

## Made in San Diego: A Pastry Chef's Vision for Cannabis-Infused Edibles at Kaneh Co.

*Kaneh Co. is the perfect example of how far Cannabis-infused edibles have come since the legalization of recreational marijuana in California.*

BY [ERIN JACKSON](#) | JULY 30, 2019



*Images courtesy of Katalyst PR*

Created by Rachel King, a bona fide pastry chef who spent years dreaming up desserts for high-end restaurants like [Mister A's](#), [NINE-TEN](#), [Searsucker](#) and [Herringbone](#), the edibles at [Kaneh Co.](#) in San Diego are not your standard gummies or dorm-room pot brownies.

As Culinary Director for the brand, Rachel put her pastry skills to good use to develop 22 different high quality cannabis edibles made with real fruit and Valrhona chocolate, ranging from salted brown butter caramels and cherry pistachio dark chocolates to baked goods like mini cookies, brownies and blondies.



Half of the product line is gluten-free and many of the offerings are vegan. Several items, like the chocolate paleo bites, real fruit jellies, and toasted coconut caramels are both vegan and gluten-free.

"It's important to us to cater to people with different lifestyles and dietary needs," says Rachel, whose favorite items include mango chile fruit jellies, lemon sugar cookies, and the 'Best of Both Worlds', a brownie and chocolate chip cookie hybrid that's the company's top seller.





While it may be tempting to consume multiple servings in quick succession, moderation (and patience!) is key.

"The effects are pretty relaxing, depending on how much you eat. A low dose will make you feel relaxed but still energized, it just kind of takes the edge off" says Rachel.

Each individually packaged serving contains five to ten milligrams of THC from California-grown marijuana plants.

"Start off low, somewhere between 2.5 to 5 milligrams, and wait two hours to see how you feel before taking more because you definitely can't go back," cautions Rachel. "It's easier to build up to a positive experience than to take too much and never want to do it again."



Find [Kaneh Co. Treats](#)

Kaneh Co.'s products are stocked in 200 dispensaries across the state. Check [kanehco.com](https://kanehco.com) to find a dispensary near you.

## ABOUT THE CONTRIBUTORS



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