

Infused Cream & Milks

Cannabis creams and milks will take your culinary adventures to another level and have a variety of uses. When choosing a cream, be sure to use the best full fat cream that you can find and go organic whenever possible. This means you're looking for a container labelled heavy or whipping cream which usually comes in around 35% milk fat. The high amount of fat is needed for your cannabis infusion.

The recipe below can also be used for non-dairy milks for your vegan or vegetarian dishes. Coconut milk is a great option because of its high fat content. If you're looking at almond, hemp, soy or other non-dairy milks, make sure the fat content is *at least 4%* per serving or you'll be disappointed with the results and you're just wasting your cannabis.

This recipe doesn't require any fancy equipment beyond a double broiler, which you can rig up yourself if you don't have one.

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

Let's get started!

What You'll Need

- double broiler
- fine mesh strainer
- measuring cup or glass container
- cream or non-dairy milk of your choice
- decarboxylated dried cannabis flower

Instructions

- Get your double broiler ready on the stove and bring the water in the bottom pot to a simmer.
- Pour your cream or non-dairy milk in the top of the double broiler and add your cannabis. Stir to combine.
- Cook for 30 minutes, stirring occasionally.
- Remove from the heat and let it cool enough to handle.
- Line a fine mesh strainer with cheesecloth (if the strainer is very fine you can probably skip the cheesecloth) and pour the cream or milk 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 of the cream/milk as you can.
- Compost or toss the remaining plant material.
- Label and date your infusion.

These infusions should be used right away or within 4 days, stored in the refrigerator. As such, it's always a good idea to know how you want to use these infusions before you go to the trouble of making them so that they don't go bad on you!

Notes