

ongrok

INFUSED COOKBOOK

ELEVATE YOUR TASTE BUDS



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DISCLAIMER

PLEASE CONSULT WITH A PROFESSIONAL MEDICAL PHYSICIAN BEFORE USING THIS RECIPE BOOK. No statements made in this recipe book have been evaluated by the US Food and Drug Administration or Health Canada. The information in this recipe book is intended for educational and entertainment purposes only. These recipes are not intended to diagnose, treat, cure, or prevent any disease. Reliance on any information provided by ONGROK is solely at your own risk.



Getting Started (with Edibles)

Before you begin to cook up your delicious edibles and infused beverages, it is important to be mindful of the possibility of negative side effects, especially on inexperienced users.

A common mistake when ingesting edibles is that many do not immediately feel the onset of effects right away and may take another dosage to compensate. Users typically won't feel effects for 30 to 90 minutes depending on how empty their stomach is, but the effects from edibles tends to be stronger and lasts for much longer periods.

It is important to keep in mind that the effects will not kick in right away.

If you end up taking too much and begin to feel dizzy, anxious, or sick, remember to drink lots of water and close your eyes. The best remedy for ingesting too much is to simply sleep it off.

Getting Started (with Edibles)

CALCULATING DOSAGE

Disclaimer: *These are just general guidelines. When determining the amount of herb used in recipes, take into consideration the strength of the herb and users tolerance range.*

Unsure about how much herb you used in your edibles? Don't worry, just input the necessary amounts in the formula below:

[Grams of herb or concentrate] X 1000 = weight of starting herbs or concentrates in milligrams

[weight of starting concentrates in mg] / [# of edibles at the end of baking process] X % content of active ingredients = [final mg / treat].

Don't want to do the math? There are several dosage calculators online. They can help you figure out how much botanicals to use or how much active ingredients are in your already prepared edibles.



Getting Started (with Edibles)

DECARBOXYLATION

WHY Decarboxylate?

- The herb must be heated in the oven prior to the use of the machine in order to activate your botanicals' active ingredients.

KEEP IN MIND

- Decarboxylation is only for specific, rare blossoms and herbs
- Do not use with common, commercially available culinary herbs, fruits and flowers, this will remove their moisture and flavor

HOW TO DECARB

1. Break down herbs into popcorn sized pieces
2. Preheat the oven or toaster oven between 225°F - 240°F (107°C - 115°C)
 - 225°F (107°C) = recommended to preserve flavour and potency
 - 240°F (115°C) = recommended to minimize flavour while preserving potency
3. Spread the herbs in a single layer onto an oven safe baking tray
4. To prevent smell, cover the baking tray or insert the tray into an oven bag and tie the bag tight
5. Place the pan on the middle rack and bake for 35-40 minutes (225-240°F)
6. Once finished, remove the pan from the oven and allow it to cool completely (make sure bag is still sealed)
7. Once cooled you can move onto your next step: Infusion!

Side note: You can either use your decarbed herbs right away or store them in a room temperature airtight jar until you are ready to infuse them.

Base Recipe For Infusion

The upcoming recipes will center on infusing the decarboxylated herb with butter, oil, or alcohol, depending on your preference. If you haven't already, refer back to page 2 (Calculating Dosage) to determine how much herb you wish to infuse.

Infused Cooking Oil

Duration: 1 hour

Yield: 1-5 cups/250-1300 ml

Ingredients:

- 1-5 cups - cooking oil*
 - * DO NOT use canola or corn oil
- Decarbed herb (amount is based on your desired potency)
 - ** refer to the dosage calculator in the recipe book to determine what is ideal for you
- 1 tbsp soy or sunflower lecithin powder per cup of oil***

Instructions:

1. Place the ingredients into your ONGROK Botanical Infuser Machine and secure the motorbase.
2. Select the Oil preset and set the temperature to 160°F (71°C)
3. Once the cycle is complete put on your mitts and slowly pour the oil through the filter into an airtight jar.



Tips:

IMPORTANT: Ingredient capacity: 1 cup min to 5 cups max

* **PREFERRED:** coconut, olive, grapeseed, sunflower, almond, walnut, sesame, avocado, macadamia or peanut oil. **NOT RECOMMENDED:** ordinary soybean, canola, extra virgin olive oil, and corn oil

** Do not pre-grind botanicals to ensure best results

DO NOT ADD WATER

***** Lecithin**

Lecithin is optional but very highly recommended, it helps bind your botanical's active ingredients into butters, oils, and fats - increasing the potency of your infusion.

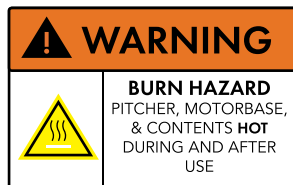


Base Recipe

Infused Butter

Duration: 2 hours

Yield: Approx. 1-5 cups/250-1300 ml



Ingredients:

- 1-5 cups - softened butter (preferably ghee/clarified* butter) **DO NOT USE MARGARINE**
- Decarbed herb (amount based on your desired potency)** refer to the dosage calculator in the recipe book to determine how many grams is ideal for you
- 1 tbsp - soy or sunflower lecithin powder*** per cup or butter

Instructions:

1. Place the ingredients into your ONGROK Botanical Infuser Machine and secure the motorbase.
2. Select the Butter preset and set temperature to 160°F (71°C)
3. Once the cycle is complete, put on your mitts and slowly pour the butter through the filter into molds or a container.

Tips:

IMPORTANT: Ingredient capacity: 1 cup min to 5 cups max

* How to clarify: gently melt the butter, remove any milk solids.
(DO NOT USE COLD FIRM BUTTER)

** Do not pre-grind botanicals to ensure best results

*** Refer to page 4 for more information on Lecithin

Base Recipe

Infused Tincture

Cycle time: 4-8 hours*

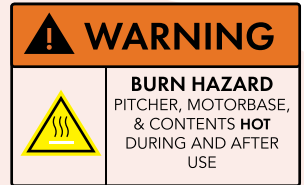
Yield: 1-5 cups/250-1300 ml

Ingredients:

- 1-5 cups of Everclear, 151 or 190 proof alcohol or vegetable glycerin**
- Decarbed herb (amount is based on your desired potency) ***

Instructions:

1. Place the ingredients into your ONGROK Botanical Infuser Machine, and secure the motorbase.
 2. Select the Tincture preset and set temperature to **130°F (55°C)**
 3. Once the cycle is complete, put on your mitts and slowly pour the tincture through the filter into dark glass bottles
*4 oz amber glass dropper bottles work well and hold ½ cup of tincture)
 4. Refrigerate or store your tincture in a cool and dry place and it will keep indefinitely
- Tinctures can be flavored and administered via eyedropper under the tongue for faster absorption
 - Tinctures can be reduced by either cooking the alcohol off or letting it evaporate to create a syrup-like solution which can be used in recipes (for example, check out the gummy recipe on page 16)



Tips:

IMPORTANT: Ingredient capacity: 2 cups minimum to 5 cups max

* if you prefer tincture with a stronger flavor and intensity select 8 hours

**If using vegetable glycerin add ½ tbsp of soy or sunflower lecithin

*** Refer to the dosage calculator in the recipe book to determine how many grams is ideal for you

DANGER

SOME RECIPES MAY SUGGEST USING LIQUIDS THAT ARE

FLAMMABLE

YOUR USAGE OF SUCH MATERIALS IS AT YOUR OWN SOLE RISK. ANY DAMAGES ARE YOUR OWN RESPONSIBILITY.



Infused Recipes

Now that you have covered all the basics, it's time for the fun part! With the ONGROK Botanical Infuser Machine, the possibilities of infusion are endless. Below we have provided a few recipes that will leave you feeling happy and relaxed. Whether you infuse your herb into food, drinks or topical products, this part is up to you!



Chocolate Chip Cookies

You will need:

- 2 sticks softened infused butter
- ¾ cup packed light brown sugar
- 1 cup granulated sugar
- 2 large eggs
- 1 tbsp vanilla
- 3 ½ cups all purpose flour
- 1 tsp salt
- 1 tsp baking soda
- 10 oz bag chocolate chips

Instructions:

Step 1: Preheat oven to 350°F (175°C)

Step 2: Mix flour, salt, and baking soda in a bowl (set aside)

Step 3: Add eggs and vanilla. Mix well until combined

Step 4: Slowly add the dry ingredients you set aside into the bowl with the wet ingredients (eggs and vanilla) along with chocolate chips until they are combined

Step 5: Use a cookie scoop (or your hands!) to create dough balls. Bake for approximately 9-13 minutes.

Tip: have your own favorite cookie recipe? Just sub the butter or oil with the infused.





Classic Brownies

You will need:

- 1 cup all-purpose flour
- ¼ cup unsweetened cocoa powder
- ½ tsp baking powder
- ¼ tsp salt
- 2 tbsp infused oil
- 5 oz semisweet chocolate (chopped)
- 1 ½ tbsp light corn syrup
- 1 cup firmly packed light brown sugar
- 1 tablespoon applesauce
- 3 egg whites
- 2 tsp vanilla

Instructions:

Step 1: Preheat oven to 350°F (176°C)

Step 2: Mix together the first 4 dry ingredients into a small bowl (set aside)

Step 3: Pour the oil and chocolate into a double boiler * over high heat. As the water boils in the lower pan, whisk the chocolate and oil in the top pan until melted.

Step 4: Remove bowl from heat and whisk in the corn syrup, brown sugar and applesauce. Then stir in the vanilla and egg whites. Beat the mixture until it is smooth, and then stir in the flour mixture (that you set aside) until a smooth consistency is reached.

Step 5: Grease a baking pan (9x13 is recommended) and pour the batter into the pan. Bake for 20 minutes. When the top of the brownies center feel almost firm to the touch you know they are ready. Remove from oven and let it cool. ENJOY!

* If you don't own a double boiler, don't worry! All you have to do is take a medium to large saucepan (this will be the base of the double boiler) and place it on the stove – heat water to a simmer. Then take a smaller pan or mixing bowl and put it on top of the saucepan with the ingredients. You should have minimum 4 inches (10 cm) of space between the bases of the two containers.

Lazy Brownies

Don't have time to make brownies from scratch or just don't want to? We got a solution so you can spend more time eating and less time baking.

Instructions:

Step 1: Pick your favorite brownie mix

Step 2: Follow the instructions on the back and use melted infused oil or butter instead of vegetable oil

Voila!





Baked Banana Bread

You will need:

- 4 overripe bananas
- 1/3 - 1/2 cup infused butter
- 3/4 cup brown sugar
- 2 large eggs
- 1 tsp vanilla
- 1 3/4 cup all purpose wheat flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 1/2 cup roughly chopped walnuts (optional)

Instructions:

Step 1: Preheat oven to 350°F (175°C) and grease a loaf pan (9x5 inches recommended)

Step 2: Place the bananas in a large mixing bowl and mash them with a fork. Add melted butter and brown sugar to the bananas. Beat them with an electric mixer until smooth or mash it by hand (it will just take a little longer).

Step 3: In a separate bowl, whisk the flour, baking soda, cinnamon and salt together. Gradually begin to add this mix to the bowl with bananas on low speed (or with a fork or spatula) until all the ingredients are combined. Do not over mix. Stir in the walnuts if you are using them.

Step 4: Transfer the batter into the prepared pan. Bake for 55 minutes. Insert toothpick into the center, if it comes out clean, its ready! Let the bread cool in the pan for about 10 minutes, then take it out of the pan and let it finish cooling. ENJOY!

Tip: This recipe can also make 14-18 banana muffins. Just put the batter into a muffin tin and reduce the cooking time to about 25 minutes.

Salty Chocolate Balls

You will need:

For the filling:

- 3 $\frac{3}{4}$ cups chunky peanut butter
- 4 cups powdered sugar
- $\frac{1}{2}$ cup infused butter
- 4 $\frac{1}{2}$ cups rice krispies

Chocolate:

- 4 cups dark chocolate
- 1 tbsp cocoa butter

Instructions:

Step 1: Mix the peanut butter and infused butter together. Add powdered sugar, then add Rice Krispies.

Step 2: Use a cookie scoop (or your hands!) to create balls. Put them on a sheet. Keep refrigerated or frozen to maintain shape.

Lollipops

You will need:

- 1 cup sugar
- $\frac{1}{2}$ cup light corn syrup
- $\frac{1}{4}$ cup water

- 1 tsp of orange or lemon flavor (just suggestions, you can go with any flavor you want!)
- 2-3 tsp infused tincture

Instructions:

Step 1: Combine the sugar, syrup and water in a medium saucepan over medium-high heat. Once it begins to boil, stir until the sugar completely dissolves. Place a candy thermometer inside.

Step 2: Once the thermometer reads 300°F (150°C) remove the saucepan from the heat right away but keep the thermometer in the pot. Once the temp drops to 250°F, stir in your flavoring and tincture.

Step 3: Pour the contents into lollipop molds or candy molds. Allow it to cool at room temperature (15-20 minutes). Store in airtight container.



Peanut Butter Cookies

You will need:

- 1 cup infused butter
- 2 cups brown sugar
- 2 eggs
- 1 tsp vanilla
- 2 cups peanut butter
- 3 cups flour
- 1 tbsp baking soda
- ½ tsp salt

Instructions:

Step 1: Preheat oven to 350°F (175°C)

Step 2: Beat the sugar, eggs and butter together until it reaches a smooth consistency. Add vanilla and peanut butter, mix well.

Step 3: Slowly add dry ingredients mixing until fully incorporated

Step 4: Roll the dough into balls, place on a baking sheet and flatten with fork. Bake for 10-12 minutes. Cool completely on the sheet. ENJOY!



Rice Krispies

You will need:

- 6 tbsp infused butter
- 6 cups mini marshmallows (10 oz bag)
- 6 cups rice krispie cereal
- * feel free to use your favorite type of cereal

Instructions:

Step 1: Melt butter and marshmallows in a pot on medium heat. Stir until smooth.

Step 2: Remove the pot from heat and mix in your cereal.

Step 3: Place the contents of the pot into a sprayed pan (9x13 is recommended). Let it cool and cut them into squares. ENJOY!





Dark Chocolate Almond Fudge

You will need:

- 14 oz sweetened condensed milk
- 2 cups dark chocolate chips
- ¼ cup infused butter
- 1 tsp almond extract
- ½ cup sliced almonds (plus a little extra for toppings)

Instructions:

Step 1: Combine milk, chocolate chips and butter into a medium saucepan. Bring to boil and stir until smooth. Stir in both forms of almonds (extract and sliced).

Step 2: Pour the mixture into a greased or lined pan. Once its cooled, cut into pieces. When storing it, make sure it is in a room temperature airtight container.



Gummies

You will need:

- ⅔ cup fruit puree, thawed
- ⅓ cup water
- 1 tbsp lemon juice
- 3 tbsp gelatin
- 2-3 tsp infused tincture (depends on your desired potency)
- Granulated sugar

Instructions:

Step 1: Add the fruit puree, water and lemon juice into a medium saucepan. Cook on medium-high heat until thoroughly incorporated. Then add your tincture and whisk well. Slowly add the gelatin, continually whisking until smooth.

Step 2: Remove from heat and pour it into silicone molds or baking dishes (using a medicine dropper or clean condiment bottle is recommended for more precise pouring). Place the filled molds/dish in the refrigerator to chill for around 15 minutes

Step 3: Remove the gummies from the molds or cut them into bite-sized pieces. Toss the gummies in granulated sugar to keep them from sticking together (you can add some citric acid to your sugar if you prefer sour gummies)

Step 4: Allow to cool, then place in the fridge to set. Be sure to let them cool to room temperature first! Once set, you are ready to enjoy your homemade gummies!





Tropical Smoothie

You will need:

- ½ cup coconut water
- ¼ cup coconut cream
- 1 banana
- 2 cups frozen pineapple and mango
- Handful of kale leaves
- 4 mint leaves
- 2 tablespoons melted infused coconut oil

Instructions:

Combine ingredients in a blender and enjoy! Add infused coconut oil to any smoothie recipe to give it that extra kick!



Topicals

Topical is a wide umbrella term for any type of product - lotions, balms, creams, etc - applied to your skin and that helps with muscle aches, pain, and skin problems.

Don't want to make your own from scratch? You can mix any infused oil into your favorite cream.





Pain Ointment

You will need:

- 1 cup infused coconut oil
- ¼ cup olive oil
- ½ cup beeswax (shea butter or cocoa butter works too)

Instructions:

Step 1: Use a double boiler to melt the infused coconut oil. If you don't have one you can put the oil in a bowl (or pan) and place it on top of another pan filled with simmering water.

Step 2: Add olive oil to the infused coconut oil. Mix in the beeswax until it is melted.

Step 3: Remove from heat and add a few drops of your favorite essential oil (optional) such as lavender, peppermint, etc.

Step 4: Whip the mixture by hand or use an electric mixer until you have achieved a smooth whipped texture. Place it in any desired container and cool completely

Moisturizing Lotion

You will need:

- ¼ cup infused coconut oil
- ¼ cup cocoa butter
- ¼ cup shea butter
- ¼ cup light olive oil
- 10-20 drops essential oil of choice (ex. Citrus, peppermint, etc)

Instructions:

Step 1: Melt all ingredients in a double boiler. If you don't have one you can put the oil in a bowl (or pan) and place it on top of another pan filled with simmering water.

Step 2: Add essential oils and whisk well

Step 3: Chill it in the refrigerator. Wait until it just starts to thicken, then take it out and mix for 3-4 minutes (may take longer if you are using your hands). Place it in any desired container and refrigerate to harden.

Step 4: Once it sets, take it out of the refrigerator. Let it sit in room temperature and after a couple minutes it will become soft and easy to rub on your skin.





Massage Oil/Pain Reliever

You will need:

- 2 cups unrefined shea butter or cocoa butter
- ½ cup infused coconut oil
- ½ cup sunflower oil

Instructions:

Step 1: Place all the ingredients into the ONGROK Botanical Infuser Machine. Set the temperature to 190°F (88°C) and select the 2 hour button.

Step 2: Once the cycle is complete, transfer the ingredients into a large mixing bowl (or in a couple small ones if you want a variety of scents) and add a few drops of essential oils per cup.

Step 3: Once it starts to solidify, use a hand mixer (or mix it on your own, it will just take a bit longer) and whip it until it gets smooth.

Step 4: Spoon it into small jars, and store it in the refrigerator until you are ready to use it.





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QUESTIONS & COMMENTS?

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Manufactured in China