



KENTUCKY ALTERNATIVE CARE  
*wellness without compromise*

## COOKING WITH CANNABIS: A BEGINNER'S GUIDE

*Brought to you by Kentucky Alternative Care*

### **YES CHEF (BUT MAKE IT INFUSED)**

You don't have to be a culinary wizard to make your own cannabis-infused treats. Whether you're managing chronic pain or just want to skip the smoke, cooking with cannabis can be fun, effective, and delicious.

This guide will give you the basics, so you don't end up wasting good flower or knocking yourself out with a mystery-dose brownie.

And hey—flower may not be legally smoked in Kentucky, but that doesn't mean you can't make something delicious and therapeutic with it in your kitchen.

### **FIRST THINGS FIRST: DECARB YOUR WEED**

Let's break this down. THC (the main psychoactive compound in cannabis) isn't actually active in raw flower. In its natural state, cannabis contains THCA, a non-intoxicating compound. You have to heat it to convert THCA into THC—this process is called **decarboxylation**, or “decarbining.”

**In short: No heat, no high.**

#### **Here's how to decarb:**

1. Preheat oven to 240°F.
2. Break up your flower into small pieces (not too fine).
3. Spread evenly on a baking sheet lined with parchment paper.
4. Bake for 30–40 minutes, gently shaking the tray halfway through.
5. Let it cool. Now your cannabis is active and ready for infusion.

*Pro tip: Your house will definitely smell like weed. Light a candle and maybe warn your roommates.*

## HOW TO MAKE CANNABUTTER (OR OIL)

This is your base. You can use butter, coconut oil, or olive oil depending on the recipe.

### Ingredients:

- 1 cup butter or oil
- 1 cup water
- 1/3 to 1/2 ounce of **decarbed** cannabis

### Instructions:

1. Combine all ingredients in a saucepan or slow cooker.
2. Simmer on low heat (160–180°F) for 2–3 hours.  
Stir occasionally.
3. Strain through cheesecloth into a container. Don't squeeze it—that can add bitterness.
4. Chill and store in the fridge.  
Now you've got an infusion that's ready to elevate anything from toast to pasta to brownies.

## DOSING: DON'T SCARE YOURSELF

Edibles hit differently, and they hit **harder and later**. Here's how to avoid a “whoa I can't feel my face” kind of night.

### Start low and go slow:

- For beginners, aim for **2.5–5mg of THC per serving**.
- Wait **2 full hours** before deciding to take more.
- Always label homemade edibles (for you and your unsuspecting roommates).

*Quick math tip: If your flower has 20% THC, one gram = 200mg THC. If you use 3.5g in your butter, that's 700mg total. Divide by your number of servings to estimate potency.*

## EASY STARTER RECIPES

- Infused popcorn with cannabutter drizzle
- Cannabis pesto over pasta
- Cannaoil roasted veggies
- Lazy brownies from a box mix

*Pro tip: Add your infusion after cooking when possible to preserve potency.*

## WHAT NOT TO DO

- Don't eat a second brownie just because the first didn't hit yet.
- Don't serve infused food without letting people know.
- Don't cook with raw weed (again—decarb or it does nothing).
- Don't forget to store edibles clearly labeled and out of reach of kids or pets.

## STAY SAFE & HAVE FUN

Cannabis in the kitchen can be a game changer—just treat it like any powerful ingredient: with respect, curiosity, and a little caution.

Have questions about dosage, strain choice, or infusions? Come talk to your KAC budtender. We've got you.



Kentucky Alternative Care  
2401-B Bardstown Road, Louisville, KY  
kyaltcare.com | (502) 888-8-KAC