

How to Treat Cannabis Like Wine: **The Official Guide To Cannabis Pairings**

I. What is a cannabis pairing?

A. Harmonizing cannabis with food: All cannabis has **terpenes** and **flavonoids** which give Cannabis its color, tastes and smells; we use their aroma and taste elements to pair with foods' flavor profiles.

i. Terpenes

- a. Organic compound that exists in cannabis and all plants
- b. Uses smells to attract pollinators and detract predators
- c. Terpenes are the essential oils of the plant: *gives mood enhancements*
 - *Types of moods: Alertness, memory retention, elevated mood, sedative effects*
- d. Over 200 different types of terpenes
 - *Examples: Alpha-pinene; Limonene; Caryophyllene; Linalool*
- e. Different terpenes evolve throughout a plant's life cycle, dependent on the plants needs
 - *When a plant is small its terpene profile is intended to detract predators. When a plant matures, its terpene fragrance changes to attract pollinators*
- f. Noteworthy for its medical benefits
 - *Different terpenes provide different health effects and benefits, including but not limited to: anti-anxiety, gastroprotective, and heartburn*

ii. Flavonoids

- a. Molecules that exists in cannabis and all plants
- b. Contributes to the plant's color and taste
 - *Certain colors attract certain insects, promoting pollination*
 - i. Certain tastes and colors also act directly to protect and build its defensive capabilities
- c. Foods that are high in flavonoids are fruits, vegetables, dark chocolate, teas, hops and red wine
- d. Distinguished for its medical benefits
 - *Different flavonoids provide different health benefits and effects, including but not limited to: anti-inflammatory, antiseptic, and muscle tension*

II. Why Pair

A. Experience & Connections (Synchronicities between Food, Cannabis and People)

- i. One of the most enjoyable effects of *getting high* is the increased appetite; Pairing cannabis with your meal enhances the foods' taste
- ii. It's not about getting high and satisfying the munchies; pairing is about taking cannabis consumption to an intellectual high
- iii. Smoking Cannabis together is similar to an ancient pipe ceremony which *invokes* a relationship with the energies of the universe that is shared with those involved, bonding them (Communal/ ancient ritual)
- iv. Breaking bread, inviting someone into your home, intimacy of sharing a meal, vulnerability of cooking with or for someone (homemade, from the heart/ Cultural significance)
- v. In many cultures, inviting someone to your home to share a meal is a gesture of honor and respect, and a way to deepen friendships while sharing something intimate
- vii. *Gourmet Cannabis experience* without infusing the food
- viii. Have greater control of consumption levels because you're NOT ingesting which in turn will allow you to control the level of your high
- ix. The experience of pairing Cannabis with your meal promotes camaraderie

B. Knowledge

- i. Treating Cannabis as wine; becoming a connoisseur of cannabis
 - *In order to become a Cannabis connoisseur, you need to learn the identifying characteristics of the bud, from appearance, smells, tastes, touch/feel (for density) and effects*
- ii. Pairing Cannabis with food deepens your understanding of flavor profiles *and keeps you in touch with your senses*
- iii. awareness of how to satisfy the senses

III. How to Properly Taste Cannabis (Knowledge)

A. Connection

- i. Identifying flavor profiles and matching those with the tastes of your meal

B. Conscious Consuming: Understanding how to thoroughly taste Cannabis

- i. Identify the physical characteristics of the flower **(sight)**
- ii. Bruise the terpenes by applying pressure **(touch,)** this releases the flower's aroma, allowing you to experience the scent's full potential
- iii. Breathe in the flower's aroma **(scent,)** 80% of taste is in conjunction with smell. Fully indulging in this step will yield a more effective taste
- iv. Break up Cannabis into a fine consistency **(touch,)** this will allow the flame to evenly burn the matter
- v. Load only a small bowl, so you don't over burn and have fresher hits each time ("green hits")—this will have a more powerful effect in terms of tasting the terpenes and flavonoids
- vi. Burn only a small area of the weed, this preserves the green
- vii. Inhalation **(taste)**
 - a. Notice the tastes on your inhalation; they may differ from what you taste during your exhalation
 - b. Note the effects it has on your throat. Is it soothing? Is it scratchy? This could be the affects of how well the cannabis was cured
 - c. Fill your lungs until they are fully expanded
 - d. When smoke hits the walls of your lungs, it infiltrates into your bloodstream. By filling your lungs to full expansion, the smoke has more surface area to affect. Then slowly release for your exhale. This is the proper way to smoke cannabis; inhaling and holding your breath merely cuts off your oxygen supply, which does not make you "high"

- viii. Slowly exhale, fully emptying your lungs (taste.) Note how these flavors compare to those tasted during your inhalation
 - a. Try exhaling through your nose, and notice how those tastes are different
- ix. Cupping method
 - a. Used by coffee growers, tasters, and roasters to appropriately taste and differentiate coffee
 - b. Cupping combines both the flavors noted on the inhale, as well as the those of the exhale because it uses your saliva to combine the essences remembered on your tongue's tastebuds
 - c. Cup your tongue to the roof and side of your mouth, producing a smacking noise as you articulate the flavors you taste
 - d. *This is a method to help you eagerly taste your cannabis*

C. Concluding (In conclusion, how do you feel?)

- i. What are you feeling physically?
 - a. Typically, you will feel a tingle in your nose and mouth
 - Indica-dominant strains physically affect the bridge of the nose, while Sativa-dominant strains physically affect the nostrils
 - b. The front of your tongue is a receptor for sweet flavors. Bitterness is tasted on the back of your tongue. Acidity affects the sides of your tongue;
 - If the sides of your tongue feel the affects, the flavor profile is likely to be associated with high acidity levels, like citrus can reflect the Terpene Limonene which can be found in Sour Diesel
 - c. Feelings in you body
 - Sativa and Indica will give you different tingly sensations throughout your body, most notably in your hands and feet
- ii. What are you feeling mentally?
 - a. Were the effects immediate or delayed?
 - b. Is your euphoric state sedative or uplifting?

- i. Sativa or indica effects determine your energy levels. Terpenes affect your mood.
 - c. Note how different strains affect you:
This understanding will aid you in conscious consumption
 - i. To spark creativity at work; to enhance a sexual experience; to induce sleep; to combat certain health issues (depending on the make-up of the strain;) to augment pleasurable experiences, or to calm your mind of negativity and sadness

IV. How to Properly Taste Food?

A. The Visual; up to 80% of the experience is through the meal's appearance

B. Conscious consuming

- i. Breathe in your dish's flavor (**smell**)
- ii. Break it apart, notice consistency changes or similarities (**sight, touch**)
- iii. Use small bites to distinguish initial flavors and secondary flavors
- iv. How did it taste at first bite, versus the dish's savory and long-lasting effects

C. Concluding: How did the dish make you feel?

- i. Sedative
- ii. Uplifting
- iii. Full immediately
- iv. Delayed
 - *You smell more than you actually taste
 - *If textures don't harmonize, then your food won't taste good

V. How Do You Harmonize Food and Cannabis

A. Compliments

- i. Using the flavonoids and terpenes profiles to recognize certain flavors within the cannabis, and matching them with food by applying their flavor contours to a meal

- ii. If a strain has earthy tastes, look for hearty foods
 - Potatoes, beets, and other foods that are grown into soil will have an earthy taste (root vegetables)
- iii. If a strain has sweet flavors, look for sugary fruits
 - Strawberries, raspberries, and blueberries have a strong sweetness
- iv. If a strain has acidic flavors, look for citrus profiles
 - Lemons, oranges, limes all have acidic tastes

B. Balance

- i. Determine the main flavor profiles of your cannabis, match it to the center of the plate, which is the star or main component of the dish, and build your meal from there
- ii. Build flavor profiles throughout the dish that match the terpenes and flavonoids of the decided strain of cannabis

C. How to pair cannabis with your dinner

- i. Create a dish around your strain
 - Choose a strain with desired flavors and effects
 - Properly taste the cannabis to identify all its elements
 - Choose a complimenting flavor to apply to your dish
 - Example:
 - a. A strain like Casey Jones, with primary citrus and lemon tastes, concluding in an earthy finish, would pair with a pan-seared Alaskan Halibut with forbidden rice risotto, topped with roasted Hen of the Woods mushrooms, finished with a citrus beurre blanc. Your center of the dish is the fish, which is light like a Sativa. The citrus beurre blanc compliments the primary citrus taste. The rice risotto and mushrooms will bring out the earthy afternotes. The primary part of the dish matches the primary focus of the strain, with the sides matching the secondary flavor profiles.

- ii. Choose a strain around your dish
 - Identify the primary flavors of your dish.
Articulate the secondary tastes of your meal.
 - Visit your local dispensary and talk about strains with complimenting flavonoids and terpenes

VI. Why is it Important to be a Cannabis Connoisseur?

- i. It makes you a better consumer
- ii. Recognizing the health benefits of the strain
- iii. Expertise and Enjoyment: allows you to know if the Cannabis was properly cured; recognition of properties of development
- iv. know in advance the type of mood it will create and how that mood can benefit your day.
- v. SMELL, SIGHT, TOUCH: Know Sativa/ Indica (energy levels) just by noticing its characteristics
- vi. Identify terpene profiles and provide homeopathic remedies; knowing what you are putting into your body
 - a. Identifying Myrcene through scent, you can expect an earthy taste, and a sedative effect, which will aid in pain and sleeplessness
 - b. Identify the connection you make with this natural substance you're consuming; understand and connect the why you are feeling the way you are with the what are you putting into your body