HIGH FREQUENCY INFUSIONS

INFUSED OILS & CULINARY FATS

Building the Kitchen Foundation of the HFI System

Craft • Nourishment • Precision

High Frequency Infusions
Member Education Series • Book 03 of 07

This Is Where Cooking Begins

Books One and Two gave you the foundations — honey as a slow teacher of pace, and VG tincture as the engine of precision. Book Three is where those foundations meet the kitchen.

Infused oils and culinary fats are the building blocks of the HFI Chef Series. Hot Honey, Cajun Lemon Garlic Butter, Balsamic Glaze, Infused Coconut Oil, Infused Ghee — every one of these products begins with a fat and a method.

Fat is how this system cooks. It is how cannabinoids survive heat, how flavor carries across a dish, and how a product goes from a jar on a shelf to a meal someone will remember.

This book will teach you the method behind the products you already know. By the end, you will understand not just how to make infused fats — but why each fat behaves the way it does, and what that means for your kitchen practice.

> *The goal is not to infuse everything. The goal is to understand what fat does — and then to use that understanding with intention.*

Chapter One

Why Fat Is the Foundation

Chapter One

Cannabinoids are fat-soluble. This is not a footnote — it is the central fact of edible infusion. Without a fat carrier, THC cannot cross the lipid barrier in the digestive tract efficiently. Fat is not just a vehicle. It is the reason the experience works.

This is why oil-based infusions have always been at the heart of cannabis cooking. Butter, coconut oil, ghee — these are not arbitrary choices. They are the most efficient carriers available in a kitchen context.

The Three Fats in This System

Coconut Oil

High in saturated fat, solid at room temperature, neutral flavor profile. The most efficient cannabinoid carrier in this system. Ideal for baking, sautéing, and any application where you want the infusion to carry without announcing itself.

Ghee

Clarified butter — milk solids removed, pure fat remaining. Smoke point of 450°F / 232°C, which makes it the most heat-stable fat in this system. Rich, nutty flavor that elevates savory applications. Our Cajun Lemon Garlic Butter begins here.

Butter (compound)

Whole butter with added flavors — herbs, acid, spice. Lower smoke point than ghee, but carries complex flavor profiles that make it ideal for finishing dishes rather than high-heat cooking. This is the Chef Series format.

> *Choose your fat based on what the dish needs — not just what is most convenient. The fat you choose shapes both the flavor and the experience.*

Chapter Two

Decarboxylation for Fat Infusion

Chapter Two

The decarboxylation step is the same as in Books One and Two. The difference here is what happens after it.

In honey and tincture work, decarbed flower is introduced to a liquid carrier. In fat infusion, decarbed flower is introduced to a heated fat — and that fat penetrates the plant material more deeply, extracting a broader range of compounds.

This is why fat-infused products often feel fuller in effect than tincture-based ones. More of the plant comes through.

The Standard

- Temperature: 240°F / 115°C
- Time: 40 minutes
- Method: parchment-lined tray, loosely foiled, or mason jar on its side
- Cool completely before introducing to fat

One Key Difference for Fat Work

When infusing into fats, you will be working at higher temperatures than in tincture or honey work. This means your decarb must be complete — there is less margin for an underprepared batch.

An under-decarbed batch introduced to hot fat will partially decarb during the infusion process, but inconsistently. The result is an uneven potency distribution across the finished product.

Respect the decarb. It protects everything that comes after it.

> *Precision in preparation is the first act of care toward the person who will consume the finished product.*

Chapter Three

Infused Coconut Oil — The HFI Method

Chapter Three

Infused coconut oil is the most versatile product in the culinary side of this system. It can be used as a cooking fat, stirred into warm drinks, blended into smoothies, or used as a base for compound butters and glazes.

HFI Production Standard: ~40mg/g

This is the concentration that anchors our culinary jar SKU. At this potency, the oil is strong enough to be useful in small amounts but measured enough to be safe in culinary applications.

Inputs:

- Decarbed flower — quantity calculated to your target potency
- Refined coconut oil — use refined, not virgin, for neutral flavor in culinary work
- Double boiler or slow cooker
- Fine mesh strainer and cheesecloth
- Glass storage jar

Method:

- Melt coconut oil in double boiler — do not overheat
- Add decarbed flower to melted oil
- Maintain 160–180°F / 71–82°C for 2–3 hours, stirring occasionally
- Do not exceed 200°F / 93°C — this risks potency degradation
- Remove from heat, cool slightly, strain through cheesecloth
- Press plant material firmly to extract remaining oil
- Transfer to glass jar and label immediately

Slow Cooker Method (Alternative)

If using a slow cooker: low setting, 4–6 hours, with the lid slightly ajar to prevent moisture buildup. Stir every hour. This method produces a slightly richer extraction due to extended

contact time.

> *The slow method is not slower — it is more patient. And patience in this system always produces a better result.*

Chapter Four

Infused Ghee — Clarified Intention

Chapter Four

Ghee is butter that has been clarified — the water and milk solids cooked out, leaving only pure butterfat. The result is a fat with a higher smoke point, longer shelf life, and deeper flavor than whole butter.

For infusion purposes, ghee is ideal because it is 100% fat. No water content means no competition for cannabinoid binding. The extraction is clean, the flavor is rich, and the finished product is stable at room temperature for weeks.

Making Ghee From Butter (If Needed)

- Use unsalted butter — salted butter will make your ghee taste sharp
- Melt on low heat in a heavy-bottomed pan
- Simmer gently — milk solids will foam and then settle to the bottom
- When the liquid is clear gold and the solids are lightly browned, remove from heat
- Strain through cheesecloth into a clean glass jar
- Cool before infusing

Infusing the Ghee

The method mirrors coconut oil — same temperature range, same timeline, same straining process. The key differences:

- Ghee solidifies at room temperature. Allow it to cool fully after infusion before sealing the jar.
- The flavor of ghee is stronger than coconut oil. This is a feature, not a flaw — it pairs beautifully with savory applications.
- Ghee and flower produce a darker, richer-colored infusion than coconut oil. This is normal.

The HFI Ghee SKU

Our infused ghee is produced at 4,500mg per jar — the same concentration as our coconut oil. It is designed for culinary use, not direct dosing. A teaspoon in cooking is a meaningful serving.

> *Ghee is not a shortcut to butter. It is a different thing entirely — and once you use it, you will understand why it earned its place in this system.*

Chapter Five

The Chef Series — Hot Honey, Glazes & Compound Butters

Chapter Five

The HFI Chef Series is what happens when infused fats meet culinary craft. These are not just infused products — they are finished condiments, designed to be used exactly as their non-infused counterparts would be, but with intention built into every spoonful.

Hot Honey

Base: HFI Infused Honey + cayenne or chili flakes + apple cider vinegar

- Warm infused honey gently — do not boil
- Add heat element (cayenne, chili oil, or fresh pepper) to taste
- Add a few drops of apple cider vinegar for brightness
- Stir and bottle while warm

The heat element does not affect potency. The infusion is already complete in the honey. You are building flavor around the carrier, not into it.

Balsamic Glaze

Base: Balsamic vinegar reduced, with VG tincture added at the finish

- Reduce balsamic vinegar by half over medium heat
- Remove from heat and cool to below 130°F / 54°C
- Stir in VG tincture at your target dose per serving
- Bottle immediately

Why add tincture at the finish? Heat above 300°F / 148°C begins to degrade THC. A reduction keeps temperature below this threshold, and cooling before adding the tincture protects potency.

Cajun Lemon Garlic Butter (CLGB)

Base: Infused ghee + roasted garlic + lemon zest + Cajun spice blend

- Soften infused ghee to workable consistency — not melted

- Roast garlic until golden, cool, and mince finely
- Combine ghee, garlic, lemon zest, and spice blend
- Mix thoroughly, roll in parchment, and refrigerate to firm

This is a compound butter format. The infusion is already in the ghee — you are building the Chef Series flavor profile around it. The finished butter is portioned by weight, so each slice delivers a consistent dose.

> *The Chef Series is not about adding infusion to a dish. It is about making the infusion part of the dish — so that the flavor and the experience arrive together.*

Chapter Six

Potency in Fat Infusions — What Changes

Chapter Six

Dosing fat-infused products requires the same math as tincture work — but with one important variable: fat infusions are less uniform in distribution than VG tinctures.

In a VG tincture, cannabinoids stay in suspension because glycerin is a consistent medium. In fat, cannabinoids can settle slightly, especially in products that solidify at room temperature like coconut oil and ghee.

What This Means Practically

- Always stir or mix solid fat infusions before use — especially after storage
- The first portion from a jar may be slightly more or less potent than the middle portions
- For culinary applications, this variation is acceptable — you are dosing by cooking rather than by the drop
- For direct consumption (a spoonful of coconut oil, for example), be consistent in your measurement

The HFI Culinary Standard

Our culinary jars are produced at approximately 40mg/g — meaning one gram of infused oil contains approximately 40mg THC.

Common kitchen measurements:

- 1 teaspoon coconut oil = approximately 4.5g = approximately 180mg
- 1 tablespoon = approximately 13.5g = approximately 540mg

These are production concentrations — not serving doses. In cooking, this oil is distributed across multiple servings. A recipe using 1 tablespoon of infused oil across 12 portions = approximately 45mg per portion.

The Rule of Culinary Dosing

Always calculate your dose from the finished serving, not the total oil used. Know how many servings a recipe makes, and divide accordingly.

> *The kitchen is not a lab. But it benefits from the same honesty the lab demands. Know what you made, know what went into the dish, and tell the people eating it.*

Chapter Seven

Recipes for the Fat-Infused Kitchen

Chapter Seven

These recipes are designed to integrate naturally into real cooking — not to announce themselves as infused dishes. The best infused meal is one where the elevation is a feature, not the focus.

Recipe 1 — Infused Coconut Oil Roasted Vegetables

Purpose: A simple, versatile side dish for any HFI gathering.

Serves: 4 | Estimated dose per serving: varies by oil concentration

- Cut mixed vegetables into even pieces — sweet potato, red onion, zucchini, bell pepper
- Toss with 1 tablespoon infused coconut oil, salt, pepper, and herbs
- Roast at 400°F / 200°C for 25–30 minutes
- Finish with fresh lemon juice

Note: At 40mg/g concentration, 1 tablespoon across 4 servings = approximately 135mg per serving. Adjust oil quantity to your target dose per person.

Recipe 2 — Ghee-Finished Pasta

Purpose: The simplest elevated dinner. Pairs with the CLGB compound butter for event service.

Serves: 2 | Estimated dose: per your ghee concentration

- Cook pasta to al dente in salted water
- Reserve 1/4 cup pasta water
- Toss drained pasta with 1 tablespoon infused ghee and splash of pasta water
- Add parmesan, black pepper, and fresh herbs
- Serve immediately

Recipe 3 — CLGB Butter on Grilled Protein

Purpose: The Chef Series compound butter in its intended form — melted over heat to finish a dish.

- Grill or pan-sear protein of choice to near-done
- Remove from heat
- Place one slice of CLGB compound butter on top
- Allow to melt over 2 minutes before serving

The butter melts into the surface, carrying the infusion into every bite. This is how Chef Series products were designed to be used.

> *Cook with intention. The best infused meal is not the one with the most product in it — it is the one where every element earned its place.*

Chapter Eight

Storage, Shelf Life & the Care Standard

Chapter Eight

Fat-infused products have different storage needs than tinctures. The fat itself is perishable — and the infusion does not change that. Understanding shelf life is part of using these products responsibly.

Coconut Oil

- Shelf life: 3–6 months at room temperature | 12 months refrigerated
- Store in glass, away from light and heat
- Normal to solidify in cooler temperatures — warm gently to re-melt
- Discard if rancid odor develops (oxidized fat has a distinct off smell)

Ghee

- Shelf life: 3 months at room temperature | 12 months refrigerated
- Same glass storage standard — amber preferred
- Ghee is more stable than whole butter due to removed milk solids
- Discard if it smells sour or sharp — signs of milk solid contamination during production

Compound Butters (CLGB)

- Refrigerate always — 2–3 weeks
- Can be frozen in portion rolls for up to 3 months
- Wrap tightly in parchment and then plastic — fat absorbs odors from other foods

Chef Series Condiments (Hot Honey, Glaze)

- Hot Honey: room temperature, same standard as infused honey — 6–12 months
- Balsamic Glaze: refrigerate after opening — 4–6 weeks

Your storage standard communicates your quality standard. A mislabeled jar or a product stored carelessly is not just waste — it is a risk to the person who uses it.

Chapter Nine

What You Carry Into the Kitchen

Chapter Nine

Three books in, you have built something real.

You understand pace (Book One). You understand precision (Book Two). And now you understand the kitchen — how fat carries infusion, how temperature shapes potency, how a compound butter becomes a Chef Series product.

These are not separate skills. They are the same skill, expressed in different materials.

What Opens Next

- Book Four — Beverages & RTD Infusions: How your oils and tinctures become drinkable, with stability and shelf life built in
- Book Five — Chocolate & Confections: Where fat-infusion technique meets tempering and the chocolate production standard
- Book Six — Chef Series & Culinary Applications: The full recipe library behind every HFI product

Readiness Check

You are ready to move forward when:

- You have produced at least one fat infusion and calculated its approximate potency
- You understand why fat infusions behave differently than tinctures in terms of distribution
- You have used an infused fat in a recipe — even a simple one
- You can explain the difference between coconut oil and ghee as infusion carriers

The kitchen is where the system becomes real. It is where product meets practice, where precision becomes flavor, where care becomes a meal someone sits down to.

That is worth the time it takes to learn.

This is where the kitchen begins.

Infusion is not about chasing a feeling.

It is about pacing, trust, and shared presence.

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