

## Infused Butters & Oils

Cannabis infused butters and oils are the most versatile infusions that you'll make. Since they're so useful in making edibles, you'll find yourself reaching for them over and over again. Having a couple of these infusions in your pantry at any given time will allow you make a wide variety of recipes.

The recipe below can be used for butter, coconut oil and your favourite cooking oils like olive and avocado.

While there are always a few different ways to make infusions, this recipe doesn't require any fancy equipment. You should have most of the items needed to get started and if you don't, they will require a minimal investment.

If you like this method of infusion, feel free to share with friends and family!

### **Let's get started!**

#### **What You'll Need**

- glass jar with lid
- stockpot
- tea towel
- silicone oven mitt or tongs
- fine mesh strainer
- measuring cup or glass container
- butter or oil of your choice
- decarboxylated dried cannabis flower

## **Instructions**

- Put your butter or oil into the glass jar, along with the cannabis material and stir to combine. Close the jar with the lid.
- Stand the jar up in the stockpot and fill the pot with water until the water is level with the neck of the jar.
- Place the stockpot with the jar in it on high heat on your stove and bring the water to a low boil. Leave the pot uncovered.
- Let the water continue to boil for 2 hours.
- Check the water level periodically and add more water as needed to keep the liquid level with the neck of the jar.
- “Burp” the jar by unsealing the lid after the first hour to release any pressure build up.
- After 2 hours is up, lay a tea towel down on the a heat proof surface and remove the jar from the stock pot with the silicone oven mitts or tongs.
- Let it cool enough to handle but still liquid.
- Line a fine mesh strainer with cheesecloth (if the strainer is very fine you can probably skip the cheesecloth) and pour the butter or oil through the strainer and into another container such as a measuring cup or glass container.
- Squeeze the material in the strainer well to extract as much fat as you can.
- Compost or toss the remaining plant material.
- Be sure to label and date your infusion.

Infused butter will keep for one month and infused oils will keep for 3 months. They can also be frozen, and it’s worth putting them in smaller single use containers or ice cube trays so you only need to defrost what you need instead of a whole batch. Frozen, your infusions will keep up to 6 months.

## **Notes**