



Cooking with Cannabis

*A pocket recipe deck of infusions & dishes
from the online course with Shannon Donnelly*



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Concentrates

THE BUILDING BLOCK

Cannabis comes in three forms — flower, **concentrates**, and edibles. Concentrates isolate cannabinoids into a potent, precisely-measurable form, which is exactly what makes accurate infusing possible.

KNOW YOUR OPTIONS

- ◆ **CBD isolate** — 99%+ pure, flavorless powder. The base for every infusion in this deck.
- ◆ **Distillate** — highly refined oil, 80–95% cannabinoids; near-flavorless and potent.
- ◆ **Rosin** — solventless concentrate pressed with heat & pressure; full flavor.
- ◆ **Full-spectrum oil** — THC, CBD & terpenes together for the entourage effect.
- ◆ **Tincture** — alcohol- or oil-based liquid, dosed by the

NEXT

→ **Dosing 101**

Dosing 101

THE GOLDEN RULE

Start low, go slow. Edibles take 60–90 minutes to take effect — begin with one low serving and wait before having more. You can always take more; you can't take less.

DOSE & COOK WITH CARE

- ◆ **Use tested cannabis** — a lab result with a stated % or mg is the easiest way to predict potency.
- ◆ **% to mg** — 1 gram = 1000 mg, so 20% THC $\approx$ 200 mg per gram.
- ◆ **Do the math** — total mg in the batch $\div$ servings = mg per serving.
- ◆ **Suggested start** — 2.5 mg microdose · 5 mg low · 10 mg standard.
- ◆ **Protect potency** — keep infusions & cooking below 300°F so cannabinoids don't degrade.
- ◆ **Label & store** — note dose & date; keep sealed, cool, away from kids & pets.

→ **THEN COOK**
CBD Olive Oil

INFUSION · 01

CBD Olive oil



INGREDIENTS

1 cup olive oil
1000mg (1g) CBD isolate
≈ 62 mg per tbsp · 21 mg per tsp

EQUIPMENT

Medium saucepan · temp probe · scale · jar

METHOD

1. Combine olive oil and CBD isolate in a saucepan.
2. Heat on low — stay below 212°F, never boiling.
3. Stir ~10 min until the isolate fully dissolves.
4. Cool 5 min; transfer to a jar and store cool and dark.

Go low & slow — start with one serving, then wait 60–90 minutes before more.

→ **FLIP FOR**
Garlic Aioli

SAVORY · RECIPE

Garlic Aioli



INGREDIENTS

2 garlic cloves · 1 tsp lemon juice · 1 egg + 1 yolk · **¼ cup CBD olive oil (300mg)** · ¼ cup extra-virgin olive oil · ¼ cup mild oil · salt & pepper

METHOD

1. Blend garlic, lemon juice, and salt; rest 5 min.
2. Add egg and yolk; blend until frothy.
3. Combine oils; drizzle in slowly while blending to emulsify.
4. Season to taste; keeps 3 days refrigerated.

Go low & slow — start with one serving, then wait 60–90 minutes before more.

← MADE WITH
CBD Olive Oil

~¾ cup
dose per serving

INFUSION · 02

CBD Butter



INGREDIENTS

3 tbsp unsalted butter
300mg (0.3g) CBD isolate
≈ 100 mg per tbsp · 33 mg
per tsp

EQUIPMENT

Heavy saucepan · heatproof
bowl · whisk · container

METHOD

1. Boil 1 in. water in a saucepan; rest a bowl on top for a double boiler.
2. Gently melt the butter — never let it boil.
3. Add CBD isolate; stir ~10 min until fully dissolved.
4. Infuse 5 more min, then refrigerate in an airtight container until firm.

Go low & slow — start with one serving, then wait 60–90 minutes before more.

FLIP FOR

→ **Chocolate Chip Cookies**

COOKING WITH CANNABIS · MSU DENVER

SWEET · RECIPE

Chocolate Chip Cookies



INGREDIENTS

1 cup CBD butter · $1\frac{3}{4}$ c white + $2\frac{1}{4}$ c brown sugar · 3 c flour · 2 eggs · 1 tbsp vanilla · 1 tsp baking soda & powder · $\frac{1}{2}$ tsp salt · 1 lb chocolate chips · **360mg CBD isolate**

METHOD

1. Melt the CBD butter, stir in CBD isolate until dissolved; cool.
2. Cream butter with both sugars; beat in eggs and vanilla.
3. Whisk dry ingredients; fold in with the chocolate chips.
4. Scoop onto lined sheets; bake at 350°F for 10–12 min.

Go low & slow — start with one serving, then wait 60–90 minutes before more

← MADE WITH
CBD Butter

~30 cookies
≈12mg CBD each

INFUSION · 03

THC Simple Syrup



INGREDIENTS

2 cups sugar · 1 cup water
1600 mg THC distillate
≈ 3 cups syrup · ≈ 11 mg
THC per tsp

EQUIPMENT

Medium saucepan · spoon ·
measuring cups · airtight
container

METHOD

1. Combine sugar and water in a saucepan; stir to integrate.
2. Heat on medium, stirring until the sugar dissolves — do not boil.
3. Once near simmering, reduce heat to low and add the THC distillate; stir to distribute evenly.
4. Cool slightly, transfer to an airtight container, and refrigerate.

→ **FLIP FOR**
Dirty Jane Mocktail

MOCKTAIL · RECIPE

Dirty Jane



YIELD

1 mocktail

DOSE

5 mg THC

GLASS

Highball

Ice · 4 oz lemon-lime soda · **1 tsp THC simple syrup (5 mg THC)** ·
½ oz cherry syrup or grenadine · 1 oz coconut cream, well shaken ·
1 cherry

METHOD

1. Fill a highball glass with ice.
2. Add the cherry syrup and THC simple syrup.
3. Top with lemon-lime soda; stir once or twice.
4. Gently float coconut cream on top; finish with a cherry.

Sublingual tip — sipped slowly, some THC absorbs under the tongue for a faster onset (≈15–45 min) than a digested edible. Hold each sip a moment before swallowing.

← MADE WITH
THC Simple Syrup

1 mocktail
5 mg THC

INFUSION · 04

CBD Hemp oil



INGREDIENTS

1 cup hemp oil
1600mg (1.6g) CBD isolate
≈ 100 mg per tbsp · 33 mg
per tsp

EQUIPMENT

Medium saucepan · temp
probe · scale · jar

METHOD

1. Place CBD isolate and hemp oil in a saucepan.
2. Heat on low; keep below 212°F (100°C), no boiling.
3. Stir occasionally ~10 min until dissolved.
4. Cool 5 min; jar and store cool and dark. Yields ~1600mg/cup.

Go low & slow — start with one serving, then wait 60–90 minutes before more.

→ **FLIP FOR**
Cauliflower Tacos

COOKING WITH CANNABIS · MSU DENVER

SAVORY • RECIPE

Cauliflower Tacos



INGREDIENTS

1 cauliflower • $\frac{3}{4}$ c beer • $\frac{1}{4}$ c broth • lime • soy & hot sauce • 2 garlic cloves • chili, paprika, cumin • **1 tbsp CBD olive oil (120mg)** • 6 tortillas • avocado

METHOD

1. Warm beer, broth, lime, soy, hot sauce & garlic; simmer cauliflower 2 min, drain.
2. Toss with spices and CBD olive oil.
3. Roast at 400°F for 20 min, stirring halfway.
4. Build tacos with slaw, avocado & roasted cauliflower.

Go low & slow — start with one serving, then wait 60–90 minutes before more.

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