

A
COOKBOOK
OF
THE REALMS



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A WORD FROM THE SAVORIST

It always amazes me how food brings people together. Even in these dichotomous and tumultuous times, a shared meal can speak in a way that words cannot. Food creates unity with layers - harmony with depth. I've learned that a shared meal not only binds people together at the table, but on a deeper level, means something different to each person eating it. Shared individualism - where else can you find that so readily? In music, maybe. Yes - food and music are very similar experiences. And while music moves my soul, it's food that keeps me nourished enough to enjoy a good song.

To a man from Enchea, a bowl of hot stew means momentary comfort in a gathering storm of war. To a half-elf from Erenoth, a drop biscuit means being home again, and feeling young. To a Drogus dwarf from Dragongrin, a hearty Kruss shank means finally feeling warm and dry after months at sea.

In the end, food is everyone's own personal tradition that we all share pieces of, making a new whole. It's not just about nutrients and sustenance - it's about sharing something personal. It's about honesty and identity. And it's something that can literally be quite magical. Food is the great unifier, and the great equalizer - we all get hungry, no?

My name is Arlen Jonathan Benjamin, and I am a Bard of the Gastronomy College, from the Circle of the Silver Page. I love food and everything it stands for, and it is my charge to search out the unique, the magical, and the mythical foods in any realm my feet can touch here in the lands of Arbitron. Eating is not merely a material pleasure. It can be an arcane, or even divine experience, quite literally. I search out food that is magical in some way - any way - and taste it, enjoy it, and strive to share it with others.



A WORD FROM THE SAVORIST

I've written down all that I could in my recent travels through the various realms, and what you're holding now is my latest journal. I've travelled through the arcane storms of the Bleak, and over the various borders of this plane (and sometimes others) for the experience of food. This is a piecemeal (pun very much intended) smattering of my thoughts and experiences with various foods (both arcane and mundane) throughout my journeys. You'll also find that I've jotted down several recipes when I could get my hands on them - I wish you luck as you try them. I hope this book conveys the joy that's in my heart that stems from being lucky enough to experience these wonders of gastronomy. And I'm happy to be able to share them with you.

You tell me what you eat, and I will tell you who you are. This is who I am, for the time being. Who are you?

I hope you enjoy, and may your journey be distinct and delectable,

Arlen

Arlen Jonathan Benjamin, the Savorist



MY CULINARY JOURNEY TO ENCHEA

I've learned that the food in Enchea is as cultured and diverse as its people - and just as flavorful. However, it's been a bit difficult to find a quality meal as of late. The people are tense as I make stops into some of my normal haunts - rumors of war, and all of that terrible Lady Erynn business. Everyone's on edge, and that sort of thing can make its way into the food.

But you can still find a scrumptious entrée here if you look hard enough. And though it's oftentimes a bit thinner as resources become scarcer, it's got more heart than ever. There's still hospitality to be found in this world, and luckily, I know where to look.

One more thing of note: Ingredients are getting more expensive here. What used to cost five silver now costs ten. "Taxes for the coming war," I'm told.

BEST MEAL THIS TRIP

Cree Cod

Even with rumors of war on the horizon, there were plenty of folk in Sur Salin who were celebrating the Fall, a festival honoring the Winds of Sur Salin. The problem I have with Sur Salin's holidays is that they focus too much attention on the wine and the mead. And while the drinks are the smoothest you'll find in season, the food is often overly elevated with miniscule portions - cheeses on crackers and other nonsense like that.

But thank the gods for Veristou Mao, one of the oldest street vendors in Sur Salin, who understands the necessity of good food alongside good drink. From his simple wooden cart (that doubles as a stove), he cooks the freshest seafood north of the Oceanus Magneticus. His specialty each year at the

Fall is his famous Cree Cod, fresh from the nearby frozen lake of the same name. He leaves the head on, which might be strange to distant travelers, but after lightly frying the cod in a delicious handmade butter, oils, and Purt lemon straight from the Anderwood, he receives no complaints. It flakes and crumbles in my mouth, and I know how lucky I am to eat it. It's one of the most blissfully fresh and flavorful fish dishes I've ever eaten, and by itself, is the best reason to celebrate this annual holiday. It's amazing too, because eating Cree Cod remains one of the most vivid memories I have each time I eat it.

VERISTOU MAO'S CREE COD

Meal, uncommon

Details: This meal takes at least 5 minutes to eat for its effects to work.

Duration: The effects of this meal last until you take a short rest.

Effects: You gain advantage on all Intelligence checks and saving throws.



MY CULINARY JOURNEY TO ENCHEA

MEAL I'M SAD I MISSED

So apparently the dwarves of Sur Salin have figured out another clever thing to do with ale. But not just any ale, mind you. Apparently, they're brewing the stuff with a newly discovered spice, and it does wonders when you cook with it. It's called Rigas Seed, and has a very distinctive flavor. I've not eaten it myself, but I've heard it possesses an earthy, spicy taste with slight bitter undertones and a warm, penetrating aroma. The problem is that the only place the spice grows is in Rigas Pass, in the underground ruins of Gaya. It's a place that's a pain to get to if ever there was one. I heard that Khan Kahlo is paying handsomely for anyone to go there and return with some of this new, hard to come by spice. Come to think of it, I wonder how Khan Kahlo is doing these days. I should pay my old friend a visit!

MOST UNIQUE MEAL I ATE

Mania Orchid Fruit

I'm going to get a little technical with you for a moment as I talk about a very unique and dangerous ingredient. It is technically called Ekradolia (and the pronunciation of that is - well, different every time I hear it) until a rather famous tiefling coined a new name for it: the mania orchid. A little known fact about this dangerous little darling is that it is delicious when prepared correctly ... and deadly when it isn't. So obviously I had to try it.

The owner of Worthington's (the highfalutin tavern I found myself in) told me that the mania orchid is the second-most poisonous flower in Enchea, and was still very proud to serve it to me. I was excited to eat such a delicacy, but there was also some trepidation - if prepared wrong, it would

surely kill me. Luckily for me, my orchid fruits were prepared by a specially trained master chef, once head chef to Khan Barriz of Merrikor. As you can tell from reading this, I survived the meal and it was one of the most gorgeous and thrilling appetizers I've ever eaten - and I'd be lying if I said I didn't hallucinate just a little afterward (I couldn't sleep for two days, either). Most people have to pay for such a thing!



MANIA ORCHID FRUIT

Meal, very rare

Details: If you are able to find a location that serves this, you must first roll 1d10 to determine the cost of the meal in gold. This meal takes at least 20 minutes to eat for its effects to work.

Duration: 1d4 days (if survived).

Effects: When you eat the fruit, you must roll a d20. On the result of a 2, you fall to 0 hit points. On the result of a 1, you die in seconds, hallucinating powerfully. On the result of a 3 or higher, you enjoy a delicious meal, and are unable to be affected by magical sleep effects for 1d4 days.

MY CULINARY JOURNEY TO ENCHEA

TOOLS OF THE TRADE

Sulda Cup

This cup, most often found in New Gaudia, is known for magically keeping its contents at the perfect drinking temperature, be that hot or cold (depending on the cup). This is commonly believed to be an invention of the gnomes of Gaudia, but anyone who is anyone knows the Auroran elves crafted this wondrous item first.

SULDA CUP

Item, common

Details: This cup is most often found in New Gaudia, believed to be invented by either the gnomes of Gaudia or the Auroran elves.

Duration: The cup works indefinitely.

Effects: Magically keeps its contents at the perfect drinking temperature, be that hot or cold (depending on the cup).



SPECIAL INGREDIENT

Zueda Bean - (zway-dah)

These savory aromatic beans grow in a pod that has a rough and leathery rind. When dried and cured properly, these beans become a darker color and are very rich and sweet. They can be ground up and used in many recipes.

ZUEDA BEAN

Ingredient, uncommon

Details: Zueda beans need to be dried and cured properly to give these effects.

Duration: These effects end following a short rest.

Effects: If Zueda Beans are added to any recipe, they act as a sweet natural stimulant. Upon drinking or eating a recipe containing Zueda Beans, you may add 1d4 temporary hit points (exceeding your maximum hit points). If ending these effects would drop you to 0 hit points, you instead drop to 1 hit point.

RECIPES OF ENCHEA

GRAZER CHEESE AND TATERS

Total prep: about 5 minutes

Servings: 12

INGREDIENTS:

- 5 pounds of Gaudian potatoes (Yukon Gold will do nicely)
- 1/2 cup of butter
- 2 cups of grazer cheese (Parmesan is perfectly lovely)
- 1 cup of chopped fresh chives
- 1-1/2 of cups cream cheese
- 1/2 medium head garlic, peeled and minced
- Pinch of salt and pepper

DIRECTIONS:

1. Boil a pot of water and add the potatoes.
2. Cook until tender (but still firm).
3. Drain and return to stove over low heat for 1 to 2 minutes.
4. Add butter, grazer cheese, chives, cream cheese, garlic, salt, and pepper.
5. Use a goblin's skull (a potato masher also works quite nicely) to mash until smooth.
6. Enjoy!



SPIRE LIME PIE

Total prep: about 10 minutes

Servings: 8

INGREDIENTS:

- 1 (9-inch) prepared sweet cookie crust (graham cracker crusts work great here)
- 3 cups and 4 ounces of spiregoat's milk (the closest thing in our world is sweetened condensed milk)
- 1/2 cup of sour cream
- 3/4 cup of spire lime juice (the juice of 6 limes, supplementing the remainder by what you call "concentrate")
- 1 tablespoon of grated lime zest

DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit (175 degrees Celcius, or -3,627 degrees Infernal)
2. In a medium bowl, combine spiregoat milk, sour cream, lime juice, and lime zest. Mix well and pour into the prepared crust.
3. Bake in preheated oven for 5 to 8 minutes, until tiny bubbles begin bursting on the pie's surface.
4. Chill pie thoroughly before serving.
5. Garnish with lime slices, whipping cream, and enjoy!

RECIPES OF ENCHEA

DURAKIS SPICY STEW

Total prep: about 15 minutes

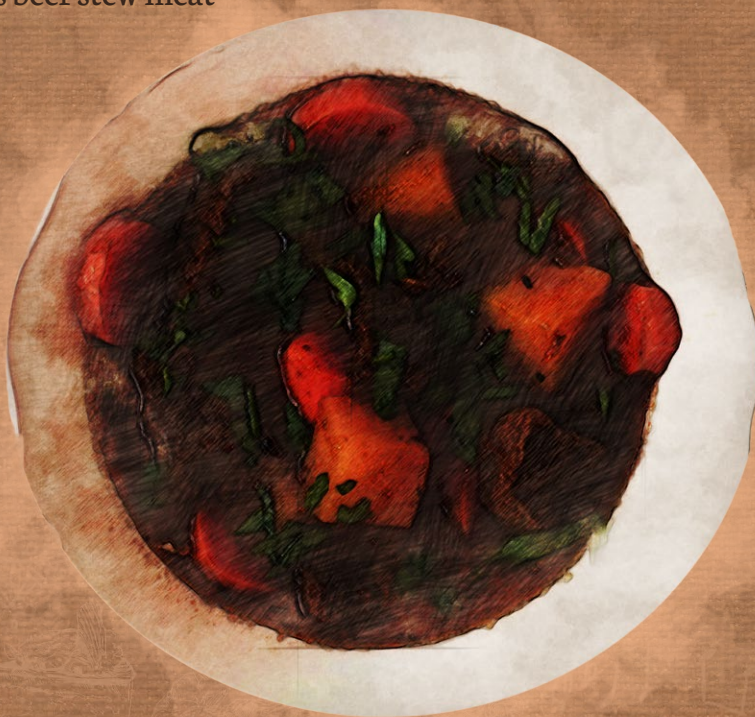
Servings: 10

INGREDIENTS:

- 1 yellow onion, diced
- 3 garlic cloves
- 2 cups of strained tomatoes
- 1/2 cup Durakis beef broth
- 2 tablespoons of fire powder (chili powder will work here)
- 1 tablespoon of ground cumin (it's amazing to me how many different worlds contain cumin)
- 1 tablespoon of oregano
- 1/8 teaspoon of cayenne pepper
- 1 tablespoon of imported Gaudian red wine vinegar (any red wine vinegar will work)
- Stag Sea salt to taste
- 4 pounds of Durakis beef stew meat

DIRECTIONS:

1. With a knife (or with a food processor, if you are fortunate enough to live in a modern world), chop the onion, garlic, strained tomatoes, beef broth, spices, and vinegar. Blend until smooth.
2. Place the stew meat into a Durakis patience pot (a slow cooker, for the likes of you), and add the sauce. Mix well.
3. Cover, and cook on low heat for six to eight hours.
4. Enjoy!



BEST PLACES TO EAT IN EASTERN ENCHEA

- 1 **The Temple.** An old temple in Myra that has been converted into a tavern. The old altar serves as the bartop.
- 2 **Worthington's Eatery and Drinkery.** This high-class establishment finds itself in the government district of Bressex. The entire building is made of petrified wood.
- 3 **Khan Barriz's Longhouse.** A welcoming politician is hard to come by, but Khan Barriz of Merrikor is the exception. Enjoy some wonderful stories, and even better Cree Cod, by his roaring fire, and you'll have a memory you'll not soon forget.
- 4 **The Ball o' Yarn.** Located in Hallowhall and known for its honey cakes, this was an excellent place to eat until the entire city collapsed in on itself. People would often pay handsomely for those treats. Come to think of it, I wonder if the owner's secret recipe might still be buried in the ruins there...
- 5 **Madam Kayleth's Diner.** Located on the banks of Lake Argyris in Aurora, this lovely, homestyle restaurant is dedicated to making every dish taste like it was made by the patron's mother. There must be some sort of magic at work here, because it works!
- 6 **Garthek's Cave.** If you are interested in some of the stranger meals of the world, this place is for you. So long as you can deal with the cavern's putrid, moldy stench, that is.

EATING MY WAY THROUGH ERENOTH

I've been around for quite a few culinary fads. And I don't mind them, usually - they tend to create a vibrancy and sense of unity in an area. But this time, here in Erenoth, a fad has gotten out of control, and it's awful. Here, in the Western Southlands, the culinary buzzword is ... owlbear. I'll be the one who says it, proudly: I don't get what the fuss is all about. I've tasted it (smoked over a bed of mash, and grilled over sweetwood). I gave it a fair shake, and it was far too gamey for me - not quite poultry, not quite red meat. Apparently one of the big draws is that owlbear is suddenly said to have all these newly discovered health benefits. So now every tavern from Fulgrim to Falhast has some variation.

Except for one. One glorious beacon of old-fashioned cooking seems to have escaped the trend: the Wayward Wanderer. Do you know why I love the Wayward Wanderer? Because they've had the same menu for as long as I can remember, and they don't follow trends. I'm reminded with each trend that some of the best meals are the classics. The old familiars. The ones I've grown to love because they haven't changed in years (like Rhian's legendary drop biscuits). I think we can all take a lesson from this - I need to remind myself to not let familiarity grow into taking something for granted. I think I'm going to take a trip for some biscuits sometime soon.



BEST MEAL THIS TRIP

Sabrecat Shank

The elves of the Shade Vale have always been stern-but-hospitable to the likes of me. But things were very tense this last time I visited. There were more orcs than I'd ever seen skulking so close to the Vale, and more odd characters too. So I decided to stay a bit off the beaten path this last trip. Not too far south of the city of Shade Vale is the small human-elven settlement of Teak. And one of the things that Teak is absolutely famous for is having the best cured meats in the Western Southlands. Salting, smoking, wet curing - they do it all, and they are the best. The only challenge is getting their meats around here. For as long as I can remember, they would have their various livestock delivered.

Lately, though, the roads have been unsafe - with the G'valt raiders getting braver, and this Provokers group causing problems wherever they go, the good people of Teak have gone closer to home with what they're offering. My meal? Sabrecat Shank. It was enormous, and had the bone still in it, scored as though I was feeding a family. I sat down and ate off of it until I made myself sick. I enjoyed it with some of what I call Vale Ale (a knockoff of spiced elven wine with some mead and ale thrown in) which made it a decadent meal that I won't soon forget. In fact, it almost made me glad that local troubles caused a meat shortage. It's been awhile since a meal was so satisfying and hearty, like I was a warrior king. I'd highly recommend it ... if you can make your way on the road safely.

EATING MY WAY THROUGH ERENOTH

HONEY CURED SABRECAT SHANK

Meal, rare

Details: This meal must be eaten in no less than 10 minutes for its effects to work.

Duration: The effects of this meal last until you take a long rest.

Effects: You gain advantage on saving throws against fear.



MEAL I'M SAD I MISSED

Brook Produce: My heart was broken when I heard that Brook was all but gone. Burned to soot by the G'valt, from what I've been told. There are some good-hearted people in Brook, and that's a pity and a shame. And I would be remiss if I didn't mention their legendary fruits and vegetables. If something can grow in the ground, it can be grown in Brook, and if it's grown in Brook, it's the best you've ever tasted. I'm ashamed to say that it's been years since I've been there (and had their Double Thick Stew:

the standard in savory vegetable flavors). I hear they're looking for adventurers to help them as they resettle. I hope that someone answers the call.



MOST UNIQUE MEAL I ATE

Rorge's Quick Pickles

If I can, I always stop by the Wayward Wanderer when I'm in the Western Southlands. I know it like the back of my hand, and I've tried everything on the menu twice at least. This trip, I was looking for Rorge before I left, and I found him doing the oddest thing. He was chopping a variety of vegetables with an axe. Nearby, he was boiling what smelled like strong vinegar in a brass kettle. When I asked him what he was doing, he said two words in his thick accent: "Quick Pickle."

He proceeded to take the axe-cut vegetables and drop them into a wide-mouthed jar. Then without blinking, he took the boiling vinegar, and poured it into the jar, drenching the vegetables. Cursing as hot vinegar splashed his arms, he said "you try," and pointed behind me. Low and behold, the curved wall of the roadhouse had two broad shelves full of

EATING MY WAY THROUGH ERENOTH

identical, wide-mouthed jars. How I missed this delectable and simple delight until now I'll never know, but I'm certain of one thing: trading recipes with this Firebrand dwarf guarantees that I'll be able to have them any time I want from now on.

RORGE'S QUICK PICKLES

Meal, uncommon

Details: The whole jar must be eaten during a short rest to gain this effect.

Duration: 1 hour.

Effects: This surprisingly hearty food evokes warm memories of home, no matter where the adventurer might be. Once the whole jar is eaten during a short rest, the adventurer regains 1d4 hit points, but has terrible breath for one hour. If this effect ending would drop you to 0 hit points, you instead drop to 1 hit point.



SPECIAL INGREDIENT

Keld Peppers

Coming from the southern jungles of Keld, these peppers are unique among their kind with their characteristic shape and paper thin skin. Ranging in various warm colors and sizes, they appear as a dented fruit with fragile, crumbling branches.

Handling and using Keld peppers properly in recipes is not easy, and they have been said to blind those who get the raw juice directly in their eyes. They are delicious, though, and one of the spiciest foods in Erenoth.

KELD PEPPER

Ingredient, rare

Details: An entire raw keld pepper must be eaten to gain this effect

Duration: These effects end following a short rest.

Effects: If a Keld pepper is eaten raw, the results can be very good, or very bad - rarely anything in between. Upon eating a raw Keld pepper, you must make a DC 12 Constitution saving throw. Upon failing, you take 1 fire damage from your burning mouth and furiously bubbling stomach. If you succeed, you gain advantage on all Constitution saves until you complete a long rest.



EATING MY WAY THROUGH ERENOTH



TOOLS OF THE TRADE

Thunder Brewer

This small, simple brewing machine from the dwarven city of Stone Rift is said to be able to ferment anything given enough time. If you put any three fruits or vegetables and some water into the Thunder Brewer, in 1d4 days, it will yield 1 pint of alcoholic liquid.

THUNDER BREWER

Item, uncommon

Details: A small, simple brewing machine from the dwarven city of Stone Rift.

Duration: 1d4 days.

Effects: Put any three fruits or vegetables and about a pint of water into the Thunder Brewer and in 1d4 days it will yield 1 pint of alcoholic liquid.

RECIPES OF ERENOTH

RORGE'S QUICK PICKLES

Total prep: 15 minutes

Servings: 2 (multiply recipe based on amount of vegetables)

INGREDIENTS:

- 1 cup of raw vegetables, chopped up with an axe (cucumbers, onions, carrots, peppers, etc. - you can feel free to use a proper knife here, but Rorge Firebrand swears the axe "makes the taste.")
- 1 cup of white vinegar, sour as you can get it
- 1 cup of water from the well outside (mind the otyugh down there)
- 1 teaspoon of Stone Rift salt (or Kosher salt, if you can't make it to the Stormlands)
- 1 teaspoon of sugar (unless if you like 'em real sour)
- 1/2 teaspoon of pepper flake from the faraway region of Keld (red pepper flake works fine here, if you don't want your tonsils burned out)
- 1 tablespoon of minced garlic

DIRECTIONS:

1. Chop the vegetables and place them into a heat-proof, airtight container with the garlic.
2. Boil the water, vinegar, sugar, salt, and red pepper flake, stirring frequently.
3. When the mixture is at a boil, turn off the heat and pour the hot brine into the container with the vegetables.
4. Let the vegetables cool to room temperature, then seal and hire a wizard to cool it off for you (or use a refrigerator, if you happen to own one of those new-fangled devices).
5. Enjoy once the mixture has cooled!

Note: These pickles will store for about a week, but they taste best within a couple of days of pickling. They're not meant for long term canning.



RECIPES OF ERENOTH

MARINATED DRAKE STEAKS

Total prep: 10 minutes (not including marinating time)

Servings: 3

INGREDIENTS:

- 1-1/2 pounds of drake flank (flank steak will do in a pinch)
- 3 tablespoons of brown sugar
- 3 tablespoons of red wine vinegar
- 3 tablespoons of drake's blood (soy sauce works too)
- 1-1/2 teaspoons of Keld pepper flakes (or red pepper flake works - if you're an infant)
- 1-1/2 teaspoons of paprika
- 1-1/2 teaspoons of chili powder
- 1-1/2 teaspoons of this new-fangled Worcestershire sauce
- 3/4 teaspoon of salt
- 1/2 teaspoon of black pepper
- 3/4 teaspoon of garlic powder

DIRECTIONS:

1. Combine all of the ingredients for your marinade in a large bowl. Stir well.
2. Place the steaks in an airtight container or resealable bag.
3. Pour 1/2 cup of the marinade over your steaks and place them in your refrigerator for two to three hours.
4. Light your grill (you can use a skillet, if necessary) and bring it to medium heat.
5. Lightly oil the cooking surface before adding the steaks.
6. Cook the steaks for about eight minutes per side, or until your thermometer reads 145 degrees Fahrenheit, basting them with the remainder of the marinade as it cooks.
7. Remove the steaks from the heat, slice them across the grain, and enjoy!



RECIPES OF ERENOTH

CAST-IRON CRATER CAKE

Total prep: 10 minutes

Servings: 4

INGREDIENTS:

- 2 tablespoons of butter (cold or room temperature)
- 2 large eggs (or 3 small eggs)
- 1/2 cup of all-purpose flour
- 1/2 cup of milk (any kind - this cake isn't picky)
- 1/4 teaspoon of salt
- 2 teaspoons of sugar or brown sugar

Optional toppings/ingredients: 1/2 cup of any type of jam, sliced fresh or frozen fruit, whipped cream, honey, maple syrup, or just about anything else - get creative!

DIRECTIONS:

1. Preheat your oven to 400 degrees Fahrenheit.
2. Place the butter in a 9-inch or 10-inch cast-iron skillet or pie plate.
3. Place the pan in the preheating oven to melt the butter while you mix the cake batter together. (Be sure to check on the butter frequently to make sure it doesn't burn).
4. Remove the dish (careful - it's hot!) and set aside until your batter is ready.
5. In a large mixing bowl, beat the eggs slightly.
6. Beat in the flour, milk, and salt until just mixed - do not over-mix!
7. Sprinkle about half of the sugar or brown sugar evenly over the melted butter (If you are adding fresh or frozen fruit, pour or lay it over the melted butter/sugar combo).
8. Pour the batter into the dish (If you are adding jam, drop spoonfuls of it on top of the raw batter.)
9. Sprinkle the remaining sugar over the top of the raw batter.
10. Bake for 20 to 30 minutes or until puffy and golden brown.
11. Slice into wedges, top with whatever you'd like, and enjoy!



BEST PLACES TO EAT IN THE WESTERN SOUTHLANDS

- 1 **The Wayward Wanderer:** Rustic roadhouse on the Meridian. It's owned by former adventurers and serves hearty, flavorful food.
- 2 **The Curtain:** Lounge-style bar in Stone Rift, nestled behind a waterfall. Their hair-raising speciality is the static shot, a strong liqueur infused with lightning.
- 3 **The Sunken Dock:** Charmingly rundown tavern on Loch Brunne in Fulgrim. The barkeep, Brine, pours the best pint in Erenoth, despite the constant tilting and rocking of the floating establishment.
- 4 **The Barrowbar:** Makeshift tasting room in Brook, serving local Barrow Stout. Built inside a stable.
- 5 **Wurm's Breath:** Restaurant in Falhast specializing in spicy dishes. Frequented by wizards. Patrons must sign a contract ensuring the restaurant is not responsible for any harm done by consuming the fiery faire.
- 6 **Teak:** Small settlement of humans and elves on the outskirts of Shade Vale. Known for their delicious cured meats and dried fruits.

DELICACIES FROM DRAGONGRIN

You may think it strange that I travelled to Dragongrin in the first place - let alone the fact that I chose to spend most of my time there underground. Svir Below is a place that's brimming with history and culture, and it's a shame that a lot of it is washing away in its subterranean canals as life there gets harder and harder. The salvage dwarves are in full swing, making more noise than ever - and cooking up ancient charbroiled fish that you can't get anywhere else. The trick is, to get your hands on some, you've got to get yourself aboard Surga, their salvage city that floats atop the ocean of Titan Blood.

Offering to cook for them for a week, the Drogus of Surga allowed me passage, and it was one of the most rewarding and difficult experiences of my life. I ate all kinds of marine life pulled straight from an ocean of archaic titan blood. I even almost died when we pulled something from Golis that surprised everyone (a story for another time). Svir Below is still alive, and though not thriving, it's surviving. Though I hate to say it, there's something unbelievably delicious about food that's born of the pain of a place trying to survive. There's a different sort of soul to it.

Sarfvin Truffles

After spending a week on a salvage barge with a pack of dwarves, I was ready for a hot bath, and a hot meal - the meat of something savory that walks on dry ground. Turns out that my meal would be a little closer to the ground than intended, and wouldn't be entirely dry. I found myself wandering, and dangerously, between the cities of Nachten and Fiyr. I couldn't have been more happy to see a Halfling hospitality barge. I boarded immediately, and treated myself to some much deserved luxury.

After a hot bath and a short rest, I joined the guests in the dining room. They were serving something that I had only heard of recently: Sarfvin Truffles, right out of the Ordmist. These large, thick mushrooms were tremendously expensive, but some of the most full-flavored and juicy delights I had ever eaten. I would dare say these truffles beat out any steak I could have found in the entirety of Svir Below. I felt euphoric after eating them. In fact, I ended up joining the dining room band in singing a song -and I can't carry a tune in a bucket.

SARFVIN TRUFFLE

Meal, rare

Details: This meal must be eaten in no less than 10 minutes for its effects to work.

Duration: The effects of this meal last until you take a short rest.

Effects: You gain advantage on Charisma checks and saving throws against one creature of your choosing.



DELICACIES FROM DRAGONGRIN

MEAL I'M SAD I MISSED

I'm ashamed of myself that I did not get to visit the pioneers and undisputed masters of arcane gastronomy while in the borders of Dragongrin: the Granok Thane Tieflings. My teacher was a Granok Thane (Uldak the Searing). I know what a cardinal sin this is. The issue is they've had some awful trouble with some sort of giant construct? A magical prison or some such thing? Laid waste to their villages and outposts. It's a tragedy. I've even heard that they're looking for some stalwart adventurers to help them rebuild.



TOOLS OF THE TRADE PENDEL GRUNG'S FIRE PIT

This notorious trapsmith from the land of Dragongrin keeps up an honest public persona by selling his patented portable fire pit. It's easy to light, and most importantly for those cooking while travelling, its grating system allows you to keep an even heat consistently, and change the temperature.

Pendel Grung's Fire Pit is intuitive and easy to use, and can be set up in 1d4 minutes. When using it, your food will almost always taste better. Some clever adventurers may realize that with a few modifications, this pit could easily become a trap (the pits have become notorious for this

use). Make an Intelligence check (DC 15) to see if you're able to make the required modifications to do so.

MODIFIED FIRE PIT

With modifications, this fire pit is now a metal trap that, when triggered, will latch around one target's leg like a bear trap. This is a trap that can be set in a five-foot square. To do so requires a DC 10 Dexterity check (with proficiency if using Thieves Tools). If you succeed in setting the trap, any creature who enters its 5-foot square must make a DC 10 Dexterity saving throw (DC 10), or take 1d6 piercing damage and be restrained until they can make a DC 10 Strength check to escape.

DELICACIES FROM DRAGONGRIN

MOST UNIQUE MEAL I ATE

Rack of Dire Lamb

There's a "dire" everything it seems, and they're usually trying to kill me. Luckily this was very different. In my most recent journey to Svir Below, I learned that the canal city of Mirda (known for its wonders in technology) have actually bred Dire Lambs (yes, really). I had to see this for myself (and taste it if possible). I certainly wasn't disappointed. These lambs had taken on an almost primal look, coming as close to dangerous as any lamb ever could. Three times the size of an average lamb, it took a team of armored men to slaughter these beasts. But when they did, the meat was some of the most tender and flavorful that I have ever tasted. I opted to spend the money and sprung for the rack of dire lamb. I was told that it was important to eat the meal slowly to feel its full effects.



RACK OF DIRE LAMB

Meal, very rare

Details: The time you take to eat this meal changes its effects.

Duration: The effects of this meal last until you take a short rest, or expend their properties.

Effects: If you eat this meal in 10 minutes or less: You gain advantage on all Dexterity (Stealth) checks.

If you take at least 10 minutes to eat this meal: You may roll a d10. The results become better the higher you roll, and are as follows. You gain the effect for the number that you roll, and all of the effects below it.

1-5 - You gain advantage on Dexterity (Stealth) checks.

6-7 - You may add your proficiency bonus to Dexterity (Stealth) checks. If you are already proficient in Dexterity (Stealth), you gain advantage instead.

8-9 - The Wisdom (Perception) check of any creature that actively searches for signs of your presence has disadvantage.

10 - You can hide in plain sight from a creature that can see you. You may do this once only. This can occur in combat. This is not an immediate success, you still must roll a Dexterity (Stealth) check, but you may do so without being hidden or in cover. This effect lasts for 2 rounds. If you move, you must make another Dexterity (Stealth) check to remain hidden in plain sight. If you fail, the effect ends. If you attack, the effect ends.

DELICACIES FROM DRAGONGRIN

SPECIAL INGREDIENT

The Devil Pear

The Devil Pear is native to coastal and mildly temperate regions of Grinn. Said to be from the Old World and touched by the primordials, the Devil Pear is a very rare fruit. Reddish in color, and always having exactly one split black leaf on its stem, the pear gets its name from its appearance. If you can find a healthy Devil Pear tree, it looks like dozens of tiny red devils, each with a single cloven hoof, dangling from the branches. Though devilish in appearance, the Devil Pear's effects are quite the opposite.



DEVIL PEAR, THE

Fruit, very rare

Details: An entire devil pear must be eaten to gain these effects.

Duration: Once prior to a long rest.

Effects: When you eat a Devil Pear, roll 1d6, and use the result from the table below.

1-2 - The eater of the pear feels especially adept. Once before a long rest, they may roll 1d4 and add the number rolled to one ability check of their choice. (They can decide to roll the d4 before or after their ability check roll).

3-4 - The eater of this pear feels especially prepared. Once before a long rest, they may roll 1d4 and add the number rolled to one saving throw of their choice. (They can decide to roll the d4 before or after their saving throw roll).

5 - The eater feels especially lucky. Once before a long rest, if they drop to 0 hit points, they immediately stabilize. This has no effect on undead or constructs.

6 - The eater feels especially strong. Once before a long rest, if they drop to 0 hit points, they instead drop to 1.

RECIPES OF DRAGONGRIN

GRANOK THANE FRIED POTATOES (GRANOK FRIES)

Total prep: about 20 minutes

Servings: 4

INGREDIENTS:

- 4 Svir tubers, (big, long Idaho potatoes work just as well)
- 2 quarts of liquid chimera fat (peanut oil is the best stand-in) to fill a pot or fryer
- Golis Ocean salt (any kind of salt will do)

DIRECTIONS:

1. Peel the potatoes and cut them into 1/2-inch sticks.
2. Put them directly into a bowl of ice water. Leave them for at least 30 minutes.
3. Remove them from the water and rinse well in cold water.
4. Empty water from the bowl and set aside.
5. Using a heavy-bottomed pot or fryer, heat the oil to 280 degrees Fahrenheit.
6. Cook the potatoes in batches (however many will fit in your cooker) for 6-8 minutes each, until soft and somewhat transparent.
7. Remove each batch from the oil and spread them evenly on a baking sheet, letting them sit for at least 15 minutes.
8. Line the bowl you used in step two with a paper towel or clean, dry cloth.
9. Bring your oil up to 375 degrees Fahrenheit and re fry the batches of potatoes for 2-3 minutes each or until golden-brown.
10. Remove the fries from the cooker using a skimmer or wire basket and CAREFULLY shake off excess oil.
11. Add salt to taste, mix the fries around a bit, and enjoy!



RECIPES OF DRAGONGRIN

SVIRBURGERS (SURGA BURGAS)

Total prep: about 30 minutes

Servings: 6 (1 Drogus serving)

INGREDIENTS:

- 1/2 cup of Drogus creamed fat (mayonnaise is the closest substitute)
- 1/3 cup of Ulte Borgne tomato catch (ketchup can be used here)
- 1 tablespoon of red wine vinegar
- 1 tablespoon of grated onion
- 1 tablespoon of chopped parsley
- 1 tablespoon of chopped tarragon
- 1 teaspoon of this new-fangled Worcestershire sauce
- 12 ounces of thickly sliced harpy bacon (pork bacon is a close second)
- 1-1/3 pounds of ground beef chuck
- 1-1/3 pounds of ground sirloin
- 1 teaspoon of Golis Ocean salt (in your realm, I suggest kosher salt)
- 1/2 teaspoon of freshly ground pepper
- 2 tablespoons of unsalted butter, melted
- 3 ounces of sharp Grinnback cheese, cut into 6 slices (cheddar cheese has a similar tang)
- 6 Fiyr fresh buns, split and toasted (your realm's "hamburger" buns will work fine)
- 6 leaves of iceberg lettuce
- 6 slices of Ulte Borgne tomato (any decent size tomato is fine)
- 6 slices of red onion
- 1 bowl of ice water

DIRECTIONS:

1. In a medium bowl, whisk the mayonnaise, ketchup, vinegar, and Worcestershire sauce.
2. Add in the onion, parsley, and tarragon.
3. Place the bowl in the refrigerator temporarily (or hire a wizard to freeze it, if such help is available).
4. In a large skillet, cook the bacon over medium heat to taste. 6 minutes gets it nice and crispy.
5. Remove bacon from heat and cut into large pieces.
6. Light your grill (you can use a skillet if you'd like)
7. Gently mix the ground chuck with the ground sirloin, and add the salt and pepper.
8. Form the meat into inch-and-a-half thick patties, roughly four inches across.
9. Submerge the patties in your bowl of ice water and let soak for 30 seconds.
10. Immediately transfer the burgers to the grill, cooking until the patties are 160 degrees Fahrenheit (or to taste), brushing occasionally with butter.
11. Top the burgers with the cheese during the last minute of grilling.
12. Spread your sauce over the buns, then place the lettuce, tomato, burger patty, bacon, and onions to complete the burger.
13. Close them up, cut them in half, and enjoy!



RECIPES OF DRAGONGRIN

HEARTHBAKED OAKENCHIP COOKIES

Total prep: about 15 minutes

Servings: 72 cookies

INGREDIENTS:

- 4 1/2 cups of all purpose ashflour (regular flour is fine, and far less smoky in flavor)
- 2 teaspoons of Granok Thane steadybake (If you must substitute this, baking soda is best)
- 2 cups of softened butter
- 1 1/2 cups of packed brown sugar
- 1/2 cup of white sugar
- 2 boxes of Vilok stout pudding (3 1/2 ounces per box) (instant vanilla pudding is probably the most passable for you)
- 4 eggs
- 2 teaspoons vanilla extract
- 4 cups semisweet oakenchips (you probably can't get these, so chocolate chips will do fine)
- 2 cups chopped walnuts (optional for those savages that enjoy walnuts in an oakenchip cookie)

DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix the flour and baking soda. Set aside.
3. In a large bowl, cream together the butter, brown sugar, and white sugar.
4. Beat in the pudding mix until blended.
5. Beat in the eggs, vanilla, and flour mixture.
6. Stir in the chocolate chips and walnuts.
7. Drop cookie mixture by rounded spoonfuls onto ungreased cookie sheets.
8. Bake for 10-12 minutes. Edges should be golden brown.
9. Enjoy!



BEST PLACES TO EAT IN DRAGONGRIN

- 1 **Luna Ressa:** Up a flight of stairs carved into the Svir mountain range on the Grinn side is a restaurant open on nights only when a single shaft of moonlight illuminates it.
- 2 **Storkton's:** Inside the Copper Sun, the capital of Innes, is a buffet of enormous proportions. Serving the most popular foods from all over Arthunvale, it's the only place you can reliably (and safely) find Svir Tubers served aboveground.
- 3 **Goat Hoof Bistro:** By stacking the meats of different creatures on a spit and roasting them for hours, a delicacy unknown outside the lands of Jahar was created. Served on different breads with various dressings throughout the year, it's unlikely they ever serve the same meal twice.
- 4 **The Cornerstone:** Not so much a great place to eat, but this tavern run by the Drogus in Svir Below has the finest and most varied collection of delicious aged spirits in central Dragongrin. Be mindful, community shots and pit fights are quite normal.
- 5 **The Slaughtered Goat:** A very hard to find tavern hidden in the rolling hills of Varnholme, this place is said to serve some of the rarest meats of the land, including (but not limited to): werewolf, rakshasa, and even pit fiend and dragon occasionally.
- 6 **The Bloodied Hero:** Any one of a handful of sandwich shops in the most metropolitan area of Grinn. Obviously a play on words referring to the terrible events that happened during Lightfall, they have the most fantastic sauces that they put on their sandwiches.

SAUCES, DIPS, AND TOPPINGS

Hunger is a mighty fine sauce, I've learned. There's nothing that can make an average meal more magnificent than neglecting to eat for longer than one should. But what about those meals that are magnificent as they are? The ones that don't need an extra voracious appetite to be palatable? Well, when you add the perfect sauce to these, you take something elevated and skyrocket it into the Aether Stars of Old Dragongrin.

Here are a few of my old reliable sauces, dips, and toppings for you to use, whether you're masking a terrible meal, or elevating an incredible one (a good sauce could make this book itself palatable, you know). These recipes are simple and delicious. They have never failed me, and I can say with certainty they won't fail you either.



THE PERFECT HOMEMADE RANCH

Total prep: 15 minutes

Servings: 8

INGREDIENTS:

- 1 cup of real mayonnaise or light mayonnaise (not Miracle Whip)
- 1/2 cup of sour cream (or Greek yogurt)
- 1/2 cup of buttermilk
- 1 packet Hidden Valley Ranch dressing mix

DIRECTIONS:

1. Whisk all the ingredients together.
2. Serve as a salad dressing or as a dip for vegetables.
3. Enjoy, and be sure to refrigerate any leftovers!

Optional: For some wonderful snap, and heat, add a single, finely diced jalapeño. Fresh jalapeño works best, and include the seeds if you want to turn up the heat.

SAUCES, DIPS, AND TOPPINGS

SMOKED JALAPENO CHEESE DIP

Total prep: 15 minutes, let sit overnight

Servings: 8

INGREDIENTS:

- 3 cups of sharp cheddar cheese (tastes better if you grate it yourself)
- 1 cup of mayonnaise
- 1/2 cup of chopped jalapenos (to taste)
- 1 tablespoon of jalapeno juice
- 1 teaspoon of garlic powder
- 1/2 teaspoon of cayenne pepper

DIRECTIONS:

1. Mix all of the ingredients together and let set overnight (at least).
2. Stir again before serving, and enjoy!



DRAGONGRIN SIMPLE SALSA

Total prep: 15 minutes, let sit an hour (optional)

Servings: 8

INGREDIENTS:

- 5 Roma tomatoes
- 1/2 a bunch of cilantro
- 1/2 a red onion
- 2 tablespoons of lime juice
- Salt and pepper to taste

DIRECTIONS:

1. Dice the tomatoes, cilantro, and red onion into chunks (as chunky as you'd like!).
2. Put the vegetables into a bowl, and add your lime juice.
3. Stir and enjoy! (They are best when refrigerated for at least an hour).

Optional: For some heat, you can add a fresh jalapeno, diced. Including the seeds will increase the heat. Adding lemon juice can also broaden the acidity.

HAPPY HOLY DAYS!

Gratitude can transform common days into festivals, but food certainly doesn't hurt in doing that too.

The end of the year has two of my very favorite culinary celebrations - Grateful Harvest and Wintertide. Considered to be "Halig Daeg," or Holy Days, these final winter months are the two times of the year when everything in Dragongrin seems to be full of anticipation, joy and thankfulness ... and delicious food. These are days meant to celebrate and share and laugh and love.

I've been refining these for a while, but here are two of my personal favorite recipes for Grateful Harvest and Wintertide. I hope you enjoy them with you and yours no matter what festival you celebrate.



GRATEFUL HARVEST



GRATEFUL HARVEST

Grateful Harvest is the celebration of the last harvest of the year before the throes of winter take over. A day that calls for a feast in celebration of all of the good harvests from this year, and considered good luck for the harvests next, most who celebrate Grateful Harvest focus on showing their thanks for their good fortunes throughout the year.

It's good luck to capture and prepare a Cockatrice for the feast of Grateful Harvest, but it's difficult to prepare them deliciously.

Here are some tips for the perfect Grateful Harvest Cockatrice:

Arlen's Cockatrice (or Turkey) Cooking Tricks:

1. On a cockatrice (or in your realm, a large bird like, say, a turkey), the breast takes more time to cook than the legs. Something I do that works like a charm every time is to take off the legs and place them in a separate pan to cook.
2. This takes a bit more time, but it's worth it: for more delicious bird, put butter under the skin, and add salt and crushed pepper. You'll be glad you did.
3. It's often easier to catch a cockatrice in the summer months, and freeze it (magically or naturally depending on your region). Thawing

GRATEFUL HARVEST

a frozen cockatrice requires patience. The safest method that you have in your realm is something most of us in Arbitron can't do, and that's thawing it in a refrigeration device. Be sure to plan ahead – it can take 4-5 days for a 20-pound cockatrice (or turkey) to fully defrost in one of those devices.

4. Contrary to some traditions, a cockatrice will cook more evenly if it's not densely stuffed. Consider adding flavor by loosely filling the cavity with aromatic vegetables – carrots, celery, onion or garlic work nicely. (For the stuffing lovers, I've included a fantastic recipe for you to cook your dressing on the side.)
5. Don't meet the cockatrice's gaze! In life, the cockatrice could petrify you with one look, so most have learned not to stare at them ... keep that up, even though the bird is dead. Once you get the cockatrice roasting in the oven, resist the temptation to open the oven door and admire your hard work. When the oven temperature fluctuates, you're increasing the likelihood of a dry bird (too many stolen glances and the bird may taste petrified).
6. Don't carve the bird too soon. Let your cockatrice (or turkey) rest for about 25 minutes before carving. This will improve the flavor, and give you some time to get everything else prepared.



GRATEFUL HARVEST

ARLEN'S PERFECT STUFFING

Total prep: about 15 minutes

Servings: 10

Firstly, I implore you that although it seems to go against the grain, you'll thank me if you make your stuffing on the side, instead of including it in the cavity of the bird. You can do this to avoid Stone Sickness (I think turkeys have their dangers too, salmonella, I think it's called?). It's possible these harmful things will drain off the bird and into the stuffing.

INGREDIENTS:

- 1/2 pound of wolf sausage (any sausage will do fine here)
- 4 diced onions
- 2 cups of diced celery
- 1 cup of Sarfvin truffles (wild mushrooms will work here)
- 1 cup of Innes goldcaps (porcini mushrooms are also okay)
- 4 cups of breadcrumbs (leave them out overnight to make them stale)
- Brown roasted chestnuts
- A dab of fresh sage and thyme

DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit.
2. Brown the sausage in a large skillet over a medium heat.
3. Drain the sausage juice into a separate container and set aside, leaving the sausage in the skillet.
4. Add the onion and celery to the skillet, raising the heat a bit. Sauté until the veggies are tender.
5. Add the remaining ingredients to the skillet and lower the heat to medium low.
6. Cook for about 15 minutes.
7. Turn the heat back up to medium high and sauté until all the ingredients and juices have blended together.
8. Add the sausage juice (from step 3) to the skillet for flavor and moisture.
9. Put the stuffing into a large pan and bake in the preheated oven for 45 minutes.



WINTERTIDE



Wintertide is a midwinter festival celebrated by many of the cultures of Dragongrin. This is a tradition as old as the lands themselves, and originally lasted nearly two months in length. Now most cultures within Dragongrin observe a day or two where they exchange gifts and have a feast – often amidst gorgeous snowfall.

There's something about saving certain meals for just this time of year, making them special, and sort of commemorative of the season. For me, a dessert that I only make once a year is my famous Dragongrin Sweetbark. (Believe it or not, this one was inspired by the Vilok tieflings, and their ingenious use of their crumble crackers.)



WINTERTIDE

DRAGONGRIN SWEETBARK

Total prep: 15 minutes

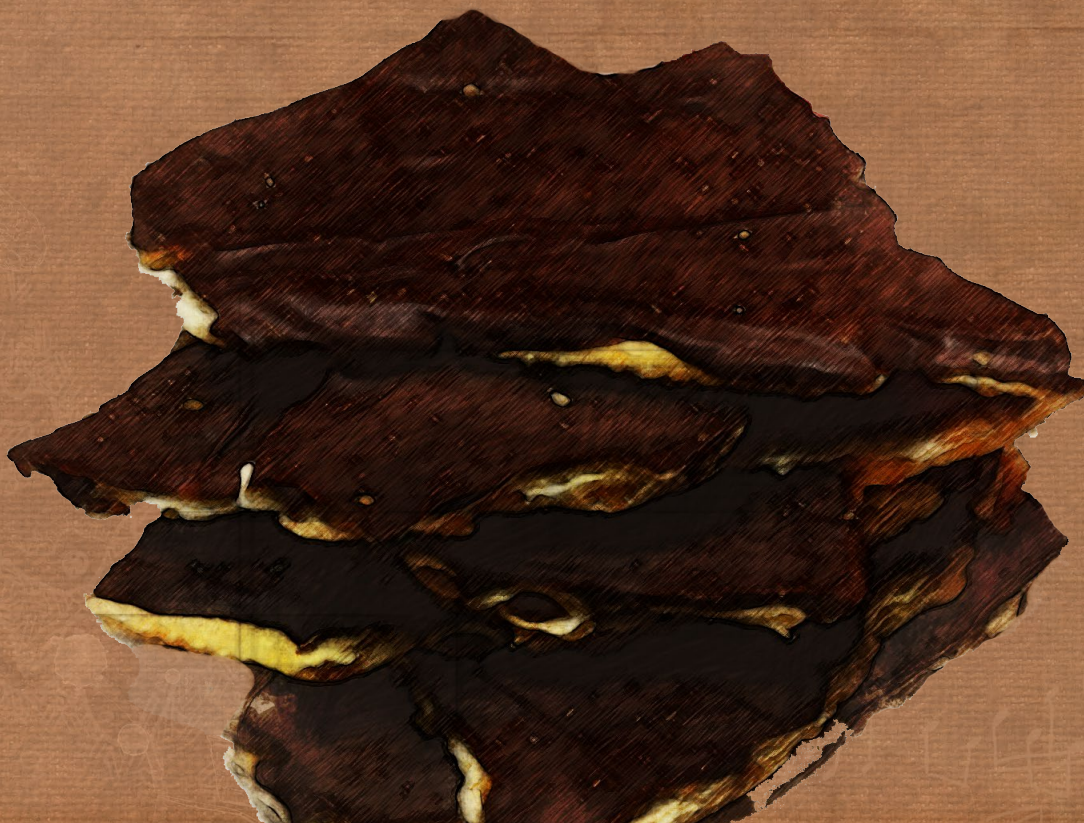
Servings: 6

INGREDIENTS:

- 1 cup (2 sticks) of butter
- 1/2 cup of sugar
- 2 cups of semi-sweet oakenchips (chocolate chips should work nicely for this)
- 1 sleeve of Vilok crumble crackers (the closest thing you have is saltines)

DIRECTIONS:

1. Arrange the saltines in a rectangle shape on a tinfoil-lined cookie sheet.
2. Melt sugar and butter in a saucepan.
3. Bring the mixture to a boil, then stir continuously for three minutes until the mixture gets nice and gooey.
4. Pour the mixture evenly over the saltines.
5. Bake at 350 degrees Fahrenheit for 10 minutes.
6. Remove from oven and immediately pour chocolate chips evenly over the saltines.
7. Wait for 2 minutes for the chips to melt, then carefully spread chocolate to cover the saltines completely.
8. Refrigerate overnight, or at least a few hours (put the bark in the freezer for about 30 minutes if you're in a rush).
9. Remove from fridge and carefully peel off tinfoil.
10. Break apart by hand, and enjoy!



Warmth of Wintertide

words: traditional Vilok

Tune: Nos Golan, traditional Vilok

The musical score is written for piano in 4/4 time. It consists of four systems of music, each with a treble and bass staff. The lyrics are written below the treble staff. Chords are indicated by letters (C, G, G7, Am, D, F) above the notes. The score is numbered 1, 5, 9, and 13 at the beginning of each system.

1 C G C G7 C
O'er the snowy lands of Gri - nn! Vee-la vee-la ven de Vilok den!

5 C G C G7 C
Wintertide has come ag - ain! Vee-la vee-la ven de Vilok den!

9 G C Am D G7
Win-ter-tide brings warmth and gladness! Vee-la ven vee-la ven Vilok den!

13 C F C G7 C
Feast upon a jellied kram - pus! Vee-la ven vee-la ven Vilok den!

Verse 2:

Above the snow-capped trees of Innes! Veela veela ven de Vilok den!
Typhons melt the Dragon's grimace! Veela veela ven de Vilok den!
Wintertide means feasts aplenty! Veela ven veela ven Vilok den!
Even Drogus dwarves are friendly! Veela veela ven de Vilok den!

APPENDIX OF MEAL MECHANICS AND GRANOK THANE VARIATIONS

I would be remiss if I didn't mention the Granok Thane in this book. This tiefling tribe from Dragongrin are not only largely regarded as the inventors of Arcane Gastronomy, but also continue to be innovators in the field. Of all of these meals that I have listed in this book, if you can find a Granok Thane variant, you will truly be in luck - the Granok Thane are able to take even the most exquisite meal and elevate it even further (and many chefs consider it the highest honor to have a Granok Thane variation of their recipe created). Since I wasn't able to visit the Granok Thane personally this trip, I've written up a full section here detailing their variations on the meals and ingredients we've covered.

Their methods for reimagining these dishes are closely guarded secrets, but this writer vows to you, dear reader, that they are the best culinary achievements in any realm that I know of. Aside from being matchless in flavor, appearance, and imagination, the effects from their meals rival even the most powerful potions. Below, I've listed the effects of each meal as it would be found in the realms, followed by what would happen if you were to be able to find a genuine Granok Thane variation, and those effects.

Editor's Note: This section acts as an appendix to all of the effects of the food and recipes in this book, with the Granok Thane variations giving you a slightly more powerful version for variety, utility, and flavor. Enjoy!

MEALS AND INGREDIENTS



DEVIL PEAR, THE

Fruit, very rare

Details: An entire devil pear must be eaten to gain these effects.

Duration: The effects of this meal last until you take a short rest.

Effects: When you eat a Devil Pear, roll 1d6, and use the result from the table below.

1-2 - The eater of the pear feels especially adept. Once before a long rest, they may roll 1d4 and add the number rolled to one ability check of their choice. (They can decide to roll the d4 before or after their ability check roll).

APPENDIX OF MEAL MECHANICS AND GRANOK THANE VARIATIONS

3-4 - The eater of this pear feels especially prepared. Once before a long rest, they may roll 1d4 and add the number rolled to one saving throw of their choice. (They can decide to roll the d4 before or after their saving throw roll).

5 - The eater feels especially lucky. Once before a long rest, if they drop to 0 hit points, they immediately stabilize. This has no effect on undead or constructs.

6 - The eater feels especially strong. Once before a long rest, if they drop to 0 hit points, they instead drop to 1.

DEVIL PEAR, THE Granok Thane Preparation (Candied Devil Pears)

Meal, very rare

Details: This meal must be eaten in no less than 10 minutes to gain its effects.

Duration: The effects of this meal last until you take a short rest.

Effects: When you eat a Devil Pear, roll 1d6.

1-3 - The eater feels especially lucky. Once before a long rest, if they drop to 0 hit points, they immediately stabilize. This has no effect on undead or constructs.

4-6 - The eater feels especially strong. Once before a long rest, if they drop to 0 hit points, they instead drop to 1.



HONEY CURED SABRECAT SHANK

Meal, rare

Details: This meal must be eaten in no less than 10 minutes for its effects to work.

Duration: The effects of this meal last until you take a long rest.

Effects: You gain advantage on saving throws against fear.

HONEY CURED SABRECAT SHANK

Granok Thane Preparation

Meal, rare

Details: This meal must be eaten in no less than 10 minutes for its effects to work.

Duration: The effects of this meal last until you use them, or take a long rest.

Effects: You gain advantage. Once before a long rest, you may roll 1d4 and add the result to a saving throw of your choice.

APPENDIX OF MEAL MECHANICS AND GRANOK THANE VARIATIONS



KELD PEPPER

Ingredient, rare

Details: An entire raw keld pepper must be eaten to gain this effect

Duration: These effects end following a short rest.

Effects: If a Keld pepper is eaten raw, the results can be very good, or very bad - rarely anything in between. Upon eating a raw Keld pepper, you must make a DC 12 Constitution saving throw. Upon failing, you take 1 fire damage from your burning mouth and furiously bubbling stomach. If you succeed, you gain advantage on all Constitution saves until you complete a long rest.

KELD PEPPER

Granok Thane Preparation (Thane Fire Sauce)

Ingredient, very rare

Details: The Granok Thane make the keld pepper into one of the most delicious and spicy sauces in all of Arbitron. Three dollops of sauce must be used to gain this effect.

Duration: These effects end following a short rest.

Effects: If three dollops of Thane fire sauce are used on a meal, the results can be very good, or very bad. Upon eating the food with three dollops on it, you must make a DC 11 Constitution saving throw. Upon failing, you take 1 fire damage from your burning mouth and furiously bubbling stomach. If you succeed you gain one hit die of temporary hit points until you take a long rest. If this effect ending would drop you to 0 hit points, you instead drop to 1 hit point.



MANIA ORCHID FRUIT

Meal, very rare

Details: If you are able to find a location that serves this, you must first roll 1d10 to determine the cost of the meal in gold. This meal takes at least 20 minutes to eat for its effects to work.

Duration: 1d4 days (if survived).

Effects: When you eat the fruit, you must roll a d20. On the result of a 2, you fall to 0 hit points. On the result of a 1, you die in seconds, hallucinating powerfully. On the result of a 3 or higher, you enjoy a delicious meal, and are unable to be affected by magical sleep effects for 1d4 days.

APPENDIX OF MEAL MECHANICS AND GRANOK THANE VARIATIONS

MANIA ORCHID FRUIT

Granok Thane Preparation

Meal, very rare

Details: The Granok Thane are able to prepare the Mania Orchid fruit with no chance of harm to the eater. This meal takes at least 15 minutes to eat for its effects to work.

Duration: Up to a week.

Effects: When you eat the fruit prepared by the Granok Thane, you must roll a d20. On the result of a 1-19, you enjoy a delicious meal, and are unable to be affected by magical sleep effects for 1d4 days. On the result of a 20, the effects last for a full week.



RACK OF DIRE LAMB

Meal, very rare

Details: The time you take to eat this meal changes its effects.

Duration: The effects of this meal last until you take a short rest, or expend their properties.

Effects: If you eat this meal in 10 minutes or less:

You gain advantage on all Dexterity (Stealth) checks.

If you take at least 10 minutes to eat this meal: You may roll a d10. The results become better the higher you roll, and are as follows. You gain the effect for the number that you roll, and all of the effects below it.

1-5 - You gain advantage on Dexterity (Stealth) checks.

6-7 - You may add your proficiency bonus to Dexterity (Stealth) checks. If you are already proficient in Dexterity (Stealth), you gain advantage instead.

8-9 - The Wisdom (Perception) check of any creature that actively searches for signs of your presence has disadvantage.

10 - You can hide in plain sight from a creature that can see you. You may do this once only. This can occur in combat. This is not an immediate success, you still must roll a Dexterity (Stealth) check, but you may do so without being hidden or in cover. This effect lasts for 2 rounds. If you move, you must make another Dexterity (Stealth) check to remain hidden in plain sight. If you fail, the effect ends. If you attack, the effect ends.

APPENDIX OF MEAL MECHANICS AND GRANOK THANE VARIATIONS

RACK OF DIRE LAMB

Granok Thane Preparation

Meal, very rare

Details: The time you take to eat this meal changes its effects.

Duration: The effects of this meal last until you take a short rest, or expend their properties.

Effects: If you eat this meal in 10 minutes or less: You gain advantage on all Dexterity (Stealth) checks.

If you eat this meal in 10 minutes or less: You gain advantage on all Dexterity (Stealth) checks.

If you take at least 10 minutes to eat this meal: You may roll a d10.

1-9 - The Wisdom (Perception) check of any creature that actively searches for signs of your presence has disadvantage.

10 - You can hide in plain sight from a creature that can see you. You may do this once only. This can occur in combat. This is not an immediate success, you still must roll a Dexterity (Stealth) check, but you may do so without being hidden or in cover. This effect lasts for 2 rounds. If you move, you must make another Dexterity (Stealth) check to remain hidden in plain sight. If you fail, the effect ends. If you attack, the effect ends.



RORGE'S QUICK PICKLES

Meal, uncommon

Details: The whole jar must be eaten during a short rest to gain this effect.

Duration: 1 hour.

Effects: This surprisingly hearty food evokes warm memories of home, no matter where the adventurer might be. Once the whole jar is eaten during a short rest, the adventurer regains 1d4 hit points, but has terrible breath for one hour. If this effect ending would drop you to 0 hit points, you instead drop to 1 hit point.

RORGE'S QUICK PICKLES

Granok Thane Preparation

Meal, uncommon

Details: The whole jar must be eaten during a short rest to gain this effect.

Duration: 1 day.

Effects: Once the whole jar is eaten during a short rest, the adventurer regains 1d4 hit points for an entire day, but has terrible breath for one hour. If this effect ending would drop you to 0 hit points, you instead drop to 1 hit point.

APPENDIX OF MEAL MECHANICS AND GRANOK THANE VARIATIONS



SARFVIN TRUFFLE

Meal, rare

Details: This meal must be eaten in no less than 10 minutes for its effects to work.

Duration: The effects of this meal last until you take a short rest.

Effects: You gain advantage on Charisma checks and saving throws against one creature of your choosing.

SARFVIN TRUFFLE Granok Thane Preparation (Thane Truffle Butter)

Meal, rare

Details: This meal must be eaten in no less than 10 minutes for its effects to work.

Duration: The effects of this ingredient last until you take a short rest.

Effects: You gain advantage on all Charisma checks and saving throws



VERISTOU MAO'S CREE COD

Meal, uncommon

Details: This meal takes at least 5 minutes to eat for its effects to work.

Duration: The effects of this meal last until you take a short rest.

Effects: You gain advantage on all Intelligence checks and saving throws.

VERISTOU MAO'S CREE COD Granok Thane Preparation

Meal, very rare

Details: This meal takes at least 5 minutes to eat for its effects to work.

Duration: 1 hour.

Effects: For one hour after eating this meal, you understand any language you hear, or any written language you can see clearly. You can understand both at about half the pace you would understand a language you're familiar with.

APPENDIX OF MEAL MECHANICS AND GRANOK THANE VARIATIONS



ZUEDA BEAN

Ingredient, uncommon

Details: Zueda beans need to be dried and cured properly to give these effects.

Duration: These effects end following a short rest.

Effects: If Zueda Beans are added to any recipe, they act as a sweet natural stimulant. Upon drinking or eating a recipe containing Zueda Beans, you may add 1d4 temporary hit points (exceeding your maximum hit points). If ending these effects would drop you to 0 hit points, you instead drop to 1 hit point.

ZUEDA BEAN

Granok Thane Preparation (Thane Tea)

Drink, very rare

Details: The Granok Thane make a strong, bitter drink with the zueda bean. It goes by many nicknames, but is usually referred to as Thane Tea. You must drink a pint of Thane tea for it to give these effects.

Duration: These effects end following a long rest.

Effects: You feel invigorated and energized. Once before you take a long rest, you may choose to re-roll any attack roll, damage roll, or saving throw you choose, taking the higher result.

TOOLS OF THE TRADE

SULDA CUP

Item, common

Details: This cup is most often found in New Gaudia, believed to be invented by either the gnomes of Gaudia or the Auroran elves.

Duration: The cup works indefinitely.

Effects: Magically keeps its contents at the perfect drinking temperature, be that hot or cold (depending on the cup).



APPENDIX OF MEAL MECHANICS AND GRANOK THANE VARIATIONS

THUNDER BREWER

Item, uncommon

Details: A small, simple brewing machine from the dwarven city of Stone Rift.

Duration: 1d4 days.

Effects: Put any three fruits or vegetables and about a pint of water into the Thunder Brewer and in 1d4 days it will yield 1 pint of alcoholic liquid.



PENDEL GRUNG'S FIRE PIT

Item, common

Details: Can be set up in 1d4 minutes as a fire pit, 1d8 minutes as a trap.

Duration: As a fire pit: keeps a fire going for a full long rest.

As a trap: it lasts until sprung.

Effects: When used as a fire pit your food will typically taste better. When used as a trap, make a DC 10 Dexterity check (with proficiency if using Thieves Tools). Trap deals 1d6 piercing damage on a failed Dexterity saving throw (DC 10), and restrains the target (Strength check, DC 10 to escape).



A COOKBOOK OF THE REALMS

By James Kearney, Tim Kearney, Michael Barker, and Matt Click

The world of Arbitron is populated with an uncountable number of races and cultures. Each of them poised to set foot on one of the world's largest, most popular stages: that of food!

Join Arlen Benjamin, bardic connoisseur of the world's most prolific food and drink, recording this very journal of his culinary journeys. Along the way, he provides you with meals, ingredients, cooking tools, and wondrous lore from Erenoth, Enchea, and Dragongrin.

In addition to the lore and mechanics from Arlen, you'll also get actual recipes selected and tested by the members of Absolute Tabletop! You'll get everything from the realm's best chocolate chip cookies, to the most delicious steak you'll be able to prepare in your kitchen, and everything in between.

Whether you're looking for in-game mechanics and setting lore to help spice up your game, or delicious foods for your players to enjoy on game night, your answer resides within the pages of **A Cookbook of the Realms!**



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