

FLUFFY MEDICATED BLUEBERRY MINI-CAKES

I know what you're thinking—really Mennlay, weed in pancakes? Yes and let me tell you why. These fluffy, buttery, and maybe a little too rich pancakes will be a weekend game changer. These are not everyday pancakes so save it for a special Saturday homemade brunch with your best friends. Or maybe a sleepy Saturday treat after a long week of work. Just try them and you'll see what I'm talking about. I made a blueberry sauce with the leftover blueberries, but feel free to keep it old school with maple syrup or agave nectar.

Time: 30 minutes 🌿 **Potency per serving:** 2.5 mg per pancake 🌿 **Yield:** 12 pancakes

WHAT YOU'LL NEED

2 cups flour

1½ teaspoons baking powder

¼ teaspoon baking soda

¼ cup sugar

1 teaspoon salt

1 teaspoon butter, plus more for greasing

2 teaspoons cannabutter or cannabis-infused canola oil

4 eggs

2 cups cream or yogurt

2 cups fresh blueberries

WHAT TO DO

1. In a medium bowl, mix together the flour, baking powder, baking soda, sugar, and salt.

2. In a small saucepan, melt 1 teaspoon of plain butter plus the cannabutter or cannabis-infused canola oil over low heat just until they become a liquid, not letting them boil.

3. Add the melted butter to the dry ingredients. Gently mix with a spatula.

4. Add the eggs and cream or yogurt, and beat gently until the mixture is free of clumps. The batter should be wet, but not too watery.

5. Add half of the blueberries and gently mix, being sure to not crush them.

6. Place a large skillet over medium heat and grease with a generous amount of butter so the pancakes cook without sticking.

7. Using an ice cream scoop or measuring cup with a spout, pour out your disks of pancakes. They should be 2 to 3 inches in diameter.

8. Cook until you see small bubbles/holes, about 2 minutes, then flip. Cook for another 2 minutes. Continue until batter is done.

9. To make the blueberry sauce, mix the remaining blueberries with water and heat in a saucepan until a sauce thickens, about 5 minutes. Serve hot.



WEST AFRICAN FRIED CHICKEN

Fried chicken is more of an American staple than it is African. Turns out most Southern staples are a mix of African, Indigenous, and European cuisines, which makes total sense when we think about the history of the United States and its foundations. But growing up in a West African household in the 1980s meant that on occasion, my mother would treat us to “American” cuisine. Mostly, we ate traditional West African dishes like cassava leaf and rice, jollof rice, fufu, and soup. So when my sweet mother treated us girls to fried chicken, she put her take on it—spicy and savory, with a hint of sweet, and lots of crunchiness. I’m super excited to share with you my take on my mama’s West African fried chicken recipe, with a hint of cannabis of course. You can substitute cayenne chili powder for the chopped peppers if you don’t have any on hand. This recipe is a low dose, meant for you to enjoy more than one piece without getting too blazed. You’re welcome.

Time: 50 minutes, plus time to marinate 🌿 ***Potency per piece:*** 3.75 mg 🌿 ***Yield:*** 8 pieces

WHAT YOU'LL NEED

3 pounds (8 mixed pieces) chicken
2 teaspoons cannabis-infused grapeseed oil
2 teaspoons salt
2 teaspoons black pepper
2 large cloves garlic, finely chopped
1 to 2 tablespoons chopped serrano or jalapeño peppers

WHAT TO DO

1. Clean the chicken and pat dry, then place it in a large bowl. Add the cannabis-infused grapeseed oil into the bowl. Stir with a wooden spoon or wooden spatula to make sure the oil coats the chicken evenly. This will ensure the most accurate dose per piece.
2. Add salt, black pepper, garlic, hot peppers, and honey, continuing to stir until the chicken is coated evenly.
3. Place chicken in the refrigerator for at least 10 minutes to overnight.
4. In a medium bowl, whisk the egg and milk together. In a separate bowl, sift the flour and cornmeal together.
5. Remove the marinated chicken from refrigerator.
6. In a deep frying pan, add about 1 inch of vegetable oil. Turn the burner up to medium-high


1 teaspoon honey
1 egg
½ cup milk
2 cups flour
1 tablespoon cornmeal (grits or polenta)
vegetable oil, for frying

heat. Allow the oil to heat up for 1 or 2 minutes. To test the heat, sprinkle a tiny grain of your flour mixture. If it pops up to surface, it's ready for your chicken.

7. Dip each piece of chicken into the whisked egg and milk mixture, then into the flour. Gently pat the flour onto the chicken so that it sticks and coats each piece. Gently place the chicken pieces into the frying pan. Make sure to leave a little space in between each piece to keep them from sticking together while frying.
8. With tongs or a large metal spoon, turn each piece every 5 minutes for about 20 minutes total, until the pieces are perfectly brown. If it seems like the chicken is cooking too fast or spattering too much oil, turn the burner down to medium.
9. Once cooked, place the chicken onto a couple sheets of wax paper or paper towels. Let rest for a couple minutes and then serve!

NUTTY POT BROWNIE BARS

Oh, the pot brownie. To many this is the most recognized, most classic edible. Can I tell you a little secret though? I'm not a huge chocolate fan. I know, I know! The truth is I just don't crave chocolate. What do I crave? Gummy bears. Before you write me off as an indecent human being, hear this—what I do like in a chocolate bar or brownie is a little crunch. And I loveeeeeee chocolate when it's mixed with nuts or just about anything creamy. The cannabis-infused fat goes right into your favorite store-bought box of brownie mix, or you can mix it from scratch. With a nod to the original “Hashish Fudge” from Alice B. Toklas, this recipe calls for cashews to complement the earthy moisture from the weed butter, giving it a soft crunch.

Time: 45 minutes  **Potency per serving:** 4.8 mg  **Yield:** 12 servings

WHAT YOU'LL NEED

1 (18-ounce) box brownie mix
3 eggs
2 cups milk
2 heaping tablespoons sour cream

4 teaspoons cannabutter
½ cup cocoa nibs or a handful of chocolate chips, optional
½ cup cashews or nuts of choice, optional

WHAT TO DO

1. Preheat the oven to 350°F.
2. Take the ingredients out of the box and start by adding the dry ingredients together in one mixing bowl.
3. In another bowl, add the eggs, milk, sour cream, and cannabutter. Slowly add in the dry ingredients.
4. If using nuts, pulse in a blender or food processor for 2 seconds and sprinkle into the brownie mix. Gently fold in the nuts and cocoa nibs or chocolate chips, if using.
5. Butter a 9 x 9-inch square baking pan, then fill until about ¾ full. If using a shallow baking sheet, fill to the top. If you have leftover batter, fill little muffin cups for personal midnight snacks.
6. Place the brownies onto the oven's middle rack and bake for 30 to 35 minutes. Test doneness by inserting a toothpick and checking to see if it comes out clean. Store at room temperature for up to 2 days. They can be refrigerated for 1 week or frozen for 1 month.