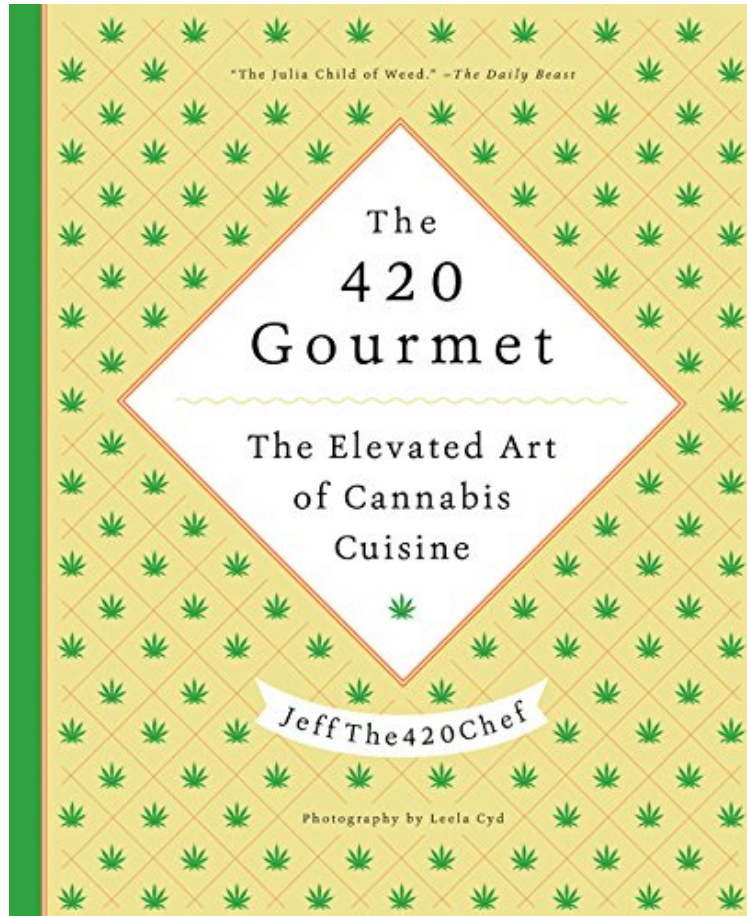


The 420 Gourmet: The Elevated Art of Cannabis Cuisine

JeffThe420Chef

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#84475 in Books Jeffthe420chef 2016-06-28 2016-06-28Original language:EnglishPDF # 1 9.13 x 1.03 x 7.38l, .0 #File Name: 0062445057320 pagesThe 420 Gourmet The Elevated Art of Cannabis Cuisine | File size: 43.Mb

JeffThe420Chef : The 420 Gourmet: The Elevated Art of Cannabis Cuisine before purchasing it in order to gage whether or not it would be worth my time, and all praised The 420 Gourmet: The Elevated Art of Cannabis Cuisine:

6 of 6 people found the following review helpful. ... several cannaibs cook books and this one is the best by farBy HeatherI have several cannaibs cook books and this one is the best by far. Very professional.5 of 5 people found the following review helpful. Excellent, well written book with a clear explanation of ...By S. MableyExcellent, well written book with a clear explanation of the science of cooking with Cannabis. The tables provided in the book help calculate the appropriate amounts based on ranges in potency. I would highly recommend this book to anyone wanting to explore cooking with Cannabis.2 of 2 people found the following review helpful. Very nice!By Summer TanasiBought this cookbook for a girlfriend of mine for Christmas. She loved it! It arrived quickly and in great condition. My favorite part of the cookbook is the fact that it has tons of full-page, color photos of the recipes!

The foodies guide to cannabis: a smart, sophisticated, and beautifully illustrated cookbook for at-home chefs wanting

to safely create and experience their own edibles. JeffThe420Chef is revolutionizing the world of edibles. He first began cooking with cannabis to help a close friend's mother manage the pain, nausea, and discomfort from her cancer treatments. Over time, he developed a specific process that effectively neutralizes the smell and taste of cannabis when infusing it into butters and oils, leading to a new understanding of edibles and their potential for medicinal use. In *The 420 Gourmet*, JeffThe420Chef, combines his fun-loving approach to cooking with practical information about marijuana including specific guidelines for safe dosing (along with a comprehensive dosage calculator), summaries of the principal strains and their typical effects, and details on the herbs' medical and recreational benefits. Jeff includes the step-by-step process for his signature light-tasting canna-butter and canna-oils, the secrets behind his outrageously delicious and truly unique recipes. Once you create these staple ingredients yourself, it is easy to incorporate cannabis into everyday dishes—the possibilities are endless! From brunch and small plates to salads and gourmet dinners and featuring gluten-free, vegetarian, vegan, and kosher options *The 420 Gourmet* elevates the edible experience. And by following Jeff's dosage guidelines, the culinary cannabis experience will no longer be limited to a single bite of a brownie. These mouthwatering recipes are fully adaptable to your goals, whether you need a full-course meal for nourishment and pain management or a quick snack to help you focus, relax, and enhance your creativity. *The 420 Gourmet* will educate and entertain new and longtime cannabis users alike, while serving as the ultimate guide to cannabliss. JEFFTHE420CHEF started cooking and baking discreetly with cannabis for friends and celebrities who had medical issues ranging from insomnia to back pain to cancer. He now teaches his canna-butter class, *The Art of Cooking with Marijuana*, across the country in medical and recreational states, and cooks for private parties in California, Colorado, Oregon, Washington, Alaska, and Washington, DC. He lives in Los Angeles.

I loved this book! Jeff is humble, honest, and informative. The combination of nutrition with cannabis can have a powerful effect on those suffering from cancer and other debilitating illnesses, as well as on those who just want to enjoy a fuller sense of personal wellness. Bon appetit! (Andrew DeAngelo, cofounder and general manager of Harborside Health Center) *The Julia Child of weed.* (Daily Beast) Nothing short of genius. This book is cohesive, accessible, and clear, and it made me hungry and excited to cook. JeffThe420Chef is a deliciously kind and soulful man—and a brilliant author. (Hedy Goldsmith, author of *Baking Out Loud*) *The King of Edibles.* (Elite Daily) JeffThe420Chef inspires and illuminates. His unique approach to cannabis culinary science promotes the immense health benefits and deemphasizes the taste of this remarkable herb, so that each recipe can be savored and appreciated to the fullest. A magnificent cookbook that elevates this incomparable culinary ingredient. (Cannabis Health) This is a breakthrough for recreational and medicinal marijuana use alike. Jeff's passion for alleviating suffering and his invaluable knowledge and techniques for formulation have brought forth this brilliant guide to cooking with cannabis. (Jason Licker, winner of *Iron Chef Thailand* and corporate pastry chef at KU DE TA) JeffThe420Chef is a one-of-a-kind cannabis chef. His low-dose, incredible edibles are beautiful, tasty, and dosed perfectly. (Andy Cohen, host of *Watch What Happens Live*) These gourmet goodies up the ante. (The High Times) JeffThe420Chef is taking cannabis cuisine in a revolutionary direction. *The 420 Gourmet* provides the reader with a comprehensive understanding of cannabis as an ingredient to optimize the experience. Perfect for edibles newbies. (Popsugar) From the Back Cover *The foodies guide to cannabis: a smart, sophisticated, and beautifully illustrated cookbook for at-home chefs wanting to safely create and experience their own edibles.* JeffThe420Chef is revolutionizing the world of edibles. He first began cooking with cannabis to help a close friend's mother manage the pain, nausea, and discomfort from her cancer treatments. Over time, he developed a process for infusing cannabis into butters and oils that neutralizes the smell and taste, leading to a new understanding of edibles and their potential for medicinal use. In *The 420 Gourmet*, JeffThe420Chef combines his fun-loving approach to cooking with practical information about marijuana including guidelines for safe dosing (along with a comprehensive dosage calculator), summaries of the principal strains and their typical effects, and details on the herbs' medical and recreational benefits. Jeff includes step-by-step instructions for his signature light-tasting canna-butter and canna-oils, the secrets behind his outrageously delicious and truly unique recipes. Once you create these staple ingredients yourself, it becomes easy to incorporate cannabis into everyday dishes and the possibilities are endless! From brunch and small plates to salads and gourmet dinners and featuring gluten-free, vegetarian, vegan, and kosher options *The 420 Gourmet* elevates the edible experience. Jeff's precise dosage guidelines expand the horizons of cannabis cuisine, which will no longer be limited to a few bites of a brownie. These mouthwatering recipes are fully adaptable to your goals, whether you need a full-course meal for nourishment and pain management or a quick snack to help you focus, relax, and enhance your creativity. *The 420 Gourmet* will educate and entertain new and longtime cannabis users alike while serving as the ultimate guide to cannabliss. About the Author JeffThe420Chef started cooking and baking discreetly with cannabis for friends and celebrities who had medical issues ranging from insomnia to back pain to cancer. He now teaches his canna-butter class, *The Art of Cooking with Marijuana*, across the country in medical and recreational states, and cooks for private parties in California, Colorado, Oregon, Washington, Alaska, and Washington, DC. He lives in Los Angeles.