

Time 4 Hemp Cookbook

Cannabis Holiday

Recipies


**Quick and easy treats to make
for when you have the munchies.**



Delicious dishes perfect for any dine-and-dash.



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Plan A Pleasing Puff-Puff-Pass Party!

When hosting a dinner party, you don't want to serve food that your guests either don't like or can't eat.

Ask your guests in advance if they eat meat, prefer fish, have any allergies, or food they prefer to not eat. When entertaining for several people, it's best to be safe side when putting together a menu.



"A party without cake is just a meeting." - Julia Child

Be clear about what's in each dish. If you know a guest has a specific and genuine allergy or dietary concern, mention that at the start of the meal. If you choose to invite a couple that has been vegan for years, providing them with vegan-friendly food should be a given.

If you are not the host of the event but an invited guest and have a dietary restriction (either by choice or by birth) let the host know well in advance of the event. Please note, dietary restrictions are not licenses to be picky.

If someone makes you a delicious gluten-free meal but you would have preferred squash over asparagus, it's best to keep that to yourself. If someone goes to the trouble of making you a meal from scratch in their home and takes all of your needs and restrictions into place, it's part of your role as a guest to at least try everything you can safely eat.

When eating foods made with cannabis, its best to start slow. Edibles affect people differently. If you're trying edibles for the first time, 5-10 mg of THC is a recommended starting point.

Eat your cannabis foods with OTHER types of foods. Even though marijuana brownies are considered to be a food, it's best to consume them as dessert after a meal and not on an empty stomach.

Don't mix with other substances. It's not a good idea to mix cannabis foods with alcohol or other drugs.



Should you accidentally eat too much cannabis, drink a few glasses of extra water, stay relaxed, and it will work through your system in short order. If the edibles for some reason just straight-up over-power you, you may wish to seek medical assistance.

If you are the host of the party, Do NOT let your guests consume foods made with cannabis and allow them to drive afterwards. Care enough for your guest to get them home safe. Have a designated driver at the event or visit <http://www.DrinkingAndDriving.org> and arrange for their drivers take care of getting your guests home without incident. Help everyone to Travel In Peace.

Lets Talk Turkey

If you're responsible for cooking the turkey this holiday, it would be good to follow these food safety rules:

1.) Don't thaw your turkey on the counter. Leaving a turkey at room temp can cause bacteria to grow. When thawing a turkey, do it in the fridge, microwave, or in a sink of cold water that's switched out every 30 minutes.

2.) Don't cross-contaminate. Raw turkey can contaminate anything it touches. Use separate cutting boards and plates when handling, and make sure to wash hands and utensils that come in contact with the raw turkey immediately.

3.) Cook your stuffing safely. If you're stuffing your turkey, add it just before you cook the bird so it doesn't sit out (letting bacteria grow), or cook stuffing separately in a casserole dish. Use a food thermometer to make sure stuffing hits 165F- bacteria-killing temperature.



4.) Check the temperature of your turkey before you take it out of the oven. When cooking the turkey, set oven to 325F and cook turkey breast side up. The cooking time will depend on the weight of the bird, but if the internal temperature reaches 165F, you know it's safe to eat. (Be sure to check the temperature of the stuffing, and the breast, thigh, and wing joint, too.) Once it's done, turn off the oven and let it sit in there for 20 minutes before carving.

5.) Once you fill up your plate, wrap that turkey up. After you carve the turkey and serve your guests, it's a good idea to wrap it up ASAP and stick it in the fridge. Letting your turkey sit out not only allows bacteria to grow (bacteria can double in just 20 minutes!), but it may also entice your pet to jump up and grab a snack, which can lead to a trip to the vet.

Did You Know...

The wild turkey was hunted nearly to extinction by the early 1900s, when the population reached a low of around 30,000 birds. But restoration programs across North America have brought the numbers up to seven million today.

There are six subspecies of wild turkey, all native to North America. The pilgrims hunted and ate the eastern wild turkey, which today has a range that covers the eastern half of the United States and parts of Canada. These birds, sometimes called the forest turkey, are the most numerous of all the turkey subspecies, numbering more than five million.



High Flying Turkey

Ingredients:

- 1.) 1 fresh turkey (10 to 12 pounds)
- 2.) freshly ground black pepper
- 3.) 1 large bunch fresh thyme
- 4.) 1 whole lemon, halved
- 5.) 1 spanish onion, quartered
- 6.) 1 head garlic, halved crosswise
- 7.) 1/4 pound of hemp butter
- 8.) 1 lemon, juiced
- 9.) 1 teaspoon chopped fresh thyme leaves
- 10.) kosher salt

Directions:

- 1.) Preheat the oven to 350 degrees F.
- 2.) Melt the hemp butter in a small saucepan. Add the zest and juice of the lemon and 1 teaspoon of thyme leaves to the cannabis butter mixture. Set aside.
- 3.) Take the giblets out of the turkey and wash the turkey inside and out. Remove excess fat and leftover pinfeathers and pat the outside dry.
- 4.) Place turkey in a large roasting pan. Liberally salt and pepper inside of the turkey cavity. Stuff cavity with the bunch of thyme, halved lemon, quartered onion, and the garlic. Brush the outside of the turkey with the butter mixture and sprinkle with salt and pepper.



- 5.) Tie legs together with string and tuck the wing tips under the body of the turkey. Roast about 2 1/2 hours, or until the juices run clear when you cut between the leg and the thigh. Remove, cover with foil; let sit for 20-min.

Sativa Stuffing - serves 8

- 1.) 1 lb. bread, torn or cut in small pieces
- 2.) 1 stalk celery, chopped
- 3.) 1-2 tablespoons sage
- 4.) 1 teaspoon chopped rosemary
- 5.) 1-2 cups chicken stock, hot
- 6.) 2 tablespoons hemp butter
- 7.) 2 medium onion, peeled and chopped
- 8.) 2 cloves garlic, minced
- 9.) 2 tablespoons fresh parsley, chopped
- 10.) 8 tablespoons butter
- 11.) salt and pepper

Preheat oven to 350 degrees. Heat the regular butter and hemp butter in large skillet. Add onion, celery, garlic and cook on low heat for 12-15 mins. Put mixture into a large bowl. Add the bread, parsley, sage, rosemary, salt and pepper. Add the stock and mix well. Place in a large baking dish and cook for 30-40 mins.



Butter Up Your Meal

Hemp butter is a main ingredient in most of these recipes. Here are a couple of ways to make it.

Your butter's potency depends on many factors, from how long and hot it was cooked to the potency of your starting material. To test the potency of your finished product, try spreading $\frac{1}{4}$ or $\frac{1}{2}$ teaspoon on a snack and see how that dose affects you after an hour.

Decrease or increase dose as desired. You can then use this personalized "standard" dose as a baseline for your recipes. For more information on why potency is so difficult to measure in homemade cannabis edibles, check out part four of this series.

Cannabis Oil Butter - Makes: 1-1/4 cups

Ingredients:

- 1.) 1-cup hemp hearts
- 2.) 2-tbsp hemp oil

Directions:

- 1.) Combine hemp hearts and hemp oil in a blender or food processor.
- 2.) Blend on high for 2-3 minutes, or until creamy and smooth.
- 3.) Try adding 4-5 dates or a few tablespoons of honey for a slightly sweeter batch. For easier spreading, add a bit more hemp oil.
- 4.) Store in a sealed container in the refrigerator for 2 or more hours.

Hemp Butter - Makes: 1-1/2 cups

Before making your hemp butter, you'll need to decarboxylate, or "decarb", the cannabis flower you're working with. Skipping this step will result in a weak or inactive finished product.

Ingredients:

- 1.) 1 cup of butter
- 2.) 1 cup (7-10 grams) of ground cannabis, decarboxylated

Directions:

- 1.) Preheat oven to 245°F. Place cannabis buds on a non-stick, oven-safe tray. Cover the tray with parchment paper to prevent sticking. Insert tray into the oven and set a timer for 30-40 minutes. Every 10 minutes, gently mix the buds to dry buds equally.
- 2.) Grind the decarboxylated cannabis coarsely with a hand grinder.
- 3.) Add 1 cup of water and 1 cup of butter into a stock pot or saucepan. Simmer on low to melt butter.
- 4.) As butter melts, add in ground cannabis.
- 5.) Maintain low heat (160°F - 200°F) and simmer for 2-3 hours, stirring occasionally. Mixture should never boil.
- 6.) Set a funnel on top of a jar and line it with cheesecloth. Once the butter has cooled off, pour it over the cheesecloth funnel and allow it to strain freely. (Tip: Squeezing the cheesecloth may push more bad-tasting plant material through). Refrigerate for 2-hours or more.



Relaxing Meatloaf And Smashed Potatoes



Not everyone is a fan of Turkey so it's always best to have a second choice of meat for your guests to enjoy. Traditionally, Ham is the selected back-up entree, but not everyone is a fan of Ham either. It does seem as if NEARLY everyone is a fan of HAMBURGER - especially if it's used to make a homemade meatloaf.

Ingredients:

- 1.) 1 pound medium lean ground beef
- 2.) 1 large egg
- 3.) 1/4 ounce cannabis
- 4.) 1/2 package crushed saltine crackers
- 5.) 1/2 cup green pepper, chopped
- 6.) 1/2 cup onion, chopped

Directions:

Preheat oven to 350 degrees. In a large bowl, mix beef, onion, and green pepper using your hands. Add crackers, soup, and cannabis. Roll beef into a ball and poke a hole in it with your thumb. Drop in egg and mix well. Spread into a loaf pan and place in oven for 15-mins. Brush a layer of ketchup on top, finish baking (10 or 15 mins).

Ingredients:

- 1.) 3-4 large russet potatoes, washed, peeled, and cubed
- 2.) 4 large garlic heads
- 3.) 3 tablespoons extra virgin olive oil
- 4.) 1 tablespoon basil
- 5.) 1 tablespoon cracked black pepper
- 6.) 1 tablespoon kosher salt
- 7.) 1/4 pint heavy cream
- 8.) 4-6 ounces ricotta cheese
- 9.) 4 tablespoons sweet butter
- 10.) 4 tablespoons hemp butter

Directions:

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



Mararonia-N-Cheese & Happy Hemp Salad

Mararonia-N-Cheese

Ingredients:

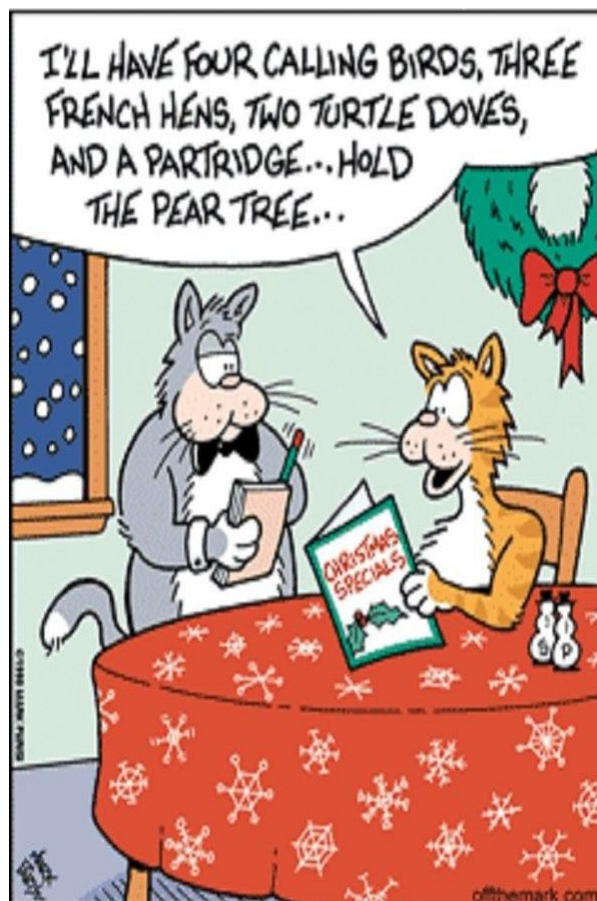
- 1.) 1/2 pound elbow macaroni or shells
- 2.) 1 tablespoon canola oil
- 3.) 1 teaspoon salt

For Cheese Sauce

- 1.) 5 tablespoons hemp butter
- 2.) 1/2 cup all-purpose flour
- 3.) 2-1/2 to 3 cups milk, warm
- 4.) 1 cup smoked grated mozzarella
- 5.) 2 cups medium grated cheddar
- 6.) 1 teaspoon kosher salt
- 7.) 1 teaspoon smoked paprika
- 8.) 1/2 teaspoon ground black pepper
- 9.) 1/2 teaspoon ground nutmeg
- 10.) 1 cup breadcrumbs
- 11.) 1 tablespoon cannabis coil
- 12.) 1/2 cup sharp grated cheddar

Directions:

- 1.) Heat oven to 375 degrees.
- 2.) Fill a large pot with water, oil and salt. Bring to boil, add the macaroni and cook according to the directions on the package. Drain well.
- 3.) In a small saucepan melt the hemp butter. Add flour and cook, whisking constantly, for 5-mins. Add warm milk and cook for 1-2mins. more, until thickened and smooth. Add cheese, salt, paprika, pepper and nutmeg. Add the cooked macaroni and stir well. Pour into 6-8 buttered ramekins.



- 4.) In a small bowl combine canola oil, sharp cheddar and breadcrumbs. Sprinkle on top of the filled ramekins. Bake 25-35 mins. or until sauce is bubbly and the macaroni is browned on the top.

Happy Hemp Seed Salad

Ingredients:

- 1.) 1 head romaine, chopped
- 2.) 1 bunch of lacinato or curly kale chopped
- 3.) 1-1/2 cups pomegranate seeds
- 4.) 2 tablespoons hemp hearts chopped
- 5.) 4 tablespoons of croutons
- 5.) 3 tablespoons of rasins

Directions:

Mix ingredients in a large bowl.

Stoney Salad Dressing, Magical Balls And Nog

Stoney Salad Dressing

Ingredients:

- 1.) 1/2 cup hemp hearts
- 2.) 1/4 cup water
- 3.) 3 tablespoons fresh lemon juice
- 4.) 2 tablespoons hemp oil
- 5.) 2 tablespoons nutritional yeast
- 6.) 1-1/2 tablespoons white wine vinegar
- 7.) 2 cloves of garlic
- 8.) 3/4 teaspoon dijon mustard
- 9.) 1/4 teaspoon sea salt
- 10.) black pepper

Directions:

Place all ingredients into a blender and blend on high for 1-2 minutes or until completely smooth. Refrigerate until ready to use.



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Magical Cheese Balls

Ingredients:

- 1.) 2 pkg (8oz each) cream cheese
- 2.) 1 pkg shredded sharp cheddar cheese
- 3.) 1 tbsp finely chopped onions
- 4.) 1 tbsp chopped red bell peppers
- 5.) 2 tsp Worcestershire sauce
- 6.) 1 tsp lemon juice
- 7.) 1 cup hemp seeds
- 8.) 1/4 cup chopped toasted pecans

Directions:

Blend cream cheese and cheddar in a bowl with mixer. Add remaining ingredients (except hemp seeds and pecans) and mix well.

Chill until it's cold enough to form into a ball and roll in hemp seeds and pecans.

HempNog

Ingredients:

- 1.) 1/2 cup shelled raw hempseeds
- 2.) 3/4 cup young coconut meat
- 3.) 3 cups coconut water
- 4.) 1/4 cup pitted dates
- 5.) 1/2 tsp cinnamon
- 6.) 1/4 tsp nutmeg
- 7.) a pinch sea salt
- 8.) 1 Tbsp nutritional yeast

Directions:

In a high speed blender, combine all ingredients and blend until smooth.

Marijuana Brownies And Cannabis Choloate Chip Cookies

Marijuana Brownies

Ingredients:

- 1.) 2 eggs
- 2.) 1 cup hemp butter
- 3.) 1 cup white sugar
- 4.) 1 teaspoon vanilla extract
- 5.) 1/3 cup unsweetened cocoa powder
- 6.) 1/2 cup all-purpose flour
- 7.) 1/4 teaspoon salt
- 8.) 1/4 teaspoon baking powder

Directions:

1.) Preheat oven to 350 degrees. In a large saucepan, melt 1 cup hemp butter. Turn off heat, stir in sugar, eggs, & vanilla. Beat in cocoa, flour, salt, & baking powder. Spread batter into a greased and floured 8-inch square pan and bake 25 to 30-min.

Frosting

- 1.) 3 tablespoons hemp butter, softened
- 2.) 3 tablespoons unsweetened cocoa powder
- 3.) 1 teaspoon vanilla extract
- 4.) 1 cup confectioners' sugar
- 5.) 1 tablespoon honey

Directions:

1.) Combine 3 tablespoons softened butter, 3 tablespoons cocoa, honey, 1 teaspoon vanilla extract, and 1 cup confectioners' sugar. Stir until smooth. Frost brownies while warm.

Dry Bones



www.drybones.com

Cannabis Choloate Chip Cookies

Ingredients:

- 1.) 2 cups flour
- 2.) 1/2 teaspoon baking soda
- 3.) 1/2 teaspoon Salt
- 4.) 1 cup hemp butter
- 5.) 2/3 cup sugar
- 6.) 2/3 cup brown sugar, lightly packed
- 7.) 1 egg
- 8.) 1 teaspoon vanilla
- 9.) 1 package milk chocolate chips

Directions:

Cream together hemp butter and sugars. Beat in egg and vanilla. Sift dry ingredients into mixture, fold in chocolate chipies and bake 8-10 mins at 375-degree F.

Hemp Oatmeal Cookies & Apple Pot Crumble



Hemp Oatmeal Cookies

Ingredients:

- 1.) 2 extra large eggs
- 2.) 3/4 cup hemp butter
- 3.) 2 cups raw sugar
- 4.) 2 teaspoons vanilla extract
- 5.) 1 tablespoon nutmeg, ground
- 6.) 1 tablespoon cloves, ground
- 7.) 1 tablespoon cinnamon, ground
- 8.) 2 cups whole wheat flour
- 9.) 1/2 teaspoon baking soda
- 10.) 1 teaspoon sea salt
- 11.) 2 tablespoons water
- 12.) 1 1/2 cups raisins
- 13.) 2 cups rolled oats
- 14.) 1 cup pecans, chopped

Directions:

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

Apple Pot Crumble

Ingredients:

- 1.) 4 baking apples
- 2.) 2 Tbs. sugar
- 3.) 1 cup all-purpose flour
- 4.) 6 Tbs. hemp butter, at room temperature
- 5.) 1 tsp. ground cinnamon
- 6.) 1/2 tsp. nutmeg
- 7.) 1/2 tsp. salt
- 8.) 1/2 cup light brown sugar (tightly packed)

Directions:

- 1.) Preheat the oven to 375 degrees F.
- 2.) Peel and core apples, then chop roughly into 1/2-inch chunks.
- 3.) Place apples in a glass pie plate and sprinkle them with sugar.
- 4.) In a large bowl, stir together the flour, cinnamon, nutmeg and salt.
- 5.) Add the hemp butter and rub it into the flour with your fingers
- 6.) In a food processor, pulse together the dry ingredients and butter until the mixture becomes resembles crumbly. Mix in the brown sugar until blended.
- 7.) Sprinkle the crumble mixture evenly over the apples.
- 8.) Bake until the topping is crisp and golden, (between 25-30 minutes). Serve warm with a scoop of vanilla ice cream or dollop of cannabis whipped cream.



420 Fudge & Moca Peppermint Tokes

420 FUDGE

Ingredients:

- 1.) 3/4 cup heavy cream
- 2.) 2 cups sugar
- 3.) 1 teaspoon cornstarch
- 4.) 2 ounces unsweetened chocolate
- 5.) 3 grams Hash
- 6.) 3 tablespoons hemp butter
- 7.) 1 tablespoon vanilla

Directions:

In a metal saucepan, combine milk, sugar, chocolate, and cornstarch over medium heat. Stir until the mixture comes to 240 degrees (on a candy thermometer). Immediately remove from heat, and leave the thermometer in. Take 3 tablespoons of butter and melt in microwave. Mix in the hash and stir, put back in microwave for 30 seconds, and stir again. Add the hash-butter mixture into your chocolate mixture, but do not stir! When the temperature of the fudge drops to 110 degrees, use a big spoon and stir vigorously for at least 7 minutes, or until it starts to get difficult to stir. Spread in a baking dish, 9x13 inches will work fine, and let the fudge cool down.

Notes:

To save on cleanup, line bottom of baking dish with foil. If fudge doesn't turn out right, you probably weren't using a thermometer or didn't let it cool down. Both are important when making fudge. Use extra hemp butter if you don't have hash.

Mocha Peppermint Tokes

Ingredients:

- 1.) 3/4 cup raw almonds
- 2.) 1/2 cup hemp hearts
- 3.) 1 cup medjool dates, pitted
- 4.) 2 tbsp. cocoa powder
- 5.) 1 tsp. espresso powder
- 6.) 1 tsp. vanilla extract
- 7.) 1/8 tsp. peppermint extract
- 8.) 1/4 cup mini dark chocolate chips
- 9.) 3 candy canes, crushed (optional – for rolling the bites in)

Directions:

- 1.) Add the almonds to a food processor and blend until they are finely ground but not turned into a flour.
- 2.) Put the Hemp Hearts and dates in and blend until it forms a sticky dough.
- 3.) Add the cocoa, espresso powder, vanilla and peppermint extract and blend to combine. Then add in the chocolate chips and pulse a few times so they are mixed in.
- 4.) Scoop the dough by heaping tablespoons and roll into balls. You can roll the balls in the crushed candy canes or Hemp Hearts if desired.
- 5.) Store extra in fridge in an airtight container.





Cooking With Cannabis:

A Few Tips To Keep Healthy And Safe

It's easy to ingest too much marijuana when eating it. Sometimes people get impatient and think "it's not working" and then eat more. By the time it all kicks in they have overdone it. While "overdoses" are never fatal and won't shut down your organs, they can make you feel anxious, paranoid, and/or disoriented. A lot of factors need to be taken into consideration such as people's tolerances run a wide range. An amount that one person does not even physically feel might be enough to make someone else experience couch-lock for several hours. When cooking with marijuana, it's a good idea to vape or smoke a little to get an idea of the potency. Keep in mind that cooking can intensify potency somewhat.

A lot of people do not like the 'green herbal flavor' of marijuana bursting through their foods. Recipes with lots of spices and flavors help to mask this. You MIGHT use JUST A LITTLE MORE seasoning than the recipe calls for when cooking with cannabis - but don't start experimenting with a recipe until you have mastered it. Pay attention to cooking temperatures. Do not use infused marijuana oils for direct sautéing for frying. If you are making something battered, keep the medicated part inside the batter. Cook at oven temperatures up to 375 degrees F, lower temperatures are better when cooking with cannabis.

*Please Visit
Time4Hemp
Everyday!*

