



PEARL₂₀

2017 SUMMER COOKING GUIDE
CANNABIS INFUSED RECIPES

VOLUME 1





CREATIVE WATER

“

We are in the process of trying to do something really special in this industry. If you are one of the lucky few to be reading this limited print copy, we would like to say thank you for being a part of this journey with us.

”

As always,

Enjoy





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 40 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 carefully crafted by **Pearl₂0™**'s 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."





CREATIVE WATER

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)." 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."

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>



TOC



CREATIVE WATER

RECIPE LIST

Breakfast

Cashew Chi Latte Oatmeal
Almond Joy Oatmeal
Breakfast Chia Pudding

Appetizers & Dips

Mushroom Bruschetta with Balsamic & Thyme
Whole Wheat Crackers
New England Style Lobster Rolls
Guacamole
Mexican Corn Dip
Hummus
Ricotta Toast

Soups & Salads

Gazpacho Summery Soup
Shaved Cauliflower Salad
Tarragon-Caper Egg Salad
Waldorf Salad
Watermelon Salad

Mains

Pasta Caprese
Tofu Coconut Curry with Lime
Party Chicken Kebabs
Poached Cod with Leeks
Orzo Pasta with Feta
Class BLT Wrap
Mango Chimichurri Steak with Roasted Veggies

Desserts

Summery Peach Crisp
Apple Pie Granola Bars
Lemon Rice Pudding
Milk Chocolate Panna Cotta

Dressings

Ketchup
BBQ Sauce
Pesto
Caesar Dressing
Creamy Italian Salad Dressing
Green Goddess Dressing
Sesame Lemon Vinaigrette

Drinks

Lemon Verbana Tea
Date Shakes
French Press Cold Brew
Cherry Rickey Punch
Orange Creamsicle
Banana Smoothie



SOUPS & SALADS

Gazpacho Summery Soup
Shaved Cauliflower Salad
Tarragon-Caper Egg Salad
Waldorf Salad
Watermelon Salad

“

It makes me feel the way I
need to feel.

”

- Snoop Dog





CREATIVE WATER

GAZPACHO SUMMERY SOUP

INGREDIENTS SERVES 4

1 dried ancho chile, stemmed and deseeded, then soaked in warm water for 15 min
2 cloves garlic, roughly chopped
2 cups crustless crusty bread
1 pound vine-ripened tomatoes, peeled, seeded, and chopped
6 oz. **Pearl₂O™** (from 100 mg bottle)
1 cup cucumber, peeled, seeded, and chopped
1/2 cup red bell pepper, chopped
1/2 cup red onion, chopped

1 small jalapeño, seeded and minced
1 medium garlic clove, minced
1/4 cup extra-virgin olive oil
1 lime, juiced
2 tsp balsamic vinegar
2 tsp Worcestershire sauce
1/2 tsp ground cumin, toasted
1 tsp kosher salt
1/4 tsp freshly ground black pepper
2 T fresh basil leaves, chiffonade

DIRECTIONS

Drain the water from the ancho chilis. With a mortar and pestle, pound the reconstituted chile into a paste, then scrape out and set aside. Add the garlic and a pinch of salt to the mortar and mash into a paste. Soak the bread in cold water for 2 minutes, then squeeze out excess water, adding this to the garlic. Pulse all together in a food processor until smooth.

Fill a 6-quart pot halfway full of water, set over high heat and bring to a boil.

Using a sharp knife, cut a shallow X on the bottom of the tomato. Immerse tomatoes in the boiling water. Cook 30-60 seconds or until skin splits open. Using a slotted spoon, transfer tomatoes to a large bowl of ice water to shock til cool

and able to handle. Remove and pat dry. Peel, core and seed

the tomatoes. When seeding the tomatoes, place the seeds and pulp into a fine mesh strainer set over a bowl in order to catch the juice. Press as much of the juice through as possible (using a plastic or silicone dough scraper will help aid in pressing through the sieve).

Place the strained tomatoes, and **Pearl₂O™** into a large mixing bowl. Add the cucumber, bell pepper, red onion, jalapeño, garlic clove, olive oil, lime juice, balsamic vinegar, Worcestershire, cumin, salt and pepper and stir to combine. Transfer 1 1/2 cups of the mixture to a blender and puree for 15 to 20 seconds on high speed. Return the pureed mixture to the bowl and stir to combine. Cover and chill for 2 hours and up to overnight. Top with basil.

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





CREATIVE WATER

SHAVED CAULIFLOWER SALAD

INGREDIENTS SERVES 2

2/3 cup mayonnaise
2 T parmesan cheese
1 tsp lemon juice
3 oz. **Pearl₂O™** (from 100 mg bottle)
dash garlic powder
dash salt
dash fresh ground pepper
pinch Accent seasoning
pieces large iceberg lettuce, torn
1/4 head large romaine lettuce (may mix in other greens,
such as spinach)
1/4 cup shaved cauliflower (sliced very thin, a mandolin is best)
1/4 cup toasted breadcrumbs

DIRECTIONS

Combine mayonnaise, parmesan cheese, lemon juice, **Pearl₂O™**, garlic powder, salt, pepper and Accent seasoning to make the dressing. Chill in the refrigerator 2 hours or more so flavors can develop. Toss greens with dressing and half of the shaved cauliflower. Top each serving with remaining cauliflower and the toasted bread crumbs.

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





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TARRAGON-CAPER EGG SALAD

INGREDIENTS SERVES 2

8 hard boiled eggs, peeled
1 T shallot, finely minced
2 tsp fresh tarragon, finely chopped
2 T capers, drained
3/4 cup mayonnaise
3 oz. **Pearl₂O™** (from 100 mg bottle)
watercress sprigs, tough stems discarded

DIRECTIONS

Mash eggs coarsely with a fork, then stir in the shallot, tarragon, capers, mayonnaise, **Pearl₂O™**, and salt and pepper to taste. Place into serving bowl and garnish with watercress. Eggscellent on split soft round seeded rolls and sliced smoked salmon.

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





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WALDORF SALAD

INGREDIENTS SERVES 2

1 cup mayonnaise
3 oz. **Pearl₂O™** (from 100 mg bottle)
1 tsp grated lemon peel
3/4 tsp fresh lemon juice
2 tsp agave
4 Granny Smith apples (about 1.5 pounds), unpeeled,
cored, cut into 1/2" pieces
3/4 cup chopped celery
3/4 cup chopped radishes
3/4 cup purple grapes, halved
1/4 cup dried cranberries
1/4 cup finely chopped red onion
1 cup watercress leaves
3/4 cup pecans, toasted, chopped dash celery seed

DIRECTIONS

Mix mayonnaise, **Pearl₂O™**, lemon peel, lemon juice, and agave in medium bowl to blend. Season to taste with salt and pepper. Refrigerate 15 minutes.

Toss apples, celery, radishes, grapes, cranberries, and red onion in large bowl. Add lemon mayonnaise and toss to coat. (Can be prepared up to 8 hours ahead. Cover and refrigerate.)

Fold watercress and pecans into salad. Spoon salad into bowl and serve. Sprinkle some celery seed.

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





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WATERMELON SALAD

INGREDIENTS SERVES 4

1 cup balsamic vinegar
6 T brown sugar
3 oz. **Pearl₂O™** (from 100 mg bottle)
2 oz. baby arugula
2 cups watermelon, cubed 3/4", seedless
2 oz. feta cheese, crumbles

DIRECTIONS

Place balsamic and sugar into a small saucepan, heat on medium-low for 20-25 minutes until reduced to a syrupy consistency. (Should coat the back of your silicon spatula). Slowly whisk in **Pearl₂O™**, stirring occasionally to incorporate and continue to reduce again until halfway left. Cool for 30 minutes. Arrange arugula over medium sized plate. Scatter watermelon over. Separately toss in feta cheese crumbles, then scatter that overtop as well. Drizzle with balsamic glaze, and sprinkle with freshly ground pepper and Kosher salt.



MAIN DISHES

Pasta Caprese
Tofu Coconut Curry with Lime
Party Chicken Kebabs
Poached Cod with Leeks
Orzo Pasta with Feta
Classic BLT Wrap
Mango Chimichurri Steak with Roasted Veggies

“

Of course I know how to
roll a joint.

”

- Martha Stewart





CREATIVE WATER

PASTA CAPRESE

INGREDIENTS SERVES 4

1/8 cup extra-virgin olive oil
1-3 tsp fresh lemon juice
3 oz. **Pearl₂O™** (from 100 mg bottle)
1 small garlic clove, minced
1 small shallot, minced
salt and ground black pepper
¾ lbs. tomatoes, ripe, cored, and seeded, cut into 1/2" dice
6 oz. mozzarella, fresh, cut into 1/2" cubes
8 oz. penne pasta or fusilli
1/8 cup basil, fresh, chopped
1/2 tsp sugar

DIRECTIONS

Whisk together oil, 1 1/2 tsp. lemon juice, garlic, shallot, 1/4 tsp. salt and pepper together in a large bowl. Add tomatoes and gently toss to combine; set aside. Do not marinate tomatoes for longer than 45 minutes.

While tomatoes are marinating, place mozzarella on a plate and freeze until slightly firm, about 10 min. Bring 2 quarts of water to a rolling boil in a small stockpot. Add 1/2 T. salt to the pasta, stir to separate, and cook until al dente. Drain well.

Add pasta and mozzarella to tomato mixture and gently toss to combine. Let stand 5 minutes. Stir in basil, and adjust seasonings with salt, pepper, and additional lemon juice or sugar if desired. Serve immediately.





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TOFU COCONUT CURRY WITH LIME

INGREDIENTS SERVES 2

1/2 carton soft or firm tofu
4 oz. coconut milk
3 oz. **Pearl₂O™** (from 100 mg bottle)
1 tsp light brown sugar
1/4 tsp salt
1 1/2 tsp coriander, ground
1 tsp curry powder
1/4 tsp turmeric
1/8 tsp cayenne pepper
1/2 tsp tamarind paste, dissolved in 1/4 c. hot water
1 large garlic clove, crushed
1/2 tsp ginger, finely chopped
2 roma tomatoes, seeded and diced
2 scallions, chopped
juice of half of a lime
mushroom soy sauce, to taste
cilantro, chopped

DIRECTIONS

Drain the tofu, then dice into 1/2" cubes.

Combine the next ten ingredients in a ten inch skillet. Bring to a boil, then simmer 1 minute. Add the tofu, lower the heat, and simmer, covered, for 10 minutes. Add the tomatoes and scallions, and simmer 5 minutes more.

Add the lime juice. Season to taste with a half teaspoon or more of mushroom soy. Serve garnished with chopped cilantro.

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

A black and white photograph of a vast, misty mountain landscape. The scene is characterized by numerous layers of rolling hills and valleys, each partially shrouded in a thick, ethereal fog or mist. The perspective is from a high vantage point, looking down into the valleys and across the ridges. The lighting is soft and diffused, creating a sense of depth and tranquility. The word "ENJOY" is printed in a bold, sans-serif font, centered horizontally and vertically within the image. The overall mood is peaceful and serene, suggesting a quiet moment in nature.

ENJOY



THANK YOU



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