

# Canna-butter Recipe



## What You Need :

### Ingredients

- 1oz Cannabis (28 grams)
- 4 Sticks Butter (2 cups)
- 4 Cups Water

### Supplies

- Baking Sheet
- Aluminum Foil
- Medium Saucepan (with lid)
- Cheesecloth
- Mixing Bowl
- String or Rubber Band

### Time Needed

1hr 15 min - Decarb & Cool  
15 min - Prep  
3hr 30 min - Cook  
1hr - Chill  
6hrs - Total Time

If you are starting with already decarboxylated cannabis:  
4hr 45 min - Total Time

## Directions:

### Step 1: Decarboxylate! (skip this step if you already have decarboxylated cannabis)

- Preheat your oven to desired temperature (between 225°F & 240°F is recommended)
- While the oven is preheating, lightly break up the cannabis into grain of rice sized pieces. Too fine of a grind increases the risk of burning your cannabis. Spread evenly in a single layer on an aluminum foil lined baking sheet, tightly sealing with another piece of foil on top.
- Place in the middle rack of the preheated oven, as to not get too much direct heat. Bake for 40-45 minutes until the cannabis is lightly toasted and golden brown.
- Remove the baking sheet from the oven and let your decarboxylated cannabis cool all the way down before using it.

### Step 2: Melting the Butter

- Add 4 cups of water to a medium saucepan and bring it to a healthy simmer.
- Place 4 sticks of butter (2 cups) into the simmering water and stir until the mixture is completely melted (this process won't take long at all).

### Step 3: Adding Your Cannabis

- Mix your decarboxylated cannabis into the simmering water/butter mixture. Make sure you are maintaining a very low heat; the mixture should never reach a full boil.
- Place lid securely on saucepan, and let it simmer on low heat for 3 hours. You want to leave the lid on for the entirety of the time to better contain the THC and the butter's medicinal benefits. Your mixture will turn from watery to thick and shiny, then you will know it is done. Use this time to prep your tools for the next step: pouring.

## Directions continued:

### Step 4: Pouring Your Mixture

- Make sure you have your cheesecloth, mixing bowl, sturdy string or rubber band (mitts/ hand protection from the heat is also recommended) ready.
- Secure two layers of cheesecloth over the top of your mixing bowl, securing the string or rubber band tightly at the smaller diameter of the bowl.
- Pour your cannabutter/water mixture over the cheesecloth into your bowl. When the saucepan is completely empty, take the four corners of the cheesecloth and make a small bag out of it. Gently squeeze to ensure you've gotten the most out of your cannabutter mixture.

### Step 5: Letting it Cool

- Place your covered mixing bowl in the refrigerator and allow the cannabis butter to separate and cool for 1 hour. During this hour, the butter will separate itself from any remaining water left over from the mixture straining process.
- When the hour has passed and the top layer is solid, you will know it is ready. Run a knife along the edge of the butter as you would the outside of a cake pan.
- Carefully lift the butter out and place on a clean towel on a cutting board and gently dab dry any remaining water or moisture. There you have it!! Cannabutter (:

## Cooking with Cannabutter:

A good starting point for ingesting cannabis edibles is to limit yourself to <5mg THC; even less if you are new to THC-infused food. It can have the tendency to be a lot stronger, more intense, and can differ drastically from smoking it. For one, the effects can take anywhere from a half hour to 3 hours to fully metabolize, depending on each individual's body and metabolic rate. In addition, because the THC is digested through your liver, and can more readily cross the body's blood-brain barrier, the high can be stronger and last longer.

With that said, your butter's potency depends on many factors, from how long and hot it was cooked, to the potency of your starting product, as well as taking into consideration if your strain was indica or sativa leaning. To test the potency and effect of your finished product, try spreading ¼ or ½ tsp on a snack and see how that dose affects you after an hour or so. Titrate your dose as desired, and you can then use this personalized "standard" dose as a baseline for your recipes.

Happy Cooking!