

Cooking with Cannabis Certification

Key Lesson Concepts:

- Learn the basics of cooking with cannabis, including infusion techniques and dosing
- Explore advanced culinary techniques for creating gourmet cannabis-infused dishes
- Understand the importance of sourcing quality ingredients and proper storage and handling

Get ready to embark on a culinary journey unlike any other with our Cooking with Cannabis Certification course. Throughout this program, you will learn the ins and outs of cooking with cannabis, from the basics of infusion and dosing to advanced techniques for creating gourmet cannabis-infused dishes. Whether you're looking to enhance your personal cooking skills or start a career in the rapidly growing cannabis industry, this course will provide you with the knowledge and hands-on experience you need to succeed.

Our expert instructors will guide you through everything you need to know about cooking with cannabis, including sourcing quality ingredients, understanding the effects of different strains, and proper storage and handling techniques. By the end of this course, you will be equipped with the skills and confidence to create delicious and potent cannabis-infused dishes that will impress your friends and family, as well as potential employers in the industry.

Understanding the Basics of Cannabis Cooking

Key Lesson Concepts:

- Learn about the components of cannabis
- Discover different cooking methods for infusing cannabis
- Understand the importance of dosage control and decarboxylation

In this lesson, we will explore the fundamentals of cannabis cooking and how to infuse this versatile plant into your culinary creations. Understanding the basics of cannabis cooking involves learning about the different components of the plant, the various cooking methods that can be used, and the importance of dosage control when cooking



with cannabis.

We will discuss the difference between THC and CBD, two of the most well-known compounds found in cannabis, and how they can impact the flavor and potency of your dishes. Additionally, we will cover the decarboxylation process, which is essential for activating the psychoactive properties of the plant. By the end of this lesson, you will have a solid foundation for experimenting with cannabis in your kitchen and creating delicious infused dishes.

BENEFITS OF COOKING WITH CANNABIS

Health Benefits of Cannabis-infused Foods

Key Lesson Concepts:

- Why cannabis-infused foods have become popular
- The potential health benefits of cannabis-infused foods
- The advantages of cooking with cannabis for dosage control and culinary experience

One of the main reasons why cannabis-infused foods have gained popularity is due to their potential health benefits. Cannabis contains cannabinoids, which are compounds known for their therapeutic properties. When infused in foods, these cannabinoids can provide relief for conditions such as chronic pain, inflammation, anxiety, and insomnia. Additionally, cannabis-infused foods can be a healthier alternative to smoking cannabis, as they eliminate the harmful effects of inhaling smoke.

Cannabis-infused foods offer a unique way to

consume cannabis while enjoying not only the potential health benefits but also the culinary experience. Cooking with cannabis allows you to control the dosage and tailor the effects to your specific needs. From savory dishes to sweet treats, there are endless possibilities for creating delicious cannabis-infused recipes. Whether you are looking to relax after a long day or manage a medical condition, cannabis-infused foods can be a versatile and enjoyable option.

Legal Aspects of Cooking with Cannabis

Key Lesson Concepts:

- Obtain necessary licenses and permits
- Understand the difference between THC and CBD
- Comply with labeling and packaging requirements
- Stay informed about federal regulations regarding cannabis

Understanding the legal aspects of cooking with cannabis is essential for anyone looking to enter the industry. As more states and countries legalize the use of cannabis for both medical and recreational purposes, it is important to know the laws and regulations that govern its use in cooking. From obtaining the necessary licenses and permits to complying with labeling and packaging requirements, there are a number of legal considerations to keep in mind when incorporating cannabis into your recipes.

One of the key legal considerations when cooking with cannabis is understanding the difference between THC and CBD, the two main cannabinoids found in the plant. THC is the psychoactive component responsible for the “high” feeling, while CBD is non-psychoactive and is often used for its medicinal properties. Depending on the legal framework in your area, certain restrictions may apply to the amount of THC allowed in edibles, making it crucial to accurately measure and label the dosages in your recipes.

Additionally, it is important to be aware of the federal regulations regarding cannabis, as it is still classified as a Schedule I drug in the United States. This means that while individual states

may have legalized cannabis for medical or recreational use, federal law still prohibits its possession, sale, and distribution. It is crucial to stay informed about any changes in legislation that may affect the legality of using cannabis in your cooking, and to always operate within the boundaries of the law.

COOKING TECHNIQUES AND TOOLS

Decarboxylation and Infusion Methods

Key Lesson Concepts:

- Decarboxylation activates THC in cannabis
- Infusion involves incorporating activated cannabis into fats or oils
- Methods of decarboxylation include baking cannabis in the oven
- Infusion methods include simmering cannabis in butter or oil
- Choose the right fat or oil for the infusion based on your recipe

In this lesson, we will explore the important processes of decarboxylation and infusion when cooking with cannabis. Decarboxylation is the process of heating cannabis to activate the THC, making it psychoactive when ingested. Infusion is the process of incorporating the activated cannabis into fats or oils, which can then be used in various recipes.

Decarboxylation can be achieved by baking ground cannabis in the oven at a low temperature for a specific amount of time. This step is crucial in order to maximize the potency of your cannabis-infused dishes. Infusion methods include simmering cannabis in butter or oil on the stove, or using a slow cooker to infuse over a longer period of time. Different fats and oils can be used depending on the recipe you are preparing.

Choosing the Right Strain for Cooking

Key Lesson Concepts:

- Choosing the right strain is crucial for achieving desired effects and flavors in infused dishes.
- Understanding the differences between indica, sativa, and hybrid strains can help in making informed decisions.



- Consider the desired outcome of your recipes when selecting a cannabis strain for cooking.

When it comes to cooking with cannabis, selecting the right strain is essential to achieving the desired effects and flavors in your dishes. The type of strain you choose will not only impact the taste of your infused creations but also influence the overall experience for those consuming them. Understanding the different characteristics of cannabis strains can help you make informed decisions when it comes to cooking with this versatile ingredient.

There are three main types of cannabis strains: indica, sativa, and hybrid. Indica strains are known for their relaxing and sedating effects, making them ideal for recipes intended for evening consumption or for promoting sleep. Sativa strains, on the other hand, are energizing and uplifting, perfect for dishes meant for daytime enjoyment. Hybrid strains combine the effects of both indica and sativa, offering a balanced experience that can be tailored to your specific cooking needs. Consider the desired outcome of your infused dishes when choosing the right strain for cooking.

Essential Cooking Equipment for Cannabis Recipes

Key Lesson Concepts:

- Invest in a good quality cannabis grinder for easy incorporation into recipes
- Use a double boiler to infuse oils or butter without overheating the cannabis
- Ensure accurate measurements with a kitchen scale
- Utilize an herb infuser for easy infusion of oils and butters

- Monitor oven temperature with a digital thermometer for proper decarboxylation
- Store infused oils and butters in airtight containers for freshness

When it comes to cooking with cannabis, having the right equipment can make a world of difference in the quality and effectiveness of your recipes. One essential piece of equipment is a good quality cannabis grinder. This will allow you to grind your cannabis into a fine powder, making it easier to incorporate into your dishes. Another important tool is a double boiler, which will help you infuse oils or butter without burning or overheating the cannabis. Additionally, investing in a good quality kitchen scale will ensure accurate measurements and dosages in your recipes.

Another essential piece of equipment for cooking with cannabis is an herb infuser. This handy gadget allows you to easily infuse oils, butters, and other liquids with cannabis, without the need for constant monitoring. A digital oven thermometer is also a must-have, as it will help you monitor and maintain the temperature of your oven, ensuring that your cannabis is decarboxylated properly before use. Lastly, having an airtight storage container for your infused oils and butters is crucial for maintaining potency and freshness.

RECIPES AND DOSAGE

Creating Infused Oils and Butter

Key Lesson Concepts:

- Decarboxylation is essential for activating the compounds in cannabis before infusing oils and butter.
- Infusion techniques include stovetop, slow cooker, and sous vide methods for properly infusing cannabis into oils and butter.
- Proper storage in a cool, dark place is crucial for maintaining the potency and flavor of infused oils and butter.

Today, we will be learning about the process of creating infused oils and butter for cooking with cannabis. Infusing oils and butter with cannabis is a popular method for incorporating cannabis into recipes and enjoying its effects in a delicious way. By infusing oils and butter with cannabis,

you can easily add THC or CBD to a variety of dishes, such as baked goods, sauces, salads, and more.

During this lesson, we will cover the different methods of infusing oils and butter with cannabis, including decarboxylation, infusion techniques, and proper storage. Decarboxylation is the process of heating cannabis to activate its compounds, such as THC and CBD, before infusing them into oils and butter. We will also discuss infusion techniques, such as using a stovetop, slow cooker, or sous vide method, to ensure proper infusion. Additionally, we will address the importance of storing infused oils and butter in a cool, dark place to maintain their potency and flavor.

Cooking Savory Dishes with Cannabis

Key Lesson Concepts:

- Methods of infusing cannabis into savory dishes
- Proper dosing techniques for controlled effects
- Tips for storing cannabis-infused ingredients
- Recipes for cannabis-infused sweet treats

In this lesson, students will learn how to incorporate cannabis into savory dishes in a safe and effective way. Cooking with cannabis can be a fun and rewarding experience, but it's important to understand the dos and don'ts to avoid any potential risks. By the end of this lesson, students will be equipped with the knowledge and skills to create delicious cannabis-infused meals that will impress their friends and family.

We will cover topics such as the different ways to infuse cannabis into savory dishes, including oils, butters, and tinctures. Students will also learn about proper dosing techniques to ensure they achieve the desired effects without overdoing it. Additionally, we will discuss how to properly store cannabis-infused ingredients to maintain potency and freshness. By the end of this lesson, students will feel confident in their ability to experiment with cannabis in the kitchen.

In this lesson, you will learn how to bake delicious sweet treats infused with cannabis. We will cover the basics of baking with cannabis, including dosage, decarboxylation, and infusion methods. You will also learn how to incorporate

cannabis into various sweet treat recipes, such as brownies, cookies, and cakes.

By the end of this lesson, you will have the knowledge and skills to create your own cannabis-infused sweet treats at home. You will also learn about the importance of proper storage and labeling of cannabis-infused edibles to ensure safe consumption. Get ready to impress your friends and family with your newfound baking skills!

Understanding Dosage and Potency

Key Lesson Concepts:

- Dosage refers to the amount of cannabis used in a recipe
- Potency refers to the strength of the cannabis
- Start with a low dosage and gradually increase to find the right balance
- Keep a journal to track the effects of different dosages

One of the most important aspects of cooking with cannabis is understanding dosage and potency. Dosage refers to the amount of cannabis used in a recipe, while potency refers to the strength of the cannabis. It is crucial to carefully measure the amount of cannabis used in your recipes to ensure that you achieve the desired effects.

When cooking with cannabis, it is important to remember that the effects can vary depending on a variety of factors, including the strain of cannabis used, the method of infusion, and individual tolerance levels. It is recommended to start with a low dosage and gradually increase as needed to avoid any unpleasant experiences. Keeping a journal to track the effects of different dosages can be helpful in finding the right balance for your needs.

Understanding dosage and potency is key to creating delicious and effective cannabis-infused dishes. By carefully measuring the amount of cannabis used and paying attention to the effects, you can ensure a safe and enjoyable cooking experience.

SAFETY AND LEGAL CONSIDERATIONS

Storage and Labeling of Cannabis-Infused Products

Key Lesson Concepts:

- Store cannabis-infused products in a cool, dark, and dry place to prevent degradation of cannabinoids
- Label products with important information such as dosage, expiration date, and potential allergens
- Avoid storing products in direct sunlight or near heat sources to maintain potency
- Use child-proof containers to prevent accidental ingestion
- Proper labeling helps with tracking inventory and regulatory compliance

Proper storage and labeling of cannabis-infused products are crucial components of ensuring their safety and potency. When it comes to storage, it is important to keep these products in a cool, dark, and dry place to prevent degradation of cannabinoids. Additionally, proper labeling is essential for consumer safety and regulatory compliance. Labels should include important information such as dosage, expiration date, and potential allergens.

When storing cannabis-infused products, it is important to keep them away from direct sunlight and heat sources, as exposure to these elements can degrade the cannabinoids and reduce the potency of the product. Additionally, storing them in child-proof containers is crucial to prevent accidental ingestion. Proper labeling not only ensures consumer safety, but it also helps with tracking inventory and complying with regulations set forth by governing bodies.

Laws and Regulations Around Cooking with Cannabis

Key Lesson Concepts:

- Understand the laws and regulations in your area regarding cooking with cannabis
- Be aware of limits on THC content, packaging requirements, and restrictions on sales
- Consult with legal experts or regulatory agencies to stay informed and compliant



Understanding the laws and regulations surrounding cooking with cannabis is crucial for anyone looking to incorporate this ingredient into their culinary creations. In many jurisdictions, cooking with cannabis is legal for medicinal or recreational purposes, but there are strict guidelines that must be followed to ensure compliance. It is important to be aware of the legalities in your area to avoid any potential legal issues.

In some areas, there are specific regulations regarding the purchase, possession, and consumption of cannabis-infused products. These regulations may include limits on the amount of THC (the psychoactive compound in cannabis) allowed in edibles, packaging requirements, and restrictions on where these products can be sold. It is essential to research and understand these regulations to ensure that you are in compliance with the law when cooking with cannabis.

Additionally, it is important to note that laws and regulations surrounding cannabis can vary widely from one jurisdiction to another. It is recommended to consult with legal experts or regulatory agencies to ensure that you are fully informed of the laws that apply to cooking with cannabis in your specific location. By staying informed and following the regulations, you can enjoy cooking with cannabis safely and legally.

Tips for Safe Consumption

Key Lesson Concepts:

- Start with a low dose and increase slowly
- Wait at least 2 hours before consuming more
- Store cannabis products securely and label

them correctly

- Be aware of legal regulations and consume responsibly

When it comes to cooking with cannabis, safety should always be your top priority. It's important to understand the proper dosage to prevent any unwanted effects. Start with a low dose and gradually increase until you find the right amount for you. Remember that edibles can take longer to kick in compared to smoking, so be patient and wait at least 2 hours before consuming more.

Additionally, it's crucial to store your cannabis-infused products in a secure and discreet location, especially if there are children or pets in your household. Always label your edibles clearly and keep them separate from regular treats to avoid any accidental ingestion. Lastly, be aware of the legal regulations in your area regarding cannabis consumption and always consume responsibly.

FINAL ASSESSMENT AND CERTIFICATION

Review and Assessment

Key Lesson Concepts:

- Review key concepts and techniques of cooking with cannabis
- Assess knowledge of how to infuse cannabis into dishes
- Understand dosing, safety precautions, and effects of different strains

In this lesson, we will review the key concepts and techniques covered in the "Cooking with Cannabis Certification" course. We will assess your knowledge and understanding of how to infuse cannabis into various dishes, the effects of different strains when used in cooking, and the importance of dosing and safety precautions when working with cannabis in the kitchen.

By the end of this lesson, you will have a comprehensive understanding of the fundamentals of cooking with cannabis, including how to properly decarboxylate cannabis, create cannabis-infused oils and butters, and calculate proper dosages for different recipes. You will also be able to identify the various ways in which cannabis can enhance the flavor profile of dishes and beverages, as well as the potential benefits of incorporating cannabis into your culinary

repertoire.

Receiving Your Cooking with Cannabis Certification

Key Lesson Concepts:

- Completing all modules and assessments
- Passing the final exam
- Receiving a digital certification via email

Now that you have completed all the necessary modules and assessments in the Cooking with Cannabis course, it is time to receive your official certification. This certification is a testament to your knowledge and skills in utilizing cannabis in cooking, whether it be for medicinal or recreational purposes. By earning this certification, you will gain credibility and recognition in the culinary world.

To receive your Cooking with Cannabis certification, you will need to successfully complete the final exam with a passing grade. This exam will test your understanding of the various cooking techniques, dosages, and safety measures involved when working with cannabis. Once you have passed the exam, your certification will be emailed to you in a digital format that you can easily print and display. You can proudly showcase your certification to potential employers or clients as proof of your expertise in this specialized area of cooking.

Further Reading and References

Key Lesson Concepts:

- Explore resources such as "The Cannabis Kitchen Cookbook" by Robyn Griggs Lawrence
- Utilize websites like Leafly and High Times for information on cannabis strains
- Experiment with various cannabis products, dosages, and cooking techniques to enhance your culinary creations

As you continue your journey in the world of Cooking with Cannabis Certification, it is crucial to expand your knowledge beyond the basic techniques and recipes covered in the course. Further reading and references can provide you with in-depth information on cannabis strains,

dosing, extraction methods, and the science behind cooking with cannabis. By delving into these resources, you will be better equipped to experiment with new recipes and create unique cannabis-infused dishes.

One excellent resource for aspiring cannabis chefs is “The Cannabis Kitchen Cookbook” by Robyn Griggs Lawrence. This book offers a comprehensive guide to cooking with cannabis, including tips on dosing, infusion methods, and delicious recipes for both sweet and savory dishes. Additionally, websites such as Leafly and High Times provide valuable information on different cannabis strains, their effects, and how they can enhance your culinary creations. Exploring these resources will help you understand the versatility of cannabis in cooking and how to incorporate it into your dishes effectively.

By immersing yourself in further reading and references on Cooking with Cannabis, you will gain a deeper understanding of this exciting culinary frontier. As you engage with these resources, be sure to experiment with different cannabis products, dosages, and cooking techniques to hone your skills and discover what works best for you. Remember, the more you educate yourself on cannabis cooking, the more creative and confident you will become in the kitchen.

Recommended Tools and Ingredients

Key Lesson Concepts:

- Quality cannabis flower or concentrate
- Infusion tools for optimal results
- Basic kitchen essentials for a smooth cooking experience

When it comes to cooking with cannabis, having the right tools and ingredients is essential for creating delicious and potent edibles. Before you start experimenting in the kitchen, make sure you have the following items on hand:

1. **Quality cannabis flower or concentrate:** The key ingredient in any cannabis-infused recipe is, of course, the cannabis itself. Make sure you have a reliable source for high-quality flower or concentrate to ensure a successful cooking experience.
2. **Infusion tools:** To properly infuse cannabis into oils, butters, or other ingredients, you will need tools such as a double boiler, slow cooker, or infusion machine. These tools will help you control the temperature and time during the infusion process for optimal results.
3. **Cooking essentials:** In addition to cannabis-specific tools, it's important to have basic kitchen essentials such as measuring cups, mixing bowls, pots and pans, and a reliable oven or stovetop. Having the right cooking equipment will make the process smoother and more enjoyable.





World University

This is to Certify
that following the completion
of an approved program of study

John Smith

has been awarded the following

**Cooking with Cannabis
Certification**

Given under the seal of
World University on the
25th day of May 2024



.....
President

.....
Dean