



Cooking at Home with Cannabis on 4/20/2020

With Julie Dooley, Exec. Chef

Using ingredients most likely in your pantry today 😊

Infused Marinara Sauce:

- Ingredients:
 - one jar sauce (Local Colorado used in video)
 - CO2 syringe or other distillate with lab results for portions
 - Garlic, Onions, Basil, Oregano, Sage (for added flavor if necessary)
 - Olive Oil
 - Pasta or anything to pour this delicious sauce over
- Roast Garlic, carnalize onions as desired for adding to sauce
 - Recipe's available on-line
- Combine Olive Oil with Cannabis Input in small metal bowl
 - Heat slowly to combine using small spatula or spoon
- Add Olive Oil/cannabis combo to marinara sauce
 - Stir to combine and bring up to a normal low boil
- Portion out sauce with TBSP (= .5oz)
 - 26 oz of sauce per jar
 - 2 oz Olive Oil
 - Syringe used in demonstration:
 - Dragon Glue, 73.2% = 732mg THC
 - **1 TBSP = Approx. 13mg THC**

START LOW, GO SLOW
KEEP AWAY FROM KIDS AND PETS