

Nomore's Cake Tek

First off I have to give credit where it is due, Hippi3, Waylitjim, llama, and Mycolord and so many others contributed to this project and didn't even know it. My tek is a result of their knowledge and conversations with all mycotopiates.

Secondly, I say that this is not the begin all end all of cake teks; It works really well for me. If one person has success using this tek than I am happy. This tek is full of my opinions, facts in my mind, but opinions all the same, and I'm sure not every one will agree with me. On to the fun stuff!!



1) Recipe and Explanation-

Note- this recipe is a modified hippie recipe – 12 ½ pint wide mouth jars

2 cups BRF – I like to mix a small amount (approx 2 tsp) whole grain rice, then a even mixture of course, medium and Fine ground BRF. It makes a lighter airier mix, and seems to speed colonization

2 tablespoons of 50/50 red gold flax seed

2 tablespoons of organic corn meal

1 tablespoon of bee pollen

1 tablespoon of nutritional yeast

1 gallon of lake water with 2 tablespoons of kelp extract

3 ¾ cups med vermiculite



Put BRF into bottom of mixer bowl. It works as well with a hand mixer but requires a much larger Bowl or you'll make a mess



before



after

Then put the flax seed, bee pollen and yeast into the coffee grinder. The objective here is to crack the flax seed and break up the clumps of bee pollen and yeast.



Add the corn meal and all the rest of the dry ingredients except the vermiculite to the mixing bowl and turn the mixer on low, smoke a joint or at least 2 bowls (Hippie timer).



The mixer will get the most consistent mix and it sure saves the shoulder any aching!!

After smoking add 2 cups of lake water/kelp and 4 cups vermiculite. Make sure you add the water first. Add them slowly, then have your after doob cig or another bowl if you've kicked your nicotine habit.

2) Jar them bad boys up!! –

Okay first thing to remember is to not pack them down at all!! You want the air pockets and the mix to be as light as possible.



Fill them to the lip right below the threads, then add your dry vermiculite barrier to the top of the Jar, if there is a mound on top wipe it off with a finger or when you screw down the lids it will compress your mix. Put the tops on and cover with foil. I don't use tape.



I use 2 rubber bands one on the lid and one under it. Now load into the PC, never put jars directly on the bottom of the pc as they will scorch or crack, both is bad. Never fill your PC past half way up your lower jars or they'll drowned! PC for 90 min @ 15 psi. I know a lot of teks use 60 min but I think that 90 min more evenly distributes the moisture in the cake.

