# The Rolling Cookbook

Radu Briciu $^1$ 

 $April\ 5,\ 2025$ 

 $<sup>^{1}\</sup>mathrm{The}$  author thanks you for your attention



# Contents

	Introduction									
		Purpose	1							
		Ambitions								
2	Prerequisite Materials									
		Papers	4							
		Filters	4							
		Lighter								
		Ashtray	4							
3	House Favorites									
		Tobacco	6							
		Bud								
		Cottonmouth Repellant	8							
	How to roll a cigarette									
		Materials Needed	10							
		Positioning the Filter Tip	11							
		Adding Tobacco								
		Rolling the Cigarette								
		Sealing the Cigarette								





4.6	Packing the Tobacco						15
	Twisting the End						16
4.8	Final Product						17

## 1 Introduction

#### 1.1 Purpose

At Itose Tobaccos, we are dedicated solely to educating our discerning consumers while delivering premium, meticulously crafted goods designed to satisfy refined tastes and meet the highest standards of demand. The process of rolling a spliff transcends mere inebriation; it is an art form imbued with tradition and subtle cultural expression. Moreover, the carefully selected materials employed in preparing such a vessel boast a profound and storied heritage, a legacy that is too often overlooked in favor of immediate financial gain and fleeting commercial interests, rather than being rightfully honored for its rich historical significance and cultural value. We honor this art and legacy with passion.



#### 1.2 Ambitions

I am to create Itose Tobaccos as one of the investment vehicles in the Itose Markets Securities proprietary trading fund. I want nothing more than to apply off-the-shelf commerce models to the specialty tobaccos industry in my birth-town Bucharest, Romania. I welcome all ambicable partners in this quest.

# 2 Prerequisite Materials

At Itose Tobaccos, we believe that every person deserves only the best prerequisite materials to roll both cigarette and spliffs. We pay close attention not only to the quality and utility of the product itself, but also the packaging



#### 2.1 Papers

We like to keep it very simple. We therefore have only two preferences when it comes to rolling papers. However, we pay close attention to the craft of each paper and appreciate the final composition.

Itose Tobaccos reccomends King Size Raw Unbleached and Rizla Green depedning on use case and preference.

#### 2.2 Filters

In terms of filters, again we get to chose from two options: cardboard or cotton. If you are rolling a filtered cigarette, Itose recommends Wilsons of Sharrow eight milimeter pure cotton filters. Conversely, for the unfiltered variant, we recommend the classic Raw Roaches.

### 2.3 Lighter

Bic lighters with no safety have been the standard for years. Ask and you shall receive.

#### 2.4 Ashtray

Ashtrays are mostly wooden or glass and best when heavy. Ash trays sit nicely on a larger wooden desktray accompanied by a rolling tray.

# 3 House Favorites

Itose Tobaccos believes all smoking activities should be selected from an objective menu.



## 3.1 Tobacco

- 1. Auld Kendal Plain Unscented Gawith Hoggarth & Co
- 2. American CV Pipe Gawith Hoggarth & Co



## 3.2 Bud

- 1. Velvet Cookie
- 2. Kosher Kush
- 3. Exodus Cheese
- 4. Purple Gorilla



## 3.3 Cottonmouth Repellant

- 1. Yerba Mate
- 2. Red Bull
- 3. Edelweiss
- 4. Tick Tock Rooibos Tea

# 4 How to roll a cigarette

It only takes a bit of practice



#### 4.1 Materials Needed

Diagram: Display the essential materials: rolling paper, 8mm filter tip, and loose tobacco.





## 4.2 Positioning the Filter Tip

Diagram: Place the filter tip at one end of the rolling paper.





## 4.3 Adding Tobacco

Diagram: Evenly distribute to bacco along the length of the rolling paper, adjacent to the filter tip.

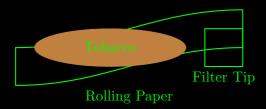


Rolling Paper



### 4.4 Rolling the Cigarette

Diagram: Gently roll the paper between fingers to form the tobacco into a cylindrical shape, preparing to tuck the edge of the paper.





## 4.5 Sealing the Cigarette

Diagram: Lick the adhesive edge of the paper and seal the cigarette by pressing it down.





### 4.6 Packing the Tobacco

Diagram: Tap the filter end of the cigarette on a hard surface to pack the tobacco evenly.





### 4.7 Twisting the End

Diagram: Twist the open end of the cigarette to close it, ensuring the tobacco stays inside.





#### 4.8 Final Product

Diagram: The completed hand-rolled cigarette, with the filter tip on the right.



Finished Product