

Medicated Garlic Herb Steak Butter Recipe



What You Need :

<u>Ingredients</u>	<u>Supplies</u>	<u>Time Needed</u>
<input type="checkbox"/> 4 T Canna-Butter (room temperature)	<input type="checkbox"/> Mixing Bowl	10 min - Prep
<input type="checkbox"/> 1 T Minced Garlic	<input type="checkbox"/> Silicone Cannabis Leaf Molds	(Overnight) - Cool
<input type="checkbox"/> 1 T Fresh Minced Parsley	(or plastic wrap)
		10 min + overnight cooling
		- Total Time

Directions:

Step 1: Mince Garlic & Parsley + Butter

- Mince your garlic and parsley and add to a small bowl with 4 T room-temperature canna butter.

Step 2: Mash Ingredients

- Mash everything together with a fork until well combined.

Step 3: Shape the Butter

- To shape your butter, you can either use silicone candy molds, or place on a piece of plastic wrap, cover and roll into a log shape to be sliced once firm.
- Refrigerate until firm (overnight).

Step 4: Top Your Favorite Steak & Sides (:

- Enjoy on top of your favorite steak and add sides of your choice!

Note: You CAN freeze steak butter. Butter can be tightly wrapped and frozen for up to 6 months. Allow it to thaw in the refrigerator before using.

Medicating With Cannabis-Infused Edibles:

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 therefore more readily cross the body's blood-brain barrier, the high can be stronger and last longer.

With that said, your edible'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 a small amount to begin with 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!