

HIGH FREQUENCY INFUSIONS

# CHEF SERIES & CULINARY APPLICATIONS

*The Recipe Library of the HFI System*

Flavor • Technique • Intention

High Frequency Infusions  
Member Education Series • Book 06 of 07

## Welcome

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# This Is Where Everything Comes Together

Five books have given you the foundations. You understand honey. You understand tinctures. You understand fats, beverages, and chocolate. You have the tools.

Book Six is the kitchen that uses them.

This is the recipe library of the High Frequency Infusion System — the full culinary philosophy behind the Chef Series, the principles that govern how infused food is designed, and the recipes that have shaped real HFI events and products.

This is not a cookbook. It is a framework. The recipes are examples of a way of thinking — a way of cooking where the infusion is built into the dish from the beginning, not added as an afterthought at the end.

*The best infused meal is one where the elevation serves the experience, not the other way around.*

# Chapter One

*The Philosophy of Infused Cooking*

# Chapter One

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There is a difference between a meal that happens to be infused and a meal that was designed to be.

The first adds infusion to an existing recipe — swap the butter, stir in some oil, and hope for the best. The second considers the infusion from the beginning: which fat, at what concentration, distributed across how many servings, to create what experience in the guest.

HFI cooking is always the second kind.

## **The Three Principles of HFI Culinary Design**

### **1. The infusion serves the dish.**

Every ingredient in a High Frequency dish earns its place — including the infusion. The infused fat should enhance the flavor, not compete with it. If the infusion announces itself in the finished dish, the design has failed.

### **2. The dose is a decision, not an accident.**

Before cooking begins, you know: the total infusion in the batch, the number of servings, and the approximate dose per serving. You share that information. You do not leave it to chance.

### **3. The experience is the goal.**

A High Frequency meal is designed around an arc — how a guest feels at the start, through the middle, and at the close. The dosing across courses reflects this arc. Low doses early. Intentional escalation if desired. A clear close.

*You are not a cook who adds infusion. You are a designer of experience who cooks.*



# Chapter Two

*Temperature Safety in the Infused Kitchen*

## Chapter Two

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The most important technical principle in infused cooking is simple: heat degrades THC. Understanding at what point and how severely will make you a more confident and precise cook.

### The Temperature Thresholds

- Below 245°F / 118°C: THC is stable. Suitable for low-heat sautéing, warm drinks, and gentle heating.
- 245–300°F / 118–148°C: THC begins to degrade slowly. Short exposure at this range is acceptable.
- Above 300°F / 148°C: Significant THC degradation. Avoid extended cooking at or above this temperature with infused fats.
- Above 390°F / 199°C: Rapid and significant degradation. Do not use infused fats for high-heat frying or searing.

### What This Means in Practice

Use infused fats for low to medium heat cooking: sautéing vegetables, warming sauces, finishing dishes. Do not use infused fats in a 450°F oven for an extended roast.

For dishes that require high heat, cook the dish conventionally and finish with the infused element after removing from heat — a knob of CLGB compound butter on a steak, a drizzle of Hot Honey on roasted chicken, a spoon of infused ghee stirred into a finished curry.

The finish technique protects both the potency and the flavor. An infused fat added after cooking retains its full profile — in both effect and taste.

*High heat is not the enemy. Thoughtless application is.*



# Chapter Three

*The Chef Series Recipe Library*

# Chapter Three

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The following recipes are the culinary backbone of the HFI Chef Series. Each one is a production recipe — the method behind the SKU — as well as a home recipe that any member can make with their own infused products.

## Hot Honey — Production Method

**Yield: approximately 200ml | Based on 266ml HFI Infused Honey jar**

- Start with one 266ml jar of HFI Infused Honey (100mg)
- Warm gently to 100°F / 38°C — just fluid
- Add: 1/2 tsp cayenne, 1 tsp chili flakes, 1 tsp apple cider vinegar
- Optional: 2–3 drops food-grade chili oil for depth
- Stir thoroughly. Taste and adjust heat level.
- Bottle warm. Label with dose: approximately 3mg per teaspoon at this dilution.

Use: drizzle on cheese, pizza, grilled chicken, chocolate, cornbread.

## Balsamic Glaze — Production Method

**Yield: approximately 120ml**

- 250ml quality balsamic vinegar in a small saucepan
- Reduce over medium heat, stirring occasionally, until reduced by half
- Remove from heat. Cool to 120°F / 49°C.
- Add VG tincture at target dose — stir thoroughly
- Bottle immediately. Refrigerate.

Use: drizzle over bruschetta, roasted vegetables, strawberries, cheese boards.

## Cajun Lemon Garlic Butter — Production Method

**Yield: approximately 200g | Small format**

- 150g infused ghee, softened to room temperature
- 1 whole head garlic, roasted and cooled
- Zest of 1 lemon
- 1.5 tsp Cajun spice blend
- 1/2 tsp smoked paprika
- Pinch of sea salt
- Mince roasted garlic. Combine all ingredients in a bowl.
- Mix thoroughly — 3–4 minutes until fully incorporated.
- Roll in parchment. Refrigerate to firm. Slice to order.

Use: melt over steak, seafood, pasta, grilled corn. One slice = one dose.

# Chapter Four

*Building a Chef Series Dinner*

# Chapter Four

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A High Frequency dinner is not a potluck with an agenda. It is a designed experience — with an arc, a pace, and a purpose.

The six-course format used at HFI chef dinners is built around a progression: grounding, building, and arriving. Each course carries the guest further into the experience without overwhelming them at any single point.

## **The Six-Course HFI Arc**

### **Course 1: The Awakening**

Welcome bite. Low dose — 2–5mg. Designed to open the appetite and set intention. Chocolate mini bite, infused honey bruschetta, or lightly dressed greens with Hot Honey.

### **Course 2: The Grounding**

Soup or light first course. 5–10mg. Something warm and elemental. A broth finished with infused ghee. A cream soup with CLGB croutons.

### **Course 3: The Build**

Starch or grain course. 10mg. This is where the meal finds its footing. A risotto finished with infused butter. Gnocchi with a balsamic glaze finish.

### **Course 4: The Lift**

Protein course. 10–15mg. The peak of the savory arc. CLGB compound butter melted over the main. This is the moment guests remember.

### **Course 5: The Pulse**

Intermezzo or palette cleanser. 0–5mg. A small rest. A citrus sorbet. A small infused honey and cheese pairing. Let the previous courses settle.

## Course 6: The Peak

Dessert. 10mg. Infused chocolate, a honey-drizzled tart, or a warm CALM tea paired with a petit four. The close of the arc — intentional, sweet, and settling.

*The arc is not about stacking doses. It is about building an experience that arrives somewhere. Know where you are going before the first guest sits down.*

# Chapter Five

*The Member Recipe Library*

# Chapter Five

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These recipes are designed for HFI members cooking at home — using the products they order or the skills they have built through this series.

## **Infused Ghee Scrambled Eggs**

The simplest elevated breakfast.

- 2 eggs, beaten with a splash of cream
- 1 tsp infused ghee
- Salt and fresh herbs
- Warm ghee over lowest heat. Add eggs. Fold slowly — do not scramble aggressively.
- Remove from heat while still soft. Season and serve immediately.

Dose: approximately 20–40mg depending on ghee concentration. Eat slowly.

## **Hot Honey Glazed Roasted Carrots**

A side dish that becomes the conversation.

- 500g carrots, halved lengthwise
- 1 tbsp olive oil, salt, pepper
- Roast at 400°F / 200°C for 25 minutes
- Remove from oven. Drizzle generously with HFI Hot Honey.
- Return to oven for 5 minutes to caramelize.

Dose: approximately 3–5mg per serving depending on honey dose and quantity used.

## **Balsamic Glaze Cheese Board**

The simplest High Frequency gathering starter.

- Aged cheese, fresh fruit, crackers, walnuts

- Drizzle HFI Balsamic Glaze over cheese just before serving
- Include a small card with the dose and onset time

Dose: approximately 2–4mg per tablespoon of glaze. Guests can choose their portion.

### **CALM Tea & Honey Morning Ritual**

A daily practice, not a special occasion.

- One bottle HFI CALM Tea (10mg standard)
- Warm gently in a small saucepan — do not boil
- Pour into a mug
- Add 1/2 tsp infused honey for additional sweetness and dose
- Drink slowly over 15–20 minutes

Total dose: approximately 13–14mg. Best for mornings with space and intention.

# Chapter Six

*Pairing Infusion With Flavor*

# Chapter Six

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The same flavor principles that govern wine pairing govern infused food pairing. The goal is not contrast for contrast's sake — it is harmony. The infusion should feel inevitable alongside what it accompanies.

## The HFI Flavor Pairing Framework

### Honey (sweet, floral, slightly earthy)

- Pairs with: aged cheese, dark chocolate, citrus, warm spice, stone fruit
- Avoid: overpowering savory — honey gets lost in bold umami

### Hot Honey (sweet-heat)

- Pairs with: fried food, pizza, grilled chicken, cornbread, brie
- Avoid: delicate preparations where heat would dominate

### Balsamic Glaze (acidic-sweet, complex)

- Pairs with: strawberries, bruschetta, burrata, roasted root vegetables, steak
- Avoid: already-acidic preparations — the acid stacks uncomfortably

### CLGB Butter (savory, spiced, bright)

- Pairs with: red meat, seafood, grilled corn, pasta, roasted potatoes
- Avoid: delicate fish where the spice overpowers

### Infused Ghee (rich, nutty)

- Pairs with: eggs, lentils, rice, flatbreads, roasted vegetables
- Avoid: light summer salads — the richness feels incongruous

*Pairing is not a rule. It is an education in what tastes like what, and why. Cook with your palate, not just your recipe.*



# Chapter Seven

*Cooking for Others — The Responsibility*

# Chapter Seven

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Cooking infused food for other people is one of the most intimate acts in this system. You are making a decision that affects someone else's body and mind — and they are trusting you with that.

That trust is not given lightly. It should not be received lightly.

## **The Four Non-Negotiables**

### **1. Consent is required. Always.**

Never infuse food without the explicit, informed knowledge of everyone who will eat it. Never. Not even if you think they would be fine with it. Not even in a context where everyone 'seems like they would enjoy it.'

### **2. Dosing transparency is not optional.**

Every guest at an infused event deserves to know: what is in the food, how much is in each serving, and approximately when they will feel it. This information must be shared before eating — not after.

### **3. Non-infused options must be available.**

Every High Frequency event includes non-infused food and drink for guests who choose not to consume, who are on medication, who are pregnant, or who simply prefer not to. Their presence at the table is not conditional on participation.

### **4. You are responsible until they leave.**

If you infused the food and someone consumed it, you carry responsibility for their experience while they are in your care. This means pacing, attention, and the willingness to step in if someone needs support.

*Cooking infused food for others is an honor. Carry it like one.*

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*This is where craft becomes service.*

*Infusion is not about chasing a feeling.*

*It is about pacing, trust, and shared presence.*

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