

# Fan Leaf Infusion

Don't throw away or compost those fan leaves from your cannabis plants, you can use them to make a potent cooking oil. You may be surprised to learn that there are enough cannabinoids in the leaves to use them in an infusion and that leaves from male plants will work as well. This recipe was shared by Breeder Steve who has years of experience, growing, cooking and smoking cannabis.

## **What You'll Need**

- stockpot
- tea towel
- silicone oven mitt or tongs
- fine mesh strainer
- cooking oil of your choice
- decarboxylated dried fan leaves

## **Instructions**

- First dry your fan leaves in the oven first - the decor helps to prevent splattering while cooking. Try decarbing at 270 degrees F for 30 minutes.
- Take 1/3 of your total fan leaves and cover them with the cooking oil of your choice in a pot. Simmer on low for 20-30 minutes. The colour will go from gold to bright green.
- Remove from heat, strain and press to extract as much oil as possible.
- Return the infused cooking oil to your pot, add the next 1/3 of fan leaves and add more oil to cover. Simmer again for 20-30 minutes, then strain and press again. Colour will go from bright green to dark green.
- Once again, return the infused oil to the cooking pot. Add your last 1/3 of fan leaves and top off with more oil to cover the leaves. Simmer for another 20-30 minutes and then strain and press. The final result will be almost black in colour.
- Pour the oil into a clean glass jar and refrigerate for up to 2 years, depending on the shelf life of the chosen cooking oil.

## **Notes**