



PEPPER
20

2017 HOLIDAY COOKING GUIDE
CANNABIS INFUSED RECIPES

VOLUME 2



A New Holiday Tradition

For thousands of years, the autumn harvest and the season around the winter solstice have been celebrated with the coming together of family, friends – and food.

While everyone has a favorite holiday recipe, we'd like to suggest a new tradition: giving those recipes a cannabis twist, with the addition of **Pearl₂O™**.

For the first time ever, cooks now have the ability to add precise, consistent amounts of THC and CBD to recipes, entirely without unpleasant "weed" taste and odor.

Not only is **Pearl₂O** water-soluble and flavorless, it can be frozen or baked without affecting potency. That means cooks are limited only by their imagination in the ways they can add cannabis to beverages, desserts and appetizers, side dishes and entrees.

To get you started, we're delighted to present here 12 dishes, developed and tested by professional chefs. We hope you'll try them all and share them responsibly with your guests. Also, we welcome your recipes that include **Pearl₂O**. Send them to <http://pearl2o.com/cookwithpearl/> or email us at ideas@pearl2o.com and we may include them in future editions of this cookbook.

Happy holidays, from all of us at Pearl₂O.



CREATIVE WATER

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Second Edition

WARNINGS:

This product has intoxicating effects and may be habit forming. Smoking is hazardous to your health. There may be health risks associated with consumption of this product. Should not be used by women that are pregnant or breast feeding. For use only by adults twenty-one and older. Keep out of reach of children. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. Statement that discloses all pesticides applied to the marijuana plants and growing medium during production and processing.



CREATIVE WATER

ABOUT

The goal of this cookbook is to change the way people think about cooking with marijuana. It features 12 great recipes that could easily rival some of the best recipes available. What makes this cookbook special is we have introduced the option of infusing meals with marijuana, using **Pearl₂0**.

Pearl₂0 contains CBD and THC, which stay suspended and dose-accurate across a wide variety of recipes and methods of preparation. You can bake, boil, chill, broil, freeze, mix and rehydrate with **Pearl₂0**. Each recipe indicates a suggested serving amount of **Pearl₂0** that seamlessly blends into the food. Please note, however, that marijuana effects everyone differently, so you should always take your experience of using edible marijuana into consideration when adjusting serving size amounts.



THE CHEF

These recipes were developed and tested by our Head Chef in Residence Stacy Primack. Chef Stacy has spent the past 15 years working with some of the most renowned chefs in the world, including Emeril Lagasse, Roy Yamaguchi, David Paul, Mark Millitello and Graham Elliot. Stacy has worked for high-end establishments such as The Ritz Carlton, and most recently for Giuseppe Tentoris' restaurant, GT Prime.

Chef Stacy was drawn to **Pearl₂0** after having been introduced to the product by a friend, and has loved working with it ever since. "It's been super fun getting everyone involved and seeing people's eyes light up when they taste the final product."



THE MEDICAL ENVIRONMENT

With the expanding legalization of both medical and recreational marijuana across the United States and other countries around the world, an increasing number of research studies are looking into the positive effects of using cannabis as medicine. At a U.S. federal level, the National Institute of Health (NIH) in 2016 released "Estimates of Funding for Various Research, Condition, and Disease Categories (RCDC)."¹ The report shows \$127m of funding towards cannabidiol and cannabinoid research. We expect this number to continue to grow in the future.

This movement was recently given bi-partisan support by Senators Cory Booker (D-NJ), Rand Paul (R-KY) and Kirsten Gillibrand (D-NY), who stood with patients, their families and advocates by introducing legislation that will allow the use of medical marijuana without fear of federal prosecution.

It was the need for help by the medical cannabis community which led to the creation of **Pearl₂O**. Developed over a multi-year period by a food scientist and an MIT-educated cannabis process manufacturing expert, **Pearl₂O** is odor-free, and uses a proprietary water-based cannabis emulsion that maintains potency when cooked, chilled or frozen. As a result, **Pearl₂O** emancipates medical cannabis patients from nasty, weed-tasting "sandpaper-in-your-mouth" edibles and beverages.

Pearl₂O contains tetrahydrocannabinol (THC) and cannabidiol (CBD) — the two most prevalent cannabinoids found in cannabis. The NIH notes that:

"THC can increase appetite and reduce nausea. THC may also decrease pain, inflammation (swelling and redness), muscle control problems. CBD It may be useful in reducing pain and inflammation controlling epileptic seizures and possibly even treating mental illness and addictions."²

Cancer patients comprise a significant percentage of the community being treated with medical cannabis. Cancer has touched nearly all of us, directly or indirectly. As a result, we are actively supporting those seeking to treat cancer, by providing a pathway to the delivery of better tasting edibles.

¹ https://report.nih.gov/categorical_spending.aspx

² <https://www.drugabuse.gov/publications/drugfacts/marijuana-medicine>



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TOC



CREATIVE WATER

RED VELVET HOT CHOCOLATE

INGREDIENTS (SERVES 2)

1 1/2 c. milk
1 1/2 c. cream
1 vanilla bean, split down the middle and scraped
3.08 ounces **Pearl₂O** (from 100 mg bottle)
1/8 tsp. salt
3/4 c. honey
4 oz 72 percent cacao semisweet chocolate chips
1 T. red food coloring
1 1/2 tsp. cocoa powder
1 T. vanilla pudding mix

DIRECTIONS

Heat the milk, cream, vanilla bean seeds, **Pearl₂O**, salt and honey to a scald. Whisk together. Add chocolate, food coloring, cocoa, and pudding mix. Whisk until frothy. Pour hot chocolate into cups. Serve with witches fingers (see next page).

**30 mg THC/CBD in total recipe.*



CREATIVE WATER

WITCHES FINGERS

INGREDIENTS (SERVES 2)

3/4 c. unsalted butter, room temperature
1/2 c. granulated sugar
1/4 c. powdered sugar
2 large eggs
1 tsp. vanilla extract
2 c. whole wheat flour
1/2 c. all-purpose flour
1 tsp. baking powder
1/2 tsp. salt
1 c. seedless raspberry jam
Sliced Almond Flakes
1.54 oz **Pearl₂O**

DIRECTIONS

Preheat oven to 325 degrees.

With the paddle attachment, whip the butter and both sugars in a stand mixer or with handheld beaters until light, fluffy and smooth. Add eggs, one at a time, until the yolk disappears into the mix. Scrape down the bowl, making sure to get the bottom of the bowl for even dough consistency. Mix in the vanilla. Separately, whisk together remaining dry ingredients. Slowly, in batches, add dry ingredients, scraping down sides of bowl in between. Remove dough from bowl, shape dough into a log and refrigerate for a minimum of 2 hours.

Taking about 2 tablespoons of the dough of the log at a time, roll between your palms until you get a 4 or 5 inch "finger", 1/2-3/4" in thickness. Press an almond towards the top to make an indentation for the "fingernail." Additionally, make cuts with a paring knife for the knuckles. Shape like wobbly knobby witch fingers. Place fingers on a cookie sheet lined with parchment paper. Bake until golden, about 15-20 minutes. Remove and let cool. In a small saucepan, heat jam over low heat until warm and liquid. Stir the jam together with the Pearl₂O until combined. Dip the raw edges (not the nail side) into the jam.

**10 mg THC/CBD in total recipe.*



CREATIVE WATER

VEAL MEATBALL PUFF PASTRY

INGREDIENTS (SERVES 4)

1 package puff pastry, thoroughly thawed
1 egg, well beaten and set aside

MEAT FILLING:

1/2 c. chicken stock
3.16 oz. **Pearl₂O** (from the 100 mg bottle)
1/3 yellow onion, chopped course

2 cloves garlic
1/2 pound ground beef, 80% fat content
1/2 pound ground veal
1/2 c. plain breadcrumbs
2 eggs
1/3 c. Parmigiano-Reggiano, grated fine
1 tsp. chili flakes

1/4 c. Italian curly parsley, chopped fine
1 tsp. salt
1/4 c. extra virgin olive oil
4 c. **Pearl'd Marinara** (recipe follows) or your favorite marinara

DIRECTIONS

Place the chicken stock, **Pearl₂O**, onion, garlic and parsley in a blender or food processor and purée.

In a large bowl, combine the stock mix, meat, breadcrumbs, eggs, cheese, chili flakes, parsley and salt. Combine with both hands until mixture is uniform. Do not over-mix. Place plastic wrap over the top and refrigerate while preparing the sauce.

Preheat the oven to 375F. Line a 9x13 glass baking dish with parchment paper. Lightly spread some dusted cornmeal on the bottom over the parchment (this helps keep the bottom from getting soggy). Use all-purpose flour to dust your work surface. Make sure you have ample work space.

Lay the pastry out on floured surface, and cut each sheet into six strips. (Each large strip is four of the short strips.) Dip your finger into a bit of water and then run it over the

ends you want to connect, and then press edges to seal. Just cover the middle third of the strips with filling, make sure to pack it tight.

Starting at one end of the strip, just barely stretch (the more you stretch it, the more it will recede in the oven, so be careful) the pastry lightly around the filling and press the edges together to make a seam (not using anymore water). Repeat with remaining three strips and then add them to the pan. You want the pastry logs to fit in the pan quite squished and uneven. Make sure to place seam sides down. Fit as many as you can into the pan.

Bake at 375F for 25 minutes, or until the puff pastry is golden brown. Brush the tops with reserved tomato sauce. Serve immediately.

***27 mg THC/CBD in total recipe**



PEARL'D MARINARA

INGREDIENTS

2 cloves garlic, crushed
1/4 yellow onion, peeled and chopped fine
1 1/2 tablespoons olive oil
1 28-oz can tomato purée
1 28-oz can crushed tomatoes
1/4 c. extra virgin olive oil
1 tablespoon tomato paste
1 teaspoon sugar
1/2 c. chicken stock
1 oz. **Pearl₂O**
Chili flakes, to taste
Salt and freshly ground pepper, to taste

DIRECTIONS

Cook the garlic and onion in the olive oil in a sauce pan at med-low heat, until garlic is tender and onions translucent, but not brown. Add the chili flakes to taste. Add the remaining ingredients. Let all simmer together until thickened slightly, stirring occasionally. Stir gently. Simmer for one hour.

**9 mg THC/CBD in total recipe*



CREATIVE WATER

HOT APPLE CIDER

INGREDIENTS (SERVES 4)

4 c. apple juice
6.16 oz. **Pearl₂O** (from the 100 mg bottle)
1/2 tsp. cinnamon
1/4 tsp. nutmeg, freshly grated with a microplane
1 tsp. peppercorns
cinnamon sticks

DIRECTIONS

Place the apple juice, add spices in a small saucepan over med-low heat. Stir often while the mixture is heating so the spices will permeate into the juice. Strain out the whole spices. Once hot, pour into 2 mugs, grab a sweater and a puppy (or a cat, if you're a cat person) and sit by the fire. If you really wanna get fancy, top (the cider, not the pet) with a dollop of whipped cream and some chopped toasted pecans.

**40 mg THC/CBD in total recipe.*



CREATIVE WATER

EGGNOG ICE CREAM

INGREDIENTS (SERVES 4)

- 1 1/4 c. sugar
- 6.16 oz. **Pearl₂O** (from the 100 mg bottle)
- 3 c. heavy cream
- 1 vanilla bean, split down the middle, exposing seeds
- 1/4 tsp. nutmeg, ground and toasted
- 8 egg yolks, room temp
- 2 tsp. rum extract
- 2 T. ice cream stabilizer (to keep from ice crystals forming)

DIRECTIONS

Add the sugar to the **Pearl₂O** in saucepan over medium heat. Simmer until a simple syrup is formed. Let cool to room temp. Place cream and split vanilla bean into medium saucepan, bring to a simmer. Add the toasted ground nutmeg. Temper in the yolks: Using a glass bowl, you aggressively whisk the egg yolks while adding the hot liquid with one ladle at a time, so as not to scramble the eggs. Continue to beat the eggs while the hot liquid is being added, and they will become frothy. Once the eggs have been tempered by the hot cream, slowly pour back into the saucepan, and turn the heat back on med-low. At this point, grab a heat-proof silicone spatula and scrape the bottom of the pan back and forth until the mixture starts to thicken (This is called *napé* stage), and the liquid has reached 185F. (It's ready when the liquid coats the back of the spatula when you run your finger across it and the line holds its shape.) Add the rum extract and the ice cream stabilizer. At this point, ready your strainer and another container deep enough to hold the finished liquid in below it. Strain the eggnog base through, to remove any egg bits or particles left behind. Let this sit on top of a bigger bowl in an ice bath to cool, stirring occasionally until it reaches a safe cooled temperature. Allow this mixture to mature in the refrigerator overnight, to improve the texture, the stability, and the richness. Next day, spin in your ice cream machine as instructed.

**40 mg THC/CBD in total recipe.*



CRANBERRY UPSIDE DOWN CAKE

INGREDIENTS (SERVES 8 PEOPLE, MAKES 2 9" ROUNDS)

8 oz. **Pearl₂O** (from the 100 mg bottle)
12 oz. unsalted butter
2 c. brown sugar
4 c. cranberries
2 c. pecans
4 eggs
2 1/2 c. canned pumpkin
4.32 oz. **Pearl₂O** (from the 100 mg bottle)
placed into a spray bottle
1/2 c. vegetable oil
3 1/2 c. all-purpose flour
2 1/4 c. sugar
1 T. and 1/2 tsp. baking powder
2 1/2 tsp. cinnamon
1/2 tsp. salt

DIRECTIONS

Preheat oven to 350F. In a small sauce pot, heat the **Pearl₂O** on med-low until reduced by 2/3. Let cool. Mix the butter, brown sugar, cranberries, the cooled **Pearl₂O**, and pecans together. Divide this mixture between two 9-inch cake pans, sprayed with nonstick cooking spray and lined with parchment circles. In a separate mixing bowl (preferably an electric stand mixer), with a paddle attachment, add the eggs, pumpkin, and oil and mix until thoroughly combined. Mix the dry ingredients separately until there are no lumps, or sift if unsure. Slowly add the dry to the wet in the mixing bowl, ensuring even distribution. Pour this directly into the two separate "cranberried" pans. Spray the remainder of the **Pearl₂O** over both pans with even distribution. (This ensures that one person isn't getting more than the 10 mg dose per slice, unless someone doesn't slice the cake correctly, but you aren't that selfish, are you?) Bake in the oven at 350F. about 30-40 minutes, until the cake is no longer wobbly in the center. Do not pull from the oven with force, or you may wind up with a concave cake. Gently take out of the oven and let finish setting at room temperature. Refrigerate at least three hours to fully set.

**52 mg THC/CBD in total recipe.*



CREATIVE WATER

THANKSGIVING TURKEY

INGREDIENTS

(use thawed frozen or fresh bird; not for Kosher birds)
1/3 c. Kosher salt
1 1/2 T. sugar
1 tsp. black pepper, freshly ground
1 1/4 c. unsalted butter at room temperature
3 T. fresh parsley, minced
1 T. thyme, dried
1 T. fresh rosemary, minced
1/4 tsp. paprika

DIRECTIONS

Unwrap turkey and remove the giblets (reserve for gravy). Rinse the turkey under cold water and then pat it dry. Combine salt, sugar and pepper in a bowl. Rub this mixture all over the turkey and all inside the cavity. Place turkey on sheet pan that has ridges and refrigerate 8 hours or overnight. Next day, rinse the turkey well and pat it dry.

Mix together the butter, parsley, thyme, rosemary, paprika, and a teaspoon of freshly ground pepper until combined. Set aside 8 tablespoons of the butter, then rub the rest underneath the turkey skin on the breasts and legs. Rub 2 tablespoons of the reserved butter on top of the skin; chill and save the rest for your gravy. Let the turkey stand 40 minutes at room temperature before roasting.

Preheat the oven to 350F. Put the oven rack in the lower part of the oven. Put the turkey on the rack in a large roasting pan, tucking the tops of the wings underneath. Tie the drumsticks together with kitchen twine. Put in the oven legs first. Roast until the skin is golden brown and a thermometer inserted deep in the drumstick joint reaches 165F. For a fresh turkey, cook for roughly 15min per pound at 325F. Transfer bird to a cutting board and let rest 30 minutes before carving. Whisk the reserved 6 tablespoons flavored butter for the Thanksgiving Gravy

** See Thanksgiving Gravy recipe for THC content*



THANKSGIVING GRAVY

INGREDIENTS (SERVES 6)

2 onions, peeled, diced
2 T. butter
8 oz. white wine
Low-sodium chicken stock
9.24 ounces **Pearl₂O** (from the 100 mg bottle)
2 thyme sprigs
3 sage leaves
1 rosemary sprig
3 chive sprigs, chopped fine
1/4 c. parsley, chopped

A BEURRE MANIÉ:

8 oz. butter
8 oz. flour

DIRECTIONS

Roll butter and flour into 2" balls and freeze them in a ziplock bag. While your turkey is roasting, cook onions in butter down until they are very caramelized, then deglaze the pan with wine. Discard any hard bits. Strain this into a saucepan and add the chicken stock and the **Pearl₂O**. Add the herbs. Simmer and reduce. Strain again. If too thin, add some of those beurre manié balls from the freezer until desired consistency is achieved. Bring balls to room temperature before adding. Make sure sauce is very hot before adding the beurre manié balls. Strain one more time and return to heat. When desired consistency is achieved, add chives and parsley.

**60 mg THC/CBD in total recipe.*



CREATIVE WATER

“GREEN” BEAN CLASSIC CASSEROLE

INGREDIENTS (SERVES 4)

1 lb. green beans
Kosher salt
1 T. olive oil, divided
8 oz. mushrooms (Cremini and button), sliced
3 T. unsalted butter, divided
2 thyme sprigs
2 rosemary sprigs
1 T. all purpose flour
1/4 c. chicken broth
6.16 **Pearl₂O** (from the 100 mg bottle)
1 c. whole milk
1 c. heavy cream
2 garlic cloves, minced fine
1/4 c. grated Parmesan
black pepper, freshly ground
1/2 c. French's fried onions
1/2 c. Panko crumbs

DIRECTIONS

Preheat oven to 350F. Bring a pot of salted water to a boil. Add the green beans and cook until bright green in color and al dente (cooked, but firm to the bite), about 3 minutes. Drain and let cool. Trim ends of beans.

Heat 1 1/2 tsp. oil in a large skillet over med-high. Cook the mushrooms, without stirring, until golden brown underneath, about 2 minutes. Using a pair of tongs, toss these and continue to cook, tossing occasionally, until browned on both sides, about 3 minutes more. Add 1 T. butter and the thyme and rosemary sprigs to the pan. Cook, tossing occasionally, until butter starts to brown and mushrooms are browned and the moisture gives way. They should be very tender. Season with salt and transfer to a plate.

Melt remaining butter in a large saucepan over med-low heat. Whisk in flour and cook, whisking occasionally, until a roux is formed (nutty in flavor and a nice golden brown color paste). Whisk in chicken broth, **Pearl₂O**, milk, and cream. Bring this to a simmer, whisking constantly to avoid lumps. Cook until thick and bubbling, a few minutes only. Remove from heat and whisk in garlic and Parmesan; season with salt and pepper.

Arrange green beans and mushrooms in a 2-qt. glass or ceramic baking dish (not metal). Pour sauce over. Cover with lid and bake until sauce is bubbling, 25–30 minutes. Uncover and continue to bake until casserole is lightly browned on top and around the edges, 15–20 minutes longer. Top with fried onions and panko. Continue to bake just until onions and panko are toasted. Let sit at room temp to let it set. Serve!

**40 mg THC/CBD in total recipe.*



CREATIVE WATER

ROSY APPLE SAUCE

INGREDIENTS (SERVES 4)

8 Granny Smith or Golden Delicious apples, peeled, cored and cut into small chunks
1 1/2 c. cranberries, fresh or frozen/thawed
1/4 c. sugar
1/4 c. honey or Agave
6.16 oz. **Pearl₂O** (from the 100 mg bottle)
1 cinnamon stick

DIRECTIONS

Add apples, cranberries, sugar, honey/agave and cinnamon stick in a large sauce pot. Cover and cook over med-low heat, stirring occasionally, until fruit starts to become tender and the sauce looks broken down — about 45 minutes. Add **Pearl₂O**. Discard cinnamon stick. Puree with an immersion blender directly in the pot or transfer to a food mill fitted with a fine disk, and crank.

Cool to room temperature and serve or chill in an airtight container until ready to serve.

Applesauce can be made up to a week ahead and kept in the refrigerator.

**40 mg THC/CBD in total recipe.*



CREATIVE WATER

PUMPKIN PIE

INGREDIENTS (SERVES 8)

CRUST

2 c. graham cracker crumbs (about 10 full sheets graham crackers, crushed)
6 T. unsalted butter, melted
2 oz. **Pearl₂O** (from 100 mg bottle)
1/3 c. granulated sugar

FILLING

3 eggs
2 c. pumpkin
2/3 c. sugar
pinch salt
1/2 tsp. cinnamon
1 c. evaporated milk
6.32 oz. **Pearl₂O** (from 100 mg bottle)
1/2 tsp. ginger, freshly grated
1/4 tsp. mace, toasted to bring out flavor
1/4 tsp. allspice, ground and toasted to bring out flavor

WHIPPED CREAM

6 oz. **Pearl₂O**
2 c. cold whipping cream
3 T. sugar or maple syrup
1/2 tsp. vanilla extract

DIRECTIONS

Mix the graham cracker crumbs, melted butter, **Pearl₂O** and granulated sugar together in a medium bowl until combined. Press into the bottom of springform pan, the bottom only sprayed with nonstick spray. The crust will be thick. Wrap aluminum foil on the bottom and tightly around the outside walls of the springform pan. Bake the crust for 7 minutes. Allow to cool as you prepare the filling.

Put all pie ingredients in a large deep bowl or deep round container (about 8 inches deep). Take an immersion blender and blend thoroughly until evenly combined and without lumps. Best to let this mixture sit overnight in the refrigerator to let flavors combine. Next day, take out, give a stir with a whisk by hand, and then pour filling into ready pie shell. Bake at 325F until set and not jiggly or wet looking in the middle, but take out before any cracks start to show, roughly 1 hour and 10 minutes. Let cool at room temp and then refrigerate overnight. In the meantime, take the 6 ounces of remaining **Pearl₂O** and reduce with 3 T. of either sugar or maple syrup until you have about 1 ounce of liquid. Also let this cool in the refrigerator overnight.

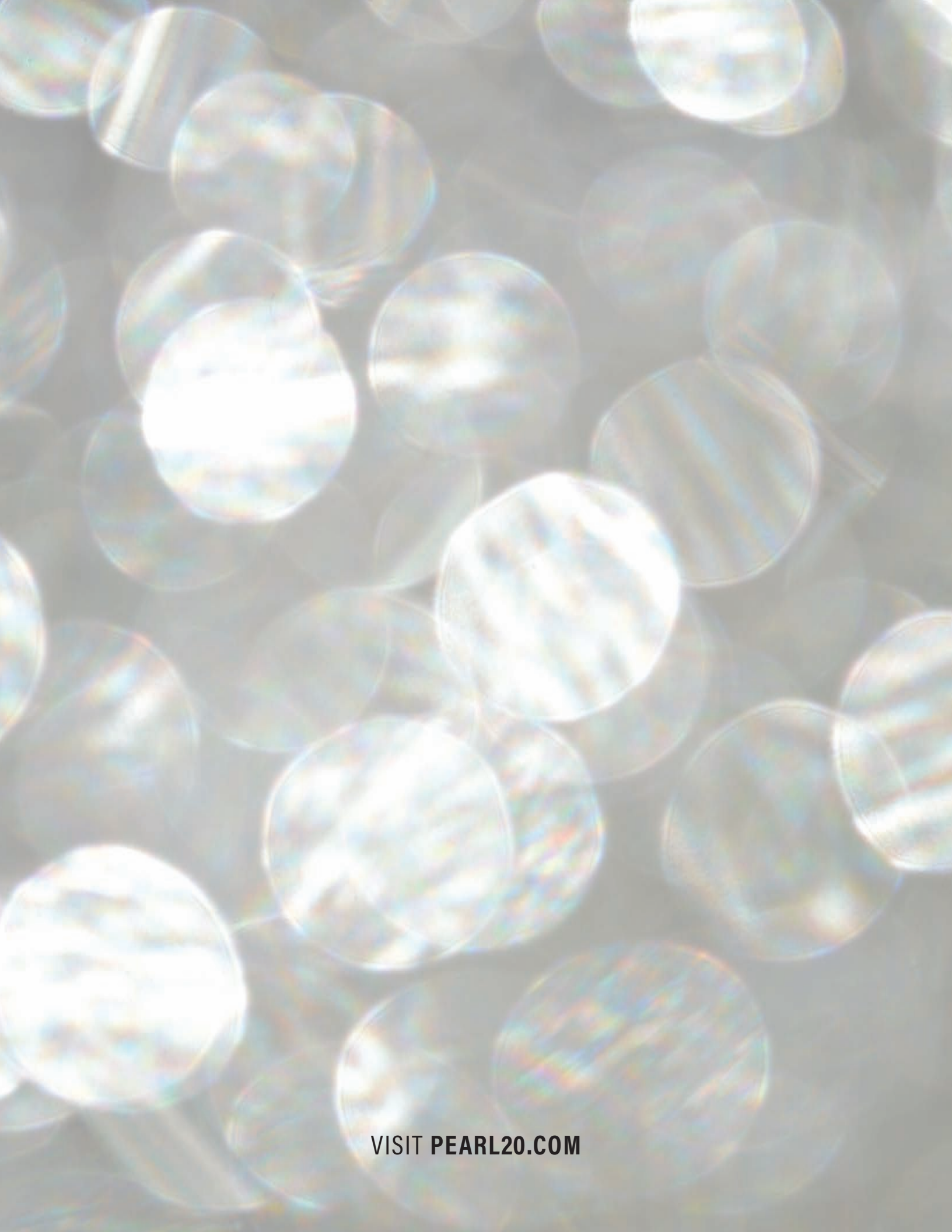
Next day, grab your mixer bowl and place in the freezer for 20 minutes. Once very chilled, pour the cold cream, the cold **Pearl₂O** mixture, and the vanilla in. Whip at high speed until medium high peaks appear. (Test: dip your finger into the whipped cream, and if it holds, it should form a light peak. Do not over- whip, or you've turned it into butter.) When ready, use a spoon to place the cream into a piping bag. Take the pie out of the refrigerator, mark it first into 8 even slices, then using a hot wet chef's or cook's knife (that you clean with a dishtowel so it's not wet) to make cuts. Decorate with whipped cream.

**93 mg THC/CBD in total recipe.*



ENJOY

THANK YOU



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