

Ok! To start with you're going to want to weigh out at least 5.0 grams, of finely sifted hash or kief. I usually use around 5.5-5.7 grams, for roughly 15 capsules, give or take a cap.

Find your oven safe ceramic dish, mine is used heavily and often so you'll notice throughout my tutorials that I don't bother cleaning it.. why remove those glands after all, when I can reduce their loss by leaving the same amount behind with each use. I just pop it in the fridge when I'm done with it, knowing I'll be using it again in a few days or a week.

Preheat oven, to 220 f.

Sprinkle your hash evenly over the dish, and **double seal WELL, with aluminum foil**. Set a timer for 20 minutes, place the sealed dish on a baking sheet, in the oven, during pre-heat.. it isn't entirely necessary, but heating slowly reduces the risk of shattering your dish, and losing your precious material.

The same applies to the end of the heating, turn off the oven, open it briefly, then close it and allow it to cool slowly within the oven for 10 minutes.

Total decarb time, 30 minutes (20 of which, the oven is "on").

Decarbing is a touchy issue for many folks, some know they need it but don't know the methods and practices that cause decarbing, some aren't aware of it at all, others think it's unnecessary and 'know' they get some amount of effect from eating bud on its own, here's why: some herb, if it's old, commercial, over-dry, whatever the reason, for a variety of reasons, some herb is already partially, or even full decarbed. The process begins happening, very gradually, the moment you cut a plant down and begin depriving it of water. The older the bud is, and the drier it gets, the more carbon dioxide and water vapor is released, and the closer it is to removing the carboxyl group. It's something that is almost never discussed publicly, but is frequently known in professional kitchens.

The fresher the herb, or the more moist the storage conditions, the more necessary and

extensive the decarbing process **needs** to be. Loose hash, separated from plant matter, in general needs a bit less decarbing. With herb, depending on the age, I decarb for a full



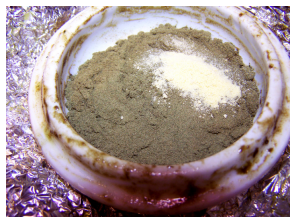
20 minutes after the preheat, rather than including that warm up in my 20 minute time frame. Crack oven and wait until it is cool enough to touch before removing the dish; an additional 10 or so minutes.

Once cooled, remove your dish.

Now, preheat your oven to 250 f, while you complete the following steps. Don't worry, it is too hot for now, but you'll be reducing the heat once you're ready to use it.

In every step of the way, in order to prevent the loss of potency via vapor escape, you **MUST** wait for your sealed container to fully cool, prior to opening.

Unwrap your foil covered dish. Your hash should now have gone from a very pale sandy amber, to a light but somewhat golden brown.



Mix $\frac{1}{4}$ teaspoon Lecithin to the hash, and blend well.



You're ready to add your coconut oil, but you'll need to melt it first. Be careful doing so as some containers have foil seals restricting microwave use. I find the safest way of

melting your oil are just sitting it in front of a heater, or placing the entire (glass) container in your oven, without its lid, at its lowest setting for a few moments.

For large and small batches, in order to recreate the same heat exposure and produce consistent batches of oil, the coconut oil should ideally be brought up to at least 200 F which eliminates the heat delay, especially when producing larger batches.



Besides that it's good for you, coconut oil is a solid at room temperature, making it an ideal tool for hash encapsulation. If you use a liquid oil, it's not just the oil that eats away at the capsule in a matter of days or weeks, but very concentrated hash and cannabinoids, can eat away at the pill in a matter of hours =-O You can try to freeze them, but often it isn't done quick enough and you end up with 'sloppy' capsules. A recipe for 'Sloppy Caps' will follow :)

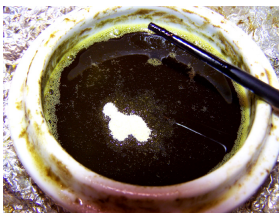
Mix your oily hash well, and then seal it up tightly with two layers of aluminum foil. Just to reiterate: Wrapping in foil, during all heating stages, prevents possible vaporization of your valuable potency.



Now place your covered dish on a baking sheet, and into the oven. Immediately reduce the heat down to 220 f, and set the timer for 40 minutes. The initial burst of heat is primarily to quickly heat the dish itself, by the time the oil itself begins warming up the temperature should have fallen sufficiently.

to slowly cool. I do this to gently increase processing time, and as a preventative safety measure against the dish breaking from the temperature change, spoiling the product.

Once completely cooled, or only warm to the touch (about a half hour) you can remove the foil, and stir in an additional 1/8 of a teaspoon of lecithin (once you've made oil a few times, you should experiment with the quantity of lecithin used; patients have reported improved absorption with varying amounts, sometimes even by -decreasing- the lecithin volume, without omitting it entirely).



If you are particularly meticulous about everything you do, like I am (lol), or if you would like to use the capsules as soon as you have finished making them, this is when I recommend taking the extra step of freezing your material, to aid in the 'breaking up' of the structure of your cannabinoid clusters, which can increase their systemic bioavailability. Place your sealed container in the freezer for 8 hours. I like freezing between periods of heat because it results in a smoother liquid.

Moving on :) After you've mixed in your lecithin (and after you've removed your dish from the freezer, and have given it ample time to reach room-temp) you will again be sure it is wrapped tightly in foil, pre-heat your oven to 220 f, place it inside during the pre-heat (particularly if you've had it frozen, and only recently thawed), and set your timer for a minimum of 40 minutes once preheated. If you desire a more narcotic effect, experiment with continued heating in 40 - 60 minute intervals to produce byproducts of cannabinoid, primarily THC, degradation, increasing the production of the sedative THC metabolite, CBN.

These are your materials for the next stage, minus the various pure oils:



When working with large volumes the below syringe can be much easier, along with a foam seat to line up capsules waiting to be filled.



After allowing it to cool as described earlier, you should have something like this, a dank, thick, viscous black-brown oil. It is exactly how a potent canna oil should look at its peak potency, any less or lighter, indicates it could have endured more processing to reach its potential (an inferior oil source may have been used, the temp may have been too low, or the starting material may have been quite old, or even previously extracted and diminished in content).



Take your cap in your hand, wrapped in a [paper towel](#)

I do this because, my fingers are a bit warm, and when you add even gentle heat to a capsule, just as you are attempting to seal it, the pressure fights with you and tries to 'pop' the cap off the end of your capsule resulting in a less-than-snug seal. Holding it in a folded bit of [paper towel](#)

, insulates it just enough to prevent this.

Now with your other hand, stir the oil gently with your pipette, as you first pinch, then allow it to fill. Conveniently I have pipettes and syringes that measure in ml's, each 00 cap holds just under 1ml. One tablespoon of oil, will fill roughly 15 - 16 caps.



If you've ever made caps both with, and without **lecithin**, besides the end-effect this is where you'll notice that it really helps, as far as the processing goes. The lecithin acts as a homogenizer, it blends the infused oil more consistently, meaning you're not left to navigate a surface oil containing some cannabinoids, and a base oil containing others*. You end up with more consistent contents per cap, more reliably, with lecithin.

*The inert and depleted trichome cuticles or husks will not be immediately dissolved by oil or many other solvents, and will generally settle to the base of the oil. These do however contain infused coconut oil of the same strength as your finished oil, and it can be worth capping the sludge, or better, reclaiming the oil inside using a small volume of alcohol which may be strained then evaporated or purged off, leaving behind the infused coconut oil.. when working with tiny batches you're best off just capping the full sludge, unless you have dietary sensitivities to microscopic plant hairs.

Carefully seal up the other end, and viola, you've made your first hash cap!



And the finishing shotâ€¦ a nice bottle of premium medicine, and a few comparisons



It's immediately noticeable that the non-lecithin pills maintained a lighter color during the same (if not more) processing, in spite of the addition of a 'lighter colored' substance (the lecithin), you can also visually see that the particulates contained within the oil of the lighter non-lecithin caps, look slightly larger and less broken down, than those of the darker lecithin caps.

And that's it for now, hope you've enjoyed glancing over this, or scouring over it if you plan on making them yourself one day.

Good luck, and happy medicating!