. Below the screen, there should be a glass or mirror. Use your gloved hands or a plastic card to rub the ground leaf over the screen. Remove any stems immediately, as they can puncture the screen and make a hole. Continue rubbing the leaf over the screen until at least 50 percent of the leaf has passed through.
4. Now, collect all the leaf that still hasn't been screened and put it back in the blender. Blend again for 5 minutes, until the leaf is ground more finely. Pour this twice-blended product over the screen again, and resume rubbing it through. Once you have about 30 percent of that batch remaining, collect it from the top of the screen and blend again. Once the leaf has been blended three times, it is as fine as can be. Rub it over the screen again, and any remaining pieces too large to fit through the screen should be removed and saved for making tinctures.
5. Use a card to scrape all the ground flour off the screen into a large plastic airtight container. Remove the screen and reveal the ultrafine textured marijuana flour below. Carefully scrape the flour off the glass with a card, and store in an airtight plastic or glass container.

Note: You can use this marijuana flour as a substitute for half the all-purpose flour called for in baking recipes. Simply melt butter in a pan and slowly add the flour until it is moist, then remove from heat and use as directed. You can use less butter in your desired recipe, since some butter has been already added to the marijuana flour.

TINCTURES

At their most basic, tinctures are simply plant matter soaked in alcohol. Your local health food store has many tinctures of different medicinal plants available, like damiana and echinacea. Tinctures are an excellent way to ingest cannabis for a few key reasons: They are very portable and discreet, you avoid extra calories from medicinal desserts or fatty THC-oil-soaked meals, and it's very easy to measure your dose. Simply squeeze the dropper top, and release the dropper underneath your tongue. Let it sit there for several minutes. This is where it's easiest for the tincture to be absorbed. You'll begin feeling effects within ten to thirty minutes, so tinctures are faster-acting than digesting a medible. Simple tinctures made with vodka or rum can become the base for cannabis cocktails (see recipes for [vodka](#) and [rum](#)).

You can make tinctures using any cannabis product, from stems to the finest kif. The recommended steeping times are usually very long, up to two months in the [Green Avenger Cannabis Tincture](#). It will take longer to absorb all the THC from woody plant parts like stems than from finely sifted ground bud or kif.

Another matter to consider is whether to use alcohol or glycerin. Alcohol seems to create a more potent tincture, but it burns under the tongue and tastes more like old-time medicine. Glycerin tastes sweet and doesn't burn like alcohol, so it can be easier to use.



QUICK CANNABIS GLYCERITE

Recipe from Ashley Boudreaux

This is a faster version of a glycerin-based cannabis tincture. Some cooks believe that you must heat the mixture for maximum potency, and that simply steeping your herb in glycerin isn't enough.

USP food-grade glycerin (also spelled "glycerine") is available online from distributors like Starwest Botanicals, the Essential Oil Company, and More Than Alive.

MAKES 1 CUP

- ¼ ounce high-quality ganja shake
- ½ cup plus 1 tablespoon USP food-grade glycerin
- 6 tablespoons water

Equipment: Latex gloves, unbleached cheesecloth, large glass jar with tight lid

1. Combine all ingredients in a Crock-Pot, and simmer at a very low temperature (about 180°F) for 2½ hours. Remove from heat and allow to cool until it can be handled safely.
2. Wearing latex gloves, strain, then squeeze the ganja glycerite well through unbleached cheesecloth (ideally—I've heard that panty hose and coffee filters also work, but cheesecloth is perfect) into a large glass jar with a tight lid. Store in a cool, dark place for up to 6 months.

Note: This makes 7 to 14 servings, depending on the desired dose. Use it instead of sugar in your favorite drink, but keep in mind that glycerite is sweeter, so be prepared to experiment.

About the Chef: Ashley Boudreaux

Ashley Boudreaux is a native New Orleanian whose ancestors include George Washington, a one-armed Confederate major from Brooklyn, New York, and a bootlegging Irish boxer. She and her family live alone in a zombie-proof, vintage forty-eight-thousand-square-foot former egg factory now full of African art. Ashley does audio production, bartends at the world-famous Tipitina's, and has more than twenty years of experience in catering and kitchen and bar management. She started cooking with marijuana in her teens and is a grandmother now. Ashley has been writing for *High Times* since 1998. She wants to own a strip club when she grows up—with a ganja kitchen in it. She'll call it Tits & Grass.

LONG-SIMMERING GANJA GLYCERIN

Recipe from Chef Mike Delao

This is a long-simmering version of medicated glycerin that was concocted by chef Mike Delao. After Chef Mike met his hero, cannabis activist Jack Herer, and discovered that he had diabetes, this innovator of cannabis cuisine decided to create low-sugar cannabis treats. Glycerin has about 27 calories per teaspoon and is 60 percent as sweet as sucrose, but glycerin doesn't raise your blood-sugar level. This method of extraction may take a long time and need constant monitoring, but it creates a syrupy, honeylike glycerin with fantastic taste.

MAKES 2½ CUPS

- 1 ounce high-quality cannabis flowers, finely ground
- 4 cups USP food-grade glycerin

Equipment: Latex gloves, unbleached cheesecloth, large glass jar with tight lid

1. In a Crock-Pot, cover your cannabis completely with the glycerin, and cook at a low setting for 3 days. The glycerin should take on a dark amber color.
2. Let it cool, then, wearing latex gloves, strain the glycerin through the cheesecloth, pressing the plant material as tightly as possible to release all the glycerin. Your final product should have the consistency of honey and can be used as a substitute in any recipe that calls for honey or agave nectar. Store your glycerin in a large glass jar with a tight lid in the refrigerator for up to 1 month.

About the Chef: Chef Mike Delao

Chef Mike Delao is currently the resident chef at Cannabis Planet, where he hosts a cooking show. He also works with several collectives in the L.A. area, serving patients his cutting-edge cuisine, raw living foods, and sweet treats. Chef Mike also writes a recipe column for *High Times*, has a blog on Hightimes.com, and presided over the judging of the medical edibles at the first annual *High Times* Medical Cannabis Cup in San Francisco. Chef Mike loves house music and throwing parties, so look for him at West Coast cannabis events, where he'll be chilling at the *Cannabis Planet* booth.

GREEN AVENGER CANNABIS TINCTURE

Recipe from Subcool and MzJill

This convenient cannabis-based medicine doesn't require smoking, vaporizing, or even ingesting baked goods; simply apply a few drops of it under the tongue. It contains no harmful additives and, if made correctly using good bud, actually tastes quite pleasant. Vegetable glycerin is used in cough syrups and many other products and is safe for human consumption. Drinking extra water when ingesting the tincture is recommended, as it tends to dehydrate you when taken in larger amounts.

Glycerin—also known as glycerol—is easy to find. NOW Foods makes a very high-quality version that you should be able to get at your local health food store. Then you simply soak some high-quality cannabis shake, buds, and kif in the glycerin for sixty days.

MAKES 6 CUPS

4 ounces high-quality shake and cannabis buds

5 grams kif

6 cups vegetable glycerin, enough to completely cover the plant matter and fill a 2-quart jar

Equipment: 2-quart glass jar; french press, cheesecloth, or fine kitchen screen; funnel; small dropper bottles

1. Grind shake and buds until fine, then place in a 2-quart glass jar. Add kif (this will increase the mixture's potency). Remember that this preparation will be ingested, so keep all your tools sterile and use good-tasting shake, not waste leaf.
2. Once the jar is 90 percent filled with ground weed and kif, slowly add the glycerin until the weed is covered and the jar is full.
3. It's very important to decarboxylate the THC acids. To do this, heat an oven to 170°F (or the lowest setting), and let the tincture warm in the oven for about 45 minutes. Remove and let cool.
4. Store for 60 days, making sure to rotate the jar for 3 to 5 minutes per day, mixing the contents of the jar well. (We like to flip our jars upside down each day and let the weed float to the top of the glycerin.) At day 50, wash the outside of the jar well, then place it in a pot of steaming water. Let the jar remain in the water until the water has come to room temperature, then remove, dry off, and continue to steep for 10 days.
5. After 60 full days, use a French press, cheesecloth, or some other type of fine kitchen screen to strain the shake from the tincture. (Chef Subcool uses a 190-micron Bubble Bag to screen his tincture.)
6. Use a funnel to transfer the tincture into small dropper bottles to store. It's best used within 6 months to 1 year. Keep in a cool dark place.

Note: A glycerin tincture is very easy to titrate, and a patient can use a few drops under the tongue to get just the relief needed. Plus, the tincture doesn't seem to get most people superhigh or even stoned, and many people without serious ailments will not feel its effects unless they take a large amount, like 30 milliliters. Given the variations in individual metabolism, everyone will be different in this respect.

We've also seen incredible results with people using the tincture to treat migraines. When you're suffering from a serious headache, taking a pill orally is a slow fix. With this preparation, you can brush your teeth vigorously and then apply a few drops into the mouth. The medicine passes across the mucous membrane and seems to have an immediate effect.

About the Chefs: Subcool and MzJill

The cannabis couple behind TGA Subcool Seeds, Subcool and MzJill are cannabis breeders and tireless activists for medical marijuana. They made this particular tincture for patients suffering from migraines and were astonished at the positive effects they observed. Creator of the award-winning strain Vortex, Subcool is also the author of *Dank: The Quest to Find the Very Best Marijuana*.

CHAPTER 2: IRIE APPETIZERS

When it comes to cannabis edibles, sometimes less is definitely more enjoyable. A little pot food can make you giddy, but a little too much will make you sleepy, so sometimes little bites are the way to go. Perhaps you're planning a special party and want to make it even more special. The recipes in this chapter are all designed to get your guests irie but not too spaced-out. They include finger foods, hors d'oeuvres, dips and spreads, and tapas.

Pot-infused appetizers provide proper sustenance and bold flavors along with just a tinge of THC-fueled fun! We traveled the world in search of inspiration, finding dishes in Asia, the Middle East, Italy, and Mexico that would work well with our secret ingredient. These cannabis concoctions enhance the already good times in life, like taking a hike in the woods, screening a new movie, or hanging with friends on a leisurely day. So pass the bong, pick a recipe, and let's get cooking!

For a medium-size celebration of four and twenty guests, just two or three of these dishes will sustain the high times for hours, not to mention pique your guests' appetites for the sumptuous meal to follow. Like a breeder reactor, eating cannabis-infused foods stimulates your appetite, so be sure to serve plenty of non-magic food as well, lest someone get too stoned out of sheer hunger.

ROASTED GANJA GARLIC CANNELLINI DIP

Recipe from Chef Herb

Roasting garlic fills the house with such a wonderful, comforting smell—and it also covers up the telltale odors of ganja smoking! So if your neighbors object when you light up a spliff in your tiny studio apartment, try roasting some garlic and see if anyone complains besides the local vampires. Roasted garlic also soaks up cannabis-infused oil like there's no tomorrow, so it's a handy addition to a wide variety of dishes. This classic dip should be served with warmed pita bread, crudités, and olives, or try it on a sandwich with roasted veggies, arugula, and a sharp cheese. Plus, it freezes well, so you can always make extra and save it for a rainy day.

STONES 5 TO 7

1 large head garlic

Salt

5 teaspoons THC extra-virgin olive oil ([see recipe](#))

One 19-ounce can cannellini beans

1 teaspoon fresh lemon juice

Dash hot red pepper flakes (optional)

Pepper

Vegetable broth (as needed)

Toasted bread, baked pita wedges, celery sticks, and/or red bell pepper slices, for serving

1. Preheat the oven to 450°F.
2. Cut off the top ½ inch from the head of garlic. Sprinkle with salt and drizzle with 1 teaspoon of THC olive oil. Wrap the garlic in foil and bake for 1 hour. Remove from oven, let cool, then squeeze the cloves out of the papery skins.
3. Drain the beans in a strainer and rinse with water. Drain well.
4. Place the beans in a food processor and add the roasted garlic cloves, along with the remaining 4 teaspoons of THC olive oil, the lemon juice, red pepper flakes (if using), and salt and pepper. Pulse until smooth, adding as much vegetable broth as needed, 1 teaspoon at a time, to create a smooth dip. Serve with toasted bread, baked pita wedges, celery sticks, and/or red bell pepper slices.

HOOKAH LOUNGE HUMMUS

Recipe from Ashley Boudreaux

Hummus is the greatest addition to the American snack-scape since salsa and so quick and easy to make that you'll never go back to store-bought brands again. Packed with protein and ready to eat, hummus makes for an ideal snack and also compliments a vast array of Middle Eastern foods worth investigating, from falafel to tabbouleh. While you're at it, why not go all the way, find yourself a hookah, pack it with hashish, line the floor with pillows, and throw an Arabian Nights-themed party at your house. By experiencing the culture of another land, through music, art, films, books, and, yes, food, we can bridge the gap between our worlds. At the end of the day, cannabis lovers live everywhere on Earth, and almost everywhere we are oppressed—so let's stick together. Potheads without borders, fire up your hookahs!

STONES 8

$\frac{3}{4}$ cup THC olive oil ([see recipe](#))

3 grams kif (optional)

One 15-ounce can garbanzo beans

$\frac{3}{4}$ cup tahini (a crucial ingredient, found in the international section of most supermarkets—if not, try a Middle Eastern grocery)

3 tablespoons fresh lemon juice

$\frac{1}{4}$ cup roasted garlic, store-bought or homemade

2 tablespoons artichoke hearts, drained well and chopped

$\frac{1}{4}$ cup roasted red peppers, roughly chopped

1 teaspoon freshly ground cumin seeds

1 teaspoon salt

$\frac{1}{2}$ teaspoon freshly ground pepper

Pita bread, warmed in the oven, for serving

1. In a small saucepan, warm your THC olive oil over low heat. Add the kif, if using, and let it dissolve. Remove from heat.
2. Put the garbanzo beans, tahini, lemon juice, roasted garlic, artichoke hearts, red peppers, cumin, and $\frac{1}{2}$ cup of the warm THC oil in a food processor and blend to the desired consistency. Slowly add more oil as needed. Add the salt and pepper. Serve with warm pita bread.

POT CHEF

GREEN LEAFY KALE SALAD IN BROWN CANNABUTTER VINAIGRETTE

Recipe from Bobby Hellen

Kale is one of the most healthful things you can eat, so be sure to include more of it in your diet, especially when doused with this decadent dressing from our friend chef Bobby Hellen. Chef Hellen uses this vinaigrette on a similar salad at the restaurant, absent the special ingredient, of course. This makes dressing for more than one salad and keeps for a long time in the refrigerator.

STONES 6 TO 8

SALAD

1 pound Tuscan kale
½ cup slivered almonds

VINAIGRETTE

⅓ cup unsalted butter
⅓ cup Simple Cannabutter ([see recipe](#))
⅓ cup sherry vinegar or red wine vinegar can be substituted
Salt

1. Wash kale, remove middle stalks, and roughly chop the leaves into bite-size pieces.
2. Toast almonds in a dry sauté pan over medium heat, shaking the pan occasionally until you smell the almonds, about 5 minutes. Remove from heat.
3. To make the vinaigrette, in a small saucepan, melt the unsalted butter over high heat until browned, then add the cannabutter, just until melted. Remove from heat. Add the sherry vinegar and season with a pinch or two of salt.
4. Dress the kale with 4 to 6 tablespoons of dressing, toss with the almonds, and serve warm.

About the Chef: Bobby Hellen

A recipient of a StarChefs.com New York Rising Star Award in 2010, this young chef has impressed the New York culinary scene with the soulful, inventive menu at Resto, his Belgian-inspired eatery. He's also very dedicated to the local foods movement, sourcing his kale from one of the Big Apple's many farmers' markets.

OBAMA'S SATIVA SAMOSAS

Recipe from Ashley Boudreaux

From our longtime food columnist Ashley Boudreaux, this unique invention epitomizes what I love about stoner cuisine. It's creative, different, fun, and inspired by the times we live in. Like President Obama, this appetizer mixes multiple cultures but is ultimately an American amalgamation. In keeping with the spirit of our *highest* officeholder, the culinary inspiration for this dish is about finding common ground between the United States and the rest of the world. Ashley explains:

Tilapia is a fish that's widely consumed in both Hawaii (where Obama was born) and Kenya (his father's homeland). Mangoes grow in both places, as well as in Indonesia (mango trees shade his stepgrandmother's tin-roofed house in Kogelo). Another staple in Kenya is a dish called sukuma wiki, which is Swahili for "stretch the week," which sounds like an indispensable skill to have in these challenging times. Sukuma wiki is like the smothered greens ubiquitous in Southern soul food but without the pork, which folks in Washington need to cut out anyway. And, of course, cannabis is a global panacea, uniting the diverse wherever it's used. Wrap it all up in a classic puff pastry, and you have an Obamosa.

STONES 6

MANGO PURÉE

1 ripe mango, pit and skin removed, chopped

SAMOSAS

One 16-ounce package frozen puff pastry

Juice from 1 small lime

One 12-ounce tilapia filet

2 teaspoons curry powder, plus more to taste

1 teaspoon powdered ginger

SUKUMA WIKI

2 cups chopped kale, steamed

1 cup diced tomato

2 teaspoons finely chopped green onion

MANGO SAUCE

4 tablespoons Simple Cannabutter ([see recipe](#))

2 tablespoons flour

1 cup coconut milk

2 teaspoons finely chopped cilantro

1. To make the mango purée, put the mango and ½ cup water in a blender or food processor, and purée until smooth. Set aside.
2. To make the samosas, thaw puff pastry according to the package instructions. Set aside.
3. Preheat the oven to 350°F.
4. Pour half the lime juice over the tilapia filet. Rub it down with the curry and ginger. Bake in the preheated oven for 25 minutes, or grill over hot coals for 2 to 3 minutes per side, until fish is tender and flaky. (If baking in the oven, leave the oven on.) Cut into small chunks and set aside.
5. To make the *sukuma wiki*, sauté kale with tomatoes and green onion in a saucepan over medium heat until wilted. Cool and squeeze out excess liquid.
6. To make the mango sauce, heat the cannabutter over low heat in a saucepan until it melts. Set aside 2 tablespoons of melted cannabutter for brushing the pastry. Add flour to the remaining 2 tablespoons butter in the skillet, and whisk over low heat until the lumps are gone. Add the coconut milk, ¼ cup of the mango purée, the remaining lime juice, the cilantro, and curry powder to taste. Stir until the sauce thickens.
7. To assemble the samosas, cut the puff pastry into 3-inch squares. Layer about a heaping tablespoon each of the *sukuma wiki* and fish on the squares of puff pastry, then fold them into triangles, sealing the edges with water and pressing with a fork before brushing the pastries with the reserved cannabutter. Bake until golden brown, about 15 to 20 minutes. Serve drizzled with the warm mango sauce (plus some for dipping) and any remaining *sukuma wiki* on the side.



STUFFED STONED JALAPEÑO POPPERS

These stoner treats were born when a particularly robust jalapeño pepper plant grown on my New York City rooftop burst forth with a bounty of twenty peppers. While partaking of a nice joint and relaxing on the same rooftop, inspiration struck: peppers, peanut butter, and pot! The peanut butter tempers the heat of the peppers, and the herb gets you high—what more can you ask for from something this easy to make? So amuse your bouche and try these one-bite wonders!

STONES 10

10 jalapeño peppers
2 tablespoons THC Oil ([see recipe](#))
¼ cup green onions, white parts only, chopped
2 cloves garlic, minced
¾ cup peanut butter

1. Preheat the oven to 350°F.
2. Cut off the tops of the jalapeños and reserve them. Use a small knife to remove as much of the pith and seeds as possible. You want hollow peppers that can hold the stuffing. Rinsing out the inside of the pepper with water is a good way to remove the seeds.
3. Warm a small saucepan over medium heat and add the THC Oil. Let the oil warm for about 30 seconds, then add the green onions and cook for 1 minute. Then add the garlic and sauté for 1 to 2 minutes. Add the peanut butter and stir, adding 2 to 3 tablespoons water as needed to thin the consistency. The sauce should be easy to stir. Remove from heat.
4. Use a spoon, piping bag, or a small funnel to fill the jalapeños with the peanut butter sauce. Fit the pepper tops back on and secure with a toothpick. (Soak your toothpicks in water first.)
5. Place peppers on a foil-lined baking sheet and bake for 20 minutes. Serve warm.

Note: You may want gloves to handle the peppers, but if you don't wear gloves, be careful not to touch your eyes after handling the peppers. Wash your hands and the cutting board immediately and thoroughly after handling peppers.



SATIVA SHRIMP SPRING ROLLS WITH MANGO SAUCE

Recipe from Chef Bliss

Chef Bliss created these spring rolls for a tasting menu that was served to the *High Times* staff in New York. Each dish on that incredible buffet was sautéed in, brushed with, or otherwise infused with cannabis butter and oil. These *sativa* shrimp spring rolls would benefit from using a strain such as Haze, with a terpene profile that will match the Asian flavors.

STONES 6

MANGO SAUCE

- 1 mango, peeled and diced
- 1 clove garlic, finely chopped
- 1 tablespoon sugar
- 1 tablespoon coarsely chopped ginger
- ½ small habanero pepper, seeded and finely chopped
- ¼ cup orange juice
- 2 tablespoons rice wine vinegar
- 1 teaspoon THC Oil ([see recipe](#))

SPRING ROLLS

- ½ cup plus 3 tablespoons THC Oil ([see recipe](#))
- ¼ cup sliced shiitake mushrooms
- 1 teaspoon plus 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon chopped garlic
- 1 tablespoon chopped shallot
- ⅓ cup julienned or shredded carrots
- ⅓ cup julienned red and yellow bell peppers (an even mix of both colors)
- ½ napa cabbage, shredded
- 2 tablespoons Asian chili paste
- 2 teaspoons lime juice
- 2 tablespoons sliced green onions
- 1 tablespoon chopped ginger
- 2 tablespoons chopped cilantro
- 2 teaspoons salt, plus more to taste
- 2 teaspoons black pepper, plus more to taste
- 1 pound rock shrimp, cleaned and deveined
- One 12-ounce package spring roll wrappers
- 1 egg
- ½ cup cornstarch

1. To make the mango sauce, in a medium saucepan over high heat, combine mango, garlic, sugar, ginger, habanero, orange juice, and rice wine vinegar. Bring to a boil, then simmer over reduced heat for 5 minutes. Remove from heat and allow to cool.
2. In a blender or food processor, combine the mango mixture with THC Oil and blend until smooth. Set aside.
3. To make the spring rolls, in a small frying pan, heat 1 tablespoon of the THC Oil on high. Add mushrooms and cook until golden brown, then add 1 teaspoon of the soy sauce and 1 teaspoon of the sesame oil. Transfer to a bowl and set aside.
4. Reheat pan over high heat and add 1 tablespoon of the THC Oil. When oil is hot, add the garlic, shallot, carrots, bell peppers, and cabbage and sauté for 1 minute, then add the chili paste, 2 tablespoons of the soy sauce, the lime juice, green onions, ginger, and cilantro. Drain vegetables in a strainer (if you leave the liquid in when the spring roll is fried, it will explode) and season with salt and black pepper. Set aside.
5. Reheat pan over high heat and add 1 tablespoon of the THC oil. When oil is hot, add the shrimp and sauté until fully cooked. Remove from heat, drain, chop roughly, and season with a pinch of salt and pepper. Mix with mushrooms and vegetables in a small bowl—this is your spring roll filling.
6. To assemble, lay out your spring roll wrapper diagonally, with a corner pointing toward you, so it looks like a diamond shape. Whisk the egg, and brush a thin layer onto the spring roll wrapper.
7. Spread 2 tablespoons of the filling in the middle of the wrapper and bring the bottom corner of the wrapper over the filling, then fold in the sides and roll upward, making the roll as tight as you can. Roll in the cornstarch on a plate and set aside. Repeat with remaining filling and wrappers.

8. In a large frying pan, heat remaining ½ cup THC oil to 350°F. Panfry rolls until golden brown. Do not crowd the pan; fry only a few rolls at a time so you can turn them easily. Drain on paper towels and serve with the mango sauce.

About the Chef: **Chef Bliss**

A brash young chef, Bliss has been working in the medical-marijuana-edibles field for quite some time. First, he pioneered a business of sweets that parodied brand-name candies and later turned his attention to a line of savory spreads using roasted garlic, sun-dried tomatoes, and pesto, all to rave reviews from dispensary patrons. Currently, Chef Bliss is the creative genius behind Concentr8, an edibles company that makes his famous Pot Corn popcorn.



GANJA GUACAMOLE

Guacamole is a healthy treat that everyone enjoys, and when you add a dash of THC Oil, you'll really get the party started! Serve this dip with [Mini Kind Veggie Burritos](#), or chow down with a bag of chips.

STONES 8 TO 10

- 4 ripe avocados, peeled and pits removed, one pit reserved
- 1 cucumber, peeled with seeds removed, diced
- ½ cup chopped green onions, white and green parts
- 2 cloves garlic, minced
- ½ cup THC Oil ([see recipe](#))
- 1 jalapeño pepper
- ½ cup firmly packed cilantro, chopped
- Juice of 2 limes
- 1 teaspoon salt

Combine all the ingredients in a food processor and mix until the texture is smooth. Keep the reserved avocado pit in the serving bowl with the guac, as it will help keep it fresh and prevent browning. Refrigerate any leftover guacamole in an airtight container with plastic wrap covering the surface. Use within 1 day.

MINI KIND VEGGIE BURRITOS

Get ready for a miniature interpretation of a counterculture classic. The Kind Veggie Burrito has its roots in Mexican cuisine but became a locoweed legend in America via the Grateful Dead parking lot scene. Sure enough, at every show, there was the same dude with a cooler and a handmade sign that read “Kind Veggie Burritos.” Way before the term “ganjapreneurs” had been coined, the unofficial vendors that kept *Terrapin Station* well fed knew that even a psychedelic army marches on its belly, and that an inexpensive cheesy rice-and-bean tube of ganja-infused goodness would sell itself from the time the gates opened to long after the encore. Easy to prepare ahead of time, cheap to make, and sold at a high-enough markup to high-enough jam-band fans, these burritos could finance a cross-country adventure. Enhance the appetizer by dipping the tiny burritos into ganja-oil guacamole, serve two or three as an entrée, or just make normal-size burritos.

STONES 10

One 15-ounce can vegetarian refried beans
One 15-ounce can black beans, drained and rinsed
6 tablespoons THC Oil, plus more for brushing ([see recipe](#))
1 sweet onion, diced
1 small zucchini or summer squash, shredded
2 teaspoons salt
1 red bell pepper, chopped
1 cup sliced mushrooms
1 cup diced steamed potatoes (or leftover roasted potatoes)
1 teaspoon paprika
2 teaspoons cumin
¼ teaspoon cayenne pepper
1 cup cooked long-grain brown rice
20 small flour tortillas (soft taco size)
2 cups shredded cheddar cheese
Salsa, sour cream, and Ganja Guacamole ([see recipe](#)), for serving

1. Preheat the oven to 300°F.
2. In a 2-quart pot, mix the two cans of beans together with 2 to 3 tablespoons of water, and bring to a simmer over low heat.
3. While the beans are cooking, warm a sauté pan over medium heat and add 6 tablespoons THC Oil. Let the oil warm for 30 seconds, then add the onion and sauté until golden brown, about 8 minutes.
4. While onion is cooking, toss the shredded zucchini with 1 teaspoon salt in a colander and squeeze out the excess water. Set aside.
5. Add the bell pepper to the sautéed onions and cook for a few minutes before adding the mushrooms, zucchini, and potatoes. Sprinkle with the paprika, cumin, and cayenne pepper, and cook until the mushrooms have released their juices, about 5 minutes. Remove veggie mixture from the heat and add the remaining 1 teaspoon salt. Add the cooked rice to the veggie mixture and stir to combine.
6. Spread one heaping spoonful of beans onto each tortilla. Then, place one heaping spoonful of veggies and rice in the middle, topped by a small sprinkle of cheese. To fold, bring the bottom edge of the tortilla up over the filling, then tuck the sides in and cover with the top edge of the tortilla. You want a self-contained package with as little filling falling out as possible. Place the burrito in a glass baking pan and repeat until you have 20 little burritos or until you run out of filling.
7. Brush the burritos with THC Oil, and bake for 10 minutes, just until the tortillas are golden brown. Serve with salsa, sour cream, and Ganja Guacamole.

PICO DE GANJA AND NACHOS

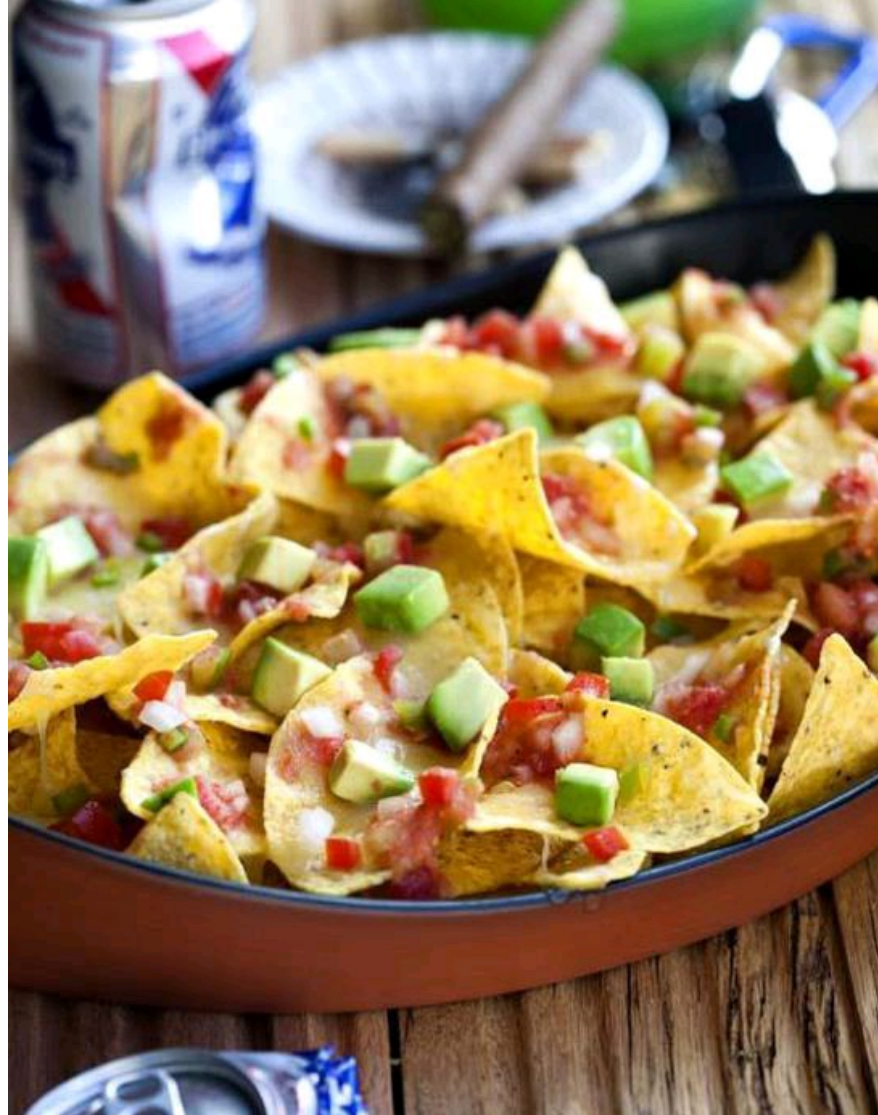
Recipe submitted by a dude from Texas

First submitted by a reader from South Texas, here's a recipe for all the dudes out there who don't really cook. These nachos couldn't be easier to make, can't possibly be fucked up, but could possibly fuck you up if you eat too much. Serve these up in your man cave the next time you invite your bromantic buddies over for Texas Hold'em, the Super Bowl, or just a super bowl!

STONES 6

- 2 red tomatoes
- 1 green tomato
- 1 jumbo sweet onion
- 1 jalapeño or serrano pepper
- 2 cloves garlic, minced
- 3 tablespoons beer (a light beer like Bud or Corona)
- 3 tablespoons fresh lemon juice
- 3 tablespoons THC Oil ([see recipe](#))
- 6 ounces tortilla chips
- 1 cup shredded Monterey Jack cheese
- 1 ripe avocado, diced

1. Preheat the oven to 350°F.
2. Roughly chop the tomatoes, onion, and jalapeño, and add to a food processor. Add the garlic, beer, lemon juice, and THC Oil. Pulse 2 or 3 times to combine, keeping the texture chunky.
3. Spread out the chips on a baking sheet, cover with the cheese, and top with several heaping spoonfuls of the pico de ganja you just made. Put it in the oven for about 5 to 10 minutes, until the cheese has melted. Serve, topped with the avocado.



KIND BUD BRUSCHETTA WITH POT PESTO

Basil is so easy to cultivate, and a complement to so many dishes, that you should consider cultivating some homegrown. You can also pick up basil at the farmers' market. A staple in Italian cooking, basil shines in pesto, a sauce originating in the Genoa region, not coincidentally home to a world-famous strain of basil. This cannabis-infused pesto tastes amazing, freezes well, and can be stored in the fridge for up to five days. When storing, always cover the surface with a thin layer of oil and plastic wrap to keep it from turning brown. You can toss this pesto over pasta, use it as a condiment in sandwiches, or eat it as a dip with crostini or crackers. If you'd like to try pairing a particular cannabis strain with basil, use Genovese basil and look for ganja with a citrusy aroma, indicating the presence of limonene, a terpene also found in basil plants. Try Lemon Skunk or Super Lemon Haze if you're so inclined. Consider drizzling the finished bruschetta with a few spoonfuls of Medicated Balsamic Vinaigrette.

STONES 10

PESTO

3 tablespoons walnuts, chopped
2 cups basil, firmly packed
Pinch sea salt
2 cloves garlic, minced
¼ cup freshly grated Parmesan cheese
½ to ¾ cup THC olive oil ([see recipe](#))

BRUSCHETTA

1 large loaf ciabatta bread, cut into 1-inch-thick slices
3 tablespoons THC olive oil ([see recipe](#))
2 or 3 heirloom or organic farmers' market tomato, sliced
Medicated Balsamic Vinegar (optional)

1. Preheat the oven to 350°F.
2. To make the pesto, warm a sauté pan over medium heat. Add the walnuts and toast them, stirring often, for a few minutes, until you smell their aroma. Remove from heat and let cool. Rub the walnuts over a metal strainer to remove as much of the papery skins as you can.
3. In a food processor, slowly grind the walnuts to a rough flour.
4. Meanwhile, wash and pat dry the basil. Remove the stems before tearing the leaves into tiny pieces by hand.
5. Add the basil, salt, garlic, and Parmesan to the walnut flour in the food processor. While the processor is running, add ½ to ¾ cup of the THC olive oil through the top chute, pouring in a slow steady stream until well blended. Add more salt or oil until you're pleased with the flavor and consistency.
6. To make the bruschetta, brush the bread slices with the THC olive oil, and toast in the oven for about 3 minutes on a baking sheet, until lightly browned. Remove from the oven, and top each bread slice with slices of the tomato. Return to the oven for 5 minutes. Remove, top with the pesto and Medicated Balsamic Vinegar (if using), and enjoy!

MEDICATED BALSAMIC VINAIGRETTE

Recipe from Evan Budman

This salad dressing is a simple, easy way for a health-conscious patient to consume cannabis. You can keep this dressing in your fridge for two weeks and use it over many different salads or as a dipping sauce for crusty bread. Drizzle it over fresh, ripe, locally grown heirloom tomatoes and serve with slices of artisanal mozzarella; enjoy it on a salad composed of spinach, dried cranberries, blue or feta cheese, and glazed walnuts; or over the top of the Kind Bud Bruschetta with Pot Pesto.

STONES 4

- 3 tablespoons brown sugar
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- Onion powder to taste
- Salt and pepper to taste
- $\frac{3}{4}$ cup THC olive oil ([see recipe](#))
- $\frac{1}{4}$ cup balsamic vinegar

Combine the brown sugar, mustard, garlic, onion powder, salt, and pepper in a medium bowl and mix well. Whisking vigorously until blended, add THC olive oil and balsamic vinegar.

About the Chef: Evan Budman

Chef Evan Budman is a cannabis chef in Colorado who created this vinaigrette as an easy way to enjoy cannabis in salads. After recovering from back surgery, Evan began cooking with cannabis as an alternative to addictive pharmaceutical painkillers. He began distributing his creations to other patients, and was offered a position as the head chef of a new dispensary with a focus on edibles. Currently, Evan is on staff at Wellspring, a medical marijuana center in Denver, Colorado, a place where patients come first. As a budding chef, Evan hopes to continue teaching and sharing his recipes, as well as fighting for safe access for Colorado medical marijuana patients.

STONER CELEBRITY FAVORITE

LIL' SNOOP HOT DOGGY DOGGS



This high-end appetizer is named in honor of cannabis-lovin' hip-hop icon Snoop Doggy Dogg, whom you can also catch cooking up some stoner cuisine on YouTube, thanks to his infamous appearance on Martha Stewart's TV show. On that occasion, the unlikely duo collaborated on some classic brownies, albeit missing Snoop's favorite secret ingredient. Naturally, our recipe includes the chronic.

Needless to say, these hot dogs will satisfy the cravings of your entire stoner crew at your next big shindig. Best of all, this recipe is stoner-simple. And you can always use soy-based veggie substitutes for a Veggie Doggy Dogg.

STONES 15

- 5 hot dog buns
- ¼ cup melted Simple Cannabutter ([see recipe](#))
- 2 tablespoons dried ground oregano
- 5 turkey or chicken hot dogs
- 5 slices bacon
- ¼ cup grated pepper jack cheese, for stuffing (plus extra for topping if desired)
- 2 cups canola oil for deep-frying
- ½ cup relish
- Ketchup and mustard to taste

1. Preheat the oven to 350°F.
2. Cut the hot dog buns crosswise into thirds. Arrange the open buns on a baking sheet. Brush the inside of the buns with the melted cannabutter, and sprinkle with oregano. Toast them in the oven for 5 to 8 minutes, until golden brown.
3. Meanwhile, cut the hot dogs crosswise into thirds. Then, cut each hot dog piece lengthwise about ¾ of the way through. Cut each piece of bacon crosswise into thirds as well. Stuff some of the grated cheese inside each hot dog piece, then wrap each segment with a bacon piece, securing the ends with a toothpick.
4. Pour the oil into a heavy-bottomed saucepan to a depth of 1 inch, and heat over medium-high heat until hot but not smoking. (If using a thermometer, oil should be at 350°F.) Carefully add the bacon-wrapped hot dog pieces to the oil, frying until the bacon is crispy and brown. Remove the hot dogs from the oil and drain on paper towels.
5. Take the toothpicks out, and place each hot dog piece on a toasted bun. Top each hot dog with a spoonful of relish, more grated cheese (if desired) and a squirt of ketchup and mustard.

CHAPTER 3: MUNCHIE MEALS

Breaking bread with your friends is one of the simplest, most satisfying pleasures of life, along with sharing a spliff of some lovingly homegrown herb. And one of the great things about cannabis is that it really does alter your perception of time, heighten your senses, and open you up to a newfound appreciation of the earthly delights all around us. We live in such an era of both scarcity and abundance, and when we're blessed enough to experience abundance—of food, of ganja, of friendship and good times—it's important to remember to be thankful, and cannabis reminds us of our duty to savor, to enjoy, and to be grateful for the moment.

In fact, this cannabis-inspired mind-set makes a great match for the philosophy behind “slow food,” which promotes the pleasures of high-quality flavorful ingredients and the art of traditional cooking techniques. When in the kitchen under the influence, let cannabis guide you to mindfulness, and soon the “chores” of chopping vegetables and washing dishes will become meditative. Forget fast food and microwavable meals in favor of helping to revive the art of the dinner party with a cannabis twist. The green-themed menu items in this chapter practically guarantee some interesting dinner conversation, and you should plan a fun game or activity for after the meal to keep things going until it all wears off. Or maybe just get everybody *really into* washing the dishes ...

REGGAE RICE AND BEAN SOUP

Recipe from Chef Ra

A counterculture classic created by Chef Ra, this recipe reflects his love of Jamaican culture and cuisine. The island nation's history of colonialism is ever present in Jamaican cooking, which features ingredients and techniques influenced by African, British, Spanish, and indigenous Arawak traditions. By combining this international fusion of flavors with his own hippie sensibilities, Chef Ra brought to life this ganja-infused rice and bean soup. True Rasta cooking uses bright flavors to entice your taste buds, with a focus on food that's healthful, hearty, and vegetarian. Flavored with lime juice, hot sauce, chili powder, cumin, and sage, this soup elevates humble ingredients to excellence, and when you eat it, you'll definitely be elevated as well! Light up a spliff to pass the time while you cook this simple, quick-simmering soup, and top it with a dollop of sour cream and ganja oil to liven up any occasion.

STONES 8

- Two 16-ounce cans black beans, drained
- ½ cup chopped yellow onions
- 2 green onions, chopped
- 4 cloves garlic, finely chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried sage
- 1 bay leaf
- 3 cups cooked long-grain white rice
- Salt
- 1 tablespoon fresh lime juice
- 8 tablespoons THC olive oil ([see recipe](#))
- Louisiana-style hot sauce
- Sour cream

In a large Dutch oven over high heat, combine 6 cups water, the beans, yellow onions, green onions, garlic, chili powder, cumin, sage, and bay leaf, then cover and bring to a boil. Reduce the heat and simmer for 10 minutes. Add the rice, partially cover the pot, and cook for 10 minutes more, stirring the mixture every now and then. Add salt to taste and add the lime juice just before serving. Serve in small cups or bowls, adding a tablespoon of THC olive oil on top of the soup along with a dash of hot sauce and a dollop of sour cream.

About the Chef: Chef Ra

Chef Ra, also known as Jim Wilson, was the author of "Psychedelic Kitchen," a recipe column in *High Times*, for fifteen years before his untimely passing in 2006. He also starred in a how-to cooking DVD called *Ganja Gourmet*, which showcased Ra's lovable personality, counterculture philosophy, and delicious recipes. Chef Ra gained notoriety as a tireless cannabis activist and was an icon on the Grateful Dead tour scene, where he sold his trademark "Rasta Pasta" ([see recipe](#)) to hungry hippies from around the country. We love and miss you, Chef Ra.

CREAM OF SINSEMILLA SOUP

Sinsemilla (Spanish for “without seeds”) has become popular slang to describe the flowering tops of female cannabis plants that have been kept away from male pollen. Cannabis is one of the few dioecious plants on Earth, meaning it has male and female sexes. Keeping male plants out of your garden is a necessity for those who want resinous, gooey, potent pot, as female plants produce all that sticky resin to attract male pollen and form seeds, and they stop producing it as soon as that happens. If this misfortune should befall your crop, don’t despair—flowers that have been fertilized are less potent, but still perfectly good, if a pain in the ass to break up and roll, as first all the seeds must be removed. You can save those seeds and plant them, or toast, salt, and eat them. Cannabis seeds are incredibly nutritious, but for the moment let’s think happier, pollen-free thoughts. This unique soup, submitted by a reader, comes without seeds and is warming and comforting on a cold winter’s night. The cannabinoids are infused into the heavy cream and butter. It’s excellent when paired with a baked potato.

STONES 6

3 cups vegetable stock
1 cup broccoli florets, finely chopped
4 tablespoons butter or margarine
¼ cup yellow onion, diced
1 cup celery, chopped
2 ounces dried female cannabis flowers, finely chopped
1 tablespoon flour
2 cups heavy cream

1. Bring stock to a boil in a large pot over high heat. Add the broccoli and cook for 5 minutes.
2. Meanwhile, melt the butter in a saucepan over medium heat, and sauté the onion, celery, and buds for 2 to 3 minutes. Stir in the flour, making a roux.
3. Add this mixture to the pot and turn the heat down to a simmer. Add the cream and simmer for 5 minutes, or until the soup thickens. Serve hot.

TOM YUM GANJA

Recipe from Ashley Boudreaux

This delicious dish was inspired by the science of [terpenes](#), as dedicated cannabis cook Ashley Boudreaux continues her research on pairing specific strains of cannabis with food. Terpenes are chemicals found in all plants, and they give cannabis strains their distinctly different smells and flavors. The key to a harmonious combination is matching the terpenes present in the cannabis to complementary terpenes found in other plants. The flavor profile of many Asian dishes makes it easy to integrate cannabis, including this Thai-style soup that's full of vegetables and herbs, plus a dash of hot and spicy Sriracha. Here, the lemongrass, basil, and mint balance nicely with the cannabis. And attention vegans: Simply skip the shrimp, and this dish still works as long as you're using veganically grown ganja.

Relax—the cooking time here is a little more than thirty minutes total.

STONES 7

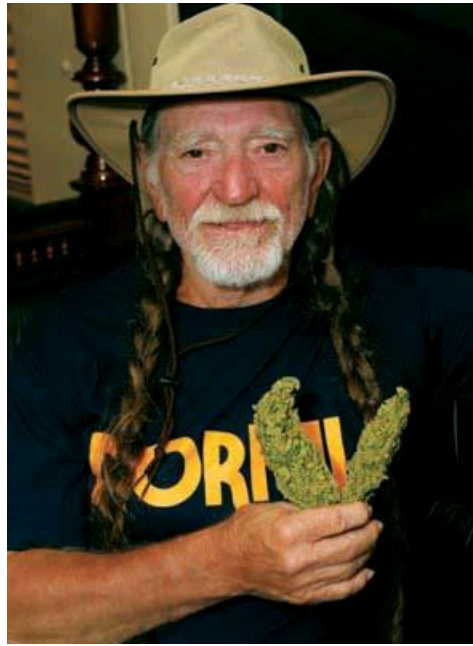
- 7 grams finely chopped ganja, preferably a sativa strain
- Two 14-ounce cans coconut cream or milk (cream is better if you can find it—but not Coco Lopez-type cream)
- ½ cup mango juice
- 1 stalk fresh lemongrass, peeled and sliced into 3-inch pieces
- ½ pound small peeled shrimp (optional)
- One 15-ounce can sweet baby corn, drained and chopped
- One 8-ounce can sliced water chestnuts, drained
- ½ cup chopped green onion tops
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh basil
- 1½ tablespoons chopped fresh mint
- 2 tablespoons Madras curry powder
- ½ teaspoon powdered ginger
- ½ to 1 tablespoon garlic chili sauce (Sriracha)
- Juice of ½ lime
- 1 teaspoon sesame oil
- Salt

Combine the cannabis and coconut cream in a heavy pot over a very low flame. Gently simmer for 10 minutes. Stir religiously. Slowly add the mango juice. Add the lemongrass (plus shrimp, if not going vegan). Let it barely simmer, stirring, for 5 minutes. Add the corn, water chestnuts, green onions, cilantro, basil, mint, curry powder, ginger, garlic, and chili sauce, and simmer for about 15 minutes, stirring. Finish with lime juice, then sesame oil and salt to taste. Remove lemongrass before serving.



STONER CELEBRITY FAVORITE

TEXAS CANNABIS CHILI



Our cannabis chili recipe was created to honor Willie Nelson, a true American hero and longtime friend of *High Times*. It's a classic red chili, Texas style—just as Willie fondly recalls in his autobiography, a “greasy red ambrosia” without “a trace of tomatoes or celery or any other foreign object that over the years have drifted into what people who don't know better call chili.”

Forgive us, Willie, but we added just a dollop of cannabutter, adding a mellow note (and potent punch) to an otherwise spicy dish. Truly authentic Texas chili never has beans in it, but it should be served with pinto beans, soda crackers, jarred jalapeño peppers, and finely diced white onions on the side. And maybe put on your favorite Willie album while you make it!

STONES 8

- 1 tablespoon canola oil
- 2 pounds coarsely ground beef
- ½ cup Simple Cannabutter ([see recipe](#))
- One 15-ounce can beef broth
- One 8-ounce can tomato sauce

GROUP #1 SPICES

- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon chili powder
- 2 teaspoons Wyler's beef bouillon granules
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon coriander
- ½ teaspoon cumin
- ½ teaspoon oregano
- ½ teaspoon cayenne

GROUP #2 SPICES

- 4 tablespoons chili powder
- 1 teaspoon cumin
- ¼ teaspoon white pepper

GROUP #3 SPICES

- 1 tablespoon cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- ¼ teaspoon cayenne

ACCOMPANIMENTS

Ice-cold beer

Fat joint

1 cup cooked pinto beans

1 jar sliced jalapeños

1 medium white onion, diced

1 package soda crackers or saltines

1. First, coat the bottom of a large pot with the oil. "Gray" the meat (fry it, stirring gently, until it is thoroughly seared), then drain the grease. Transfer the meat to a colander and pour some water over it to remove the excess grease.
2. Melt the cannabutter in the pot over medium heat. Return the meat to the pot, add the beef broth, then fill the can up with 15 ounces of water and pour that into the pot. Add the tomato sauce, and bring to a slow boil. Add the first group of spices, stir, and return to a slow boil over medium heat for 60 minutes. Add the second group of spices, stir, and return to a slow boil over medium heat for another 45 minutes. Add the third group of spices, stir, and slow boil for 15 minutes more. Taste for heat and adjust spices as needed.
3. Serve with an ice-cold beer, a fat joint, and the pinto beans, jalapeños, onions, and crackers.

SHROOMIN' BROCCOLI CASSEROLE

Recipe from Chef Ra

Sadly, the term “potluck” has nothing to do with pot. (That is, until now!) The term originated in sixteenth-century England, meaning simply “the luck of the pot,” as in, to eat whatever was available, and usually whatever was available all got cooked in one pot. Potluck also became shorthand for “an informal meal,” during which unexpected guests would drop by and take their chances on whatever happened to be that night’s dinner. It wasn’t until the twentieth century that the word evolved to mean a social gathering to which everyone brings a dish to share, a wonderful tradition that makes entertaining fun and affordable for everyone. So why not take your chances on throwing a pot-themed potluck, where everyone brings ganja food to share! This Shroomin’ Broccoli casserole recipe, courtesy of Chef Ra, makes an excellent dish that’s nutritious and full of yummy cheesy vegetables.

STONES 6

½ cup Simple Cannabutter ([see recipe](#))
Vegetable oil, for greasing
Florets from 2 heads fresh broccoli, chopped
3 cups cooked rice
1 pound shredded Cheddar cheese
1 cup chopped yellow onion
1 cup chopped celery
3 cloves garlic, finely chopped
1 cup morel, cremini, or baby portobello mushrooms, sliced
¼ cup slivered almonds
One 10½-ounce can mushroom soup
½ cup cubes day-old bread

1. Preheat the oven to 350°F.
2. Melt your cannabutter in a skillet over medium heat, then remove and set aside.
3. Grease a 9-by-13-inch baking pan with vegetable oil. Combine the broccoli, rice, cheese, onion, celery, garlic, mushrooms, almonds, and mushroom soup, and pour into the baking pan.
4. Soak the bread cubes in the butter, then spread them over the entire mixture. Bake for 45 to 60 minutes, or until golden brown and bubbling.

OM CIRCLE STUFFED BUTTERNUT SQUASH

Recipe from Chef Ra

Chef Ra debuted this dish at a memorable summertime picnic, during which the communal meal didn't begin until after a diverse group of hippies joined hands for the transcendental blessing of an om circle. Whenever we come together to share food or cannabis, we create a powerful ceremony of community, one that should be celebrated. This simple, flavorful dish of succulent squash stuffed with sautéed veggies features both cannabutter and chopped cannabis and is a favorite to bring to potlucks, serve as a side dish, or even enjoy all on its own.

STONES 4

- 1 butternut squash (1 to 2 pounds)
- 1 tablespoon olive oil
- 1½ cups chopped mushrooms
- 1 small yellow onion, chopped
- 2 large cloves garlic, chopped
- ½ cup sweet red bell pepper, chopped
- ½ cup green bell pepper, chopped
- ½ teaspoon fresh thyme
- ½ teaspoon dried basil
- 1 teaspoon salt
- ½ cup Simple Cannabutter, melted ([see recipe](#))

1. Preheat the oven to 350°F.
2. Cut the butternut squash in half and remove the seeds and stringy flesh from the inside by scraping it with a spoon. Place the squash halves in a 9-by-13-inch baking dish. Put 3 inches of water in the baking dish, and bake for 15 minutes.
3. Meanwhile, warm the olive oil in a sauté pan over medium heat. Add the mushrooms, onion, garlic, bell peppers, thyme, basil, and salt, and sauté for 3 minutes, or until the onions are somewhat soft.
4. Transfer the sautéed veggies to the cavity of the squash and pour the melted cannabutter over the top. Bake for another 20 minutes continuing to baste with the pan juices. Remove from the oven when squash is fork-tender.

CHICKEN AND ANDOUILLE GANJA GUMBO

Recipe from Dave Miss

The mash-up of Caribbean, African, and French-Canadian refugee culture in New Orleans has resulted in the birth of the modern counterculture in the city's melting pot, Conga Square, not to mention centuries of amazing food and great music. Reefer flourished amongst the jazzmen and bohemians of New Orleans long before the rest of the country, and those pot-loving jazz cats surely had a healthy appetite for the city's legendary cuisine! This gumbo recipe melds all these influences together into a truly unique and unforgettable dish.

Gumbo is actually a Caribbean term for okra, a primary ingredient in most versions of the dish. Making a true Cajun-style gumbo absolutely requires celery, onion, bell pepper, and garlic.

A note on the ingredients: If you can find fresh okra, use it, but okra gets a little slippery when you cut it, so be careful. As for the sausage, Chef Dave Miss prefers to mix pork and chicken andouille, which can be found at any decent supermarket. Real andouille will have some spice in it, so be aware that it will add heat to the gumbo. You can also substitute Polish kielbasa or Italian sausage for a tamer version. Dave likes to keep the bones on the chicken when cooking it, because it adds extra richness, but you can also get a deboned chicken to make your life easier.

A note on equipment: A ten- or twelve-inch cast-iron skillet with high sides is best for this recipe. You can also use a heavy frying pan with a copper bottom, which basically spreads the heat evenly so nothing will burn.

All said and done, the total cook time is about three hours. Allow thirty minutes to prep, then about one hour of cooking on the stove top, and finally about one and a half hours of simmering the gumbo. Make it a party! Invite friends to help and ask them to bring Louisiana's famous Abita beer.

STONES 12

2 large yellow onions, chopped (reserve the ends)
3 green bell peppers, seeded and chopped
8 ribs celery, sliced (reserve the trimmings)
8 cloves garlic, minced
One 16-ounce bag of frozen okra
5 quarts organic chicken stock
1 pound andouille sausage
One (4- or 5-pound) chicken, cut into bite-size pieces
2 tablespoons Simple Cannabutter ([see recipe](#)), at room temperature
½ cup vegetable oil
¼ cup all-purpose flour
2 dashes quality hot sauce
1 teaspoon fresh thyme
⅛ teaspoon cayenne pepper
1 teaspoon black pepper
2 bay leaves
Sea salt (the sausage and butter may be a little salty, so hold back and add salt at the end or not at all)
3 to 4 cups cooked long-grain rice
4 to 6 leaves fresh basil, torn into small pieces
1 handful fresh parsley, chopped
Crusty bread, for serving

1. In a large bowl, combine the onions, bell peppers, celery, and garlic. Let the okra thaw for a while by submerging the bag in warm water until it is at room temperature.

2. Next, add the chicken stock to a big stockpot over high heat. Add the reserved onion ends and celery trimmings. Bring the stock to a boil, then reduce the heat to medium-low.

3. Meanwhile, cut the andouille sausage into ¼-inch-thick slices. Heat up a large sauté pan over high heat, then add the sausage and lower the heat to medium. Some store-bought andouille is cooked (read the package), so just heat it through and brown it. Uncooked sausage from the butcher must be cooked for about 10 minutes, until the outside is brown and slightly crunchy. Remove the sausage from the pan, leaving the sausage grease. Set the sausage aside in a bowl.

4. Wash the chicken and pat dry. Reheat your pan over medium heat, and add the chicken pieces skin-side down. Cook 5 minutes per side, until browned. Set aside.

5. Now turn up the heat to medium-high and melt 1 tablespoon cannabutter, then add half of the chopped veggies. Sauté until the onions are translucent and everything else is a bit soft. Remove the sautéed veggies and set aside. Reserve the pan; you'll use it again soon.

6. From the simmering chicken stock, remove and discard the onion tops and celery trimmings. Add the sautéed veggies and half the okra to the stock. Put the remaining okra in the bowl with the leftover uncooked veggies.

7. Now, you will make the roux by adding flour to the really flavorful grease and butter in the previously used sauté pan. This browned flour, oil, and cannabutter mixture is the basis for a gumbo with deep, rich Cajun flavor. Turn the heat to medium and add the oil. Use a wooden spoon to gently stir in the flour, mixing until the flour dissolves. Stir the roux, constantly scraping the bottom and sides of the pan. After 10 minutes of stirring, slowly add the remaining 1 tablespoon of cannabutter. Continue to stir for another 10 to 20 minutes, until the roux has turned the color of dark chocolate milk. Now, add the uncooked veggies. Mix the veggies into the roux until they are well coated.

8. After about 5 minutes, pour the contents of the pan into the simmering chicken stock mixture. Next, add the cooked chicken pieces, and bring the gumbo to a boil.

9. Use a glass measuring cup to scoop out 2 cups of liquid and add it to the hot sauté pan that held the roux. You want to get all the flavor and psychoactive sauce from that pan, so use your wooden spoon and scrape all the bits off the sides and bottom. Pour it back into the big pot. Add a couple of healthy shots of hot sauce.

10. Once the mixture has come up to boil, reduce the heat to medium-low. Add your thyme, cayenne pepper, black pepper, and bay leaves. Now, add 3 cups water to thin out the gumbo.

11. It needs to simmer for about 1½ hours. Stir it up every now and then. After 50 minutes, add the andouille sausage and the oil from the bottom of the bowl.

12. Before you serve, remove any chicken bones and the bay leaves from the gumbo. Taste and season with sea salt if desired.

13. To serve, scoop some rice into the bottom of a bowl, and ladle the gumbo on top. Garnish with the basil and parsley, and serve with crusty bread. You can freeze what you don't immediately eat.

About the Chef: Dave Miss

Dave Miss is a friend of the *High Times* family and a longtime resident of New Orleans. Dave has been cooking since he made his first omelet while watching Julia Child on public television in the '70s. Dave spent twenty years in New Orleans cooking in beaucoup restaurants while working his way through college and the carnival seasons. Decades of hosting parties taught him the value of a good roux and a well-cooked deep-fried turkey. Currently Dave has been in the baked-goods business making vegan granola and chocolate-chip cookies with chunky sea salt under the name Davis' Famous'. Dave lives in Prospect Gardens, Brooklyn, and can be yelled at on the street as "Cookie Man!"

TIME-WARP TAMALES

Recipe from Chef Bliss

An immensely popular Latin street food, the tamale has been a peasant food in South America since 5000 BC. Legend has it that the ancient Mayans would bring these portable packets of deliciousness with them into battle. Nowadays, each culture, from El Salvador to Argentina, Cuba to Mexico, makes its tamales a little differently. In this stoner twist on a classic recipe, just enough marijuana has been added to give the dish a relaxing finish. Perfected by Chef Bliss, one of the pioneers of gourmet cannabis cookery, these tamales are stuffed with pasilla chiles, Cheddar cheese, and chicken. The time-warp effect of this tamale is achieved by adding cannabutter to the filling and hash to the masa, although you can always tone it down by spiking just one component.

STONES 6

One 6-ounce bag corn husks (12-pack, available at Latin markets or online)

MASA

2 cups masa harina (lime-processed corn flour, available in the Latin food section of most supermarkets; Bob's Red Mill is a recommended brand found in most health food stores)

1 teaspoon sea salt

½ cup Simple Cannabutter ([see recipe](#)), melted

6 grams kif or food-grade unpressed hash

FILLING

6 pasilla peppers or canned whole green chiles

1 pound boneless, skinless chicken breast or 1 pound diced squash (for a vegetarian option)

1 teaspoon cumin

1 teaspoon paprika

Salt

Pepper

1 tablespoon vegetable oil

¼ cup finely chopped yellow onion

1 teaspoon Simple Cannabutter ([see recipe](#))

1 tablespoon chicken stock or

½ tablespoon vegetable stock (for a vegetarian option)

½ cup shredded Cheddar cheese

1 tablespoon chopped cilantro

1 tablespoon chopped green onions

Salsa and sour cream, for serving (optional)

1. Rehydrate your corn husks by soaking them in water overnight. Soaking them makes it easier to wrap your tamales. Rinse off the husks before you use them.
2. To make the masa, mix the masa harina with the salt in a large mixing bowl. Slowly add the melted cannabutter, mixing it into the masa as you go. Mix in your kif or food-grade unpressed hash, stirring until well blended. Set the masa aside.
3. Next, roast the pasilla peppers on a grill or broil in the oven until the skin is charred. Cool, and remove the charred skin and all the seeds before dicing the peppers. If you are using canned chiles, simply drain them and dice.
4. Season the chicken breast with cumin, paprika, and salt and pepper to taste. In a frying pan, warm the oil over high heat and sauté the chicken for 3½ minutes on each side, until golden brown. Add the yellow onion and cannabutter and cook for 1 minute, then add the chicken stock and remove from the heat. When the chicken has cooled, cut it into small pieces. (Alternatively, for a vegetarian version, first sauté the onions in the oil for 5 minutes, then add the cannabutter, squash, and ½ tablespoon vegetable stock, sautéing until the squash is fork-tender. Set the vegetables aside.)
5. Mix the cut chicken (or squash mixture) with the peppers and cheese. Season with more salt and pepper, if desired, then add the cilantro and green onions, and mix to combine. Your filling is finished!
6. To assemble a tamale, make a plum-size ball of masa in the center of your palm. Place it in the middle of a corn husk and use the back of a spoon to spread it evenly into a thin layer. Place a heaping tablespoonful of filling on top of the masa, and prepare to twist one up!
7. Take another corn husk and tear it into strips. You will use these pieces to tie up the ends of the tamale. Roll the corn husk with filling and pinch the ends together, forcing the filling toward the center of the tamale, then fold in the excess husk and secure with the strips of husk or simple string, so the husk stays folded while it steams. Continue until all the masa and filling are used up. At this point, you can freeze some tamales and save

them for another day, or you can steam them all now.

8. Tamales are traditionally steamed in a special basket, but you can use a vegetable steamer as well. Pack your tamales in the steamer, and place the steamer over boiling water in a large pot. Turn it down to a simmer, and cover the pot. Cook for 1 to 1½ hours, checking the water level occasionally and adding more water if needed. Take out one tamale and check the firmness of the masa. It should be spongy and a little oily but firm. Serve your tamales warm, with salsa and sour cream on the side if desired.



RED, GREEN, AND GOLD RASTA PASTA

Recipe from Chef Ra

The Grateful Dead toured consistently from 1967 until 1995, and in a career spanning almost three decades, they played about 2,350 live shows. Their legions of fans took to the road with them, traveling along from concert to concert, sometimes for months or years at a time. This cross-country carnival of nomadic hippies became a conduit for the counterculture, spreading cannabis seeds, good vibes, and ganja food from coast to coast. A near-constant presence on Dead tours, Chef Ra would sell his legendary “Rasta Pasta” on Shakedown Street, the main drag of the Dead parking lot scene. So crank up some live Dead, get irie, and start chopping your veggies for a meal that will take you back in time.

STONES 6

- 1 pound package spinach rotini pasta
- 1 tablespoon olive oil, for tossing
- 1 bunch (about ½ pound) asparagus, chopped into 3-inch pieces
- 1 cup THC olive oil ([see recipe](#))
- ½ cup chopped leeks
- 3 cloves garlic, minced
- 1 large red bell pepper, sliced
- 1 large yellow bell pepper, sliced
- 1 cup mushrooms, sliced
- ½ cup sun-dried tomatoes, chopped
- ¼ cup grated Romano cheese
- ¼ cup grated Parmesan cheese
- ¼ cup shredded mozzarella cheese
- ½ teaspoon dried basil
- ½ teaspoon fresh thyme
- ½ teaspoon fresh oregano
- Salt

1. Cook the rotini pasta according to the package directions, drain, toss with olive oil, and set aside.
2. Steam the asparagus in a vegetable steamer over boiling water until al dente (about 1 to 2 minutes) and set aside.
3. In a large sauté pan over medium heat, warm up ½ cup of the cannabis oil, and sauté the leeks for 8 minutes, or until golden brown. Then add the garlic and peppers and sauté for another 5 minutes. Add the mushrooms and sauté until they’ve released their juices, about 5 minutes. Remove from the heat.
4. Mix the sautéed veggies with the cooked pasta in a large bowl, adding the steamed asparagus, sun-dried tomatoes, cheeses, herbs, and salt to taste. Pour the remaining ½ cup THC olive oil over the mixture and toss to coat.



POTATO GNOCCHI WITH WILD MUSHROOM RAGU

Recipe from Chef Mike Delao

Gnocchi are soft pillows of potato, flour, and eggs, formed into little dumplings. More satisfying than pasta, these gnocchi make a robust dinner that can get downright psychedelic depending on your choice of cannabis (and mushrooms!). Shrooms of all kinds are perfect seasonal food for fall, when the foragers head to the woods seeking exotic fungi. Source your mushrooms from the farmers' market, or find dependable foragers through your local mycology society. Wild mushrooms can also be found at gourmet markets, although they can be pricey. Commercially cultivated porcini, cremini, oyster, wood ear, and white button can be used in place of their wild counterparts.

STONES 4

1 gram ground cannabis buds or $\frac{1}{8}$ ounce sugar leaf trim
 $\frac{1}{2}$ cup heavy cream

FRESH POTATO GNOCCHI

$2\frac{1}{4}$ pounds Yukon Gold potatoes, peeled
 $2\frac{1}{4}$ cups all-purpose flour, plus more as needed

WILD MUSHROOM RAGU

$\frac{1}{4}$ cup olive oil
1 red onion, coarsely chopped
Salt
 $\frac{1}{2}$ teaspoon crushed red pepper
1 pound assorted mushrooms, including porcini, cremini, oyster, wood ear, and white button
 $\frac{1}{4}$ cup red wine
 $\frac{1}{4}$ cup chopped flat-leaf parsley, plus more for garnish
1 tablespoon chopped garlic
1 cup beef stock
Parsley, for garnish
Freshly grated Parmesan cheese, for garnish

Equipment: Ricer

1. In a small saucepan over low heat, add the ground cannabis buds or leaf trim to the heavy cream and let it simmer for 30 minutes. Strain cream and set aside.
2. To make gnocchi, cut the potatoes into small chunks, then place them in a large pot. Add water to cover and bring to a boil over high heat. Cook until the potatoes are fork-tender, about 30 minutes.
3. Drain the potatoes, then use your ricer, putting the potatoes through and keeping the shredded potatoes in a large bowl. This step is essential to achieving a fluffy, perfect gnocchi texture. Let the potatoes cool to room temperature.
4. Add the flour to the potatoes and knead them together into dough. The dough should form a smooth ball. If the dough seems too wet, add a little more flour, about a tablespoon at a time. Roll it into 10 logs that are about as thick as your thumb. Cut the logs into $\frac{1}{4}$ -inch pieces and toss with a handful of flour.
5. To make the ragu, in a large sauté pan over high heat, add the olive oil. Add the onion and sauté until tender. Season with salt to taste and the crushed red pepper. Add the mushrooms, and cook until they begin to brown, 4 to 5 minutes. Deglaze the pan with the wine by swirling the wine around in the pan and quickly scraping up any browned cooked bits. Add the parsley and garlic, and cook for 2 minutes. Add the beef stock and reduce the heat to medium-low. Let simmer for 20 minutes or until the sauce thickens. Add the THC-infused cream, and stir to combine. Simmer for another few minutes or until the sauce coats the back of a spoon.
6. In a large pot of boiling salted water over high heat, add the gnocchi and cook until they come to the surface (just 1 or 2 minutes for fresh gnocchi). Drain well and serve with sauce over top. Garnish with parsley and Parmesan.

BIG EASY EGGPLANT ALFREDO

Recipe from Shadow

From the heady stoner culture of New Orleans comes a gourmet recipe for a creamy, hedonistic pasta course. Served at a legendary underground supper club for cannabis food enthusiasts called the Enlightenment Cafe, this recipe was devised by a native of Humboldt County known only as Shadow, who brought his knowledge of stoner cookery to the Big Easy. This chef subdues the taste of the cannabis by using a long cooking time to extract the psychoactive cannabinoids into his oil. Shadow's method for extracting ganja oil involves cooking one ounce of quality cannabis with a half-liter of first cold-press olive oil in a double boiler at 115°F to 135°F for three straight days, adding water every two hours. While you can certainly attempt this method, a standard infusion of cannabis into high-quality olive oil will do the trick.

Described as an "ethereal and fleeting exhalation" by *High Times* food columnist Ashley Boudreaux, this eggplant Alfredo pairs perfectly with a crisp green salad.

STONES 6

- 1 large eggplant, sliced 1 inch thick
- 2 cups merlot
- 1 tablespoon finely chopped mushrooms
- 1 clove garlic, finely chopped
- 1 tablespoon finely chopped sun-dried tomatoes
- 3½ cups plus 2 tablespoons THC Oil ([see recipe](#))
- 3 eggs
- ½ cup milk
- 1 egg white
- 3 cups bread crumbs
- 2½ cups grated Parmesan cheese
- 1 teaspoon Italian seasoning
- 1 pound penne pasta
- 10 tablespoons (1¼ sticks) butter
- 1½ cups heavy cream
- 1 teaspoon ground nutmeg
- 1 teaspoon salt

1. Preheat the oven to 250°F.
2. Soak the eggplant slices in merlot for 1 hour.
3. Meanwhile, mix the mushrooms, garlic, tomatoes, and 3 cups of the THC Oil in a 4-quart glass baking dish. Bake for 1½ hours, then remove from the oven and let cool. Use a slotted spoon to remove and discard the veggies, reserving the oil.
4. When the eggplant is done marinating, mix 2 eggs and the milk in a shallow pan or bowl. This will be your egg wash. In a second pan or bowl, mix together 1 egg, 1 egg white, the bread crumbs, 2 cups of the Parmesan, and the Italian seasoning to form a batter. Dip the eggplant slices in the egg wash, then dredge in the batter and set aside. Repeat with the remaining eggplant slices.
5. Bring a large pot of water to a boil for pasta.
6. In a large frying pan, warm the reserved ganja oil on high heat, then fry the eggplant slices until golden brown.
7. Cook your pasta according to the package directions and drain, tossing it with 2 tablespoons of the THC Oil.
8. Now you're ready to make your sauce. In a separate frying pan, melt the butter with the remaining ½ cup THC Oil, stirring constantly. Slowly whisk the heavy cream into the mix. Add remaining ½ cup of Parmesan, the nutmeg, and salt. Stir until thickened.
9. Serve sauce over the fried eggplant and fresh pasta.

GANJA GRANNY'S SMOKED MAC 'N' CHEESE

Do yourself a favor and don't fall for the lure of bright orange microwaved mac 'n' cheese ever again. That artificially flavored processed cheese product is a tool of your own oppression, foisted on you by corporate overlords. Instead, take the time to slow down, and remember that making the best kind of mac 'n' cheese requires real cheese—at least two kinds—plus a layer of toasted bread crumbs on top for texture. This recipe arrives directly from a real-life ganja granny in Rhode Island and combines the stoner chef's love of authentic ingredients with an infusion of fine herb and four melted cheeses.

½ cup cold Simple Cannabutter ([see recipe](#)) plus 1 tablespoon melted
½ cup (1 stick) unsalted butter
1 cup flour
4 cups milk
2 teaspoons salt
¼ teaspoon cayenne pepper
1 teaspoon ground black pepper
1 pound penne pasta, cooked
1 cup shredded smoked mozzarella cheese
1 cup shredded Cheddar cheese
1 cup shredded American or Swiss cheese
¾ cup grated Parmesan cheese
¼ cup bread crumbs

1. Preheat the oven to 350°F.
2. In a large pot over medium heat, melt the cannabutter and butter together. Add the flour and whisk well for 3 to 5 minutes while the mixture cooks.
3. Meanwhile, in a medium pot over high heat, bring the milk just to a boil.
4. Slowly add the heated milk to the butter-flour mixture, whisking to incorporate well. Add the salt, cayenne pepper, and black pepper, and continue to cook until the mixture reaches a boil. Remove from the heat, stir in the cooked penne and cheeses, saving ¼ cup of Parmesan cheese for the topping.
5. Pour the penne mixture into a greased 9-by-13-inch baking dish. Combine the bread crumbs with the remaining Parmesan and the 1 tablespoon melted cannabutter and sprinkle on top of the penne. Bake 30 to 40 minutes until golden brown and bubbling.



PSYCHEDELIC SPANAKOPITA

Recipe from Chef Ra

The beloved cartoon character Popeye eats spinach because it makes him superstrong, but what exactly was he smoking in his little pipe? Anyway, spanakopita, a Mediterranean favorite, is a rich and satisfying spinach pie traditionally made during Lent in Greece, when many go meat-free, making it a perfect dish to serve your vegetarian friends. Usually it's made with phyllo dough, but working with frozen pastry can be time-consuming, so Chef Ra devised a simple cannabis-infused spanakopita using store-bought piecrust.

STONES 4

One 9-inch store-bought piecrust (or make yours fresh: see [Green Buttery Piecrust recipe](#))

¼ cup THC olive oil ([see recipe](#))

½ red bell pepper, chopped

½ green bell pepper, chopped

½ cup sliced mushrooms

2 green onions, chopped

½ medium yellow onion, chopped

½ tablespoon ground dried basil

½ tablespoon fresh thyme

½ tablespoon fresh oregano

3 cloves garlic, finely chopped

½ cup heavy cream

4 eggs, lightly beaten

¼ cup crumbled feta cheese

½ cup shredded Cheddar cheese

4 cups fresh baby spinach

Equipment: Pie weights or dried beans

1. Preheat the oven to 425°F.
2. Cut an aluminum foil circle to fit in the bottom of the piecrust, and weigh it down with pie weights or some dry beans from the pantry. This will keep your crust from puffing up or forming bubbles. Bake your store-bought frozen crust for 10 to 12 minutes or until lightly browned. If using a fresh-made piecrust, bake for only 5 to 8 minutes.
3. In a sauté pan, warm your THC olive oil over medium heat. Add the bell peppers, mushrooms, green onions, and onion, and lightly sauté for 1 minute. Add the herbs and garlic, and sauté for 2 minutes more. Remove the pan from the heat and set aside.
4. In a mixing bowl, combine the heavy cream, eggs, and cheeses. Place half of the egg-cheese batter on the bottom of the cooked piecrust. Then place half of the vegetable mixture over the cheese, followed by a layer of half the spinach, then another layer of the remaining vegetable mixture. Spread the remainder of the spinach atop the layered pie, then top everything with the rest of the cheese batter. Bake for 30 minutes or until lightly brown on top. Stick a toothpick in the pie to check for doneness.



SOUR DIESEL POT PIE

Recipe from Ashley Boudreaux

The hottest culinary trend of the decade is a return to good old-fashioned comfort food. Forget the low-carb hysteria that captured America's imagination not that long ago; in these uncertain times we're all clamoring for slightly more sophisticated versions of our favorite childhood foods, ideally made with high-quality ingredients. Let's face it, sometimes it's really nice to have something filling and simple, especially when the world seems ever more complicated and challenging. And a little ganja thrown in the mix certainly doesn't hurt when you're feeling blue.

Ashley Boudreaux initially thought this recipe sounded simple when she first had the idea while smoking Sour Diesel, after laughing at the double entendre: "Pot pie—now why hadn't anyone thought of that before?" Maybe because it's substantially more complicated than just making pot brownies ...

In any case, this recipe is well worth the time and effort involved in preparing it. And it can be prepared on the sly without fear of discovery, since the garlic, onions, and wine will totally mask the smell of cooking cannabis.

STONES 12

4 tablespoons Simple Cannabutter ([see recipe](#))

1/3 cup red wine

2 palm-size pieces (about 12 ounces) of thin-cut eye of round steak, cut into 1/4-inch cubes

2 heaping tablespoons minced garlic

1/3 to 1/2 cup red onion, cut into 1/4-inch chunks

1/8 teaspoon salt

1/4 teaspoon pepper

1/2 cup diced potatoes (1/4-inch cubes)

1/3 cup peas, thawed if frozen

1/3 cup baby carrots, sliced into rounds

One 1 1/2-ounce package of powdered brown gravy mix

1/2 cup shredded sharp Cheddar cheese

Two 9-inch deep-dish frozen piecrusts (but if you want to make this truly from scratch, feel free—see [Green Buttery Piecrust](#))

1 additional deep-dish piecrust for decoration (optional)

1 egg white (optional)

Equipment: Crock-Pot or heavy pot

1. In a Crock-Pot, combine the cannabutter, red wine, steak, garlic, onion, salt, and pepper, and cook on low, stirring occasionally, until the meat is thoroughly browned and beginning to soften, 3 to 4 hours. If you don't have a Crock-Pot, use a heavy pot and keep the temperature very low, monitoring it closely for any signs of scorching. (Scorching is bad—high temperatures degrade the THC, and you don't want that.)

2. Once the meat is browned, add the potatoes, peas, and carrots, and give it a good stir. When the potatoes have become fork-tender, 1 hour later, sprinkle in the brown gravy mix a little bit at a time. Stir well, and keep adding gravy mix until the meat juices, wine, and melted cannabutter thicken substantially. The concoction should look thicker than beef stew.

3. Remove from the heat and stir in the Cheddar cheese. (You can make the filling 1 or 2 days beforehand and keep it in the refrigerator until you are ready to make the pot pie.)

4. Preheat the oven to 350°F.

5. While the filling cools, thaw your piecrusts for 10 minutes. Prick the bottom of one of the shells with a fork, then bake for 10 minutes or until it's golden brown. Remove the pie shell from the oven and let cool. This is how you keep your bottom crust from getting soggy. Reduce the oven temperature to 300°F.

6. Next, fill the cooked piecrust with the meat and veggie mixture. Cover it with the other, uncooked pie shell, pressing down the edges with a fork. Pierce the pie with your fork a few times to vent.

7. Here's an optional extra step to give the pie a lovely decoration: Take that third piecrust and cut out a pot leaf or whatever other shape amuses you. Set it on top of the filled pie and pierce the crust around it with a fork to vent.

8. Brush the egg white, if using, on top of the uncooked piecrust. This will give your crust a beautiful, glossy appearance.

9. Return the pie to the oven and cook until the top crust is golden brown, about 25 to 30 minutes. Remove from the oven and let cool for 10 to 15 minutes; this helps it set, so slices will retain a wedge shape upon serving. If you cut the pie too soon, it falls apart a little; it's still delicious, but not as pretty. And there you have it: pot pie for grown-ups.

POT CHEF

CHEETO FRIED CHICKEN

Recipe from Eddie Huang

We got this far-out recipe from notorious Lower East Side chef Eddie Huang. A friend of High Times, Huang is legendary for his bad-boy chef antics, which include allegedly hot-boxing his Taiwanese bun shop BaoHaus after partying late one night, and serving the banned caffeinated malt liquor Four Loko at his restaurant Xiao Ye. When asked by the New York Observer why Xiao Ye was the only bar in New York selling Four Loko, Huang answered, "We're dedicated to getting people wasted for cheap." The riotous all-you-can-drink Four Loko parties ultimately led to several raids on Huang's joint, which closed in late 2010 after being hit with hefty fines. You can still visit BaoHaus in the Lower East Side, but don't ask when the next hot-box session will happen. We're hoping Eddie kicked the Four Loko in favor of the green herb that inspired this stonerific recipe!

STONES 8

5 pounds boneless, skinless chicken thighs or breasts
1½ quarts buttermilk
6 tablespoons kosher salt
¼ cup chili powder
3½ tablespoons garlic powder
1 egg, lightly beaten
2 tablespoons cornstarch
Three 6-ounce bags Cheeto cheese doodles
8 cups THC Oil ([see recipe](#)), for frying

1. Cut chicken into 4-ounce pieces.
2. Using a mallet, flatten the pieces into cutlets without breaking the flesh. Set aside.
3. In a large bowl, mix the buttermilk, kosher salt, chili powder, and garlic powder. Add chicken and marinate in the refrigerator for at least 5 hours.
4. Remove the chicken and transfer to another large bowl. To this bowl, add the beaten egg and cornstarch. Use your hands to coat the chicken well. Set aside.
5. Now, take the Cheetos and crush them until there are no lumps. Do this by opening the bag, letting out the air, and then pounding the Cheetos with a mallet until they are finely textured crumbs.
6. Transfer the Cheetos to a pan and roll the individual chicken cutlets in them until well coated.
7. Fry the coated chicken in THC Oil at 335°F for 5 to 6 minutes until golden brown and cooked through. Drain the chicken on paper towels and serve warm.



POT CHEF

BACON-WRAPPED PORK TENDERLOIN WITH MANGO CHIPOTLE GLAZE

Recipe from Chef Mike Delao

One trend in stoner cuisine is things stuffed into and/or wrapped with other tasty things. Chef Mike scratches that particular itch via pork stuffed with cheese and wrapped in bacon. Serve with a lightly steamed green veggie like broccoli and some simply cooked brown rice on the side.

STONES 4

1 cup mango juice
2 cups cider vinegar
One 7-ounce can chipotle peppers in adobo sauce, puréed in the blender or very finely chopped
1 cup soy sauce
7 cups sugar
1 cup medicated glycerin (see [Long-Simmering Ganja Glycerin](#))
Two 2-pound pork tenderloins
4 ounces Boursin cheese
1 pound thinly sliced bacon
Sea salt
Cracked black pepper

Equipment: Kitchen twine

1. In a heavy 3-gallon nonreactive stockpot, reduce the mango juice to $\frac{1}{4}$ cup. Add the vinegar, chipotle peppers, soy sauce, and sugar, and cook over medium-high heat until the sugar has melted and the sauce has reduced to 4 cups and coats the back of a spoon, about 20 to 30 minutes. Watch carefully while reducing the glaze; it has a tendency to overboil! Gently stir in the medicated glycerin and let cool.
2. Preheat the oven to 350°F.
3. Wash your tenderloins and pat them dry with paper towels. Cut four $\frac{1}{2}$ -inch slits into each tenderloin and stuff $\frac{1}{2}$ ounce of cheese into each slit.
4. Wrap the stuffed tenderloins tightly with the bacon and secure by tying with individual lengths of kitchen twine, crosswise around the loin.
5. Cook tenderloins in the oven for 30 to 45 minutes, depending on size. Once the bacon is crispy, begin to glaze the tenderloin with the mango-chipotle mixture while the pork is in the oven. Glaze generously every 10 minutes until you run out of the mango-chipotle mixture or the pork is done. The pork is done when the internal temperature reaches 155°F. The bacon should crisp up and create a wonderful crust.
6. When the tenderloin is done, pull it out and let it rest on your cutting board for 10 to 15 minutes. When your meat is fully rested, slice thinly with a sharp knife and serve!

POT-AND-PANCETTA-STUFFED BEEF TENDERLOIN WITH PORT MUSHROOMS

Recipe from Hempie Chef Raquel

I first met the Hempie Chef Raquel while staying at the world-famous Castro Castle “bud and breakfast” owned by Dennis Peron, one of the authors of Prop 215 and a legendary medical marijuana activist. The Castle is the first pot-friendly lodging I’ve come across in the United States, and every room is lovingly decorated with historical memorabilia from Peron’s years of campaigning for the legalization of marijuana. The Hempie Chefs were in town to cater a private party that I was lucky enough to snag an invitation to, and they truly impressed me with their sweet and savory menu. Representing Tehama County, Hempie Chef treats can be found at medical cannabis dispensaries throughout California. This sublime beef tenderloin should be saved for a special occasion—like Tuesday!

STONES 10 TO 12

5 tablespoons THC Oil ([see recipe](#))
15 ounces pancetta; 9 ounces sliced, 6 ounces chopped
6½ pounds boneless beef tenderloin, trimmed and halved crosswise
Salt
Pepper
4 tablespoons Simple Cannabutter ([see recipe](#))
2 cups coarsely ground fresh bread crumbs
1¼ cups finely chopped fresh parsley
3 tablespoons fresh thyme leaves
1½ pounds mushrooms, sliced
½ cup tawny or ruby port

Equipment: Kitchen twine

1. Preheat the oven to 475°F.
2. In an extra-large skillet, warm 1 tablespoon of the THC Oil, swirling to coat the pan. Cook the pancetta slices undisturbed over medium heat for about 2 to 3 minutes to render the fat. Do not overcook, as these slices will later top your tenderloin in the oven. When cooked, transfer the pancetta to a plate and set aside.
3. Using the same skillet, heat 3 tablespoons of the THC Oil over medium heat. Season the tenderloin halves with salt and pepper, add to the skillet, and cook 6 to 8 minutes on each side, until browned. Use a spatula to press the tenderloin down and get a good sear on the meat. Transfer to a work surface and allow tenderloin to cool for 10 to 15 minutes.
4. In the same skillet, cook the chopped pancetta in the remaining 1 tablespoon of THC Oil, stirring until golden, about 5 minutes. Add the cannabutter and allow to melt, then transfer the mixture to a medium bowl.
5. Add ½ cup water to the skillet and cook, scraping up all the yummy browned bits; pour into the chopped pancetta bowl along with the bread crumbs, parsley, thyme, and ½ teaspoon of salt and ½ teaspoon of pepper. Reserve the skillet.
6. Arrange four 12-inch pieces of kitchen twine 3 inches apart on a cutting board, parallel to the front edge of the cutting board. Place a tenderloin half in the center, perpendicular to the strings. Slice the tenderloin lengthwise, three-quarters of the way through, so you can open the meat like a book; next, working from the center out, slice each half lengthwise again, three-quarters of the way through, opening the meat outward, so the split tenderloin consists of 4 attached panels. Spread half of the bread crumb stuffing across the top surface of the meat, leaving a 1-inch border. Then, starting at the short end, roll up the meat into its original shape with the stuffing now inside. Lay half of the pancetta slices in an overlapping pattern on top, then secure with twine. Transfer the meat to a large roasting pan. Repeat this process for the other half of the tenderloin.
7. Insert a meat thermometer into the center of the stuffed tenderloin, and roast in the oven until the thermometer reads 130°F for medium-rare, about 25 minutes. Transfer to a work surface and tent with foil.
8. Pour the pan juices into the reserved skillet, add the mushrooms, season with salt and pepper, and cook over medium heat until browned, about 10 minutes. Stir in the port and continue cooking for 1 minute.
9. Slice the tenderloin (after the meat has rested for about 10 minutes) and spoon the mushroom sauce on top.

About the Chef: Hempie Chef Raquel

Raquel began her foray into the medical marijuana edible business as many others have, through compassion. Her desire to help her ailing mother prompted her first experiment with making pot treats. After much trial and error, Raquel developed recipes that tasted great and looked lovely, and sure enough, her mother’s health improved tremendously. In strict accordance with California medical marijuana laws, Raquel began a company

called Hempie Chefs, who work with collectives and dispensaries to help other patients in need. Look for their delicious handcrafted specialties in Nor-Cal dispensaries around Lake Shasta and Red Bluff.



CHAPTER 4: HIGH HOLIDAYS

Holidays happen year-round, so while eating cannabis might not be something you can indulge in every day, or even every month, enjoying the occasional high holiday can sometimes make the special occasions in life even more special. We've included recipes for the major partying holidays, including 4/20, the Fourth of July, Halloween, and other celebrations where it's fairly acceptable to get a little crazy and have a great time.

On the family-friendly holidays like Thanksgiving, most celebrating is traditionally done with relatives. If you're lucky, your family includes a stoner uncle or cousin who you can slip pot cookies to with a knowing wink and a nod. For others, the holidays are so harried and stressful that it's only natural to try relaxing any way you can—and cannabis is great for soothing nerves jangled by out-of-town guests, crowded shopping malls, and canceled flights.

Holidays, no matter what the origin, serve to remind us that it's important to step outside of day-to-day life and remember to view the world with some kind of higher perspective occasionally. And if that's not a job for cannabis, what is?

Of course, if the idea of getting baked in front of grandma fills you with dread, why risk it? Instead, host a smaller holiday celebration for just your stoner circle to serve up one of these dishes, and start a new tradition all your own. Just be sure you're ready for a nice holiday hibernation after your cannabis feast!

VALENTINE'S DAY, FEBRUARY 14

SEXY GANJA-DIPPED CHOCOLATE STRAWBERRIES

Recipe from Chef Ra

Cannabis acts as a gentle aphrodisiac, a sensual enhancement to romantic encounters. When you're looking to meet a new mate, sharing a joint at the concert or party is a great way to break the ice. Cannabis brings couples closer together, and while the results are only anecdotal, we believe these couples tend to stay together longer and have more satisfying relationships. Hey, they don't call it the peace pipe for nothing! Chef Ra devised this recipe for the next time you're entertaining that special someone. Along with a nice bottle of Champagne, these strawberries make a special Valentine's Day treat to tantalize your taste buds.

STONES 2

½ cup Simple Cannabutter ([see recipe](#))

1 pound milk chocolate

1 pint large strawberries

1. In a double boiler, melt the cannabutter over a low flame. Once the butter is liquid, set it aside.
2. Using the same double boiler, melt the chocolate until smooth, paying close attention to ensure the chocolate doesn't burn. Add the cannabutter while the melting is in progress. Gently but thoroughly stir the butter into the chocolate.
3. Dip each strawberry into the canna-chocolate while it is still hot, enrobing each one. Place the dipped strawberries on wax paper and cool them in the refrigerator for 2 hours.



ST. PATRICK'S DAY, MARCH 17

GREEN GANJA GARLIC SMASHED POTATOES

What started as a Catholic holiday honoring St. Patrick has morphed into an international excuse to get drunk as a skunk in the name of celebrating Irish culture. Too bad the Emerald Isle doesn't have more in common with the Emerald Triangle! I say, along with "the wearing of the green," let's do some "smoking of the green." In the meantime, these smashed potatoes are a great way to ingest a heaping dose of green cannabutter that will help soak up all that green beer. You can also use these green potatoes to top a shepherd's pie, the traditional Irish dish. And best of all, on St. Patrick's Day nobody will notice that you look a little stoned—they'll be too drunk.

STONES 4

1½ pounds potatoes, unpeeled and cut into chunks (Yukon Gold potatoes are great)
1 pound parsnips, peeled and cut into chunks
1 head garlic, cloves separated and peeled
1½ tablespoons salt, plus more as needed
4 tablespoons Simple Cannabutter ([see recipe](#))
Black pepper

Equipment: Potato masher

1. Put the potatoes, parsnips, and garlic in a large pot and cover them with water. Bring to a boil over high heat and then add the salt. Reduce the heat to medium-low and simmer for about 15 minutes. The potatoes, parsnips, and garlic should be tender and easy to smash. Drain the vegetables and reserve ½ cup of the cooking water.
2. In a small saucepan over medium heat, melt the cannabutter.
3. Return the vegetables to the pot or a large serving bowl, and begin to smash them with a potato masher, slowly adding the melted cannabutter a little at a time. Use spoonfuls of the reserved cooking water to thin the mixture if the smashed veggies are too thick. Season with black pepper and more salt and serve.

4/20, CANNABIS DAY, APRIL 20

420 FARMERS' MARKET RISOTTO

Recipe from Chef Herb

Celebrate the bounty of a new growing season with a dish that's perfectly in season on April 20. Better known as 4/20, the once unremarkable date has slowly evolved into a new high holiday, set aside by stoners of all stripes to celebrate the herb among like-minded friends. The celebration's origins are humble in nature: It was simply the time of day when four friends (dubbed "The Waldos") met to share a joint each day in San Rafael, California. Little did they know that they were beginning a new ceremony that would unite potheads worldwide! Every day at 4:20 p.m., you can light up a joint in solidarity with other pot-lovers in your time zone. It's a tradition that has caught on, and today, there are huge 4/20 parties and festivals in many cities, including famous gatherings of students in Boulder and Santa Cruz.

An Italian rice stew, risotto is dense, rich, and intensely satisfying—perfect cannabis comfort cuisine. This risotto uses the freshest spring ingredients for a variation in texture and bright colors that stimulate the senses. Visit your local farmers' market around April 20, when the bounty of tender new vegetables is beginning to be harvested after the long, dreary winter. As for tracking down the secret ingredient, you'll have to find another kind of farmer entirely.

STONES 4

4 tablespoons THC olive oil ([see recipe](#))
1 medium leek, white part only, cleaned and finely chopped
½ cup sliced mushrooms
1 small carrot, grated
½ cup sugar snap peas, ends trimmed
½ cup asparagus spears, woody ends removed, cut into 1-inch-long pieces
Freshly ground pepper
3½ cups low-sodium chicken broth
¼ cup California dry white wine
Olive oil cooking spray
1 cup arborio rice
1 tablespoon minced fresh flat-leaf parsley
¼ cup freshly grated Parmesan cheese
Salt

1. In a nonstick skillet, heat 2 tablespoons of the THC olive oil over medium-low heat. Add leek and sauté until wilted, about 5 minutes. Stir in mushrooms and continue to cook, stirring, for 2 minutes. Add carrot, sugar snap peas, and asparagus. Continue to cook, stirring, for another minute. Remove from heat, season with pepper, and set aside.
2. In a medium saucepan over high heat, bring broth and wine to a boil. Reduce heat and keep broth mixture at a slow simmer.
3. In a large pot that has been lightly coated with cooking spray, heat the remaining 2 tablespoons THC olive oil over medium heat. Add rice and stir well until all the grains of rice are coated. Pour in ½ cup of the hot broth and stir, using a wooden spoon, until all liquid is absorbed. Continue adding the broth ½ cup at a time, making sure the rice has absorbed the broth before adding more, reserving ¼ cup of broth for the vegetables.
4. Combine ¼ cup of the broth with the reserved vegetables. Once all broth has been added to the risotto and absorbed, add the vegetable mixture and continue to cook over low heat for 2 minutes. Rice should have a very creamy consistency. Remove from heat and stir in parsley, Parmesan, and salt to taste. Stir well to combine.

INDEPENDENCE DAY, JULY 4

SWEET AND TANGY BAR-B-CANNABIS SAUCE

Recipe from Ashley Boudreaux

Cook Ashley Boudreaux devised this barbecue sauce recipe that's perfect for the Fourth of July. Simply smother any meat, vegetable, or tofu in it, then chow down and wait for the ganja-infused fireworks to follow!

Unfortunately, the Land of the Free still imprisons more of its citizens than any other country on Earth, including more than eight hundred thousand arrests every year for marijuana. So amid all the talk of liberty this time of year, make a promise to yourself to fight for your rights and to always remember that until every pot prisoner is released, none of us is ever truly free.

Every year around the Fourth of July since 1972, the Rainbow Family holds its annual gathering in a national forest. These gatherings attract tens of thousands to live lightly on the land, and culminate in a morning of silence, during which all participants agree to pray for peace. Everyone assembles in a meadow where an enormous om circle forms. A parade of children arrives and the silence is broken amid a huge amount of hoopla. Everyone celebrates with dancing, smoking, and the sharing of watermelon slices. If you're ever able to attend, make sure to mix up some of this sauce and bring it along!

MAKES 2 CUPS

- 1/3 cup vegetable oil (not olive oil)
- 10 grams commercial-grade (or 5 grams high-grade) cannabis, finely ground
- 3 tablespoons chopped green onion Juice of 1 small lime
- 2 tablespoons apple cider vinegar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon soy sauce
- 3/4 cup tomato paste
- 1 tablespoon minced garlic
- 2 tablespoons dark brown sugar
- 1/2 tablespoon chili powder
- Pinch of cayenne pepper
- 1 tablespoon honey
- 1/8 teaspoon ground ginger
- 1/2 cup apricot nectar or pineapple or mango juice

In a Crock-Pot, combine oil, cannabis, green onion, lime juice, and 1 tablespoon of water and cook at no more than 200°F for at least 90 minutes—the “keep warm” setting will probably do the trick. Add apple cider vinegar, Worcestershire sauce, soy sauce, tomato paste, garlic, dark brown sugar, chili powder, cayenne pepper, honey, ginger, apricot nectar, and 1/4 cup water. Mix well, and simmer very gently on the medium setting for an additional 35 to 45 minutes while stirring occasionally.

Note: Getting a good, solid stone takes no more than 3 to 4 tablespoons sauce per person. Use it for basting, dipping, or as a condiment on burgers and other sandwiches. Refrigerate and it will keep for up to 1 week.



HALLOWEEN, OCTOBER 31

RED-EYED DEVILED EGGS

Halloween may be the most counterculture-friendly holiday, especially since there's no need to travel, there's no formal dinner to stress over, and there are no gifts to buy! There's just the pure joy of carving pumpkins, eating candy, planning crazy costumes, and getting ready to party all night with werewolves, witches, and Sasquatch. Instead of using that carton of farm-fresh eggs to seek revenge on the mean neighbors who wouldn't give you candy, why not hard-boil them and create a dish that's both a trick and a treat?! These devilish eggs are made with [Cannabis-Infused Mayonnaise](#) and look like giant bloodshot red eyes, making a fun, gross-out spectacle for your friends to enjoy on their way to a spooky, stony party night!

STONES 12

2 teaspoons white vinegar
Salt
12 eggs
Red food coloring
2 teaspoons Dijon mustard
 $\frac{1}{3}$ cup Cannabis-Infused Mayonnaise ([see recipe](#))
1 tablespoon minced shallots
 $\frac{1}{4}$ teaspoon hot sauce
Paprika
Pepper
One $2\frac{1}{4}$ -ounce can of sliced black olives

1. Fill a large pot halfway with water. Add 1 teaspoon of vinegar and a pinch of salt. Add the eggs, being careful not to crack them. I place each egg on a spoon and gently dip the spoon into the water, releasing the egg. Bring the water to a boil, then remove the pot from the heat and cover. Let the eggs sit for 10 to 15 minutes.
2. In the meantime, prepare an ice bath, with ice cubes and cold water in a large bowl. Remove the eggs using a slotted spoon and place in the cold water. Let them chill for a moment. Take each egg and carefully crack it all over, leaving the shell on. Then, add the remaining 1 teaspoon of vinegar and 1 tablespoon of red food coloring to the cooking water. Put the cracked eggs back in the dyed water and let them soak for 30 minutes. This will make the eggs look like red, bloodshot eyes.
3. Next, peel the eggs, and carefully slice them in half lengthwise. Remove yolks and place in a bowl.
4. To yolks, add the mustard, cannabis-infused mayo, a few drops of red food coloring, shallots, and hot sauce. Mash up the filling until it has a smooth consistency, then carefully fill the eggs. Sprinkle paprika, salt, and pepper over the eggs to taste, then top each with an olive slice. *Voilà!* Now you have stoned, red-eyed Halloween deviled eggs.



THANKSGIVING, NOVEMBER 20-SOMETHING

THC TURKEY WITH MAGIC MARINADE

Recipe from Ashley Boudreaux

This grilled Thanksgiving turkey recipe evolved by default from a potential disaster into a cherished tradition in the Boudreaux family after Ashley failed to allow at least eight hours to thaw a frozen turkey. Instead of panicking, Ashley reacted in true stoner fashion with a flash of creative improvisation, stuffing a hot, smooth rock into the turkey's onion-lined cavity to help it cook evenly. She writes, "We had a heap of smoky succulence that looked like it belonged on a grocery-store flyer." This recipe uses a grill, but you can also simply inject the marinade under the turkey's skin and cook it in the oven (injectable marinades are available in most major grocery stores).

Soak hickory chips in wine to add flavor to the smoke, and add an injection of bud-laced butter to your bird for a savory masterpiece. Ganja gravy made from the drippings adds a decadent finish.

STONES 12

$\frac{3}{4}$ ounce cannabis buds or trimmed leaves, finely ground

12 tablespoons butter

One 8-ounce bottle injectable marinade

One 12-pound turkey

1. Simmer cannabis, butter, and marinade in a Crock-Pot on low for three hours. Strain out any fiber and return mixture to injectable bottle. Inject the marinade throughout your bird as evenly as you can. (Note: The marinade will cause the outside to be darker and the meat to be pinker.)

2. On the grill, bank two charcoal piles on either side of a space large enough to fit the bird. Prep coals before setting the bird in the center. Don't put direct heat on the bird. Put a large aluminum pan with a little water in it elevated on bricks underneath the bird on the grill to catch the drippings. Add a handful of coals and wood chips to the fire every 20 to 30 minutes. When the thigh meat reaches an internal temperature of 180°F, remove the turkey from the grill and let it sit for 10 minutes before carving. This marinade is great for roast chicken, too!

Note: If you are using an oven to cook your bird, be sure to thaw it first. A frozen 12-pound turkey will need to be thawed in the refrigerator for 3 days. Be sure to remove the neck and giblets (gizzard, heart). Preheat the oven to 400°F, and cook the turkey for 3 hours, turning the heat down to 350°F after the first hour. After another hour, turn the heat down to 225°F until the internal temperature of the turkey is at least 180°F.



CHANUKAH, DECEMBER-SOMETHING

GRANDMA PURPS'S LAID-BACK LATKES

Grandma never fried her Chanukah latkes in ganja oil, but the wonderful smell of them cooking saturated the house so completely that it made for an ideal time to sneak up into the attic for a few stealthy puffs with the other stoner cousins. Even better, by the time we returned to the kitchen—lit up like a menorah on the eighth night—those deliciously deep-fried potato pancakes would be waiting for us in all their golden-brown splendor, served with apple sauce and sour cream.

Holidays are a time set aside for understanding and embracing all the cultures and traditions of the Earth, so Jews and Gentiles should feel free to experience the Festival of Lights firsthand, particularly after consuming these particularly potent potato pancakes. But remember to call them latkes, and to spin your dreidel on the left-hand side ...

STONES 12

5 pounds russet potatoes, washed and unpeeled
3 cipollini onions or 2 regular onions
2 eggs, beaten
1 teaspoon salt
1 teaspoon freshly ground pepper
½ cup all-purpose flour
4 cups THC Oil ([see recipe](#))
Sour cream and applesauce, for serving (optional)

1. Shred the potatoes, using a box-style grater or the grating disc on a food processor. Keep the shredded potatoes from turning gray by immersing them in water.
2. Grate the onions and set aside.
3. Preheat the oven to 250°F and place a baking sheet inside.
4. Drain the potatoes and press them against the colander to squeeze out all the water.
5. Mix the grated potatoes and onions in a large bowl. Add the eggs, plus the salt and pepper. Mix well to combine. Add the flour and mix again. You may need to add a little more flour if the mixture seems too loose.
6. Heat ½ cup of the THC Oil in a large frying pan over medium-high heat. Test the oil by dropping 1 teaspoon of the latke batter into the pan; if it turns brown within 1 minute, then the oil is ready. Make your latkes by frying 1 heaping tablespoon of batter until golden brown on each side. Drain the latkes on a paper towel. Use a spatula to transfer the latkes to the oven where they'll keep warm on the baking sheet. Repeat this process in batches until all the latke batter is used up, adding oil to pan as necessary. Reserve any remaining oil for another purpose. Serve latkes with sour cream and applesauce if desired.



HIGH TIMES TEST KITCHEN

WINTER SOLSTICE, DECEMBER 21

BOBBY BLACKOUT CAKE

Recipe from Bobby Black

Our connoisseur of cool, Bobby Black, turns his coworkers on to cannabis cake direct from the dark side, perfect for Yule, the longest night of the year.

As loyal *High Times* readers already know, our office's own unique version of casual Friday has come to be known as "Space Cake Friday" in honor of the tradition that consistently inspires one of the more culinarily inclined employees to bake up a special treat to share with the rest of us at the end of each week. I'm a decent cook, though not much for baking (cookies, anyway), but after having enjoyed the fruits of others' labor for more than a year, I decided it was high time to strap on the apron (hey, it's black with skulls, so it's still cool) and whip something up for our annual holiday party. But this must be no ordinary cake. After all, I have a reputation for decadence to uphold. Oh no, it had to be a confection of such pure sinfulness that a single bite would reduce even a seasoned stoner to a drooling zombie, yet a treat so sinisterly sweet it would smack the most devoted weight-watchers clean off their wagon. Simply put, I set out to create the most diabolical dessert man has ever known—and damned if I didn't succeed.

Bobby Blackout Cake—based on the famous Brooklyn Blackout Cake I enjoyed many times growing up in Bensonhurst—came to life as a triple-chocolate nightmare: devil's food cake with dark-chocolate syrup in it, infused with a half ounce of post-vaporizer cannabis dottle and one and a half grams of dark hash, with dark-chocolate pudding in the center and dark-chocolate frosting on top (as well as hash sprinkles). Now, sure, I could lie and tell you this was all a variation on a secret Black family recipe that my grandmother bequeathed me on her deathbed, but let's be honest: I bought the mixes from a supermarket. Hey, I told you I wasn't much for baking. Nevertheless, I spent most of Thursday night putting the finishing touches on my masterpiece before placing it in a decorative holiday tin.

The next day when we went out for our holiday lunch, I sprung the Blackout Cake on my unsuspecting coworkers, and it was the hit of the party—so decadently seductive that the entire tin practically disappeared right before my eyes despite clear warnings about its substantially stony strength. Naturally, my hardened coworkers managed to take it all (mostly) in stride, but if you woke up this past Christmas morning and didn't find any presents under your tree, I must extend my deepest apologies. You see, I saved one slice for Santa and left it out for him with a glass of milk on Christmas Eve. When I woke up the next morning, he was passed out on my couch with dark chocolate pudding smeared all over his long white beard.

Oops ... my bad!

—Bobby Black

STONES 12

- ½ cup vegetable oil
- ½ ounce finely ground cannabis buds
- 2 grams black hash
- One 18.25 ounce box Betty Crocker SuperMoist dark chocolate cake mix (with Hershey's Special Dark Syrup)
- 3 eggs
- One 3.9-ounce box Jell-O chocolate instant pudding
- 2 cups cold milk
- One 16-ounce tub Betty Crocker Rich & Creamy dark chocolate frosting

Equipment: Cheesecloth or fine mesh strainer

1. Preheat the oven to 400°F.
2. In a small saucepan over low heat, combine the oil and the cannabis and simmer for about 40 minutes, then strain to separate the cannabis fiber from the infused oil. Return the oil to the pot and add 1½ grams of the hash and simmer another 15 minutes until the hash is entirely melted.
3. Mix together your cake mix following the package directions, adding the eggs, 1⅓ cups water, and the infused oil and mixing together. Pour the cake mixture evenly into two lightly greased 8-inch round cake pans and bake for about 35 minutes, or until a toothpick inserted into the cake comes out clean.
4. Now, beat the pudding mix into the milk, according to the package directions for making the pudding. Once the cakes are cool, put one cake layer down on a plate, spread the pudding over top, then top with the second cake layer and frost. Grate the remaining gram of hash over the top of the cake for a decorative, sprinkle-like effect.

About the Chef: Bobby Black

A seventeen-year veteran of *High Times*, Bobby Black writes and edits for the magazine and also hosted a popular radio show, *Contact High*, on Sirius's Hard Attack channel. Founder of the Miss *High Times* contest and director of our annual Doobie Awards, Bobby is our office authority on paganism, comic books, sci-fi, and stoner rock.



CHRISTMAS, DECEMBER 25

WAKE-AND-BAKE EGGNOG FRENCH TOAST

Give yourself a gift this Christmas season, in the form of decadent challah or brioche soaked in leftover eggnog, then fried in cannabutter and topped with maple syrup. Go ahead, you deserve it! Hopefully your stocking is stuffed with some nice ganja, so you can stoke your appetite with a few bong hits before chowing down. In the meantime, here's the surprisingly psychedelic true story of Santa Claus!

It turns out that the origin of old St. Nick dates back to the nomadic Laplanders who lived in Scandinavia's frozen tundra. These ancient peoples observed their reindeer eating a curious mushroom, one that was cloaked in red and white, a.k.a. *Amanita muscaria*, and since they had little to do for recreation other than staring into bonfires, the Laplanders ate the psychedelic spores and *flew around the world*, that is, tripping on mushrooms. Eventually a mystery cult grew around the experience, and certain Laplanders would dress in red and white suits and bring home sacks full of mushrooms as presents! This is the hidden origin of Santa Claus, who lives at the North Pole, dresses in red and white, and drives a team of flying reindeer around the world to bring gifts, so remember this story Christmas morning while you're enjoying some stony French toast.

STONES 12

1½ cups eggnog or heavy cream
4 eggs
1 teaspoon cinnamon
½ teaspoon nutmeg
8 teaspoons Simple Cannabutter ([see recipe](#)) plus more for serving
12 slices challah or brioche
Maple syrup, for serving

1. Preheat the oven to 200°F and set a baking sheet on a rack in the middle of the oven.
2. In a shallow dish, whisk together the eggnog, eggs, cinnamon, and nutmeg and set aside.
3. Melt 4 teaspoons of cannabutter in a large skillet over medium heat. Dredge each piece of bread in the eggnog mixture, about 15 seconds for each side. Then, fry the bread in the melted cannabutter, piece by piece, until golden brown on each side. As the bread soaks up the cannabutter, add more for each batch, teaspoon by teaspoon. When you finish a piece of French toast, move it to the baking sheet in the oven to keep it warm. Serve with additional cannabutter (if desired) and maple syrup.

NEW YEAR'S EVE, DECEMBER 31

POT PRALINES

Recipe from Ashley Boudreaux

New Year's Eve can be so anticlimactic: Everything's crowded, everyone gets too drunk, and the fun doesn't last much past midnight if you've been pounding drinks since the sun went down. Switch gears this New Year's and make a resolution to get more ganja into your life! Cook Ashley Boudreaux was inspired by her grandma to make a cannabis-infused praline that lights up the night without sending you home early. Since it's a big party night, this recipe uses a stronger dose of cannabutter than usual, so consider handing out the pralines one at a time to your friends about ninety minutes before midnight. When the big moment arrives, everyone will want to kiss the cook! And that's when you give them another praline ..

STONES 14

- ½ ounce medium-grade ganja, trimmed and cleaned
- ½ cup (1 stick) salted butter
- 1 cup granulated sugar
- 1 cup firmly packed light brown sugar
- 2 cups pecans
- ½ cup evaporated milk

1. In a double boiler over low heat, cook the ganja, butter, and 1 tablespoons water for 1½ hour. With a metal fine-mesh strainer, strain the butter into a cast-iron pot.
2. Add the sugars, pecans, and milk and cook over medium-low heat, stirring constantly with a long-handled wooden spoon, until you reach the softball stage—240°F on a candy thermometer. At precisely 240°F, remove the pot from the heat. Keep stirring until the mixture starts to thicken. Spoon it in tablespoons quickly onto wax paper and let it harden. Store individually wrapped in wax paper.

Note: This recipe doesn't scale up. Do not attempt to make larger batches; the texture won't stay consistent.



CHAPTER 5: Stoner Sweets

Everyone knows that cannabis and dessert go together like Cheech and Chong sharing ganja chocolate and hash-laced peanut butter. In fact, there's at least a 42 percent chance that you flipped to this section first, even though it's all the way in the back of the book. By the way, you missed a lot of great recipes, but then again, in this ever-so-uncertain world, who can argue with the logic of eating dessert first—particularly when it promises to get you nicely toasted?

As we've previously noted, chocolate pairs wonderfully with cannabutter, but we'll also journey far beyond the pot brownie, to a world of cookies, cakes, and confections that take psychedelically sweet treats to a whole other level, if not the next dimension. Remember, you can infuse cannabis into pretty much any dessert, including ice cream, caramels, cookies, pie, or fudge, which means the only boundary is the outer limits of your imagination. So let us journey forth together in the bold spirit of experimentation that should illuminate all our future endeavors. After all, this is *dessert!*

And oh yeah, remember, if you're eating a cannabis dessert at the end of a big meal, the food in your belly will slow down your digestion, which means you may not feel any effects for up to three hours. So plan accordingly ...

GANJA BUTTERCREAM FROSTING

Recipe from Ashley Boudreaux

Celebrate another year of loving life by starting a new birthday tradition starring this delicious psychoactive frosting—and for a major milestone, double down on the ganja by slathering it on top of a pot-infused cake. Just make sure you invite plenty of friends to share the good times, or better yet, whip up a batch for your best bud's next birthday to show you really care. The lazy and/or decadent will be perfectly satisfied spooning it up straight, but it's really best with chocolate, vanilla, or lemon cakes. And when you blow out the candles, don't forget to wish for more weed!

MAKES ENOUGH FROSTING TO COVER TWO 9-INCH ROUND CAKES

- ½ cup unsalted Simple Cannabutter ([see recipe](#))
- 1 pound confectioners' sugar (roughly 3 cups)
- 4 to 5 tablespoons heavy cream or milk
- 1 teaspoon vanilla extract

Bring the cannabutter to room temperature until it is solid but not hard. Once it has reached the right consistency, slowly blend it in a large bowl with the confectioners' sugar, 4 tablespoons cream, and vanilla. Using an electric mixer is easiest, but the blending can be done by hand. Beat until smooth, adding more cream until the frosting seems easy to spread. This frosting is versatile and can be used on any type of cooled cake, from chocolate to angel food.

Note: If you don't have any cannabutter on hand, you can make it while your cake is baking.

GREEN BUTTERY PIECRUST

The Simpsons spoofed *High Times* magazine once. In a dream sequence, Homer relaxes on a hammock, ogling the centerfold of a magazine called “Pie Times!” The magazine staff had a good laugh at that gag, and then immediately began to speculate about how amazingly awesome it would be if *Pie Times* was a real publication—we love pie that much! Luckily, this simple canna-crust recipe works for everything from fruit pie to spinach pie to bean pie ... Mostly it needs to be flaky and buttery, just like you’ll be about an hour after you pie one on!

MAKES 1 PIECRUST

½ cup Simple Cannabutter ([see recipe](#)), chilled and cut into small pieces
1¼ cups all-purpose flour
¼ cup ice water
1 egg white

Equipment: Pie weights or dried beans

1. Cut the cannabutter into the flour until the mixture takes on the texture of coarse crumbs. Using a food processor, if you have one, will make the job easier. Mix in the ice water, 1 tablespoon at a time, until the mixture forms a ball. Wrap the dough ball in plastic wrap and refrigerate it for at least 4 hours and as long as overnight.
2. When ready to use, preheat oven to 350°F.
3. Roll out the dough to form a 10½-inch round. Press the dough evenly into a pie pan.
4. Brush the crust with egg white, cover bottom of crust with a circle of aluminum foil and a handful of pie weights or dried beans, and bake for 5 minutes to prevent sogginess. Let cool and fill as desired.

JACK HERER HEMP COOKIES

Recipe from Mary Aught-Six

Author of *The Emperor Wears No Clothes*, a groundbreaking book about hemp that sparked a grassroots movement, Jack Herer was a tireless champion of the cannabis plant. Herer used cannabis as a medicine and as inspiration while traveling the world inciting people to relegalize the hemp plant so they could benefit from its myriad industrial uses, including for food, biofuel, textiles, construction materials, and body-care products. After undergoing double-bypass heart surgery in 2005, Herer was unable to smoke his favorite herb, so his good friend and colleague Mary Aught-Six baked up a batch of these heart-healthy hemp cookies for him to enjoy. Mary used whole rolled grains, hemp flour, weed-infused margarine, and Splenda sugar replacement to make a sweet treat that's also full of nutrition. These cookies are also diabetic-friendly and low in saturated fat.

MAKES 24 COOKIES

- 1½ cups (3 sticks) cannamargarine ([see recipe](#))
- 2¼ cups hemp flour (available at health food stores or online at www.manitobaharvest.com)
- 1½ teaspoons baking soda
- 1 teaspoon sea salt
- ¼ cup firmly packed light brown sugar
- 2 cups Splenda granulated sweetener or equivalent natural sugar replacement
- 1½ teaspoons vanilla extract
- 3 eggs
- 3 cups five-grain rolled cereal (Bob's Red Mill is a recommended brand)
- 1 cup walnut halves, coarsely chopped
- 1 cup dried cranberries
- 1 cup roasted hemp seed
- 1 cup golden raisins

1. In a double boiler, melt cannamargarine over medium heat. Continuing heating over low heat for 45 minutes to 1 hour, until the cannabis is brown and crispy.
2. Preheat the oven to 375°F.
3. Lightly grease two cookie sheets and set aside.
4. In a large bowl, sift together hemp flour, baking soda, and salt.
5. In another bowl, blend the melted cannamargarine, brown sugar, sweetener, vanilla, and ¾ cup water together. Beat eggs and add to cannamargarine mixture, then stir into the flour mixture. Add cereal, walnuts, dried cranberries, hemp seed, and raisins. Mix well.
6. Form your dough into walnut-size pieces and place onto the prepared baking sheets. Bake for 10 to 12 minutes. Cookies should be soft in the center, with light brown edges. Cool on racks.



POT CHEF

PHATTY FINANCIERS

Recipe from Bobby Hellen

These small French cakes resemble bars of gold when baked in a rectangular pan, hence the whimsical name of financiers, but we make them in a round cupcake or tart pan. Stir in a heaping helping of potent pot butter, and you've got a phatty version of this traditional tea cake, which is usually served along with ice cream, fresh fruit, and crème fraîche. This recipe comes to us from Bobby Hellen, chef at New York's decadent Resto, which once catered a particularly memorable *High Times* holiday party.

STONES 16

5 tablespoons Simple Cannabutter ([see recipe](#))
5 tablespoons unsalted butter plus more for greasing
½ cup all-purpose flour
1 cup almond flour
1½ cups confectioners' sugar
¼ teaspoon salt
6 large egg whites
1 teaspoon vanilla extract
Ice cream and fresh fruit, for serving (optional)

1. Preheat the oven to 400°F.
2. Butter muffin tins or small tart pans (you'll need about 16) and set aside.
3. In a saucepan, melt cannabutter over low heat. Set aside.
4. Place unsalted butter in a saucepan and melt over medium heat until brown spots start to appear. Stir until the butter has a nutty aroma, but take care not burn it.
5. Remove from heat and strain the brown butter into a glass container (plastic will melt!). You want to remove any butter solids and reserve the liquid melted brown butter. Combine this reserved butter with the previously melted cannabutter.
6. Mix the flour, almond flour, confectioners' sugar, and salt in a large mixing bowl. Set aside.
7. In a medium bowl, beat the egg whites until soft peaks form. Gently fold egg whites and vanilla into flour mixture. Add the brown butter and cannabutter mixture, stirring slowly until combined.
8. Fill tins halfway and bake for 10 to 12 minutes, until golden brown. Let cool for 10 minutes before serving with ice cream or fresh fruit.

FLAMING SPACE CUPCAKES

Recipe from Ashley Boudreaux

Inspired by the infamous UFO that graced the stage of psychedelic noise-pop band the Flaming Lips, these space cakes will send you to the bright side of the moon! Continually innovating and conducting sonic experiments, the Flaming Lips have long established their reputation as America's preeminent psychedelic rockers. Known for spectacular live performances featuring people dressed up in furry animal costumes, sexy dancing alien girls, glitter, confetti, balloon drops, and a human-size hamster ball, a Lips show is the perfect place to eat a space cake and rocket off into a world of futuristic daydreams. Ashley Boudreaux is a fixture behind the scenes at many music festivals, and she invented these incredible cakes after seeing the Flaming Lips perform. This bizarre recipe creates a truly unique dessert redolent of the sensual memories of a hot summer day: cannabis, blackberries, and a little fire to toast your marshmallow!

STONES 12

CUPCAKES

1²/₃ cups all-purpose flour plus more for pan
½ teaspoon salt
1³/₄ teaspoons baking powder
1 cup granulated sugar
½ cup Crisco or other shortening
½ cup Simple Cannabutter ([see recipe](#)), at room temperature
2 eggs
½ cup milk
½ teaspoon vanilla extract
½ teaspoon lemon extract

FROSTING AND FLAMING

1 cup confectioners' sugar
1 tablespoon blackberry juice (you can put 5 blackberries through a garlic press to get the juice)
1 teaspoon fresh lemon juice plus more for garnish
Lemon zest for garnish
12 whole blackberries for garnish
12 tablespoons marshmallow cream or 6 large marshmallows
Granulated sugar for sprinkling

Equipment: Kitchen torch or skewers

1. Preheat the oven to 350°F.
2. To make the cupcakes, in a large bowl, mix together the flour, salt, and baking powder. Set aside.
3. In a large bowl, cream the sugar with Crisco and cannabutter. Add eggs, milk, vanilla, lemon extract, and the flour mixture one at a time, mixing thoroughly after each addition.
4. Grease and flour your cupcake pans before filling three-quarters full with cake batter. Bake 1 hour. Cool completely before frosting.
5. To make the frosting, stir together confectioners' sugar, blackberry juice, lemon juice, and 1½ teaspoons water in a large bowl until you reach the desired consistency. Taste and adjust flavoring as needed.
6. Frost the cupcakes immediately and garnish with lemon zest and whole blackberries.
7. To flame the cupcakes, put 1 tablespoon of marshmallow cream (or half a marshmallow) on top of each cupcake, sprinkle with granulated sugar, then dampen it with a squeeze of lemon juice. Light up your torch and apply the flame to the marshmallow until it is nicely toasted. If you do not have a kitchen torch, you can toast your marshmallows the old-fashioned way, over a fire; or, soak a skewer with water, thread your marshmallows onto it, and carefully toast over the flame of a gas burner.



VEGAN CANNABIS CARROT MUFFINS

Recipe from Ed Murrieta

Vegans refuse to eat any type of animal product, which includes avoiding not just dairy, eggs, and meat, but also gelatin, honey, and other easy-to-overlook ingredients. It can be challenging to give up so much for your beliefs, which is why we should support our vegan friends by learning to make some satisfying treats that not only get you high, but also appeal to their highest ideals. Luckily, most weed is vegan, and we can use coconut oil as the basis for our THC extraction instead of butter. Anyway, we all can stand to eat healthier, and these muffins taste so great that you don't feel like you're missing anything. *Vegan la différence!*

MAKES 24 MUFFINS

- ½ cup melted coconut oil
- 24 grams cannabis shake
- 1¾ cups all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon baking soda
- ⅛ teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 teaspoon ground ginger
- 1 tablespoon fresh lemon juice
- ½ cup soy milk
- 1 cup maple syrup
- 1 teaspoon vanilla extract
- 2 cups finely chopped carrots
- ½ cup crushed pineapple, well drained
- ½ cup golden raisins
- ½ cup sweetened shredded coconut
- ½ cup finely chopped pecans

1. Preheat the oven to 350°F.
2. Line muffin tins with 3-ounce baking cups. Set aside.
3. Combine coconut oil and shake in a saucepan. Simmer over low heat for 30 minutes. Strain through a metal strainer, pressing the cannabis against the sides to extract all the oil, and cool.
4. In a mixing bowl, sift together flour, salt, baking soda, baking powder, cinnamon, nutmeg, and ginger.
5. In a separate bowl, whisk together lemon juice, soy milk, maple syrup, and vanilla.
6. Pour wet ingredients into dry ingredients. Whisk until mixed. Fold in carrots, pineapple, raisins, coconut, and pecans.
7. Spoon batter into prepared muffin tins. Bake 20 to 25 minutes or until a toothpick inserted into the center of a muffin comes out clean and the muffins are golden brown on top. Cool completely.

About the Chef: Ed Murrieta

Ed Murrieta is a veteran food and features writer whose work has appeared in the *Seattle Times*, the *Sacramento Bee*, *Wired.com*, and on *The Splendid Table*.



STRAWBERRY COUGH CAKE

Strawberry Cough is a very unique and highly potent strain of cannabis that resulted from crossbreeding a powerful Haze strain with a sweet and pungent Strawberry Fields. It was discovered by former *High Times* cultivation editor Kyle Kushman in a Connecticut grow room and has since spread around the world. Boasting a distinct aroma and flavor profile, this highly pedigreed pot inspired a cake recipe designed to evoke the Cough's pronounced notes of luscious ripe strawberries with a cannabis kick. Top it off with fresh whipped cream, and *voilà!*

STONES 10

- 1/3 cup vegetable oil
- 3.5 to 5 grams Strawberry Cough cannabis buds or leaves, ground
- 3 cups cake flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 cups sugar
- 1 teaspoon salt
- 4 eggs*
- 2 teaspoons lemon extract or vanilla extract
- 1 cup milk*
- 4 to 5 chopped strawberries
- Sliced strawberries, for serving
- Whipped cream, for serving
- *For a vegan recipe, substitute 4 tablespoons applesauce for eggs and 1 cup soy milk for milk.

1. Preheat oven to 325°F.
2. In a wok or heavy-bottomed frying pan, heat vegetable oil and ground cannabis over low heat. Simmer on low for 60 minutes or until cannabis fiber is crunchy. Carefully tip pan and use metal strainer to capture all the particulate while pouring oil into a glass measuring cup.
3. Mix cake flour, baking powder, baking soda, sugar, and salt together in large bowl. Add eggs, cannabis oil, extract, and milk, blending with an electric mixer for 2 minutes on low. You want a batter with a smooth consistency and no lumps. Add the chopped strawberries last.
4. Pour batter into a generously greased 9-by-3-by-5-inch loaf pan and bake for 55 to 65 minutes (5 to 10 minutes longer for the vegan recipe). Check doneness by inserting a toothpick into the middle. If it comes out clean, the cake is done. It should be golden brown and spring back gently when it's touched. Avoid opening the oven door too many times while checking.
5. Leave the cake in the pan to cool for 30 minutes. Run a knife around edges to loosen, then gently transfer it onto a serving plate. Enjoy with fresh sliced strawberries and whipped cream.



PINEAPPLE EXPRESS UPSIDE-DOWN CAKE

Named for the summer hit movie of 2008, this pineapple pot-laden cake will turn your life upside down, much like what happens to the stoner protagonist played by Seth Rogen. His character, Dale, witnesses a murder, and in a panic, he leaves a roach of the namesake Pineapple Express herb behind. The murderers find this uniquely scented clue and set off on a manhunt, looking for the witness by tracing the dank weed back to its source, weed dealer Saul, played by James Franco. This sparks a madcap stoner buddy action/comedy adventure that went on to gross more than one hundred million dollars worldwide. While there's no real strain named Pineapple Express, there are several pineapple-named varieties in existence, including Pineapple Punch from Flying Dutchmen Seed Company. You'll surely need a super-special kind of herb to give this cannabis cake its trademark fruity aroma.

STONES 8 TO 10

6 or 7 canned pineapple slices, drained
12 tablespoons (1½ sticks) Simple Cannabutter ([see recipe](#)), at room temperature
2 cups granulated sugar
½ cup plus 2 tablespoons firmly packed light brown sugar
2 cups cake flour
1⅛ teaspoons baking powder
1 teaspoon salt
¾ cup milk
1½ tablespoons dark rum
1½ teaspoons vanilla extract
2 eggs
6 or 7 maraschino cherries

1. Position a rack in the lower third of your oven and preheat oven to 350°F.
2. Grease a 9-inch round pie pan. Place the pineapple slices flat in the bottom of pan so they touch but don't overlap.
3. In a small saucepan over medium heat, combine 6 tablespoons cannabutter with ½ cup of the granulated sugar and ½ cup of the light brown sugar. As the butter melts, stir to blend the ingredients, then spread over the pineapple slices. Set aside.
4. In a medium bowl, sift together the cake flour, baking powder, and salt. Set aside.
5. In a small bowl, whisk together milk, rum, remaining 2 tablespoons brown sugar, and vanilla. Set aside.
6. With an electric mixer, in a large bowl, beat the remaining 6 tablespoons of cannabutter for 1 to 2 minutes until smooth and creamy. Slowly add 1½ cups of the granulated sugar and continue beating at medium speed until light and fluffy (approximately 5 minutes). Add eggs one at a time, beating well after each one. Reduce mixer speed to low and add the flour mixture in three additions, alternating with the milk mixture until everything's well incorporated and smooth.
7. Pour the batter into the prepared pan, spreading evenly. Bake until a toothpick inserted into the center of the cake comes out clean (approximately 50 to 55 minutes). Transfer the pan to a wire rack and cool for 15 minutes.
8. Tap the pan gently to loosen the cake, run a knife around the edge, then invert the pan onto a cake plate so pineapple slices are on top. Place one cherry in the center of each pineapple slice. Let cake cool 45 minutes before eating. Enjoy!



CLASSIC CANNABIS BROWNIES

Long before California first legalized medical cannabis in 1996, Mary Jane Rathbun—better known to her many admirers as Brownie Mary—took the law into her own hands (and kitchen), personally supplying thousands of people suffering from AIDS, cancer, and other serious illnesses with her namesake medicated desserts. She also played a primary role in the campaign to pass Proposition 215, which made California the first state to allow cannabis use for medicinal purposes.

Once named Volunteer of the Year by the AIDS ward of San Francisco General Hospital, Mary played surrogate mother and grandmother to the sick and dying, offering her “kids” (as she called them) not just free, “magically delicious” brownies that cured their nausea and helped them eat, but also the intangible touch of human kindness that brings hope in the face of pain and uncertainty. According to longtime friend and fellow activist Dennis Peron, Mary got her start in the early ‘80s and at her height baked more than 1,500 brownies per month, all of them infused with marijuana trim and shake supplied for free by philanthropic local dealers and growers. Her tiny apartment building couldn’t contain the smell of all that baking, leading to her first arrest on the street while carrying a sack of brownies that she meant to distribute during her next hospital rounds.

Each time she was arrested, Mary Rathbun called *bullshit*, arriving for court adorned in pot-leaf jewelry and pro-legalization buttons and basically daring the prosecutors to find a San Francisco jury that would convict a little old lady for bringing brownies to AIDS patients. Only twice were they successful, and each time Mary was sentenced to community service—not exactly a punishment for a woman who selflessly worked to help others until she died in 1999 at age seventy-seven. Indeed, in Brownie Mary’s eyes, community service was the reason they had busted her in the first place!

So let us never forget that before medical marijuana was ever an “industry,” it was a crime, and that brave freedom fighters like Mary Rathbun turned outlaw not just because the law was wrong, but also because it was a matter of life and death for someone they loved. Nobody needs to make that choice in California today, but in most of America, countless Brownie Mary disciples face the same decision: whether to serve the needs of a loved one, even if it means running afoul of the law. Naturally, most do it just for a single suffering soul, be it an uncle, a wife, a son, a grandmother, or a friend, but they do it, quite simply, because medical cannabis works, and sometimes nothing else matters.

STONES 16

- 1 cup all-purpose flour
- ¼ cup unsweetened cocoa powder
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 3 tablespoons THC Oil ([see recipe](#))
- 5 ounces semisweet chocolate, chopped
- 1½ tablespoons light corn syrup
- 1 cup firmly packed light brown sugar
- 1 tablespoon applesauce
- 3 egg whites
- 2 teaspoons vanilla

1. Preheat the oven to 350°F.
2. In a small bowl, mix together the flour, cocoa powder, baking powder, and salt, and set aside.
3. Pour the THC Oil and the chopped chocolate into a double boiler over high heat. As the water boils in the lower pan, whisk the chocolate and oil until melted and smooth. Remove from heat, and whisk in the corn syrup, brown sugar, and applesauce. Stir in the egg whites and vanilla. Beat the mixture vigorously until smooth, then stir in the flour mixture until well incorporated.
4. Grease a 9-by-13-inch baking pan. Pour the batter into the pan. Bake for 18 to 23 minutes, or until the center of the top is almost firm to the touch. Let cool. Enjoy.



GREAT GANJA PUMPKIN PIE

Recipe from Chef Ra

A few years ago, the town of Morton, Illinois, was hit by torrential rainstorms that devastated the pumpkin harvest. Morton is known as the pumpkin capital of the United States, since most of the canned pumpkin Americans consume is packed and shipped from there. The pumpkin shortage threatened pie-makers nationwide, prompting hoarding homemakers to buy up all available canned pumpkin and auction it off on eBay. That's why if you truly love pumpkin pie, you must learn to set aside a secret stash of canned pumpkin, so your sweet satisfaction can never be held for ransom! This pie is brought to you from Chef Ra, with a nice dose of cannabutter that'll have you seeing the Great Pumpkin this year for sure!

STONES 6

- ¼ cup Simple Cannabutter ([see recipe](#))
- 2 eggs, beaten
- ¼ cup sweetened condensed milk
- 1 teaspoon molasses
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon vanilla extract
- ¼ cup firmly packed light brown sugar
- One 16-ounce canned pumpkin
- One 9-inch unbaked piecrust ([see Green Buttery Piecrust](#))

1. Preheat the oven to 350°F.
2. In a small saucepan, melt the cannabutter over low heat.
3. In a large bowl, combine the beaten eggs, milk, molasses, cinnamon, nutmeg, vanilla, brown sugar, and pumpkin, and mix well. Add the cannabutter to the mixture and stir to combine. Pour the mixture into the piecrust. Bake the pie for 50 minutes or until filling is set.



STONER CELEBRITY FAVORITE



CHEECH AND CHONG “NICE DREAM” ICE CREAM

This veteran stoner duo has ingested cannabis in every way imaginable, so of course their favorite treat would be a dish so decadent you’ll dream about it every night.

Getting stoned off of ice cream sounds like a late-night fantasy spawned by some killer bong sessions. But lo and behold, it’s not an impossible dream, like the mythical beer smoothie or absinthe popsicle—ganja ice cream is easy to make and it tastes great! All you need is a dream, some dank herb, and an ice-cream maker, which we have invested in. How else could we re-create the infamous frozen dessert from the 1981 movie *Nice Dreams*?

Marijuana-laced ice cream is integral to the plot of this madcap stoner comedy, where we find Cheech and Chong working at an ice-cream stand named “Happy Herb’s Nice Dreams.” In the movie, experimental marijuana from a character named Weird Jimmy is transformed into the aforementioned ice cream, which Cheech and Chong then sell, making tons of loot and meeting hot girls. Spoiler alert: The pair have stoned misadventures while being chased by Sergeant Stedanko, get trapped in a mental hospital, and end up working in a strip club.

After watching the movie, we were so intrigued by the imaginary iced concoction that we just had to try to make some for ourselves. After much experimenting with cannabis, we stumbled upon a real-life recipe for “Nice Dream” Ice Cream from the wonderful folks at the Wo/Men’s Alliance for Medical Marijuana (Wamm.org). So get a DVD of *Nice Dreams* and watch it while you enjoy a bowl of its namesake dessert. Better yet, invite a bunch of friends over and make it an ice-cream social!

MAKES ABOUT 1 QUART

4 cups half-and-half
2 tablespoons Simple Cannabutter ([see recipe](#))
½ teaspoon vanilla extract
1 cup sugar
½ teaspoon salt

OPTIONAL ADD-INS

¼ cup chocolate chips
¼ cup chopped pecans
¼ cup crumbled cookies or candy bar pieces

1. Pour half-and-half into a large pot over high heat. Scald until bubbles form at edges. Remove from heat.
2. Melt the cannabutter into the hot half-and-half. Add vanilla, sugar, and salt. Cover and refrigerate for 30 minutes.
3. Freeze according to the directions for your ice-cream maker, adding in chocolate chips, pecans, cookies, or candy bar pieces, as manufacturer suggests.

FANTASTICAL FUDGE

Recipe from Mary Aught-Six

Sinfully sweet and irresistibly creamy, this fudge is straight out of the realm of fantasy. Concocted by Mary Aught-Six to help her ailing father, these treats combined his favorite dessert with the medicine he needed to feel better. Fudge was invented in America and first sold in 1886 for a mere forty cents per pound. Since then, it's become a popular gift associated with resort towns all over the country. So the next time you go somewhere touristy, why not bring along a low dose of this tasty and easy-to-transport dessert that packs an undoubtedly psychedelic effect? The best fudge boasts a creamy texture, not a grainy mouthfeel, so we've added the marshmallow cream to achieve a smooth sweetness.

STONES 15 TO 20

6 tablespoons Simple Cannabutter ([see recipe](#))

2 cups sugar

$\frac{2}{3}$ cup evaporated milk

One 12-ounce bag semisweet chocolate chips

One 7-ounce jar marshmallow cream

1 teaspoon vanilla extract

$\frac{1}{2}$ cup chopped walnuts or pecans (optional)

1. In a saucepan over high heat, combine the cannabutter, sugar, and evaporated milk, and bring to a slow, rolling boil for 5 minutes, stirring constantly.
2. Remove the mixture from heat and immediately stir in chocolate chips, marshmallow cream, vanilla, and nuts. Stir until the chocolate melts, about 3 to 5 minutes.
3. Pour the liquidy sweetness into a 9-by-9-inch pan lined with parchment paper and chill completely, then cut into squares.

CHEWY CANNABIS CARAMELS

Recipe from Ed Murrieta

Early American settlers cooked sugar and water together until they caramelized into a basic hard candy. Some stoner hero eventually came along and figured out that adding butter and cream made a gooey, chewy candy, and the caramel was born. Our cannabis candy recipe is easy to make—you just need a candy thermometer—and since there's a lot of cannabutter involved, it can really pack a wallop. Be careful though—unlike marijuana, this confection can prove to be addictive! You'll want to drizzle it over ice cream, yogurt, apples, maybe even an old library book ... Better yet, drizzle this caramel over the top of a tray of uncooked brownies to create an ultra-luxurious ribbon that will bake up beautifully. Just like you will, about an hour after you eat them!

MAKES AT LEAST 2 DOZEN 1½-INCH CARAMELS

- ½ cup Simple Cannabutter ([see recipe](#))
- 1 cup heavy cream
- 1 cup granulated sugar
- ½ cup firmly packed light brown sugar
- ½ cup light corn syrup
- ½ cup evaporated milk
- 1 teaspoon vanilla extract
- Sea salt, chopped nuts, a sprinkle of ground red chili or cardamom, melted chocolate, for dipping or topping (optional)

Equipment: Candy thermometer

1. Line a shallow pan (8 by 8 inches or 10 by 12 inches) with foil. Grease the foil lining. Set aside.
2. In a heavy-bottomed 4-quart saucepan over high heat, combine the cannabutter, heavy cream, granulated sugar, brown sugar, corn syrup, and evaporated milk. Stir constantly and bring to a boil, until the mixture reaches 250°F on a candy thermometer. Remove the saucepan from heat and stir in the vanilla.
3. Immediately pour the caramel evenly into the foil-lined pan. (If you'd like to add one of the optional toppings, do so now.) Let the caramel cool completely before cutting it into 1½-inch squares with a lightly oiled knife. (If you'd like to drizzle your caramel over ice cream or a pan of brownies, then use it immediately after you remove it from the heat.) Wrap each candy individually in wax paper and store in a cool place. Refrigerate if desired.

CHAPTER 6:

CANNABIS COCKTAILS

Whether it's time to kick back and relax after a hard day or to kick-start a weekend celebration with friends, it's nice to know you can skip the alcohol and sip an intoxicating drink powered by liquid cannabis instead. Luckily, cannabis is such a versatile ingredient that it's easy to enjoy it in a variety of beverages, hot and cold, with booze or without. So if you're looking for a high time without the hangover, try one of these psychoactive smoothies for a nice relaxing experience. Cannabis infuses nicely into coconut milk as the basis for a variety of tropical cannabis cocktails. Whole cow's milk can also be simmered gently with cannabis, then strained, to create a glass of "warm milk" that will have you counting psychedelic sheep in no time.

And for those who love a good tittle, we've included a few real-deal cocktails too. The active ingredients in cannabis can be infused into alcohol easily, but without heat as a catalyst for the infusion, these brews will be psychoactive but not super-potent. Start by steeping your stash in vodka, rum, or gin, then substitute your cannabis-infused booze in any cocktail recipe that uses the stuff, and all of a sudden you're a marijuana mixologist!

CREAMY CANNABIS SMOOTHIE

Recipe by Chef Ra

Longtime *High Times* food columnist Chef Ra invented this recipe at a Fourth of July celebration and parade in the Midwest, where he needed a nonalcoholic, nourishing drink to sip throughout the day. Smoothies are extremely versatile and convenient, and you can experiment with many variations on this recipe by adding different fruits and spices. When you're hungry but don't feel like cooking a big meal, smoothies can tide you over, though this particular smoothie may leave you feeling hungrier than when you started. Serve this frosty-cold fruity cannabis-infused treat on a hot day when the idea of turning the oven on is too much to bear. The dairy and banana combination also works wonders for soothing a sensitive stomach, making this recipe one of my favorite hangover remedies. So the next time you've partied too hard and are feeling it the next morning, blend up this drink and call in sick for the day.

STONES 2

4 tablespoons Simple Cannabutter ([see recipe](#))

2 cups milk

1/3 cup half-and-half

1/2 cup plain yogurt

1 banana

1/2 cup fresh blueberries

1/2 cup fresh strawberries

2 teaspoons honey

6 ice cubes

1. In a sauté pan, melt cannabutter over low heat.
2. Place the melted butter in the blender with the milk, half-and-half, yogurt, banana, blueberries, strawberries, and honey. Blend this mixture until smooth (at least 1½ minutes in a high-powered blender). Then, with the blender running, drop in the ice cubes, one at a time, until the consistency is smooth.



SHIVA'S SATIVA BHANG

Bhang is a term that can refer to either the flowering tops of the female cannabis plant or a special elixir made from them. Enjoyed for thousands of years by Hindus, this spiritually inspired cannabis-infused libation is best enjoyed warm and is traditionally drunk at the celebration of Holi, which honors Lord Shiva, a Hindu god who's known for his love of cannabis. The annual spring celebration includes an evening of bonfires and a carnival of color, where people decorate each other with brightly colored pigments and dyes. It's a day when social conventions are set aside, and things usually forbidden (such as cannabis) are indulged in. So celebrate your own Holi festival, and serve this delicious spiced drink. Cannabis infuses easily into the whole fat of milk, and you can use cow's or goat's milk for this basic recipe.

STONES 2

- 1 ounce cannabis (fresh leaves and flowers of a female plant preferred)
- 4 cups warm milk
- 2 tablespoons blanched, chopped almonds
- $\frac{1}{8}$ teaspoon garam masala (a mixture of cloves, cinnamon, and cardamom, available at well-stocked grocery stores or Indian specialty groceries)
- $\frac{1}{4}$ teaspoon powdered ginger
- $\frac{1}{2}$ to 1 teaspoon rose water
- 1 cup sugar

Equipment: Cheesecloth

1. Bring 2 cups water to a rapid boil and pour into a clean teapot. Remove any seeds or twigs from the cannabis, add it to the teapot, and cover. Let this brew for about 7 minutes.
2. Strain the water and cannabis through a piece of cheesecloth, and reserve the water. Squeeze the leaves and flowers between your hands to extract any liquid that remains. Add this extract to the water and set the water aside.
3. Place the leaves and flowers in a mortar and add 2 teaspoons of the warm milk. Slowly but firmly grind the milk and leaves together. Strain the marijuana through cheesecloth, squeezing out as much milk as you can. Repeat this process about 4 to 5 times, setting aside the strained milk as you go, until you have used about $\frac{1}{2}$ cup of milk. Set this milk aside.
4. By this time the cannabis will have turned into a pulpy mass. Add the almonds and another 2 teaspoons warm milk. Grind this in the mortar until a fine paste is formed. Squeeze this paste through the cheesecloth and collect the extract as before. Repeat this process a few more times, setting aside the milk as you go, until all that is left are some fibers and nut meal. Discard the residue.
5. Now combine the extract with the infused milk and water you set aside previously. Add garam masala, ginger, rose water, sugar, and the remaining milk. Warm it up in a saucepan for about 3 minutes, then serve and enjoy.

ALMOND JOY

This sensual drink packs a punch without alcohol, but if you want to add some liquor to the mix, Kahlúa or Amaretto would match the flavor profile. A dessert cocktail, this recipe can substitute for a sweet treat after a nice meal. This nondairy concoction is also suitable for vegans and the lactose-intolerant. Using store-bought almond milk works fine, but if you'd like to make your own, all you need to do is soak one part almonds in two parts water overnight. Rinse the almonds, then add them to a blender with fresh water, and blend on high for two minutes. Strain through cheesecloth, squeezing hard to get all the liquid out of the almond pulp. Add a few drops of almond extract, and your milk is ready! It will stay good in the fridge for several days ... just shake (rattle and roll) before using.

STONES 2

- 2 grams cannabis shake or bud, finely ground
- 7 fluid ounces coconut cream
- ¼ cup chocolate syrup
- 1 pint almond milk
- Whipped cream, mint, and strawberries, for garnish (optional)

Equipment: cheesecloth

1. Infuse the coconut cream. You'll need to make what the French call a "bouquet garni," or an herb bundle, but in this case, "bouquet ganja" would be the appropriate term. Grind your herb and wrap it in cheesecloth, tying the bundle closed so you have a "tea bag." Make sure the string is long enough to tie to the pan's handle so you can retrieve the "bouquet ganja" later. Cook it slowly with the coconut cream in a small saucepan over a very low flame for at least 2 hours, and up to 4 hours if you have the time. After the infusion is complete, remove the "bouquet ganja" and discard.
2. Combine the coconut cream with the chocolate syrup and almond milk. Shake in a shaker with ice. Strain and garnish with whipped cream, mint, and strawberries, if desired.

HASH HOT CHOCOLATE

The Dutch are famously tolerant of cannabis use, permitting consumption and sales in small cafés known as “coffeeshops.” Many people from around the world have visited Amsterdam and been inspired to work toward freedom for all fans of cannabis after observing commonsense Dutch policy. Responsible marijuana users want to be treated like customers, not criminals, and the Dutch have proven that such a system can work.

If you can't make the pilgrimage just yet, why not bring the coffeeshop experience home with this Amsterdam-inspired hash-infused hot cocoa? A favorite in the finest coffeeshops, including one beloved but now defunct gem, Coffeeshop Chocolata, nothing warms the soul on a chilly night in the Netherlands like a sweet blend of high-quality chocolate and high-grade hash. Formerly located on the Spui, Coffeeshop Chocolata specialized in scrumptious edibles and a hash hot chocolate that would send you out into the rain with a blissed-out smile on your face. Chocolata simply melted its already amazing hash truffles into its equally amazing hot chocolate, but this saves you all the trouble of making truffles.

STONES 4

- 1 quart half-and-half
- 4 grams kif or food-grade unpressed hash
- One 12-ounce bag chocolate chips
- Pinch of salt
- 1 teaspoon cinnamon
- 1 teaspoon sugar
- Whipped cream or marshmallows, for serving (optional)

In a medium saucepan, warm the half-and-half over low heat. Add the kif or unpressed hash and chocolate. Whisk until all the chocolate has melted. Add the salt, cinnamon, and sugar. Top with whipped cream or marshmallows, if using.

RAW CANNABIS FOR HEALTH

USING FRESH CANNABIS

As we said before, there are a lot of health benefits to ingesting raw cannabis. It's easiest and tastes best to consume raw cannabis as juice, just as many health-conscious people drink juice from kale, carrots, wheatgrass, etc. The emerging research seems to indicate that patients needing medical marijuana can absorb more acidic cannabinoids through raw juice while avoiding an uncomfortable reaction from the psychoactivity of neutral, or decarboxylated, THC. Any drying or heating of cannabis affects the cannabinoids, forming THC from THC acid. Other important enzymes are present in raw cannabis, and heating or drying them degrades their nutritional value. So, while it's absolutely necessary to dry and cure your buds for a satisfying smoke or a muscle-relaxing edible, if you'd like to use raw cannabis as a nutritional supplement, juicing your leaves is the way to go. (See [Cannabis Health Juice](#), [Wild Weed Smoothie](#), and [Lawnmower](#) for recipes using raw cannabis.) Popularized by Dr. William Courtney and his partner Kristen Peskuski, raw cannabis leaves and fresh flowers are juiced along with carrots, apples, lemons, etc. and consumed three to five times a day as part of a regimen that greatly increases the amount of cannabidiol available to the patient. It's especially good for those who need immune system support or anti-inflammatory medicine. The doctor recommends juicing fifteen to twenty leaves per day. The juice can be frozen for later use or stored in the fridge for up to three days, although it's most medicinal when fresh. Always use organic fruits and vegetables whenever possible for the most healthful juice.

CANNABIS HEALTH JUICE

While a centrifugal-type juicer will work for this recipe, masticating juicers are more efficient. Recommended brands include Omega, Champion, and Breville.

SERVES 2 (you won't get stoned from raw pot)

15 to 20 green/raw palm-size marijuana leaves (optimally from a plant 70 to 85 days old)

2 raw marijuana flowers/buds, 2 to 4 inches long, when the glands are clear and turning toward milky (but not yet amber)

Juice from ½ lime

2 green apples, cored but not peeled, and cut into chunks to fit the juicer

12 large carrots

1 Asian pear (optional)

1. Take several leaves and fold them together to make a larger clump of plant matter, then run this clump of leaves through a vegetable juicer. Next, break up the buds and add them, too. Finally, add the lime juice, apples, carrots, and pear, if using.
2. Divide into at least five equal portions and drink at no more than 3-hour intervals throughout the day for maximum effect.

WILD WEED SMOOTHIE

This recipe was sent in by Claudia, a dedicated raw foodist who credits it with maintaining her health and longevity. Raw foodists eat exclusively vegan, plant-based foods and do not heat food above 115°F, citing the breakdown of enzymes at this temperature as a great loss in nutrition. No matter what your diet, you can always benefit from including more raw fruits, vegetables, and nuts.

Try this green smoothie in the spring as a way to detox from eating rich fare all winter long. Dandelion and stinging nettles are very high in vitamins and minerals, including vitamin A, vitamin K, and iron. Watch out for nettles, as they do sting! Use scissors and tongs to harvest them and don't worry, they won't sting in the smoothie. The lamb's-quarter provides plenty of B vitamins as well. If you can't find lamb's-quarter, just double up on the stinging nettle or substitute chickweed (*Stellaria media*), which grows most of the year. A high-speed blender such as a Vitamix is recommended.

SERVES 4 (you won't get stoned from raw pot)

1.5 grams dry cannabis buds or 15 to 20 fresh cannabis leaves

6 to 8 dandelion (*Taraxacum officinale*) leaves and 2 or 3 dandelion flowers (if dandelions are not flowering, then just use 2 or 3 extra leaves)

6 to 8 stinging nettles (*Urtica*)

Handful lamb's-quarter (*Chenopodium album*)

1 tablespoon high-grade, cold-pressed hempseed oil

½ pineapple, core and skin removed, cut into chunks

1 mango, pit and skin removed, cut into chunks

1 pear, cored and cut into chunks

1 orange, peeled and cut into chunks

1 handful grapes

1 banana, peeled

¼ teaspoon vanilla extract

4 or 5 ice cubes (optional)

Place cannabis buds in a blender and grind until finely textured. Add all the other ingredients and 1½ cups water. Blend on high speed for about 1½ minutes to completely break up the pineapple chunks and any seeds. On a hot day it's great to add a few ice cubes.

LAWNMOWER

It's called a Lawnmower because you're "cutting grass" with vodka. First invented by a gang of renegade vegan growers in Mendocino County, this drink balances health with hedonism.

STONES 2

10 to 15 raw cannabis leaves
4 large carrots, cut into chunks
2 apples, cored but not peeled and cut into chunks to fit the juicer
2-inch-long piece of ginger
1 large lemon, peel removed and reserved
4 fluid ounces Simple Cannabis-Infused Vodka ([see recipe](#))
Slivers of candied ginger, for garnish (optional)

1. Use a vegetable juicer to process your pot leaves, carrots, apples, ginger, and lemon. Fold several leaves into a clump and push it down the feeder tube, followed by a piece of carrot or apple. Alternating your ingredients helps keep the cannabis fiber from clogging the juicer.
2. Fill a shaker with ice. Combine 1 cup juice and 2 fluid ounces cannabis-infused vodka, shake with the ice, then strain into a shot glass. Make lemon zest by grating the peel of the lemon and top the drink with it. Repeat to make a second cocktail. You can also garnish this drink with slivers of candied ginger. Cheers!

SIMPLE CANNABIS-INFUSED VODKA

The cannabis-infused vodka can also be used to replace vodka in any number of cocktail recipes.

MAKES ABOUT 3 CUPS

8 grams cannabis

750 milliliters (a fifth) of vodka (Svedka works great)

1. Grind up cannabis and add to vodka. Store in a cool, dark place for 4 days, shaking vigorously every day.
2. On the fourth day, boil a large pot of water and then turn off the heat. Set the sealed vodka bottle inside the hot water and let it sit for 30 minutes. The water level should not cover the top of the bottle. This heat of the water will activate the psychoactive ingredients, further infusing the alcohol.
3. Finally, strain the vegetable matter out of the vodka, reserving the liquid and discarding the leafy remains. Use in any cocktail recipe that calls for vodka.

SIMPLE CANNABIS-INFUSED RUM

The point is not to leach out every single iota of THC until the liquor looks and tastes like the bottom of a bayou. The point is to have a great drink and a nice high. If your weed is moist, dry it for three minutes in an oven on 170°F (or its lowest setting) before you steep it to help release the THC.

MAKES ABOUT 3 CUPS

8 grams cannabis

750 milliliters (a fifth) of light 80-proof rum

1. Grind the ganja and fully steep in the rum for 4 days. Store in a cool, dark place. Shake it twice a day.
2. On the fourth day, boil a large pot of water and then turn off the heat. Set the sealed rum bottle inside the hot water and let it sit for 30 minutes. The water level should not cover the top of the bottle. This heat of the water will activate the psychoactive ingredients, further infusing the alcohol.
3. Strain out the cannabis and return the rum to the bottle. Use in any cocktail recipe that calls for rum.



JAMAICAN ME CRAZY

Recipe from Natasha Lewin

Aside from being a pot smoker, I'm also a drinker, and with that comes my love of working in bars. It's a great way to make new friends (and some extra money on the side). In 2010 I was nominated for Best Bartender in New York as part of a contest that pitted me against twelve other hardworking servers. Following an online vote, the top four, including myself, had to make our signature drinks for a panel of judges. I made my now-famous Jamaican Me Crazy and won—though I think it was the pot leaf garnish that really took the top prize. I'd never seen so many people posing for pictures with a drink before. I knew if I made it to the Final Four, winning the award would be a piece of space cake. I just didn't know the leaf would be the celebrity in the room, not me. No complaints here, though. I'm totally open about my love of the green behind the bar. I wear pot-related T-shirts during my shift so that people know what method of relaxation I really prefer. Sure, I'll serve you a drink, but in my opinion, what's really going to chill you out after a long week is some sweet Mary Jane. So I try to subliminally insert my preference for pot in every drink I serve—with or without the pot leaf garnish. —*Natasha Lewin*

STONES 1

2 fluid ounces Simple Cannabis-Infused Dark Rum *

1 fluid ounce Amaretto

3 fluid ounces coconut water, either plain or with pineapple

Ice cubes

Pot leaf for garnish (optional)

* Use the [Simple Cannabis-Infused Rum recipe](#) and substitute dark rum like Gosling's or Appleton Estate

Combine rum, Amaretto, and coconut water in a shaker and strain over ice in a highball glass. Garnish with a pot leaf and enjoy. It's like a piña colada without the dairy.



BONGHITTERS' MOTA MOJITO

Masters of the “infield high rule,” the legendary *High Times* Bonghitters softball team takes the fields of New York’s Central Park as the token’ terrors of the citywide publishing league. Annually pitted against media powerhouses like *Playboy*, *Rolling Stone*, the *Onion*, and the *New Yorker*, our beloved Bonghitters rely on their trademark “rally joints” to inspire the team to new heights of hitting and fielding, while intimidating opponents into making errors whenever the sweet smell of natural grass wafts over from the dugout.

Over the years, Bonghitter traditions have included a pregame om circle, mascot Dreddy Duck throwing out the first pitch, and, at the conclusion of each contest, a teamwide rendition of “Take Me Out to the Bong Game,” followed by a classic three-part salute: Hemp, Hemp, HOORAY, Hemp, Hemp, HOORAY, Hemp, Hemp, HOORAY!

As far as the post-game celebration goes, the Bonghitters have adopted the Mojito as their signature libation, specifically those prepared by Central Park’s legendary “Mojito Man,” who makes the rounds on bicycle, dispensing cold beverages—including mixed drinks from a battery-powered blender—to everyone chilling in the park. A *High Times* fan for sure, the Mojito Man surprised the Bonghitters with this special, cannabis-infused Mota-jito drink to celebrate a big victory over archrival the *Wall Street Journal* and even shared the recipe so you can celebrate at home!

A fun twist on an old classic, add some mota to your mojitos! The buzz is sublime, and the sugar and lime compliment the cannabis flavor nicely. Some people heat the alcohol or let the ganja steep for at least three weeks, but even the lowest heat burns off alcohol quickly, and letting any herb steep too long results in bitterness.

STONES 4

375 milliliters Simple Cannabis-Infused Rum ([see recipe](#))

4 tablespoons sugar

Juice of 4 key limes

Half-liter soda water

8 sprigs of mint

Crushed ice

Small cannabis fan leaves, for garnish (optional)

1. In a blender, combine the rum, sugar, and lime juice and blend on low for about 30 seconds. Add soda water and stir to combine.
2. Prepare four 13-ounce glasses by muddling 2 sprigs of mint in the bottom of each glass, crushing and mashing it thoroughly. Fill each glass half way with crushed ice.
3. Pour the contents of the blender over the ice to fill each glass. Garnish with a pot leaf, if desired. Salud!

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The exact equivalents in the following tables have been rounded for convenience.

LIQUID/DRY MEASUREMENTS

U.S.	Metric
¼ teaspoon	1.25 milliliters
½ teaspoon	2.5 milliliters
1 teaspoon	5 milliliters
1 tablespoon (3 teaspoons)	15 milliliters
1 fluid ounce (2 tablespoons)	30 milliliters
¼ cup	60 milliliters
⅓ cup	80 milliliters
½ cup	120 milliliters
1 cup	240 milliliters
1 pint (2 cups)	480 milliliters
1 quart (4 cups, 32 ounces)	960 milliliters
1 gallon (4 quarts)	3.84 liters
1 ounce (by weight)	30 grams
1 pound	450 grams
2.2 pounds	1 kilogram

LENGTHS

U.S.	Metric
⅛ inch	3 milliliters
¼ inch	6 milliliters
½ inch	12 milliliters
1 inch	2.5 centimeters

OVEN TEMPERATURE

Fahrenheit/Celsius	Gas
250/120	½
275/140	1
300/150	2
325/160	3
350/180	4
375/190	5
400/200	6
425/220	7
450/230	8
475/240	9
500/260	10



VAL CORRAL

A ten-year veteran of *High Times* magazine, ELISE MCDONOUGH has sampled world-class cannabis cuisine ranging from infamous Amsterdam coffeehouse spacecakes and award-winning medical edibles in California and Colorado to the ganja-infused specialties of inspired home cooks. The art director for *High Times' Medical Marijuana* magazine, she lives in Northern California.

SARA REMINGTON's photography is featured in numerous books, including *Kokkari*, *D.I.Y. Delicious*, and *Vino Argentino* (all published by Chronicle Books). She lives in the San Francisco Bay Area.

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