

Cannabis-Infused Chamomile Tea Cake Recipe



What You Need :

Ingredients

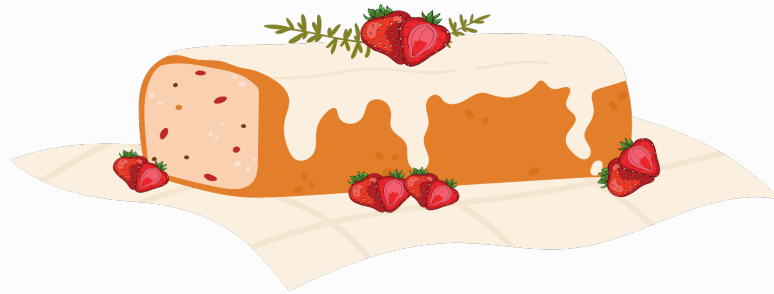
- 1/2 Cup Unsalted Canna-Butter (substitute partially with non-medicated butter if needed, per dosage)
- 2 T/ 6 grams Chamomile Tea, crushed fine if course
- 1 Cup Whole Milk
- Nonstick Cooking Spray
- 1 Cup Granulated Sugar
- 1/2 t Coarse Kosher Salt
- 2 Large Eggs
- 1 Large Lemon
- 2 t Baking Powder
- 1 t Pure Vanilla Extract
- 1 1/2 Cups All-Purpose Flour
- 1 Cup Powdered Sugar
- 1/2 Cup/ 8 grams Freeze-Dried Strawberries

Supplies

- Small Saucepan
- Large Mixing Bowl
- 9x5 in Loaf Pan
- Whisk
- Food Processor
- Parchment Paper

Time Needed

- 15 min - Prep
- 40-45 min - Bake
- 1hr 30 min - Cool
- 2 hr - 30 min - Total Time



Directions:

Step 1: Steep Tea in Butter

- In a small saucepan, melt butter over medium heat. Add 1 tablespoon of your chamomile tea to a large mixing bowl. Pour the hot, melted butter over the chamomile and stir. Set aside to steep and cool completely.

Step 2: Steep Tea in Milk

- Using the same saucepan without washing it, bring your milk to a simmer over medium-high heat, keeping watch so it doesn't boil over.
- Remove from heat and stir in your remaining 1 tablespoon of chamomile tea into the hot milk. Set aside to steep and cool completely. (Both the butter and the milk should take about an hour to cool completely.)

Directions continued:

Step 3: Preheat Oven & Prep Loaf Pan

- Heat oven to 350°F. Grease a 9x5 inch loaf pan with non-stick cooking spray, and line with parchment paper so the long sides of the pan have a couple of inches of overhang to make lifting the finished cake out easier.

Step 4: Mix Your Batter

- Add the sugar and salt to the bowl with the steeped tea in butter, and whisk until smooth and thick, about 1 minute.
- Add the eggs, one at a time, vigorously whisking to combine after each addition. Zest the lemon into the bowl, saving your lemon for later.
- Add the baking powder and vanilla, and whisk until incorporated. Add the flour and stream in the milk mixture until smooth and no streaks of flour remain.

Step 5: Bake Your Cake & Let it Cool

- Transfer the batter to your prepared pan and bake (40-45 minutes) until a skewer or toothpick inserted in the center comes out clean. Cool in the pan on a rack for 30 minutes.

Step 6: Make Your Icing

- While the cake cools, in a medium bowl, squeeze 2 tablespoons of juice from zested lemon, and add your powdered sugar.
- Using a food processor, blend freeze-dried strawberries until you have a fine powder. Whisk your icing until smooth.

Step 7: Pour Icing and Let Set (:

- Pulling from the parchment paper, lift your cake out and place on plate, cake stand or cutting board.
- Pour your icing over the cake, letting it drip dramatically. Let cake cool and icing set completely. Garnish with leftover lemon and/or strawberries. Enjoy with tea and honey!

Cooking with Cannabis-Infused Ingredients:

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. 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 edible's potency depends on many factors; how it was prepared, the potency of your starting product, as well as considering if the strain or concentrate used in your infusion is indica, sativa or hybrid. To test the potency and effect of your finished product, try a smaller amount (<5mg) and see how that dose affects you after 2-3 hours. Titrate your dose as desired, and you can then use this personalized "standard" dose as a baseline for your recipes.

Check out our dosage calculator for help in calculating your edible's dosage @:
<https://www.plant-family.com/thc-dosage-calculator/>

Happy Cooking!