





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





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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.





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[™]**.

Pearl₂O™ 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 **Pearl₂O™**. Each recipe indicates a suggested serving amount of **Pearl₂O™** 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 **Pearl₂OTM**'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 **Pearl₂O**[™] 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."

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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 **Pearl20™**. Developed over a multi-year period by a food scientist and an MIT-educated cannabis process manufacturing expert, **Pearl20™** is odor-free, and uses a proprietary water-based cannabis emulsion that maintains potency when cooked, chilled or frozen. As a result, **Pearl20™** emancipates medical cannabis patients from nasty, weed-tasting "sandpaper-in-your mouth" edibles and beverages.

Pearl₂0™ 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





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

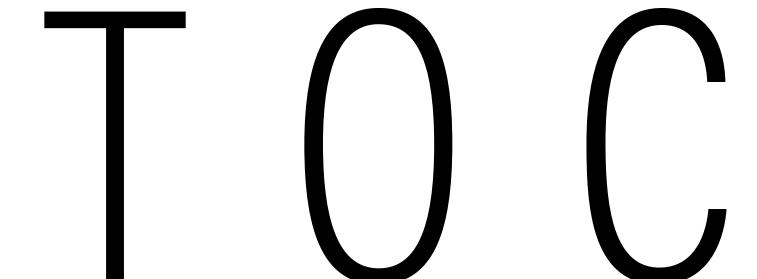
Summery Peach Crisp Apple Pie Granola Bars Lemon Rice Pudding Milk Chocolate Panna Cotta - GT

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





BREAKFAST

Cashew Chi Latte Oatmeal Almond Joy Oatmeal Breakfast Chia Pudding



I have fibromyalgia pain in the arm, and the only thing that offers any relief is marijuana.



- Morgan Freeman



CASHEW CHAILATTE OATMEAL

INGREDIENTS SERVES 2

¾ cup coconut milk Creamer

2 Chai tea bags

34 cup dairy free unsweetened cashew milk

3 oz. **Pearl₂0™** (from 100 mg bottle)

1 cup rolled oats

¼ tsp salt

¼ tsp cardamom

¼ tsp cinnamon

1 banana (peeled and sliced)

¼ cup cashew pieces, unsalted

¼ cup coconut, toasted

DIRECTIONS

Preheat oven to 350°F. Toast cashews and coconut until golden on baking pan.

Cool.

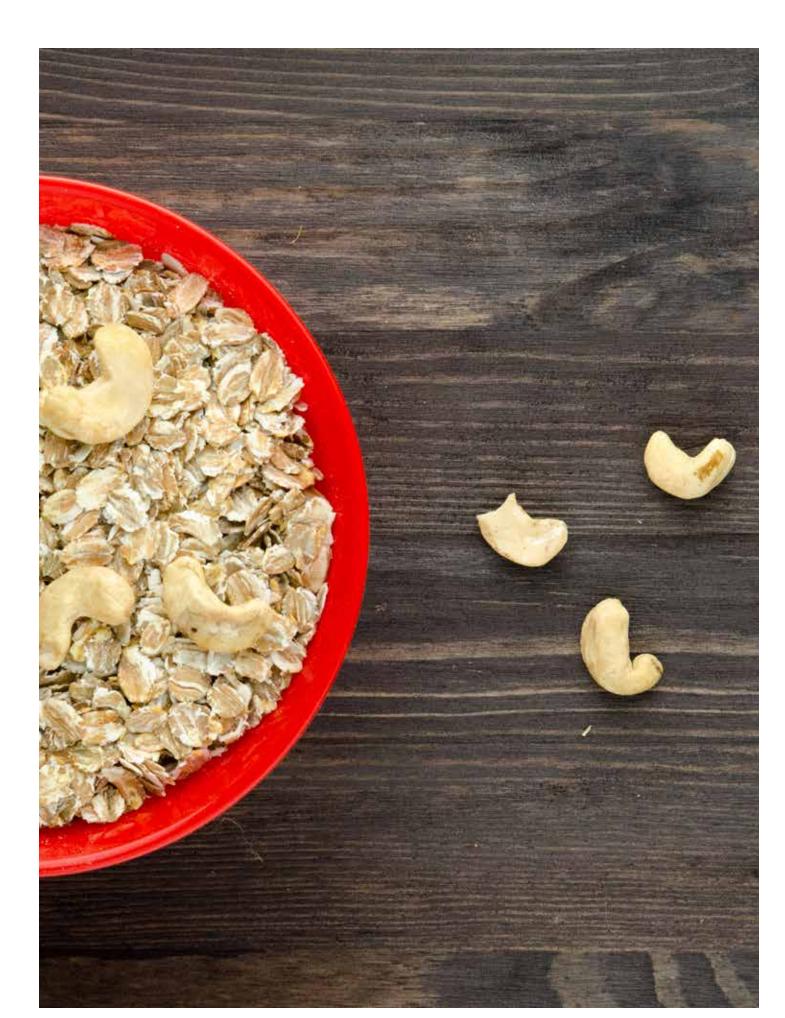
In a small saucepot, simmer coconut milk creamer over medium heat. Add tea bags, cover pot and let steep for 10 minutes.

Strain.

Meanwhile, in another small sauce pot, simmer cashew milk and **Pearl₂O™** over medium heat. Add oats and lower heat to low, stirring for 10-15 minutes, until thickened.

Add chai cream, salt, cardamom and half of the cinnamon. Stir.

Portion into bowls and top with sliced banana, cashews, coconut, and more cinnamon if desired.







INGREDIENTS

3 oz. **Pearl₂O™** (from 100 mg bottle)

1 cup coconut milk

½ cup regular rolled oats

1 ripe banana

¼ tsp almond extract

1 T cocoa powder

pinch of salt

shredded coconut and sliced almonds for topping

DIRECTIONS

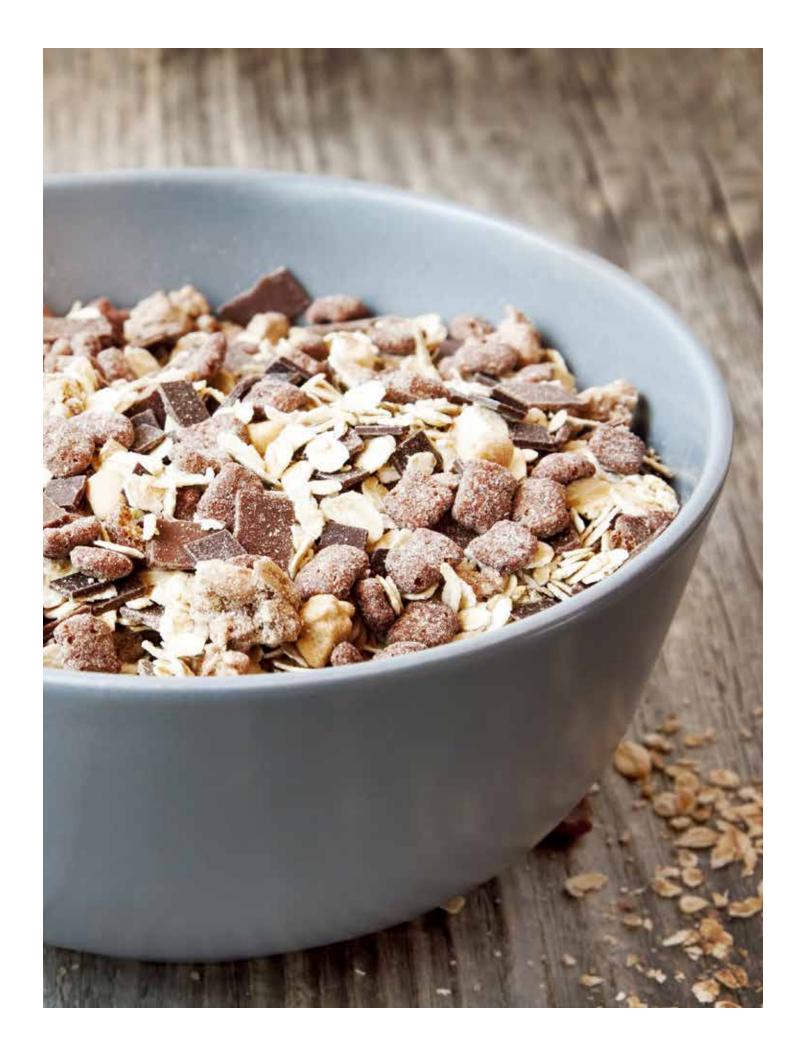
Bring **Pearl₂0™** and coconut milk to a light boil, add oats, and reduce heat to medium.

Mash up banana thoroughly. Once it's perfectly mashed, add to the pot and whisk in.

When more of the liquid has been absorbed, add almond extract, cocoa powder, and salt. Stir.

When you're pleased with the consistency of the oatmeal, transfer to a bowl. Add a splash of coconut milk and sprinkle shredded coconut and sliced almonds on top.









3 cups full fat coconut milk
3 oz. Pearl₂O™ (from 100 mg bottle)
1 tsp cinnamon, ground
⅓ cup pure maple syrup
2 tsp vanilla extract

½ cup Chia seeds

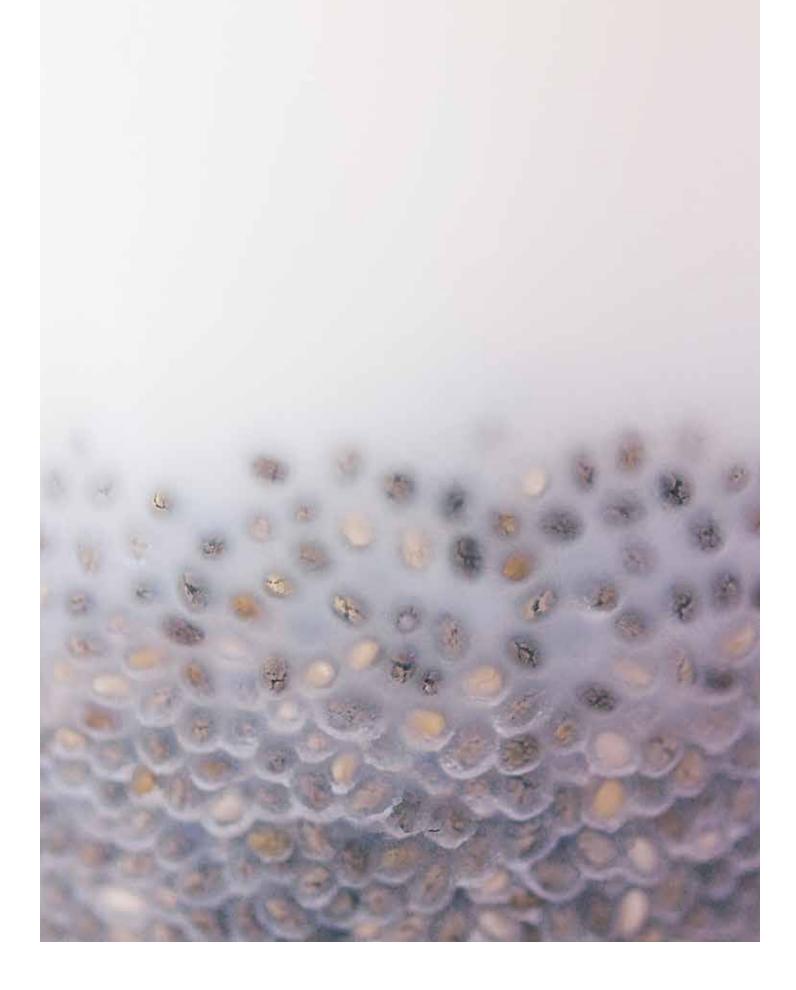
2 ripe bananas or fruit of choice 4 T coconut, shredded pinch of sea salt

DIRECTIONS

Place coconut milk, maple syrup, vanilla, cinnamon, and

Pearl₂O™ into blender and blast on med-high for 10-20
seconds until smooth. Transfer this mixture to a glass bowl or large jar and stir in the chia seeds until well combined.

Cover with plastic wrap, and chill in the refrigerator for at least 3 hours stirring occasionally to evenly distribute the chia seeds. Once chilled, stir the mixture again, and add in one mashed banana. Transfer the mixture to 4 serving bowls and top with chopped banana and shredded coconut. Pinch of sea salt, if desired.





APPETIZERS

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



When I was a kid I inhaled frequently. That was the point.



- Barack Obama





400 g mushrooms

3 T olive oil

6 T balsamic vinegar

3 oz. **Pearl₂0™** (from 100 mg bottle)

2 tsp sugar

1 T thyme leaves, stems removed

salt and pepper

half clove garlic, peeled and smashed with the back of a chef's' knife

4 slices bread, preferable from a thick baguette extra olive oil, for drizzling

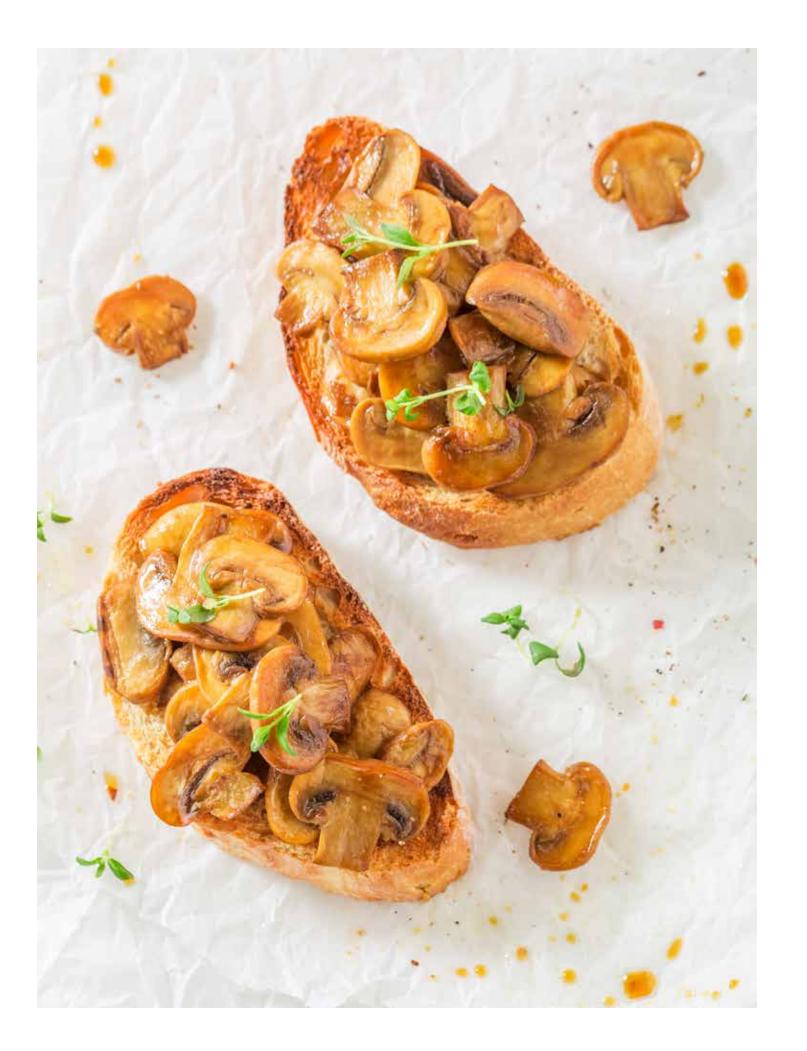
DIRECTIONS

Heat oil in large fry pan over high heat. Slice the mushrooms into 1/4" slices. Toss into pan and sauté quickly, about a minute or two.

Separately, place balsamic and sugar into a small pot on medium-low heat and reduce by a third, add **Pearl₂O™**, and continue to reduce on low heat until light slightly caramelized with a syrupy consistency.

Pour the syrup over the mushroom slices and heat until hot, add thyme, season with salt and pepper. Toast the bread and rub each piece lightly with garlic. Pile on the mushrooms and serve immediately, drizzle with extra oil (if desired).







WHOLE WHEAT CRACKERS

INGREDIENTS MAKES 64 CRACKERS

1 1/4 cups 100% whole wheat flour

11/2 T sugar

1/2 tsp salt, plus extra for sprinkling on

1/4 tsp paprika

4 T butter

3 oz. **Pearl₂O™** (from 100 mg bottle)

1/4 tsp vanilla

DIRECTIONS

Preheat oven to 350°F. Line two baking sheets with parchment. In a large bowl, whisk together the dry ingredients (flour, sugar, salt, paprika). With a pastry blender, cut the butter into the flour mixture until crumbly. In a separate bowl, mix the <code>Pearl20™</code> and the vanilla and then pour into the flour and butter mixture. Stir this mixture until it comes together. If it appears dry, add a touch more water, but you don't want it too sticky.

Split the dough in half. On a floured surface or a nonstick mat, roll out half of the dough very thin (1/16th of an inch). Using a pizza wheel, cut into desired shape. Using a spatula, place the crackers on the prepared baking sheet. Repeat as necessary. Sprinkle with more salt and sesame seeds if desired.

Bake for 20 min or so, being careful not to burn. Watch closely. Halfway through baking, rotate pan to ensure even baking. Cool completely. Makes about 64 crackers. Store in an airtight container.







NEW ENGLAND STYLE LOBSTER ROLLS

INGREDIENTS SERVES 2

3 oz. **Pearl₂O™** (from 100 mg bottle) Kosher salt

2 1 pound live lobsters

1/3 celery stalk, finely chopped 2 tsp fresh lemon juice

1 1/2 tsp fresh chives, chopped

3 T mayonnaise

3 oz. **Pearl₂O™** (from 100 mg bottle), divided Freshly ground black pepper

2 New England-style split-top hot dog buns

1 T unsalted butter, room temperature

DIRECTIONS

Heat 3 oz. **Pearl₂O™** until reduced by half. Let cool to room temperature.

Separately, pour water into a large pot to a depth of 2 inches, bring to a boil and salt generously. Add lobsters, cover and cook until bright red, 8–10 minutes. Transfer lobsters to a rimmed baking sheet and let cool.

Crack lobster shells, pick meat from tail and claws, and cut into 1/2-inch pieces. Mix lobster, celery, lemon juice, chives, reduced **Pearl₂O[™]**, and mayonnaise in a medium bowl; season with salt and pepper and add more mayonnaise, if desired.

Heat a large skillet over medium heat. Spread flat sides of buns with butter. Cook until golden, about 2 minutes per side; fill with lobster mixture.

DO AHEAD: Lobster meat can be prepared 1 day ahead. Cover and chill. Toss with remaining ingredients just before serving.



GUACAMOLE

INGREDIENTS SERVES 2

3 Haas avocados

1 lime, squeezed

3 oz. **Pearl₂O™** (from 100 mg bottle)

2 T fresh cilantro, finely chopped

1/4 jalapeño pepper, seeded and finely chopped

1/2 garlic clove, finely chopped

1 1/2 T red onion, chopped fine

1/8 tsp ground cumin

dash of Kosher salt

DIRECTIONS

Halve the avocados, de pit them, peel, and then cut into 1/2" cubes. In a large bowl, gently fold the avocados, lime juice, **Pearl₂O™**, cilantro, jalapeños, garlic, onion, and cumin together. Season with salt. Dash of cumin on top.







MEXICAN CORN DIP

INGREDIENTS

- 1 T butter, unsalted
- 2 cups corn kernels, frozen, canned, or roasted
- 1/2 jalapeño, seeded and diced
- 3 T mayonnaise
- 3 oz. **Pearl₂O™** (from 100 mg bottle)
- 1 T crumbled cotija cheese
- 1 T cilantro, chopped fresh
- 1/4 tsp chili powder
- 1 clove garlic, smashed
- juice of 1/2 lime

DIRECTIONS

Melt the butter in a large pan over medium high heat. Add corn kernels and jalapeño, and cook, stirring occasionally, until cooked through and slightly charred, about 8-10 minutes. Stir in **Pearl₂O™**, mayo, cotija, cilantro, chili powder, garlic, and lime juice.

Serve immediately. Great with nacho chips.





Salt water

2 cup dried chickpeas 1 T baking soda, divided (alternatively you could use 2 cans of garbanzo beans that have been drained, and remove the skins from the bean for a smoother end result) - but fresh is always better 6 oz. **Pearl₂O™** (from 100 mg

bottle), divided (1 oz. is chilled)
6 garlic cloves, unpeeled
1/3 cup (or more) fresh lemon juice
1 tsp kosher salt, plus more
1 cup tahini
1/4 tsp (or more) ground cumin
Olive oil (for serving)

DIRECTIONS

Before cooking, you will need to soak the beans, overnight preferred. Place them in a large bowl and cover with water and 2 tsp. baking soda. The chickpeas will expand to over double their size, so make sure you cover by several inches of water to allow for expansion. Cover the bowl with a clean towel and let them soak overnight. Drain the water and rinse the beans before cooking.

SHORTCUT NOTE: To quick soak the beans, you will need 1 hour. Place the chickpeas into the bottom of a large pot and cover with water. The chickpeas will expand to over double their size, so make sure you cover by several inches of water to allow for expansion.

Bring the chickpeas to a boil. Let them boil for 5 minutes.

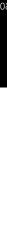
Remove from heat. Let the beans soak in the hot water for 1 hour.

Drain the water out of the beans.

When you are ready to cook your soaked beans, place them in a large pot, add 5 oz. of the **Pearl₂O™**, and cover with several inches of water (I use about 1 quart of water per 1 cup of soaked beans). Bring to a boil, then reduce to a simmer. Add salt (about 1/4 teaspoon of salt per 2 quarts of water/2 cups of soaked beans). You may add more salt to taste, or none at all if you prefer to keep them natural.

Let the beans cook for 60-90 minutes till desired tenderness. Certain dishes require very tender beans (like hummus). Adjust cooking time to achieve desired tenderness. As you cook them, the beans will continue to expand a bit. Keep an eye on the water level and add additional water as needed to keep the beans covered.

When the beans are fully cooked, drain in a colander and allow to cool. To store cooked beans in the refrigerator, place them in a covered airtight container or a plastic zipper bag without any additional liquid. Cooked beans will keep 3-4 days in the refrigerator.







RICOTTA TOAST

INGREDIENTS SERVES 1

1 thick slice whole-wheat bread, lightly toasted
1/4 c part-skim ricotta cheese
1.5 oz. Pearl₂O™ (from 100mg bottle)
1/2 small heirloom tomatoes, sliced
fresh basil leaves
1/4 tsp. olive oil
coarse salt and ground pepper

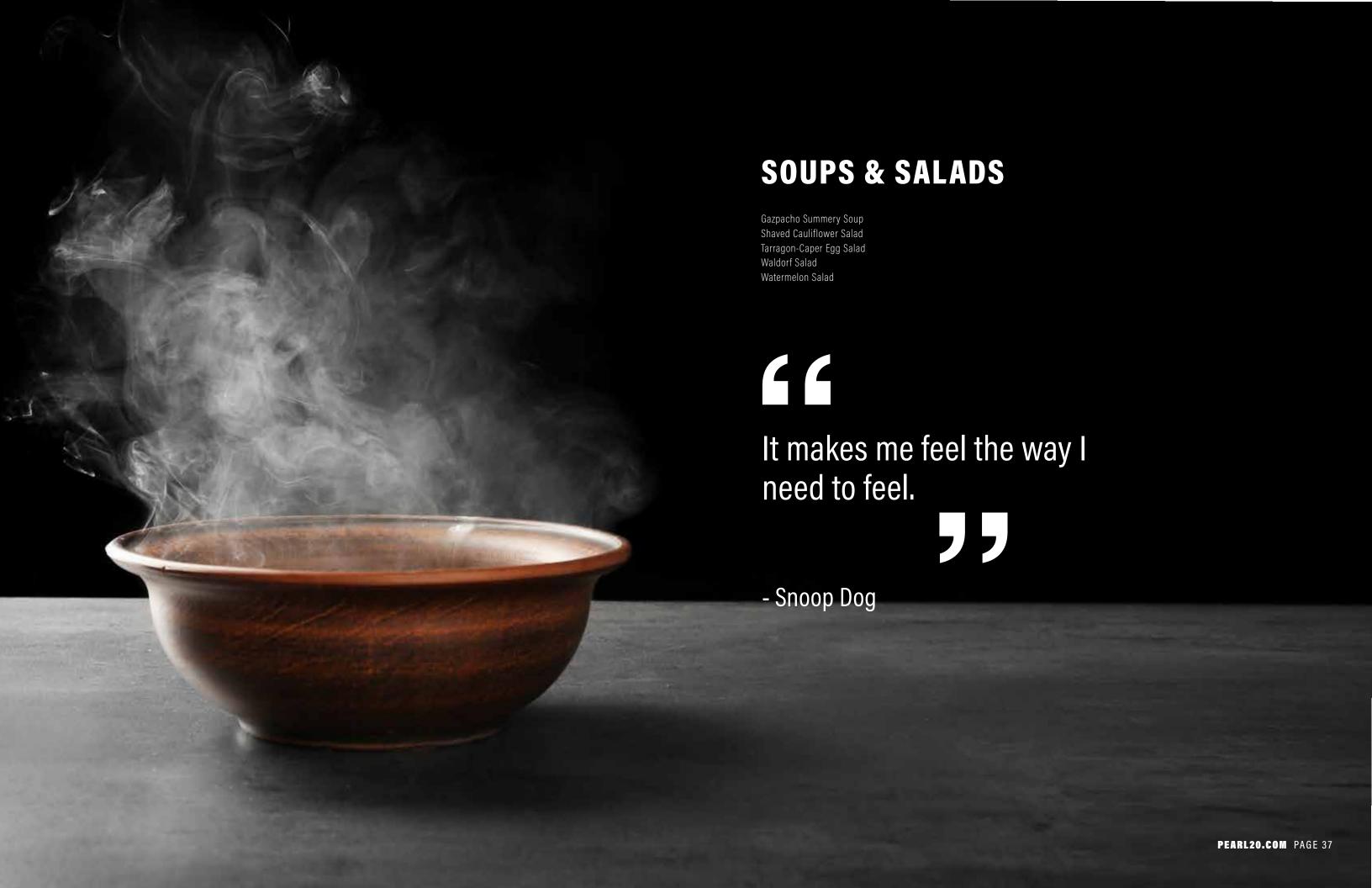
DIRECTIONS

Mix together ricotta and **Pearl₂O™**.

Spread the toast with this mixture, top with tomato and basil.

Drizzle with oil, and season with salt and pepper.









1 dried ancho chile, stemmed and deseeded, then soaked in warm water for 15 min 2 cloves garlic, roughly chopped

2 cloves garlic, roughly chopped 2 cups crustless crusty bread

.

1 pound vine-ripened tomatoes, peeled, seeded, and chopped

6 oz. **Pearl₂0™** (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.







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, Pearl₂0™, 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.









- 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.





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

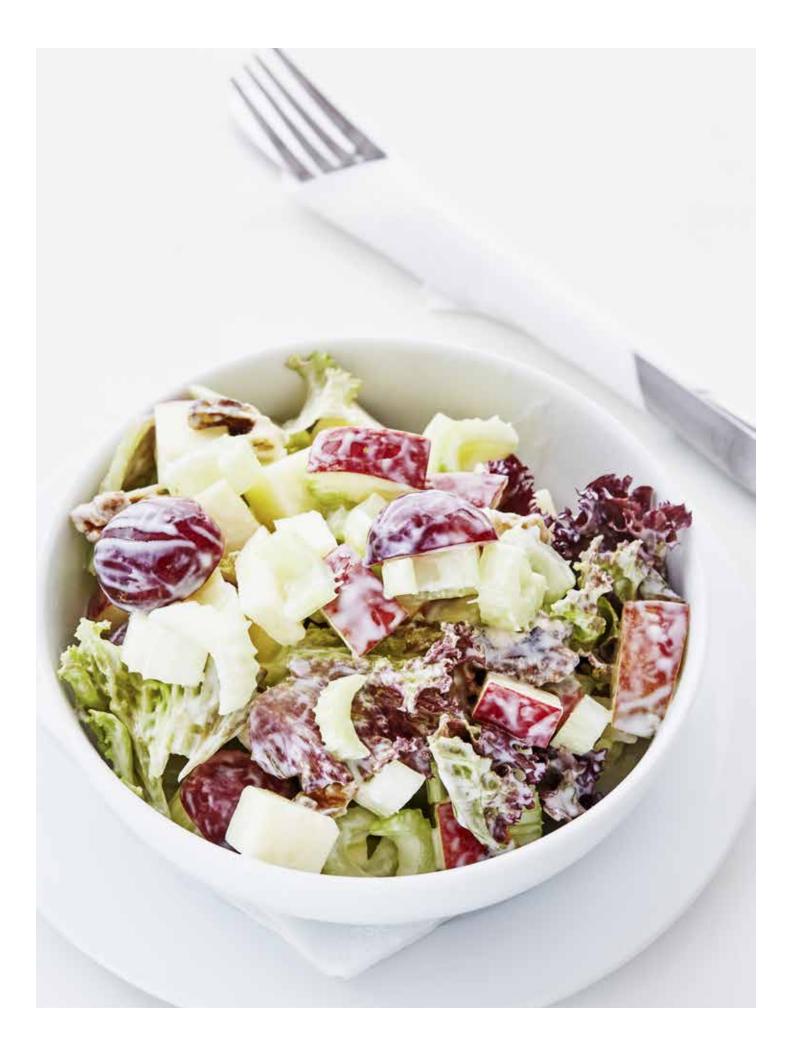
Mix mayonnaise, **Pearl₂O™**, lemon peel, lemon juice, and agave in medium bowl to blend. Season to taste with salt and pepper. Refrigerate 15 minutes.

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 total of THC/CBD in this recipe.







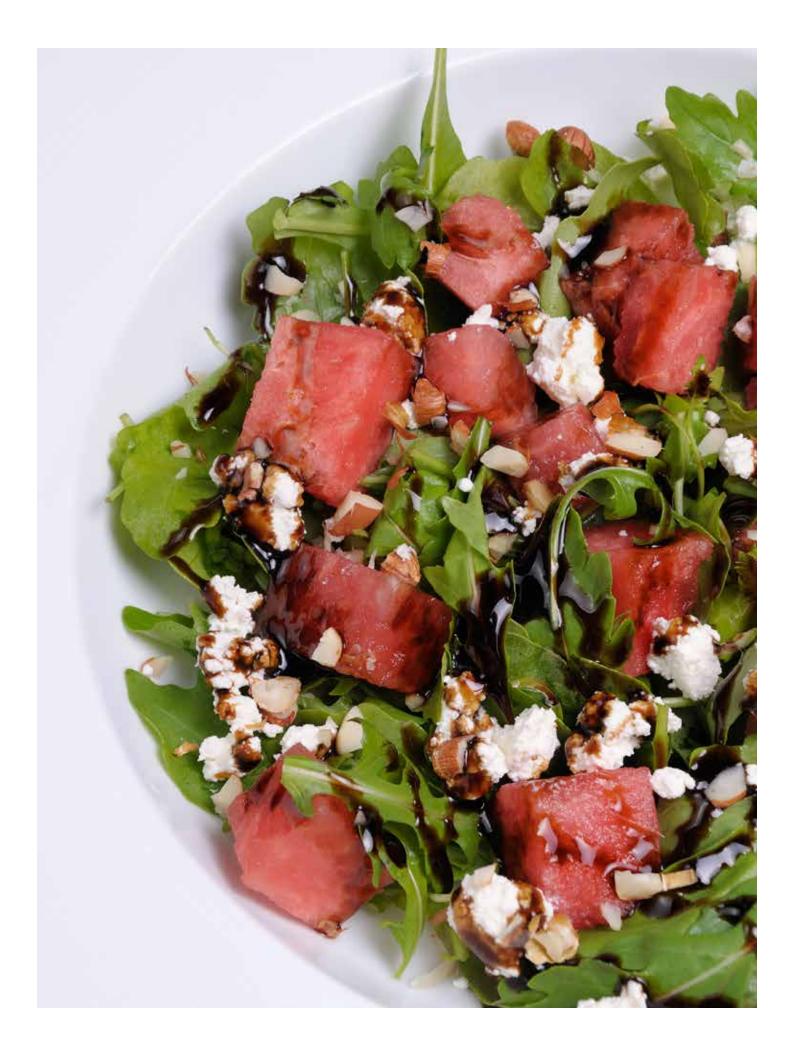
WATERMELON SALAD

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^m, 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.









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

34 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

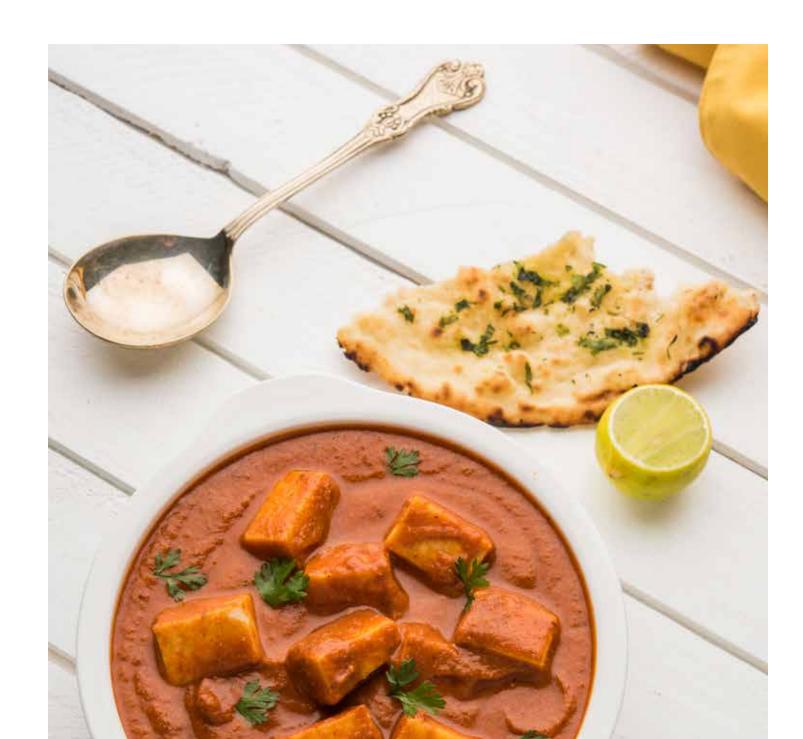
1/2 tsp sugar

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.





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.





PARTY CHICKEN KEBABS

INGREDIENTS SERVES 4

3 lbs. skinned and boned chicken thighs 8 to 10 flat wooden skewers 2 T olive oil Kosher salt and freshly ground black pepper

parsley sprigs lemon

(Pearlized bbq sauce)

DIRECTIONS

Trim excess fat from thighs. Cut each thigh lengthwise into 11/2-inch-wide strips.

Meanwhile, soak wooden skewers in water 30 minutes.

Preheat grill to 350°F to 400°F (medium-high) heat. Pat chicken dry with paper towels. Thread 3 chicken strips in a loose accordion style onto each skewer. Brush with olive oil, and sprinkle with salt and pepper.

Grill kabobs, covered with grill lid and turning occasionally, 11 to 14 minutes or until chicken is done. Serve with parsley sprigs and lemon wedges. Have the Happy Pearlized BBQ standing by for dipping.

* 40mg THC/CBD in this total recipe.

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3 1/2 T unsalted butter

3 large leeks, white and tender green—split, thinly sliced crosswise and thoroughly rinsed (about 3 cups)
2 cups thinly sliced mushrooms (about 5 ounces)
Salt and freshly ground pepper

2 T finely chopped fresh flat-leaf parsley

1 1/2 pounds red potatoes, peeled and very thinly sliced

1 cup Chicken Stock

1 1/2 pounds cod fillet in one piece

6 oz. **Pearl₂O™** (from 100 mg bottle) 1 T olive oil

1 large plum tomato, diced

DIRECTIONS

Preheat the oven to 450°F. In a large skillet, melt 2 tablespoons of the butter. Add the leeks and cook over moderately high heat, stirring, until softened, 2 to 3 minutes. Add the mushrooms, season with salt and pepper and cook, stirring, until the vegetables are tender and the juices have evaporated, about 5 minutes. Stir in 1 tablespoon of the parsley and remove from the heat.

Coat a 13 x 9 inch glass baking pan with 1 tablespoon butter. Layer one-third of the potatoes in the pan, overlapping slightly; sprinkle with salt and pepper. Spoon half of the leek mixture over the potatoes, top with another layer of potatoes and season with salt and pepper. Repeat with the remaining leeks and potatoes. Sprinkle with salt and

pepper, dot with the remaining butter and pour the stock around the edges. Bake in the upper third of the oven for 25 minutes, or until the potatoes are tender. If they start to over brown, cover loosely with foil.

Using the **Pearl20™** with the oil, and use a hand stick blender on low to emulsify. Brush the cod with the some of the Pearl20™ oil, season with salt and pepper and set it on the potatoes. Gently pour the rest of the Pearl20™ oil around the edges of the pan. Scatter the tomato and the remaining 1 tablespoon parsley over the fish. Bake uncovered for 8 to 10 minutes, or until the cod is just cooked through. Serve immediately, spooning any pan juices over the potatoes.







5 oz. orzo pasta

1.5 oz **Pearl₂O™** (from the 100 mg bottle)

1/3 cucumber, peeled and diced into large pieces

3 oz. feta cheese, cubed

2.3 oz. black olives, sliced

1/3 pint grape tomatoes, halved

1/3 small red onion, finely chopped

1 T and 1 tsp parsley, well chopped

1 tsp dill, chopped

DRESSING:

2 oz. olive oil

2 oz. red wine vinegar

1.5 oz Pearl20™ (from the 100 mg bottle) oregano

1 tsp salt

1/2 tsp black pepper

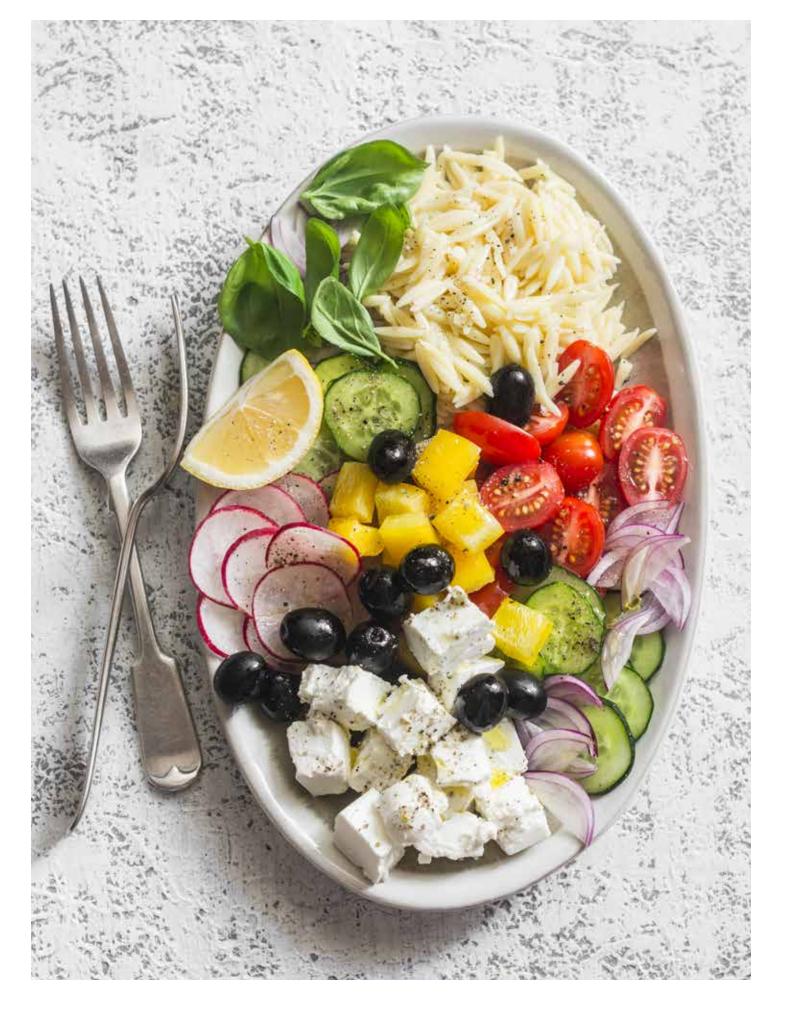
DIRECTIONS

In large bowl, combine cucumber, feta, black olives, tomatoes, onion and parsley.

Bring large pot of salted water to a boil. Cook orzo as directed on box. Drain and rinse with water to cool. Return pasta to pot (pot should be cooled down). Add the first 1.5 oz. dose of

Pearl₂0™. Mix cucumber mixture into orzo.

Whisk together dressing ingredients and pour over salad. Mix well to combine. Refrigerate for 20 minutes before serving.









1/3 lb bacon, fried, torn into bite size pieces

1/3 head lettuce, shredded

2 tomatoes, chopped

4 oz. mayonnaise or to taste Miracle Whip

3 oz. **Pearl₂O™** (from 100 mg bottle)

to taste salt

to taste pepper

2 flour tortilla (Fajita or Burrito sized)

DIRECTIONS

Place bacon, lettuce and tomato in large bowl, add mayo or Miracle Whip and **Pearl₂O™** to moisten all ingredients together.

Salt and pepper to taste.

Place a "generous" portion of BLT mixture onto tortilla, as if you were making a burrito.

Wrap & Roll





1/4 tsp ground cumin
1/4 tsp garlic powder
1/2 tsp onion powder
1/4 tsp oregano, dried
1/4 tsp thyme, dried
1 tsp paprika
Kosher salt
black pepper, ground fresh

2 parsnips, peeled, and cut in thirds

2 carrots, peeled, and cut in thirds

1 small bunch flat leaf Italian parsley, finely chopped

9 sprigs mint, finely chopped

1 garlic clove, minced

2 T red wine vinegar

1 tsp honey

1/8 tsp white pepper

3 oz. **Pearl₂0™** (from 100 mg bottle)

1 mango, peeled, pitted, diced

3/4# skirt steak

DIRECTIONS

Preheat oven to 425°F. Line baking pan with foil. Spray foil with nonstick pan spray.

In a small bowl, combine the cumin, garlic powder, onion powder, oregano, thyme, paprika, salt and pepper.

In a separate medium bowl, drizzle the vegetables with 1 T. olive oil. Add the spice mixture and toss to coat. Transfer the baking pan and bake until tender, about 30 minutes.

Transfer the parsley, mint, and garlic to a bowl. Whisk in the vinegar, honey, white pepper, **Pearl₂O™**, 3 T. olive oil. Stir the mangoes into the mixture. Cover and refrigerate.

Season the steak with salt and pepper. In a large skillet, heat 3 T. oil over med-high heat. Add the steak and cook 3 to 4 minutes per side for medium rare. Transfer to a cutting board; let rest.

Slice the steak thinly across the grain and spoon some of the chimichurri on top. Remove the veggies from the oven, serve warm with steak.

DESSERTS

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



The cannabis experience has greatly imroved my appreciation for art, a subject which I had never muchappreciated before.

- Carl Sagan



SUMMERY PEACH CRISP

INGREDIENTS

1 cup all-purpose flour

1/2 cup light brown sugar, firmly packed

1/2 cup granulated sugar

1/2 tsp ground cinnamon

1/2 tsp ground nutmeg

1/4 tsp salt

1 stick (8 tablespoons) unsalted butter

5 to 6 whole fresh peaches (best when not overly ripe

or soft), peeled, cut in half and pit removed (about 1 3/4 pounds)

1/2 of a lemon

6 oz. **Pearl₂0™** (from 100 mg bottle)

2 T tapioca flour

1/2 cup sugar

2 T water

1 cup real maple syrup, divided

11/2 cups heavy cream

DIRECTIONS

Preheat the oven to 325°F. In a medium bowl, mix the flour, brown sugar, granulated sugar, cinnamon, nutmeg and salt using a pastry blender. Cut the butter into small cubes and gradually add to flour mixture until evenly mixed like pea size. Slice the peaches 1/2-inch thick into a bowl. Add the zest from the lemon half. Squeeze juice from the lemon half and stir in with the peaches and zest. Add the Pearl20™, stir in. Add 4 tablespoons of the maple syrup to the peaches and stir well. Sprinkle on the tapioca flour. Pour the peach mixture into a small pan (8 or 9-inch square) and cover evenly with the crumb topping. Cover with foil and bake for 15 minutes. Remove the foil and bake until crisp and brown on top, an additional 20 to 30 minutes.

Make a caramel with the second half cup of sugar, add

the water, and mix very gently with hands to make "wet sand". Be careful not to get any sugar on the sides of the pan. Do NOT stir or agitate. If you must move the sugar around to prevent it from scorching, pick pot up and swirl around. While the sugar is cooking slowly, pour the heavy cream into a separate saucepan. When caramel has reached a light amber color, take off the heat and lightly immerse over a bowl (just the bottom) of room temp water. Add the remaining maple syrup to the cream pot and stir over moderate heat until thickened and reduced by about one-third, about 15 minutes. Refrigerate the sauce until it is cold and thick. Or, if you're in a hurry, set the saucepan into a small bowl of ice (the ice will melt and turn into ice water). Stirring your mixture, it will cool and thicken in about 15 minutes. Drizzle the maple cream sauce over the peach crisp. Serve warm.







APPLE PIE GRANOLA BARS

INGREDIENTS SERVES 4

1 2/3 cups quick rolled oats

1/2 - 3/4 cups (depending on how sweet you want them) brown sugar

2/3 cup oat flour (or ground up 2/3 cups oat flour fine)
1/2 tsp salt

1 tsp cinnamon

1/4 tsp nutmeg, ground

1/4 tsp ginger, ground

2 1/2 cups apples, dried, chopped

1/2 cup coconut, unsweetened

11/2 tsp vanilla extract

1/4 cup butter, melted (or oil)

6 oz. **Pearl₂O™** (from 100 mg bottle)

1/2 cup honey or maple syrup

2 T corn syrup

DIRECTIONS

Preheat oven to 350°F. Spray with non-stick spray an 8x8 inch glass baking pan. Set aside. In a large bowl, combine all dry ingredients including the spices, dried fruit, and coconut. Toss together until well combined. In a separate bowl, stir together the vanilla, melted butter, Pearl₂0™, honey/maple syrup, and corn syrup, with a whisk. Add the wet to the dry with a rubber spatula. Make sure all ingredients are equally moistened. Taste the mixture at this point and add additional sugar If you want them a little sweeter. Press mixture into prepared pan, using a spatula to smooth the top. Bake for 25-35 minutes, or until the edges are and top are golden brown. The bars may look slightly underdone, but they will firm up as they cool. Use a spatula and press the bars slightly to flatten and make even. Cool bars completely (using the fridge to speed up the process if desired). Use an offset spatula to remove them from the pan and cut into bars. Granola bars will last up to two weeks in the refrigerator stored in an airtight container.

*40mg of THC/CBD in total recipe



LEMON RICE PUDDING

INGREDIENTS SERVES 2

200 grams coconut milk
200 grams milk, whole
50 grams Bomba/ Arborio rice
55 grams sugar
3 oz. Pearl₂O™ (from 100 mg bottle)
.5 grams salt
2.5 each lemons, strips of zest
1 each Mexican cinnamon sticks
1 lemon, zested
.5 drops lemon oil

DIRECTIONS

One day ahead of time, allow rice to soak in 4X amount of water, then drain before using. Cook coconut milk, milk, rice and then put the dry aromatics in a sachet of cheesecloth bound with kitchen twine until it has thickened up, and liquid dissipates. Remove sachet bag. Add sugar, Pearl20™, and salt and continue to cook on low heat, stirring constantly, until the mixture thickens completely. Allow to cool over an ice bath. Stir in lemon oil gently. Don't agitate too much. Once in a serving dish, place the plastic wrap directly over the surface, so as to prevent a skin from forming.







INGREDIENTS SERVES 12

9 oz. Pearl₂O™ (from 100mg bottle), divided
160 grams milk
350 grams cream
50 grams sugar
2 grams salt
vanilla extract or powder
1 pkg. powdered gelatin
160 grams yogurt
250 grams milk chocolate

DIRECTIONS

Heat 7 oz. Pearl₂O™, milk, cream, sugar, salt, and vanilla to scalding. Sprinkle powdered gelatin over 2 oz. cold Pearl₂O™ (called "blooming" in culinary terminology). Bloom and then once the gelatin mixture has become a solid gelatinized "puck", then melt gelatin into hot milk. Whisk well to combine, and make sure there are no visible lumps. Strain over yogurt/chocolate. Best to have to entire mixture into a large pitcher to pour easily into individual ramekins. Divide mixture among 8 porcelain ramekins. Chill until set, approx 2 or more hours. Decorate with fresh fruit and maybe some whip cream, if desired.

SIDE NOTE: If you'd like the panna cotta to chill faster, go ahead and chill the ramekins ahead of time.





DRESSING

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



Marijuana is quite possibly the finest of antioxidants.



- Nick Offerman







1# whole tomatoes

6 oz. **Pearl₂O™** (from 100 mg bottle)

1/2 medium onion, chopped
2 garlic cloves, chopped
1 T vegetable oil
1 tsp chili powder
1/2 tsp paprika
1/8 tsp cinnamon
1/8 tsp ground allspice
1/2 tsp black pepper, freshly ground
1 1/2 tsp tomato paste
1/4 cup packed light brown sugar
1/4 cup cider vinegar

DIRECTIONS

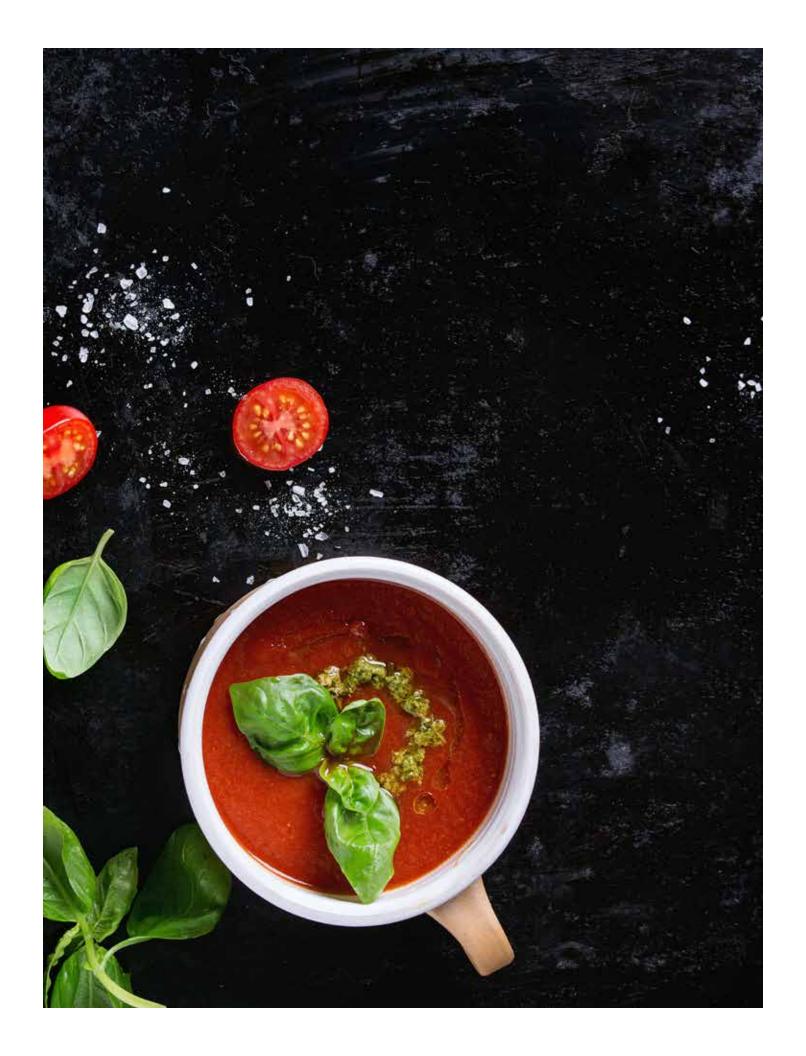
First, blanch the tomatoes. Fill a large 7- to 8-quart pot with 1 gallon water and bring to a boil. Using a sharp knife, cut a shallow X on the bottom of each tomato. Working in 1 pound batches, immerse tomatoes in the boiling water. Cook for 30 to 60 seconds or until the tomato skins split open. Using a slotted spoon, transfer tomatoes to a large bowl of ice water to shock. Peel the tomatoes, and then when they are cool enough to touch, use a knife or your fingers to peel the skins off. Using a small sharp knife, cut out the stem end from the peeled tomatoes.

Purée tomatoes and Pearl₂O™ together in a blender until smooth. Heat oil in a 4 quart heavy saucepan over medium heat, adding the onion and garlic. Stir occasionally, until golden, about 8 minutes. Add spices and pepper and cook, stirring, for 1 minute. Add tomato purée, tomato paste, brown sugar, and vinegar and simmer over low heat, uncovered, stirring occasionally, until very thick, 45 to 55 minutes (stir more frequently toward end of cooking to prevent scorching).

Purée ketchup in blender until smooth (be careful if still hot!) Chill 2 hours to let flavors meld.

* 40mg THC/CBD in total recipe.







BBQ SAUCE

INGREDIENTS SERVES 4

2 cups ketchup (store bought is fine)

1 cup water

1/2 cup apple cider vinegar

6 T light brown sugar

5 T sugar

1/2 T fresh ground black pepper

1/2 T onion powder

1/2 T ground mustard

1 T lemon juice

1 T Worcestershire sauce

6.16 oz. **Pearl₂O™** (from 100 mg bottle)

1 tsp white horseradish

DIRECTIONS

In a medium saucepan, combine all ingredients except

Pearl₂O™. Bring mixture to a boil, reduce heat to simmer.

Cook uncovered, stirring frequently, for 45 minutes. Add

Pearl₂O™, mix in thoroughly, simmer another 15 to 20 minutes until somewhat thickened, add horseradish. Chill overnight.

40mg THC/CBD in total recipe.









INGREDIENTS

- 4 oz. water
- 3 oz. **Pearl₂O™** (from 100 mg bottle)
- 2 oz. lightly packed fresh basil leaves
- 2 oz. hazelnuts
- 2 oz. pinenuts
- 3 oz. parmesan

1 clove garlic, peeled and smashed 1/3 cup virgin olive oil coarse salt pepper, freshly pepper milled

DIRECTIONS

Bring water and **Pearl₂O™** to a boil quickly, then turn off heat. Add basil, and submerge with a slotted spoon. Immediately drain in a colander. Shock in cold water until cool, then pat basil dry on paper towels.

Preheat oven to 350°F, toast both kind of nuts, tossing once about 6-8 minutes. Let cool completely.

In a food processor, combine nuts, basil, and garlic; season generously with salt and pepper. Process until nuts are finely chopped. Add cheese, process. With machine running, pour oil in a steady stream through the feed tube; process until smooth. Use immediately, or freeze.

* 20mg THC/CBD in total recipe.





CAESAR DRESSING

INGREDIENTS SERVES 4

8 oz. low-fat or nonfat Greek-style yogurt

6 oz. **Pearl₂O™** (from 100 mg bottle)

2 anchovy fillets, mashed

2 garlic clove, minced

2 T fresh lemon juice

2 T Worcestershire sauce

2 T extra-virgin olive oil

1/4 cup freshly grated Parmigiano-Reggiano cheese Salt and freshly ground pepper

1 large head of romaine lettuce, torn into bite-size pieces

DIRECTIONS

In a small sauce pot, combine **Pearl₂O™**, garlic, lemon juice, and Worcestershire sauce, heat until reduced by half. Let cool.

In a small bowl, whisk the yogurt with the cooled **Pearl₂O™** mixture and anchovies. Whisk in the oil and half of the cheese and season with salt and pepper.

In a large bowl, toss the romaine with half the dressing and the remaining cheese. Serve, passing the remaining dressing at the table. May add croutons if desired.

* 40 mg THC/CBD in total recipe.





CREAMY ITALIAN DRESSING

INGREDIENTS SERVES 3

1/4 cup mayonnaise

1/4 cup sour cream

1/4 cup olive oil

4.5 oz. **Pearl₂O™** (from 100 mg bottle)

3 T red wine vinegar

1 T parmesan cheese, grated

1 tsp milk

1 1/2 tsp fresh oregano, minced

1 1/2 tsp fresh parsley, minced

1 clove garlic, minced

salt and pepper

DIRECTIONS

Whisk together the mayo, sour cream, olive oil, **Pearl₂O™**, vinegar, parmesan, milk, oregano, parsley, and garlic, until well combined. Season with salt and pepper, to taste. Makes about 1 1/4 cup.

* 30 mg THC/CBD in total recipe.







GREEN GODDESS DRESSING

INGREDIENTS

1 cup (packed) watercress leaves 6.16 oz. **Pearl₂O™** (from 100 mg bottle)

1 cup plain nonfat yogurt

1/2 cup light (1/3 less fat) mayonnaise

2 T (packed) fresh dill, chopped

2 T (packed) fresh basil, chopped

2 T green onion, chopped

1 T fresh mint (packed), chopped

1 tsp red wine vinegar

1/4 tsp hot pepper sauce

DIRECTIONS

Cook watercress in medium saucepan with the Pearl₂O™ for 30 seconds. Let steep about 20 min. Drain. Rinse watercress lightly under cold water. Drain again. Pat watercress dry with paper towels. Transfer watercress to blender. Add nonfat yogurt and all remaining ingredients and puree until smooth, thinning with more yogurt or water, if desired. Transfer dressing to bowl. Season dressing to taste with salt and pepper. Can be prepared 3 days ahead. Cover and refrigerate.





INGREDIENTS SERVES 4

1 large shallot, finely chopped
1 cup fresh lemon juice
6.16 oz. Pearl₂O™ (from 100 mg bottle)
Kosher salt
pepper, freshly pepper milled
5 oz. toasted sesame oil
5 oz. vegetable oil
1/4 cup soy sauce
2 1/2 T honey or maple syrup

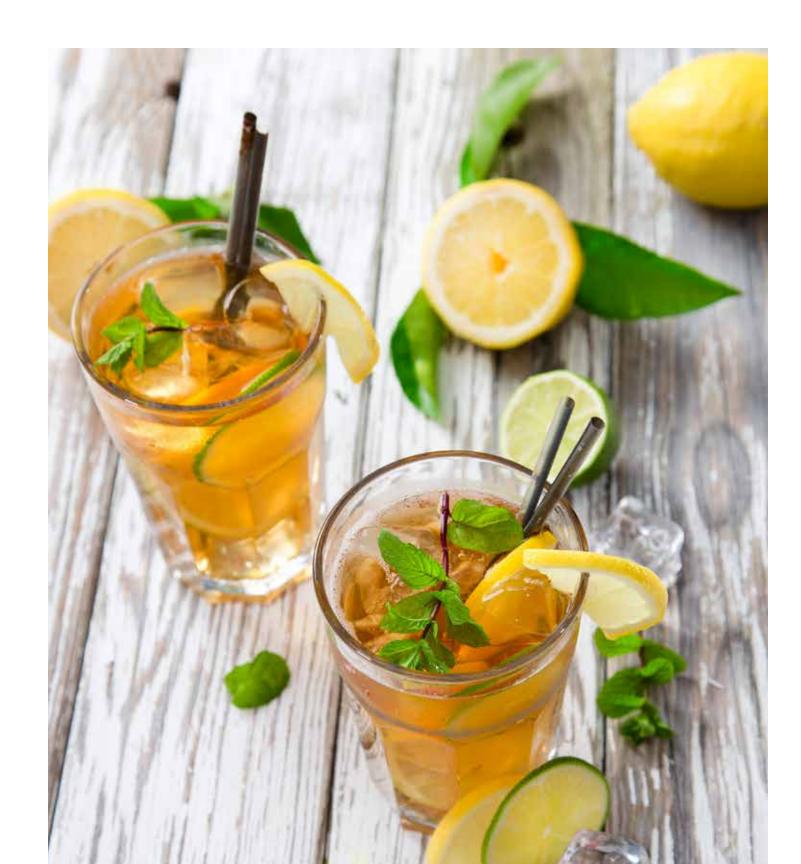
DIRECTIONS

Combine shallot, lemon juice, and Pearl₂0™ in a large jar or a thermos, or another water bottle with a screw tight lid; season with salt and pepper and let sit 10 minutes. Add sesame oil, vegetable oil, soy sauce, and honey to shallot mixture; cover with lid or screw top and shake to combine. Season sesame lemon vinaigrette with salt and pepper. Vinaigrette can be made 1 week ahead. Cover and chill. Shake to re-incorporate just before serving.

* 40 mg THC/CBD in total recipe.









LEMON VERBENA TEA

INGREDIENTS SERVES 4

- 2 bunches fresh lemon verbena sprigs
- 2 bunches fresh mint
- 5 cups water
- 6.16 oz. **Pearl₂O™** (from 100 mg bottle)
- Sugar or stevia for serving

DIRECTIONS

Rinse the herbs. If desired, set aside 3 lemon verbena sprigs for garnish. Put the remaining lemon verbena sprigs and the mint in a teapot.

In a saucepan over medium high heat, bring the water to a boil. Remove from the heat, add the **Pearl₂O™** while still hot, and then pour the liquid into the teapot and let steep until the desired strength is reached, usually 3 to 5 minutes. Pour through a tea strainer or fine-mesh sieve into 2 mugs, dividing it evenly. Slip a lemon verbena sprig into each mug. Serve immediately and pass the sweetener at the table.

*40mg THC/CBD in total recipe



DATE SHAKE

INGREDIENTS

4 ice cubes made with:

3 oz. **Pearl₂O™** (from 100 mg bottle)

2.6 oz water

4 oz. soft dates, chopped, preferably Medjool or Deglet

1 cup rice milk

1/4 cup yogurt

1 cup vanilla gelato

1/2 tsp vanilla extract

1/2 tsp orange flower water

pinch nutmeg

DIRECTIONS

Blend **Pearl₂O™** and water to make ice cubes. Each ice cube should be 3/4 oz. Freeze until solid.

Heat the rice milk and add dates, heat to simmer, then fridge overnight (covered) to macerate.

Next day, place ice cubes and date mix, along with rest of ingredients (except nutmeg) into a blender. Process until very smooth. Fill two glasses, top with pinches of nutmeg.

Serve.

*20 mg in total recipe (Makes 2 14 oz. servings)







FRENCH PRESS COLD BREW

INGREDIENTS

7 T coffee beans, whole
1.5 oz. **Pearl₂O™** (from 100 mg bottle)
10 oz. water

DIRECTIONS

Grind the beans coarsely in a coffee/ spice grinder. Pour the grinds into a french press.

Mix **Pearl₂0™** and water together in a bowl first with a whisk. Pour into the French press.

Let it brew for 12-24 hours at room temperature.

After waiting 12-24 hours, plunge your coffee and either store it in the fridge for up to a week or pour over ice. Sweeten or add creamer if desired. Enjoy.





CHERRY RICKEY PUNCH

INGREDIENTS SERVES 5

7.5 oz. **Pearl₂O™** (from 100 mg bottle)

1/2 oz. water

2 whole cloves

3 allspice berries

3 oz. frozen lemon concentrate, thawed

16 oz. ginger ale, chilled

4 oz. frozen lemon concentrate, thawed

8 oz. cherry lemon-lime soda

DIRECTIONS

Simmer Pearl₂OTM, water, and spices over medium-low heat. Remove from heat, place plastic wrap over top and let steep for 30 minutes. Place in refrigerator until cold or over an ice bath if needed sooner. Add lemon concentrate, and whisk until well combined. Strain.

Add ginger ale, second portion of lemon concentrate, and cherry soda to above strained liquid. Stir gently. Serve.

* 50 mg total THC/CBD in recipe.





ORANGE CREAMSICLE

INGREDIENTS SERVES 4

6 oz. **Pearl₂0™** (from 100 mg bottle)

1 vanilla bean, split in half lengthwise to expose seeds

2 whole star anise

32 oz. orange sherbet

2 oz. canned frozen OJ concentrate

8 oz. ginger ale

DIRECTIONS

Infuse Pearl₂0™ with the vanilla bean and the star anise over low heat til hot. Take off heat. Cover with plastic wrap. Let steep for 30 minutes. Cool. Strain. Pour into ice cube tray to make 8 ice cubes. Once frozen, take off and crush.

Place sherbet and OJ concentrate into bowl, add crushed $Pearl_20^{\text{TM}}$ ice and the ginger ale. Serve.

* 40 mg total THC/CBD in this recipe





BANANA SMOOTHIE

INGREDIENTS SERVES 2

3 oz. **Pearl₂O™** (from 100 mg bottle) 1/2 cup lime juice, freshly squeezed 3 bananas, peeled 1/4 cup sugar 1/4 cup milk of choice (cow, almond, cashew) 1 tsp whole nutmeg, freshly grated

DIRECTIONS

Make 4 ice cubes in an ice cube tray with the 3 oz. of Pearl₂O™. 3/4 ounce of liquid per cube. Once frozen, remove from tray. Blend all ingredients together. Add more sugar to increase sweetness level if desired. Pour into glasses, serve.

* 20 mg total THC/CBD in total recipe.







