

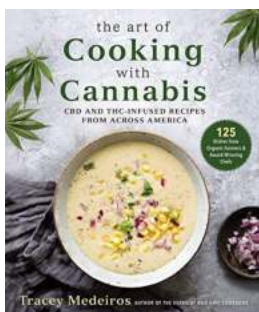
# CBD and THC Infused Recipes From Across America

CBD and THC-infused recipes are gaining popularity across America. As the cannabis industry continues to grow and the acceptance of marijuana use expands, more people are incorporating cannabis-infused ingredients into their culinary creations. From savory meals to delectable desserts, there is a wide range of dishes to explore for both CBD and THC enthusiasts.

## The Rise of Cannabis-Infused Cooking

With the legalization of cannabis in several states, the culinary world has seen an increasingly diverse range of cannabis-infused recipes. CBD, or cannabidiol, and THC, or tetrahydrocannabinol, are two compounds derived from the cannabis plant that have gained attention due to their potential health benefits. CBD is known for its non-psychoactive properties, while THC is the compound responsible for the infamous marijuana "high."

As more states legalize the recreational and medicinal use of cannabis, chefs and home cooks alike are exploring the combination of cannabis-infused ingredients with traditional cooking methods.



## The Art of Cooking with Cannabis: CBD and THC-Infused Recipes from Across America

by Tracey Medeiros (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

File size : 53026 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled



## Exploring CBD and THC Infused Recipes

From coast to coast, cannabis enthusiasts are experimenting with CBD and THC-infused recipes to create flavorful and unique dishes. These recipes not only offer an alternative way to consume cannabis but also provide an opportunity to incorporate the potential therapeutic benefits of CBD into everyday meals.

### 1. CBD-Infused Guacamole

Ingredients:

- 2 ripe avocados
- 1 tablespoon of CBD-infused olive oil
- 1 clove of garlic, minced
- 1 small red onion, finely chopped
- 1 jalapeno pepper, seeded and minced
- 1 lime, juiced
- Salt and pepper to taste

Instructions:

1. Peel and pit the avocados, then mash them in a bowl using a fork.
2. Add the CBD-infused olive oil, minced garlic, chopped red onion, minced jalapeno pepper, lime juice, and salt and pepper to the mashed avocados.

Mix well.

3. Adjust the seasoning according to taste.
4. Serve the CBD-infused guacamole with tortilla chips or as a topping for tacos, burgers, or sandwiches.

## **2. THC-Infused Brownies**

Ingredients:

- 1 cup of THC-infused butter
- 1 cup of sugar
- 1 teaspoon of vanilla extract
- 2 large eggs
- 1/3 cup of cocoa powder
- 1/2 cup of all-purpose flour
- 1/4 teaspoon of salt
- 1/4 teaspoon of baking powder

Instructions:

1. Preheat the oven to 350°F (175°C) and grease a square baking pan.
2. In a large mixing bowl, combine the THC-infused butter, sugar, and vanilla extract. Mix until well incorporated.
3. Add the eggs one at a time, beating well after each addition.
4. In a separate bowl, whisk together the cocoa powder, all-purpose flour, salt, and baking powder.

5. Gradually add the dry ingredients to the butter mixture, stirring until just combined.
6. Pour the batter into the greased baking pan and smooth the top with a spatula.
7. Bake for 25-30 minutes or until a toothpick inserted into the center comes out with a few moist crumbs.
8. Allow the brownies to cool before cutting them into squares.

### **3. CBD-Infused Chicken Satay**

Ingredients:

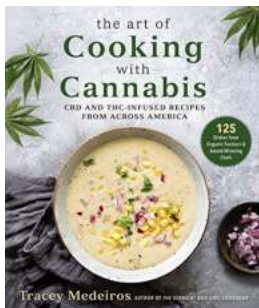
- 1 pound of chicken breast strips
- 1/4 cup of CBD-infused coconut oil
- 2 tablespoons of soy sauce
- 2 tablespoons of lime juice
- 1 tablespoon of curry powder
- 1 tablespoon of brown sugar
- 1/2 teaspoon of ground turmeric
- 1/2 teaspoon of ground coriander
- Salt and pepper to taste

Instructions:

1. In a bowl, combine the CBD-infused coconut oil, soy sauce, lime juice, curry powder, brown sugar, turmeric, coriander, salt, and pepper. Mix well.

2. Add the chicken breast strips to the marinade and let them marinate for at least 30 minutes.
3. Preheat a grill or grill pan over medium heat.
4. Thread the marinated chicken breast strips onto skewers.
5. Grill the chicken satay for 4-5 minutes on each side or until cooked through.
6. Serve the CBD-infused chicken satay with peanut sauce and enjoy.

CBD and THC-infused recipes offer a unique way to enjoy the benefits of cannabis while indulging in delicious meals. As the cannabis industry evolves, more creative recipes and innovative uses for these ingredients are sure to emerge. Whether you're a CBD enthusiast seeking therapeutic effects or a THC lover looking for a euphoric experience, these infused recipes are a perfect way to explore the diverse world of cannabis-infused cooking.



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\*\*2021 Readable Feast Awards, Honorable Mention\*\*

125 mouthwatering recipes featuring CBD, hemp, and THC from organic farmers,

award-winning chefs, artisans, and food producers across the country.

More than a cookbook, *The Art of Cooking with Cannabis* is a valuable resource for new inspiration and excitement surrounding cannabis, food, and responsible consumption. Tracey Medeiros introduces the reader to dozens of organic farmers, award-winning chefs, artisans, and food producers who are leading the green revolution by doing their part to demystify cannabis and its culinary use. Individual profiles contain stories from the book's contributors who come from rural and suburban communities and bustling cities across this nation. These folks have generously shared their personal struggles and successes which have led them to understand the many health and wellness benefits of the cannabis plant and its important role in society.

From chemistry to culinary, the book contains 125 mouthwatering recipes, such as:

- Chicken Kale Meatballs with Cherry Tomato and Pesto Sauces from Chef Jordan Wagman
- Avocado Mash with Nori and Cucumber from Chef Michael Magliano
- CBD-Infused Vegan Gluten-Free Miso Broth from Jessica Catalano
- THC- and CBD-Infused Smoked Cheddar with Green Chili Stone-Ground Grits from Chef Kevin Grossi
- Sh'mac and Cheese from Carly Fisher
- Vegan No-Bake Cashew Cheese Cake from Chef Maria Hines

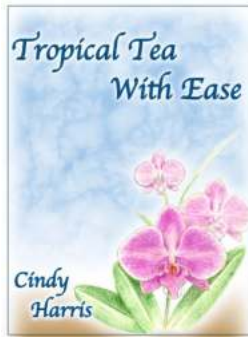
Simple and beautifully presented spirit-free and spirit cocktails such as “The 700 Club” and “Rebellious” are also featured in the cookbook from contributors including Entente Chicago and Prank Bar.

Recipes are divided into three categories—CBD, Hemp, and THC—each adapted to meet the reader’s cooking and tolerance levels. Insightful sidebars offer informative tips and “how-to” guidance, helping the cook to use cannabis with ease and confidence.



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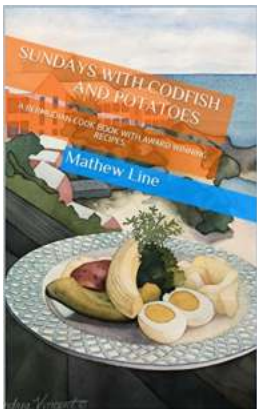
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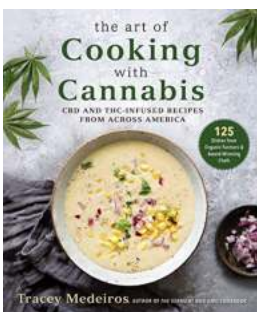
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