



Stoned Coast Easy Cannabutter and Canna-oil

Cannabis Ingredients:

- Cannabis Concentrate

Non-Cannabis Ingredients:

- Butter, Coconut Oil, Vegetable Oil, etc.

Gadgets:

- Oven and Stovetop
- Baking Sheet Pan
- Parchment, silicone baking sheet or cup
- Small Spatula (silicone)
- Small or Medium-sized Sauce Pan
- Whisk
- Jar, Silicone Mold, etc.

Dosing Instructions (The Math):

Let's make some assumptions about a hypothetical example recipe:

1. 10mg doses of THC per serving.
2. Concentrate is 70% THC.
3. Recipe can be divided into servings with relative ease, like cookies or brownies.

How many milligrams of THC? 1 gram is 1000 milligrams, so 70% concentrate has 700mg of THC, or:

[1 gram weight of concentrate x 1000] x [70% -OR- .70] = **700 total milligrams of THC.**

How much butter or oil do we want?

- If that 700mg is what we want for the whole recipe, then use as much butter as is called for in the recipe.
- For a batch of 16 brownies, each with 10mg, we only need (16 x 10 = 160) **160mg** out of 700mg THC.
- Most recipes use tablespoons or cups of butter or oil.
- There are 16 tablespoons in a cup, and a normal stick of butter is 8 tablespoons.
- Many recipes call for 1/3 cup measurements of oil.
- Let's say we're using a box brownie mix that calls for 1/3 cup of oil.
- We find a number that works for 1/16 of a cup and 1/3 of a cup. 480mg/cup gets 160mg in 1/3 cup and 30mg in 1/16 cup (which is 1 tablespoon).
- We'll need to round down a little to get that 700mg into an even volume, which gets us **1 1/2 cups.**

Recipe/Decarbing Instructions:

1. Preheat oven to 220°F.
2. Get the concentrate into the baking cup or onto the mat/parchment. This can be tricky, depending on the form of the concentrate and the container it comes in. I love working with shatter, as it's fairly solid and you can usually just pop it out of its package onto or into the baking sheet/cup. If you've got a more saucy concentrate and it comes in a ceramic or glass puck (container), you can put that on the baking sheet in the oven for a few seconds at a time, and the concentrate should be easier to scrape out with a small silicone spatula before the container gets too hot to handle safely. As long as you can get it all cleanly out of the container and into/onto the cup/mat/parchment, that's all you need.
3. Put the concentrate in the oven, close to the middle, but you'll want to be able to check it easily, so wherever you have a good view is fine. Feel free to obsessively check it throughout the next step.
4. While the concentrate is in the oven, melt your butter or heat up your oil in a pot on the stovetop. You don't need it very hot, just warm enough to be able to incorporate the concentrate evenly. If it doesn't mix in evenly, your dosing will be variable and inaccurate.
5. Back to the concentrate in the oven. What you're looking for after 15 minutes or so is bubbles. The concentrate should lightly bubble. If you have a candy thermometer, you can check the temperature. The concentrate should hit 200° and stay there for 10 minutes or so. Again, overheating it will burn off the THC, but too little won't activate it. I find that about 30-40 minutes in the oven total does the job.
6. Once the concentrate is ready, you want to get it into the warm (but not hot) fat - be it butter or coconut oil or whatever you're using - as quickly as you can to make sure it doesn't cool and stick. Once it's in the fat, stir with a whisk until it's entirely incorporated. As long as the fat isn't too hot, you can do this for as long as you need to get it evenly mixed, so feel free to take your time here. If it's too hot, you risk losing THC, but you want it warm enough that you can keep stirring it evenly.
7. When you're satisfied that it's evenly distributed, you'll likely need to bring the butter or oil back to room temperature or even get it chilled, depending on when you're using it and what the recipe calls for. You can do this in any appropriate container. If you know you're using the whole amount and you won't need to re-measure it, I find that a mason jar or glass measuring cup (like Pyrex) works just fine. If you want smaller, pre-measured volumes, a silicone mold like you might use for making chocolates or ice cubes works really well. These molds also come in countless designs, if you were making this for gifts or to show off.