

# joy

OF  
MONSTER  
COOKING

by CHRIS BOUDREAU  
and LEX MANDRAKE



# JOY OF MONSTER COOKING

## The All-Purpose Adventurer's Cookbook

by Chris Boudreau and Lex Mandrake

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## FOREWORD

It is said that every meal is a puzzle. That each strangely shaped piece is a different ingredient. When we discover the ways in which they interlock, we create a picture of satiating beauty. Such has been the mantra of chefs since time immemorial. They take their perfectly procured portions of only the best cuts and combine them with a type of material wizardry. Any peasant can simmer a stew, or grill a bit of meat, but the technique of a true chef is a secret greater than any contained within an eldritch tome.

What then of the dungeon delving adventurer? Those who traverse the dark corners of the world with a stalwart heart, but a wandering belly? Is it wrong for them to wish for meals beyond hardtack and jerky? Why must those who can master the art of the sword and the power of the elements be denied a mastery of the palette? We propose to you that they need not sacrifice one for the other. That such a traveler can eat well while on the road, or beneath the earth, or beyond the mortal realm.

However, it would not be the same. No, for those who live a life of danger battling awesome creatures, the craft of cuisine would not be so safe. Cooking under these conditions would not be familiar to any chef of the realms. Those who live lives of adventure have more potential than anyone to create the finest dishes. Truly, one with access to such ingredients would not cook as a renowned chef does. They would cook better.

It is with that certain knowledge in our minds that we present this book to you. Contained within these pages are rules and recipes for cooking intricate dishes using the remains of slain foes. Being that these meals consist of magical creatures, they all produce supernatural effects after being eaten. This text also contains special items to make it possible to prepare even the most elaborate fare while in the field. Finally, for those who wish to have previous experience in the culinary arts, this book contains rules for that as well.

That said, it is important for anyone interested in this subject matter to remember that ideas do not exist in a vacuum. The idea of adventurers cooking is not a new one, although we hope that in the following pages, we can give a different take on the exercise. In the **Dungeons and Dragons Player's Handbook**, Page 154, Cook's Utensils are introduced as a type of Artisan Tool. Their possible uses are expanded upon on Page 81 of **Xanathar's Guide to Everything**. We have tried to follow Xanathar's expanded format in this text. Both these influences are obvious, but worthy of mention. What is less evident perhaps are the writings of other authors who first broached the topic of expanded cooking rules in Dungeons and Dragons Fifth Edition. Two works that inspired us to undertake this project are **How To Cook** by Cecilia D'Anastasio and **From Dungeon to Dinner** by Nicholas Martignago. Both of which are available on the Dungeon Masters Guild. While these documents take different tracks toward the goal of monster cooking, they nonetheless helped fuel ideas for this book.

The last, and most critical player in the production of this document is of course you, our dear reader. Simply that you have taken the time to pick up and read our work means a great deal. Thank you.



# THE MONSTERS WE EAT

When you delve into the deepest caverns or the most ancient of ruins, you will encounter a multitude of powerful monsters. Often these encounters lead to a very dead monster, and an adventurer who has just burned through a lot of calories. Rather than letting that carcass rot or attract scavengers, why not use it to replenish some of your energy?

The problem lies in what parts from these monsters we can eat without inducing violent illness. No one wants to sit down to a meal after a long fight, only to be felled by your opponent after they're already dead. Furthermore, what parts could possibly be beneficial to eat in more ways than just filling your stomach? It stands to reason that since many of the creatures encountered in the wild have supernatural abilities, consuming them could grant the eater similar abilities. While we at **Joy of Monster Cooking** have not catalogued every monster known for its edible properties, we have determined a great number. Moreover we have divined how best to use them in a number of delicious and uncommon dishes.

What follows is a listing of the monsters appearing in recipes throughout this document. In addition, we also provide a short description of what supernatural effect to expect upon eating.

**Basilisk** - A large magical lizard capable of turning its prey to stone. Not only does this beast taste fantastically tender, but ingesting it or its eggs can grant you the ability to ward off all sorts of petrification.

**Beholder** - For an otherworldly creature made from dreams, Beholders are surprisingly filling. They are best known for the array of magical beams they fire from their many eyes. These eyes are packed with magical energy, and when eaten can provide robust protection. However, since the beams cover such a wide array of magics, their benefits can be a tad random.

**Blight** - Blights are made from plants, and are the perfect candidate for vegetable heavy dishes. These creatures are brought to life by the magic of the forests they inhabit. Consuming the Blight imparts some of that magic to the eater, making them more at home in the wilderness.

**Bulette** - A large heavily armored creature known for their superior tunneling abilities. The meat of a Bulette is tough if not cooked properly, but with suitable technique, it can be tender and rich.

iv Strangely, these creatures don't grant the eater a tougher skin, but rather one of its less iconic powers: the ability to leap great distances, as the Bulette often does when hunting prey.

**Chuul** - These hulking aquatic crustaceans' similarities to lobster are not purely cosmetic. Though many parts are more like shrimp or octopus in texture, there is no "bad" part of a Chuul for the seafood lover. Consuming them grants the eater access to this creature's wondrous innate ability to sense magic in its area.

**Couatl** - The meat of these mythical snake birds may have more in common with their serpent half, but their eggs definitely take after the avian side. These creatures possess the ability to shield their thoughts and forms from magical detection. While this may make it difficult to find Couatl in the first place, the effect can be replicated after eating.

**Dragon** - What more can be said about Dragons? They are certainly one of the most legendary magical creatures, and their taste lives up to their reputation. Since Dragons typically have an elemental breath weapon, eating them can simply make one more resistant to that element. However, eating older Dragons have additional magical effects.

**Goblin** - They are one of the most common and lowly of monsters. Not particularly appetizing to most, but a few parts are quite edible. Eating them can also make one surprisingly limber, which almost makes it worthwhile.

**Illithid** - While these creatures are strange and alien, it does not mean they can't be delicious. Their tentacles are said to be more delectable than any octopus from this plane. Being that these monsters have innate mind powers, eating them allows one to tap into those psychic abilities.

**Kobold** - Perhaps even lowlier than goblins, these tiny Dragon men luckily taste much better. Unfortunately, eating them can be a bit of a double edged sword. While their natural inclination toward working in packs can be transferred, so too can their weakness to light.

**Myconid** - Like Blights, mushroom people are a natural choice for cooking. Myconids are known for their ability to create spores with supernatural effects. Cooking them properly not only eliminates the danger of ingesting these spores, it can allow the eater to produce spores themselves. Never fear, these spores may be a bit embarrassing, but they are quite helpful.

**Nothic** - These twisted forms of creatures tainted by magic may be tricky to prepare but are simply full of magical residue. Like Beholders, the most concentrated effects can be gotten by eating the signature eye. Doing so can give the eater brief access to the Nothic's supernatural power of perception.

**Orc** - These brawny warriors are exceedingly difficult to prepare due to their extremely tough meat. However, it is possible to find tender parts, and when cooked properly can be quite tasty. Orcs natural ability to surge their adrenaline in battle can be transferred to the eater, with surprising effectiveness.

**Owlbear** - These creatures are perhaps one of the best known of the animal combinations, and are named appropriately so. Owlbears are also known for being powerful predators in the wilderness. One who eats the beast can access those hunting instincts. Although this incentive is hardly needed given how delicious and easy to cook Owlbear is.

**Pixie** - Few creatures contain so much magical energy in such a small package. Fairy-folk have all manner of magical abilities and their parts can transfer those powers. Most easily, chefs can cook a Pixie's power to become unseen into some dishes.

**Sahuagin** - These brutal humanoid aquatic hunters are like the nightmare version of Merfolk. However, they are the dream of any lover of fish-based dishes. What many don't realize is that Sahuagin are actually amphibious rather than strictly water breathing. This natural ability can be granted to one who consumes them.

**Stirge** - Perhaps one of the most annoying and disgusting creatures a fresh-faced adventurer can encounter is the Stirge. Luckily, they are also a perfect example of when not to judge a book by its cover. Stirge meat can taste great and more importantly, eating it can make one's blood distasteful to all sorts of bloodsuckers.

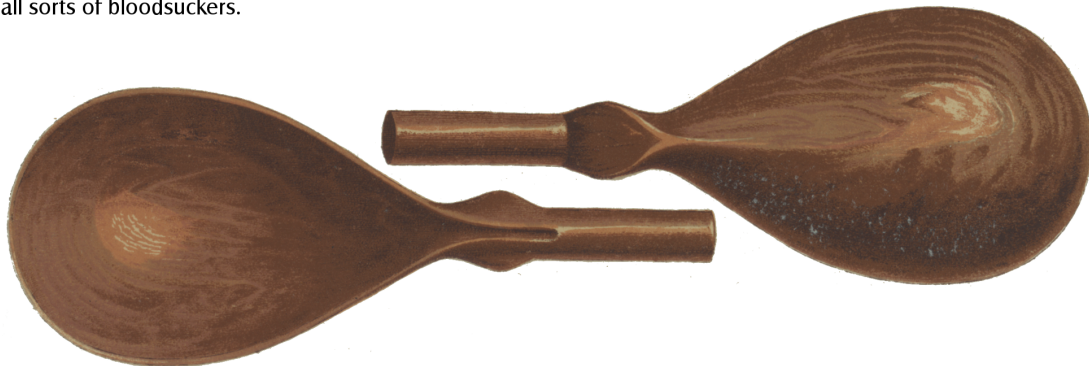
## v A Word on Intelligence:

Where does one draw the line on eating intelligent creatures? We at the **Joy of Monster Cooking** do not presume to be your moral arbiters. What is right for one group might be wrong for another. Some people draw the line at language; "If it speaks, we don't eat." Other people don't eat meat at all, preferring to live a vegetarian lifestyle. We advise that, at the very least, you let your party know what you intend to cook before you serve them. Before you start cracking open Orc skulls and carving out Nothic eyeballs, inform your party about the dish you intend to prepare, and make sure they are comfortable eating it. The moral and dietary choices of your party come first above all.

That said, let me explain our stance on the matter, and the stance of this book. If you and your party had ultimately lost that fight against those Orcs, those Kobolds, that Sahuagin, what do you think those monsters would do? Those monsters would eat you, given the chance. And what do most of us do when we vanquish our foes? We usually leave them on the ground for the vultures to pick apart. Look, you're going to be killing these creatures anyways, so why pretend that it is more righteous not to eat them, given the chance. And knowing how delicious some of these creatures can be, it would be a waste to let them rot.

We live in a dangerous world, where The Adventurer is always coyly dancing with Death. Just one room over, just one wrong step, and your time is up. With your life constantly on the line, why would you wait any longer to taste something new?

Our sense of taste and the world of food are grand adventures, as intense and challenging as any dungeon, as tricky and complex as any wizard's tower. So why limit the tools you could use on these adventures? We're here to help expand your palate. To open your taste buds to new possibilities. To give you the tools you'll need going forward. To get you ready for the epic adventure that is Cuisine.



# THE CULINARY ARTS

## Variant Rule: Cooking

Typically, when a player uses Cook's Utensils they roll an ability check and add their proficiency bonus. The difficulty is set by the Dungeon Master based on how difficult they believe the check to be. Here, we alter the second half of that formula.

This rule sets the DC for the ability roll to a static number no matter what meal is being cooked. We at **Joy of Monster Cooking** feel that if

vi the adventurer has already done the work of killing a powerful monster, they should not need to perform a difficult roll to enjoy the culinary benefits of that kill. However, we have built in a higher risk and higher reward for cooking. If the player rolls significantly below the target number, they not only lose the magical effects of the dish but also gain the Poisoned condition for a period of time. Conversely, if the player rolls significantly above the target they gain additional healing.

Our rule assumes that to make these recipes, the player doing so must be proficient in either Cook's Utensils or Chef's Utensils. For information on Chef's Utensils and ways to use different ability scores for cooking, look further in this chapter. We also intend that these meals are prepared and eaten during a short or long rest.

## Difficulty Classes For Cooking

Outcome	DC	Effect
Gut Wrenching Failure	7 or less	Poisoned for the 1 hour, provides no special effect
Tasteless But Edible	8-11	Provides no special effect
Well Executed Dish	12-17	Works as described in recipe
A Culinary Masterpiece Hit	18 or more	Works as described in recipe, Regain all HP on a Short Rest or all Dice on a Long Rest

## New Tool: Chef's Utensils

### Chef's Utensils (2GP)

A simple set of Cook's Utensils can get you through the preparation of mundane, everyday meals. But you, my friend, are anything but simple and mundane. You are a Chef! A visionary! A culinary craftsman who demands only the sharpest knives and only the sturdiest of tools.

**Components.** Chef's Utensils include a knife-roll (a chef's knife, a paring knife, a filet knife, and a serrated knife), a wire whisk, a large saute pan, a straight sided saucepan, a pair of metal tongs, a wooden cutting board, measuring cups and spoons, fine cloth for straining liquids, and a portable spice rack containing all the herbs and spices presented in this book. (Other spices may be present at the DM's discretion)

**Intimidation. Oui Chef!** The voice of a chef has absolute authority in the kitchen. When cooking food, or ordering others to do so, you have a formidable presence. You're used to cooks following your orders and customers trusting your prowess, even if it takes raising your voice from time to time.

**Insight. Omakase.** A good chef can read a customer like an open book. When someone is eating food that you've prepared, you pick up on small ticks, gestures, and wordings that might go unnoticed to others.

**Performance. Big Night.** In your hands, a meal is not just nourishment, it's an event! When cooking for a large crowd, you know how to please

and impress everyone at the table. This will be a night to remember!

**Nature. Farm to Table.** You're keenly aware of what kinds of produce are in season. You can tell the time of year a plant was harvested and the general location where it can be found. You also know which plants are edible, which aren't, and how to harvest them safely. Wouldn't want to be poisoning the customers!

**History. Journeyman.** You've tried countless types of dishes in your career. Every plate tells a story. You can tell the cultural background of any given dish that you eat, and what circumstances it was made under.

### Cantrips In The Kitchen

Many adventurers have the ability to cast spells. Simple magics can be a huge boon for cooking. Cantrips such as Prestidigitation or Control Flame can be used to great effect when preparing meals.

Control Flame can be used to adjust the intensity of your cook fire on the fly, making it much easier to go from a boil to a simmer. Prestidigitation's ability to clean an object can make dealing with piles of used dishes, mixing utensils, and measuring cups a breeze. Given that Prestidigitation is so versatile, some DMs may allow a caster to use it as a shortcut for other tasks: such as prepping ingredients.

## New Background: Chef

You've spent your whole life working up through the ranks of the kitchen. From dishwasher, to prep-cook, to line-cook, to sous-chef, and finally, Chef. Scores of kitchen workers have been under your command, and you've run them like a General runs a well-trained brigade. Food is not just your passion, it's your life. To you, a meal is not just something eaten for nourishment, it's something to be studied and perfected. With a sharp knife, and even sharper senses, you've worked hard to master your craft. Your repertoire of recipes and honed skills came from years of tutelage under other masters of the culinary arts, until you eventually became a master in your own right.

When choosing this background, work with your DM to determine what kinds of restaurants you've worked in or owned. Were they small, family owned taverns, or bustling high-end eateries in a major city? Are they still in operation? What kinds of food were they known for? Were there prominent NPCs who frequented the restaurant, and did you become friendly with them? Who is your former master, and what's become of them?

Also, what was your reason for leaving the restaurant life behind? Perhaps you became obsessed with a rare ingredient, and set out to find it at any cost. Maybe life inside a fancy kitchen was too stifling, and you've ventured off to see how "real" people prepare and eat meals. Whatever your reason, you're out in the world now. Your knife-roll is packed, your pans are well seasoned, and you have a taste for adventure.

**Skill Proficiencies:** Intimidation, Insight

**Tool Proficiencies:** Cook's Utensils, Chefs Utensils

**Equipment:** Your Chefs uniform (double breasted jacket, checkered pants, Chef's hat), the first piece of gold you ever made at your restaurant, a tome of your collected recipes, a honing rod, camp dinnerware (a lightweight, stackable set of 4 plates, bowls, forks, and spoons), a pouch containing 5 Gp (excluding the piece of gold mentioned above).

### Culinary Focus

Chefs become obsessed with studying and mastering certain styles of cooking. Some can spend their entire professional lives on just one aspect of the culinary arts. Consider what your favorite types of food are, and what kind of cooking your character would focus on. You can choose from this list, roll a D8 to decide, or work with your DM to choose an option not listed here.

1. Pastry and desserts
2. Barbeque and grilling
3. Vegetarian and vegan
4. Sandwiches and pub fare

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5. Haute cuisine and molecular gastronomy
6. Bread baking and pizza craft
7. Sushi and sashimi
8. Charcuterie and sausage making

### Feature: Service Industry

You have an unspoken camaraderie with your fellow cooks, bartenders, and waitstaff. Anyone in the service industry can spot you as one of their own, and they tend to give you preferential treatment. You receive food and drink for free while visiting any establishment with an organized kitchen staff, as long as they are not hostile towards you. They are also likely to give you access to their kitchen to cook meals, should you ask them to do so. When they know you're a Chef, the kitchen and wait staff will trust you more than usual. They are more likely to give up rumors and facts about regular customers and people working at the establishment.

### Suggested Characteristics:

#### Personality Trait:

The rigorous and demanding world of the professional kitchen instills behaviours on cooks and chefs that last long after their shifts are over. Chefs take the phrase "work hard, play hard," as a personal philosophy. When there's work to be done, a chef will drive themselves and the people around them like a field marshal. But when it's time to unwind, they will feast and drink till the wee hours of the morning, usually to their detriment. With a mind always focused on increasing efficiency, and cutting wastefulness, they can be a boon to an adventuring party, even if it involves dealing with someone who is occasionally strict, loud, and overbearing.

1. I am an early riser, with work always on my mind.
2. I make a ritual of cleaning and storing my uniform and equipment.
3. I love to haggle, never settling for what I think is overpriced.
4. I loudly praise my companions when they are doing a good job, and loudly chastise them when they aren't.
5. I have a crude and sometimes offensive sense of humor.
6. I look down on people who don't respect fine food and drink.
7. I hyperfocus on a task until it's complete, whether its important or menial.
8. I disrespect laziness, and will try to motivate someone that isn't working hard enough. With force if necessary.



**Ideal:**

1. **Echelon.** Everyone will fall into the weeds if the team doesn't stick to their assigned jobs. Rigid structure is needed to get anything done efficiently. (Lawful)
2. **Hospitality.** It's my job to make sure everyone is eating well and drinking deep, even if it lightens my coin purse. (Good)
3. **Originality.** Creative vision should never be hampered, even if it goes against common sense or the law. (Chaotic)
4. **Avarice.** I will swindle customers and colleagues alike to make more coin. It's a dog-eat-dog world, and I'm only looking out for myself. (Evil)
5. **Laborer.** Keeping people fed is just another part of an operational society. I'm not here to impress anyone. (Neutral)
6. **Master.** I hone my skills and the skills of those around me so I can become a master of my craft. (Any)

**Bond:**

1. My knives, which were handed down from my old master, are one of a kind. I don't know who forged the knives, but I'd love to meet them one day.
2. There is a dish from my childhood that I can't get quite right. Someday I'll track down the original recipe.
3. Someone, or something burned down my restaurant. I will stop at nothing to find them and make them pay.
4. There is a famous chef who I've always measured my own success against, and have always come up short.
5. A famous critic gave my cuisine a bad review out of spite. I need to confront this person.
6. I am perfecting a certain someone's favorite dish. Hopefully when I present it to them, I can secure their love.

**Flaw:**

1. I have a very short temper, and I lash out when someone doesn't follow my orders.
2. I suffer panic attacks when situations become disorderly beyond my control.
3. I overindulge on food and drink when it comes time to unwind.
4. I'm very critical about food prepared by others. I often judge them based on their food.
5. I'm very possessive about my cooking equipment, and won't let anyone else use them.
6. I'm obsessive about cleanliness.

**viii New Magic Items****Mandrake's Mythical Ice Box**

Wonderous Item, rare

This bag holds a small pocket dimension crafted from the Elemental Plane of Ice. This item appears as a soft bag made of light blue silk, with a zipper top and shoulder strap. The mouth of the bag is roughly 3 feet in diameter, and is 4 feet deep.

Much like other bags that have pocket dimensions within them, its appearance belies its capacity. The bag can hold up to 1000 pounds, not exceeding a volume of 80 cubic feet. The bag weighs 25 pounds, regardless of its contents. Retrieving an item from the bag requires an action.

If the bag is overloaded, pierced, or torn, it ruptures and is destroyed, and its contents are scattered into the Elemental Plane of Ice. When the bag is ruptured, it lets loose a blast of pure cold energy that has the same effects as the Cone of Cold spell, cast in a random direction (roll a D8 to determine direction).

If the bag is turned inside out, its contents, plus 1D4 pounds of snow, spill forth. The bag must be put right before it can be used again. Breathing creatures inside the bag can survive up to a number of minutes equal to 10 divided by the number of creatures, after which time they begin to suffocate.

The average temperature inside the bag is 0 degrees Fahrenheit (-18 Celcius). The nature of the cold inside the bag is magical and cannot be warmed up in any way. Any item or creature placed inside the bag reacts the same way it would to non-magical temperatures that are below freezing. Items and creatures that are removed from the bag will thaw and react to the ambient temperature outside the bag as normal.

If a freezable liquid, such as water, is poured into the bag, you can speak a shape you would like it to freeze into, such as "cube," "sphere," "disk," or "cylinder," and it will form into that shape as it freezes. After the appropriate freezing time (1 hour for water), you may retrieve the frozen liquid from the bag. The frozen object's size is in direct proportion to how much liquid you deposited into the bag.

Placing a Mythical Ice Box into another extradimensional space, such as one created by a Heward's Handy Haversack or a Portable Hole, will instantly destroy both items and open a Gate into the Elemental Plane of Ice. The Gate originates where the one item was placed inside the other. Any creature within 10 feet of the Gate is sucked through it to a random location on the Elemental Plane of Ice. The Gate then closes. The Gate is one-way only and can't be reopened.

### Shenessi's Simple Scorch Tandoor

Wonderous Item, rare

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This item appears as a hard leather box with a shoulder strap, measuring 1 foot long, 1 foot wide, and 1 foot deep. The box weighs 5 pounds. The item has three command words, each requiring you to use an action to speak it.

One command word will cause the box to burst open and unfold into a 4 foot long, 3 foot wide, and 4 ½ foot deep cooking oven made of hard iron. The oven weighs 300 pounds. The oven has two rack positions and a heating element on the bottom. The stovetop has 4 burners. The oven stands on 4 steel legs with wheels at the bottom.

Speaking the second command word while pointing at one of the burners, or the oven interior, will cause the heating element in that portion of the oven to ignite. The volume at which you speak the command word will determine how hot the flame will be (loud for hotter flame, quiet for softer flame). The source of the flame is magical and does not require fuel, but burns at the same heat as a mundane fire of the same size. The flame cannot be extinguished by wind or cold, but can be extinguished if submerged in water. The flame will burn constantly until the second command word is spoken again, or the third command word is spoken.

The third command word will cause the oven to fold back into its original box form. Any items that are inside the oven that cannot fit within the box will be ejected out of the oven in the nearest 5 foot space. The magical flames will be extinguished, and the box will be cool to the touch.



# SOUPS

## Bouilla-blight

Morale can run low while delving the cold and cursed reaches of the world. The party is getting mad. They're getting hungry. You had better get something on the fire quick before your Barbarian friend takes another one of your toes as a snack. With a few common ingredients, and a handful of creatures that are as tough and dumb as twigs, you can end your day of hacking down plant monsters with this hearty and comforting soup. Equally at home in the depths of a dungeon, or an open forest grove. It's always a crowd pleaser.

- **1 pound assorted Blight parts, peeled of their rough outer bark, and cut into 1/2 inch pieces**
- **1 tablespoon oil, plus 1 tablespoon more for sauteing the Blights**
- **1 onion, thinly sliced**
- **1/2 fennel bulb, thinly sliced, with fronds reserved for garnish**
- **Salt and pepper**
- **1 clove garlic, sliced**
- **1 pound tomatoes, diced**
- **1/2 cup red wine**
- **2 1/2 cups fish stock**
- **1 teaspoon saffron (optional)**
- **1 bay leaf**

1. Peel back the rough outer bark of the Blights with the flat of an axe, or scrape with a dagger.
2. Heat 1 tablespoon of oil in a heavy bottomed pot over a medium fire. When the oil is shimmering, add the sliced onion and fennel to the pot, and season with salt and pepper. Allow the vegetables to sweat, then add the sliced garlic. Cook vegetables until they turn translucent
3. Add the tomatoes and their juices, along with the wine, to the pot. Stoke the fire until raging, and allow the wine to reduce to half.
4. Add the stock to the pot, along with the optional saffron and bay leaf. When the stock comes to a boil, move the pot halfway off the fire, and allow the stock to simmer uncovered for 10 minutes.
5. In a separate pan, directly over the fire, heat the remaining oil until lightly smoking. Toss in the Blight parts and saute until the pieces take on a dark brown color.
6. Add in the assorted Blight parts to the broth and stir to combine. Cover pot and cook, stirring occasionally, over low heat until the blight parts are tender and have stopped screaming, 3 to 4 hours.

- 1 Spoon soup into warm bowls and garnish with fennel fronds if the Druid hasn't eaten them already. Serve along with bread or hardtack for soaking up the broth.

**Branching Out:** After eating this dish it becomes easier for you to make your way through natural plant life. For the next 8 hours plants that count as hindering terrain do not slow your movement. In addition, when you pass through areas of heavy flora, you do not leave tracks.

## Bulette Bourguignon

Many moons ago, I worked on a potato farm in the highlands for a season. The farmers – a beautifully rugged older couple – had personalities carved by every mundane nuisance, every vicious winter that a commoner could face. The rigors of time had left them with a temperament towards hardship that was akin to a stern shrug, and with skin sun bleached and ruttled to match.

One bright afternoon during the harvest, the ground erupted around us. A Bulette, perhaps not fully grown, but still large and fearsome enough for me to recoil, had burrowed into the farm. The old couple, not missing a beat, dropped their plows and ran to the barn. Like trained soldiers, they emerged wielding poleaxes and charged the beast. After a few moments, they had felled the Bulette, leaving this huge pile of bleeding monster among the potatoes. Wordlessly, they began the process of working knives between the armored plating, and peeling it back, revealing the flesh underneath.

They eventually found me, eyes wide, in utter shock for my life, hiding among the farm equipment. They calmly told me to come inside for supper. As I sat at the kitchen table, shaking from fear, I started thanking them for saving my life, and actually, how they hell did they kill that thing so efficiently? And how were they so calm? The older woman handed me a steaming bowl full of dark, black almost, rich, deep meat stew that had simmered in wine for hours. As I took my first spoonful, I felt my anxiety washing away. The old woman looked to me, and simply shrugged.

- **3 pounds Bulette shoulder or neck, cut into 1 inch pieces**
- **4 onions, thinly sliced**
- **1 pound cured pork, such as bacon or salt pork, cut into 1/2 inch matchsticks**
- **2 tablespoons flour**
- **2 cups Auroch stock**
- **3 cups red wine**
- **6 carrots, cut into 1 inch pieces**
- **3 cloves garlic**
- **1 bundle of herbs, such as thyme, parsley, sage**

- 2 bay leaves
- Salt and pepper

1. Season the chunks of Bulette meat on all sides with salt and pepper.
2. Heat a large pot over a medium fire. Add the cured pork, cooking and stirring, until the pork has rendered out most of its fat and has become crispy. Take out pork and set aside, making sure the party does not eat all of it before the meal is ready. Move the pot directly onto the coals. Add the meat chunks to the pork fat, and sear, until every piece is well browned, then set meat chunks aside.
3. Add the onions to the pot. Pull the pot halfway off the fire, and cook the onions until they are soft and just starting to take on some golden color. Add the flour to the onions and stir until the flour smells nutty. Add in the wine, and scrape any brown bits off the bottom of the pot. Bring the wine to a boil.
4. Return the meat chunks to the pot along with carrots, garlic, and the bundle of herbs. Add in the stock, and adjust the pot's location to maintain a gentle simmer. Let it cook for 2-3 hours, or until the meat is fork tender.
5. Keep an eye on the pot while it's cooking, and skim away any scum that accumulates on the top with a wooden spoon. Once the meat is tender, remove the bundle of herbs and add the cured pork back to the stew.

Serve in warm bowls with some crusty hunks of bread. Make sure to drink up the rest of the wine that was used in the cooking.

**Spring In Your Step:** Consuming this dish gives you the Bulette's uncanny jumping ability. For the first 8 hours after eating you may double the distance you leap in a standing or running jump.

### Soupe A la Orc Gratinee

This rich and satisfying soup is all about ubiquity. Orcs and onions; they can be found almost everywhere. And where there is one, the other isn't too far away. These things are so abundant that you may dismiss them as common fare, not worthy of your talents. However, with a little time and care – and some strong Brandy – these common, ubiquitous things transform into a deeply nourishing dish.

Unfortunately, Orc flesh is tough and stringy, and can often carry disease. Their brains however, being the least used part of an Orc's body, remain small, soft, and succulent. They add a rich mineral flavor to this already robust soup. You cook the onions down for hours, until they almost

- 2 melt away. The bread and cheese crouton on top is pure indulgence. Best served on a rainy day, or in the depths of a cold tomb. This is a meal that warms the stomach and the soul.

- 2 whole Orc brains, pulverized into a paste
- 6 tablespoons butter
- 3 pounds onions, thinly sliced
- ½ cup Dwarven Brandy
- 2 sprigs of thyme
- 1 bay leaf
- 1 teaspoon vinegar
- 1 clove garlic
- 1 pound melty cheese, such as Gnomish Gruyere, grated
- 2 quarts Auroch stock
- 4-6 rounds of hard toasted bread
- salt and pepper

1. Melt butter in a saucepan over a medium fire until foaming, add all the onions and Orc brains. Cook, stirring occasionally, until onions are softened. Move the pan almost all the way off the flame, and cook brains and onions, stirring frequently until they take on a very rich golden brown color, 1 to 2 hours total. If it looks like the brains and onions will burn, add a splash of water and scrape up any dark bits with a wooden spoon.
2. Add Dwarven brandy and move pan back to the fire, bringing it to a simmer, and scraping up any browned bits that may be stuck on the bottom of the pot. Cook until the strong alcohol smell is gone. Add in the stock, bay leaf, and thyme. Simmer the liquid for half an hour.
3. Add vinegar, and season soup to taste with salt and pepper. Fish out the bay leaf and discard.
4. Stoke the fire high. Rub some butter and garlic on the toast rounds. Spoon the onion and brain broth into 4 small clay serving bowls, then top with the toast rounds. Sprinkle a good amount of the cheese on top. Move the bowls close to the fire to melt the cheese evenly, turning the bowls as needed. Move the bowls away from the fire with tongs, or a Mage Hand.

Present bowls on cloth towels, as not to burn the hands. The rest of the Dwarven brandy makes for a good accompanying drink.

**Aggravated:** After eating this dish you are able to summon a surge of adrenaline for a period of time. For one hour you may use your bonus action to move up to your movement toward a hostile creature you can see.



# SAUCES

## Basilisk Bernaise

There's more to take away from an encounter with a Basilisk than a few new statues for your garden. If encountering a nesting Basilisk, make sure to check for their eggs. They are large, black, have the texture of stone, and above all, are absolutely delicious. You might think that there would be danger in handling such a product, and you'd be right! While the yolks are harmless, the whites have a paralyzing effect on touch. Make sure to wear heavy leather or steel gloves when cracking open and preparing these eggs. A little bit of contact won't be the end of you, but it will leave your hands stiff and unable to prepare the meal. That's a faux pas that could ruin the evening, or worse yet, the entire adventure!

This makes for an easy and elegant sauce if handled and prepared correctly. It's uses are virtually endless. It can be draped over a poached piece of fish, used as a dip for roasted root vegetables, slathered on a perfectly cooked steak, or eaten straight from the bowl, (we promise not to tell).

- 2 Basilisk egg yolks, carefully handled as to not paralyze the hands
- 1/4 cup vinegar
- 1/2 cup white wine
- 3 sprigs tarragon, leaves finely minced
- 3 sprigs chervil, leaves finely minced
- 1 small shallot, roughly chopped
- 1/2 teaspoon whole black peppercorns.
- 12 tablespoons butter
- Salt

1. Combine vinegar, wine, herbs, shallots, and black peppercorns in a saucepan. Bring to a simmer over a medium fire, then move halfway off the flame to maintain a gentle simmer. Cook until reduced to about 1 tablespoon of liquid. Strain the liquid through a piece of fine cloth into a small bowl.
2. Add Basilisk egg yolks and a pinch of salt to the bowl with the vinegar reduction. Melt the butter in a saucepan, swirling it constantly until the foaming subsides.
3. Get your strongest party member and hand them a whisk. Have them start whisking the vinegar and egg mixture very rapidly. While they are whisking, slowly pour the melted butter into the bowl with the egg mixture. If whisking rapidly enough, the butter and eggs should emulsify, forming a thick and creamy sauce.

- 3 4. Season to taste with salt and serve immediately. Bearnaise cannot be reheated, as the sauce will break.

Serve in any manner described above, but always on warm plates. Serving near any statuary would probably be in bad taste.

**Elastic Skin:** Consuming this creature makes you less susceptible to being turned to stone. For one hour after eating this dish you have advantage on any savings throws to resist Petrification. If you do become Petrified, you may still ignore its effects for one round.

## Beholder Bechamel

Bechamel by itself is little more than a white sauce of butter, flour, and milk. What it lacks in flavor, it abounds in versatility. In fact, it is a sauce that makes other sauces. When cheese is added, it becomes a Mornay. When sauteed onions are added, it becomes a Soubise. And when Beholder is added, it becomes an adventure!

The many stalked eyes of the Beholder are as dangerous as they are delicious, and I don't envy the party that went through the process of acquiring them. Think of this sauce as a consolation prize; something to eat while you scoop up the ashes of a fellow adventurer, or haul their stoned body out of the dungeon. The sauce is surprisingly delicate when prepared correctly, and goes well with almost anything. Dolloped on top of a thick steak, slathered on toasted bread, or served as a communal dip for vegetables; all are good choices.

- 1 cup mashed Beholder eyeball
- 1 1/2 tablespoons butter
- 1 1/2 tablespoons flour
- 1 cup milk
- 1/2 teaspoon nutmeg
- Salt and pepper

1. Over a medium fire, melt butter in a saucepan, or equally sized helmet, until foaming subsides. Pour flour into pan and stir until smooth.
2. Constantly whisk the flour and butter mixture over medium heat until the flour takes on a golden, sandy color, and starts to smell nutty.
3. While cooking mixture, heat milk in a separate pot until it simmers. When milk is about to boil, begin gradually pouring it into the butter mixture, whisking continuously until smooth. At the same time have another party member pour in the mashed Beholder eyeballs.

4. Bring this mixture to a boil and cook for 10 minutes, stirring constantly. Remove from heat and season with salt, pepper, and nutmeg.

Serve this sauce immediately, as it will not hold for long.

**Eye-Bites:** This dish can give you one of several benefits based on which eye was in your serving. After eating, roll 1d6 on the chart below to gain:

1. Immunity to Charm effects for 8 hours
2. Immunity to Force Damage for 8 hours
3. Immunity to Fear effects for 8 hours
4. Immunity to Necrotic Damage for 8 hours
5. Gain 2d8+10 Temporary Hit Points
6. Advantage on all Spell Saves for 8 hours

### Dragon Demi Glace

The terror in the skies, the tyrant wyrm, deceiver, destroyer, Dragon! Heralded by some as the king of all monsters, they are to be feared and respected, and in our case, eaten. There are many culinary delights to be had of these massive beasts. Many of them are simple butchers cuts; roasts, steaks, and the like, which we are not going to cover here. With proper technique, heat, and application of salt, these simple cuts are delicacies in their own right. We recommend "Snout to Tail: Butchering Large Beasts" by Urqus Fanghart for in-depth butchering and cooking instructions of these primal cuts. We are, however, concerning ourselves with the lesser, perhaps the least, used part of the Dragon. The bones.

To be clear, we are not talking about dried out, sun bleached bones that have been sitting around a temple-ruin for several millennia. We're talking about the marrow-rich fresh bones of a Dragon. First roasted, then simmered with hearty vegetables and herbs to form a rich stock, and finally reduced into a syrupy and extremely meaty sauce. This is not a fast process, mind you. To get the best results, the stock must be tended and watched for at least 8 hours. The outcome, though, will be as impressive and satisfying as the fight that felled the beast.

- 10 pounds of fresh Adult Dragon bones
- 3 carrots, chopped
- 2 onions, chopped
- 1 human handful of parsley
- 2 sprigs fresh thyme
- 2 dried bay leaves
- water

- 4
  1. Place bones in a large pan and roast over a hot fire, or in an oven, until the bones are well browned.
  2. Add carrots and onions to pan, spreading them out evenly among the bones. Roast the bones and vegetables again until everything is deeply brown, about 45 minutes more.
  3. Transfer the bones and vegetables to a large pot over a medium fire. Add 3 cups of water to the original roasting pan and scrape up any brown bits that are stuck to the bottom. Simmer for 3 minutes, then dump the liquid from the pan into the pot with the bones and vegetables.
  4. Add the parsley, thyme, and bay leaves to the pot. Fill the pot with enough water to cover the bones and the vegetables by an inch.
  5. Bring the liquid to a bare simmer, making sure not to hit a rolling boil, and maintain the simmer for a long time, 8 to 12 hours. Check every hour or so to make sure that the bones are covered in water, and add more water as needed.
  6. After 8 to 12 hours, strain the stock through a fine piece of cloth set over a large bowl. Discard the bones, or give them to your Barbarian to chew on.
  7. Put the clean stock in a saucepan over a hot fire, and boil. Reduce the stock until it is thick and syrupy.

Spoon generously over red meats and roasted vegetables. Goes exceptionally well with Dragon steaks or roasts.

**Elemental Indigestion:** Depending on which Dragon you've been dining on, your body toughens to a certain element. For the first 8 hours after you eat this dish gain resistance to an element. Consult the chart below to see which element corresponding to the kind of Dragon used in the cooking.

Dragon:	Damage Type:
Black/Copper	Acid
Blue/Bronze	Lightning
Brass/Gold/Red	Fire
Green	Poison
Silver/White	Cold

# APPETIZERS

## Couatl Eggs in Aspic

We eat with our eyes first. We take in the meal; all the colors and shapes and designs. It often lets us know what to expect in a dish long before the food gets to our mouths. This dish is all about showing and not telling. The clear aspic suspends the truffle and egg, as if they are floating in air, like a magic trick. The tarragon leaf drapes effortlessly, as if caught in the blowing wind. Cutting through the rich, dense Couatl egg reveals even more. A yolk of deep purple.

This is a clean and relatively light dish. It's meant to wow your guests, and set up the expectations of further courses. Perfect as a centerpiece appetizer for large groups.

- 6 Couatl eggs
- Meat gelatin
- 3 tablespoons vinegar
- 6 tarragon leaves
- 1 small black truffle, cut into 6 slices

1. Warm meat gelatin until it takes on a liquid state. Spoon the warm gelatin into 6 round ramekins. Put the ramekins aside
2. Bring 4 quarts of water and the vinegar to a simmer in a saucepan over a medium fire. Gently poach the couatl eggs in the water, then remove and drain them.
3. When the jelly has just begun to set, layer 1 tarragon leaf and 1 slice of truffle into each ramekin.
4. Carefully put a poached egg into each mold, and spoon over some more warm jelly to fill the ramekin to the top. Store the ramekins in a cold place for a few hours, until the gelatin has set.
5. Run a knife around the edges of each mold and turn them out to a serving platter.

Serve cold, or at room temperature as an appetizer. Goes nicely with a light aperitif such as sparkling white wine.

**Brain Food:** This dish gives you a slight lightheaded feeling as it makes your thoughts fuzzy to those who would try to read them. For the next 8 hours after eating you are immune to scrying and to any effect that would sense your emotions, read your thoughts, or detect your location.

## 5 Myconid Duxelles

What's to be done with a mushroom man? He's woody, slimy, and probably full of spores. Most groups would throw a dead Myconid to the side and move on, but they would be missing out on a world of flavor. Once brain-dead, the spore sections of the Myconid absorb into the protein structure, tenderizing and seasoning from the inside. This, in turn, makes the flesh of the Myconid one of the most succulent and rich sources of protein known to modern gastronomy.

We make a paste of Myconid meat in this recipe, which can act as a stuffing for omelettes, a flavor enhancer for soup, a side dish to meat or poultry, or as a simple garnish. If you want to go all out, you can slather it over an Auroch tenderloin, wrap with puff-pastry, and bake to pink perfection. No matter how it is served, this is a refined delicacy not to be missed.

- ½ pound Myconid flesh, woody torsos peeled of their outer skin, and caps roughly chopped
- 1 medium shallot, roughly chopped
- 1 medium clove garlic, roughly chopped
- 2 tablespoons butter
- 1 teaspoon fresh thyme leaves, minced
- ¼ cup dry white wine, such as Alurlyath
- salt and pepper

1. Chop Myconid flesh very fine.
2. Scrape chopped meat into a clean piece of cloth that you won't mind staining. Twist the cloth around the meat to wring out as much liquid as you can.
3. Heat a large pan over a moderate fire. Add 1 tablespoon of butter and swirl until fully melted.
4. Add Myconid, shallots, garlic, a pinch of salt, a pinch of pepper, and all the thyme to the pan.
5. Cook, stirring frequently until chopped Myconid appears dry and is beginning to brown.
6. Stir in remaining tablespoon of butter and all the wine. Cook, stirring frequently until the wine has mostly evaporated.
7. Remove from heat and allow to cool

Serve in any manner described above, and preferably outside of the Underdark

**Burp:** For 1 hour after eating, you may use your action to belch up spores. When you do so, target a 5ft area within 30ft of you. Any living creatures in that area must succeed on a DC 10 Constitution saving throw or be incapacitated for 1 minute. The targets can repeat the saving throw at the end of each of their turns, ending the effect on a success. Once you have used this ability you cannot use it again.

## Owlbear Tapenade

Every adventurer remembers his or her first Owlbear. Somewhere in the woods; it's getting dark, and you've lost the trail. Another day to the north and you think you'll hit the road, but that's only guessing from the sun. Then, from the omnipresent green thicket, you hear a "hoot" and a "roar" simultaneously. A hungry momma Owlbear is upon you, looking for an easy dinner. And if you're reading this right now, you came out on the winning side of that encounter. And chances are there is a huge pile of Owlbear meat in front of you.

The carcass of an Owlbear has many succulent and meaty primal cuts. Most of which take minimal butchering, and with the help of salt, heat, and time, can produce satisfying meals on their own. But like our Dragon Demi Glace recipe, we are not focusing on them. We instead turn our culinary eye to the oft-neglected parts of the beast, the parts that don't make for quick steaks or roasts. In this case, the liver of the Owlbear. It's rich, tasting of minerals and iron, and very fatty. When pounded in a mortar and pestle with briney capers, olives, and preserved fish, it makes for a salty-savory appetizer that will light up the taste-buds of your party. As it requires no cooking, this is the ideal quick snack for a group that is on-the-road. Make sure to have plenty of bread or hardtack, because this will go fast!

- **1 Owlbear liver, removed of veins and blood**
- **½ pound olives**
- **1 cup capers**
- **2 ounces salty, preserved fish, such as anchovies**
- **4 teaspoons mixed herbs, such as thyme, oregano, and marjoram**
- **2 teaspoons strong mustard**
- **Oil, as needed**

1. Roughly chop capers, olives, anchovies, and Owlbear liver. Add them all to a large mortar and pestle. Have your strongest party member crush and smash the ingredients to a fine paste with the pestle.
2. Add the herbs and mustard to the mortar and mix thoroughly.
3. While moving the pestle in a vigorous mixing motion, slowly add oil to emulsify the mixture. Once the mixture forms a thick spread, stop adding oil.

Scoop out Tapenade into a handsome dish, and serve with toasted bread points, roasted root vegetables, or if you're really desperate, hardtack.

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**Primal Senses:** After eating this dish you will find that your pupils expand and nostrils flare. For 1 hour you have advantage on Wisdom (Perception) checks that rely on sight or smell.

# ENTREES AND LUNCHEON DISHES

## Cacio e Pixie

We all have late night go-to's, and this, dear reader, is undoubtedly mine. Almost every ingredient in this recipe is mercifully long lasting. It takes minutes to put together and is effortlessly luxurious.

Dried Pixie wings are one of those ingredients I wish more adventures had on them. When properly dried, they have a near infinite shelf life. It's not necessarily an ingredient that demands the life of the Pixie, as the monster grows them back at a pretty rapid rate; to what degree it causes the Pixie mental or physical harm is unknown to me. And the flavor that it brings, even when applied in small doses, is, well, Magical. In this dish, we see it in full force. Toasted in butter and presented as a spicy, vibrant cut through the richness of the cheese. If you must, you can serve this up in bowls for your whole party, but really, after a hard day of monster slaying, I like this best with everyone huddled around the table, eating straight out of the pan.

- 1 tablespoon dried Pixie wings, freshly ground
- 2 servings of long pasta or noodles
- 3 tablespoons butter
- 1 cup hard, aged cheese, finely grated
- Water
- Salt

1. Bring a large pot full of water to a boil over a raging fire. Season the water with salt. Add pasta, and cook, stirring occasionally, until just under al dente. Drain, and reserve  $\frac{3}{4}$  cup of the cooking water.
2. Melt butter in a large pan over a medium fire. Add the the ground Pixie wings, and cook, swirling the pan, until toasted.
3. Add the reserved pasta water to the pan and bring to a simmer. Add the drained pasta to the pan. Pull the pan almost completely off the fire and add the cheese, stirring and tossing with tongs until the cheese is melted, and a silky sauce forms.

Serve in warm bowls, or just eat out of the pan. We won't tell anyone.

**Disappear:** For the first 10 minutes after eating, as a bonus action, you can magically turn invisible until the start of your next turn or until you attack, make a damage roll, or force someone to make a saving throw. Once you use this ability you cannot use it again.

## 7 Chuul Paella

There's a large flat iron pan full of rice and Chuul sizzling over an open fire. The sun is setting. You hunker back into your seat, cup of wine in hand. Out of the dungeon, out of harm, back with friends. Time to eat! Nothing says comradery and victory over terrifyingly large lobster creatures like this communal dish.

The key to mastering this dish is in not overcooking the Chuul. When raw, the flesh of the Chuul is slippery and almost translucent. When heat is applied, it quickly turns pink and opaque, and that is exactly when you should take the pan off the heat, not a moment later. Overcooked Chuul can be chalky and tough, ruining what should be a relaxing meal.

- 2 pounds raw Chuul, shelled and deveined, chopped into  $\frac{1}{2}$  inch pieces
- 8 tablespoons butter
- 1 onion, finely chopped
- 1 cup mushrooms, sliced
- 1 green bell pepper, finely chopped
- 1  $\frac{1}{4}$  cups raw rice
- $\frac{1}{2}$  teaspoon nutmeg
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1 cup dry white wine
- 3 cups hot Cockatrice stock, or water
- 2 tablespoons chopped parsley
- 1 teaspoon thyme
- 1 bay leaf

1. Melt butter in a large iron skillet over a hot fire until foaming subsides. Add onion, mushrooms, green pepper, rice, nutmeg, salt, and pepper to butter, and cook, stirring until rice is golden brown.
2. Add the wine and simmer five minutes. Add the stock, parsley, thyme and bay leaf. Cover skillet and cook, stirring occasionally, until rice is tender and has absorbed almost all the liquid. Add more stock or water as needed if the rice threatens to dry out.
3. Stir the Chuul into the rice and simmer just until the flesh turns pink and opaque.
4. Remove the bay leaf and serve immediately.

Serve it in the middle of a large table with plenty of bread and wine to pass around.

**Lobster Sense:** This dish gives you a slightly buzzed feeling as you gain a kind of sixth sense. For the first hour after eating you gain the ability to sense magic within 30 feet of you at will. This ability works like the Detect Magic spell but isn't itself magical.



## Goblin Thermidor

The Goblin is a pitiful creature. Short-lived, dumb, dirty, and ugly. Some may be less than hostile, or even friendly, but usually they end up bleeding out on the end of your sword. And after you've saved the Blacksmith's daughter, grabbed the stolen holy relic, secured the tomb, you're standing knee deep in Goblin viscera, without an idea of what to do with all these bodies. Much like Orcs, the meat is, unfortunately, mostly useless. It's stringy, fatty, and prone to disease. But also like Orcs, the brain of a Goblin is small and tender. There is also a surprising amount of tender meat clinging to the skull. With a spoon, and a little bit of elbow grease, this meat is all yours for the taking.

In this recipe we make a festive – if a little shocking – presentation of the Goblin head. We saute the brain and head-meat with earthy mushrooms, and suspend the mixture in a rich custard of eggs, cream, and strong Dwarven brandy. Using the skull-halves like bowls, we broil the meats to a rich golden brown. Defeating the town's Goblin menace is one thing. Presenting the monsters as an opulent and delicious meal after the battle is another thing entirely. You're sure to impress the Townmaster with this dish. Budding politicians take note.

- 2 to 4 fresh Goblin heads, removed of hair, eyes, and scrubbed of any dirt
- 4 tablespoons butter
- ½ pound mushrooms, thinly sliced
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons Dwarven brandy
- 1 cup cream
- 2 egg yolks

1. Drop Goblin heads into a large pot of salted boiling water. Cover pot and cook heads at a simmer for about 10 minutes. Remove heads from water with tongs, or a Mage Hand, and set aside to cool.
2. When the heads are cool enough to handle, move them to a large cutting board. Using a large bladed weapon, or a heavy cleaver, bisect the Goblin head right between the eyes, pushing in a single forceful movement to crack the skull in half. Scoop out all the brains, and scrape all the meat from the two halves of the skull with a spoon. Chop all the the brains and meat into ¼ inch pieces and set aside.

- 8
  3. Heat butter in a saucepan over a medium fire until foaming subsides. Then add mushrooms, stirring frequently until mushrooms begin to brown. Add Goblin meat, paprika, salt, and pepper to the saucepan, and move almost all the way off the fire. Add Dwarven brandy, and a half of the cream to the pot, and simmer for 5 minutes.
  4. In a small bowl, whisk together egg yolks and remaining cream. Transfer eggs and cream to a small pot and cook over low heat, whisking constantly, until the mixture thickens slightly, but does not set or burn. Gently stir egg custard into Goblin meat mixture.
  5. Arrange Goblin heads, cut side up, in a large pan or a baking sheet. Spoon the Goblin meat and custard mixture into the skull halves until just over the edge. Broil the skulls in a hot oven, or around a raging fire, turning to get even browning, until the meat takes on a golden brown color.

Serve on a plate festooned with greens, one-half Goblin head per guest.

**Nimbleness:** This dish gives you a strange sense of energy, like drinking too much coffee. For 10 minutes after eating, you can take the Disengage or Hide action as a bonus action on each of your turns.

## Illithid Persillade

The Underdark isn't a very festive or happy place. It's crawling with otherworldly abominations, overgrown with deadly mushrooms, and pitted with treacherous ravines. And, if you're particularly unlucky, you might stumble upon Mindflyers. The Illithid species is alien, and practically unknowable. While scholars and wizards debate the origin of these horrible beasts, far from the danger of actually fighting one, the average adventurer needs to know only one thing of the Mindflyer. They will suck out your brains.

If you have the misfortune to come across these beings, and if you have the luck of besting them in combat, then you can make this dish. The upside, and perhaps the only upside, to encountering Illithid is that you can dine on their numerous tentacles. I don't know, or envy, the person who first tried eating them, but we can thank them for making that daring culinary journey for us. Because, as it turns out, they actually taste very good! And in this recipe, we lightly fry them, and pair them with some very fresh and light ingredients. This meal can rip you out of the doldrums of traveling the Underdark. If only for a little while.

- **1 pound of Illithid tentacles, sliced into 3/4 inch coins**
- **1/4 cup mayonnaise**
- **3 cups oil**
- **1 whole head of garlic**
- **6 tablespoons flour**
- **Juice and zest from 1/2 a lemon**
- **1/2 bunch of parsley, finely chopped**
- **Salt**

1. Heat an oven to a medium heat. Cut the top off the head of garlic, and place in the center of the oven. Roast for 1 hour, then allow to cool. Squeeze out the roasted garlic cloves into a bowl and mash together with the mayonnaise. Set garlic mayo aside.
2. In a large bowl, toss the sliced Illithid tentacles with the flour and salt to coat. There should be enough slime remaining on the tentacles for the dry ingredients to stick.
3. Heat the oil in a large pan over a moderate fire until the oil shimmers. Remove the tentacle slices from the flour and shake off any extra still clinging on. Carefully drop the slices into the hot oil. Fry, moving them about with tongs, until crisp and golden, about 3 minutes. Quickly move the tentacle slices to a piece of clean cloth to drain. Do not overcook them, or they will become chewy.
4. Toss the fried Illithid tentacles with the juice and zest of the lemon, and all the parsley.

Serve the fried Illithid tentacles on a large communal plate alongside the garlic mayo. Dip the tentacle slices in the mayo before eating. Pairs well with a dry white wine.

**Transferable Migrain:** For one hour after eating you are able to emit psychic energy in a 15-foot cone. Each creature in that area must succeed on a DC 12 Intelligence saving throw or take 1d8 psychic damage and be stunned until the start of your next turn. Once you have used this ability you cannot use it again.

### Kobold Katsu

Visiting the eastern islands is a sensory journey unlike almost anything else. It's a near constant bombardment of colorful dress, intricate customs, towering buildings, and food. Some of the most intricately, delicately prepared food from any corner of the world. It's likely that your head will spin during your first few days here. It will seem that there is no escape to the breakneck pace at which your senses are firing. But I want you to do one thing. I want you to slow down. Stop. Look to your left and right. Chances are, you'll see a long line of

9 locals snaking outside some place without a name. You might see them carrying away some simple, even banal looking, fried cut of meat. You don't know it yet, but you want that meat. You need it, in fact. Get in that line, get that fried cut of Kobold, eat it, and all of a sudden the world will slow down, and not seem so hectic.

Unlike Goblins and Orcs, Kobold meat is almost universally safe to eat. The problem is that it's pretty scarce. Kobolds are often emaciated creatures, and small in size. Luckily for us, they are usually felled in large packs. The best place to take the meat is from the legs or the tail, where it is most abundant. In this recipe, we pound the meat thin, so it will cook quickly, and remain tender. This is classic tavern food, best eaten with plenty of beer, and plenty of friends.

- **2 pounds Kobold meat, cut from the legs or the tail, divided into 6 ounce steaks**

- **1 cup flour**
- **3 eggs, lightly beaten**
- **3 cups bread crumbs**
- **3 cups oil**
- **Salt**
- **Your favorite sweet barbeque sauce**

1. Pound the Kobold steaks with a flat warhammer into 1/2 inch thick cutlets. Season them on both sides with salt.
2. Place the eggs, flour, and bread crumbs in 3 separate dishes, and season each of them lightly with salt.
3. Dredge 1 piece of Kobold in the flour, then dip in the egg, then place in the bread crumbs, and press on them to help the crumbs adhere. Set aside, and repeat with the remaining Kobold cutlets.
4. Heat oil in a large pan over a hot fire until the oil is shimmering. Carefully place the Kobold cutlets in the hot oil, and fry until golden and crispy on both sides, about 3 minutes per side. Remove the cutlets to cloth to drain.

Cut the Kobold cutlets into 1/2 inch strips, and serve with plenty of barbeque sauce and light beer.

**Cunning and Dim:** This dish can give you a sense of heightened coordination but unfortunately it also makes you quite sensitive to light. For 10 minutes after eating this dish you have advantage on an attack roll against a creature if at least one of your allies is within 5 feet of the creature and the ally isn't incapacitated. During that same time, while in sunlight, you have disadvantage on attack rolls, as well as on Wisdom (Perception) checks that rely on sight.

## Nothic Gnocchi

Every chef wishes they could read the minds of their guests; what they think of the food, if they're having a good time or not, whether or not they might skip out on the check. This rustic little dish makes that desire a reality by employing the powers of the sinister and bizzare eye of a Nothic. Punishment for dabbling in the darkest arcane secrets might mean a life of hell for one person, but it means culinary bliss for us.

This dish requires strong hands and strong intuition. Like making any kind of pasta, you're likely to mess it up the first few times you try. Don't let this discourage you. Practice makes perfect, and the forbidden knowledge of The Void makes for tasty gnocchi. A few simple ingredients and a lot of perseverance turns into a hearty meal that will fill your party's stomachs and opens their minds to the unknown.

- **1 Nothic eyeball, beaten and whipped until runny like an egg**
- **3 pounds potatoes, scrubbed and pierced all over with a fork**
- **3/4 cup flour, plus more for dusting as needed**
- **8 tablespoons butter**
- **Leaves from 1 large sprig of fresh sage**
- **Salt**
- **Hard, aged cheese, for serving**

1. In an oven, or a covered pot over a hot fire, roast potatoes for about an hour, or until completely tender throughout when pierced with a fork. Cut potatoes in half once fully cooked.
2. Using a spoon, scoop the the potato flesh onto a clean work surface. Mash the potato flesh with your hands while still warm, and spread into an even layer.
3. Drizzle the beaten Nothic eyeball over the layer of potato. Dust the potato and eyeball with 1/2 cup of the flour.
4. Using a dull dagger, cut down into the flour, eyeball, and potato, scooping up the mixture into itself, and cutting down again. Repeat this process until the mixture has just come together, but is still shaggy.
5. Dust the dough with remaining 1/4 cup of flour. Begin to gently fold and press the dough out, like you would a bread dough. Continue until the dough has no raw flour remaining. Roll the entire dough into a long snake shape, roughly 1/2 inch thick.
6. Using a knife, cut the dough-snake into 1 inch portions.
7. Bring a large pot of salted water to a boil.
8. Melt the butter in a saucepan over medium heat until it foams. Add the sage leaves and cook until the sage is very aromatic.

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9. Add the gnocchi to the boiling water and stir gently to make sure they don't stick together. Once the gnocchi begin to float on top of the water they are done. Remove gnocchi with a spoon, and move them directly into the saucepan with the butter and sage.
10. Cook the gnocchi in the sage butter, tossing gently, until every little dumpling is coated in the butter.

Plate in warm bowls with cheese grated over. Serve immediately, and try not to judge your party by what you might find out about them.

**Insightful Gut:** For the first hour after eating you may use your action to magically learn one secret or fact about an intelligent creature you can see. If the creature is immune to being charmed they cannot be affected by this ability. Once you have used this ability you cannot use it again.

## Ragu alla Rothe

I don't miss much about the cold, snowy North. The winters are long and brutal. The people are short-tempered. But there is one thing, a sauce, that has weaseled its way into my mind and never left. I dream about this ragu the same way people dream of gold. It's a rich, unbelievably meaty sauce that's only made when the days are at their coldest and darkest. It's a bastion against the unending tide of bleak misery. It's cooked slow and low for hours. When it's finally done, your diners will look to one another with an acknowledgement that there's still a little bit of hope in this world. Yes, some slow-cooked Rothe meat can do this. Trust me.

- **3 pounds Rothe spare ribs (about 1/3 large rack), cut into three chunks**
- **2 pounds Rothe shoulder, cut into 2-inch strips**
- **1/2 cup oil, divided**
- **1 onion, finely chopped**
- **8 cloves garlic, finely minced, divided**
- **1/2 teaspoon red pepper flakes**
- **1 teaspoon dried oregano**
- **2 cups red wine. Table wine is fine**
- **2 pounds whole peeled tomatoes crushed by hand in a large bowl**
- **1 bunch fresh basil**
- **1 pound mild Auroch sausage, in the casings**
- **8 to 10 servings of pasta**
- **Grated cheese, for serving**



1. Season ribs with salt and pepper. Heat 2 tablespoons of oil in a large iron pot over a raging fire until shimmering. Add ribs to the pot and cook without moving until well browned. Flip and cook until the second side is also well browned. Remove ribs to a plate. Repeat browning process with Rothe shoulder, then add shoulder to plate with the ribs.
2. Add onions to a now empty pot and cook, scraping up any browned bits and stirring, until the onions just begin to brown. Don't get too much color on them. Add garlic and cook until fragrant. Add pepper flakes, oregano, and wine. Cook until the wine has almost evaporated. Add tomatoes and basil to the pot. Return the ribs and shoulder to the pot and bring it all to a simmer.
3. Cover the pot slightly with a lid or equally sized shield. Move the pot halfway out of the fire, or until the sauce is just barely simmering. Cook, stirring occasionally, until the rib bones can be easily pulled from the meat, 3 hours or more. Add sausages and continue cooking for 30 minutes.
4. If the party is particularly ravenous, the ragu can be served now in bowls, the meat divided evenly. Or, if you want this to be a proper meal, continue to step 5.
5. Remove bones from the ribs, discard basil sprigs from the sauce, roughly shred the shoulder meat with two forks, slice the sausages into rounds, and return all the meat back to the sauce. Add in remaining oil, and season to taste with salt and pepper.
6. Cook pasta in a pot of boiling water until just al dente, then drain. Return the pasta to the pot you just cooked it in and add half of the ragu and a handful of grated cheese. Cook and stir the pasta rigorously over high heat until the sauce clings to the pasta, and it looks almost too good to eat.

Serve in warm bowls with plenty of bread for mopping up all that wonderful sauce at the end.

**Hearty:** This dish gives your body the natural insulation of the Rothe. For eight hours after eating you ignore the effects of cold weather. However, sources of cold strong enough to deal damage still effect you in the same way.

## 11 Sahuagin Nicoise

Nothing says "Summer" like spending long afternoons at the seaside, basking in the intense sunlight, and fending off violent fish people. And after you've vanquished your fishy foes, while the last of the light goes tipping over the horizon, stoke up the fire and prepare this vibrant seasonal salad.

This dish makes use of thick, buttery cuts of Sahuagin, bright seasonal vegetables, and stout barley in a simple celebration of Summer on a plate. It's a dish that your party won't soon forget, and one they'll likely request all season long. That trip to the beachside Sahuagin nest might just become a yearly soiree!

- 8 Sahuagin steaks, cut from the tail or the neck.
- 1 ½ cups cooked pearl barley
- ½ pound green beans, trimmed
- 2 cups tomatoes, quartered
- 1 cup olives, pitted and halved
- 1 onion, sliced
- 1 cup oil
- Juice of one fresh lemon
- 1 tablespoon fresh thyme, chopped
- 3 cloves garlic, minced
- 4 bell peppers of various color, thinly sliced
- Lemon wedges for serving

1. Boil green beans in a large pot of water until tender. Drain.
2. Add boiled green beans, barley, tomatoes, olives, onion, ½ cup of oil, lemon juice, and thyme to a large bowl. Toss to combine.
3. Whisk garlic and remaining oil in a separate bowl. Add Sahuagin steaks and turn to coat in the oil. Remove steaks and set aside. Toss peppers in oil mixture, and set those aside. Season both Sahuagin and peppers with salt and pepper.
4. Place a large pan over a hot fire. Place steaks and peppers in the hot pan and sear until Sahuagin is opaque in the center and peppers begin to blacken.
5. Divide the barley and green bean salad among plates. Top with the Sahuagin steaks

Serve with lemon wedges and a dry wine, preferably on a beach.

**Green Around The Gills:** This dish can make your throat a bit sore as it can cause small gills to form for a short time. For 1 hour after eating you gain the ability to breath both water and air.

## Stirge Soubise

Not every meal in an adventurer's life has to be, or should be, eaten hunched over a campfire, nervously scarfed down between 1st and 2nd watch. Moreover, not every meal eaten in town has to be a tankard of warm ale and some sorry hunk of mutton that's probably been left out too long. I advise that you should, when you can, cook a meal for your companions in a relaxed, more intimate setting. It will do wonders for morale. And maybe you're looking to impress that certain Bard who's been plucking at your heartstrings.

This simple but elegant dish takes that annoying little blood-sucking beast, the Stirge, and turns it into meal worth remembering.

{Butchering note: Be careful when removing the blood sac from the Stirge. You never know what it was feeding on before you. Nothing ruins a romantic meal faster than having acidic blood eat through your breastplate.}

- **One large Stirge, 4-5 pounds**
- **3 tablespoons butter, 1 tablespoon softened**
- **2 onions, thinly sliced**
- **1 1/2 cups cream**
- **1 teaspoon Elven spice mix**
- **Salt and Pepper**

1. Stoke an oven to high heat. Using a sharp dagger, or blacksmiths shears, remove the spine and wings from the Stirge and reserve them for another use (such as Stirge stock). Flatten the Stirge by placing it skin side up on a cutting board and applying firm pressure to the breast bone. Season with salt and pepper on both sides.
2. Place Stirge, breast side up, in the center of a flat stone slab or baking sheet. Slide into the middle of the oven and roast for 20 minutes. Remove and rub the skin all over with 1 tablespoon softened butter. Return to the oven and cook until the juice in the thickest part of the breast runs clear when jabbed with a knife, about 25 to 45 minutes longer.
3. Meanwhile, in a small pot or equally sized helmet, melt the remaining 2 tablespoons of butter on the oven-top until foaming. Add the onions and cook, stirring frequently, until softened and most liquid has evaporated, about 20 minutes. Stir in the cream and simmer for 5 minutes.
4. Remove hot onions and cream from the heat. Add Elven spice mix, and whisk rapidly for 5 minutes until a smooth sauce forms. This is quite the workout, so the largest and strongest member of your party should probably handle it.

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5. (Optional) If you are trying to impress a certain someone with this meal, take the extra step of passing this sauce through a piece of cheesecloth. Working over a bowl, press the solids with the back of a spoon through the cloth. The result will be a sauce with a more refined and luxurious texture.
  6. Return onion sauce to pot or helm and season with salt and pepper. Keep warm until Stirge is ready

Carve the stirge into quarters and generously spoon over sauce. Serve with greens and bread.

**Bad Blood:** This dish makes your blood become toxic to most creatures who would want to feed on it. For 8 hours after eating, any creature attempting to drain your blood must succeed on a DC 12 Constitution saving throw. On a failure they are unable to feed on you with any of their abilities.