



## Herb

By Herb, Melissa Parks, Laurie Wolf

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**Herb** By Herb, Melissa Parks, Laurie Wolf

**"The authoritative volume on how to cook with cannabis." ?Michael Ruhlman**

*Herb: Mastering the Art of Cooking with Cannabis* offers over 200 pages of gorgeously illustrated recipes that elevate the art and science of cooking with cannabis. Chefs Melissa Parks and Laurie Wolf have developed recipes that specifically complement and downplay the taste of the herb so that each appetizer, entrée, and dessert will be enjoyed to the fullest. No special culinary equipment is needed; home cooks can simply prepare an “extraction”?an infusion of cannabis into a medium such as oil or butter?then proceed as normal with the recipe.

Seasoned chefs and cooking novices alike will revel in creating homemade cannabis-infused treats with these delicious, reliable recipes. Discover expert tips on creating consistent and potent canna-butter, canna-oil, and canna-olive oil. Gain a better understanding of dosing levels and popular marijuana strains. Enjoy the art of at-home cuisine in an entirely new way with the first cookbook to treat the humble cannabis herb as the unique culinary ingredient that it is.

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### Editorial Review

#### Review

"As cannabis moves into the mainstream?and into the kitchen?we now have the first authoritative volume on how to cook with it. Not only does *Herb* cover the whole recipe spectrum, from appetizers to desserts, it has the first concise descriptions of creating fairly specific dosing levels, the hardest part of cooking with cannabis. This is a unique culinary resource and a valuable addition to our collective cooking library."

?Michael Ruhlman, Bestselling Author of *Ruhlman's Twenty*, *Charcuterie*, and *The Soul of a Chef*

"Foodies rejoice! *Herb* is a gorgeous cannabis cookbook for those of us who care about the food as much as the medicine." ?Cheri Sicard, Author of *Mary Jane: The Complete Marijuana Handbook for Women*

"Well-written, beautifully photographed, and packed with useful information, *Herb* has arrived right on time. Full of fun recipes that I'm excited to cook, *Herb* has already commanded a favorite spot in my cookbook collection (on a higher shelf)." ?Laurence Jossel, Chef and Partner at Nopa/Nopalito

"Your grandmother told you to eat your greens! *Herb* shows you how to get the most out of cannabis in your kitchen, and follow your grandmother's best advice." ?Chris Kilham, Founder of Medicine Hunter, Inc.

#### About the Author

Herb, part of the The Stoner's Cookbook, is a small team of dedicated individuals who continue to provide the premier source for recipes and information about cooking with cannabis. Their website, [thestonerscookbook.com](http://thestonerscookbook.com), is the most active community in the cannabis industry, reaching millions of people a week.

Melissa Parks is a classically trained chef. She attended Le Cordon Bleu and Johnson and Wales and obtained degrees in culinary arts, baking and pastry, and culinary nutrition. Her previous experience includes research and development for General Mills, serving as a private chef and wedding cake designer, and co-managing multiple Colorado-area bakeries. She now dedicates herself to creating medicated edibles ("medibles") that provide the rewarding THC experience while still tasting delicious.

Laurie Wolf is a writer and recipe developer. She graduated from the Culinary Institute of America and has worked as a chef, caterer, and food stylist. She is a regular contributor to the *Denver Post*'s new marijuana section, "The Cannabist," and writes for magazines including *High Times*, *Oregon Leaf*, and *Cannabis Now*. Her previous works include *A Food Lover's Guide to Portland* and *The Portland, Oregon Chef's Table*.

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