

# GIMRIG'S GASTRONOMICON

A GUIDE TO FOOD & DRINK IN YOUR FANTASY SETTINGS

BY SEAN COOKE



DUNGEONS & DRAGONS, D&D, WIZARDS OF THE COAST, FORGOTTEN REALMS, THE DRAGON AMPERSAND, PLAYER'S HANDBOOK, MONSTER MANUAL, DUNGEON MASTER'S GUIDE, D&D ADVENTURERS LEAGUE, ALL OTHER WIZARDS OF THE COAST PRODUCT NAMES, AND THEIR RESPECTIVE LOGOS ARE TRADEMARKS OF WIZARDS OF THE COAST IN THE USA AND OTHER COUNTRIES. ALL CHARACTERS AND THEIR DISTINCTIVE LIKENESSES ARE PROPERTY OF WIZARDS OF THE COAST. THIS MATERIAL IS PROTECTED UNDER THE COPYRIGHT LAWS OF THE UNITED STATES OF AMERICA. ANY REPRODUCTION OR UNAUTHORIZED USE OF THE MATERIAL OR ARTWORK CONTAINED HEREIN IS PROHIBITED WITHOUT THE EXPRESS WRITTEN PERMISSION OF WIZARDS OF THE COAST.

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# About the Author

As a nerdy math and science kid in school, Sean Cooke found an early interest in fantasy games. Drawn in by the amazing concepts of Magic the Gathering in the early 1990's, Sean immediately took to the concepts of these arcane worlds. As is a common story for many D&D fans, a group of older kids in high school invited Sean to play a session of Dungeons and Dragons.

Though the campaign never made it past two sessions, Sean sought more. He bought any used books he could find and began making dozens of characters, most of whom would never see any play time. As a student at an international school in Bangladesh, finding resources and people to play with was hard. Most of the attention was spent creating maps and character concepts.

The fantasy obsession took a back seat during college, after which Sean began a career in restaurants. He spent a lot of time working in kitchens, learning whatever culinary secrets he could from long-time veteran chefs. He then decided to open a restaurant of his own with four of his friends, though it wouldn't last more than 3 years.

With the booming craft beer market, Sean studied the history and cultures of beer, eventually becoming a Certified Cicerone®, and rising to become one of the top experts on beer in Minnesota. Sean's focus then turned to cocktails, learning about the great classic and modern cocktails and becoming a Certified Spirits Professional. Sean has opened and managed four restaurants, all focused on chef-driven menus, craft beer, and craft cocktails.

With Magic the Gathering and Dungeons and Dragons making a large resurgence, Sean has found a number of great people to play both games with. Being foodies, they all love to roleplay the food and drink in taverns as well as the foods that they end up foraging and cooking at camp every night. This love inspired Sean to pen this book, which is named after one of Sean's close friend's forge domain cleric, Gimrig.

Currently Gimrig and Sean's blood hunter, Roxfal, are headed up the Sword Coast to seek revenge on traitorous characters from their respective pasts.

Also, a special thanks to Nick Nelson for various contributions to this publication.

*Gimrig is a devout and loyal cleric of Thermekhul. He's a proud ironsmith and a brave adventurer. Those who know him, however, can tell you of his love of food and drink. While exploring the Sword Coast with unlikely allies, Gimrig always takes time to delight in the local fare. Though he would still tell you that he's never had a drink quite as good as fine dwarven ales.*





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# Using this Resource

A region's food and drink is one of the most defining factors in the vastly-diverse cultural offerings of the world. Many civilizations have risen to power and economic dominance because of their access to foods and spices from far away lands. In telling the story of powerful adventurers traveling to abroad describing the offerings in a tavern or street food vendor can help to emphasize this unfamiliarity. The new foods may excite or repulse the characters, but will always evoke a response.

Many players are content to ignore food in their campaigns or simply purchase a set number of rations and call that good. That method is perfectly fine. However, if your group wants to focus more on the details of the foods of a region, bringing monsters to local merchants for income, or is curious what types of flora and fauna they can find in the wilderness to bring back to camp, then this compilation will help with some quick and fun ideas to make the process more interesting.

These ideas, while based in historical facts, are not in any way meant to highlight historical accuracy. Sections that describe what a culture would or would not do is more based in logistics and not in historical examples. Moreover, the ingredients listed in food and drink items include ones found around the world, not just ones that would have been available in medieval Europe. This is so that you can choose to build your worlds with as many options as possible. The foods listed are, of course, not all possible varieties of foods, so feel free to add or subtract as you feel is right for your setting.

The descriptions in most of this document outline a standard by which many cities and NPC's can operate and even some resources to help player characters use their skills to get involved in the process. Every world is different, so these standard practices do not have to be your standard. If you are dealing with a high magic city, for example, you can use these standards and adapt them for your unique setting.

Whatever you decide is the standard practices for foods in your world, the most important thing to remember is that there is always an exception to these rules. In fact, that is the best way to create distinction.

Say, for example, that your world is set on a mostly dim and grey mining city on the winding side of the cliff. The poor live beneath the cloud line, working for twelve hours a day. They return home for cheap wine and stewed mountain goat with little flavor. One day, the party makes it to the part of the city above the clouds.

In this strange place, there is a massive restaurant with cooking methods the party has never seen and spices they have never smelled. The important part to this story is not the methods used in this new place, but the fact that they break from what the party perceives as 'normal.' Any time this document says that something is not a standard practice, try to think of unique situations or locations where that might instead be the norm. Make sure to describe this difference to the players, comparing what they are used to with this new information.





# Culinary Practices

*The half-elf, new to these lands, politely asks the orc to cook his crocodile steak for longer. The orc, wiping the sweat from his brow with his sullied apron, turns and makes his way back into the kitchen. The nearly-raw food still on his plate seems to answer the question in the chef's stead.*

## Inns, Taverns, & Restaurants

*As Guard Captain Tarso waives his hand and gives a nod, the gates behind him slowly lift with the clanking of giant chains. It's been a long ride through the cold desert and the only thought on your mind is the pain in your stomach, soon to be alleviated by a warm meal at the Wharfsong Tavern.*

To understand the culinary world in a campaign, we must first understand a little more about the different purposes of eateries. If you are in your home city, you will eat at home. A medieval family going out to eat is nearly unheard of, especially commoners. Even nobles eat relatively-standard fare in their homes, though they probably have more meat in their stews than the lower classes. Nobles save their resources to have nicer meals at larger feasts where they might show off their wealth and position to other nobles. Locals going out for social reasons would be for the purposes of drinking, not eating. Royal families may have more opulent meals, but this works logistically because there are many mouths to feed in a castle. Extra food will not go to waste.

Taverns are primarily for drinking, networking, and celebration. Locals will frequent taverns in the sectors of town where they work or live. These taverns may have snacks available--foods that do not need cooking such as pickled eggs or nuts. The snacks are there to facilitate the patrons' drinking. Taverns don't have kitchens unless they are also an inn.

Inns exist to give travelers the comforts of home, including a fresh-cooked meal. The patrons at the tavern beneath an inn may be a mix of locals and travelers, especially in small towns where the inn may well be the only tavern in town. The patrons that are ordering meals, however, will almost-exclusively be guests in the rooms upstairs.

The trope of adventurers meeting each other at a tavern stems from this idea, but it would be at an inn with a tavern. Inns have the amenities necessary to accommodate people from out of town. Someone with a quest for a brave adventuring group would most certainly visit an inn to find help long before posting something for a job board in the town square. This is especially fitting given the price of parchment, the effects of weather on parchment and ink, and literacy rates in medieval times.

Restaurants are locations that serve food and drink, but do not have an inn attached. The concept of a restaurant that serves locals basically would not exist in this era. Again, this is an opportunity to express the grand differences when you do introduce a restaurant. A grand city whose nobility flaunts its wealth may have a restaurant, if only to show off its wealth. Other planes of existence are also great opportunities to add a restaurant and show how the plane's culture differs from the material plane.

## Cooking at Home

*On the run and ducking through the alleys at dusk, Tebrus finds himself in the bushes beneath the kitchen window of a carpenter's family. His frantic survival instincts drive him to think only of reaching the south gates and then beyond to freedom. These thoughts are only briefly interrupted by the overwhelming aroma of the spiced beef stew coming from inside this humble abode.*

Almost every home in fantasy medieval times would have a hearth. This hearth keeps the home lit with dim light, provides warmth, and can boil water for a bath if they have. More importantly, it provides families the fuel needed to cook food for their families. Food cooked at home would most likely be stews served with bread because of their simplicity and versatility. Stew can change from day to day, so that the flavors don't get old. Homes also don't have refrigeration so they don't have an abundance of produce on hand, only enough for a couple days. Commoners within a town would make regular trips to different shops, including the butchers, bakers, and produce vendors.

## Feasts

*The guards read over your letter, giving it a curious inspection, but seem to be none the wiser to the ruse. They add the forgery to the pile on a desk and allow you entrance to the ball. Beyond the massive doors, nobles raise their glasses to the new king as they all plot internally about their next play for power.*

Where natural economics and logistics demand simple dishes in day-to-day life, the pageantry of a feast demands the opposite. Feasts are meant to flaunt one's wealth. Thus, the only limits to the cuisine at a banquet is the budget. The number of people in attendance can also provide an opportunity to cook things that otherwise would be wasteful. Having a whole wild boar or a half a cow spread on an iron grate over a bed of hot embers would not be uncommon. It is a convenient way to both impress and feed dozens of people.

### Feasts - Food

Variety is the key to show opulence. Fortunately for the host paying for the banquet, variety also means that you can fill the bellies of your guests with breads, fruits, and vegetables in addition to the meat. Cooking formats will be limited to anything that's easily scalable. Grilling, stewing, boiling, smoking, and baking are all great options. Obviously, raw foods are also easy to serve to lots of people too. Cured meats and pickled vegetables are mostly done as a preservation method to keep food available during winter and spring, so they would likely not be featured at a feast.

Any meat served at a feast would be using all of the parts from the animals, or at least half of a large animal like a cow. A banquet of fifty people, for example, would not be all served pork ribs. A banquet is about opulence, but wouldn't go so far as to be that wasteful. Instead, the animal would be roasted over a large, open fire. It would be taken into the kitchen when it was done, then carved, and placed onto serving plates. Each plate would have some variety of cuts so that the guests could have their pick of cuts as they are brought table to table.

## Feasts - Washing

At the entrance to the grand hall, a table with wash bowls and towels is set up. The attendees would be greeted by servants or volunteers who would present a towel to help dry their hands after they wash them in the tubs of water. These wash stations can be used again after the meal. Napkins may be provided, especially if the banquet was only for nobles, but it would not be unusual or bad manners for guests to use their sleeves to wipe their faces.

## Feasts - Utensils

Most nobles and even some castles would not necessarily have plates and silverware on hand for a large banquet. These may be borrowed from someone else or perhaps the utensils are of a different material. A noble's household located near a forest may have enough silverware and plates for their head table, but the rest of the tables would be stocked with wooden plates and utensils because they are cheaper. Conversely, a feast in a mountain kingdom would most certainly have more metal than wood.

One interesting idea practiced in the medieval times was the idea of a trencher plate. A trencher is not actually a plate, but a round, dense piece of bread, which you use as a plate. The bread is given to the poor after the banquet once it's soaked with delicious flavors from the rest of the meal. Conveniently, it also means that staff does not have to wash a lot of dishes. This is one interesting idea, but is certainly not required.

## Cooking at Camp

*With an incantation in an ancient and nearly-forgotten language, Sanna begins to trace his finger into the red clay. The ground grows red with heat and the ground seems to grow burning logs. In just moments, the druid creates a blazing campfire.*

Preparing food while on the road is a fairly-simple concept. Cooking over an open campfire has only a couple of options for techniques. Obviously, stewing is the simplest. Water and ingredients are added to a pot and boiled over the fire. The pot can be rested directly on the burning embers or hung from above with a tripod. Other options include pan frying and grilling, though all foods cooked directly over a fire will naturally incur some degree of smoking.

## Rations

*Just after dawn, two bounty hunters are on the trail of a pair of spies from an enemy kingdom. Through the morning mist, one spots the faint trail of smoke from a recently-extinguished campfire. Upon closer inspection of the campsite, she also spots cracked hazelnut shells, confirming they are on the right path*

Rations are many RPG games' base way to handle food for adventurers if they don't want to play with the hunting and scavenging mechanics for finding food every night. What are rations exactly? What types of food would adventurers pack for a long journey if they are not good hunters or foragers? The D&D Fifth Edition Player's Handbook states "Rations consist of dry foods suitable for extended travel, including jerky, dried fruit, hardtack, and nuts."

Jerky is a thin cut of meat that has been cured, dried, and likely smoked. Travellers may be surprised when picking up jerky to learn that this town's jerky is made from a very different animal with a new and interesting flavor, smoke profile, and spice blend.

Likewise, dried fruit is regionally-specific unless the character comes from a major trade city. Fruits are dried under the hot sun where the juices can slowly be evaporated with minimal cooking to the flesh of the fruit. This process can be sped up if the fruits are spread out on a stone or clay slab that is already warm from the sun. Dried fruits would be very popular in arid, sun-soaked regions such as deserts.

Hardtack is not the most flavorful of foods but is very effective at ensuring a traveler has sufficient calories. Hardtack is a dense and dry bread which may include salt and herbs. While it is edible raw, the preferred way to consume hard tack is to soak pieces in a liquid such as oil, milk, or stew to make it a bit easier to chew. Hard tack is popular for travelers and used widely in the military because of its low cost. It is also stored as emergency rations in cold regions that are cut off from food supplies by harsh winters. Characters may roleplay that they are used to using a particular liquid to consume tack such as olive oil. They could be intrigued or disgusted to see another party member soak the tack in goats milk before eating it.

Nuts are a fairly straight forward category of natural dry fruits containing seeds. You can include other edible seeds in this context as well. Nuts are yet another option that could reflect the region that a character comes from. This can be an interesting distinction particularly because nuts leave behind shells, which could be used in tracking a party.

## Cultural Diversity

*Stepping into this expansive market, you see the locals dressed in ornate silks wandering the market. They guide strange animals on leashes--large reptiles equipped with muzzles, saddles, and bags. They are huge beasts and you shudder to think what havoc they might wreak if their shackles were to break.*

As you build a world, defining the culinary differences between different regions helps to make the fantasy world come to life.





This section contains some examples of the ways that culinary cultures can differ. There are obviously infinite possibilities, but here are some base ideas that can serve as building blocks.

## Meal Times

*As the sun rises to its highest point, it casts your shadow directly beneath your feet. The bard brushes his blonde hair from his eyes, declaring it is time to eat. At this notion, the dwarf's face contorts to display his confusion. You infer that the dwarf are not used to eating based on the hours of the day like the surface society.*

Breakfast, lunch, and dinner are concepts that are ingrained in most of our lives, and each has a separate connotation for what foods may be served. Thus, the novelty of having breakfast foods for dinner may bring you an unusual joy to the idea that you are breaking this arbitrary rule. In the vast multiverse of Dungeons and Dragons, you are going to encounter a nearly-endless supply of new cultures. A character who has always had three daily meals who happens upon a new city that eats only once a day will instantly feel the effects that they are far from home. The same applies if they come across a culture that eats several times a day--a second breakfast, for example.

The foods consumed at the different meals is also a great way to create diversity. Many cultures are used to some combination of eggs, fruit, and bread with their first meal of the day. This likely stems from the quick cooking time of those meals before they start their day's work. If a culture were to focus instead on a social time in the morning with a large prepared meal and then do their daily work after that, breakfast could be a huge meal and dinner may just be a quick snack before going to bed.

The rules regarding meals' times and purpose are entirely based on our daily cycle of day and night. Civilizations that exist in an area independent of day/night cycles would be the most likely ones to break this rule. Cities in the material plane, but underground or in the underdark are great options. The shadowfell is always night, so distinguishing breakfast from dinner may be strange there, although the inhabitants of the dark plane do operate on a natural circadian rhythm. Lastly, any cities on the elemental or outer planes with no sun cycle likely will have a very different concept of meal times and what foods are appropriate.

## Utensils

*You sit alone at the end of the bar in this strange tavern. As you sip your tankard of fruit wine, the bugbear, who seems to be both barkeep and cook, drops the bread on a cutting board in front of you and with it, a large spoon and pointed stick. The locals watch carefully, then erupt in laughter as you bypass the utensils to break the bread with your fingers.*

The utensils, if any, used in various cultures are one of the most defining features of the cuisine. Some cultures use metal or wooden utensils to pick food up. Others use a piece of flatbread, which can also be used to sop up the remaining sauce on the plate. In some cultures, it's rude to eat with your hands. In others, it's surprising not to. Consider different serving utensils or lack thereof and unique serving vessels to enrich the cultural differences between distant lands.

## Spicy Foods

*Upon consuming the small fruit, the dwarf's eyes open wide with shock. He springs to his feet as he curses some dark magics and then runs from the camp, burying his head in the nearby ravine. His Tiedling companion just chuckles and continues snacking upon the famously-hot peppers.*

Nothing separates culinary cultures so much as spicy foods. People whose culture does not typically eat hot peppers seldom have any tolerance for the burning heat. People who have acclimated themselves to its heat rarely eat without it. Ironically, hot peppers are common in the cuisine of hot climates. The spice causes people to sweat, so although the taste is perceived as hot, it is actually a cooling effect in the long run. The nine hells or the elemental plane of fire could be home to some intensely-spicy foods.

## Manners

*As you sit down around this long and elaborately-adorned table, the staff set small bowls of water at your place. As you dip your fingers in the bowl and begin rinsing your hands, you hear a gulp. Across from you, you see the confused look of a goliath barbarian slowly lowering the fingerbowl from his lips.*

There are many differences in etiquette across the world. There should be even more in a vast multiverse full of magical beings. The differences should all be subtle, but highly confusing for outsiders. The word for a toast, the signal that you are done eating, or the direction you pass a plate of food are all small details that can bring a story to life.

# Agriculture

## Farm vs. Forage

*With a song in his heart, Woodruff heads into the thicket beyond the camp. With a small blade he cuts the stalks and flowers from the wild purple garlic and slips it into a small woven satchel. He knows these and the mushrooms he found will make a great stew tonight.*

When using meals to add character to a setting it's important to have internal consistency when it comes to the availability of different foods. Broadly speaking, foods can be broken into two categories- Farmed or Foraged. In a very-simple sense, this would determine what foods are available in settled areas versus wilderness areas and whether Investigation or Survival are the appropriate skill check to find what you're looking for. Large fantasy cities with booming populations and advanced agriculture will rely heavily on farmed grains, livestock and produce. The small refugee camp on the outskirts of the kingdom, however, will rely heavily on foraging and hunting.

Farmed goods can be nearly anything appropriate to the climate. Whereas mushrooms would certainly be a foraged food in a city, a sprawling underground Dwarven Kingdom could have adapted advanced techniques for growing lots of mushrooms. Oysters might be a luxury reserved for the wealthy in a land-locked city, but common pauper fare in a port town with oyster farms along miles of coast line. What's key about the farmed good is that it is a dietary staple of the majority of the populace. It is a linchpin

in the economy, and will be found in every inn, food stall and by the barrel in barracks and official buildings. Availability defines culinary culture. Scarcity defines delicacies.

Another distinction of farmed foods is that they are much more likely to be found in a processed form, such as beer (grains), bread (grains) or cheese (milk). Because of this ubiquity most farmed items can be searched out with a simple Investigation roll of low to moderate DC. These items should almost always be available to players, with higher success resulting in either generous bulk rates or access to premium versions of the product.

The possibilities of foraged goods are limitless. Literally anything edible could be considered a foraged good and DMs are encouraged to be fantastic here. Foraged goods don't need to tie into any internally consistent economy or social structure. A lucky party may just stumble across a true culinary treasure that exists nowhere else!

Unsurprisingly, foraged foods are most likely to be found via Survival check. And while the difficulty should be adjusted to the terrain, even a poor roll could result in success. A poor roll could have the PCs coming across a wild pumpkin patch where the pumpkins are the size of a fist, mostly thick rind and while edible still taste of ammonia.

See the Foraging Tables (p. 16) for what the players might find.

## Livestock

*The party arrives in the town square. The village dances in merriment while the local musicians sing a ballad of your recent victory. The tavern owner beckons for you to join him as he slowly turns a spit. Your mouth begins to water as you see the boar is just beginning to char.*

Most people in this world will eat more starches and vegetables in their daily lives than meat. When meat is present in daily consumption, it is most likely in a size appropriate to the amount of people who would consume it. This is especially true in smaller towns and villages. For example, a family of 5 is not likely to eat beef for dinner since butchering a cow produces an abundance of meat. Small birds, mammals, and fish are much more likely. In a large city, the family would buy chopped stew meat from the local butcher, so this does not apply. City families do not own large livestock if any at all.



Pigs and goats are fairly cheap to raise and produce very tasty meats. This is why many sausages and cured meats are made from pork. The most tender meats such as the loin would be eaten on that day. Other parts would be braised or stewed so that they could be eaten within the next couple of days. Beyond that, the rest of the meat could be saved by being smoked, cured, or both. Cured and smoked meats are very useful for preserving meat to lengthen their shelf life. This can be whole muscle such as prosciutto or as ground meat in sausages.

In smaller settlements, the meat from larger animals, such as beef would probably be featured in larger feasts such as noble banquets or community celebrations.

Eggs are also a very popular breakfast food. Eggs are cheap and rich with fats and proteins to start the day. They also have a quick cook time when compared to stew or bread. This makes them a perfect food for a family to cook in the morning before starting the day.

It should be noted that eggs that are eaten by humanoids will be farmed eggs. If your party is foraging and find eggs, they are fertilized eggs and contain a growing animal. Therefore foraged eggs would make terrible food for humans. Predatory animals, however, often seek out other animals' eggs.

## Cooking Techniques

*Edgar, the tabaxi cook at the Stranded Pelican Inn, carefully stirs his stew. A tin shaker grasped delicately in his tail gives a single dash of salt to the pot. The rich aroma of cardamom and scallions permeates the floors of rooms upstairs, informing the guests that dinner will soon be ready.*

### Pan Frying

*As the sun falls beyond the western mountains, the party makes camp. Zinorra, the ranger, builds a small fire and warms the iron pan her father gave her the day she left home. The pan warms as the fire builds and she begins cooking tonight's meal.*

Many dishes made in taverns and some made at camp will use a cast metal pan over an open fire or atop another very-hot cast plate. This method uses very hot and direct contact with heat on one side of the food. This method is great for ensuring aggressive browning or charring on one side of foods, while not overcooking the middle. This pan will be large, heavy, and held hot before use, so cooks will want to lift or move the pan as little as possible unlike modern sautee techniques.

### Pan Frying in a Tavern

*The tavern is bustling with travellers coming to the festival, which happens but once every nine years. From your vantage point, you watch three kobolds working in the kitchen, standing on barrels and crates, while furiously stirring four large pans on a grate over an open flame.*

In a kitchen, a range could be created by building a wood-burning oven from stone or clay with an open top and a grate to support the pans. The fire would be hot, but not as hot as a



campfire or it would waste too much kindling. The pans would rest on the grates and would rarely be moved because of their weight and heat retention.

These pans will be heavily seasoned and coated with animal fats. Cooking most dishes would also start with melting animal fats or butter into the pan. Other sources of oil could prove expensive and animal fats are going to be readily-available to the tavern. There will likely be a vessel to save renderings from fatty meats that they save to use in dishes for the rest of the day.

In between uses, the pans will be cleaned by scooping remaining food out with a wooden utensil. They are then wiped out with a rag and some salt in between meals. This will not get the pan back to 100% clean. Instead, the remaining small food particles slowly burn off and become a natural part of the seasoning of the pan, adding flavor for future dishes. Because of the specific foods that one kitchen cooks, the tavern will have a “signature flavor” that their pans will naturally impart to many dishes.

## Pan Frying at Camp

*Kennin, the assassin, brushes his dark cloak back and reaches into the flames, turning the rabbit meat over. The pan hisses once more, promising a delicious dinner out here underneath the stars.*

This cooking method at camp is great for whole cuts of prepared meats such as steaks, half-chickens, or filets of smaller fish. This cooking method when used outdoors will be slightly different to kitchens. The pan will most often be set directly on a campfire early, before the logs grow too hot. This gives the pan time to grow hot with the fire and minimize the risk of cracking. If the travellers bring with them some sort of stand or hanging grate, this may be different, but you do not want to put a cold pan in the middle of an intensely-hot fire.

As far as potential foods to pan fry, it's less likely that a traveller would want to stand near the campfire and stir smaller items like potatoes which also take a long time to cook. Small, fast-cooking items such as vegetables or shrimp work well. Similarly, tender cuts of meat such as steaks, tenderloins, fish filets, or spatch-cocked birds work well in this format.

## Deep Frying

*Setting a kettle onto the searing embers, Maktu feels a bit proud when he thinks to use the boat's oars to keep the pot upright. When the dried-out oars catch alight, however, the little goblin flees down the tunnel, hoping nobody suspects he's the cause of the forthcoming fire.*

Submerging food into hot oil is a very fast way to cook foods and ensure uniform browning making it very popular in modern times. It would be very expensive and inconvenient in a medieval fantasy world, however, because holding that much oil at a moderate temperature (300-400F) is difficult without modern technology.

## Deep Frying in a Tavern

*Like a boiling witch's cauldron, the ogre stands over a kettle as big as a human. He hooks the roc's wings dredged in flour onto a chain and lowers it into the oil. The cauldron roars and hisses, bringing the faintest of smiles to the archdevil's face as he licks his lips.*

It's very dangerous to hold that much oil over an open flame indoors. Therefore deep frying would be very rare in the classic fantasy setting. This could, however, bring a notable distinction when travelling to a place with great wealth that could afford to keep a large pot of oil hot constantly and has a large kitchen in a building made of stone. A restaurant which could afford this could function in the nine hells or hades, for example.

Imagine a massive restaurant in the Nine Hells where a large pot of oil is held in the naturally-hot plane. A fire mephit in chains below the cauldron keeps the oil at exactly the right temperature. Here you can get almost anything deep fried, even unicorn.

## Deep Frying at Outdoor Events

*As the sun sets, you stand eating fried pork belly on a wooden skewer. Children laugh and play as you see fireflies begin to light the jasmine fields. First one, then two more, and soon thousands of white and violet lights dance in the air above you.*

Despite the inherent danger of setting up a kettle for deep frying, ironically, the one place where you might find deep fried food is with street food at a market or at a festival. The outdoor venue makes it easier to create a safe(ish) setup for frying, though the pot will be much smaller and the foods will be limited to small items such as shrimp. Foods will most likely be served on a wooden skewer in this format. The oil would probably have a rancid smell mixed with whatever the stall was selling. Oils are expensive and would likely be mixed with animal fats or butter.

## Grilling

*Having started a small, but hot campfire in this small cave, Zanlannan assembles a tripod. His small, nimble gnome fingers rapidly trim the leaves off some nettles and then split and core two crab apples. The wizard then throws it all on a grate hanging just above the flames. In just minutes, he slides his meal into a wooden bowl and clicks his heels with delight.*

As almost all cooking happens over an open flame, one of the most popular methods is grilling. This can happen in a tavern with a large iron grate over hot firewood and embers or outside over a campfire with a grate on a stand of some sort. There is really no difference to the effect of these methods in different locations.

Grilling has the benefit of a lot of dry heat exposure on the outside of foods, which causes a lot of browning and thus, flavor. This does mean, however, that grilling works well for items less than 2 inches thick and can cause larger items to burn on the outside and not fully cook on the inside. Thicker items need to be broken down into thinner parts before they can be grilled.

## Baking

*Oestres, the spring eladrin, is up early as usual. He quietly makes his way around the kitchen as he bakes some lemon muffins. Markings on an old pewter measuring cup hold the old family recipe, though he sneaks an extra pinch of sugar or three into the batter.*

Ovens are used to cook food relatively-evenly on all sides. Foods cook faster from the bottom when placed directly on the oven floor or in a metal container, so even though a loaf of bread or pie will cook evenly, the bottom will be slightly more brown.

Ovens during this time would be wood fired and would need constant monitoring to maintain a consistent temperature. Therefore only a place that would regularly be using their oven would keep an oven hot. This means that bread would probably not be made in a tavern. Again, some enormous restaurants on other planes of existence would probably have this feature because of their immense size and number of patrons served.

Instead, all bread would be made by bakeries and brought to restaurants each day. If a restaurant wanted to feature more baked food such as pies or flatbreads, however, this could be a distinction of that restaurant in particular. They would probably bake their own bread in that case. That restaurant would want to create a menu that used the oven as much as possible and probably would not have a grill as well unless it was larger than a standard tavern.

Similarly, a castle may have an oven, which they would use frequently and try to use it for both bread and meals, whereas a commoner's house would only have an open fire or hearth with which to prepare meals.

In general, just assume that bakeries have ovens and everyone else uses open flame.

## Roasting

*With the bitter winds howling through the snowy canyon, Roxfal huddles close to the fire, using his body to shield the tinder from the extinguishing cold. He braces the skewered serpent meat against a rock and waits for the fire to turn his recent foe into his next meal.*

Roasting is similar to grilling but without resting the food on a hot metal grate as it cooks. This means roasting is a slower process and cooks more evenly. Spit roasting is a common form of roasting where the food is skewered and then rotated constantly over an open flame, ensuring even cooking on all sides. Spit roasting is a common technique for cooking small animals around a campfire, kebabs at a food cart, or cooking a large animal for feast.

Because roasting is a slower method of cooking and is not an efficient use of firewood, it is probably not a cooking technique you would see utilized in taverns. A large tavern in the City of Brass, however, might have the opulence and volume of patrons to warrant multiple fire pits and large spits on which to roast a variety of beasts.

## Boiling

*After two ladles of sauce into a large bowl, Dak scoops the mass of noodles out of the boiling water. He shakes them twice for good measure and mixes them into the same bowl then adds the fresh herbs. The minotaur then bashfully looks to his companions, remembering this meal was supposed to be for the three of them.*

Boiling can mean two different things. You can boil a liquid like soup or tea by bringing it to its boiling point. You can also boil a solid food by submerging it into a boiling liquid to raise its temperature to desired cooking point then removing it from the liquid. Soft boiled eggs and noodles are two examples of the latter.

Boiling is done fairly-easily by placing a pot above an open flame. In a restaurant, this would be placed upon the grates of a grill or range. At home, a pot will be hung from a hook above the hearth. Boiling a food in a liquid is more likely to be done at a tavern than in a home. Taverns can re-use the water for multiple orders of the same items whereas it is a waste to boil water for a meal for just a few people. This is not true for boiling a soup or cooking any foods that fully absorb their boiling liquid such as rice.

## Stewing & Braising

*The manticore's meat was tough and gamey at first, but after a few hours bubbling in a pot with some carrots and peppercorns, it tantalizes your senses. You can't help but lift the pot's lid to get just another hint of the tasty rewards to come.*

Stewing is similar to boiling, except for the fact that the food ingredients flavor the liquid and vice versa. Then, instead of removing the food from the liquid, you serve the liquid along with the food similar to a soup. Stew is one of the most common food items in a medieval world because of its simplicity and cost. Stew is very common in taverns in small towns and in poorer areas of cities and is the most likely food to cook while camping.

All classes of people consume stew on a regular basis. The only difference would be the ingredients of the stew and probably the quality of meats, though stews tend to be made with cheaper cuts of meat anyway. If the cooks did the butchering of meats recently, the stew is also a good place to throw the bones to extract all the flavor before pitching it to the dogs or pigs.

Braising is very similar to stewing except that you brown the ingredients in the pot without water before adding the liquid. Since browning happens at higher temperatures than the boiling point of water, this can only be done before water is added. This brings out more flavors from the meats and veggies in the final product. Braising will use less liquid than creating a stew and the liquid may end up thicker. The braised meats or vegetables can then be served over rice, flatbreads, or on their own. A little of the braising liquid may be ladled over the dish as a sauce.



## Smoking

*Gimrig locks the large iron lever in place and begins to build a fire below the large smoker. He strokes his beard and nods to himself with satisfaction. He then returns to his dwarven ale and awaits the rewards of a hard day's work.*

Because most cooking would be done over or near an open flame, most foods would already have some smoked flavor in a medieval fantasy setting. This section talks about cooks who trap the smoke in a container like a big metal or wooden box with the food inside. This will greatly intensify this flavor and can be very delectable. Smokers can be as small as a two-foot cube box and as large as an entire house. A butcher and smokehouse that services a major city might have a barn-sized smoker that's fired up every couple of days for metric tons of meat. This could be a distinctive cultural trait for a city or town that they enjoy lots of meats smoked with the local trees, which impart a sweet fruit flavor.

There are many applications of smoking. Generally this cooking technique is used on meats or fish, but can be used on many various foods if desired. Cooks choose to either cold-smoke or hot-smoke their foods. Cold smoke is the process of trapping the smoke in the smoker while not exposing the product to the fire's heat. Hot smoking, conversely, cooks the product while also imparting the smoked-wood flavors.

## Cold Smoking

*The bugbear leads you into the cellars beneath his shop in these seaside mountains. Your breath becomes visible in the cold, still air. The light from your torch passes over shelf after shelf of salmon filets, perfectly preserved in black salt and ginger. A stream of smoke reaches out to you through the gaps in the large metal doors at the end of this hall.*

Generally only meats and fish are cold smoked. Since cold smoking does not cook meats, you must fully cure them first. This is common for meats that need to travel such as smoked salmon or pastrami. Cold smoking is also the process used in smoked cheeses for obvious reasons. In a medieval fantasy setting, it makes the most sense for cold smoking to be done by the butchers and not by a tavern. This curing, storing, and smoking process is a lot of work and requires the extra space of a smoker. The tavern would want to simply stew the product and get it out the door.

## Hot Smoking

*The next morning, as the sun fills the squalid room you've found yourself in, you note that these are not the accommodations you are used to as a merchant noble. But as the smoky aromas billowing forth from the iron shed behind the inn wash over your senses, you suddenly could not care any less.*

Cooking an item while also smoking it is how most smoked meats are created. Smoking is generally a lower temperature cooking method than grilling or pan frying and is used for denser cuts of meat like the ribs or brisket. That's not to say that a tavern that was also a smokehouse would not smoke any parts of an animal or even smoke the animal whole. Because smoking is also the cooking method, this would make sense for a tavern



to do this, though they may have to start the process well before meal times. Depending upon their hours of operation, they may have multiple smokers running during the day. If you are dining at a smokehouse, it's unlikely that they will have many cooked offerings that do not come from the smoker in some way.

Hot smoking is also one method for drying grains such as wheat or barley, which can impart a smoke flavor into beers or whiskey. In fact, most beer during this era would have at least some smoke flavor.

## Woods & Kindling

*The grain is then laid bare on these long perforated steel grates. You watch as the women work meticulously to spread the burning embers evenly, adding more wood and moss where it is needed. White plumes billow and shroud the barley, drying it and infusing it before its long journey across the Skyheart Mountains.*

The kindling which produces the smoke is important to create the food's distinct smoke flavor. A smoked cherrywood will have a sweeter smoke. Smoked pecan wood will be a softer, subtler smoke. Hickory wood tends to have a deep, rich smoke flavor.

The smoke may also be augmented by other items thrown into the fire. One example is dried peat moss that is used in the malting process in the production of scotch. The grains are dried over burning peat moss, which results in the final product having a peat smoke flavor. When choosing a city's cuisine, consider what the people might have an abundance of. Perhaps rosemary grows in the fields everywhere around a small town. The local butcher throws rosemary stalks into the fire for the smoker. All sausages from that town taste of smoked rosemary.

## Curing

*As your footsteps echo through this long corridor, you see countless rows of sausages hanging in chains from iron hooks. The air smells of garlic and saffron. The town will be well stocked for the long winter that the sages have promised this year.*

Rationing becomes tricky when a half a hog only lasts for a couple days. Thus salt has become possibly the most important

seasoning in history. Wrap a hog's leg up in salts and linen and it keeps for years. It's delicious to boot. Curing is one of the most important processes prior to refrigeration. Whatever meats a family would not eat in the first few days after fabricating an animal would get cured whole or in sausages. These rations would be especially good during the winter where livestock became much more difficult to manage.

In an urban environment, the butcher would no doubt be the one to execute this process on an animal. They would sell the already-cured meats to taverns, commoners, or merchants after the aging process. In a rural setting, anyone would do this and then store the cured meats in their cellar, minimizing temperature changes and keeping it away from animals and pests.

Curing can be accomplished in as little as 24 hours but will not have the lasting effects that curing for weeks or even months can have. This quick curing may be done by a fancier tavern to achieve a desired flavor, but it's not a common process.

## Ceviche

*Sitting at a table in front of the Wharfsong Tavern, you can smell the salty breeze wafting in from the docks below. Merchants carrying fresh whitefish, carried in baskets, come in through the side entrance, hedging straight for the kitchen. As you finish your dish, the citrus and heat lingers. Your senses begging you to order another.*

Ceviche is another preparation method similar to pickling. It is made with fresh fish and other shellfish such as shrimp and scallops. The seafood is sliced to bite size and tossed in citrus juice with uncooked vegetables, seasonings, and herbs. The most common ingredients are onion, chiles, and cilantro, but there are many more combinations. This dish would only be popular in regions where fresh fish is available and is more likely in tropical areas where fare is lighter and refreshing. Colder regions tend to favor heavy, rich dishes.

## Pickling

*The cold fog blanketing the earth nips at your heels as you enter the hag's hovel. The interior is warm and lined with dusty shelves. Your eyes fix on a jar of what looks like pickled eggs. The savory flavor that fills your mind is abruptly cut short when the objects begin to turn and the jar of eyes stares directly at you.*

Like curing, pickling food is a preservative process where you submerge it in a salt brine or vinegar. Lots of foods may be pickled, but generally fruits and vegetables such as carrots, onions,

celery, peppers, and cucumbers. Once finished, these items can be eaten as-is or used as a type of condiment or relish such as giardiniera or kimchi. They can always be thrown into a stew as well.

Pickling can be done in as little as two to three days and can last a couple months. Food pickled for a short time will taste more like the raw food, but not last as long. Fully-pickled foods can last for years, but are generally kept for storage to last between harvest seasons. Cities with freezing winters will keep lots of pickled items in their cellars. There, ambient temperatures will not get low enough to freeze the pickling liquid and cause the vessel to explode.

As a general rule when preserving foods, you cure meats, pickle vegetables, and make jam from fruits.

## Butchery

*A small bell chimes as the door opens. The brown-haired and freckled woman puts down a cleaver and greets her new guests. With a clever use of prestidigitiation, the bard pockets 25 gold pieces after convincing her that the axebeak meat came from a young red dragon.*

Note: This section contains some minor details of the processing of animals for food which may be uncomfortable for some readers.

## Butchers & Regulations

*Pasco, welcomes you to his humble shop, opening the door wide and seeing you in. His eyes light up as he smiles from ear to ear, telling you about the dried boar hams hand from the ceiling. They are white from salts and linen wrappings with date markings running anywhere from two weeks to over a year.*

Butchers make their living a couple of different ways. Some would make their living primarily performing the butchery and curing for commoners who bring their animals. This makes sense for a small town where commoners own their own livestock.

In an urban setting, butchery may be regulated and require processing at a butcher for reasons of public safety and guilds' financial interests. Butchery of smaller animals such as duck and rabbit may not be regulated as heavily as goats, pigs, or cows.

This regulation could help control the amount of rotten meat and blood found in a residential area of the city. It could also be a reason for the city to investigate any worship of the occult. Many religions in fantasy settings require animal sacrifice, not just the evil ones. The city may allow the sacrifice of these animals in known temples, but require guild butchers to oversee the process and perform the butchery if the animal is to be eaten after the ceremony.

Butchers may also make their living purchasing animals wholesale from merchant farmers and selling the parts to restaurants and to the public in processed form similar to today. In this case, the butcher probably has a salesperson who keeps constant communication with the taverns. "Boss has got two goats coming in today. Still has plenty of cured lamb leg for sale too. How much do you want?"





Wholesale butchers may also buy or trade for part of animals that commoners raise, but cannot store or consume the meat in time. For example, a commoner may bring his family's pig to the butcher, take half of the processed pork, and give the rest to the butcher for 8gp and waiving the fabrication fee. The commoner then has both meat to support his family and some coins in his pocket. He'll just have to come back once the hams are fully cured, smoked, and aged, just in time for winter.

The variety available at a butcher will be directly proportional to the opulence of the region. Imagine a very rich city with lots of nobles or wealthy merchants. A capital city in a wealthy area, for example, may have an abundance of varying cuts of meat from many animals available. Conversely, The butcher in a small town would probably not keep an inventory on hand at all or what they may have available would be cured & dried.

Tradesmen in fantasy worlds would never want to waste something valuable. Butchers would likely have a connection with tanners to whom they would sell the hides to be used for leathers or fur. Thus the price of selling an animal to a butcher would have the following factors to determine a fair price. A good starting rate is that the butcher will purchase meat at 4sp per pound. He generally sells it for 8sp to 2gp per pound depending on the cuts.

- Is the animal still alive?
- Has the animal been field dressed?
- What is the health of the animal?
- How much of the meat do you want for yourself?
- How rare is this animal to this region?
- Do you want the hide?

## Butchering Monsters

*Half a dozen customers surround Droskja, the butcher, as they haggle over a few silver pieces for various parts of rabbit and goose. You drop the owlbear carcass on a large wooden table, sending some knives clanking to the ground, abruptly ending their chatter.*

Instead of harvesting a wild beast for themselves, adventurers may instead want to bring their kill to a professional. This may be to ensure that sufficient meat is collected for the party's consumption or to trade for coin. Butchers will charge a fee to process the meats and return them to the party.

If an adventurer wants instead to sell the carcass to the butcher, this could be a lucrative way to earn a bit of coin. If the animal's hide is useful as fur or leather, the butcher might give you a cut of that cash too. Adventurers who find themselves hunting beasts more often than undead could set up a relationship with butchers and make a fair income stream from that as well. If a creature has value in alchemical supply such as a basilisk's blood, the butcher may help harvest those items as well for a price, though the responsibility will be on the party to find a buyer. Freshness is always a factor. Unless you have a way of magically preserving organic materials, everything rots over time. The sooner you get a slain animal to a butcher the better.

If this interests your party, see p.23 for optional rules on harvesting monsters and their value.

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# Alcohol Production

## Base Spirits

*The melodious harvest songs resound through these halls beneath the Storm Hills. Their notes seem to dictate the steps of the gnomes as they prance on the platform. Each step crushes the grapes beneath it, bleeding the juices into a gathering bucket. This year's harvest promises to yield the largest batch of wine in recent history.*

One of the most distinguishing features of a region is the alcoholic beverages that they consume. The beverages are defined by the sugars from which they are made. Many regions will make more than one of these options, especially creating a fermented beverage as well as the spirit distilled from it, such as wine and brandy. Certain types of spirits can be distilled from any sugar source since their base ingredients don't impart much flavor in the final product. The table below shows just some examples of fermented beverages, spirits, and the sugar source from which they are derived. There are many more.

Alcohol Sugar Sources

Base Ingredient	Fermented Beverage	Distilled Beverage	Geography
Sugar Cane		Rum	Tropical
Grapes	Wine	Brandy	Subtropical
Gains	Beer	Whiskey	Temperate
Fruits	Cider	Brandy	Various
Honey	Mead		Various
Rice	Sake	Soju	Various
Agave	Pulque	Tequila	Subtropical

Neutral Spirits (any base):  
Vodka, Gin, Aquavit, Liqueurs

The prevalence of distilled spirits is also mandated by the region's climate. Regions with long and cold winters will have more spirits than other climates. Spirits have a much lower freezing point than beer or wine, so cold climates may find more use for them than warmer ones.



# Fermentation

*Dindeg, the dwarf brewmaster, waves his hands in the air. A wooden platform slowly lowers, bringing a new shipment of grains to the brewery. The dwarves quickly get to work heaving these large sacks to each other and into the kettle for this season's black ale, a specialty of the Ironhall Mountains.*

While brewers and vintners do a ton of work to get sugars into a fermentable format, the rest of the work is done by microorganisms. In truth, nobody in the fantasy medieval era knows about yeast or bacteria, so they pray to the various gods of nature, brewing, and festivities. Brewers work on the base liquid and assume the rest is some sort of magic.

Differing brews contain different combinations of microorganisms resulting in the unique brews from each region. These rules apply to any fermented beverage, even low-alcohol ones.

## Brewers Yeast

This is a standard type of yeast that can ferment cleanly or impart subtle flavors such as apple, pear, banana, and clove. This is generally a clean fermentation and leaves some sugars behind. Most fermented beverages use only this yeast type and finish in five to fifteen days.

## Wild Yeast

This yeast is an especially-hungry one and eats lots of sugars. It leaves the final product extra dry and may impart a barnyard or pineapple flavor. Extra dry ciders and beers will use this. It takes between three and six months to finish.

## Acetobacter

This bacteria is the same one that makes vinegar. When used sparingly, it imparts a fruity, vinegar flavor that many find pleasant, albeit an acquired taste. Beverages don't rely on this bacteria alone lest it simply create a vinegar. Too much bacteria or an infection from an outside source would cause a beverage to have too much vinegar and become undrinkable.

## Lactobacillus

This bacteria is the same that makes yogurt or cheese. This bacteria acts quickly and creates a tangy, yogurt-like quality. Good beverages also don't rely on lactobacillus alone.

## Blends

Almost any beverage that uses something other than Brewers Yeast will use a combination including brewers yeast. They will be subtle, but noticeable and will be dryer than a standard beverage. Remember, the brewers don't actually know about the microbiology that drives fermentation. These are all naturally-occurring blends from the region they inhabit, so beverages from the same producer will all have roughly the same yeast & bacteria profile.

# Carbonation

Any beverage that is carbonated will have been sealed until recently. Carbonation is added by a small dose of sugar added before the vessel is sealed. Bottles that are carbonated will be reinforced glass. The beverage won't stay carbonated for more

than 12 hours after opening. Casks of ale will be smaller for this reason. At the end of the night, a bartender will hammer a spile, a wooden pin, into the air intake valve on a cask to avoid carbon dioxide escaping.

# Roasting Malts

*Uncovering the lost brewery beneath this city, the party's minds begin to wander, imagining the once-prosperous business and what delectable ales and lagers once flowed here. Galatiel imagined rich amber brews while Throk couldn't help but imagine dark and roasty ones.*

The color of ales and subsequently the malt flavors rely entirely on the roasting process of beers. Dried grains are roasted on large plates or over open flame, causing them to brown or char. This process imparts flavors of toasted bread or dark flavors like coffee into the grains. Brewers can control the amount of this browning to create beers ranging from blonde to black. As this process is frequently done with wood-burning flame, a lot of beer in this style, especially darker beers, would pick up a moderate smoke flavor.

# Distillation

*The artificer's lab resounds with the sounds from dozens of boiling pots and vials. The faint and familiar smell of brimstone hits your nose. Looking back at the desk, the gnome's eyes suddenly go wide and he switches his coffee cup with the adjacent beaker. He then breathes a deep sigh of relief.*

Distillation is not very common in this era, except for alchemical and medicinal purposes. Spirits are available, but they will be much more expensive than the fermented beverages. Distilled spirits are likely more prevalent in cold regions because they don't freeze as easily as beer or wine.

A distilled spirit starts with a fermented beverage. The sugars have to be converted into alcohol first. Then, through boiling, the alcohol is separated from the water. Alcohol has a lower boiling point, so alcohol is collected in a separate vessel and the water mostly stays behind.

Distillation takes a couple of iterations to create a proper beverage. The more pure you want the alcohol, the more iterations or "runs" you can execute, however you will be stripping away the natural flavors of the base spirit. For this reason, neutral spirits like vodka or gin undergo a more discerning distillation process than whiskey or rum. The distillation also separates good alcohol (ethanol) from bad ones (acetone and methanol). It's a relatively simple process and anyone who has proficiency in alchemical tools will understand the process, so long as they have been shown once or read about it in a book.

Once the alcohol has been extracted and separated, it can be infused or barrel-aged if desired. Some spirits are back-sweetened to soften the final flavor. Liqueurs are made after the distillation process is finished by blending the spirit with water and sugar to the desired levels.

Distillation might be most common among gnome societies who love to develop new technologies.



## Storage & Service

*Missy, the barkeep at the Swear Jar Tavern, appraises your coin with a quick bite and then tosses the coin over her shoulder. The gold piece caroms off a shelf and then off a clay pot before landing safely in a small, open barrel. A piece of parchment tacked sloppily on the barrel reads "Missys Retyrement Fundz."*

Since refrigeration doesn't exist, most wine and beer is stored underground at cellar temperature. Cold beer is rare unless you're in a cold place. Most drinks are served between 45°F and 55°F. They are served directly from the vessel, so you might see a large cask on a bartop from which the barkeep would pour directly.

Beer pumps are a mechanism that allows a bartender to pump a beer upstairs from the cellar through piping. These were not common among human civilization, but this might be a fun invention to have the gnomes working on. Because dwarves live under mountains, which would remain at cellar temperatures, they might have a gravity-fed system with the casks upstairs and pipes leading down to faucets.

Temperature of service is subject to change with the proper use of magic, but most people would be used to cellar temp beer. They may even reject the idea of colder beer.

## Ice

*As you enter this taven, it seems like a different world entirely. The ceilings are over thirty feet high and feature gold-inlaid geometric patterns. The room is kept warm as a welcome relief to the tundra outside. The barkeep pours a pink-hued liqueur over a large chunk of ice. It's foreign to you, but delicious no less.*

Ice is an essential at modern bars and has been for a long time. In the time of a medieval fantasy world, however, most taverns will not have access to ice. Ice is readily available to polar regions or to temperate regions during the winter. Just because it's available, though, doesn't mean they will use it for beverages. Processing ice takes a while to break down into chunks that would fit into a drink vessel, so the labor is a big limiting factor. Customers are very acclimated to drinks that are cellar temperature or room temperature. They would not be willing to pay more to have their drink served with ice, so the expense of harvesting or creating, processing, and storing the ice just isn't worth the trouble for a tavern.

A frigid climate like Icewind Dale is a great opportunity to show off a unique city or tavern that uses ice in their drinks. Keep in mind that a region that is very cold may not want their drinks to be chilled any more than they have to be. Another great option is a high fantasy setting where magic is widely used. A tavern in a tropical rainforest or in a desert that had a way to magically create ice would be widely popular and famous throughout the entire region.

## Cocktails & Mixed Drinks

*As you lift your torch, you see a labyrinth of glass and copper piping like an alchemical spider web around this underground chamber. Glass chambers bubble over open flames as a liquid very slowly fills a pot in the corner of this musty laboratory.*

The mixing of alcohol, distilled or fermented, with other regional ingredients is one great way to show off the diverse offerings of a region's natural agriculture. Distilled spirits, however, are not as common as fermented beverages in a medieval setting, so the same goes for cocktails.

A city or region will have their own distinct beverages. In a town that grows apples, for example, they will have drinks with cider and brandy. Because dried grains are so easy to transport, beer is made in almost any city even far away from any grain farms. Therefore whiskey would also be made in any region.

See p. 25 for an example of how to build drinks for your setting.



## Foraging Tables

This is an opportunity to immerse your characters in your campaign world. Providing foraged foods that tie directly to the location is important. Telling PCs that “you find some nuts, berries and capture some small game” is much less engaging than “a short foray at dusk lands you a pair of Dorian Geese, known for their rich fat. You remember that they favor pungent Lunt blackberries and, surely enough, you find a nearby bush. The lower branches have been picked clean by the geese, but you are able to reach enough on the higher branches to fill half a pouch worth”. The food foraging tables in this resource have the abridged version available for quick reference. Spice them up with more prose when appropriate.

If a character would like to forage and hunt for food at camp instead of using rations, the character rolls a survival check. The DC is decided by the terrain type and the climate. If a ranger is in their favored terrain, their proficiency for this ability check is doubled.

When another character helps with this survival check, instead of granting advantage, you instead add the other person’s survival modifier to the roll. This applies to an animal companion as well. Animal companions who have keen smell grant advantage also.

A character with the outlander background automatically succeeds on their survival check if the DC is less than 10 + their survival modifier. Otherwise, make the roll with advantage.

### Foraging Tables

A roll of 8 on the foraging table triggers a skill challenge to hunt larger prey. The creature has a stealth DC and an AC. The hunter must succeed on a stealth roll and make a ranged attack roll that surpasses the AC. On success, the player kills its prey and can bring it back to camp. On a failure the creature runs away. Re-roll the d8 and the player can find something on the rest of the table.

A character assisting with this skill challenge must also succeed on the stealth roll and can make their own ranged attack. If either character fails the stealth roll, the creature runs away. If both stealth rolls succeed and either player succeeds on the attack roll, then the hunt is a success. You can also add some fruits, vegetable, or herbs to what’s foraged after a successful hunt.



### d8 Plains, Tropical - Survival DC 8

- 1 You pull back a large rock. Underneath, you find a plethora of earthworms. You also find plums, leeks, and two avocados.
- 2 While foraging, you find a plump rat. You also find two cups of arugula, a handful of figs, and some yuzu.
- 3 You shoot a crow from a low tree branch. You also find collard greens, dragonfruit, and ginger.
- 4 You get two pigeons, an assortment of hot peppers, and three oranges.
- 5 While foraging some mushrooms, You find a large horned toad in the thick grass. You also find leeks, and a papaya.
- 6 You trap two large tree frogs. You also find bok choy, a small bunch of bananas, and chives.
- 7 You gather three squirrels, two pomelo, a basket of various greens, and two bulbs of garlic.
- 8 Boar  
Stealth DC 9  
Armor Class 11

### d8 Plains, Subtropical - Survival DC 8

- 1 You find two squirrels, seven fuji apples, a bulb of fennel, and a handful of tarragon.
- 2 You scare away a falcon and find that it has just killed a large viper. You also find half a dozen apricots, two handfuls of asparagus and a head of purple cauliflower.
- 3 You trap two large gophers. You also find a variety of wild carrots and four cucumbers.
- 4 You find two quail. You also find a half a basket of escarole, eight nectarines, and some frisee.
- 5 You find a badger hiding in the long grass. You also find a large patch of wild red grapes and some tomatoes.
- 6 You find a medium-sized hare. You also return with a handful of shallots, two cups of raspberries, and a small watermelon.
- 7 You find a stray duck grazing in the fields. You also find a plantain tree, oregano stalks, and some sugar peas.
- 8 Eagle  
Stealth DC 14  
Armor Class 12

### d8 Plains, Temperate - Survival DC 10

- 1 You find and capture a bullfrog. You also return with two large bunches of broccoli, four carrots, and fingerling potatoes.
- 2 You find a meaty pheasant, five large sweet peppers, turnips, and some spinach.
- 3 You find a hare, some ramps, seven kumquats, and some chard.
- 4 You find a small red fox, a handful of dandelion greens, a half basket of peaches, and two sweet onions.
- 5 You catch three quail. You also find four blood oranges, two heads of red cabbage, and some celery.
- 6 You hunt down a wild turkey in a clearing. You also return with broccolini, chicory, and two cups of mushrooms.
- 7 You find a large crow, some kohlrabi, four parsnips, and two bunches of wild white grapes.
- 8 Elk  
Stealth DC10  
Armor Class 10

### d8 Plains, Polar - Survival DC 14

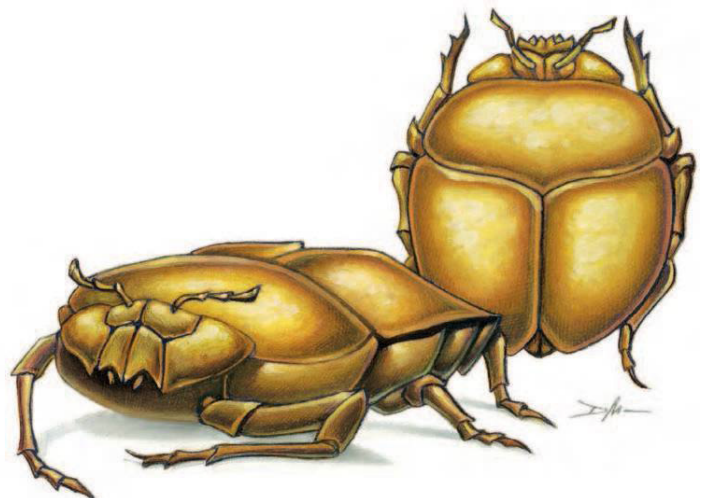
- 1 Digging under a felled tree, you find a pile of pill bugs. You also find crab apples, gold potatoes, and rhubarb.
- 2 You find a large, meaty lizard. You also bring back a basket of sugar beets and some small pears.
- 3 You find two bats in a small cavern. You also find red potatoes, and some dandelion greens.
- 4 You find a snake hole and pull the adder from its home. You also find marionberries and some yams.
- 5 You find two field mice that can provide some small amount of food. You also find purple potatoes and four carrots.
- 6 You find a hearty rabbit and string beans. You also find a maple tree which you can tap for some syrup by morning.
- 7 You find a duck flying low across the hills. You also find a handful of parsnips and rosemary.
- 8 Wolf  
Stealth DC 13  
Armor Class 13

### d8 Forest, Tropical - Survival DC 8

- 1 You find two field mice running through the underbrush. You also find limes, mushrooms, and very-spicy peppers.
- 2 You find a large lizard, a half dozen mangoes, and some multi-colored leafy greens.
- 3 You find a large sea bird. You also find a bunch of bananas, and an abundance of curly parsley.
- 4 You find a large grouping of mushrooms. You also find Guava and tamarind.
- 5 You find a large non-poisonous snake. You also find limes, arugula, and pineapple.
- 6 You find three large tree frogs. You also find yuzu and some sweet peppers.
- 7 You find a toad the size of a chicken. You're sure this will provide plenty of meat for a stew. You also find an orange tree.
- 8 Constrictor Snake  
Stealth DC 10  
Armor Class

### d8 Forest, Subtropical - Survival DC 10

- 1 You find a hollowed log covered in grubs and mealworms. You also find boysenberries and endives.
- 2 You find three large scorpions, a half dozen cucumbers, and four grapefruit.
- 3 You find two quail, scapes, strawberries, and two large heads of collard greens.
- 4 You find two grey squirrels, a handful of asparagus, and a bush full of ripe blueberries.
- 5 You find a large brown rabbit, two heads of cabbage, and five peaches.
- 6 You find a badger by a ravine. You also find garlic scapes, shiso, and some red onions.
- 7 You find two chipmunks climbing through the thick trees. You also see strawberries, plums, and thyme.
- 8 Giant Badger  
Stealth DC 11  
Armor Class 12





### d8 Forest, Temperate - Survival DC 12

- 1 You catch two chipmunks. You also find three rhubarb plants and small golden potatoes.
- 2 You find a small stray fox. You also find some black cherries and lots of scallions.
- 3 You find a beaver, some red apples, and a half basket of arugula.
- 4 You find two medium-sized frogs, seven carrots, and some fennel.
- 5 You find a grouping of silkworms that could provide lots of food. You also find chard, kumquats, and walnuts.
- 6 You find a meaty raccoon in the underbrush of the forest. You also forage some mushrooms and some blueberries.
- 7 Using some old apples as bait, you get three field mice. You also return with two cups of cherries, endive, and six large potatoes.
- 8 Giant Wolf Spider  
Stealth DC 13  
Armor Class 13

### d8 Forest, Polar - Survival DC 14

- 1 You find a raccoon, four sugar beets, and a handful of dandelion greens.
- 2 You track down a large lynx. You also find russet potatoes, and some wild mint.
- 3 You find two squirrels. You also find purple carrots and some arugula.
- 4 You find a small grey fox. You also find a small raspberry bush.
- 5 You find a stray rabbit. You also find pine nuts and mulberries.
- 6 You find two large lizards that should provide enough meat for the night. You also find a rhubarb plant and some garlic scapes.
- 7 You find a large snake. You also find a half dozen large potatoes and some juniper.
- 8 Giant Bat  
Stealth DC 11  
Armor Class 13

### d8 Desert, Tropical - Survival DC 12

- 1 You find a wild possum. You also find two cantaloupes.
- 2 You kill two bats as they try to swarm you from their hiding place in a crack in the stone. You also find eggplant and some sweet peppers.
- 3 You find a large monitor lizard. You also find jicama and dates.
- 4 You find a wild roadrunner. You also find four butternut squash.
- 5 You find two large, meaty scorpions. You also find three pomelo.
- 6 Under a patch of earth with some wild grasses, you find a pile of grubs. You also find six pomegranates.
- 7 You find a large jackrabbit. You also find an agave plant you can boil for some sustenance.
- 8 Giant Poisonous Snake  
Stealth DC 12  
Armor Class 14

### d8 Desert, Subtropical - Survival DC 14

- 1 You kill a large bat while it rests. You also find a cactus from which you can eat the leaves and flowers.
- 2 You find a wild mongoose. You also find some zucchini and a head of hearty lettuce.
- 3 You find two pigeons. You also find some celery stalks and two pomegranates.
- 4 You catch a handful of crickets from their various hiding spots. You find two small pumpkins.
- 5 You find four large centipedes. You also find Some honeydew melons and tomatillos.
- 6 You find a meaty iguana. You also find some patches of broccolini and figs.
- 7 You find a prairie dog in its burrow nearby. You also bring back two small watermelons.
- 8 Giant Owl  
Stealth DC 15  
Armor Class 12



### d8 Desert, Temperate - Survival DC 14

- 1 You find a snake under a large stone. You also find two eggplants.
- 2 You kill a rat you see running across some open dirt. You also find broccoli and various leafy greens.
- 3 You find an abundance of sow bugs under a rotting log. You also find some sweet peppers.
- 4 You find a hearty rabbit. You also find a patch of dandelion greens.
- 5 You find two squirrels. You also find three cantaloupe.
- 6 You slay a bat as a small swarm flies out of a small cavern. You also find some spicy peppers.
- 7 You find a meaty lizard. You also find broccolini.
- 8 Coyote  
Stealth DC 13  
Armor Class 12

### d8 Desert, Polar - Survival DC 16

- 1 You find a rabbit.
- 2 You find a small lynx in a hole beneath a shrub.
- 3 You find an owl perched on a low branch.
- 4 You find and kill a snake just before it bites you.
- 5 You find and kill two lizards under the root of a small tree.
- 6 You find a few handfuls of earthworms just below the soil.
- 7 You find two large rats.
- 8 Giant Lizard  
Stealth DC 10  
Armor Class 12

*Note: Food is harder to find in the desert. Despite a success on the survival roll, a dungeon master might want to emphasize that this is barely enough food to survive on and that the party still feels somewhat hungry. This can amplify the desolate feeling of the landscape. Rolling an 8 and then succeeding on the hunt can help relieve this feeling for two days.*

*The desert section intentionally has less food found on a successful forage. Make sure to lean into that and emphasize how lucky the forager is to actually find some food in a desolate landscape.*

### d8 Mountains, Tropical - Survival DC 10

- 1 You find a small black snake. You also find three papayas.
- 2 You kill three field mice. You also find Arugula and some lemons.
- 3 You find two flying squirrels. You also find Bok choy and four mandarin oranges.
- 4 You kill two pigeons. You also find two pineapples and some mushrooms.
- 5 You find a large red lizard. You also find Six grapefruit and some greens.
- 6 You find two large rats. You also find some arugula and a bunch of plantains.
- 7 You find a rabbit. You also find some guavas and lemons.
- 8 Axe Beak  
Stealth DC 10  
Armor Class 11

### d8 Mountains, Subtropical - Survival DC 10

- 1 You find two chipmunks. You also find black cherries and four carrots.
- 2 You find three scorpions. You also find a blackberry bush and some chicory.
- 3 You find a large rat. You also find garlic scapes and some pears.
- 4 You find a large snake. You also find two cups of blueberries and some lettuce.
- 5 You find two crows. You also find some pink apples and mushrooms.
- 6 You find a plump rabbit. You also find scallions and some spinach.
- 7 You find two black squirrels. You also find some cherries and two cups of mushrooms.
- 8 Giant Wasp  
Stealth DC 10  
Armor Class 12



### d8 Mountains, Temperate - Survival DC 12

- 1 You find two small rabbits. You also find mustard greens and six red apples.
- 2 You get a small fox. You also find five carrots and some pears.
- 3 You find a large lizard. You also find mushrooms and garlic.
- 4 You find a large bat. You also find dandelion greens and green apples.
- 5 You find an owl. You also find black cherries and some arugula.
- 6 You find two rats. You also find two cups of blackberries and scallions.
- 7 You find a small yellow snake. You also find two types of mushrooms.
- 8 Giant Centipede  
Stealth DC 8  
Armor Class 13

### d8 Mountains, Polar - Survival DC 15

- 1 You find a rabbit in a small hole along a trail. You also find a cup and a half of black cherries.
- 2 You find a small fox. You also find a mix of red and pink apples.
- 3 You find two squirrels. You also find two cups of blueberries.
- 4 You find a snow owl in a low-hanging branch. You also find a patch of mushrooms.
- 5 You find a small lynx in the underbrush of some trees. You also find a small blackberry bush.
- 6 You collect three handfuls of tree crickets. You also collect a dozen yellow apples.
- 7 You find a large lizard on the branch of a small tree. You also find ripe juniper berries.
- 8 Giant Wolf Spider  
Stealth DC 13  
Armor Class 13

### d8 Wetlands, Tropical - Survival DC 13

- 1 You find a squirrel running through the thick wet soil. You also find four coconuts.
- 2 You catch two large frogs. You also find a bunch of bananas.
- 3 You catch a large toad. You also find a small grouping of sugar cane reeds.
- 4 You kill a buzzard. You also find an abundance of collard greens.
- 5 You find a large water snake. You also find five dragon fruits.
- 6 You find two plump crows. You also find some large mushrooms.
- 7 You find two large mice hiding in the tall grass. You also find a variety of leafy greens.
- 8 Alligator  
Stealth DC 10  
Armor Class 14

### d8 Wetlands, Subtropical - Survival DC 10

- 1 You find three small squirrels in the underbrush of the marsh. You also find two cups of watercress.
- 2 You catch a large frog. You also find two heads of purple cauliflower.
- 3 You find two smaller toads. You also find two large bunches of arugula.
- 4 You find a stray duck away from its flock. You also find three cups of watercress.
- 5 You find a wild turkey. You also find four long reeds of sugar cane.
- 6 You trap three field mice. You also find an assortment of small berries.
- 7 You find two chipmunks in some small trees. You also find a large group of mushrooms.
- 8 Giant Fire Beetle  
Stealth DC 8  
Armor Class 13





### d8 Wetlands, Temperate - Survival DC 10

- 1 You find a large raccoon. You also come across a small section of wild cranberries.
- 2 You find a scavenging beaver. You also find a large amount of dandelion greens.
- 3 You find four small tree frogs. You also find a large bunch of collard greens.
- 4 You find two large pheasants. You also find four cups of arugula.
- 5 You find a duck sitting on the water. You also find a large grouping of mushrooms.
- 6 You find two large pigeons. You also find an abundance of watercress.
- 7 You find a large grouse. You also find three heads of cauliflower.
- 8 Eagle  
Stealth DC 14  
Armor Class 12

### d8 Wetlands, Polar - Survival DC 15

- 1 You find a duck flying low searching for food. You also find two cups of arugula.
- 2 You find a wild turkey. You also find three cups of mushrooms.
- 3 You find two pigeons. You also find some cranberries in a small bay by a stream.
- 4 You scavenge together two cups of snowy tree crickets. You also find two cups of mushrooms.
- 5 You find two small squirrels. You also find a large head of cabbage.
- 6 You find a large rabbit. You also find a group of mushrooms.
- 7 You find a beaver near a natural dam in a stream. You also find two bunches of dandelion greens.
- 8 Deer  
Stealth DC 12  
Armor Class 13

### d8 Underground - Survival DC 14

- 1 You find three large, meaty centipedes. You also find a large grouping of mushrooms.
- 2 You find two large rats. You also find two types of mushrooms.
- 3 You find two chipmunks. You also find two cups worth of mushrooms.
- 4 As you look to forage some mushrooms, you realize that they are growing in soil rich with bat guano. You also get two bats.
- 5 In a small, shallow pool formed by an underground stream, you find a small crab colony and get three crabs large enough to eat.
- 6 You find two large trap door spiders hiding in their holes near a mossy rock. You also find a large grouping of mushrooms.
- 7 You find a stalagmite on which a stalactite has a slow and steady drip of water. It's covered in moss. You forage two cups of three different types of mushrooms.
- 8 Giant Lizard  
Stealth DC 10  
Armor Class 12

## Fishing

### Lure or Traps

Freshwater - Survival DC 9  
Rivers - Survival DC 12  
Saltwater (Near Coast) - Survival DC 14  
Saltwater (Open Water) - Survival DC 18

### Nets or Trawling

Freshwater - Survival DC 7  
Rivers - Survival DC 9  
Saltwater (Near Coast) - Survival DC 10\*  
Saltwater (Open Water) - Survival DC 17\*

\*a mariner with proficiency in water vehicles may use that skill check instead of survival if they are trawling from a boat





# Identifying Mushrooms

As an optional rule, whenever a character finds mushrooms, instead roll a D20 in secret on the table below to determine what mushrooms they are. Instead of telling the player what kind of mushrooms they found, the character may roll a survival check, DC10, to try to identify the mushroom type. On a success, the player learns the type and its effects. On a failure, the player does not and must choose whether or not they choose to use the mushrooms.

Long ago, a Night Hag named Mad Maggie once compiled a resource on every known mushroom in the Material Plane, the Shadowfell, and the Feywild. One fortuitous player may stumble upon “Mad Maggie’s Mushroom Manual,” a tome with the notes from the hag’s crazy experiments with mushrooms on many creatures including humans. Characters may spend 1 minute searching the manual to properly identify any mushroom found in these three realms. Any magical mushrooms must be consumed within 1 hour of harvesting or they lose their effects.

If you don’t want to use the magical or dangerous mushrooms, then simply roll a D10 when mushrooms are found instead.

## Foraged Mushroom Table

	Mushroom	Effect
1	Porcini Mushrooms	Edible. No effect.
2	Button Mushrooms	Edible. No effect.
3	Chanterelle Mushrooms	Edible. No effect.
4	Morel Mushrooms	Edible. No effect.
5	Portobello Mushrooms	Edible. No effect.
6	Enoki Mushrooms	Edible. No effect.

7	Shiitake Mushrooms	Edible. No effect.
8	Cremini Mushrooms	Edible. No effect.
9	Oyster Mushrooms	Edible. No effect.
10	Black Trumpet Mushrooms	Edible. No effect.
11	King Oyster Mushrooms	Edible. No effect.
12	Dragonstooth Mushrooms	Magical. After consuming these mushrooms, a creature gains a randomly-selected breath weapon from the Dragonborn racial ability for 1 hour. If a creature already has a breath weapon, this mushroom has no effect.
13	Gloom Cap Mushrooms	Poisonous. The character may not benefit from the effects of a short or long rest beginning in the next 4 hours.
14	Slaad’s Toe Mushrooms	Poisonous. Any character consuming this mushroom has disadvantage on ability checks for the next 24 hours.
15	Shadow Mushrooms	Magical. Consuming these mushrooms puts you under the effect of the Blink spell for 1 minute.
16	Hag’s Tongue Mushrooms	Magical. Upon consuming these mushrooms, roll a d2. On a 1, you are under the effect of the Tongues spell for 10 minutes. On a 2, your tongue goes numb for 10 minutes and you cannot speak vocally or use verbal components to spells.
17	Blue Root Mushrooms	Magical. Upon the first person consuming or cooking these mushrooms, roll on the Wild Magic table. The rest of the mushrooms then become normal button mushrooms.
18	Death Cap Mushrooms	Highly Poisonous. Any character who consumes this mushroom makes a CON saving throw DC 12. On success, the character may not benefit from the effects of a short or long rest for the next 4 hours. On a failure, the character falls unconscious and begins rolling death saving throws. The character retains their hit points but continues to make death saves until they succeed or fail on three or until the poisoned condition is removed. A character who survives regains consciousness in 1d4 hours and the character may not benefit from the effects of a rest during that time. Creatures immune to poison feel no effect. Creatures resistant to poison make their Con saves and Death saves with advantage.

19	Star Kiss Mushrooms	Magical. After consuming these mushrooms, a creature gains darkvision to a range of 60 feet. The creature's eyes and fingernails glow with a soft blue. This effect lasts 12 hours.
20	Shadow of Yggdrasil Mushrooms	Magical. Upon consuming these mushrooms, you gain 2d6 temporary hit points.

## Harvesting Monsters

*With an epic cleave of her great axe, Throk cuts clean through the last neck of the hydra, punctuated with a guttural roar. She knows that it's head will make a great trophy to mount on the wall of the party's keep back in Jeya...if she could only find it.*

If a monster is killed in battle and the party wants to harvest it for food or for its hide, the way it was killed could have an effect on the quality and value of the parts. Keeping track of the type of damage, amount of damage, and number of attacks that hit can add interesting flavor to your stories. Also, meat has a short time limit from death to be butchered and cleaned.

The following may give you fun variable rules if your party looks to do some monster hunting for extra income. The way the beast is killed and treated after death could raise or lower the amount an NPC is willing to pay.

### Optional Rule: Damage Type

The damage dealt to a body can affect its food quality. An elk slain by necrotic damage may already have its meat wither and toughen. A creature attacked with acid damage will probably yield less meat. Finally, consuming anything killed by poison damage is probably a bad idea.

Once a monster is slain, take the total damage the monster takes below multiply that damage by the multiplier. Take that number as a percentage of the monster's total HP. The monster's value when sold for its meat and hide are reduced by that percentage.

For example, a monster with 40hp that took 10 necrotic damage would have its value reduced by 25%. A monster with 40hp that took 5 poison damage would have its resale value reduced by 50%. Ignore any damage type if the monster is resistant or immune.

Bludgeoning - 1/2x\*  
Fire & Acid - 1/2x  
Necrotic - 1x  
Poison - 4x

\*only applicable for monsters with an exoskeleton such as insects and crustaceans

### Optional Rule: Number of Hits

The number of times that a creature was hit may compromise the meat or hide. A lion killed with lots of slashing damage may be fine for stew, but have less intact pieces to be sold as steaks or roasts. Therefore, a butcher might have to offer less money to

purchase such a carcass. Similarly, an alligator taken down by lots of piercing or slashing damage may not be as valuable to a tanner, so the leather may be inferior or even unusable. Compare that to the same beast that was taken down with a couple critical hits to the neck or head where the skin is untouched which would certainly earn the most coin for its leather.

Each time you deal piercing or slashing damage, the value of the body reduces by 2%. Critical hits do not cause this reduction.

### Optional Rule: Field Dressing

Adventurers who seek to turn a slain monster in for parts or gold could prolong the stability by performing field dressing. By doing this, a traveller performs the very first part of the butchery process, removing the entrails of an animal and cooling the meat more quickly. Failing this process could cut into some of the organs and rapidly accelerate bacterial spoilage. It needs to be washed after this process with clean water. This also makes the carcass significantly lighter to transport. Hanging the carcass for at least an hour to clear fluids can extend this time even longer.

The climate of the area may affect the rate at which harvested meat spoils. Hot and humid climates are worse for organic material than cold and dry climates. In extreme weather conditions the time before meat becomes unusable could be halved or doubled respectively. Rain may also be helpful to keep a carcass clean after field dressing (an extra 4 hours) so long as it is never set on the ground.

A DM can use the following time limits until the animal starts to turn bad and becomes useless. This may be more difficult for beasts that a character is not familiar with. A DM may also impose disadvantage on these skill checks on someone who has not been trained how to do this or isn't proficient in survival. Advantage may be granted on a creature that has been studied or has been previously field dressed by the same character successfully. If a skill check is not done properly, the time spent is still spent, but does not gain the benefits. The time limit defaults to the category one level down.

Without field dressing - 1-2 hours

With field dressing (15 minutes spent) - 12 hours (Survival DC 10)

Field Dressed and hung (1 hour spent) - 36 hours (Survival DC 13)

Weather may play a factor, see below for more optional rules

### Optional Rule: Weather

After field dressing, moderate rain extends the time limit by 2 hours

Cold Weather, less than 40°F, will double the time limit

Warm Weather, above 90°F, will halve the time limit



# Building Cities

Here we will build formulae for creating foods available in taverns. You will need to consult the tables for what foods are available to the region. The tavern will primarily use foods available from its natural growing region. Most available produce will be converted into farmed instead of foraged, at least in well-established cities. They will also have access to goods traded from nearby civilizations. All cities will have some sort of trade deals established for dry grains such as barley, wheat, and rice if they don't naturally grow it in their regions. All well-established civilizations will have planted and begun farming at least one of these grains.

## Template

To build a city's food culture, you need to establish the following:

### Main Starch(es)

Choose One or more\*

- Barley
- Rice
- Rye
- Corn
- Wheat
- Wild Rice
- Oats
- Potatoes

Then decide if the most common use of the grains is to create bread, flatbreads, noodles, pasta, or as its natural grain form such as steamed rice, oatmeal, or grits.

\*if the city does not have access to barley and wheat, they will import it to create beer and bread.

### Main Produce

Use the climate and terrain type tables to establish at least a dozen of the most common fruits, vegetables, herbs, and spices. If the area does not have a lot of natural variety, for example, on a snowy mountain (polar mountain), establish trade deals with the nearest civilization (temperate plains) and borrow from that city's resources.



This could later turn into a side quest story for your party to figure out why the supply of a certain resource from the nearest town has stopped. For example, the barley carts haven't come in two months. The local brewery has less than a week to get production back up or it will be out of ale next month. The party needs to find out what has stopped the barley carts. Raiders? Shadowy deals? Or a mysterious illness that plagues the next town over?

### Main Livestock

Choose chicken and one or more from:

- Chicken
- Boar
- Duck
- Cow
- Goat
- Rabbit
- Pig
- Sheep
- Turkey

## Creating Foods

### Breakfast Items

- Chicken Eggs or other animal
- Slice bread, bread roll or flatbread
- Diced Potatoes or hash browns if the region has potatoes
- Rice if the region has rice
- Bacon if the region has pigs or boars
- Sausage Links - made from any animal or blend of multiple. Will also be seasoned with herbs, spices, or any chopped fruits. Apple and date are the most common fruits added.
- Oatmeal Porridge, Grits, Rice Pudding where applicable
- Pancakes
- Beans with rice or bread
- Baked goods brought in from bakeries
- Sliced Bread or flatbread, Fruits, and Cheese
- Dried meats

### Tavern Meals

- Grilled or Roasted Meats such as half chicken, rabbit, quail, etc.
- Grilled or pan fried sausages
- Stews
- Grilled or sauteed vegetables
- Bread or flatbread
- Other starches appropriate to your town
- Meat or veggie pies
- Fruits
- Anything under the snacks category

### Snacks

- Nuts and Olives
- Bread Rolls with Oil or Butter
- Cheese and Bread
- Dried meats
- Pickled Eggs
- Pickled Veggies & Flatbread
- Pesto or Hummus and Flatbreads
- Pickled Fish
- Salted Fish
- Sop in Wine - Day old bread with a shallow bowl of red wine possibly mixed with vinegar or sugar.

## Stews

As stated, stews are one of the most common meals in the medieval fantasy era because of their ease of cooking and not overcooking. They may be made from basically anything. A tenderloin or the bacon from an animal may be sought after to use separately, but generally the meat is all purchased by a certain weight, not by the cuts. A commoner would not purchase ribeye steaks or chicken thighs, for example. Thus, the meat is most likely ground or stewed. To make a stew, just throw in any meats, vegetables, seasonings, or beans and let it come to a boil, then simmer for a few hours to break down the foods. Starches such as rice or noodles can be added shortly before consuming. Adding them to the pot too early can cause them to simply dissolve into mush or disappear completely into the stew.

## Drinks

After you figure out the region's primary grains and produce, you can design its available alcoholic and non-alcoholic beverages.

Below is an example made from one small selection of fruits and herbs. Use the fermentation and distillation table in the beverages section (p.13) to determine what alcoholic beverages are available based on your region's agriculture. Remember, all cities would import barley and wheat if they didn't already grow it.

### Example City's Agriculture:

- Pink Apples
- Apricots
- Mint
- Lavender
- Juniper

### Fermented Products:

- Cider
- Mixed Fruit Cider spiced with Lavender & Mint
- Ale

### Distilled Products:

- Apple Brandy
- Apricot Liqueur made from Apple Brandy
- Gin

### Mixed Drinks:

- Apricot Liqueur with Basil & Lavender Tea
- Gin and Tea
- Apple cider mixed with fresh fruit juices

### Non-Alcoholic

- Fruit Juices
- Teas
- Fermented, non-alcoholic options from juice and tea such as switchel or kombucha

Thanks for Reading and Best of Luck to  
You on All of Your Adventures!

-Gimrig



# Appendix A:

## Produce

If you are building your cities and taverns or want more variety in the foraging tables, choose from the following. These are not comprehensive by any means. Feel free to add or subtract as you see fit.

### Tropical Plains

Arugula	Avocado	Banana
Bok Choy	Collard Greens	Dragon Fruit
Figs	Hot Peppers	Jicama
Leeks	Lychees	Mushrooms
Oranges	Papaya	Passion Fruit
Pineapple	Plantains	Plums
Pomegranate	Pomelo	Yuzu

### Subtropical Plains

Apples	Apricots	Arugula
Asparagus	Avocado	Bok Choy
Broccoli	Broccolini	Cabbage
Carrots	Cauliflower	Celery
Chicory	Chives	Collard Greens
Cucumbers	Daikon	Dragon Fruit
Endive	Escarole	Fennel
Figs	Fingerlings	Frisee
Kale	Kiwi	Kohlrabi
Kumquats	Leeks	Mushrooms
Mustard Greens	Nectarines	Oranges
Peaches	Pears	Peas
Plantains	Plums	Pumpkins
Quince	Radicchio	Ramps
Raspberries	Red Grapes	Red Onions
Romaine	Shallots	Spinach
Strawberries	Sweet Onions	Sweet Peppers
Tomatillos	Tomatoes	Watermelons
White Grapes	Yuzu	

### Temperate Plains

Apples	Artichokes	Arugula
Asparagus	Beets	Blood Oranges
Bok Choy	Broccoli	Broccolini
Brussels Sprouts	Cabbage	Carrots
Cauliflower	Celery	Chard
Chicory	Dandelions	Eggplant
Endive	Escarole	Fennel
Fingerlings	Gold Potatoes	Kohlrabi
Kumquat	Leek	Maple
Mushrooms	Nectarines	Parsnips
Peaches	Pears	Peas
Quince	Radicchio	Ramps
Raspberries	Red Grapes	Red Onions
Red Potatoes	Rhubarb	Russet Potatoes
Shallots	Spinach	Strawberries
Sweet Onions	Sweet Peppers	Sweet Potatoes
Turnips	White Grapes	

### Polar Plains

Apples	Beets	Carrots
Cabbage	Gold Potatoes	Maple
Mushrooms	Parsnips	Pears
Peas	Raspberries	Red Potatoes
Rhubarb	Russet Potatoes	Sweet Potatoes

### Tropical Forest

Arugula	Bananas	Bok Choy
Grapefruit	Guava	Hot Peppers
Lemons	Limes	Mangoes
Oranges	Papaya	Pineapple
Plantains	Tamarind	Yuzu

### Subtropical Forest

Apples	Apricots	Asparagus
Black Cherries	Blueberries	Bok Choy
Boysenberries	Cabbage	Carrots
Collard Greens	Cucumbers	Endive
Escarole	Fennel	Grapefruit
Hot Peppers	Lemons	Limes
Mushrooms	Nectarines	Oranges
Peaches	Pears	Peas
Pomegranate	Plums	Quince
Ramps	Raspberries	Red Onions
Scallions	Scapes	Shallots
Shiso	Spinach	Strawberries
Sweet Onions	Tangerines	Yuzu



## Temperate Forest

Apples	Arugula	Asparagus
Beets	Black Cherries	Blackberries
Blueberries	Boysenberries	Brussels Sprouts
Cabbage	Carrots	Chard
Cherries	Chicory	Collard Greens
Cucumbers	Dandelions	Endive
Escarole	Fennel	Gold Potatoes
Kumquats	Mushrooms	Nectarines
Peaches	Pears	Peas
Quince	Ramps	Raspberries
Red Onions	Red Potatoes	Rhubarb
Russet Potatoes	Scallions	Scapes
Shallots	Spinach	Strawberries
Sweet Onions	Tangerines	Turnips

## Polar Forest

Apples	Arugula	Beets
Black Cherries	Blueberries	Carrots
Cherries	Cabbage	Gold Potatoes
Mushrooms	Raspberries	Red Potatoes
Rhubarb	Russet Potatoes	

## Tropical Desert

Agave	Butternut Squash	Cantaloupe
Dates	Eggplant	Figs
Hot Peppers	Jicama	Pomegranate
Pomelo		

## Subtropical Desert

Agave	Broccoli	Broccolini
Cactus Fruit	Cantaloupe	Celery
Dates	Eggplant	Figs
Frisee	Honeydew	Hot Peppers
Jicama	Mustard Greens	Pomegranate
Pomelo	Pumpkin	Romaine
Spaghetti Squash	Summer Squash	Tomatillo
Watermelon	Zucchini	

## Temperate Desert

Broccoli	Broccolini	Cactus Fruit
Dandelion	Eggplant	Frisee
Honeydew	Hot Peppers	

## Polar Desert

None

## Tropical Mountains

Arugula	Bananas	Bok Choy
Grapefruit	Guava	Hot Peppers
Lemons	Limes	Lotus
Mangoes	Mushrooms	Oranges
Papaya	Pineapple	Plantains
Tamarind	Yuzu	

## Subtropical Mountains

Apples	Arugula	Black Cherries
Blackberries	Blueberries	Carrots
Cherries	Chicory	Lotus
Mushrooms	Pears	Scallions
Scapes	Spinach	

## Temperate Mountains

Apples	Arugula	Black Cherries
Blackberries	Blueberries	Carrots
Cherries	Chicory	Dandelions
Lotus	Mushrooms	Pears
Scallions	Scapes	Spinach

## Polar Mountains

Apples	Black Cherries	Blackberries
Mushrooms		

## Tropical Wetlands

Bananas	Coconuts	Collard Greens
Dragon Fruit	Sugar Cane	Mushrooms

## Subtropical Wetlands

Arugula	Cauliflower	Collard Greens
Mushrooms	Sugar Cane	Watercress

## Temperate Wetlands

Arugula	Cauliflower	Collard Greens
Cranberries	Dandelions	Mushrooms
Watercress	Cabbage	

## Polar Wetlands

Arugula	Mushrooms	Cranberries
Dandelions	Cabbage	

# Appendix B: Herbs & Spices

## Tropical Plains

Star Anise	Black Pepper	Capers
Cardamom	Cayenne Pepper	Coffee
Cumin	Garlic	Juniper
Nutmeg	Oregano	Paprika
Parsley	Rosemary	Saffron
Sea Salt	Hibiscus	Turmeric
Vanilla		

## Subtropical Plains

Allspice	Star Anise	Basil
Black Pepper	Capers	Caraway
Cardamom	Cayenne Pepper	Cinnamon
Chamomile	Cumin	Curry
Fennel	Garlic	Ginger
Horseradish	Juniper	Mustard
Oregano	Paprika	Rosemary
Saffron	Sea Salt	Rice
Vanilla		

## Temperate Plains

Caraway	Cinnamon	Chamomile
Curry	Dill	Fennel
Garlic	Horseradish	Juniper
Mustard	Rosemary	Sea Salt
Tarragon		

## Polar Plains

Juniper		
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## Tropical Forest

Star Anise	Black Pepper	Cayenne Pepper
Cocoa	Clove	Cumin
Juniper	Nutmeg	Oregano
Parsley	Rosemary	

## Subtropical Forest

Allspice	Sage	Black Pepper
Caraway	Cayenne Pepper	Cinnamon
Clove	Coriander	Cumin
Fennel	Garlic	Ginger
Horseradish	Juniper	Mustard
Oregano	Parsley	Rosemary

## Temperate Forest

Caraway	Cinnamon	Fennel
Garlic	Ginger	Horseradish
Juniper	Mustard	Rosemary
Thyme		

## Polar Forest

Juniper		
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## Tropical Mountains

Oregano	Parsley	Cumin
Rosemary	Basil	

## Subtropical Mountains

Allspice	Ginger	Horseradish
Oregano	Parsley	Cumin
Rosemary	Sage	Basil

## Temperate Mountains

Ginger	Horseradish	Juniper
Rosemary	Rock Salt	Thyme

## Tropical Wetlands

Black Pepper	Cayenne Pepper	Clove
Sea Salt	Hibiscus	

## Subtropical Wetlands

Black Pepper	Cayenne Pepper	Clove
Sea Salt		

## Temperate Wetlands

Sea Salt		
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## Tropical Desert, Subtropical Desert, Temperate Desert, Polar Desert, Polar Wetlands, & Polar Mountains

No Significant Sources of Herbs and Spices for the Region. Most likely these regions would import a lot of their spices.

# Appendix C:

## Hunting Wild Game

These are creatures that could be found as a part of hunting as a party makes camp for the night. These creatures do not pose much threat to adventurers if any.

### Tropical Plains

Rabbit	Squirrel	Pidgeon
Grasshoppers	Grubs	Earthworms
Sow Bugs	Scorpions	Rat
Snake		

### Subtropical Plains

Rabbits	Squirrel	Field Mouse
Rat	Snake	Bat
Lizard	Frog	Toad
Badger	Weasel	Prairie Dog
Quail	Duck	Goose
Turkey	Pidgeon	Grasshoppers
Grubs	Earthworms	Sow Bugs
Scorpions		

### Temperate Plains

Rabbit	Fox	Squirrel
Field Mouse	Rat	Snake
Bat	Lizard	Frog
Toad	Badger	Weasel
Prairie Dog	Pheasant	Quail
Duck	Goose	Turkey
Pidgeon	Grasshopper	Grubs
Earthworm	Sow Bugs	Scorpions
Silkworms		

### Polar Plains

Rabbit	Fox	Squirrel
Field Mouse	Rat	Snake
Bat	Lizard	Quail
Duck	Goose	Turkey
Pidgeon	Grasshoppers	Grubs
Earthworms	Sow Bugs	

### Tropical Forest

Rabbit	Squirrel	Field Mouse
Rat	Snake	Bat
Lizard	Frog	Toad
Quail	Pidgeon	Grasshoppers
Grubs	Earthworms	Sow Bugs
Scorpions		

### Subtropical Forest

Rabbit	Squirrel	Field Mouse
Rat	Snake	Bat
Lizard	Chipmunk	Frog
Toad	Badger	Weasel
Quail	Pidgeon	Grasshoppers
Grubs	Earthworms	Sow Bugs
Scorpions		

### Temperate Forest

Rabbit	Fox	Squirrel
Field Mouse	Rat	Snake
Bat	Snake	Bat
Lizard	Raccoon	Beaver
Chipmunk	Lynx	Frog
Toad	Badger	Weasel
Prairie Dog	Quail	Pidgeon
Grasshoppers	Grubs	Earthworms
Sow Bugs	Scorpions	Silkworms

### Polar Forest

Rabbit	Fox	Squirrel
Field Mouse	Rat	Snake
Bat	Lynx	Lizard
Raccoon	Pidgeon	Grasshoppers
Grubs	Earthworms	Sow Bugs

### Tropical Desert

Rabbit	Squirrel	Field Mouse
Rat	Snake	Bat
Lizard	Pidgeon	Grasshoppers
Grubs	Earthworms	Sow Bugs
Scorpions		



### Subtropical Desert

Rabbit	Squirrel	Field Mouse
Rat	Snake	Bat
Lizard	Chipmunk	Pidgeon
Grasshoppers	Grubs	Earthworms
Sow Bugs	Scorpions	

### Temperate Desert

Rabbit	Fox	Squirrel
Field Mouse	Sow Bugs	Scorpions
Bat	Snake	Rat
Lizard	Chipmunk	Pidgeon
Grasshoppers	Grubs	Earthworms

### Polar Desert

Rabbit	Fox	Squirrel
Field Mouse	Rat	Snake
Bat	Snake	Rat
Lizard	Pidgeon	Grasshoppers
Grubs	Sow Bugs	Earthworms

### Tropical Mountains

Rabbit	Squirrel	Field Mouse
Rat	Snake	Bat
Lizard	Pidgeon	Grasshoppers
Grubs	Earthworms	Sow Bugs

### Subtropical Mountains

Rabbit	Squirrel	Field Mouse
Rat	Snake	Bat
Lizard	Chipmunk	Pidgeon
Grasshoppers	Grubs	Earthworms
Sow Bugs		

### Temperate Mountains

Rabbit	Fox	Squirrel
Field Mouse	Rat	Snake
Bat	Lizard	Chipmunk
Pidgeon	Grasshoppers	Grubs
Earthworms	Sow Bugs	

### Polar Mountains

Rabbit	Fox	Squirrel
Field Mouse	Rat	Snake
Bat	Lizard	Pidgeon
Grasshoppers	Grubs	Earthworms
Sow Bugs		

### Tropical Wetlands

Squirrel	Frog	Toad
Pidgeon	Grasshoppers	Grubs
Earthworms	Sow Bugs	

### Subtropical Wetlands

Squirrel	Frog	Toad
Duck	Goose	Turkey
Pidgeon	Grasshoppers	Grubs
Earthworms	Sow Bugs	

### Temperate Wetlands

Squirrel	Beaver	Frog
Toad	Pheasant	Duck
Goose	Turkey	Pidgeon
Grasshoppers	Grubs	Earthworms
Sow Bugs		

### Polar Wetlands

Squirrel	Duck	Goose
Turkey	Pidgeon	Grasshoppers
Grubs	Earthworms	Sow Bugs

### Aquatic - Saltwater

Sea Bass	Catfish	Cod
Flounder	Trout	Tuna
Halibut	Perch	Pollock
Anchovies	Grouper	Herring
Snapper	Sole	Octopus
Squid	Swordfish	Quipper

### Aquatic - Freshwater

Striped Bass	Catfish	Walleye
Trout	Bluegill	Drummie
Salmon	Perch	Crappie
Tilapia	Quipper	

### Underground

Squirrel	Chipmunk	Bat
Lizard	Grubs	Earthworms
Centipedes	Mole	Scorpions
Snake	Rat	

# Appendix D: Hunting Dangerous Game

These creatures are not ones that a character could find as a part of a survival roll for foraging. These animals would need to be tracked and killed as part of a skill challenge. They may be dangerous to low-level characters, potentially

## Tropical Plains

Giant Weasel	Poisonous Snake	Axe Beak
Constrictor Snake	Giant Bat	Giant Centipede
Giant Lizard	Giant Poisonous Snake	Giant Wolf Spider
Giant Wasp	Boar	Giant Frog
Panther		

## Subtropical Plains

Hawk	Owl	Giant Weasel
Poisonous Snake	Axe Beak	Constrictor Snake
Giant Bat	Giant Centipede	Giant Lizard
Giant Poisonous Snake	Giant Wolf Spider	Giant Wasp
Boar	Giant Badger	Giant Frog
Giant Owl	Panther	Wolf

## Temperate Plains

Hawk	Owl	Poisonous Snake
Axe Beak	Constrictor Snake	Giant Bat
Giant Centipede	Giant Lizard	Giant Poisonous Snake
Giant Wolf Spider	Giant Wasp	Elk
Giant Badger	Giant Frog	Giant Owl
Panther	Wolf	

## Polar Plains

Hawk	Owl	Poisonous Snake
Axe Beak	Constrictor Snake	Giant Bat
Giant Centipede	Giant Lizard	Giant Poisonous Snake
Giant Wolf Spider	Giant Wasp	Elk
Giant Owl	Wolf	

## Tropical Forest

Giant Weasel	Poisonous Snake	Axe Beak
Constrictor Snake	Giant Bat	Giant Centipede
Giant Lizard	Giant Poisonous Snake	Giant Wolf Spider
Giant Wasp	Boar	Giant Frog
Panther		

## Subtropical Forest

Hawk	Owl	Giant Weasel
Poisonous Snake	Axe Beak	Constrictor Snake
Giant Bat	Giant Centipede	Giant Lizard
Giant Poisonous Snake	Giant Wolf Spider	Giant Wasp
Boar	Giant Badger	Giant Frog
Giant Owl	Panther	Wolf

## Temperate Forest

Hawk	Owl	Poisonous Snake
Axe Beak	Constrictor Snake	Giant Bat
Giant Centipede	Giant Lizard	Giant Poisonous Snake
Giant Wolf Spider	Giant Wasp	Elk
Giant Badger	Giant Frog	Giant Owl
Panther	Wolf	

## Polar Forest

Poisonous Snake	Axe Beak	Constrictor Snake
Giant Bat	Giant Centipede	Giant Lizard
Giant Poisonous Snake	Giant Wolf Spider	Giant Wasp
Elk	Giant Owl	Wolf

## Tropical Desert

Camel	Poisonous Snake	Axe Beak
Constrictor Snake	Giant Bat	Giant Centipede
Giant Lizard	Giant Poisonous Snake	Giant Wolf Spider
Giant Wasp		

## Subtropical Desert

Hawk	Owl	Camel
Poisonous Snake	Axe Beak	Constrictor Snake
Giant Bat	Giant Centipede	Giant Lizard
Giant Poisonous Snake	Giant Wolf Spider	Giant Wasp
Giant Owl		

## Temperate Desert

Hawk	Owl	Camel
Poisonous Snake	Axe Beak	Constrictor Snake
Giant Bat	Giant Centipede	Giant Lizard
Giant Poisonous Snake	Giant Wolf Spider	Giant Wasp
Giant Owl		

## Polar Desert

Hawk	Owl	Camel
Poisonous Snake	Axe Beak	Constrictor Snake
Giant Bat	Giant Centipede	Giant Lizard
Giant Poisonous Snake	Giant Wolf Spider	Giant Wasp
Giant Owl		

## Tropical Mountains

Poisonous Snake	Axe Beak	Constrictor Snake
Giant Bat	Giant Centipede	Giant Lizard
Giant Poisonous Snake	Giant Wolf Spider	Giant Wasp
Panther		

## Subtropical Mountains

Hawk	Owl	Poisonous Snake
Axe Beak	Constrictor Snake	Giant Bat
Giant Centipede	Giant Lizard	Giant Poisonous Snake
Giant Wolf Spider	Giant Wasp	Giant Owl
Panther		

## Temperate Mountains

Hawk	Owl	Poisonous Snake
Axe Beak	Constrictor Snake	Giant Bat
Giant Centipede	Giant Lizard	Giant Poisonous Snake
Giant Wolf Spider	Giant Wasp	Giant Owl
Panther	Wolf	

## Polar Mountains

Hawk	Owl	Poisonous Snake
Axe Beak	Constrictor Snake	Giant Bat
Giant Centipede	Giant Lizard	Giant Poisonous Snake
Giant Wolf Spider	Giant Wasp	Giant Owl
Panther	Wolf	

## Tropical Wetlands

Poisonous Snake	Axe Beak	Constrictor Snake
Giant Bat	Giant Centipede	Giant Lizard
Giant Poisonous Snake	Giant Wolf Spider	Giant Wasp
Boar	Giant Frog	Crocodile

## Subtropical Wetlands

Hawk	Owl	Poisonous Snake
Axe Beak	Constrictor Snake	Giant Bat
Giant Centipede	Giant Lizard	Giant Poisonous Snake
Giant Wolf Spider	Giant Wasp	Boar
Giant Frog	Giant Owl	Crocodile

## Temperate Wetlands

Hawk	Owl	Poisonous Snake
Axe Beak	Constrictor Snake	Giant Bat
Giant Centipede	Giant Lizard	Giant Poisonous Snake
Giant Wolf Spider	Giant Wasp	Boar
Giant Frog	Giant Owl	Crocodile

## Polar Wetlands

Hawk	Owl	Poisonous Snake
Axe Beak	Constrictor Snake	Giant Bat
Giant Centipede	Giant Lizard	Giant Poisonous Snake
Giant Wolf Spider	Giant Wasp	Giant Owl

## Aquatic

Giant Crab	Poisonous Snake	Constrictor Snake
Reef Shark		

## Underground

Poisonous Snake	Giant Bat	Giant Centipede
Giant Wolf Spider	Giant Lizard	Giant Poisonous Snake



# Appendix E:

## Hunting Deadly Game

These creatures are deadly ones. They would need to be tracked and killed, but will put up a good fight. Use these for random encounters or to hunt down. Fighting these monsters will need a combat, though they might try to flee if they feel overwhelmed.

### Tropical Plains

Giant Spider	Giant Toad	Giant Vulture
Lion	Giant Boar	Giant Constrictor Snake
Rhinoceros	Giant Scorpion	Elephant

### Subtropical Plains

Dire Wolf	Giant Eagle	Giant Hyena
Giant Spider	Giant Toad	Giant Vulture
Lion	Aurochs	Giant Boar
Rhinoceros	Giant Constrictor Snake	Giant Scorpion
Elephant		

### Temperate Plains

Dire Wolf	Giant Eagle	Giant Hyena
Giant Spider	Giant Toad	Giant Vulture
Lion	Aurochs	Giant Constrictor Snake
Giant Elk	Giant Scorpion	

### Polar Plains

Dire Wolf	Giant Eagle	Giant Hyena
Giant Spider	Giant Constrictor Snake	Giant Elk
Polar Bear		

### Tropical Forest

Giant Spider	Tiger	Giant Boar
Giant Constrictor Snake	Giant Scorpion	Giant Ape

### Subtropical Forest

Dire Wolf	Giant Eagle	Giant Hyena
Giant Spider	Tiger	Aurochs
Giant Boar	Giant Constrictor Snake	Giant Scorpion
Giant Ape		

### Temperate Forest

Brown Bear	Dire Wolf	Giant Eagle
Giant Hyena	Giant Spider	Aurochs
Cave Bear	Giant Constrictor Snake	Giant Elk
Giant Scorpion		

### Polar Forest

Brown bear	Dire Wolf	Giant Eagle
Giant Hyena	Giant Spider	Cave Bear
Giant Constrictor Snake	Giant Elk	Polar Bear

### Tropical Desert

Giant Spider	Giant Constrictor Snake	Giant Scorpion
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### Subtropical Desert

Giant Spider	Giant Constrictor Snake	Giant Scorpion
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### Temperate Desert

Giant Spider	Giant Constrictor Snake	Giant Scorpion
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### Polar Desert

Giant Spider	Polar Bear	
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### Tropical Mountains

Giant Spider	Giant Constrictor Snake	Giant Eagle
Giant Vulture		

### Subtropical Mountains

Giant Spider	Giant Constrictor Snake	Giant Eagle
Giant Vulture		

### Temperate Mountains

Brown Bear	Cave Bear	Giant Spider
Giant Constrictor Snake	Giant Eagle	Giant Vulture

### Polar Mountains

Brown Bear	Cave Bear	Giant Spider
Polar Bear	Giant Eagle	Giant Vulture

### Tropical Wetlands

Giant Spider	Giant Toad	Giant Vulture
Elephant	Tiger	Giant Boar
Giant Constrictor Snake	Rhinoceros	Giant Crocodile

### Subtropical Wetlands

Giant Spider	Giant Toad	Giant Vulture
Tiger	Giant Boar	Giant Constrictor Snake
Rhinoceros	Giant Crocodile	Elephant
Giant Eagle		

### Temperate Wetlands

Giant Spider	Giant Toad	Giant Vulture
Giant Constrictor Snake	Giant Eagle	

### Polar Wetlands

Giant Spider	Giant Constrictor Snake	Polar Bear
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### Aquatic

Giant Octopus	Giant Spider	Giant Constrictor Snake
Hunter Shark	Killer Whale	Giant Shark

### Underground

Giant Spider	Giant Constrictor Snake	Giant Scorpion
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