

Concentrated Cannabis Infused Olive Oil Recipe



What You Need :

Ingredients	Supplies	Time Needed
<input type="checkbox"/> 14g Cannabis (1/2 oz)	<input type="checkbox"/> Double Boiler (with lid)	1hr 15 min - Decarb & Cool
<input type="checkbox"/> 3 Cups Extra Virgin Olive Oil	<input type="checkbox"/> Cheesecloth	4-6 hrs - Infuse
	<input type="checkbox"/> Jar(s) with lid for Storing	10 min - Strain & Jar
		~6-8 hrs - Total Time

~This is a rather large batch. You can always divide this recipe into smaller fractions, if you'd like to make less oil~

Directions:

Step 1: Decarboxylate!

- Depending on the weight, structure and moisture of your flower, decarboxylation can range from 225° for 45 minutes to 240° for 40 minutes. Use your judgment on temp and time, based on the cannabis you have. Make sure that you cover your baking sheet with aluminum foil, so you don't lose precious cannabinoids in the process.

Step 2: Prepare Your Ingredients & Supplies

- While your cannabis is cooling, get your double boiler, and storage jars with cheesecloth set up.
- Make sure your double boiler has a lid. You want your infusions to be contained and not free to dissipate in the air.

Step 3: Mix Oil & Flower and Infuse

- In the top of your double boiler, mix in your oil and decarboxylated flower. Put on lid & low heat.
- Simmer anywhere from 4-6 hours. In the meantime, take a bath, nap, read a book, whatever suits your fancy. (:

Step 4: Filter The Infused Oil, Cool & Store

- Once the 4-6 hours are through, your oil is infused! Take your double boiler off the heat source and carefully pour into your containers/jars through the secured cheesecloth. Lightly place lid on top, and once fully cooled, tightly close lid and store in a cool, dry place.

How to Figure Dosage:

Knowing this step and being able to accurately calculate your flower to oil ratio is crucial to understanding how to use the oil accordingly with varying recipes you want to medicate, as well as taking part in and giving an experience that is safe, comfortable and above all, enjoyable.

Formula: -Step One: The amount of cannabis in mg divided by the % THC content.

This tells you how many mg of THC total you have in your entire batch.

-Step Two: Multiply the total amount of THC that you've just found by 80%.
This is the approximate absorption rate of THC into the oil. (Figuring loss)

-Step Three: Divide the total amount of infused THC (findings from step two) by the amount of oil you are going to be using for your desired recipe.

-Step Four: Divide the findings of step three by the number of servings the recipe gives. This will give you the mg of THC each serving will hold. Voila!

If you are using an airtight device, such as an Ardent, magic butter maker or crockpot, you may not experience loss and will therefore want to skip the step of multiplying by 80%

Endless Possibilities!

With your concentrated cannabis infused olive oil, the possibilities of its uses are practically endless! Broaden your horizons in sauteing vegetables, marinating meats, creating salad dressings, and substitute portions of oil -to suit your desired dosage- in your most favorite recipes. (:

Cooking with Cannabis-Infused Olive Oil:

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 an individual's unique 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 infusion's potency depends on many factors, from how long and what temperature 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 smaller amount (<5mg) 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!