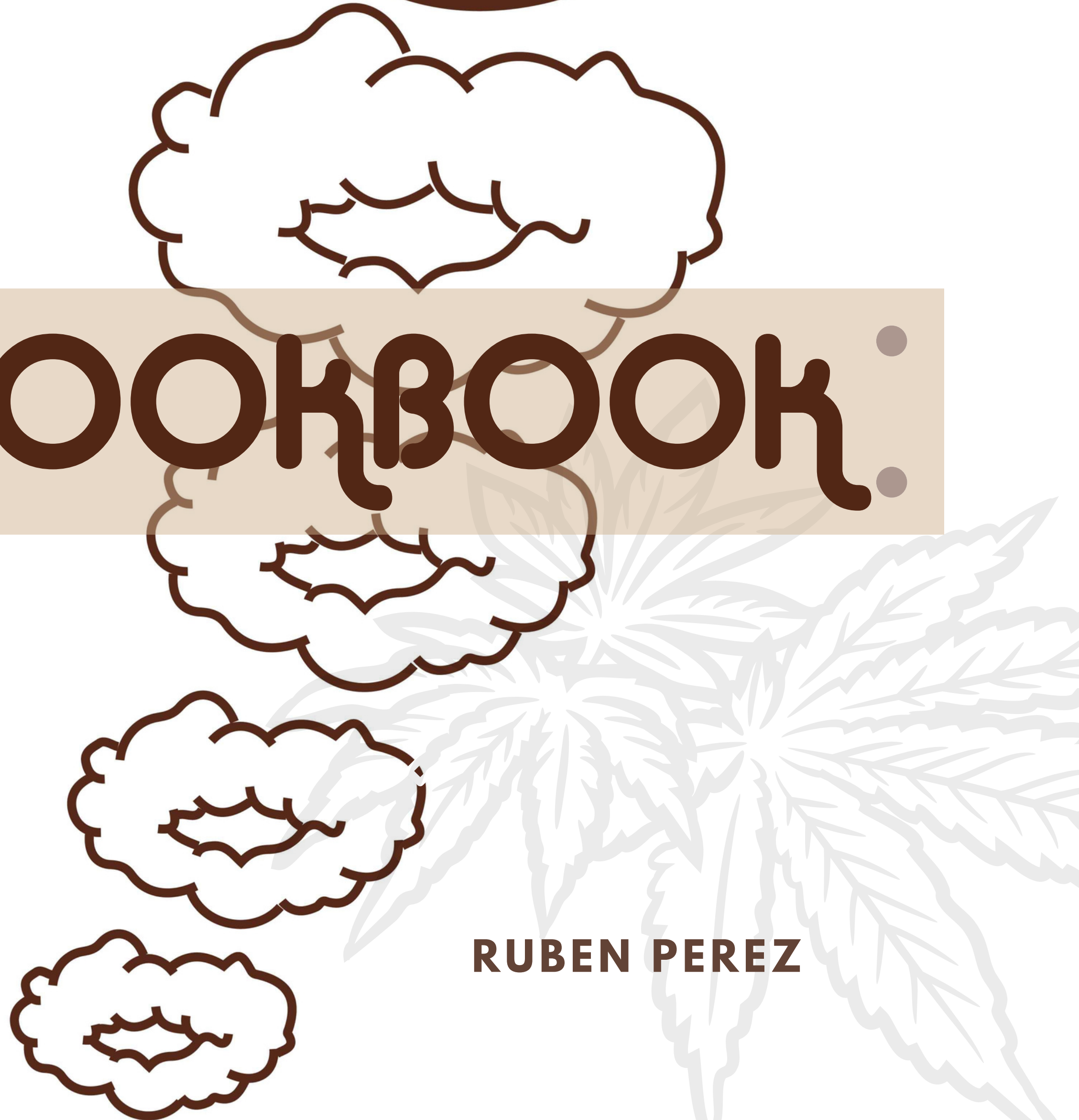


A series of four small, white, cloud-like shapes are arranged vertically on the left side of the page. On the right side, there are several large, light green, stylized leaves or fern fronds. The word "COOKBOOK:" is written in a large, bold, brown, sans-serif font, centered within a light brown rectangular box.

COOKBOOK:

RUBEN PEREZ



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CANNABIS-INFUSED FOOD FOR A BETTER QUALITY OF
LIFE

MEET THE MAN BEHIND OUR MARIJUANA FOOD BRAND

A portrait of Ruben Perez, a man with a beard and mustache, smiling. He is wearing a dark t-shirt. The background is a light, textured wall.

I'm Ruben Perez, and I love cannabis. I've always wanted to create something for the culture that fused my passion for cooking with my love and respect for marijuana. I hope you can enjoy my two loves into one easy to read cookbook!



Welcome

Loud Culture Cuisine was created with respect to cannabis culture and is for all walks of life that enjoy mother nature's medicine. As an advocate for cannabis, I've always wanted to create something for the culture that fused my passion for cooking with my love and respect for marijuana. I began creating recipes that are not only nourishing, healthy, and delicious but also infused with the medicine that helps with pain for a better quality of life.

At a time when more and more states around the country are legalizing the use of medical cannabis, it opened up markets for new products and ways to consume cannabis. I feel a lot of edibles out there in the market today are saturated with sugars, high fructose corn syrup, and other ingredients that have an adverse effect on health. Why not give the power back to the consumer? I want to give you all the fun, easy, and healthy meals you can make in the comfort of your own home. I will also give you the tools to be able to customize how much medicine goes into your food.

Please enjoy this infused honey-based 3 course meal. Join me in the movement of taking the power back from conventional medicine to something that you can not only taste, but that you can feel.

Thank you for visiting Loud Culture Cuisine.



Infused Cannabis Honey

Honey and marijuana? You don't need to try the same thing twice. This pairing creates an interesting sweetener for your meals that will give them a depth of flavor!

Distillate

You may have heard of distillate from your friends or local budtender. It is a specific type of oil that comes in a syringe most of the time due to its sticky honey-like consistency. It is made in a complex extraction process involving steam, vacuum pressure, and specific heating/boiling temperatures depending on cannabinoid. This isolates the extract from the plant. The distillation process leaves behind the plant matter and terpenes; making a flavorless, odorless oil.

Sunflower Lecithin

When infusing honey with distillate it is important all the contents bind together and avoid separation. We use the emulsification ingredient sunflower lecithin to ensure a properly dosed and stabilized product. The ratio that should be used is the equivalent of the amount of distillate used. So if you are using 1 gram of distillate in your honey you would also add 1 gram of sunflower lecithin.

Infused Cannabis Honey Dosing

The good thing about distillate is since it comes in a syringe is that it makes dosing a breeze. The dosage I used for these recipes makes each teaspoon of honey 5mg of THC.

To achieve this potency, I added .5g THC distillate into 2 cups of honey. Then I added 5mg of sunflower lectin to emulsify the honey. This keeps the honey and distillate binded and reduces separation.

When dosing, it's important to know the percentage of THC potency in the distillate you will be using. Distillate potency varies depending on the strain and extraction technique. They range from 85%-95% THC. If you are looking for more of an uplifting effect you may want to go with sativa strains for your distillate. For a more relaxing, sleepy effect go with Indica.

Whatever your preference is make sure your distillate is high quality and from the dispensary. These distillates are frequently tested for solvents and impurities therefore, you take home a safer, purer, and high medical quality product.

Infused Cannabis Honey Dosing

Honey Distillate Instructions

- Step 1: Set a glass jar of 16 oz honey (2 Cups) into a 4-quart pot. Fill with 2 quarts of water
- Step 2: Turn on heat to medium-high and stir honey until it loosens up and is easy to stir.
- Step 3: Add Sunflower Lecithin at the same ratio as desired distillate milligram potency. Mix contents well.
- Step 4: Stir in desired distillate amount and continue mixing until contents are well blended.
- Step 5: Allow the contents to cool down then store in a cool dry area.

Enjoy!

Distillate	Sunflower Lecithin	THC Potency	Honey	Infused Dose
.5 gram	.5 gram	90% THC	2 cups honey	5mg per teaspoon
1 gram	1 gram	90% THC	2 cups honey	10mg per teaspoon
1.5 grams	1.5 grams	90% THC	2 cups honey	15mg per teaspoon
2 grams	2 grams	90% THC	2 cups honey	20mg per teaspoon

Cannabis Infused

Honey Ricotta Peach Crostini with Crispy Pancetta

Ingredients

4 oz Pancetta

1/4 cup Basil

2 Peaches, large

1 tsp Cannabis

Infused Honey

1/4 cup Balsamic
glaze

2 tbsp Olive oil

16 Baguette, slices

1 cup Whole milk

ricotta

16 Baguette, slices

1 cup Whole milk
ricotta



Ready in **20 minutes**

Serves **8 people**

Calories: 176kcal

Carbohydrates: 21g

Protein: 5g

Fat: 7g

THC: 5mg

**1 Tsp of cannabis infused honey (See Step
3 for instructions when to properly add)**

Preparation

Step 1:

Lightly brush both sides of the bread with olive oil and set aside. Preheat grill to medium- high heat. Grill the bread for 1-2 minutes on each side until golden and crispy.

Step 2:

In a small skillet, cook the pancetta over medium heat for 3-4 minutes or until it begins to crisp. Flip the pancetta over and continue cooking until crispy. Transfer to a plate lined with a paper towel and allow to cool.

Step 3:

In a small bowl, whisk together the ricotta and the Cannabis Infused Honey. Spread 1 tablespoon ricotta mixture onto a baguette slice. Repeat with remaining slices of baguette slices.

Step 4:

Top each piece of bread with a few slices of peaches and divide the pancetta evenly among the crostini. Drizzle the crostini with the balsamic glaze and sprinkle with basil. Serve immediately.

Tips

*Ricotta mixture can be made up to 24 hours in advance and refrigerated in an airtight container.

*Bread can be grilled up to 6 hours in advance and stored at room temperature.

*Pancetta can be cooked up to 3 hours in advance and stored at room temperature.

*1 Tablespoon of Cannabis Infused Honey makes each piece 5 mg of THC.

Cannabis Infused

Honey Garlic Glazed Salmon

Ingredients

Salmon

- 4 (6 oz each) salmon filet
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika
(or regular paprika)
- 1/4 tsp blackening
seasoning (*optional*)



Ready in **20 minutes**

Serves **4 people**

Calories: 283kcal

Carbohydrates: 16g

Protein: 29g

Fat: 11g

THC: 5mg

1 Tsp of cannabis infused honey (See Step 5 for instructions when to properly add)

Sauce

- 3 Tbsp butter
- 2 tsp olive oil
- 6 cloves garlic *minced*
- 1/2 cup honey
- 3 Tbsp water
- 3 Tbsp soy sauce
- 1 Tbsp sriracha sauce
- 2 Tbsp lemon juice
- 1 Tbsp of cannabis
infused honey

Preparation

Step 1:

Pat salmon dry, then season with salt, pepper, paprika and blackening seasoning (if using).

Set aside. Adjust oven rack to middle position, then preheat broiler to HIGH,

Step 2:

Add butter and oil to a large, oven-safe skillet over MED-HIGH heat. Once butter is melted, stir in garlic, water, soy sauce, sriracha, un-medicated honey and lemon juice to skillet and cook for 30 seconds or so, until sauce is heated through

Step 3:

Add salmon, skin side down (if using salmon with skin), and cook for 3 minutes. While salmon cooks, baste frequently with sauce from the pan by spooning it over the top of the salmon.

Step 4:

Broil salmon for 5-6 minutes, basting with sauce once during the broil, until salmon is caramelized and cooked to desired doneness.

Step 5:

Take salmon out of pan and allow the sauce temperature to get below 260

degrees fahrenheit. Once there, add the Cannabis Infused Honey and mix in well

Step 6:

Put salmon back in the pan and reglaze then garnish with minced parsley if desired.

Tips

*If you'd prefer, season salmon as directed, then pan sear in the pan. Flip over and sear on the other side, then remove to a plate. Add sauce ingredients to pan and cook until warmed through. Add salmon back to pan and spoon sauce over the salmon.

*A couple of readers have reported having a watery sauce, which I've never personally encountered during all the testing for this recipe. If you feel the sauce is a bit watery, you could reduce the amount of water used, or simmer the sauce a bit before adding the salmon.

*In step 5 make sure the temperature of the sauce is at 260 degrees fahrenheit or below as to not kill off the Medicine (THC, CBD, Other Cannabinoids)

Cannabis Infused

Mango Honey Chia Seed Pudding

Ingredients

Chia Seed Pudding Layer

5 tbsp chia seeds

1 tsp Cannabis Infused

Honey

1 cup Cashew Milk

Mango Smoothie Layer

1 ripe mango

2 bananas

1 cup cashew milk

1 tsp Brazilian Acacia-

Angico Honey

(or any honey)

2 tbsp coconut chips

Topping

sliced mango

blueberries

mint



Ready in 10 minutes

Serves 4 people

Calories: 221kcal

Carbohydrates: 21g

Protein: 6g

Fat: 16g

THC: 5mg

1 Tsp of cannabis infused honey (See Step 1 for instructions when to properly add)

Preparation

Step 1:

In a small bowl or jar, mix all ingredients for chia seed pudding layer and set aside for 15-20min.

Step 2:

In a blender puree all ingredients for mango smoothie until nice and smooth.

Step 3:

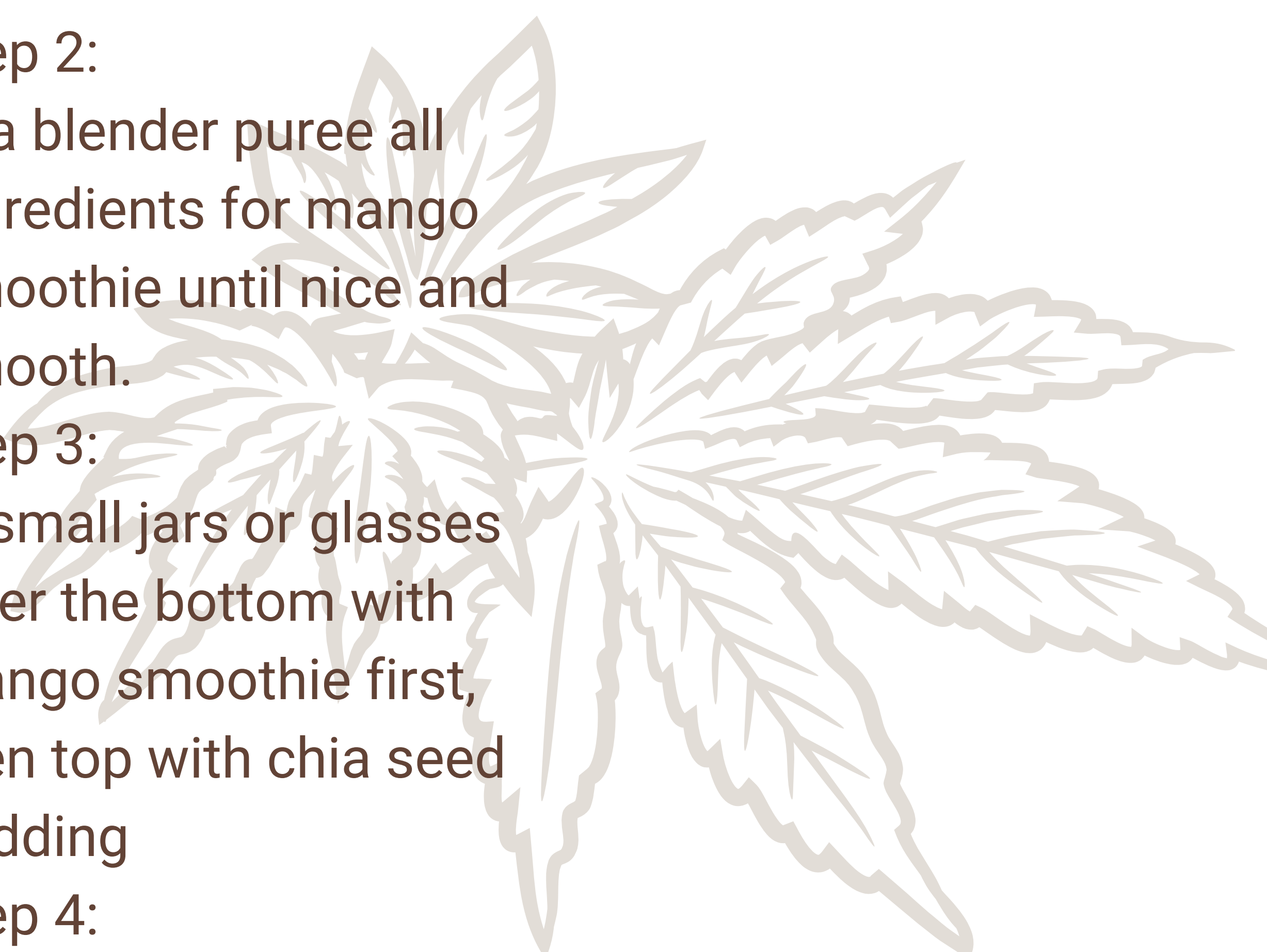
In small jars or glasses layer the bottom with mango smoothie first, then top with chia seed pudding

Step 4:

Decorate with additional diced mango, blueberries, and mint.

Tips

*Make sure to mix ingredients well for better texture and proper dosing of Cannabis Medicine.



**Thank you for
choosing Loud
Culture Cuisine!**

**Please enjoy this
medicated meal!**

**Don't forget to add me on Instagram
@loudculturecuisine**

**"Craving more culinary
inspiration? Scan the QR
code below and dive into a
world of delicious cooking
ideas!"**

