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The Best Things I Ate This Month: August 2019

Eggplant Parmesan at Cesarina, OB Noodle House Wings at Holding Company, and snacks at Kaneh Co.

BY TROY JOHNSON

Published: 2019.08.13 12:08 PM



The Snacks @ Kaneh Co.



Last year when I wrote [a cover story about the newly legal cannabis industry in San Diego](#), someone emailed me to say, “Hey, did you know one of the country’s best pastry chefs is doing her own brand of cannabis snacks?” I emailed that chef to focus on her work. She said (I’m improving the quote), “Thanks, Troy! And, nope.” Cannabis was still new then, a lot of people still had the stigma. Being tied to the industry might hurt her potential career opportunities with restaurants. But now Rachel King has embraced her role in the industry as chef-partner of [Kaneh Co.](#), and the cannabis world is better off for having snacks created by a pastry chef *Food & Wine* once nominated as one of the country’s “Best New Pastry Chefs.” I don’t use

cannabis. Not for any job-related reason. It just makes me weird. But I tried her “non-medicated” versions of her brownies and her chile-mango jellies, and they’re delicious. Cooking with weed used to just result in food that tasted like bong water. Not anymore. If cannabis works for you, search them out.

