

The Cannabinoid Cookbook: Energize Your Endocannabinoid System with Food!

Daniel Green

Joseph Feuerstein

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Research has found that cannabinoids, the substances found in cannabis plants that make a body feel good, may be helpful in treating certain health problems, too. And since the human body has its own built-in system to process the chemical, why not harvest the foods that tap into this system to promote that euphoric feeling? In *The Cannabinoid Cookbook*, Joseph Feuerstein, a professor at Columbia and the director of Integrative Medicine at Stamford, and Daniel Green, a chef and a proponent of eating for health, show how cooking foods with familiar spices and ingredients high in cannabinoids can work to slow aging, reduce anxiety and pain, and promote brain and body health.

The recipes are organized in chapters by ingredient (eleven in total) and range in complexity from simple teas and smoothies to complete entrées and sides, as with Peppered Steak in Red Wine and Pomegranate Sauce with Sautéed Spinach. One of the more intriguing recipes in the book is a streamlined, fourteen-ingredient mole sauce that combines three different cannabinoid-rich foods (cinnamon, cacao, and oregano) “to get your ECS fired up by keeping anandamide levels high.” The complexity of a typical mole sauce is broken down to seven easy-to-follow steps.

The introductions preceding each chapter are short and entertaining, combining factual anecdotes with medical research and Feuerstein's practical knowledge. Feuerstein discusses how each ingredient interacts with the body's cannabinoid receptors to activate a health benefit, and how layering different ingredients in a recipe magnifies the effect, resulting in a natural high. The style is conversational and inviting. Green's recipes are approachable, and alternatives are offered as options if the main ingredients are not available.

The Cannabinoid Cookbook is an educational cookbook that's packed with recipes that will appeal to health conscious and adventurous cooks.

NANCY POWELL (January / February 2022)

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