.

Chapter /

Chapter

Output

Description:

The Mediterranean

Chapter O4
Asia

Chapter 3
The Caribbean

Chapter
O
Holiday
Special

Chapter 6
Germany/Europe

Chapter T Introduction

# Chapter Toduction

_Introduction to cooking with cannabis	18
_Cannabis as an ingredient	21
_Hemp flour and hemp protein powder	99
_Infusing oils with cannabis	25
_Measurements	26
_Who can tolerate how much?	26

# Chapter ( )

# The Mediterranean

_Introduction to chapter	31
_Recipes - Bruschetta	33
_RECIPE 1_ Bruschetta with three	35

## toppings

RECIPE 2_ Pestos and gremolata with linnets and the pest ofthe seed	37
_RECIPE 3_ Antipasti with hemp seeds	41
_RECIPE 4_ Baked zucchini flowers stuffed with ricotta and hemp cream	<b>43</b>
_Hemp and its benefits in cooking	45
_Recipes - Pasta	47
_RECIPE 5_ Saltimbocca and cannabis infused gnocchi "a la Romana" - Roman style	49
_RECIPE 6_ Hemp gnocchi with hemp protein and hemp flour	53
_RECIPE 7_ Cannabis herb butter stuffed rabbit leg wrapped in bacon with honey-rosemary jus and stuffed baby peppers	55
_RECIPE 8_ Corn Poularde Supreme baked in cannabutter	59
_RECIPE 9_ "Arroz de Pato"with hash	<u>6</u> 1
_RECIPE 10_ Infused wild boar saddle in lardo coat	63
_Cooking with Cannabis in the Mediterranean	64
_Recipes - Fish and shellfish	66
_RECIPE 11_ Monkfish in Parma ham with cannabis foam on	69

### Chapter THC infused bay potato and olive bed 73 \_RECIPE 12\_ Infused prawn soup with sautéed scallop, hemp seed oil and crostini The Caribbean \_RECIPE 13\_ 77 Black spaghettini with shrimp and saffron foam \_RECIPE 14\_ 79 Monkfish sous weed, Introduction to Chapter 105 basil mint foam, roasted melon balls, tomatoes \_The history of cannabis 107 and arugula in the Caribbean 8<sub>1</sub> \_Recipes - Mango \_RECIPE 15\_ 109 Lemon Haze prawns with two kinds of cannabis \_RECIPE 24\_ III aioli Green Mango Salad with Hempseed Oil 83 \_RECIPE 16\_ 113 Mussel and hemp ragout \_RECIPE 25\_ stuffed mussel pasta in Pumpkin chili soup with its own white wine broth roasted hemp seeds and infused hemp seed oil 85 \_Regions of the Mediterranean and its 115 \_RECIPE 26\_ food cultures Hemp chimichurri 87 \_RECIPE 17\_ \_RECIPE 27\_ 117 **Hemp Panellets** Titiri Accra 89 \_RECIPE 28\_ 119 \_RECIPE 18\_ CBD infused tonka beans Bakes panna cotta \_RECIPE 29\_ 121 Banana kush infused \_RECIPE 19\_ 91 Infused crème caramel banana bread 93 123 \_Cooking with Cannabis \_RECIPE 20\_ in the Caribbean Pastel de Nata \_RECIPE 21\_ 95 \_Recipes - Brine 125 Fried hemp milk with blood orange and \_RECIPE 30\_ 127 pomegranate seeds Smoked Turkey \_RECIPE 22\_ \_RECIPE 31\_ 129 97 Torrijas tartlet with Caribbean Callaloo cannabis infused dulce 131 66 de leche and strawberry \_RECIPE 32\_ Crayfish in coconut rice \_RECIPE 23\_ 133

IOI

\_RECIPE 33\_

Cantuccini

Infused pecan bacon pie with bourbon whiskey and hemp seeds		_Asia's Cannabis food culture	159
_RECIPE 34_ Infused pumpkin pie	137	_RECIPE 41_ Fried red mullet fillet on glass noodles in CBD infused stock	161
_RECIPE 35_ "Banana Kush" flavored coconut rice pudding with THC infused mango and vanilla coulis	139	_RECIPE 42_ Fillet of red snapper on rice vermicelli with cannabis fish broth	163
_The island of the Dominican	141	_Cannabis Food Culture in Asia	165
_RECIPE 36_ Dominican coconut tartlets	143	_RECIPE 43_ Duck breast with infused honey chili glaze and rice noodles	167
Chapter		_RECIPE 44_ Thai chicken satay skewers with honey glaze and infused peanut sauce	16 <b>9</b>
		_RECIPE 45_ Vietnamese corn pudding "Che Bap" with roasted hemp seeds	171
Asia		_RECIPE 46_ Infused vietnamese mango cream	173
_Introduction to chapter	147	_Cannabis Food Culture in Asia	174
_Cannabis and umami	149	_Dashi varieties	176
_RECIPE 37_ Summer rolls with pork tenderloin and hemp	151	_RECIPE 47_ Dashi	179
seeds		_RECIPE 48_ <b>Tempura prawns with</b>	181
_RECIPE 38_ Lao carrot cucumber	153	infused edamame dip	
salad with hemp seeds and hemp seed oil		_RECIPE 49_ Japanese potato salad with wasabi cream and	183
_RECIPE 39_ Banana flower salad with	155	hemp seed oil	
hemp and shrimp	157	_RECIPE 50_ Two kinds of cannabis infused deep fried	185
Cannabis infused Tom Kha	107	Dumplings	

Gai

_RECIPE 51_ Venison cutlet teriyaki with gomasio vegetables	189	_Cannabis in the African region
		_RECIPE 60_
_Recipes- Teas and	191	Oriental couscous with
sweets	v	hemp seeds, nuts and
		fruits on baked beet,
_RECIPE 52_	193	salad bucet and orange
Infused coconut fruit nigiri	J	hemp oil dressing
		_RECIPE 61_
_RECIPE 53_	195	Piri-Piri pork with
CBD infused jasmine tea	J	mussels
panna cotta with white		
peach compote		_RECIPE 62_
		Lamb tajine with hash,
_RECIPE 54_	197	dates and moringa
Asian tea candy	<i>57</i>	
		_RECIPE 63_
		Infused Congolese
$\sim$ 1		Chicken Mayo
Chanton	_	•
Chapter		_Recipes - muamba nsusu
	1	_RECIPE 64_
		Infused Muamba Nsusu -
		Congolese chicken stew
		with peanuts
		•
		_RECIPE 65_
A C '		"Coffee Gold"
Africa		infused south african
		mango chicken with red
		curry
		-
		_RECIPE 66_

_Introduction to chapter	201
_RECIPE 55_ Apple tabbouleh with hemp seeds	203
_RECIPE 56_ Baba Ganoush with hemp seed oil and hemp seeds	205
_RECIPE 57_ Infused khaki chutney	207
_RECIPE 58_ Olive pan bread with hemp flour	209
_RECIPE 59_ Carrot turmeric soup with cannabis	211



Koki (bean bread)

\_Recipes - nuts

\_RECIPE 67\_

Chicken Muamba

I

3

33

Germany/Europe

_Introduction to chapter	239	_RECIPE 77_ Meigh Plaice fish with	265
_Recipes - asparagus	241	"Critical Mass" bacon foam and spring bed	
_RECIPE 68_ CBD infused strawberry asparagus raw salad with arugula, fresh hemp leaves, roasted hemp seeds and hemp oil dressing	243	_RECIPE 78_ Scallop with hemp protein served on vanilla Hokkaido and pea-mint bed	267
_RECIPE 69_ Egg in hemp seed crispy shell with roasted asparagus on arugula nest	245	_RECIPE 79_ Atlantic cod with saffron foam, infused potato pave and triple celery cream (beet, hemp, natural)	269
_RECIPE 70_ Salmon mildly flavored in cannabis smoke on asparagus sous-weed	247	_RECIPE 80_ Trout hemp muller _RECIPE 81_	273
_RECIPE 71_ Leaf salad with hemp oil based apple balsamic	248	May place and hemp rolls on a saffron sauce with seasonal vegetables	275
dressing and nibble hemp seeds		_History of cannabis in Germany	277
_RECIPE 72_ Cannabis (Special Queen 1) flavored fig balsamic hemp oil dressing	249	_RECIPE 82_ Hemp marinated and hemp smoked barbary duck breast	<b>2</b> 79
_German Cuisine	<b>25</b> 3	_RECIPE 83_ Chicken breast in hemp	281
_RECIPE 73_ Caramelized brussels sprouts with chestnuts	255	seed crust stuffed with wild mushrooms and herbs	
and hemp seeds		_RECIPE 84_ <b>"Doppelbock"</b>	283
_RECIPE 74_ Savoy cabbage with hemp seeds and tonka beans cream	257	May buck back "sous vide" in herbal hemp Tramezzini coat with bock beer sauce	
_German cuisine around the world	259	_RECIPE 85_ Roulade of potatoes with chanterelles and hemp	285
_RECIPE 75_ Atlantic cod with	261	_RECIPE 86_	287
infused orange hollandaise		Venison escalope with hemp breading and blackberries on celery	

RECIPE 87_ Bacon roasted hemp marinated pork tenderloin with cognac sauce, sautéed beets and truffled mousseline	289	Saffron and Chardonnay poached "Williams Christ" pear with infused, candied organic egg yolk and vanilla foam	
_RECIPE 88_ Cannabis marinated lamb steak shank sous weed (sous vide), bean and	291	_RECIPE 97_ Hemp seed cream with pear in 3 ways	321
<pre>bacon cream, hash browns, sauteed beans, and caramelized gomasio bacon chip</pre>		_RECIPE 98_ Baked apple with infused egg liqueur ice cream	323
_RECIPE 89_ Cannabis seasoned Duroc cutlet	295	_RECIPE 99_ Two kinds of hemp seed parfait	325
_Cooking with Cannabis	<b>2</b> 97	_RECIPE 100_ Apple tart with hemp	2
_RECIPE 90_ Saddle of lamb in herbs	299	seeds and cinnamon crème gruyere	327
and puff pastry		_RECIPE 101_ Black forest 2.0	329
_RECIPE 91_ Filet of organic Alpine beef in hemp-hay coat	301	_RECIPE 102_ Chocolate lava cake	331
_RECIPE 92_ Saddle of lamb in wild garlic hemp and tramezzini wrap - sous vide cooked	303	_RECIPE 103_ Infused raspberry coulis with Tasmanian mountain pepper	333
_RECIPE 93_ Stuffed quail with infused dried fruit filling	305	_RECIPE 104_ Hemp leaf mousse on CBD infused rhubarb sous vide	335
_Recipes - Potato	307	_RECIPE 105_ Strawberry-Cannabis cake	337
_RECIPE 94_ Wild boar liver with	309	_Recipes - Pumpkin	341
caramelized apple slices, roasted onions and potato and hemp mash		_RECIPE 106_ Pumpkin soup with caramelized infused bacon, prawn and hemp	343
_RECIPE 95_ Leg of lamb on a bed of hemp hay from the roman	311	oil _RECIPE 107_	345
pot		Pumpkin - Hemp Chutney	
_Recipes - Dessert	315	_RECIPE 108_ Pumpkin cake with hemp	347
_RECIPE 96_	317	flour and hemp seeds	

<u>:</u>

_RECIPE 109_ Elderflower n' hemp	349	Stollen	
flour wine dough baked with hemp seeds and salty caramel parfait		_Introduction to Valentines Day	369
_RECIPE 110_ Egg liqueur mousse on strawberry and hemp	351	_RECIPE 116_ Oysters in three variations	371
salad  _RECIPE 1111_ High protein apple walnut cake with hemp flour and hemp seed	353	_RECIPE 117_ Braised alpine ox cheek with infused potato and tonka bean gratin and seasonal vegetables	375
powder		_RECIPE 118_ Infused macaron duet	379
Chapter		_Introduction Chinese New Year	383
		_RECIPE 119_ Chinese pork tenderloin with infused seasoning glaze	385
Holiday		_RECIPE 120_ Infused cantonese radish cake (Lo Bak Go)	387
Holiday Special		_RECIPE 121_ Laughing hemp balls	389
		_Introduction to Easter	391
_Introduction to Christmas	357	_RECIPE 122_ Hemp hay soup, poached egg and rabbit skewer	393
_RECIPE 112_ Slices of Barbary duck breast with infused blood orange cardamom glaze	359	_RECIPE 123_ Infused rack of lamb with ginger-cannabis herb crust	395
_RECIPE 113_ Baked apple ice cream with infused maple panna cotta, gingerbread crumble, mulled wine	361	_RECIPE 124_ Skrei sous vide, hemp bisque, tomato orange ragout and tomato hemp jam	397
foam and pomme grenade  _RECIPE 114_	363	_RECIPE 125_ Eggnog panna cotta, filled chocolate easter	399
Trout cream with hemp seed oil		egg with infused apricot yolk on chocolate hemp seed soil	
_RECIPE 115_	365		