



Cannabutter

You'll need:

- crockpot
- 2 forks (for non-digital crockpots)
- cheesecloth
- 1+ oz of cannabis (flower and stems are medicine)
- unsalted butter (real butter)

01

Place your cannabis and butter into the crockpot ceramic insert. I like using a pound per half ounce when possible. You want enough butter so that all the plant matter is covered when melted. You can add butter as it melts if you need more to get all the cannabis completely covered.

02

If your crockpot is digital, set at 160° and no higher (temperatures higher than this will burn off usable medicine). If you do not have a digital crockpot, like me, then place 2 forks between the ceramic insert and the heating element part. This helps keep the temperature from getting too high. Set temperature on low for 12 hours. Check temperature repeatedly with a candy thermometer.

03

After the 12 hours, place in the refrigerator for 12 hours. After 12 hours in the refrigerator, place the ceramic insert back onto the heating element with the forks in place (the same as described above) for another 12 hours on low.

After the second round of 12 hours on, the butter recipe goes back into the refrigerator for another 12 hours. This allows the flavors and components to marinate and get happy.

04

After your second round of 12 hours in the refrigerator, place the butter back onto the heating element for the third and final round of heating (another 12 hours with the forks in place). After the 3rd round of 12 hours on low heat, pour your butter into a container through your cheesecloth. Making sure to collect plant matter. From here you can pour your strained butter into ice cube trays and pull out a cube at a time when cooking or into one solid tub.

05

ADDITIONAL TIPS: If you need some butter that is a little stronger you can always add kief to the finished recipe. This would be good to add in after straining while the butter is still quite warm because the heat will help activate the kief for optimal effects.

