



The Cannabis Infusion Pantry

Reference Card • Bite Me Podcast with Margaret



The Pantry Approach: Make your infusions once, store them like any other ingredient, and swap them into any recipe whenever you want. No starting from scratch. No guessing on dose. Just a smarter, infused kitchen.

ALWAYS DECARBOXYLATE FIRST

Bake ground cannabis in oven at ~240°F (115°C) for 30–40 min before any infusion. This converts THCa → THC — the compound that actually works when eaten. **Skip this step and your infusion won't do much.**

THE FIVE STAPLES

STAPLE	HOW TO MAKE	STORAGE	BEST USES
■ Cannabutter	Decarb → infuse in unsalted butter 20 min–2 hrs → strain through cheesecloth	Fridge: 3–4 wks Freezer: 6 months (use ice cube trays!)	Toast, cookies, pasta, mashed potatoes, sauces, scrambled eggs, popcorn
■ Cannabis Coconut Oil	Same as butter. Choose refined (neutral flavour) or virgin (tropical taste)	Pantry: 2 months Fridge: longer Freezer: longest	Sautéing, baking, smoothies, popcorn, salad dressings. Also great in topicals!
■ Cannabis Tincture	Decarb → combine with high-proof alcohol (Everclear) in mason jar → freeze method: shake 2 min, strain immediately	Dark glass dropper bottle, cool dark place. Lasts months.	Coffee, cocktails, mocktails, sauces, gummies, hard candies, salad dressings. No added fat or texture.
■ Infused Honey or Maple Syrup	Warm infused coconut or olive oil → blend into honey/syrup. (Can also add decarbed cannabis or kief directly to honey.)	Room temp: months Honey is naturally antimicrobial & shelf stable.	Tea, toast, oatmeal, charcuterie, marinades, salad dressings, yogurt. Also a beautiful gift!
■ Cannabis Salt (Finishing Salt)	Combine tincture with coarse salt → mix well → dry at room temp 24–48 hrs, or 175°F oven, or dehydrator	Airtight jar away from moisture. Almost indefinite shelf life.	Scrambled eggs, steak, cocktail rim, avocado, chocolate chip cookies. Use as a light finishing pinch.

DOSING MATH

Example: 1g cannabis @ 18% THC = ~180mg total THC
(Some potency is lost during decarb and infusion.)

Partial swap: Replace only a portion of the fat called for in a recipe. E.g., recipe needs ½ cup butter → use ■ as cannabutter for a lighter dose.

■ **Always label your infusions with: ingredient, date, estimated potency, and a clear cannabis indicator.**

■ **Start low, go slow. You can always eat more — you can't un-eat what you've had.**

QUICK TIPS

- **20 minutes** of infusion extracts most cannabinoids. Longer doesn't mean much stronger.
- Cannabutter can **go rancid** faster than other infusions — use within 3–4 weeks or freeze.
- **Tincture** taken sublingually (under tongue) hits faster than food — know your dose.
- **Olive oil** makes a great 6th staple — especially for savory dishes and topicals.
- **Start with cannabutter** if you're new. Get comfortable, then build the full pantry.
- Infused honey and cannabis salt make **excellent gifts** — just label clearly!
- These staples **work together** — tincture is used to make cannabis salt, oil makes infused honey.