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How A Local Pastry Chef Went from Baking High-End Desserts to Crafting Cannabis Edibles

Happy Half Hour Podcast: Episode 160

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Photo by Becca Batista, courtesy of Katalyst Public Relations

Welcome back! This week's special guest is Rachel King, an acclaimed pastry chef who has worked at restaurants such as Nine-Ten and Mister A's. When she was the pastry chef at Searsucker in 2013, she was nominated for Best New Pastry Chef: West Region by [Food & Wine magazine](#). After working at San Diego's top restaurants, Rachel branched off on her own into the world of edibles, and founded [Kaneh Co.](#) As the culinary director, she creates all the recipes for the brand's gourmet cookies, jellies, and brownies that are infused with California-grown cannabis extract. Rachel talks about how she made this pivot in her career, and how there's still judgment against people who work in the cannabis industry (despite it being [legalized in California](#)). She also sheds some light on the process behind making edibles at the consumer level: it's [highly regulated](#), and requires exacting precision. Rachel's pick for Two People, \$50, is the Thai food at [The Original Sab-E-Lee](#). Troy recommended the homestyle Mexican cuisine at [Super Cocina](#), and Lauren liked the new menu at [Soda & Swine](#).



The image shows an audio player interface for a podcast episode. On the left is a square cover image with the text "San Diego MAGAZINE HAPPY half HOUR" and a small photo of a bowl of food. To the right of the cover is a red play button icon, followed by the text "San Diego Magazine" and "Kaneh Co." in the top right corner of the player area is the "SOUNDCLOUD" logo. Below the text is a waveform visualization of the audio. A red progress bar is visible at the bottom of the waveform, with a time marker of "2:20" on the left and "42:18" on the right. At the bottom left of the player area, there is a small link that says "Cookie policy".