

# What terpenes survive the bake out

<https://www.agoramores.com/permaculture/cannabis/what-terpenes-survive-the-bake-out>

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### You

what temperature does a double boiler reach

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A double boiler typically reaches a temperature range of **\*\*110°F to 120°F (43°C to 49°C)\*\***<sup>1</sup>. This gentle heat is perfect for tasks like melting chocolate, making custards, or preparing [sauces](#) that require indirect heat to avoid scorching or curdling [Cannabis](#) decarboxylation typically occurs at temperatures between **220°F to 245°F (104°C to 118°C)** THC starts to degrade at temperatures around **315°F (157°C)**, but significant degradation occurs at higher temperatures, typically above **392°F (200°C)**

- **Deep Frying:** The temperature for deep frying is typically between **\*\*350°F to 375°F (175°C to 190°C)\*\***<sup>1</sup>. This range ensures that food cooks quickly and evenly without absorbing too much oil.
- **Sautéing:** For sautéing, oils are usually heated to around **300°F to 350°F (150°C to 175°C)**.

- **Smoke Point:** Each type of oil has a specific smoke point, which is the temperature at which the oil starts to break down and smoke. For example, **peanut oil** has a high smoke point of around **450°F (232°C)**, while **extra virgin olive oil** has a lower smoke point of about **375°F (190°C)**

## intro

Let's say we care deeply about what our cannabis tastes like; maybe you already do. Different terpenes have different burn off temperatures. So some cannabis strains may be less suited to deal

## cooking basics

Do not cook a desert over 300 f ever, be very careful with convection settings. Maybe

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## Merged Segment (.review/organized/W/What Terpenes Survive The Bake Out.md)

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