

FEATURE

# A Cool Buzz and Some Tasty Bread

Two cannabis-infused recipes to help you sink into fall.

BY SEBASTIAN CAROSI

Everyone remembers *Fast Times at Ridgemont High* and, in particular, super-slacker and perpetual stoner Jeff Spicoli. Spicoli lived for skipping school, surfing tasty waves and catching a cool buzz. But what no one knew was the love Spicoli had for his mom and her old-school banana bread.

This American classic is perfectly sweet, super moist and full of complex banana flavor—and a good dose of weed. It's the best way to use overripe bananas A healthy source of potassium, iron, magnesium, niacin, riboflavin, vitamins B6



## JEFF SPICOLI'S MOM'S BANANA BREAD

**PREP TIME:** 30 minutes  
**COOK TIME:** 55 minutes  
**YIELDS:** 2 loaves  
**TOTAL THC/CBD:** Variable

### EQUIPMENT NEEDED

Electric mixer  
2 loaf pans  
Large mixing bowl  
Whisk  
Chef's knife  
Cutting board

### INGREDIENTS

1 cup chopped walnuts  
1 cup sour cream  
½ cup salted creamery butter  
½ cup cannabis butter (made in the MB2E MagicalButter Machine)  
¾ cup pure cane sugar  
¼ cup cannabis sugar (made in the MB2E MagicalButter Machine)  
4 pasture-raised farm eggs, beaten  
2 cups mashed banana pulp  
1 teaspoon cannabis infused pure vanilla

and C, fiber and energy, the banana is a nutritional powerhouse, minus the fats and cholesterol. Bananas have also been found to contain limonene and eugenol, two powerful, antioxidant-rich terpenes found in other plants, including cannabis.

With legalization, the stigma surrounding cannabis is fading away, and more and more people can finally use those overripe bananas to make cannabis banana bread. Whether you're "learnin' about Cuba and havin' some food" or just hangin' with your mom, enjoy this moist, terpene-fortified recipe.

extract (made in the MB2E MagicalButter Machine)  
3 cups all-purpose flour  
2 teaspoons baking soda  
2 teaspoons kosher salt  
A hefty pinch each of cinnamon, allspice, nutmeg and ground clove  
1 tablespoon fresh grated ginger  
2 drops True Terpenes Eugenol

### DIRECTIONS

Preheat the oven to 350 degrees. Grease and flour the loaf pans, cream the butters and the sugars. Add the eggs, banana pulp, sour cream, vanilla, grated ginger, terpenes and the chopped nuts. In a large bowl, mix the flour, salt, dry spices and the baking soda. Add the creamed banana mixture to the bowl of dry ingredients. Gently fold the wet and dry ingredients together, being careful not to overmix. Pour the mixture into the loaf pans. Bake at 350 degrees for 55 minutes on the middle rack. Test doneness with a toothpick inserted into the center. It'll come out clean when done. Let cool for 15 minutes. Enjoy while still warm with maple creamery butter or cannabis butter.

CHEF SEBASTIAN CAROSI



# Ride the Donkey

A cannabis-infused cocktail with speakeasy origins.

Several years ago, I owned and operated a restaurant and craft cocktail bar in downtown Vancouver, Wash. It was a raucous joint with a secret—that Chef Carosi offered a cannabis cocktail and edibles menu after-hours, speakeasy style, three years before legalization.

## THE 'COUVE DONKEY

**PREP TIME:** 8 minutes  
**YIELDS:** 1 cocktail  
**TOTAL THC/CBD:** Variable

### EQUIPMENT NEEDED

16-ounce Mason jar or glass  
Bar stir spoon

### INGREDIENTS

2 ounces cannabis-infused bourbon, whiskey or rye (made in the MB2E MagicalButter Machine)  
2 ounces ginger and madrone syrup (recipe below)  
2 ounces fresh squeezed lime juice  
2-3 dashes orange bitters  
Good-quality ginger ale

### DIRECTIONS

Fill a 16-ounce Mason jar or glass ¾ full of ice. Add all the above ingredients except the ginger ale. Stir well. Top off with ginger ale. Stir again. Garnish with a long stem of cannabis or hemp leaves, and the squeezed lime wedge or a fresh lime wheel.

## HOW TO MAKE THE SYRUP

### EQUIPMENT NEEDED

Medium saucepan

The specialty was the 'Couve Donkey, a weed-infused play on the Moscow mule. In a very short period I made almost 10,000 of these pourable representations of Washington state. It also became one of those things patrons asked for at other bars around downtown but just couldn't find.

Those black-market days are long gone, but bureaucrats still won't let cannabis and alcohol meet in a bottle. So make your own. If you must use a straw, make sure it's made of hemp fiber.  
SEBASTIAN CAROSI.

### Whisk

Microplane grater  
Fine strainer  
Empty wine bottle with cork

### INGREDIENTS NEEDED

1 quart organic cane sugar  
½ cup cannabis sugar (made in the MB2E MagicalButter Machine)  
1 cup honey  
22 grams madrone bark  
1 cup fresh grated ginger root  
1 stick cinnamon  
2 drops True Terpenes Eugenol  
3 cups water

### DIRECTIONS

Place all the ingredients, except the terpenes, in a medium saucepan over low heat. Let steep for 45 minutes, then let cool 1 hour. Repeat steeping for another 45 minutes on low. Add the terpenes, stir well. Let cool for 3 hours, then strain and bottle.

*Chef Sebastian Carosi is a farm-raised, Portland culinary professional with more than 25 years in the restaurant and hospitality industry who has been cooking with cannabis since the mid-'90s. He shares most of his terpene-fortified recipes on Instagram: @chef\_sebastian\_carosi. See more recipes from Chef Carosi at weed.wweek.com.*



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