



ABSTRAKT + QUEEN CREEK MILL

RECIPE BOOK

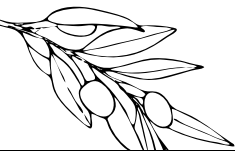
2023 EDITION



A COLLECTION OF RECIPES FOR CANNABIS LIFESTYLE

Abstrakt

www.getabstrakt.com





ABSTRAKT OLIVE OIL

BRINGS

SOUL TO THE RECIPE

When Abstrakt Olive Oil emerged on the scene in 2022, we sensed that the world of culinary culture had grown somewhat exclusive. It seemed as though the cannabis dining spotlight was perpetually focused on others — the more adept chefs, cherished family members, and skilled artisans laboring behind pristine countertops.

Abstrakt, much like a well-constructed recipe, was born out of the desire to simplify this experience. We embarked on a mission to demystify the art of cooking, allowing everyone to harness the potential of their kitchen.

PHILOSOPHY

Our philosophy centers on crafting dishes that are both uncomplicated to prepare and an absolute delight to indulge in.

INSTRUCTIONS

We're always looking to minimize the number of steps needed in a recipe. We strive to keep the instructions concise but easy to follow.

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ROASTED PUMPKIN SEEDS

INGREDIENTS

- 2 Cups Pumpkin Seeds
- 2 Tablespoons Abstrakt Olive Oil
- 1 Tablespoon Kosher Salt

2 SERVINGS

DIRECTIONS

1. Preheat oven to 350° and line a baking sheet with parchment or grease with cooking spray. Remove seeds from pumpkin: Scoop them out with an ice cream scoop or big spoon and place in a colander.
2. Rinse to get rid of any pulp, then pick away any stragglers. Transfer seeds to paper towels and pat dry thoroughly.
3. In a bowl, toss seeds with Olive Oil of choice and salt. You can also use various other seasonings like garlic powder, paprika, or cinnamon!
4. The seasoned pumpkin seeds get roasted at a moderate heat of 350°F (177°C) for about 12 to 15 minutes, tossing the seeds every 5 minutes to encourage even browning. When the seeds give a nutty aroma and golden brown color, they are ready!



METHOD
STOVE



TIME
45 MIN



SERVING
4 PERSON



DIFFICULTY
10 / 3



PERFECT PUMPKIN SEEDS

Roasted pumpkin seeds might sound fancy and complicated to make, but it's actually quite simple!



Savor them by the handful, sprinkle them over salads, or use them as a gourmet garnish for your favorite dishes.

BUTTERNUT SQUASH

PASTA

Butternut Squash Pasta – in this delectable recipe, we take the earthy sweetness of roasted butternut squash and elevate it to new heights with the infusion of Abstrakt's rich and aromatic cannabis olive oil.



METHOD
STOVE



TIME
45 MIN



SERVING
4 PERSON



DIFFICULTY
5 / 10



INGREDIENTS

Chickpea Pasta	12 oz
Bacon	8 oz
Abstrakt Olive Oil	2 tbsp
Butternut Squash	2 heaping cups
Raw Cashews	1/2 cup
Garlic	3 cloves
Vegetable Broth	1/3 cup
Nut Pods Creamer	1/4 cup *unflavored
Chickpea Miso	2 tbsp
Nutritional Yeast	1 tbsp
Fresh Sage Leaves	1 handful
Salt	1/2 tsp
Ground Black Pepper	1/2 tsp

INSTRUCTIONS

1. Preheat oven to 425 degrees. Cut the butternut squash into cubes and drizzle with 1 tbs olive oil. Sprinkle with salt & pepper and transfer to a parchment paper-lined baking sheet. Roast for 35 minutes or until golden-brown.
2. Meanwhile, add bacon strips to a foil-lined baking sheet and bake in the oven at 425 degrees until crispy (about 15 minutes). Transfer to a paper towel and set aside.
3. Add 2 cups of cooked squash, 1/2 cup cashews, garlic cloves, vegetable broth, creamer, chickpea miso, nutritional yeast, 1/2 tsp salt and 1/2 tsp pepper to a blender. Add additional vegetable broth as needed and blend until creamy. Add salt and pepper to taste.
4. Add pasta of choice to boiling water and cook according to package instructions. While the pasta is cooking, transfer bacon strips to a bowl and break them up into small pieces using your fist. Once the pasta is cooked, drain the pasta in a colander but leave behind 1 cup of pasta water in the pot.
5. Return the pasta to the pot with the pasta water and gradually pour in the sauce to coat the pasta (you will likely have some leftover). Once the pasta is creamy and completely coated with sauce, sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper to taste.
6. Heat oil in a small pan over medium-high heat. Once hot, add the sage leaves and fry until crispy, transfer to a plate with paper towels and sprinkle with salt. Once cooled, scoop the pasta into bowls and top with the fried sage leaves and bacon bits.
7. Option to top with shaved vegan parmesan and red pep- per flakes & serve warm.



STUFFED **DATES**



METHOD
OVEN



TIME
45 MIN



SERVING
4 PERSON



DIFFICULTY
4 / 10

Abstract

Prepare to embark on a journey of irresistible flavors and textures with our Bacon-Wrapped Stuffed Dates.

INGREDIENTS

- 24 large medjool dates, pitted
- 4 oz. crumbled goat cheese
- 12 slices bacon, halved
- 1/4 cup maple syrup
- 3/4 tsp. crushed red pepper flakes
- 1 tsp. finely chopped rosemary
- 3/4 tsp. freshly ground black pepper
- 2 tbsp abstrakt olive oil

INSTRUCTIONS

1. Preheat oven to 400°. Line a baking sheet with parchment and fit with a wire rack; set aside.
2. Mix 1 tablespoon of Abstrakt Olive Oil with the goat cheese. You can use a food processor, or whisk by hand. Set aside.
3. Halve dates lengthwise being careful not to cut all the way through. Place a small amount of cheese mixture in the center of each date. Wrap a piece of bacon around each date making sure the ends meet underneath the date.
4. Place dates, seam side down, on prepared baking sheet. Bake until bacon fat is beginning to render out, about 15 minutes.
5. Meanwhile, in a small bowl, mix together maple syrup, red pepper flakes, rosemary, and black pepper. Brush each date with maple syrup mixture.
6. Continue to bake brushed dates until bacon is crispy, 15 to 20 minutes more. Remove from oven, and drizzle with remaining oil to finish!



When they emerge from the oven, adorn with a sprinkle of freshly ground black pepper.

**Make Ahead:**

Dip can be made 4 days ahead. Transfer to an airtight container and refrigerate.

CRANBERRY

WHIPPED FETA DIP



Our Whipped Cranberry Feta Dip effortlessly combines the tangy allure of feta cheese with the sweet embrace of cranberries, all elevated by a subtle infusion of rich olive oil.

INGREDIENTS

- 1/3 cup fresh orange juice
 - 1 tsp. finely grated orange zest
 - 2 tbsp. honey, divided
 - 1 cup fresh or frozen cranberries
 - 1 sprig thyme + 2 tsp. chopped thyme leaves
 - 6 oz. feta in brine, cut into small cubes
 - 1 clove garlic, grated or minced
 - 1/4 tsp. crushed red pepper flakes
 - 6 oz. cream cheese, room temperature
 - 2 tbsp. Abstrakt olive oil
 - 2 tbsp. toasted chopped pistachios
- crackers or crostini, for serving



METHOD
STOVE



TIME
15 MIN



SERVING
4 PERSON



DIFFICULTY
3 / 10

INSTRUCTIONS

1. In a small saucepan over medium heat, whisk orange juice and 1 tablespoon honey until combined, then bring to a boil. Add cranberries and thyme sprig and return to a boil. Reduce heat to medium-low and cook, stirring occasionally, until cranberries burst and become saucy, 7 to 8 minutes. Let cool.
2. Remove thyme and stir in orange zest. Let cool. Meanwhile, in a food processor, pulse feta, garlic, red pepper flakes, and chopped thyme until feta is broken up into small crumbs. Add cream cheese and pulse until combined. With motor running, drizzle in oil and blend until mixture is smooth and fluffy.
3. Transfer whipped feta to a serving bowl. Top with cooled cranberry sauce. Sprinkle with pistachios and drizzle with remaining 1 tablespoon honey. Serve with crackers alongside.

OLIVE OIL

WHIPPED CREAM

Indulge in the heavenly delight of our cannabis-infused olive oil whipped cream, a tantalizing fusion of rich, velvety texture and a subtle, sophisticated cannabis undertone.



METHOD
FRIDGE



TIME
10 MIN



SERVING
8 SERVINGS



DIFFICULTY
2/10

INGREDIENTS

- 2 cups heavy cream
- 1 - 2 tbsp powdered sugar
- 3 tbsp abstrakt olive oil of choice

SERVING SUGGESTIONS

- berries & mint
- coffee
- pancake and waffle topping
- (or anything you would normally serve with whipped cream!)

INSTRUCTIONS

1. In a large bowl (chilled beforehand is best but not required), use a handheld mixer to mix the heavy cream and powdered sugar
2. Note – if you prefer the whipped cream on the sweeter side, add 2 tbsp of powdered sugar, otherwise 1 tbsp will give just a hint of sweetness.
3. When the cream starts to form stiff peaks, switch the mixer to low and slowly drizzle in the olive oil. Mix just until the olive oil is incorporated, if you over mix you will end up with a texture similar to butter.
4. Store in the fridge until ready to use





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THANK YOU!

WE HOPE YOU ENJOYED.



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