

# The Culinary Magic Cookbook

Prepared by Gamers for Adventurers  
of Discerning Tastes

\*Magical effects only guaranteed in-game

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ROLEPLAYING GAME COMPATIBLE

# The Culinary Magic Cookbook

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Dedicated to roleplaying (and roleplayed) chefs and bakers everywhere!

For much of my childhood, my Italian grandmother lived upstairs from me, and every night she made us dinner. It wasn't fancy food, but it was good, it was filling, and it brought my family together around the table regularly to chat about our days.

Humans have always thought food was magical. After all, chicken soup cures what ails you. Garlic wards off the evil eye. Tea leaves are perfect for reading the future, and rice is traditionally tossed at weddings to bring happiness to the new couple. A good stew will warm us when we're cold while an ice cream will cool us down when we're hot. Few parties are truly a party without snacks and a night out is usually centered around visiting someplace to eat. Food is the sort of magic which belongs to everybody.

When I first pitched Letters from the Flaming Crab to Alex Abel, captain of Flaming Crab Games, doing a book on cooking magic was at the top of the list. Letters from the Flaming Crab: Culinary Magic became the second book in the line and the response has been so positive we decided to create an expanded version with more recipes and a new system for pricing out meals. The Flaming Crab crew designed culinary magic to be different right from the start. More often than not, when creating a new system for a class-based roleplaying game, designers gravitate towards making a new class (or several) to showcase the system. It makes sense. The RPG is based on classes, and so your new system should be based on classes. We didn't want to do that, though.

You see, wizards, sorcerers, shamans, witches... they all have magic because something about them is special. They've studied their brains out or have special DNA or they've been selected by a higher power. But cooking? Cooking is something everyone can do and culinary magic should belong to everyone. It should be something the baker down the road or butcher at your local store or the short order fry cook should be able to practice. Culinary magic should be what your grandmother makes for you every night for dinner, even if she doesn't have a single level in a heroic class.

And so, culinary magic is folk magic. Anyone, PC or NPC, can make magic meals so long as they have a single feat. After all, cooking belongs to everyone.

Buon appetito!

J Gray

The recipes presented in this book were written to be used by characters in a roleplaying game and, as such, do not include precise oven temperatures. They were also written to be created in the real world but please be sure to cook all dishes thoroughly. The FDA recommends the following:

Beef, pork, veal, lamb roasts, steaks, and chops should be cooked to at least  
145 ° F (71 ° C).

Poultry should be cooked to at least  
165 ° F (74 ° C).

Your results when cooking these dishes may vary from our own. No promises are made that your dish will match our photographs. No magic effects are promised in the real world.

# About Culinary Magic

Culinary magic works much like crafting an alchemical item. The cook gathers the ingredients, prepares them according to a recipe, makes an appropriate skill check, and creates a meal that imparts magical benefits upon anyone who consumes it.

To prepare a magical dish, a character must have the Culinary Magic feat as well as ranks in Craft (culinary). If the Craft check is failed by 5 or less, the dish is edible but mundane and has no magical properties. If the Craft check is failed by more than 5 the dish is inedible.

A character can only benefit from one magical dish at a time except in a few rare instances. Thus, consuming an additional dish while still under the effect of a previous meal usually provides no benefit. Unless otherwise noted, magical dishes lose their power one hour after being completed and cannot be preserved for later. With all but a few recipes, leftovers lose their magical properties. Additional servings of most dishes do not provide enhanced benefits.

Each culinary magic recipe contains the following information

**Name:** The name of the dish being created.

**Difficulty:** The DC of the Craft check needed to make the dish. This DC reflects not just the creation of the meal itself but how difficult it is to imbue with magic.

**Description:** A brief overview of the dish.

**Ingredients:** The ingredients needed to make the dish. Other ingredients might be involved at the GM's discretion.

**Servings:** How many servings the recipe creates.

**Prep & Cooking Time:** An estimate of the time it takes to prepare and cook the dish.

**Cost:** A ranking used to determine how much the ingredients needed for making the dish cost. If a dish requires an exotic ingredient, it is noted here.

**DIRECTIONS:** Directions for preparing the dish.

**Duration:** How long the benefit gained by consuming the dish lasts.

**Magical Benefit:** The benefit gained by consuming the dish.

The feat needed to make magic meals, Culinary Magic, is presented below. Additional feats related to culinary magic, as well as new archetypes, traits, mundane items, and magical items will be presented in **Culinary Magic Character Options**, also from Flaming Crab Games.

## Culinary Magic

*You can make exceptional meals, infusing them with magic.*

**Benefit:** You can use culinary magic to create meals that grant benefits to those that consume them. In addition, you gain a +2 bonus to Craft (culinary) checks when preparing mundane meals. You begin knowing a number of recipes equal to your skill ranks in Craft (culinary) and automatically learn one new recipe each time you gain a rank in the skill. In addition, you can learn a new culinary magic recipe whenever you encounter one, either from another cook or in written form. To learn a recipe you must attempt to cook it by succeeding at a Craft (culinary) skill check against the meal's normal DC + 10. If the check succeeds, you learn the recipe and craft the meal as expected. Learning a new recipe is a painstaking process involving many mistakes. Because of this, double the amount of ingredients and the prep and cooking time needed to make the dish the first time.



We recognize that baking and cooking, while related, are two distinct arts with their own techniques, traditions, and history. For the sake of simplicity, however, we have combined Craft (baking) and Craft (cooking) into a single skill: Craft (culinary). This way, a character doesn't need two separate skills to take advantage of the power of culinary magic. GMs are welcome to be more specific in their requirements, replacing Craft (culinary) with Craft (cooking) for cooked dishes and Craft (baking) for baked dishes. We have also introduced Profession (culinary) for professional bakers and chefs as well as Perform (culinary) for those chefs who put on a show while preparing a dish.

# Breakfast

=Life, within doors, has few pleasanter prospects than a neatly arranged, and well-provisioned breakfast-table.= Nathaniel Hawthorne

## Bombay Toast (DC 10)

by Arvin =Kazefist= K

This sweet fried bread is a simple delicious breakfast that can be served with any topping.

**Ingredients:** 2 eggs, Pinch salt, 3 tablespoons brown sugar, 1 cup whole milk, 1 teaspoon vanilla essence, 1 sliced fresh bread loaf, Butter.

**Servings:** 8; **Prep & Cooking Time:** 20 minutes

**Cost:** Poor

### DIRECTIONS

Step 1: Break eggs into large bowl. Add in salt and sugar. Whisk until sugar and salt has dissolved. Pour in milk and add vanilla. Whisk until fully combined. Briefly soak bread slices in the liquid mix. A longer soak means softer bombay toast.

Step 2: Heat a frying pan on high. Once thoroughly heated, reduce temperature and coat pan with butter. Place bread slice in the pan. Fry until golden brown on both sides. Remove slice from pan and place on plate. Repeat. Add butter as needed for additional slices.

Step 3: Serve plain or with condiments such as cheese, sugar powder, maple syrup, caramelized berries or fruits, or peanut butter.

**Duration:** 8 hours

**Magical Benefit:** Bombay toast provides the perfect start to a productive day, granting the consumer a +2 alchemical bonus to Craft, Profession, and Constitution checks. If the cook exceeds the Craft (culinary) skill check by 10 or more, the consumer gains the above effects and, once during the duration of the effect when making a Craft, Profession, or Constitution check, can roll twice and take the highest of the two rolls for their check.



## Chimera Milk & Cookies (DC 15)

The simplest of breakfast dishes, but energizing, hearty, and sweet. These crunchy cookies are great to dip in milk.

**Ingredients:** 3 cups flour, 1/2 cup chimera milk, 1 1/2 cups sugar, 1 teaspoon baking powder, a few drops vanilla extract, Pinch salt, 1 tablespoon oil, 2 glasses warm chimera milk.

**Servings:** 2; **Prep & Cooking Time:** 30 minutes

**Cost:** Poor (plus chimera milk)

### DIRECTIONS

Step 1: Mix all ingredients except glasses of chimera milk into a dough, then roll out to an even thickness.

Step 2: Cut cookies with an overturned glass or a cutter. Bake until golden brown.

Step 3: Let the cookies cool, pour two glasses of warm chimera milk, and serve.

**Duration:** 4 hours

**Magical Benefit:** Though milking a chimera can be a difficult task, the milk gained greatly boosts imagination and hope. The consumer drinking the milk and eating the cookies gains a +1 alchemical bonus on Will saves against harmful mind-affecting effects. This bonus increases by +1 for every 5 by which the cook exceeds the Craft (culinary) check DC.





## Crisp Rice Cereal (DC 15)

Puffed up grains of rice create a nutritious, if noisy, breakfast cereal.

Ingredients: 1 tablespoon cooking oil, 2 tablespoons sugar (optional), 2 cups rice, Milk.

Servings: 4; Prep & Cooking Time: 10 minutes

Cost: Poor

### DIRECTIONS

Step 1: Coat the inside of a wok with cooking oil and sugar (if desired)

Step 2: Add rice and place over high heat. Cook until rice is puffed up and crisp.

Step 3: Let cool before serving, adding desired amount of milk.

Duration: 4 hours

Magical Benefit: The crackling noise caused by adding milk to the cereal persists well after the cereal is eaten. This drowns out other sounds around the consumer, granting them resist sonic 5. However, the noise also imparts a -5 penalty to Stealth checks. The penalty to Stealth checks is reduced by 1 for every 5 by which the cook beats the Craft (culinary) check DC.

## Dark Cinnamon Pour-ridge (DC 15)

Favored by practitioners of the alchemical arts, the heavy spiced taste of this thick pour-ridge encourages the mad instincts needed to mix chemicals.

Ingredients: 1 cup porridge oats, 4 cups milk, Pinch salt, 1 1/2 tablespoons cinnamon.

Servings: 4; Prep & Cooking Time: 15 minutes

Cost: Poor

### DIRECTIONS

Step 1: Combine porridge oats and milk in saucepan. Add pinch of salt. Bring to a boil.

Step 2: Simmer for 5 minutes. Stir regularly until finished.

Step 3: Remove from heat. Mix in cinnamon and serve.

Duration: 12 hours

Magical Benefit: Eating a bowl of dark cinnamon pour-ridge enhances the deftness of hand and strangeness of mind needed for alchemy. Anyone who eats a serving of dark cinnamon pour-ridge rolls twice on all Craft (alchemy) checks for the next twelve hours and takes the highest of the two rolls.



## Excellibur's Eggcellent Soft Breakfast Wrap (DC 20)

Some say this mixture of eggs, bacon, tomatoes, and red chili is the perfect way to start your day.

Ingredients: 2 finely chopped tomatoes, 1 finely chopped red chili pepper, Spices as desired, Hot sauce (optional), 3 tortillas, 6 strips bacon, 6 lightly beaten eggs.

Servings: 3; Prep & Cooking Time: 30 minutes.

Cost: Good

### DIRECTIONS

Step 1: Combine tomato, chili pepper, and spices to make salsa. Add hot sauce if desired.

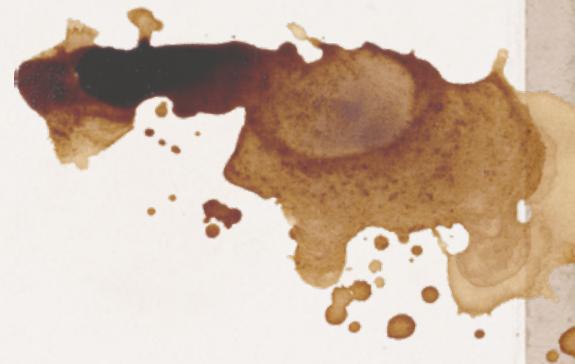
Step 2: Gently heat tortillas while cooking bacon.

Step 3: Whisk and scramble eggs. Spoon eggs, bacon, and salsa into tortillas and wrap.

Duration: 12 hours

Magical Benefit: Any consumer who eats a soft breakfast taco gains vigor in the form of 1 temporary hit point per character level of the cook.





## Indlovu Omkhulu Phuthu Pap (DC 25)

This crumbly white porridge, made from ground corn drenched in onion and tomato sauce, is imbued with the strength of the great elephants.

**Ingredients:** 3 divided cups water, 1 teaspoon salt, 3 hairs taken from the tail of a live elephant, 3 cups ground cornmeal, 1 onion, 1 tomato.

**Servings:** 3; **Prep & Cooking Time:** 1 hour

**Cost:** Common (plus elephant tail hairs)

### DIRECTIONS

Step 1: Combine 2 1/2 cups of water and elephant hairs in a pot. Add salt and bring to a boil. Remove hairs and pour the cornmeal into the center of the pot. Cover, reduce heat, and cook until water is absorbed into the cornmeal.

Step 2: Stir, add 1/2 cup of water and stir again. Let stand for 20 minutes, stirring occasionally.

Step 3: Dice the onion and tomato and fry in a pan. Pour mixture over the corn porridge and serve.

**Duration:** 10 minutes

**Magical Benefit:** Indlovu omkhulu phuthu pap — or “porridge of the great elephant” — is a favorite of the fearsome warrior chieftains of the great savanna. Eating a portion grants a +2 alchemical bonus to Strength. Rolling the pap inside a large leaf allows it to be preserved for up to 3 days, and warriors are known to carry portions like this when undertaking long treks to distant hunting grounds.

## Kaira's Gladiator Breakfast (DC 10)



Nothing helps push a champion those extra few steps like a cup full of raw protein.

Ingredients: 3 bird eggs, Hot sauce optional.

Servings: 1; Prep & Cooking Time: 5 minutes

Cost: Poor

### DIRECTIONS

Step 1: Crack eggs. Pour contents of eggs into a cup.

Step 2: Add sauce as desired.

Step 3: Drink.

Duration: 1 hour

Magical Benefit: After gulping down a gladiator's breakfast, the consumer experiences a surge of vitality and can run for a number of rounds equal to twice their Constitution score before having to make a Constitution check to continue running.

## Kaldor's Breakfast Eatzza (DC 20)

Creamy biscuit gravy replaces tomato sauce as the spirit of breakfast invades this dinnertime classic.

**Ingredients:** 4 ounces prepared dough of choice, 2 eggs, 1 1/2 cups biscuit gravy, 2 cups shredded cheese, Any additional optional toppings.

**Servings:** 4; **Prep & Cooking Time:** 35 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Shape dough into a circle 16 inches in diameter on a pizza pan. Cook and scramble the eggs.

Step 2: Spread biscuit gravy over the dough. Sprinkle shredded cheese and scrambled eggs onto the gravy. Add any additional toppings as desired.

Step 3: Bake in oven at high heat for 20 minutes.

**Duration:** 6 hours

**Magical Benefit:** Eating a slice of breakfast eatzza can drive away homesickness and make the strange feel familiar. The consumer gets a +2 alchemical bonus to Diplomacy and Knowledge (local) checks in areas that are 50 miles or further away from their homeland or place of origin. This bonus increases to +4 if the cook beats the Craft (culinary) check DC by 10 or more.





### Laurel's Raptor Omelette (DC 20)

This large, spicy omelette is a complete and delightful breakfast feast.

**Ingredients:** 6 raptor eggs, 1 cup milk, 8 strips bacon (crumbled), 2 tomatoes, 2 red peppers.  
**Servings:** 4; **Prep & Cooking Time:** 20 minutes  
**Cost:** Common (plus raptor eggs)

#### DIRECTIONS

Step 1: Mix eggs, milk, and crumbled bacon in a bowl. Dice the tomatoes and peppers.

Step 2: Pour the mixture into a large skillet or frying pan.

Step 3: As the eggs cook, add the diced tomatoes and peppers.

**Duration:** 6 hours

**Magical Benefit:** Choose 2 Strength- or Dexterity-based skills when creating the omelette. A creature who consumes a serving of the raptor omelette gains a +3 alchemical bonus to those skills.

## Moonlight Croissant (DC 20)

Soft and sweet pastry in the shape of a crescent, for good fortune.

**Ingredients:** 1 1/4 teaspoons yeast, 4 tablespoons warm water, 3 divided teaspoons white sugar, 1 1/2 teaspoons salt, 2/3 cups warm milk, 1 3/4 cups all-purpose flour, 2 tablespoons vegetable oil, 2/3 cups unsalted butter, 1 egg.

**Servings:** 12; **Prep & Cooking Time:** 8 hours

**Cost:** Poor

### DIRECTIONS

Step 1: Combine yeast, warm water, and 1 teaspoon sugar. Dissolve 2 teaspoons sugar and salt in warm milk. Blend into flour along with yeast and oil. Mix well; knead until smooth.

Step 2: Cover, and let rise until over triple in volume. Deflate gently, and let rise again until doubled. Deflate and chill 20 minutes.

Step 3: Massage butter until pliable. Pat dough into a rectangle. Smear butter over top two thirds, leaving a slim margin all around, and knead by folding. Sprinkle lightly with flour, and chill 2 hours. Repeat folding and chilling once again.

Step 4: Roll dough out and shape the croissants. Let them rise until puffy and light. In a small bowl, beat together egg and 1 tablespoon water. Glaze croissants with egg wash. Bake for 12 to 15 minutes. For more flavor, use a baking syringe to fill the croissants with cream, jam, or chocolate.

**Duration:** See text

**Magical Benefit:** A freshly baked croissant grants a +2 alchemical bonus on saving throws vs. lycanthropy for 24 hours if entirely eaten by one person during daylight hours. At night, it can instead be used as a weapon against lycanthropes and other creatures influenced by moonlight. If used this way, it's equivalent to a single-use, improvised silver hurlbat. A follower of a moon deity can also use a croissant in place of a silver holy symbol. After 24 hours from baking, it reverts to a normal croissant.





## Oozing Oatmeal (DC 15)

Though a little sloppy, this pasty oatmeal is a thoroughly fortifying brain food.

**Ingredients:** 4 cups water, 2 cups oats, 2 tablespoons brown sugar.

**Servings:** 3; **Prep & Cooking Time:** 15 minutes

**Cost:** Poor

### DIRECTIONS

Step 1: Bring the water to a boil in a small saucepan.

Step 2: Add the oats and brown sugar.

Step 3: Turn stove to low heat and stir until oats have a firm consistency.

**Duration:** 12 hours

**Magical Benefit:** A serving of this oatmeal bestows insight on all things that ooze. A consumer that successfully uses a Knowledge check to identify an ooze, slime, or mold receives 1 additional piece of information, as though the result of his check were 5 higher.

## Qale Cakes (DC 20)

The ~~Breakfast of Bandits~~, these golden-brown, coin-sized pancakes are served in a pool of sweet, sticky syrup.

**Ingredients:** 1 cup flour, 2 tablespoons sugar, 2 teaspoons baking powder, 2/3 cup milk, 1 egg, 1 teaspoon vanilla extract, 2 tablespoons butter, Any flavor syrup.  
**Servings:** 4; **Prep & Cooking Time:** 30 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Combine flour, sugar, and baking powder. Mix in milk, egg, and vanilla extract. Mix until combined. Add butter and mix until consistency is smooth.

Step 2: Pour batter onto pan or skillet in 3 inch-wide disks. Flip when small bubbles appear on top of pancake.

Step 3: Pile the cakes on plate and apply syrup liberally.

**Duration:** 8 hours

**Magical Benefit:** After eating a serving of qale cakes, the consumer gains a +2 alchemical bonus to Appraise checks to determine the value of unusual coins, to Perception checks made to locate coins or coin purses, and to Sleight of Hand checks involving coins or coin purses. This bonus increases by +1 for every 5 by which the cook exceeds the Craft (culinary) check DC.





## Star-Soldier Waffle (DC 20)

Often touted as the *battlefield breakfast*, this plate-sized waffle allows soldiers to use its square divots to plot strategies.

Ingredients: 1 egg, 1 cup flour, 2 3/4 tablespoons milk, 1/4 cup melted butter, 1 1/2 tablespoons sugar, 2 teaspoons baking powder, 1/8 teaspoon salt, 1/4 teaspoon vanilla extract.

Desired toppings.

Servings: 3; Prep & Cooking Time: 20 minutes

Cost: Common

### DIRECTIONS

Step 1: Beat eggs until fluffy. Add flour, milk, butter, sugar, baking powder, salt, and vanilla.

Mix until smooth.

Step 2: Pour batter on hot waffle iron. Cook until golden brown.

Step 3: Add desired toppings and serve.

Duration: 6 hours

Magical Benefit: Before eating the waffle, a consumer that spends 5 minutes studying the squares on it gains additional battlefield insight. This grants them a +1 alchemical bonus on attack and damage rolls when charging or flanking, and to CMB for bull rush, drag, and reposition combat maneuvers. This bonus increases by +1 for every 10 by which the cook exceeds the Craft (culinary) check.

## Zabaglione (DC 15)

A delicate peach-colored cream made of egg yolk and sugar, the sweetest breakfast there is.

**Ingredients:** 1 egg yolk, 2 teaspoon sugar, Coffee (optional), Milk (optional).

**Servings:** 1; **Prep & Cooking Time:** 5 minutes

**Cost:** Poor

### DIRECTIONS

Step 1: Put the egg yolk in a cup. Pour the sugar upon it.

Step 2: Beat the yolk with the sugar until it becomes a rosy, dense cream.

Step 3: Eat with a teaspoon adding some coffee or milk if desired.

**Duration:** 3 hours

**Magical Benefit:** Zabaglione is a very fortifying and caloric breakfast. After eating it, the consumer can add their Constitution modifier to a single Strength- or Intelligence- based skill check made during the duration.



# Soups and Salads

Only the pure in heart can make a good soup. — Ludwig von Beethoven



## Armanthus's Manticore Chili (DC 15)

This steaming bowl of chili is made from specially prepared manticore meat to ensure all spines were removed.

Ingredients: 1 handful ground manticore meat, 1/2 cup red kidney beans, 5 chili peppers.

Servings: 1; Prep & Cooking Time: 40 minutes

Cost: Common (plus manticore meat)

### DIRECTIONS

Step 1: Cook the ground manticore meat until it browns; don't drain any excess fat as this will serve as the soup's broth.

Step 2: Pour in the red kidney beans and stir for 5 minutes.

Step 3: Chop chili peppers and stir into the manticore meat, let it cook for 5 additional minutes and serve.

Duration: 4 hours

**Magical Benefit:** This meal is often eaten with chopsticks carved from manticore spines. Consuming the manticore chili gives an insight into the workings of hybrid creatures. Once eaten, the consumer gains a +1 alchemical bonus to all damage rolls against any non-humanoid creature that is a hybrid of multiple creatures (such as owlbears, manticores, sphinxes, etc.). This bonus increases by +1 for every 5 by which the cook beats the Craft (culinary) check DC.

## Caprese Salad (DC 15)

Tomato's freshness and mozzarella's salty savour complement each other in this summer dish.

**Ingredients:** 3 ripe tomatoes, 1 pound mozzarella, Fresh basil leaves, Olive oil, Salt, Pepper, Oregano.

**Servings:** 4; **Prep & Cooking Time:** 10 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each.

Step 2: Drizzle the salad with oil and season with salt, pepper, and oregano to taste.

**Duration:** 2 hours

**Magical Benefit:** The consumer is left with a better comprehension of the universal balance; they gain insight into how things can be different and yet complement each other. They gain a +1 alchemical bonus to saves against spells and effects with an alignment descriptor. This bonus increases by +1 for every 5 points by which the cook passes the Craft (culinary) check DC.



## Chicken Pasta Salad (DC 15)

This simple mixture of pasta, chicken, and mayonnaise brings out the inner hunter in those who eat it.

**Ingredients:** 1 pound pasta, 4 quarts water, Salt, 1 pound shredded chicken meat, 1/3 cup mayonnaise, Spices (optional).

**Servings:** 6; **Prep & Cooking Time:** 20 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Boil pasta in salted water. Drain.

Step 2: Add chicken to pasta. Mix in mayonnaise until pasta and chicken are fully covered.

Step 3: Spice to taste and serve.

**Duration:** 4 hours

**Magical Benefit:** Like the chicken, one who consumes this hearty salad becomes an expert hunter of creepy-crawlies. Anyone who eats a serving of chicken pasta salad gains a +1 alchemical bonus to attack rolls made against creatures with the swarm subtype. In addition, if the consumer is within the area of a swarm, they gain a +5 alchemical bonus to caster level checks needed to cast or concentrate on spells and on Will saves needed to use skills involving concentration and patience.



A more period accurate mayonnaise can made using aspic instead of eggs. This mixture, used to enhance cold fish, chicken, and salad dishes might also have been known as a bayonnaise sauce in older cookbooks.

## Cloudy Miso Mushroom Soup (DC 15)

Chopped mushrooms, onions, and tofu swim in a smooth, cloudy miso broth.

**Ingredients:** 1/2 cup miso paste, 1 gallon water, 8 ounces tofu, 20 mushrooms, Green onions, Seasonings (optional).

**Servings:** 8; **Prep & Cooking Time:** 20 mins

**Cost:** Common

### DIRECTIONS

Step 1: Add miso paste to 1 gallon of boiling water. Lower heat and whisk the miso to loosen it.

Step 2: Dice the tofu and chop the mushrooms and green onions.

Step 3: Add all ingredients and seasonings to the pot and stir generously before serving.

**Duration:** 6 hours

**Magical Benefit:** Searching through the cloudy miso broth for tofu and mushrooms is great exercise for the eyes. One who finishes a bowl of cloudy miso mushroom soup can see clearly 10 feet farther than they normally could. This bonus also applies to low-light vision, darkvision, and the Clouded Vision oracle curse.



## Dragonsbane Soup (DC 20)

by Jesse, Katie, D'Artagnan, Peregrin, Archimedes, Tesla, Jerusalem, and Zendia High

Requiring ingredients harvested from the traditional domains of the chromatic dragons, this bean soup provides protection from these beasts' breath weapons.

**Ingredients:** 16 ounces salsa verde [1 tablespoon olive oil, 1 1/2 pounds husked tomatillos, 1/2 dice white onion, 1 minced seeded serrano pepper, 1 diced anaheim pepper, 4 minced garlic cloves, Handful chopped cilantro, Juice two limes, 1 teaspoon sugar, 1 teaspoon salt], 1/2 diced white onion, Juice of one lime, Four minced garlic cloves, 60 ounces rinsed and drained canned black beans, 2 pints halved cherry tomatoes, 30 ounces canned sweet corn, 15 ounces shredded chicken or vegetable broth, Sour cream to taste, 3 chopped green onions, Shredded cheddar cheese to taste.

**Servings:** 8; **Prep & Cooking Time:** 4 - 6 hours

**Cost:** Common

### **DIRECTIONS**

Step 1: (skip if salsa verde is already made) Put oil in large pan over high heat. Sear one side of tomatillos, and then flip and add onion, peppers, and garlic. Sear other side of tomatillos. Add cilantro, lime juice, sugar, and salt. Mash into a sauce.

Step 2: Combine salsa verde with remaining white onion, lime juice, garlic, black beans, tomatoes, and corn in large pot. Deglaze salsa pan with broth, and pour into large pot.

Step 3: Cook soup over low heat for 4 - 6 hours, or longer, if needed. Spoon soup into individual bowls, topping with sour cream, green onion, and cheese.

**Duration:** 3 hours

**Magical Benefit:** The first time the consumer would be damaged and/or affected by a chromatic dragon's breath weapon during the recipe's duration, that damage and/or effect is negated.

## Harvesting Ingredients for Dragonsbane Soup

For this recipe to have full effect, certain ingredients must be harvested from locations related to the domains of chromatic dragons. If the cook uses the following ingredients in making this soup, reduce the Craft (culinary) DC check to 15.

- \* Black beans found in marshes popular with black dragons.
- \* Cherry tomatoes found on the slopes of mountains popular with red dragons.
- \* Green onions found in the temperate forests popular with green dragons.
- \* Mountain goat milk, chilled with ice from the top of mountains popular with white dragons.
- \* Sweet corn found growing near oceans popular with blue dragons.





## Essential Broth (DC 10)

Although somewhat bland, this glistening beef broth is fortifying, healthy, and easy on the coin purse.

Ingredients: 1 gallon water, Beef bouillon powder, Green onions to taste.

Servings: 8; Prep & Cooking Time: 15 mins

Cost: Poor

### DIRECTIONS

Step 1: Boil 1 gallon of water in a pot. Chop green onions.

Step 2: Add beef bouillon powder and green onions to the water as it boils.

Step 3: Lower heat and stir slowly until hot.

Duration: See text

Magical Benefit: Essential broth is formulated to keep consumers strong and sustained when other sources of food are unavailable. One who finishes a serving of essential broth receives a +2 alchemical bonus to Constitution checks made against starvation and thirst and can go an additional 2 hours before having to make such a check. This effect lasts until the consumer fails a Constitution check against starvation or thirst, or eats another meal, whichever comes first.

## Fagiolata (DC 15)

A steaming dish of sausage bits and beans in spiced tomato sauce.

**Ingredients:** 1 pound sausages, 1/2 pound tomato puree, 1/2 pound boiled borlotti beans, Powdered curry, Powdered paprika.

**Servings:** 4; **Prep & Cooking Time:** 30 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Cut sausages to chunks and brown.

Step 2: Add tomato puree and beans.

Step 3: Boil until sauce thickens, adding curry and paprika to taste.

**Duration:** 2 hours

**Magical Benefit:** The consumer of this energetic dish feels stronger and more rugged. They may deal lethal damage with their unarmed attacks as if they possessed the Improved Unarmed Strike feat. If they already possess that feat, their unarmed attacks instead deal damage as if they were one size larger.



## Gloop Stew (DC 10)

by Donavon McClung

This stew is even less appetizing than poached protoplasm.

**Ingredients:** 5 quarts of water, Salt, Pepper, Miscellaneous vegetables, 1 quart gelatin (extracted from oozes), 1 ounce vinegar.

**Servings:** 1; **Prep & Cooking Time:** 1 hour

**Cost:** Poor (plus magical gelatin)

### DIRECTIONS

Step 1: Boil all ingredients in metal pot for 1 hour.

**Duration:** 1 hour

**Magical Benefit:** Upon eating gloop stew, the consumer's body temporarily becomes almost disturbingly malleable. As a move action, the consumer and anything they were carrying can pass through small holes or narrow openings of up to 1/2 inch in width or diameter with a DC 15 Escape Artist skill check. In addition, the user can absorb any unsecured item they touch which weighs up to 5 pounds, plus 5 pounds for every 5 by which the cook beats the

Craft (culinary) check DC into their body with a swift action. The item must be able to fit inside the consumer's body without any part of it sticking out. The item remains inside the consumer's body until they eject it with a move action or the effect ends, at which time the item is ejected and falls onto the ground at their feet. The consumer can only hold one item inside their body at a time in this way.





## Herbivore Mountain (DC 25)

This heaping mound of spinach is sweetened by strawberries and blueberries.

**Ingredients:** 2 cups strawberries, 2 bunches spinach, 1 cup blueberries, Balsamic vinaigrette.

**Servings:** 6; **Prep & Cooking Time:** 10 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Wash the strawberries, spinach, and blueberries.

Step 2: Cut the tops off the strawberries.

Step 3: Slice each strawberry in half.

Step 4: Thoroughly mix strawberries, spinach, and blueberries.

Step 5: Drizzle the vinaigrette over the salad just before serving.

**Duration:** 4 hours

**Magical Benefit:** After digging through this salad, one who consumes it is hungry for more greens. When adjacent to a creature with the plant type, a consumer who ate a serving of the herbivore mountain gains a primary natural bite attack (1d6). This bite attack can only be used to attack creatures with the plant type. If the consumer already has a bite attack, the damage for their bite attack deals damage as if one size category larger than it actually is against creatures with the plant type.

## Liar's Bane Lung Fung (DC 25)

An ancient proverb states that no lie can pass before the immense wisdom of the phoenix and the dragon - or the combination of their terrible wrath. Hence, liar's bane fung is a popular dish in imperial courts, and every mother-in-law's kitchen.



**Ingredients:** 4 black mushrooms, 2 carrots, 1 handful string beans, 4 coriander leaves, 1 cooked bamboo shoot, 1 cup phoenix meat, 1 1/2 cups dragon meat, 1 1/2 cups divided cornflour, 6 cups vegetable stock, 1 teaspoon dark soy sauce, 2 tablespoons salt, 2 tablespoons sugar, 1 pinch black pepper, 2 beaten eggs.

**Servings:** 4; **Prep & Cooking Time:** 30 minutes

**Cost:** Good (plus phoenix meat and dragon meat)

### DIRECTIONS

Step 1: Soak mushrooms until soft, then remove the stalks and wash. Dice vegetables and bamboo shoot.

Step 2: Dice meat and mix well with 1 teaspoon of cornflour. Make a cornstarch solution with remaining cornflour.

Step 3: When vegetable stock is heating in a wok, cook phoenix and dragon meat until cooked and set aside.

Step 4: Bring stock to a boil and add in vegetables. Add seasoning, cornstarch and beaten eggs to boiling mixture, stirring continuously.

Step 5: Remove from the flame when the eggs float. Add in meat and serve piping hot.

**Duration:** 4 hours

**Magical Benefit:** Anyone who tells a lie within an hour of eating liar's bane lung fung suffers 1d4 fire damage from intense stomach pain unless they succeed on a Fortitude save. The DC for this Fortitude save is equal to  $10 + 1/2$  the cook's character level + the cook's Intelligence modifier. A consumer can take damage from liar's bane lung fung multiple times, once for each new lie. Consumers with no stomach, undead creatures, and constructs are immune to the effects of liar's bane lung fung.

## Osgood's Herbalist Salad (DC 15)

by Grimlaf

This vibrant green salad is a common ceremonial dish in druid circles.

**Ingredients:** 1/4 cup white wine vinegar, 2 teaspoons Dijon mustard, 1 teaspoon honey, 1/2 teaspoon salt, 1/2 teaspoon freshly ground black pepper, 1/2 cup extra-virgin olive oil, Cayenne pepper to taste, 1 bunch flat-leaf parsley, 1 bunch fresh basil, 1 bunch fresh chopped chives, 1 bunch stemmed fresh tarragon, 1 cup arugula leaves, 1 thinly sliced fennel bulb, 1/2 thinly sliced red onion.

**Servings:** 4; **Prep & Cooking Time:** 20 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Add vinegar, mustard, honey, salt, pepper, olive oil, and cayenne pepper to a mixing bowl and whisk together until smooth.

Step 2: Chop greens, slice fennel, and thinly slice red onion.

Step 3: Throw greens, fennel, and onion into the mixing bowl bowl and toss lovingly while saying a prayer to a nature deity.

**Duration:** 1 hour

**Magical Benefit:** This salad brings the consumer closer with nature by transforming them into a shrub, as per the spell *tree shape* with the following differences: the consumer becomes a medium size shrub in this form and they gain a +5 natural armor bonus to AC. Unlike the spell, this effect cannot be dismissed early.





## Lucky Ingredients

The lucky ingredients used in this recipe can be any charm, edible or not, considered to bring good fortune in its native culture. Charms used dissolve completely as the meal cooks.

### Nevira's Lucky Pot (DC 20)

Apart from the hearty taste of buttered potatoes, potluck is as varied as the ingredients used to make this unusual soup. For those who can stomach the odd concoction, a stroke of luck is assured.

**Ingredients:** 4 tablespoons butter, 2 cups chopped potatoes, 1 small thinly sliced onion, 1 teaspoon mixed herbs, 5 or more ingredients considered lucky, 3 cups chicken stock, 1 teaspoon salt, 1/2 teaspoon pepper, 1/2 teaspoon cream.

**Servings:** 6; **Prep & Cooking Time:** 35 minutes

**Cost:** Common (plus lucky ingredients and gold or silver bowl)

#### DIRECTIONS

Step 1: Melt butter in a large pan. Saute potatoes, onion, and herbs until onions are transparent. Add in lucky ingredients, one by one, being careful not to splash contents of the bowl.

Step 2: Add stock, salt, and pepper. Bring to a boil, stirring occasionally, and simmer, covered, for 5 to 10 minutes.

Step 3: Remove soup from fire and stir in the cream. Serve immediately in a golden or silver bowl.

**Duration:** 8 hours

**Magical Benefit:** Once within the duration of meal's effect, a consumer can reroll a single die which has a result of 1. They may reroll one additional die roll with a result of 1 during that time period for every 5 points by which the cook passes the Craft (culinary) check DC.

## The Simple Yet Delicious Orim's Oxtail Stew (DC 15)

While naysayers insisted a gorgon's flesh couldn't be cooked, a dwarven chef named Orim sought to prove them wrong. Her concoction turned out to be a hearty, nourishing meal with a robust flavor. The Simple Yet Delicious Orim's Oxtail Stew goes particularly well with Ale Beer Bread.

**Ingredients:** Pomegranate oil, 3 pounds cubed gorgon oxtail, Red onions, 20 ounces diced tomatoes, 2 chopped carrots, 3 garlic cloves, 1 bay leaf, Sprinkling of dried thyme, Salt, Pepper, Good red wine.

**Servings:** 10; **Prep & Cooking Time:** 8 hours

**Cost:** Good (plus gorgon oxtail)

### DIRECTIONS

Step 1: Heat oil in a large iron cooking pot over hot coals.

Step 2: Brown gorgon oxtail in a pan, in batches, until golden, then add to the pot.

Step 3: Add diced onion to the pot and sauté until the onion is soft. Add in diced tomatoes and carrots, garlic, and spices. Stir in wine.

Step 4: Season and simmer until ready. Traditionally, the stew is done when the cook has had time to drink so much alcohol they have passed out.

**Duration:** 24 hours

**Magical Benefit:** Consuming this stew confers a +1 alchemical bonus on saving throws to avoid becoming fatigued, exhausted, or petrified. This bonus increases by +1 for every 10 by which the cook beats the Craft (culinary) check DC.





## Soto Ayam (DC 25)

A bold chicken stew with a spicy, festive flair which protects consumers from airborne attacks.

**Ingredients:** 4 cloves ground garlic, 6 ground shallots, 4 ground candlenuts, 1 teaspoon ground coriander, 1/2 teaspoon ground cumin, 1/2 teaspoon ground pepper, 2 tablespoons turmeric powder, 1 teaspoon ground lemongrass, 1/2 teaspoon ground ginger, 3 cardamom pods, 3 cloves, 4 bay leaves, 1 cube chicken bouillon, 1 cup coconut milk or whole milk, 3/4 pound shredded chicken.

**Servings:** 4; **Prep & Cooking Time:** 55 minutes

**Cost:** Good

### **DIRECTIONS**

Step 1: Stir-fry garlic, shallots, candlenuts, coriander, cumin, pepper, turmeric, lemongrass, ginger, cardamom, and cloves until the smell fills the air. Add bay leaves and continue to stir-fry for three minutes.

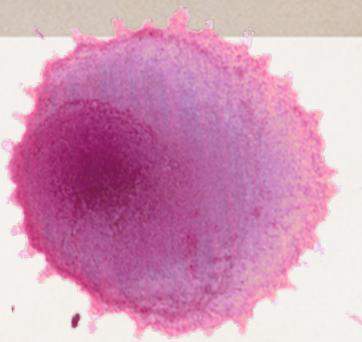
Step 2: Pour stir-fry mixture into 1/2 gallon water and add chicken bouillon and milk. Bring to a boil to create a soup.

Step 3: Fry shredded chicken until cooked through. Portion chicken into bowls and cover with soup. Remove bay leaves before serving.

**Duration:** 4 hours

**Magical Benefit:** A creature who eats soto ayam gains DR 2/- against all natural attacks from flying, feathered creatures.





## Sphinx Salad (DC 20)

A mixture of vegetables and protein, this salad makes the perfect single bowl meal for any adventurer on the go.

**Ingredients:** 1 1/2 pounds green or red lettuce, 4 ounces preferred cheese, 2 shelled hard-boiled eggs, 16 cherry or grape tomatoes, 2 cucumbers, 12 ounces chosen meat, 1 cup preferred dressings, Salt, Pepper.

**Servings:** 4; **Prep & Cooking Time:** 40 minutes

**Cost:** Common (plus meat choice)

### DIRECTIONS

Step 1: Prepare ingredients by tearing lettuce into small pieces, slicing cheese into long and thin strips, cutting eggs into wedges, cutting tomatoes into half, slicing cucumbers into thin disks, and cooking and cutting meat into small cubes.

Step 2: Mix the ingredients together in large bowl.

Step 3: Serve and season to taste with dressing, salt, and pepper.

**Duration:** 8 hours

**Magical Benefit:** As a hearty and complete meal, a sphinx salad provides one who eats it a +1 alchemical bonus to Fortitude saves. Additionally, the salad has an extra effect which depends on the type of meat used to make it. The consumer of a sphinx salad gains a +2 alchemical bonus when making Knowledge checks to identify a creature, or recall information about it, which shares a type or subtype with the creature whose meat was used to make the salad. For example, a salad made with kraken meat provides the bonus when identifying creatures with the magical beast type or aquatic subtype. Because it requires meat, adventurer's salad cannot be made from most constructs, oozes, plants, or incorporeal creatures. GMs have final say on what creatures can and cannot be butchered for meat.

## Squirrel Stew (DC 20)

by Jacqueline Vanni Shanks

This hearty, chewy stew is a staple for chefs settled near the woods.



**Ingredients:** 2 tablespoons divided extra-virgin olive oil, 3 finely chopped medium onions, 2 minced cloves garlic, 1/2 cup all-purpose flour, 4 (skinned, trimmed, shot removed) squirrels, 1 divided teaspoon salt, 1/4 teaspoon freshly ground pepper, 1 cup dry opened wine, 1 1/2 pounds quartered button mushrooms, 4 chopped plum tomatoes, 1 cup tomato sauce, 2 bay leaves, 2 teaspoons chopped fresh rosemary, 5 peeled and cubed potatoes, 1 tablespoon thinly sliced fresh basil.

**Servings:** 6; **Prep & Cooking Time:** 2 hours

**Cost:** Common

### DIRECTIONS

Step 1: Heat 1 tablespoon of oil in a large Dutch oven over medium-high heat. Add onions and garlic and cook until onions are soft and translucent. Transfer onions to a bowl and remove pot from heat.

Step 2: Place flour in a shallow dish. Sprinkle squirrel with 1/2 teaspoon salt and pepper. Dredge the squirrel in the flour. Gently shake off any excess. Cook squirrels in oven with remaining oil until browned. Transfer squirrels to a plate.

Step 4: Pour wine into a pot and cook until brown. Stir in mushrooms, tomatoes, tomato sauce, bay leaves and rosemary. Add squirrels to the pot and simmer for 1 hour.

Step 5: Add diced potatoes to the pot and cook for 30 minutes. Skim visible fat. Stir in basil and season with salt and pepper.

**Duration:** 4 hours

**Magical Benefit:** Eating a bowl of squirrel stew grants the consumer a magical cheek pouch. This pouch can hold up to 4 cubic feet or 40 pounds worth of items but otherwise functions exactly like a *bag of holding*. Increase the amount the cheek pouch can hold by 1 cubic foot and 10 pounds for every 5 by which the cook beats the Craft (Culinary) check DC. If the consumer has not removed all items from their cheek pouch by the time the effect expires, they spend one round per 10 pounds carried in the pouch vomiting the contents onto the ground. The consumer can take no other action while vomiting and is considered flat-footed. The items expelled are not harmed in any way, although they are soaked in saliva.

## Very Merry Berry Salad (DC 15)

A colorful fruit salad, bursting with energy.

Ingredients: 5 cups diced fruit of different colors, 1 tablespoon honey.

Servings: 4; Prep & Cooking Time: 10 minutes

Cost: Good

### DIRECTIONS

Step 1: Mix diced fruit in bowl.

Step 2: Drizzle honey over fruit.

Step 3: Serve.

Duration: 12 hours

Magical Benefit: Any consumer who eats a bowl of rainbow fruit salad becomes alert, awake, and aware. They gain a +2 alchemical bonus on Perception checks to avoid surprise attacks and +3 alchemical bonus on saving throws against daze, fatigue, and sleep effects. These bonuses increase by 1 for every 10 by which the cook beats the Craft (culinary) check DC.

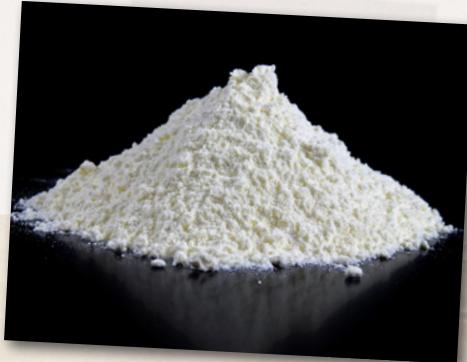


# Entrées and Sides

≡Strange to see how a good dinner and feasting reconciles everybody.≡ Samuel Pepys

## Bone Bread Flour (DC 10)

≡Fee fi fo fum, I smell the blood of human scum. Be he alive, or be he dead, I'll grind his bones to make my bread.≡



**Ingredients:** 1 medium humanoid skeleton, 2 millstones quarried from a site affected by an *unhallow* spell or made from a man and wife's tombstones, 1 holy symbol of a good deity (optional).

**Servings:** 1; **Prep & Cooking Time:** 1 hour

**Cost:** Poor (plus humanoid skeleton, millstones, and holy symbol)

### DIRECTIONS

Step 1: Grind bones between the millstones until fine. Grinding the bones by hand requires a successful DC 18 Strength check and increases the preparation time by 4 hours.

Step 2 (optional): Sieve resulting flour through a silver sieve containing the holy symbol of a good deity.

**Duration:** See text

**Magical Benefit:** A giant creature who eats a meal prepared with bone bread flour created using only step 1 above gains 1 temporary Hit Point per HD for 1 hour. If step 2 was completed, the giant's attitude to those who presented the bread is improved by one step towards friendly instead. A non-giant creature that eats a dish prepared with bone bread flour is sickened for 3d10 minutes. Bone bread flour does not spoil and retains the ability to imbue magical properties until baked into a meal. One serving of bone bread flour can be used to create a single serving of baked goods for a Huge creature, two servings of baked goods for a Large creature, three for a Medium creature, and five for a Small creature.

## Brok's Fried Frog Legs (DC 15)

An exotic and appetizing side dish made of golden, breaded little treats. The taste is not too different from chicken.

**Ingredients:** 1 cup flour, 1 tablespoon lemon pepper, 1 teaspoon salt, 1 teaspoon black pepper, 2 eggs, Crackers, 24 frog legs (dressed), Vegetable oil.

**Servings:** 4; **Prep & Cooking Time:** 15 minutes

**Cost:** Good

### DIRECTIONS

Step 1: Put flour, lemon pepper, salt, and black pepper in a bag and shake to mix. Beat eggs and crumble crackers.

Step 2: Shake the frog legs in seasoned flour to coat, dip in beaten egg and roll in cracker crumbs.

Step 3: Deep fry the breaded frog legs in vegetable oil for 7 to 8 minutes or until golden brown.

**Duration:** 4 hours

**Magical Benefit:** The consumer gains a +2 alchemical bonus on Acrobatics checks made to jump. This bonus increases by +1 for every 5 by which the cook beats the Craft (culinary) check DC.





## Catoblepas Cakes (DC 15)

This delectable meat dish comes from a surprising source, for none would think that the noxious stink of a catoblepas would hide such a rare culinary treasure.

**Ingredients:** 6 large onions, 2 tablespoons ground chili pepper, 1 teaspoon salt, 1 pound catoblepas minced meat.

**Servings:** 4; **Prep & Cooking Time:** 30 minutes

**Cost:** Common (plus catoblepas meat)

### DIRECTIONS

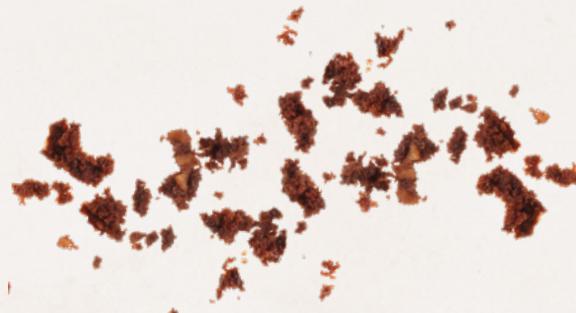
Step 1: Finely chop onions.

Step 2: Mix chili pepper, salt, and onion into the catoblepas meat. Form into fist sized round cakes.

Step 3: Fry in oil or cook on a grill over flames.

**Duration:** 3 hours

**Magical Benefit:** Soft and succulent with a fragrant aroma, this smooth venison dish melts in the mouth like butter. When ingested, the consumer gains an immunity to the stench ability for the duration of the effect and cannot be nauseated or sickened by effects involving odors during that time.



## Cauliflower Crust Pizza (DC 15)

by Steven Kohn

With cauliflower crust, pizza really is a vegetable!

**Ingredients:** 1 head cauliflower, 2 large eggs, 1/2 cup shredded cheese, 2 tablespoons freshly, Grated parmesan, Pizza sauce, Shredded cheese, Other toppings (meat, veggies, etc.).

**Servings:** 4; **Prep & Cooking Time:** 40 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Finely grind the head of a cauliflower. Transfer to a bowl and heat for 5 minutes or until softened. Warm oven.

Step 2: Drain cauliflower by squeezing with towel or cheese cloth. Add cauliflower to mixing bowl. Stir in eggs, shredded cheese, and parmesan.

Step 3: Spread mixture evenly onto baking sheet. Bake for 15 mins, or until golden brown.

Step 4. Top with sauce, cheese, and other toppings. Continue baking until cheese is melted, about 3-5 minutes.

**Duration:** 8 hours

**Magical Benefit:** Some say cauliflower looks like little brains and there might be some truth to that, since this pizza enhances the insight into the alien of any creature which eats it. The consumer gains a +2 alchemical bonus to Sense Motive checks when attempting to understand the emotions, honesty, or intentions of any creature which does not share their type or subtype. This bonus increases by 1 for every 5 by which the cook beats the Craft (culinary) check DC.

## Creamed Spinach (DC 15)

Rich and creamy, this beautiful mix of spinach and cream fortifies and thickens the blood.

**Ingredients:** 1 small onion, 1 1/4 pound spinach, 3 tablespoons butter, Salt, Pepper, 1 1/2 cups heavy cream, 1/8 teaspoon grated nutmeg, 2 cups grated gouda cheese.

**Servings:** 6; **Prep & Cooking Time:** 40 minutes

**Cost:** Common

### **DIRECTIONS**

Step 1: Finely dice onion. Wash and strain spinach. Squeeze to remove as much liquid as possible.

Step 2: Melt butter and add diced onions. Cook onions until soft. Sprinkle in salt and pepper. Add cream and nutmeg and cook until the mixture is reduced by half.

Step 3: Add cheese and melt. Add spinach and mix thoroughly. Cover and cook until spinach is tender, then season to taste.

**Duration:** 2 hours

**Magical Benefit:** The blood of those who eat this creamy dish coagulates quickly, granting the consumer immunity to bleed damage for the duration of the effect.



## Dire Elk Loaf (DC 15)

by Joshua and Brigitte Root

A high protein, low fat spin on a cold weather classic.

**Ingredients:** Meatloaf [1 pound dire elk, 2 pork sausages, 1 egg, 1/3 cup panko bread crumbs, 2 teaspoon salt, 2 teaspoon pepper, 3 tablespoon Italian seasoning, 2 teaspoon smoked paprika, 1 teaspoon crab seasoning, 1 teaspoon onion powder, 6 minced garlic cloves, 1 tablespoon Worcestershire sauce, 2 tablespoon steak sauce, 1 tablespoon Dijon mustard], Elk sauce [1 cup ketchup, 2 tablespoon Dijon mustard, 1 tablespoon deli mustard, 1/2 teaspoon salt, 1/2 teaspoon pepper, 1 tablespoon granulated garlic, 1 teaspoon onion powder, 1/4 teaspoon crab seasoning, 1 tablespoon steak sauce, 1 teaspoon brown sugar].

**Servings:** 5; **Prep & Cooking Time:** 3 hours

**Cost:** Good (plus dire elk meat)

### DIRECTIONS

Step 1: Mix meatloaf ingredients together in a large bowl. Press into lubricated loaf pan. If mixture seems dry, add 1 more egg and mix thoroughly.

Step 2: Bake in medium heat for 60 to 75 minutes.

Step 3: While the meatloaf is baking, mix elk sauce ingredients in a small bowl. Spread most elk sauce on loaf after 35 minutes, reserve some for dipping.

**Duration:** 24 hours

**Magical Benefit:** The high protein dire elk loaf helps repair the body of the consumer. The consumer regains twice as many hit points and ability score points from rest.





## Elven Meatballs (DC 15)

by Luca Bassett

You don't need to go to the furniture store to have amazing vegetarian meatballs.

**Ingredients:** 28 ounces zucchini, 5 ounces parmesan cheese, 5 basil leaves, Pinch parsley, 2 eggs, 1/2 cup breadcrumbs.

**Servings:** 6; **Prep & Cooking Time:** 15-30 minutes

**Cost:** Poor

### DIRECTIONS

Step 1: Wash and grate zucchini. Place and press in colander to get water out. Finely chop basil and parsley.

Step 2: Put zucchini, parsley, basil, cracked eggs, and cheese in a bowl.

Step 3: Season and mix to get a thick paste. Add the breadcrumbs. Then roll into balls.

Step 4: Either fry the meatballs or cook them in a heated oven.

**Duration:** 8 hours

**Magical Benefit:** Elven meatballs grant the consumer elven-like patience. The consumer gains a +1 alchemical bonus when taking 20 on skill checks. This bonus increases by +1 for every 5 by which the cook exceeds the Craft (culinary) check DC.

## Flaming Crab Cakes (DC 15)

These flaming cakes of crab meat burn with a magical fire.

**Ingredients:** 1 phoenix feather, 1 pound shredded heikegani meat, 1 1/2 tablespoons dry bread crumbs, 2 teaspoons chopped fresh parsley, Herbs and spices to taste, 1 egg, 1 1/2 tablespoons mayonnaise, 1 dash hot sauce, 1/2 teaspoon ground dry mustard.

**Servings:** 6; **Prep & Cooking Time:** 40 minutes

**Cost:** Common (plus heikegani meat and phoenix feather)

### DIRECTIONS

Step 1: Grind phoenix feather into powder. Mix heikegani meat, bread crumbs, parsley, herbs and spices together.

Step 2: Beat egg into a mixture of mayonnaise, hot sauce, and mustard. Combine everything and mix well. Add in ground phoenix feather last.

Step 3: Form into cakes and bake until lightly brown.

**Duration:** see text

**Magical Benefit:** Flaming crab cakes are difficult to eat, dealing 1 point of fire damage when consumed. The magical cakes are not without benefit though. Once per round for 4 rounds after eating a flaming crab cake the consumer can, as a move action, belch up a single flaming crab. Doing so deals 1 point of fire damage to the consumer. Treat the flaming crab as a king crab with 1 hit point that does 1d4 fire damage instead of its normal damage upon a successful attack. Once belched forth, the crab automatically moves to attack the consumer's closest enemy. Each flaming crab lasts for 4 rounds or until destroyed, after which it collapses into a pile of hot ash. Flaming crab cakes can be preserved in an oiled cloth for 24 hours before going stale and losing their ability to imbue a magical effect to the consumer.





## Grandmother Gianna's Zucchini Cake (DC 20)

Soft, salty, and savoury, this sliced cake makes even the most stubborn children happy to eat their vegetables.

**Ingredients:** 1 1/2 pound zucchini, 4 tablespoons olive oil, pinch onion, pinch red pepper, 1 teaspoon yeast, 1 teaspoon sugar, 1 tablespoon herbs (basil, oregano, thyme), 3 ounces goat cheese, 3 tablespoons grated parmesan, 1/2 pound mixed cheese (emmental and fontina) in flakes, 1/2 cup milk, 2 cups flour, Pinch salt.

**Servings:** 10; **Prep & Cooking Time:** 1 1/2 hour

**Cost:** Good

### **DIRECTIONS**

Step 1: Thinly slice zucchini and fry slightly with a bit of oil, onion, and red pepper. Mix yeast with sugar.

Step 2: Mix ingredients in a bowl, then pour the mixture in a buttered and floured cake pan.

Step 3: Bake in oven for about 1 hour.

**Duration:** 8 hours

**Magical Benefit:** A consumer gains a +1 alchemical bonus to their AC and saves against the attacks and abilities of plant creatures. This bonus increases by +1 for every 10 by which the cook beats the Craft (culinary) check DC. In addition, for the duration of the cake's effect, a divine casting consumer who has selected the plant domain increases their caster level by +1 while casting spells from that domain.



## Kaijuu Nigiri (DC 20)

Eating the choicest cuts of a great terror of the sea is a sign of an affinity to the water, and those few who have been lucky enough to consume such a delicacy can attest to the power imbued within.

**Ingredients:** Cooked sushi rice, Freshly grated wasabi, Prime cuts of fresh aboleth, Kraken or sea serpent flesh, Soy sauce, Sliced pickled ginger.

**Servings:** 5 per pound of meat; **Prep & Cooking Time:** 10 minutes

**Cost:** Common (plus fresh aboleth, kraken, or sea serpent meat)

### DIRECTIONS

Step 1: Form rectangles of sushi rice by hand. Place wasabi on top of the rice rectangles.

Step 2: Top each rectangle with a fresh slice of kaijuu meat. The meat must be sliced with a magical blade.

Step 3: Enjoy with soy sauce and thin slices of pickled ginger.

**Duration:** 1 hour

**Magical Benefit:** Eating kaijuu nigiri allows the consumer to breathe water freely for the duration of the effect. This does not make the creature unable to breathe air.





## Korred Haggis (DC 25)

Like the foul-tempered creatures after which this dish is named, Korred haggis is a hairy, tough and tasteless affair, best enjoyed with copious amounts of strong whiskey.

**Ingredients:** 1 cleaned and inverted dire boar's stomach, Water as needed, 1 tablespoon salt, 1 heart, liver, and lungs from a mountain ram, 1 pound venison trimmings, 2 finely chopped wild onions, 1 2/3 cups wild oatmeal, 1 teaspoon ground black pepper, 1 teaspoon ground dried coriander, 1 teaspoon nutmeg, Stock from lungs and trimmings, 1 long strand of korred hair.

**Servings:** 4; **Prep & Cooking Time:** 17 hours

**Cost:** Good (plus dire boar's stomach, 3 mountain ram organs, and korred hair)

### DIRECTIONS

Step 1: Soak dire boar's stomach in cold, salted water overnight.

Step 2: Wash heart, liver and lungs before boiling with the meat trimming in a copper or other non-iron pot for about 2 hours. Strain off the stock and set it aside for later.

Step 3: Mince heart, liver, lungs and trimmings. Mix minced meat in a bowl with onions, oatmeal, and seasoning. Mix in stock until the mixture is soft and crumbly.

Step 4: Half fill dire boar's stomach with mixture. Sew it all up with the strand of korred hair and prick the stomach to prevent it from exploding.

Step 5: Cover haggis with water in a pot and boil for 3 hours. Add water as needed to keep haggis covered. Cut open and serve with mashed turnips or mashed potatoes.

**Duration:** See text

**Magical Benefit:** After eating korred haggis, a consumer's hair begins to grow rapidly, weaving and writhing as if alive. Each round, as a swift action, the consumer can choose one target in an adjacent square to entangle with its hair. The target must make a successful DC 15 Reflex save or become entangled for 1 round. This hair effect lasts for 1 hour or until the creature's hair is cut with +1 or greater shears. If the effect wears off naturally, the hair shrinks back to its original length. A creature unable to grow hair gains no benefit from eating korred haggis.

## Lektar's One God Ale Keg Beer Bread (DC 15)

The smell of smoked pine cask and the rich hops aroma of freshly baked ale Keg beer bread is a camp favorite among dwarven craftsmen.

**Ingredients:** 1/4 keg of dwarven beer, 12 cups flour, 2 cups melted butter, 1 cup sugar, 4 tablespoons baking powder, 1 tablespoon salt.

**Servings:** 10; **Prep & Cooking Time:** 1 hour

**Cost:** Poor (plus dwarven beer)

### DIRECTIONS

Step 1: Throw ingredients into a quarter-filled beer keg. Close the beer keg and shake until well mixed.

Step 2: Place beer keg on a bed of hot embers until the keg begins to smoke fiercely.

Step 3: Crack open the keg and enjoy.

**Duration:** 2 hours

**Magical Benefit:** Apart from being easy to prepare, ale keg beer bread is fortifying to the soul. Eating a portion of beer bread confers a +1 alchemical bonus to the consumer's CMD for the duration of the effect.



## Murugash's Amazing Grinder (DC 20)

This long sandwich is commonly stacked with, meats, cheeses, lettuce, and tomato.

**Ingredients:** Roll of bread 1 foot in length, Assorted meats, Dressings, Cheeses, and/or Vegetables.

**Servings:** up to 2; **Prep & Cooking Time:** 5 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Slice bread lengthwise.

Step 2: Stack ingredients inside on bottom slice of bread as desired. Add dressings and cover with top slice of bread.

Step 3: Cut sandwich into two.

**Duration:** See text

**Magical Benefit:** A consumer eating half of a grinder extends by 10 minutes the duration of any transmutation (polymorph) spell with a range of personal or of a druid's wild shape ability. This effect lasts for 6 hours. Eating both halves of the same grinder in one sitting extends the duration of the effect to 8 hours. However, this causes a tiring weight in the stomach, reducing the consumer's base speed by 5 feet for the duration. If the bread used to make a grinder is made from bone bread flour, a non-giant creature eating the grinder is treated as one size category larger and gains the giant subtype as long as they are under the effects of any transmutation (polymorph) spell with a range of personal, or transformed via the wild shape ability. The consumer still becomes sickened as described in the listing for bone bread flour.



## Mushroom and Apricot Pheasant (DC 15)

by André Roy

Nutty and rich flavors make this poultry a holiday classic.

Ingredients: 1 large pheasant, Mushroom and apricot stuffing, Bottle of dry white wine.

Servings: 5; Prep & Cooking Time: 2 hours

Cost: Good

### DIRECTIONS

Step 1: Heat oven. Carefully separate skin from the meat with hand.

Step 2: Place pheasant in a cooking pot. Use a spoon to put stuffing between the meat and the skin.

Step 3: Pour wine in the cooking pot. Put lid on and cook for 90 to 120 minutes.

Duration: 2 hours

**Magical Benefit:** This dish can't give the power of flight but those who eat it do feel lighter. The consumer gains a +1 alchemical bonus to Climb checks. This bonus increases by +1 for every 5 points by which the cook passes the Craft (culinary) check DC. This dish can be served with Mushroom and Apricot Stuffing and the consumer will gain the benefit of both dishes.





## Mushroom and Apricot Stuffing (DC 15)

by André Roy

This sweet, tart, and tender stuffing can be a satisfying meal of its own.

**Ingredients:** 2 large shallots, 8-10 apricots, 12 oz. of mixed mushrooms, 10 oz. salted pork belly, Olive oil, Salt, Pepper.

**Servings:** 5; **Prep & Cooking Time:** 20 minutes

**Cost:** Good

### DIRECTIONS

Step 1: Chop shallots. Cut the apricots into 8 pieces each. Slice mushrooms. Dice pork belly.

Step 2: Heat olive oil in frying pan. Fry shallots and pork until golden.

Step 3: Add apricots and mushrooms and cook for 5 minutes. Salt and pepper to taste.

**Duration:** 2 hours

**Magical Benefit:** Eating this stuffing causes the consumer to feel puffy and bloated. Anytime the consumer would take falling damage, they treat the fall as 10 feet shorter for the purposes of taking falling damage. The consumer treats the fall as an additional 5 feet shorter for every 5 points by which the cook passes the Craft (culinary) check DC. Mushroom and Apricot Pheasant can be served with this meal and the consumer will gain the benefit of both dishes.



## Mushroom Flowers (DC 15)

These mushroom caps are stuffed with a rainbow of vegetables and are reminiscent of brilliantly colored ruffled poppies.

**Ingredients:** 10 white mushrooms, 1 onion, 3 green onions, 1 orange bell pepper, 1 roasted red pepper, Parsley, Oil, 1 teaspoon oregano, Salt, Pepper, 1/2 cup hard cheese.

**Servings:** 10; **Prep & Cooking Time:** 35 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Clean mushrooms and gently remove stems. Chop half the mushroom stems into thin slivers. Chop onion, green onions, orange bell pepper, roasted red pepper, and parsley.

Step 2: Heat oil, add vegetables, oregano, salt, and pepper. Sauté until onion and pepper are tender. Transfer to bowl, allow to cool, then add cheese and mix well.

Step 3: Place mushrooms underside-up on tray and fill each generously with stuffing. Bake until warm and serve.

**Duration:** 4 hours

**Magical Benefit:** Just as the mushroom flowers incorporate a variety of colors and spices, so does the consumer learn to tap into the variety within the self. Creatures who eat a mushroom flower gain a +5 alchemical bonus to Disguise checks made when impersonating another individual for the duration of the effect.

## Odessa's Poached Protoplasm (DC 10)

This disgusting-looking sludge has indistinguishable shapes floating within its repulsive depths.

Ingredients: 1 large pot or cauldron of water, 2 tablespoons of salt, 1 washed giant amoeba.

Servings: 6; Prep & Cooking Time: 30 minutes

Cost: Poor (plus giant amoeba)

### DIRECTIONS

Step 1: Bring water to a boil and slowly lower amoeba into the pot.

Step 2: Cook until amoeba's protoplasm takes on a cloudy appearance.

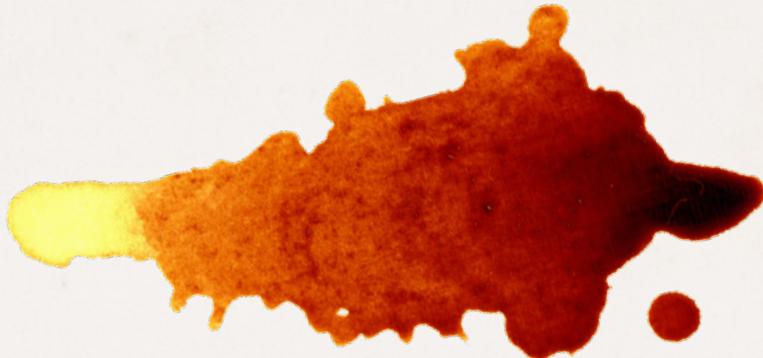
Step 3: Strain out water and let simmer, stirring vigorously. Pour the resulting goo into a bowl

and serve or use as an ingredient in another dish.

Duration: 1 hour

Magical Benefit: Despite its unappetizing appearance, poached protoplasm is flavorless and odorless and, thus, makes an excellent dish for assassins. While the high protein content of the dish provides the consumer a +1 alchemical bonus to Fortitude saves which do not involve toxins, poached protoplasm also makes them more vulnerable to toxins. After eating the dish, the consumer suffers a -2 penalty to all Fortitude saves made to resist ingested poisons. Properly cooking or baking poached protoplasm into another dish requires a DC 15 Craft (culinary) check. Detecting poached protoplasm within another dish requires a DC 20 Perception or Craft (culinary) check on the part of the would-be consumer.





## Orange Cockatrice (DC 15)

by Francois Michel

This nutritious chicken dish is glazed in sweet tangy sauce.

**Ingredients:** 4 tablespoons barbecue sauce, Half bottle of still dry white wine, 8 ounces of marmalade, Juice from 6 oranges, 1 shot of orange-flavored liqueur (optional), Handful of cockatrice meat, 2 cups dry rice, 2 quartered oranges, Orange sauce (see below).

**Servings:** 4; **Prep & Cooking Time:** 10 hours

**Cost:** Good (plus cockatrice meat)

### DIRECTIONS

Step 1: Mix barbecue sauce, wine, marmalade, orange juice, and liqueur in a salad bowl. Stir until homogeneous. Add the chicken and place in fridge for one full night.

Step 2: Place the bowl's contents into a pan and cook for 20 minutes.

Step 3: Add rice and quartered oranges and cook for another 20 minutes, adding more orange juice if needed. Serve with orange sauce.

**Duration:** 8 hours

**Magical Benefit:** Eating orange cockatrice fills the consumer with courage. The consumer gains a +1 alchemical bonus on Will saves versus fear. This bonus increases by +1 for every 5 that the cook beats the Craft (culinary) check DC. Orange Sauce can be served with this meal and the consumer will gain the benefit of both dishes.

## Orange Sauce (DC 15)

by Francois Michel

This thick warm sauce goes well with chicken and fish.

**Ingredients:** 4 fresh eggs, Juice from 3 oranges, 1 1/2 teaspoons cinnamon, 1 teaspoon rose syrup (optional).

**Servings:** 4; **Prep & Cooking Time:** 20 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Crack the eggs and keep only the yolks. Add the yolks, orange juice, cinnamon, and rose syrup to a saucepan.

Step 2: Cook on low and stir lightly until homogenous. Continue stirring to ensure it doesn't stick. Remove once the juice has cooked off.

**Duration:** Instant

**Magical Benefit:** A creature that adds orange sauce to their meal is rejuvenated. If the consumer suffers from the exhausted condition they become fatigued. If the consumer suffers from the fatigued condition they lose the condition entirely. Orange Cockatrice can be served with this meal and the consumer will gain the benefit of both dishes.





## Risotto della Belladonna (DC 15)

Golden and savory, this rich dish is like a cream liquefying in your mouth.

**Ingredients:** 1/2 white onion, 2 tablespoons olive oil, 1/2 pound golden potatoes, 1/2 pound diced bacon, Rosemary, 1/2 cup rice, 1 quart vegetable broth, Butter, Grated parmesan to taste.

**Servings:** 4; **Prep & Cooking Time:** 1 hour

**Cost:** Common

### DIRECTIONS

Step 1: Slice onion and fry lightly in oil, adding the diced potatoes, bacon, and rosemary until the bacon is crunchy and the potatoes are tender. Add rice and continue to fry until the rice softens slightly.

Step 2: Remove rosemary. Pour broth into mixture and boil everything, stirring continuously, until the risotto has thickened.

Step 3: Remove from heat, add butter and grated parmesan and stir vigorously until fully absorbed and the risotto has a creamy appearance. Serve while hot.

**Duration:** 6 hours

**Magical Benefit:** These golden potatoes are in resonance with other golden things coming from underground. For the duration of the effect, the consumer is treated as if they had the dowsing occult skill unlock, but only for the purpose of locating minerals and gems. If they already have this unlock, they instead gain a +5 alchemical bonus on such checks.



## Shabjing's Caramelized Mushroom Delight (DC 15)

These black mushrooms have been prepared and caramelized, making them excellent sweet and sour treats.

**Ingredients:** 1 quart water, 1/2 cup diced poisonous mushrooms, 1 tablespoon butter, 1/2 cup brown sugar, 2 tablespoons cinnamon.

**Servings:** 1; **Prep & Cooking Time:** 30 minutes

**Cost:** Common

### **DIRECTIONS**

Step 1: Boil diced mushrooms in water. After water turns almost black in color remove mushrooms and discard water.

Step 2: Melt butter in a pan and add mushrooms. Stir until mushrooms are tender.

Step 3: Stir brown sugar and cinnamon into the pan. Cook until mushrooms are brown. Cool and serve.

**Duration:** 6 hours

**Magical Benefit:** Once poisonous, these mushrooms now offer protection against poisons. Caramelized mushrooms are sweet at first, but become sour as they are chewed, leaving a tangy aftertaste. The consumer gains a +1 alchemical bonus to all saves against poison. This bonus increases by +1 for every 5 by which the cook beats the Craft (culinary) check DC.





## Singing Blackbird Pye (DC 15)

When the pastry shell of this immense pie is cut open, a small flock of singing blackbirds rises out, ensuring guests are entertained as well as fed.

**Ingredients:** 12 ounces lard, 3 1/2 pints water, 3 teaspoons salt, 6 pounds flour, Large round baking tin, 1 egg yolk, Cloves, 24 live blackbirds.

**Servings:** 6; **Prep & Cooking Time:** 1 hour

**Cost:** Poor (plus live blackbirds)

### DIRECTIONS

Step 1: Melt lard in boiling water with salt. Stir mixture into 6 pounds of flour to form dough. Knead dough until smooth then cover with a damp cloth for 30 minutes.

Step 2: Grease the baking tin. Roll out half the dough to make a large circle to line the tin. Cut a large hole in the bottom crust. Fill the pie with the remaining flour. Cover the tin and flour with the remaining dough, sealing the edges.

Step 3: Poke holes in the top crust before brushing the top crust with a mixture of egg yolk and water and garnishing with cloves. Bake until the crust is hard then remove from oven and let cool.

Step 4: Using the hole in the bottom of the pie, carefully remove the flour before inserting the blackbirds. Traditionally, blackbirds are forced into the pie directly from cages but the Handle Animal skill or the *charm animal* spell can also be used to coax the birds inside.

Step 5: Serve immediately.

**Duration:** 1 hour

**Magical Benefit:** Cutting open a singing blackbird pye releases a flock of chorusing blackbirds. Eating the remaining pie while the birds fly overhead grants a +2 alchemical bonus to Perform (sing) skill checks. The save DC of any Bardic Performance using Perform (sing) likewise increases by +2 during this time. Singing blackbird pye must be consumed within minutes of serving to have any magical effect.

## Stupendous Stromfelleon Owlbear Egg (DC 25)

This great egg has its own yolk prepared and served in its center; steam rises filling the air with a delicious smell of herbs and spices. This recipe is not for dum-dums.

**Ingredients:** 1 owlbear egg, 1/4 cup of milk, Assorted herbs and spices

**Servings:** 2; **Prep & Cooking Time:** 20 minutes

**Cost:** Poor (plus owlbear egg)

### DIRECTIONS

Step 1: Boil egg in a pot for 15 minutes.

Step 2: Crack the egg shell and peel under cold water, slice egg in half, remove yolk and place in a bowl.

Step 3: Combine milk, herbs, and spices with yolk and mix thoroughly. Evenly disperse mixture into the egg whites and serve.

**Duration:** 4 hours

**Magical Benefit:** The senses of the consumer of an owlbear egg grow sharper. They gain the scent universal monster ability as well as a +1 alchemical bonus to all Perception checks. This bonus increases by +1 for every 5 points by which the cook beats the Craft (culinary) check DC.



## T'Vanka's Dwarven Curry (DC 20)

Not for the faint of heart, this curry dish tends to burn the nostrils and water the eyes of those who come near it.

**Ingredients:** 1 pound chopped pork meat (skin removed), 3 cups olive oil, 2 1/2 cups curry paste, 1 chopped ghost pepper

**Servings:** 6; **Prep & Cooking Time:** 1 hour

**Cost:** Good (Common, if ghost pepper is grown locally)

### DIRECTIONS

Step 1: Cook chopped pork meat in olive oil for 45 minutes

Step 2: Once meat is golden, add curry paste and toss well. Leave to cook for 10 more minutes.

Step 3: Remove excess fat, then add ghost pepper and stir. Cook for an additional 5 minutes and serve.

**Duration:** 4 hours

**Magical Benefit:** One who can completely eat a serving of dwarven curry gains the respect of their peers, as well as heat resistance boons. Anyone attempting to consume dwarven curry must succeed at a DC 15 Fortitude save or be unable to finish the meal. If successful, the consumer gains resist fire 5 and gains the benefits of the *endure elements* spell, but only against hot temperatures.





## Volkir's Golden Spaghetti (DC 15)

A classic first dish for many cooks. It is flavorful and piquant but builds a fire in the gut of anyone who eats it.

**Ingredients:** 2 quarts water, Salt, 5 ounces spaghetti, 2 tablespoon oil, 1 clove garlic, 1 teaspoon powdered red pepper.

**Servings:** 2; **Prep & Cooking Time:** 20 minutes

**Cost:** Poor

### DIRECTIONS

Step 1: Boil spaghetti in salted water until it's al dente (slightly firm to the bite).

Step 2: Lightly fry minced garlic in oil. Add red pepper at the last moment then remove the garlic.

Step 3: Pour a spoonful of flavored oil upon hot spaghetti, and serve.

**Duration:** 1 hour

**Magical Benefit:** A consumer of this classic hot dish can breathe fire as a move action once in during the duration of the effect, dealing 1d8 points of fire damage in a 5-foot cone. A Reflex save (DC 10 + the cook's character level + the cook's Intelligence modifier) halves this damage. The consumer can breathe fire an additional time during the hour for every 5 points by which the cook exceeds the Craft (culinary) check DC.

## Wod Fifthson's Sculpted Onion (DC 25)

Resembling a blooming flower, this onion has been artistically cut, battered in a delicious blend of flour and spices, and then fried. The outside of each petal is crisp, while the interior onion is soft.

**Ingredients:** 1 onion, 2 cups flour, Spices to taste, Salt to taste, 2 eggs, 1 cup milk, 1 cup water.

**Servings:** 4; **Prep & Cooking Time:** 1 hour

**Cost:** Common

### DIRECTIONS

Step 1: Cut off 1/2 inch from the pointed stem end of the onion. Place onion cut-side down. Starting 1/2 inch from the root, make a downward cut all the way through to the board, repeating to make four evenly spaced cuts around the onion.

Step 2: Continue slicing between each section until there are 16 evenly spaced cuts. Turn the onion over and use fingers to gently separate the outer pieces.

Step 3: Mix flour, spices, and salt in a large bowl. In separate bowl, whisk eggs, milk, and water. Pour flour mixture over sliced onion, ensuring onion is fully coated.

Step 4: Using a slotted spoon, submerge onion in egg mixture. Remove and allow excess egg to drip off. Dip onion in flour mixture. Fry the battered onion, then season with salt and serve.

**Duration:** 8 hours

**Magical Benefit:** The artistic nature of this food, combined with its extraordinary taste is inspirational. Any character who consumes at least one serving of a sculpted onion gains a +1 alchemical bonus to any Artistry, Craft, or Perform check to create a lasting piece of art such as a sonnet, painting, sculpture, or wood carving. This bonus increases by +1 for every 5 by which the cook beats the Craft (culinary) check DC.



# Beverages and Snacks

“One can not think well, love well, sleep well, if one has not dined well.” Virginia Woolf

## Allandria's Witch's Brew

(DC 15 [light], DC 20 [moderate], DC 25 [serious], see text)

This flavorful, bubbly concoction tickles the mouth as it provides cool, pleasing refreshment.

Ingredients: 1 *cure* potion, 1/2 cup fruit juice of choice, 1 wand of *air bubble*.

Servings: 1; Prep & Cooking Time: 7 minutes

Cost: Common (plus *cure* potion and wand of *air bubble*)

### DIRECTIONS

Step 1: Pour both *cure* potion and fruit juice into a wooden bowl.

Step 2: Stir mixture with wand of *air bubble* for 5 minutes, activating the wand once during stirring. When used in this way, the wand merely causes the liquid to bubble gently. Other effects of the wand are suppressed.

Step 3: Funnel mixture into a flask or cup.

Duration: See text

Magical Benefit: The consumer immediately gains the benefits of the *cure* potion used to make the juice. 1d4 rounds later, the fizzy nature of the beverage causes them to burp a cloud of sweet-smelling mist in a 5-foot cone. Any creature caught in the area of effect heals an amount of hit points determined by the strength of the *cure* potion used to create the beverage (1d4 for *cure light wounds*, 1d6 for *cure moderate wounds*, 1d8 for *cure serious wounds*). The burp is a simple action and does not provoke attacks of opportunity. Allandria's witches brew retains its potency for 24 hours after being prepared, after which time it becomes a flat, mundane drink and the magic of the original potion is lost.



## Bruschetta (DC 10)

Garlic, bits of tomatoes, and green basil placed upon great slices of toasted bread provide a fresh, colorful, and flavorful bite.

**Ingredients:** 2 ripe tomatoes, Olive oil, Salt, Basil leaves, 2 slices wheat bread, 2 minced garlic cloves.

**Servings:** 2; **Prep & Cooking Time:** 10 minutes

**Cost:** Poor

### DIRECTIONS

Step 1: Wash tomatoes and cut into small pieces. Add oil, salt, and basil and let season.

Step 2: Toast bread and rub with garlic.

Step 3: Place seasoned tomatoes on bread and serve. Add extra garlic for more flavor.

**Duration:** 1 hour

**Magical Benefit:** The intense garlic scent of the consumer's breath drives away vampires. For the duration of the bruschetta's effect, any creature repulsed by garlic that attempts to enter within a 10-foot radius of the consumer must make a Will save against a DC equal to  $10 + \frac{1}{2}$  cook's character level + the cook's Intelligence modifier. If successful, the creature cannot move into and remain in the 10-foot radius. If the Will save is failed, the creature cannot approach within 10 feet of the consumer. If the creature leaves the 10-foot radius they must make a new Will save to approach again. Creatures unable to enter the 10-foot radius around the consumer can still attack from a distance, if capable.



## Buffalo Griffin Dip (DC 20)

by Tenacious Zod

Creamy blend of dark chicken and buffalo sauce. Serve with tortilla chips and celery!

**Ingredients:** 1 cup ranch dressing, 1 cup hot sauce, 1 block cream cheese, 2 cups shredded Mexican cheese, 12 ounce griffin meat.

**Servings:** 6; **Prep & Cooking Time:** 12 hours

**Cost:** Good (plus griffin meat)

### DIRECTIONS

Step 1: Put ranch, hot sauce, and cream cheese in a slow cooker using low heat for no more than 2 hours. Mix thoroughly when cream cheese has melted.

Step 2: Add chicken shredded with a fork and cheese. Mix thoroughly. Set on warm for 2 hours.

Step 3: Cover to avoid dried crust. Chill overnight.

Step 4: Warm in oven at low heat for 3 hours or until cheese has melted but not separated into greasy film.

**Duration:** 4 hours

**Magical Benefit:** This delectable dip bestows the military brilliance of the griffin. The consumer gains a +2 alchemical bonus on initiative checks and on attack rolls made as part of an attack of opportunity. If the cook exceeds the Craft (culinary) skill check DC by 10 or more, the consumer can always act in a surprise round for the duration of the effect.





## Citrus Posset (DC 20)

An ancient form of custard, this drinkable meal focuses the power of liquid sunlight contained in citrus fruit to help detect the undead.

**Ingredients:** 2 1/4 cups heavy whipping cream, 3/4 cup sugar, 1/2 cup juice from citrus fruit of choice, 2 teaspoons zest from fruit used to provide juice.

**Servings:** 6; **Prep & Cooking Time:** 9 hours

**Cost:** Common

### DIRECTIONS

Step 1: Mix cream and sugar together and bring to a boil, stirring until sugar dissolves. Continue to boil for 3 minutes, stirring constantly.

Step 2: Remove from heat. Stir in citrus juice and peel. Let stand 10 minutes, then stir again.

Step 3: Divide mixture into six custard cups and chill overnight to set before serving.

**Duration:** See text

**Magical Benefit:** When undead creatures move within 10 feet of a cup of citrus posset, the liquid bubbles and foams. A citrus posset can detect the undead through most barriers, but 1 foot of stone, 1 inch of common metal, a thin sheet of lead, or 3 feet of wood or dirt blocks this ability, as do any spells or effects which renders an undead creature immune to the spell *detect undead*. While citrus posset is delicious, those who drink it do not gain any magical benefits. A cup of citrus posset can continue to detect the undead for 1 hour after being removed from chilling or until fully quaffed, whichever comes first.

## Delhadron's Dried Black Eyed Peas (DC 15)

These black eyed peas have been dried and salted in squid ink, making them an excellent traveling meal.

Ingredients: 2 cups squid ink, 1 cup salt, 1 cup softened black eyed peas.

Servings: 4; Prep & Cooking Time: 15 minutes

Cost: Poor (plus squid ink)

### DIRECTIONS

Step 1: Boil squid ink and salt in a pot.

Step 2: Wrap peas in a cloth bag and submerge inside boiling squid ink for 10 seconds, swirling bag to make sure all peas contact the water.

Step 3: Remove peas from boiling squid ink, and submerge in cold water. As soon as peas are cool, remove them from the cloth bag and lay out to dry.

Duration: 1 hour

Magical Benefit: The consumer's pupils turn pearly white, rimmed with black irises. They gain the uncanny ability to see in dim light and in the dark. The consumer gains low-light vision and darkvision up to a range of 30 feet. The peas give no additional benefit to creatures who already possess low-light vision but doubles the range of darkvision for a consumer who already possesses the ability. Dried black eyed peas retain their potency for 24 hours after being prepared, after which time they become a mundane food item.





## Fairy Rings (DC 20)

Shaped into a ring rather than the traditional pretzel shape, these soft, tasty pretzels are topped with coarse salt.

**Ingredients:** 1/4 ounce dry yeast, 1 tablespoon brown sugar, 1/2 teaspoon salt, 1 3/4 divided cups warm water, 2 cups flour, 1 tablespoon baking soda, 1 tablespoon butter, Coarse salt.

**Servings:** 12; **Prep & Cooking Time:** 4 hours

**Cost:** Poor

### DIRECTIONS

Step 1: Dissolve yeast, brown sugar, and salt in 3/4 cup warm water. Stir in flour, and knead resulting dough on floured surface until smooth and elastic. Grease both sides of dough, cover and let rise for one hour. While dough is rising, combine remaining warm water with baking soda.

Step 2: Cut dough into 6 strips and roll into a thin rope roughly 3 feet long. Shape and twist into rings and dip into warm water/baking soda mixture. Place onto baking sheet and let rise 20 minutes.

Step 3: Bake for 8 minutes or until golden brown. Brush with melted butter and cover with coarse salt.

**Duration:** 2 hours

**Magical Benefit:** The consumer finds moving through wooded terrain less difficult, gaining the benefits of woodland stride, as per the druid class feature, for the duration of the effect. Fairy rings retain their potency for 24 hours after being prepared, after which time they become a mundane food item.

## Fire-Grilled Ba-corn Cobs (DC 15)

Cobs of sweet yellow corn have been wrapped in strips of bacon and then grilled to perfection, creating an incredible balance of two simple but delicious foods.

**Ingredients:** 4 cobs of corn, Butter, 8 strips bacon, Salt to taste.

**Servings:** 4; **Prep & Cooking Time:** 15 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Shuck corn and slather cob in butter.

Step 2: Wrap two strips bacon around each cob.

Step 3: Place bacon-wrapped corn on grill and cook until the bacon becomes crispy. Salt to taste.

**Duration:** 8 hours

**Magical Benefit:** The consumer revels in the unity and balance of two delicious foods. A consumer is not considered flat-footed and maintains their Dexterity bonus to AC while moving along narrow surfaces or uneven ground.



## Kurdan's Krazy Lemonade (DC 15)

Cold, refreshing and deliciously tart, this drink is the perfect way to cool down on a hot day, or give a boost of energy when it is needed most.

**Ingredients:** 1 cup sugar, 5 divided cups water, 8 lemons, Sprigs of lavender.

**Servings:** 4; **Prep & Cooking Time:** 30 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Combine sugar and 1 cup water in a pot and bring to a gentle simmer to create a syrup. Set aside to cool.

Step 2: Roll each lemon over cutting board, pressing down during the roll. Cut each lemon in half. Squeeze out the juice into a jar.

Step 3: Combine cooled syrup, lemon juice, lavender sprigs, and remaining water.

**Duration:** 4 hours

**Magical Benefit:** The consumer of this energizing drink finds themselves with a spring in their step and the energy to tackle any challenge before them. While under the effects of the beverage they may act during a surprise round, even when normally unable to do so.





## Life Leech Wafers (DC 15)

These flat, triangular wafers are bone white and dry as dust. They are similarly unappetizing.

**Ingredients:** 1/4 cup unsalted butter, 1/3 cup ground humanoid bone, 1/4 cup gloomwing egg whites, 1/3 cup bleached flour, Pinch of rock salt taken from a cemetery by the sea.

**Servings:** 6; **Prep & Cooking Time:** 20 minutes

**Cost:** Poor (plus ground humanoid bone, gloomwing egg whites, and pinch of cemetery by the sea rock salt)

### DIRECTIONS

Step 1: Butter large flat baking tray.

Step 2: Mix butter and bone until light and fluffy. Beat egg whites into the mixture. Slowly mix in flour and salt.

Step 3: Drop level spoonfuls of batter onto the cooking tray. Bake until dry, then cut into triangles and cool on a rack.

**Duration:** 8 hours

**Magical Benefit:** Most creatures find life leech wafers to be a bland and dry but harmless snack. Only those capable of divine healing or harm feel their magical effect. For the duration of the effect after eating a life leech wafer, the consumer takes 1 point of damage for each creature they heal using a divine spell, such as a *cure* spell or a divine ability such as channel energy or lay on hands. If the consumer instead does harm using an *inflict* spell, a divine ability such as channel energy, or a touch of corruption, they instead recover 1 hp for each creature they damage in this manner. Hit points healed due to the effects of a life leech wafer cannot raise the consumer's hp total above their normal maximum nor heal more than twice the consumer's character level at one time.

## Madge's Mulled Wine (DC 15)

This steaming beverage, seasoned with orange, cinnamon, and cloves, and then garnished with a slice of orange, is sweet and comforting, warming you to the very core.

**Ingredients:** 1 orange, 1 bottle good quality dry red wine, 1/4 cup brandy, 1/4 cup of sugar, Cloves, Cinnamon.

**Servings:** 4; **Prep & Cooking Time:** 45 minute

**Cost:** Good

### DIRECTIONS

Step 1: Slice orange into rounds.

Step 2: Combine all other ingredients in a saucepan and bring to a gentle boil. Simmer to taste, between 15 minutes and 30 minutes.

Step 3: Strain and serve warm. Garnish with an orange slice.

**Duration:** 6 hours

**Magical Benefit:** The consumer is warmed to their core, gaining the benefit of the *endure elements* spell, but only against cold temperatures.



## Pizza Margherita (DC 15)

The aroma of this most joyful of all foods rises from the plate. Everyone can agree on pizza.

**Ingredients:** 2 teaspoons fresh yeast, Warm water, 2 cups flour, Olive oil, Salt, 1/2 cup crushed tomatoes, 1/2 cup diced mozzarella, Basil, Grated parmesan.

**Servings:** 4; **Prep & Cooking Time:** 3 hours

**Cost:** Common

### DIRECTIONS

Step 1: Dissolve yeast in warm water. Pour the water on the flour and knead. Work in water, oil, and salt to taste while kneading with bare hands until the dough is a firm but supple ball.

Step 2: Cover dough and rest it in a warm, dry place until it has doubled in volume.

Step 3: Roll dough to cover an oiled pan. Arrange tomatoes, mozzarella and basil on the dough. Cover with grated parmesan and a drizzle of olive oil. Bake until crust is crisp and golden.

**Duration:** 6 hours

**Magical Benefit:** Pizza is an explosion of joy. Extend the duration of any mind-affecting spell or effect cast on a willing consumer by 50%. Spells or effects which require an action to maintain, such as a bard's inspire courage bardic performance instead affect the consumer for 2 rounds after the effect would normally end.





## Rusk With Giant Bee's Honey (DC 15)

Glistening golden honey on warm, crunchy brown slices. It's snack time!

**Ingredients:** 8 slices stale bread, Butter (optional), 1 cup giant bee honey.

**Servings:** 4; **Prep & Cooking Time:** 20 minutes

**Cost:** Poor (plus giant bee honey)

### DIRECTIONS

Step 1: Bake the bread in the hot oven (brush with butter for added flavor).

Step 2: Remove from oven. Cool to desired temperature.

Step 3: Spread the honey on the slices, and serve.

**Duration:** 8 hours

**Magical Benefit:** Giant bees are difficult to tend and harvesting their honey is no piece of cake, but some brave farmers still specialize in this art and it's well worth the effort. Those who eat the snack together know where and how far anyone else who ate the snack with them are, much like how a bee can always find its hive. By concentrating on someone they shared the rusk with as a full-round action, a creature can learn the target's direction and relative distance from their present location, provided they are on the same plane.

## Sasria's Wicked Spider Silk Noodles (DC 20)

A steaming bowl of silvery smooth noodles sparkles as if reflecting the rays of the autumn moon.

**Ingredients:** 1 2/3 cups flour, Pinch salt, 1 cup cold water, 1 cup giant black widow spider silk soaked in white vinegar.

**Servings:** 3; **Prep & Cooking Time:** 40 minutes

**Cost:** Poor (plus giant black widow spider silk)

### DIRECTIONS

Step 1: Add flour and a pinch of salt into a deep bowl. Stir in water slowly until the flour is completely wet.

Step 2: Remove spider silk from white vinegar. Knead spider silk into the dough until mixture is smooth. Cover with a wet cloth and let stand for 30 minutes.

Step 3: Roll dough into a flat, rectangular sheet and cut into long, thin strips. Cover with thin layer of flour before separating.

**Duration:** 1 hour

**Magical Benefit:** The consumer gains DR 2/slashing for the duration of the effect. Uncooked spider silk noodles lose their potency as normal unless dried in spun nests for one hour. Dried spider silk noodles impart no magical benefits if eaten but, once cooked in boiling water, they regain their ability to impart DR for 1 hour. The noodles cannot be dried a second time.



## Scroll Dough (DC 5 + Caster Level)

This thin flatbread is perfect for inscribing spells which can then be eaten to activate them.

**Ingredients:** 4 teaspoons dry yeast, 1 1/2 tablespoons mephit salts, 4 cups barley flour, 4 tablespoons giant bee honey, 1 cup lukewarm water (cook must have Scribe Scroll feat).

**Servings:** 4; **Prep & Cooking Time:** 1 1/2 hours

**Cost:** Poor (plus costs of scroll, mephit salts, and giant bee honey)

### DIRECTIONS

Step 1: Mix yeast with salts into the flour, then stir honey into warm water and add it to dry mixture.

Step 2: Knead until firm. Cover with a moist cloth and let rise for one hour.

Step 3: Shape bread into a large, flat sheet and bake in the oven until it begins to brown lightly.

**Duration:** See text

**Magical Benefit:** Scroll dough can be used to create a scroll which holds a single spell, scribed with edible ink. Scrolls prepared in this way follow the normal rules for scroll creation but are activated when they are consumed, as a standard action. The caster does not need to see/read the scroll but they must have previously deciphered the writing if they were not the original scribe. Scrolls prepared with scroll dough last for 3 days before becoming stale, at which point they crumble and the spell loses its potency. Because of their unique nature, dough-based scrolls are often overlooked by wary guards. It requires a DC 15 Knowledge (arcane) check to recognize scroll dough as containing magic without the help of a spell such as *detect magic* or similar ability.





## Twistocain's Friendship Herb Twist (DC 15)



Baked with an aromatic mixture of fresh herbs, sharing these twists helps cement friendships.

**Ingredients:** 1 cup flour, 1/2 teaspoon sugar, 1/2 divided teaspoon salt, 1/8 ounce yeast, Mixed herbs of choice, 1/3 cup warm water, 1/2 tablespoon vegetable oil, 1 1/2 tablespoons butter.

**Servings:** 6; **Prep & Cooking Time:** 1 hour

**Cost:** Common

### DIRECTIONS

Step 1: Combine flour, sugar, half of the salt, yeast, and herbs. Mix. While mixing, gradually add warm water and oil until mixture is smooth and elastic. Add additional water or flour as needed.

Step 2: On a floured surface, roll into 6 inch square. Cut into 6 strips. Fold strips in half lengthwise, then twist each several times. Pinch ends.

Step 3: Brush twists with melted butter and additional herbs as desired. Cover and let rise until size doubles. Bake until golden brown.

**Duration:** 1 hour

**Magical Benefit:** When the bearer offers a friendship herb twist to another and they eat it, the bearer gains a +2 alchemical bonus to Diplomacy checks made against the consumer for the duration of the effect. Increase this bonus by +1 for every 5 by which the baker beats the Craft (culinary) check DC. Friendship herb twists retain their potency for 6 hours after being prepared, after which time they become a mundane food item.

## Zrinko's Superb Cinnamon Rings (DC 20)

Sweet, light, fluffy dough has been fried, then tossed in cinnamon sugar, creating a blissful medley of flavors reminiscent of the possibilities of youth.

**Ingredients:** 2 tablespoons butter, 1/2 cup sugar, 1 egg, 1/2 cup of milk, Vanilla, 1/2 teaspoon baking powder, Pinch salt, 1 1/2 cups flour, Cinnamon sugar.

**Servings:** 6; **Prep & Cooking Time:** 20 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Cream butter and sugar until fluffy. Add egg, milk, vanilla, and stir until combined.

Step 2: Mix in baking powder, flour, and salt until just combined. Do not over mix.

Step 3: Turn the dough out onto a lightly floured surface and pat with floured hands until 1/2 inch thick. Cut out as many rounds as possible using rim of a glass, and poke a hole in each with a finger.

Step 4: Fry in oil, then toss in cinnamon sugar.

**Duration:** 1 hour

**Magical Benefit:** Biting into these mouth-watering pastries fills the consumer's mind with cherished childhood memories and the belief that anything is possible, reducing any penalties to the consumer's physical abilities caused by aging by one age category for the duration of the effect. Additional consumption of cinnamon rings cannot reduce the penalty further and a creature can only benefit from the effects of eating a cinnamon ring once per day.



# Desserts and Treats

⇒Promises and pie-crust are made to be broken.⇒ Jonathan Swift



## Allesta's Whiskey Jelly Jar Ohs (DC 20)

The deep golden translucence of these whiskey-flavored gelatin rings tempts with the promise of great fortune, but at what cost?

**Ingredients:** Covered pot, 3 pounds sleipnir hooves, 4 1/2 quarts filtered water, 1 tablespoon sea salt, Cheesecloth, 1

large jar of whiskey, Silver spoon, 1 small jar.

**Servings:** 4; **Prep & Cooking Time:** 48 hours

**Cost:** Common (plus sleipnir hooves)

### DIRECTIONS

Step 1: Put hooves, water, and salt into a covered pot and boil for 24 hours.

Step 2: Strain resulting mixture through cheesecloth into large jar of whiskey. Mix thoroughly with a silver spoon.

Step 3: Place the small jar into center of the large jar and allow to cool overnight.

Step 4: Remove the smaller jar then turn the larger jar upside down to remove gelatin. Slice gelatin into rings.

**Duration:** 1 hour

**Magical Benefit:** Allesta's whiskey jelly jar ohs are sought after by those who thrive on risk. Once during the duration of the effect, a consumer of a whiskey jelly jar oh can choose to trust their fate to luck and roll a d100. If the result is 51 or more, their luck improves greatly. The consumer gains a luck bonus on their next d20 roll equal to half the Craft (culinary) skill check used to make the jelly jar ohs. However, if the consumer rolls a 50 or less, their luck has soured. They take a penalty to their next d20 roll equal to half the Craft (culinary) skill check used to make the jelly jar ohs. The contents of an Allesta's whiskey jelly jars can be saved for up to 24 hours before it loses its potency and becomes a mundane food item.

## Candy Flatware (DC 25)

What looks like a set of mundane silverware is actually glittering hard candy bursting with fruity flavor.

**Ingredients:** 1 1/2 cups sugar, 1 cup water, 1/2 cup fruit juice of choice, *Prestidigitation* spell.

**Servings:** 2 sets of flatware (2 forks, 2 knives, 2 spoons); **Prep & Cooking Time:** 1 hour

**Cost:** Common

### DIRECTIONS

Step 1: Stir the sugar and water in a pan over medium heat. Turn off the heat when the sugar dissolves.

Step 2: Mix in the fruit juice as the water cools.

Step 3: Pour the cooling mixture into six strips on a greased cookie sheet and use *prestidigitation* to shape the hardening candy. The spell can be cast by another character who is assisting the cook.

**Duration:** See text

**Magical Benefit:** When the user of candy flatware is consuming a dish created with culinary magic, the utensils absorb some of the power of the food's power. Eating the flatware after finishing the culinary magic meal extends the duration of the dish's effects by 1 hour. Effects which normally last less than 1 hour are instead doubled. Candy flatware has no effect when eaten alone. Candy flatware can be kept for up to 24 hours before it loses its potency.





### Cedric Phul's Yellow Snow (DC 10)

Sweet and delicious, this cup of golden frozen cream is the best for hot afternoons.

**Ingredients:** 1/2 cup sugar, 1 1/2 cup water, 3 lemons.

**Servings:** 6; **Prep & Cooking Time:** 6 hours

**Cost:** Common

#### DIRECTIONS

Step 1: Boil sugar in water, adding striped peel of the lemons (only the yellow part).

Step 2: Juice the lemons. Let the flavored water cool and add the juice.

Step 3: Freeze until solid and serve in cups with teaspoons.

**Duration:** 6 hours

**Magical Benefit:** A consumer of this sorbetto feels refreshed and restored, gaining a +1 alchemical bonus on saving throws against spells and spell-like abilities with the fire descriptor. This bonus increases by +1 for every 5 points by which the cook exceeds the Craft (culinary) check DC.



## Fairy Cakes (DC 15)

These tiny delicacies of Kaleidoscopic color fill the air with the sweet aroma of wild fruits and flowers.

**Ingredients:** 6 tablespoons flour, 4 tablespoons fairy dust or bottled *glitterdust*, 4 tablespoons butter, 2 eggs, 2 tablespoons cold spring water, 8 silver thimbles.

**Servings:** 8; **Prep & Cooking Time:** 30 minutes

**Cost:** Poor (plus fairy dust or *glitterdust* and silver thimbles)

### DIRECTIONS

Step 1: Mix flour, fairy dust, butter, eggs and water in a bowl until smooth.

Step 2: Put measures of the mixture into thimbles.

Step 3: Bake until sparkling.

**Duration:** 6 rounds

**Magical Benefit:** By eating a single fairy cake, a consumer gains the power to levitate vertically for up to 10 feet per round as a move action. To levitate upwards, the consumer must make a DC 12 Wisdom check to think happy thoughts and burst into laughter. To levitate downwards, the consumer of the fairy cake must make a DC 12 Wisdom check to think sad thoughts and shed tears. A +2 circumstance bonus can be awarded if the creature is in a particularly joyful or sorrowful situation. Failure to make the Wisdom check means the creature does not move upwards or downwards from their present location. The effects of a fairy cake last for 6 rounds before wearing off. Any creature still in the air and incapable of another form of flight plummets to the ground and takes falling damage, although the GM can allow a Reflex saving throw to grab hold of an available surface if one is available.

Fey with the ability to fly who consume a fairy cake do not levitate but, instead, can make a DC 12 Wisdom check as a swift action to think happy thoughts and double their speed for the duration of the meal's effect. Tiny, diminutive and fine Fey creatures automatically receive a +4 racial bonus on Craft (culinary) checks when using culinary magic to bake fairy cakes. Because of the fairy dust baked into them, fairy cakes retain their magical properties for a full day after being baked. A fairy cake may be stored for up to 12 hours before they lose their potency and become a mundane food item.

## Gingerbread Golems (DC 25)

Culinary magicians often create gingerbread golems to help with tasks around the kitchen, especially during the busy holiday season.

**Ingredients:** 3 cups flour, 2 teaspoons ground ginger, 1 teaspoon ground cinnamon, 1 teaspoon baking soda, 1/4 teaspoon ground nutmeg, 1/4 teaspoon salt, 3/4 cup butter, 3/4 cup brown sugar, 1/2 cup molasses, 1 egg, 1 teaspoon vanilla, frosting and candies as desired.

**Servings:** See text; **Prep & Cooking Time:** 5 hours

**Cost:** Common

### DIRECTIONS

Step 1: Combine flour, ginger, cinnamon, baking soda, nutmeg, and salt. Set aside.

Step 2: Beat butter and brown sugar until light and fluffy. Add molasses, egg, and vanilla. Mix well. Gradually add flour mixture until well mixed. Chill for 4 hours.

Step 3: Roll out dough to 1/4 inch thickness and cut into desired shapes, roughly five inches tall each. Place one inch apart on baking sheet.

Step 4: Bake until edges of the cookies have begun to brown. Cool for 2 minutes and then decorate as desired.

**Duration:** 1 hour

**Magical Benefit:** Five of the twenty-five cookies baked become animated as gingerbread golems as soon as their frosting/decoration is finished (frosting and decoration must be finished within 30 minutes of the cookies leaving the oven or the golems will not animate). The remaining twenty cookies of the batch are delicious but non-magical treats. The gingerbread golems obey their cook without hesitation and are completely loyal. The golems remain animated for 1 hour, after which time they crumble apart. Eating a gingerbread golem confers no magical benefits.



# Gingerbread Golem CR 1/2

XP 200

N Diminutive construct

Init +3; Senses darkvision 60 ft., low-light vision; Perception -5

## DEFENSE

AC 21, touch 17, flat-footed 16 (+3 Dex, +4 natural, +4 size)

hp 16 (3d10)

Fort +0, Ref +4, Will -4

DR 5/adamantine; immune construct traits, magic

Weaknesses vulnerable to milk

## OFFENSE

Speed 30 ft.

Melee slam +4 (1d2-3)

Space 1 ft.; Reach 0 ft.

## STATISTICS

Str 4, Dex 16, Con -, Int -, Wis 1, Cha 1;

Base Atk +3; CMB -4; CMD 9

## ECOLOGY

Environment kitchen/bakery

Organization solitary or gang (5)

Treasure none

## SPECIAL ABILITIES

Immunity to Magic (Ex) A gingerbread golem is immune to any spell or spell-like ability that allows spell resistance. In addition, certain spells and effects function differently against the creature, as noted below.

- \* Purify food and drink slows a gingerbread golem (as the slow spell) for 2d6 rounds (no save).
- \* Putrefy food and drink pushes the golem back 10 feet and deals 2d12 points of damage to it (no save).

Vulnerable to Milk A gingerbread golem completely submerged within milk loses its magic and is no longer animated. It is, however, delicious to eat.





## Goodberry Jam Tart (DC 20)

A crisp shortcrust pastry cage encloses glossy lozenges of tempting, and fortifying, marmalade.

**Ingredients:** 2 cups flour, 1/2 cup sugar, 1/2 cup butter, 1 egg, 1 teaspoon baking powder, lemon zest, 1 pound *goodberry* jam, 1 egg yolk, 1 tablespoon water.

**Servings:** 8; **Prep & Cooking Time:** 1 1/2 hours

**Cost:** Poor (with *goodberry* jam)

### DIRECTIONS

Step 1: Prepare the crust dough by mixing the flour, sugar, butter, egg, baking powder, and lemon zest and kneading vigorously until firm and supple. Roll the dough out to a uniform thinness.

Step 2: Form a shell in a tart pan with dough. Fill shell with *goodberry* jam and cover with a lattice-pattern of dough stripes.

Step 3: Beat egg yolk with 1 tablespoon water and brush the mixture on the lattice and edge of crust. Bake until crust is golden and the filling is bubbly, about 30 minutes. Let cool completely.

**Duration:** 24 hours

**Magical Benefit:** *Goodberry* jam is incredibly difficult to make, requiring a number of *goodberry* spells cast by druids or shamans, depending on the berries used. Roughly 20 strawberries, 50 blackberries, or 300 blueberries are required to make a pound of jam. In return, it provides a great deal of sustenance and nourishment. Anyone eating a slice of this tart is granted a +4 alchemical bonus on saving throws against diseases for the duration of the effect in addition to being cured of 2d4 points of damage.



## Granny Figit's Apple Cake (DC 15)

Fruit slices covered in sugar glisten on the surface of a sweet-scented round cake.

**Ingredients:** 2 pounds apples, 2 cups flour, 1 cup milk, 3/4 cup sugar, 2 eggs, 1 tablespoon baking powder, Lemon zest, Butter.

**Servings:** 10; **Prep & Cooking Time:** 1 hour

**Cost:** Common

### DIRECTIONS

Step 1: Peel and slice apples. Mix other ingredients (except butter and one tablespoon of sugar) in a bowl.

Step 2: Pour mixture in a greased and floured pan, top with sliced apples and spread flakes of butter across. Sprinkle with remaining sugar.

Step 3: Bake until cake is golden brown.

**Duration:** 4 hours

**Magical Benefit:** The consumer of this delicious cake feels sated, happy, and at peace with nature and the world. They gain a +1 alchemical bonus on Handle Animal and Knowledge (nature) skill checks, and on wild empathy checks. These bonuses increase by +1 for every 5 points by which the cook exceeds the Craft (culinary) check and the bonus is doubled against wolves, the natural enemies of grandmothers everywhere.



## Meepo's Kobold Gingerbread Trap (DC 25)

This miniature candy house is made of intricately decorated gingerbread.

**Ingredients:** 4 divided cups butter, 4 divided cups dark brown sugar, 2 divided cups light molasses, 2 divided tablespoons cinnamon, 1 divided tablespoon ground ginger, 1 1/2 teaspoons ground cloves, 1 teaspoon baking soda, 2 cups flour, 2 tablespoons water, 2 cups icing, Candies.

**Servings:** 1; **Prep & Cooking Time:** 2 hours

**Cost:** Good

### DIRECTIONS

Step 1: Mix 1/4 of butter, brown sugar, molasses, cinnamon, and ginger with cloves and baking soda into a smooth mixture. Stir in flour and water to make a firm dough.

Step 2: Bake into large, flat sheets. Cut the sheets to form the sides and roof of the house.

Step 3: Prepare a second mixture from remaining butter, brown sugar, molasses, and cinnamon over a hot fire, stirring vigorously.

Step 4: Use icing to glue the house together. Add in the gooey second mixture before gluing on the roof and sealing up the house. Decorate as desired.

**Duration:** 3 days

**Magical Benefit:** When the gingerbread house is first broken or bitten into, it explodes in a blast of sticky, gooey candy that covers everything, making it difficult to move. Creatures within a 10-foot radius of the gingerbread house trap become entangled. In addition, they must make a DC 15 Reflex save to avoid becoming glued to the floor by the goo and unable to move. Flying creatures which fail this save are unable to fly, fall to the ground, and become glued. The save DC is increased by +1 for every 5 by which the cook beats the Craft (culinary) check DC.

A creature glued to the floor by the sticky goo can break free by making a successful DC 15 Strength or Escape Artist check, or by dissolving the goo in water. It takes 1 gallon of water to dissolve 5 square feet of goo. Either method of breaking free requires a standard action.

The gingerbread house can be detected and disarmed as if it were a magical trap. The DC to detect or disarm the gingerbread house is equal to the DC of the original Reflex save required to avoid it. Creatures with the Culinary Magic feat gain a +5 circumstance bonus on skill checks made to detect or disarm the trap.

The area affected by the trap is considered difficult terrain for one full day after the gingerbread house explodes unless the goo is cleaned up. It takes five minutes of scrubbing with soap and hot water per 5-foot square to remove the sticky residue. The goo is immune to universal solvent, but is ineffective and dissolves immediately underwater.



## Pears and Cheese (DC 10)

≈Do not let the peasant know how good cheese is with pears.≈

Ingredients: 2 pears, 1/2 pound cheese of choice.

Servings: 2; Prep & Cooking Time: 5 minutes

Cost: Common

### DIRECTIONS

Step 1: Peel and slice pears.

Step 2: Slice cheese.

Step 3: Put a slice of cheese upon each slice of pear and serve.

Duration: 4 hours

Magical Benefit: The consumer of pears and cheese gains a +1 alchemical bonus on all Charisma-based skill checks when interacting with other races (but not their own). This bonus increases by +1 for every 10 points by which the cook passes the Craft (culinary) check DC.



## Pecan Pie (DC 30)

by Tina Porter

Rural cuisine can often be controversial but everyone can agree that pecan pie is divine.

**Ingredients:** Pie crust [1 cup flour, 1/2 teaspoon salt, 1/3 cup plus 1 tablespoon shortening, 1 tablespoon almond extract, 2-3 tablespoons cold water], Filling [3 eggs, 1 cup honey, 1 cup sugar, 1/4 cup melted butter, 3 tablespoons bourbon whiskey, 1 teaspoon vanilla, 1/4 teaspoon salt, 1 1/2 cups pecan halves].

**Servings:** 8; **Prep & Cooking Time:** 1 1/2 hours

**Cost:** Common

### DIRECTIONS

Step 1: Mix flour and salt in medium bowl. Cut in shortening and mix until particles are size of small peas. Sprinkle with almond extract, then with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary, but do not let the dough get sticky. If that occurs, add more flour).

Step 2: Gather pastry into a ball. Shape into flattened round on lightly floured surface. Roll pastry, using floured rolling pin, into circle 2 inches larger than upside-down 9-inch glass pie plate, or 3 inches larger than 10- or 11-inch tart pan. Fold pastry into fourths; place in pie plate.

Step 3: Unfold and ease into plate, pressing firmly against bottom and side and being careful not to stretch pastry, which will cause it to shrink when baked. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired.

Step 4: Heat oven. Combine eggs, honey, sugar, butter, whiskey, and vanilla in a large mixing bowl. Stir in pecans. Pour filling into pie pastry. Bake 45 to 50 minutes, or until the center is just set and no longer jiggles.

Step 5: Cool. The pie will continue to set while it cools to room temperature.

**Duration:** See text

**Magical Benefit:** Divine, indeed; pecan pie creates a holy shield around the consumer. The consumer is under the effects of *sanctuary* except that any creature that fails the Will save (DC = 10 + 1/2 the cook's Craft (culinary) skill bonus) also takes 1d3 points of damage. Half the damage is fire damage, but the other half results directly from divine power, as per *flame strike*. A creature can only be damaged by the effect once. The effect lasts for 5 minutes or until the consumer attacks or moves from the spot they ate the pie in.



## Ravien's Sniper's Pudding (DC 15)

This unusual variation on rice pudding is made using tart juices squeezed from an assassin vine.

**Ingredients:** 1 tablespoon cornstarch, pinch salt, 1/2 cup sugar, 2 1/2 cups milk, 2 eggs, 1 tablespoon assassin vine juice, 1 1/2 cups cooked rice.

**Servings:** 3; **Prep & Cooking Time:** 3 hours

**Cost:** Common (plus assassin vine juice)

### DIRECTIONS

Step 1: Combine cornstarch, salt, and sugar. Add milk, eggs, and assassin vine juice, then mix well.

Step 2: Stir in cooked rice.

Step 3: Heat for 1 1/2 hours, stirring occasionally. Serve warm.

**Duration:** 4 hours

**Magical Benefit:** Like an assassin vine, the consumer of this pudding becomes almost undetectable when properly positioned. The consumer reduces the penalty on Stealth checks to maintain an obscured location made after making a ranged attack while sniping by 5. The penalty is reduced by 10 if the cook beat the Craft (culinary) check DC by 10 or more.



## Ray Rae's Regionally Famous Chaos Cupcakes (DC 20)

The plain cream injected into these delicious cupcakes changes as chaos seeps inside, creating strange and unpredictable magical effects.

**Ingredients:** 1/2 cup flour, 1/3 cup white sugar, 3 teaspoons unsweetened cocoa powder, 1/4 teaspoon baking soda, 1/8 teaspoon salt, 1/2 egg, 3 1/4 divided tablespoons milk, 2 1/4 tablespoons vegetable oil, 1/2 divided teaspoon vanilla, 2 teaspoons butter, 2 teaspoons lard, 1/3 cup confectioners' sugar, Frosting for decoration.

**Servings:** 6; **Prep & Cooking Time:** 1 hour

**Cost:** Common

### DIRECTIONS

Step 1: Combine flour, white sugar, cocoa, baking soda, and salt. Indent center of mixture and pour in egg, 3 tablespoons milk, oil, and 1/4 teaspoon vanilla. Mix well.

Step 2: Fill six cupcake cups and bake for 15 minutes or until toothpick inserted into the center of a cupcake comes out clean.

Step 3: Beat butter and lard together and mix in confectioners' sugar. Gradually mix in remaining milk and vanilla. Fill pastry bag with the mixture. Push tip of pastry bag through the bottom of the cupcake and squeeze slowly to fill.

Step 4: Decorate as desired.

**Duration:** See text

**Magical Benefit:** The magic infusing a chaos cupcake transforms the cream inside, making both the flavor and the effect caused by eating it different for each pastry. When a creature consumes a chaos cupcake, roll a d8 and consult the Chaos Cupcake Effects Table to determine the effect.



## Chaos Cupcake Effects

d8	Flavor	Effect
1	Lemon	The consumer begins to glow, shedding light as if a candle. As a result, the consumer takes a -20 penalty on all Stealth checks and cannot benefit from conditions or effects which grant concealment. The consumer continues to glow for 1 hour after eating the cupcake.
2	Blueberry	The consumer's stomach rumbles and 1d6 rounds after eating the cupcake they belch up butterflies for 1d20 rounds. The butterflies do not prevent the consumer from taking actions, though they do draw attention, and fly away harmlessly after being burped out.
3	Apple	The consumer's skin changes colors to match the environment, granting a +5 alchemical bonus to Stealth checks while in that specific environment for 1 hour. After the hour ends, the consumer's skin returns to normal.
4	Mango	The consumer's body inflates, as if filled with helium. They gain a +5 alchemical bonus to Acrobatics checks to jump but a -2 penalty to all other checks involving Dexterity-related skills as well as to AC and all melee attack rolls. The effect lasts 1 hour before the consumer deflates back to normal.
5	Grapefruit	Whenever the consumer opens their mouth, rainbow sparks fly out. The sparks are harmless but make it impossible to talk or cast spells with a verbal component. Creatures attacking the consumer or attempting to make a Bluff, Diplomacy, or Intimidate check against them must make a DC 15 Will save or suffer a -2 penalty to their attack roll or skill check due to being distracted by the sparks.
6	Chocolate	The consumer begins uncontrollably reciting poetry and cannot stop for 1d10 rounds. If the consumer is actually attempting to make a Perform check involving poetry, they gain a +10 alchemical bonus due to the superior quality of the poetry being recited. The recitation of poetry makes casting spells with a verbal component or using skills which involve talking impossible (GMs might make allowances for creative players, however. Poetry, after all, has been known to win hearts and infuriate enemies).
7	Vanilla	The consumer is incapable of speaking, writing, or otherwise directly communicating proper nouns for one hour.
8	Mint	For the next hour, the consumer will always be correct when they guess a creature's height, weight, last item eaten, favorite color, birth sign, shoe size, or age.

## Restful Cream (DC 15)

This bland-looking cream smells sweet, is silky smooth to the touch, and has an even soft taste.

Ingredients: 1/2 cup mixed peaches and bananas, 1/4 cup butter, 1 cup milk.

Servings: 1; Prep & Cooking Time: 15 minutes

Cost: Good

### DIRECTIONS

Step 1: Mince peaches and bananas in a bowl.

Step 2: Mix and beat butter and milk until they become a paste.

Step 3: Mix minced peaches and bananas with mixed butter and milk until creamy and smooth.

Duration: 8 hours

Magical Benefit: Once eaten, this cream soothes the body of its consumer, promoting a restful sleep. The consumer receives a +1 alchemical bonus to all Will and Fortitude saves while sleeping. This bonus increases by +1 for every 5 points by which the cook beats the Craft (culinary) check DC.





## Sanguinaccio di Drago Dolce (DC 25)

A rarity to taste, sweet and metallic in the mouth, this dense cream is an ancient charm against the power of dragons.

**Ingredients:** 1 pound sugar, 12 ounces dark chocolate, 1 pint milk, 1 pint fresh dragon blood, 1/2 teaspoon vanilla, Cinnamon, Candied cedar.

**Servings:** 12; **Prep & Cooking Time:** 30 minutes

**Cost:** Common (plus dragon blood)

### DIRECTIONS

Step 1: Melt sugar and diced chocolate together in a pot. Stir constantly.

Step 2: Add milk and filtered dragon blood and mix well. Continue stirring until cream thickens. After it begins to boil, remove from heat.

Step 3: Let pudding cool and add spices. Use as dip for cookies or other crunchy sweets or serve with coffee.

**Duration:** 6 hours

**Magical Benefit:** This cream is a reminder of ancient dragon hunts and the traditional, month-long midwinter feast which followed. Nowadays, the pudding is most often prepared replacing the blood with additional chocolate or milk, though dishes prepared in this way have no magical properties. If the sanguinaccio di drago dolce is prepared according to the ancient recipe, those who eat the pudding gain a +2 alchemical bonus on saving throws vs. the spells and abilities of dragons of the same species as the one whose blood was used. This bonus increases by +1 for every 5 points by which the cook exceeds the Craft (culinary) check DC.



## Seventh Heaven Chocolate Cake (DC 20)

A paradise of chocolate chunks in a cake covered with a soft, angel-white icing.

**Ingredients:** (For the cake) 3/4 cup butter, 3 eggs, 1 cup sugar, 1 pound flour, 3/4 cup milk, 1 cup chocolate chips, 2 teaspoons vanilla-flavored baking powder, 1 pinch salt. (For the icing) 1 stick butter, 1 1/2 cup icing sugar, 2 tablespoons vanilla sugar, 1/3 cup chocolate chips.

**Servings:** 10; **Prep & Cooking Time:** 1 1/2 hours

**Cost:** Good

### DIRECTIONS

Step 1: Melt butter on a low flame and let cool. Mix egg yolks with sugar. Add melted butter, then other cake ingredients one at a time except for egg whites.

Step 2: Whip egg whites and add to mixture. Pour in a buttered and floured pan. Bake in oven until golden-brown.

Step 3: Prepare icing by mixing butter with icing sugar and vanilla sugar. Once cake is cool, cover with icing. Sprinkle with chocolate chips.

**Duration:** 1 hour

**Magical Benefit:** The consumer of this celestial dessert feels in touch with their inner angel. For the duration of the effect after eating a slice of cake, they can understand and speak Celestial and their attacks are considered good-aligned for the purpose of bypassing damage reduction. In addition, they are surrounded by an aura of good with an effective paladin level equal to their character level.

# Sir Teg's Marmalade Rocks (DC 10)

by Rhiannon Davis

These round translucent candies are an easy to make and portable treat.

**Ingredients:** 2 cups plain flour, 2 teaspoons baking powder, 2/3 cup brown sugar, 8 ounces marmalade, 1/4 cup sunflower oil.

**Servings:** 16; **Prep & Cooking Time:** 40 minutes

**Cost:** Common

## DIRECTIONS

Step 1: Heat oven. Lightly grease 2 baking trays.

Step 2: Sift the flour and baking powder together into a bowl. Mix in brown sugar.

Step 3: If the marmalade is extremely thick, thin slightly with some boiling water. Mix marmalade and half oil into dry ingredients until it just comes together in a rough dough.

Step 4: Roll spoonfuls of mixture into balls, place on baking trays, and bake for 20 minutes.

**Duration:** 15 minutes

**Magical Benefit:** A consumer's attention and self-control is enhanced by this sweet treat. After a consumer pops a marmalade rock into their mouth, they gain a +2 alchemical bonus on concentration checks and Will saves. A marmalade rock dissolves completely 15 minutes after being placed in someone's mouth. As an immediate action, the consumer can end this effect early by biting the marmalade rock (DC Strength check = 20 - 1 for each minute the candy has been in the consumer's mouth). If they succeed, they can reroll a Will save. They must choose to reroll before the result of the original roll is known and must take the result of the reroll, even if it's worse than the original roll. If a rock is removed from the mouth before the 15 minutes ends or it is bitten into, it is considered consumed and the magic effect ends and is lost. Placing the rock back into the mouth or into another mouth does not cause the effect to resume. An unconsumed marmalade rocks can be stored for up to 24 hours before losing their potency and becoming a mundane food item.



## Tandem Tarts (DC 20)

These matching cherry-topped pastries are warmed and dusted over with powdered sugar. Tandem tarts are meant to be shared by two people.

**Ingredients:** Cherry pie filling, 2 tart doughs, Powdered sugar.

**Servings:** 2; **Prep & Cooking Time:** 15 minutes

**Cost:** Common

### DIRECTIONS

Step 1: Spread cherry pie filling on top of dough.

Step 2: Bake pastries at medium heat for 10 minutes.

Step 3: Sprinkle powdered sugar on pastries.

**Duration:** 4 hours

**Magical Benefit:** All bonuses from aid another actions, flanking, and skill check assistance are increased by +1. The consumer of a tart can only benefit from this if they are assisting or being assisted by the consumer of the other tart. Additionally, treat any teamwork feat possessed by either consumer as if it were possessed by both tart consumers.



## How Long Does it Take to Eat?

Meals are something which should be enjoyed, not wolfed down in order to gain bonuses and powers. We encourage the use of common sense when determining how long it takes to eat a meal. A cupcake can be devoured in less than a minute while a full chicken dinner would take several. Meals which can be saved for later are generally designed to be snacks with small portions. Eating these meals is a standard action and they should be treated as a potion for the purposes of traits, feats, and class abilities which speed up consumption.

## How Much Do I Need to Eat?

A creature needs to eat an entire serving of a meal in order to absorb all of its magical power and benefit from the effects consumption confers. The benefits of a culinary magic meal begin the moment the last bite of the meal has been consumed unless otherwise noted.

## Can X Benefit from a Meal?

In order to benefit from a culinary magic meal, a creature must be able to consume and digest the food. Most constructs, for example, could not benefit from swallowing a meal, even if they were physically capable of the act, because they cannot digest food but an ooze, such as a gelatinous cube could, because it digests organic matter absorbed inside of it for fuel. As always, the ultimate decision as to which creatures can benefit from culinary magic rests with the GM.

# Pricing Culinary Magic

Creating a masterful magical meal isn't without cost. A good dish takes time, effort, and quality ingredients. And quality ingredients cost money. Each culinary magic recipe includes a listing for cost which corresponds to the types of meals as presented in the equipment section of *The Pathfinder Roleplaying Game* as well as a notation of any usual ingredients. Gamemasters can determine the cost of ingredients needed for a meal or the sale value of a meal once created by consulting the chart below. Note that the cost of the ingredients covers everything needed to make the meal for a number of servings as indicated in the recipe, while the sale value is for a single serving of the recipe. Because culinary magic meals produce effects beyond just taste and the satiation of hunger, they require the best possible available ingredients and cost more than a normal meal of the same quality level.

Table: Culinary Magic Meal Cost

Quality	Ingredient Cost	Sale Price per Serving
Poor	1 gp	2 gp
Common	2 gp	3 gp
Good	3 gp	5 gp

In addition to the base cost, some meals also require rare ingredients such as manticore meat or giant bee honey. Rather than price out each possible item individually, the cost of an unusual ingredient can be determined based on the CR of the creature and its relative rarity using the charts below.

To determine the cost of a rare ingredient, first determine the CR of the creature the item was harvested from and then multiply it by the modifier based on its rarity in the region. Rare ingredients also increase the sale price per serving of a culinary magic meal in much the same fashion. To determine the sale price of a culinary magic meal, multiply the value listed under the "Added Sale Price per Serving" column in Table: Rare Ingredient Cost by the appropriate modifier for rarity and then add the resulting number to the sale price per serving as determined by the meal's original cost.

Table: Rare Ingredient Cost

CR	Cost per Ingredient	Added Sale Price per Serving
1/4	1 gp	2 gp
1/3	2 gp	3 gp
1/2	3 gp	4 gp
1	6 gp	8 gp
2	14 gp	20 gp
3	20 gp	28 gp
4	28 gp	39 gp
5	38 gp	53 gp
6	50 gp	70 gp
7	65 gp	91 gp
8	83 gp	116 gp
9	106 gp	148 gp
10	136 gp	190 gp
11	175 gp	245 gp
12	225 gp	315 gp
13	290 gp	406 gp
14	375 gp	525 gp
15	487 gp	682 gp
16	625 gp	875 gp
17	800 gp	1,120 gp
18	1,025 gp	1,431 gp
19	1,325 gp	1,855 gp
20	1,675 gp	2,345 gp

Table: Rare Ingredient Price Multiplier

Type	Multiplier
Domesticated, common	x1/4
Domesticated, rare	x1/2
Hunted, common	x1
Hunted, rare	x2
Exotic	x3

In the end, the setting determines what creatures are domesticated, hunted, exotic, common, or rare. Cows may be classified as “domesticated, common” in a rural pastureland but “domesticated, rare” in a desert setting. In more fantastical settings, owlbears and manticores may be considered rare but domesticated beasts and their eggs and meat might be sold at upscale markets in major cities. GMs should feel free to adjust the prices in whatever way makes sense for a campaign.

Of course, the price structure as outlined above assumes the cook buys all their ingredients. Any ingredient obtained the old fashioned way, through gardening, hunting, or thieving, shouldn’t be charged for.

## Culinary Magic and Vows

A monk undertaking a vow of poverty can eat any culinary magic meal with a cost of poor without breaking their vow. Consuming a culinary magic meal with a value of common or good would break a vow of poverty unless the meal’s effects are strictly curative. Monks undertaking a vow of fasting cannot eat any culinary magic meal without breaking their oath.



# Index of Recipes

Recipes with a marked (\*) Cost have special and/or rare ingredients.

## Breakfast

Recipe	DC	Cost	Effect	Duration
Bombay Toast	10	Poor	Bonus to Craft, Profession, and Constitution checks.	8 hours
Chimera Milk & Cookies	15	Poor*	Bonus to Will saves vs. mind-affecting effects.	4 hours
Crisp Rice Cereal	15	Poor	Resist sonic damage.	4 hours
Dark Cinnamon Pour-ridge	15	Poor	Roll twice on Craft (alchemy) checks	12 hours
Excellibur's Eggcellent Soft Breakfast Wrap	20	Good	Temporary hit points.	12 hours
Indlovu Omkhulu Phutu Pap	25	Common*	Bonus to Strength.	10 minutes
Kaira's Gladiator Breakfast	10	Poor	Increase running time before Con check.	1 hour
Kaldor's Breakfast Eatzza	20	Common	Bonus to Diplomacy and Knowledge (local) checks.	6 hours
Laurel's Raptor Omelette	20	Common*	Bonus to two Str or Dex based skills.	6 hours
Moonlight Croissant	20	Poor	Bonus on saves vs. lycanthropy.	Special
Oozing Oatmeal	15	Poor	Bonus on Knowledge checks to identify oozes.	12 hours
Qale Cakes	20	Common	Bonus on multiple checks involving coins.	8 hours
Star-Soldier Waffle	20	Common	Bonus on attack and damage while flanking.	6 hours
Zabaglione	15	Poor	Add Con modifier to one Str or Dex based skill check.	3 hours

## Soups and Salads

Recipe	DC	Cost	Effect	Duration
Armanthus's Manticore Chili	15	Common*	Bonus to damage vs. hybrid creatures.	4 hours
Caprese Salad	15	Common	Bonus to saves vs. spells w/ alignment descriptor.	2 hours
Chicken Pasta Salad	15	Common	Bonus to attack vs. swarms.	4 hours
Cloudy Miso Mushroom Soup	15	Common	Extend range of vision.	6 hours
Dragonsbane Soup	20	Common	Negate first attack of breath weapon made by chromatic dragon.	3 hours
Essential Broth	10	Poor	Bonus to Con checks vs. starvation and thirst.	Special
Fagiolata	15	Common	Deal lethal damage with unarmed attacks.	2 hours
Gloop Stew	10	Common*	Body becomes disturbingly malleable.	1 hour
Herbivore Mountain	25	Common	Gain bite attack against plant types.	4 hours
Liar's Bane Lung Fung	25	Good*	Suffer intense pain when lying.	4 hours
Osgood's Herbalist Salad	15	Common	Consumer becomes a shrub.	1 hour
Nevira's Lucky Pot	20	Common*	Reroll a single die with a result of 1.	8 hours
The Simple Yet Delicious Orim's Oxtail Stew	15	Good*	Bonus on saves vs. fatigue, exhaustion, and petrification.	24 hours
Soto Ayam	25	Good	DR vs. flying, feathered creatures.	4 hours
Sphinx Salad	20	Common*	Bonus to Knowledge checks to identify specific type of creature.	8 hours
Squirrel Stew	20	Common	Cheeks function like <i>bag of holding</i>	4 hours
Very Merry Berry Salad	15	Good	Bonus on Perception checks to avoid surprise.	12 hours

## Entrées and Sides

Recipe	DC	Cost	Effect	Duration
Bone Bread Flour	10	Poor*	Giants gain temporary hit points.	Special
Brok's Fried Frog Legs	15	Good	Bonus to Acrobatic checks to jump.	4 hours
Catoblepas Cakes	15	Common*	Immunity to stench ability.	3 hours
Cauliflower Crust Pizza	15	Common	Bonus to Sense Motive checks vs. creatures of a different type.	8 hours
Creamed Spinach	15	Common	Immunity to bleed damage.	2 hours
Dire Elk Loaf	15	Good*	Regain twice as many hit points while resting.	24 hours
Elven "Meat"balls	15	Poor	Bonus when taking 20 on skill checks.	8 hours
Flaming Crab Cakes	15	Common*	Burp out flaming crabs.	Special
Grandmother Gianna's Zucchini Cake	20	Good	Bonus to AC and saves against plants.	8 hours
Kaijuu Nigiri	20	Common*	Breath underwater.	1 hour
Korred Haggis	25	Good*	Entangling hair.	Special
Lektar's One God Ale	15	Poor*	Bonus to CMD.	2 hours
Keg Beer Bread				
Murgash's Amazing Grinder	20	Common	Extend duration of shapeshifting.	Special
Mushroom and Apricot Pheasant	15	Good	Bonus to Climb checks.	2 hours
Mushroom and Apricot Stuffing	15	Good	Reduce falling damage.	2 hours
Mushroom Flowers	15	Common	Bonus to Disguise checks.	4 hours
Odessa's Poached Protoplasm	10	Poor*	Penalty to Fortitude save vs. poisons.	1 hour
Orange Cockatrice	15	Good*	Bonus to Will saves vs. fear.	8 hours
Orange Sauce	15	Common	Reduce effect of exhaustion and fatigue.	Instant
Risotto della Belladonna	15	Common	Gain dowsing occult skill unlock.	6 hours
Shabjing's Caramelized Mushroom Delight	15	Common	Bonus to saves vs. poisons.	6 hours

Singing Blackbird Pye	15	Poor*	Bonus to Perform (sing) checks.	1 hour
Stupendous Stomfelleon Owlbear Egg	25	Poor*	Gain scent ability and bonus to Perception checks.	4 hours
T'Vanka's Dwarven Curry	20	Good	Gain resist fire 5.	4 hours
Volkiir's Golden Spaghetti	15	Poor	Breath fire.	1 hour
Wod Fifthson's Sculpted Onion	25	Common	Bonus on Artistry, Craft, and Perform checks.	8 hours



## Desserts and Treats

Recipe	DC	Cost	Effect	Duration
Allesta's Whiskey Jelly Jar Ohs	20	Common*	Chance for a lucky roll.	1 hour
Candy Flatware	25	Common	Increase duration of other recipe effects.	Special
Cedric Phul's Yellow Snow	10	Common	Bonus on saves vs. fire abilities and spells.	6 hours
Fairy Cakes	15	Poor*	Gain ability to fly with happy thoughts.	6 rounds
Gingerbread Golems	25	Common	Create cookie minions.	1 hour
Goodberry Jam Tart	20	Poor*	Bonus on saving throws vs. disease.	24 hours
Granny Figit's Apple Cake	15	Common	Bonus on Handle Animal and Knowledge (nature) checks.	4 hours
Meepo's Kobold Gingerbread Trap	25	Good	Create an exploding gingerbread house.	3 days
Pears & Cheese	10	Common	Bonus on Charisma checks vs. other races.	4 hours
Pecan Pie	30	Common	Create a <i>sanctuary</i> effect.	Special
Ravien's Sniper's Pudding	15	Common*	Reduce penalty to remain unseen when sniping.	4 hours
Ray Rae's Regionally Famous Chaos Cupcakes	20	Common	Random effects.	Special
Restful Cream	15	Good	Bonus to Will saves made while sleeping.	8 hours
Sanguinaccio di Drago Dolce	25	Common*	Bonus on saving throws vs. dragon magic.	6 hours
Seventh Heaven Chocolate Cake	20	Good	Gain the ability to speak Celestial.	1 hour
Sir Teg's Marmalade Rocks	10	Common	Bonus to concentration checks and Will saves.	15 minutes
Tandem Tarts	20	Common	Increase aid another bonus.	4 hours

## Beverages and Snacks

Recipe	DC	Cost	Effect	Duration
Allandria's Witch's Brew	Special	Common*	Burp a healing cloud.	Special
Bruschetta	10	Poor	Gain a garlic aura.	1 hour
Buffalo Griffin Dip	20	Good*	Bonus to initiative checks and attacks of opportunity.	4 hours
Citrus Posset	20	Common	Detects the undead.	Special
Delhadron's Dried Black Eyed Peas	15	Poor*	Gain low-light vision and dark vision.	1 hour
Fairy Rings	20	Poor	Gain woodland stride ability.	2 hours
Fire-Grilled Ba-corn Cobs	15	Common	Improves ability to walk along narrow surfaces.	8 hours
Kurdan's Krazy Lemonade	15	Common	Can act during a surprise round.	4 hours
Life Leech Wafers	15	Poor*	Damages healers and heals damage.	8 hours
Madge's Mulled Wine	15	Good	Gain <i>endure elements</i> against cold.	6 hours
Pizza Margherita	15	Common	Extend duration of friendly mind-affecting effects.	6 hours
Rusk with Giant Bee's Honey	15	Poor*	Can locate others who have eaten the rusk.	8 hours
Sasira's Wicked Spider Silk Noodles	20	Poor*	Gain DR/2 slashing.	1 hour
Scroll Dough	Special	Poor*	Create edible scroll	Special
Twistocain's Friendship Herb Twists	15	Common	Bonus to Diplomacy checks.	1 hour
Zrinko's Superb Cinnamon Rings	20	Common	Reduce penalty for aging.	1 hour

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