



KRAKEN +
NARWHAL

presents:

***The
Proper and Illustrious Guide
To
Enchanted Cooking***



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Introduction

Enchanted Cooking is a form of spellcasting in which food is prepared using arcane knowledge and rare ingredients to create food with magical properties. The practice is rarely taught in schools of enchantment and is usually acquired through family, clan, or tribal upbringing. As a result, there is a tendency for enchanted cooking to be more prevalent among some races than others.

Some enchanted cooking recipes are simple, providing extra health or strength, or perhaps enhancing one's innate abilities. Some recipes are more advanced and can cause extreme changes in the player who partakes of the magical food. A simple pot of magical stew might restore lost hit points or cure a terrible condition. A more sophisticated offering might grant the player the ability to fly, morph into another form, or travel between planes of existence.

The fundamentals of enchanted cooking are simple. The primary mechanisms for any recipe are the **Recipe**, **Ingredients**, **Cooking Time**, and **Consumable Time**. The player must have the **Recipe** for the meal the player wishes to make. Players at higher levels know more recipes, though players can come across new recipes in their adventures. Ingredients vary from recipe to recipe.

- Some **Ingredients** are easy to find, and some are not. The more advanced the recipe, the more likely the ingredients are Uncommon, Rare, Very Rare, or even Legendary.
- **Cooking Time** is simply the time required for the recipe to cook. At

higher levels, Cooks can prepare meals more quickly and recipes have lower Cooking Times.

- **Consumable Time** is the length of time that the food retains its magical properties after it has finished cooking. Most food has a Consumable Time of one day.

A player must have all necessary components for the recipe and enough time to prepare it. *A player can prepare only one recipe at a time.* Some recipes must be tended to, while others can simmer on a fire while the player is away.

The **Cook** class has the Enchanted Cooking ability as part of its natural build.

Multi-classing as a Cook is not required to perform enchanted cooking; however, Cooks have certain innate abilities that make enchanted cooking easier to perform.

Other classes can achieve the Enchanted Cooking ability at the DM's discretion through time studying under a Cook (usually at least half a year); time spent working in a kitchen, galley, or tavern while focused on magical studies (usually over 1 year); or by practicing enchanted dishes regularly (at least once a week) with Disadvantage for at least 1 year. At the end of the training, the character becomes proficient in Enchanted Cooking.

Cooking Checks

A DC Wisdom check is required *after the dish is eaten* to determine whether the recipe was successful. Each recipe has a required DC score for the enchantment to work. A successfully prepared recipe requires a successful DC Wisdom check, as follows:

$$\begin{array}{l} \text{Successful Enchanted Dish} \\ = \\ \text{DC + proficiency bonus + Wisdom} \\ \text{modifier} \end{array}$$

For example, a DC 12 is required to successfully bake a batch of Hot Quick Biscuits. When the dish is consumed, *the Cook* rolls a d20 to determine success, regardless of who eats the first biscuit. Assume the dish is prepared by a Cook with a proficiency bonus of 2 and a Wisdom modifier of 3. The Cook would need to roll a 7 or better to match the recipe's required DC 12 (7 roll + 2 proficiency + 3 Wisdom = 12).

It is important to emphasize that the Cook does not know if the meal has been enchanted until *after* it is consumed. All food within the same batch has the same properties and effectiveness. Thus, in the example above, a batch of Hot Quick biscuits makes 4 servings – once the first biscuit is determined to be good, the other 3 are assumed to be good as well.

On any DC Wisdom check of a natural 1 (a roll of 1 before applying a proficiency bonus or any Wisdom modifier), the recipe may have the opposite of its intended effect to the extent possible. For example, a recipe granting +2 HP could result in -2 HP; a recipe to turn a player into a bird could give a player a bird's head with the player's normal body, or turn the player into a newt; a recipe granting insight could return patently false information; etc.

Ingredients

Ingredients marked with a (*) are standard components of the Basic Spice & Ingredients pack.

Table A: Dairy

Roll	Ingredient	Rarity
1-5	* butter	common
6-10	* cow's milk	common
11-15	cream	common
16-20	custard	common
21-25	* eggs (ordinary)	common
26-30	goat cheese	common
31-35	goat's milk	common
36-40	sharp cheese	common
41-45	soft cheese	common
46-50	yogurt	common
51-53	buttermilk	uncommon
54-56	crème fraîche	uncommon
57-59	fermented horse milk	uncommon
60-62	filmjölök	uncommon
63-65	ghee	uncommon
66-68	heron egg	uncommon
69-71	honey butter	uncommon
72-74	kefir	uncommon
75-77	pelican egg	uncommon
78-80	reindeer milk	uncommon
81-83	bison curd	rare
84-86	cloud cheese	rare
87-89	fermented reindeer milk	rare
90-91	ostrich egg	rare
92-93	yak butter	rare
94-95	dragon's egg	very rare
96-97	fermented griffon milk	very rare
98-99	giant goat's milk	very rare
100	pegasus milk	very rare

Table B: Meat

Roll	Ingredient	Rarity
1-4	beef	common
5-8	blood	common
9-12	chicken	common
13-16	duck	common
17-20	goose	common
21-24	horse flesh	common
25-28	meat broth	common
29-31	mutton	common
32-35	pig's legs	common
36-39	pork	common
40-43	rabbit	common
44-47	venison	common
48-50	bat	uncommon
51-53	bear	uncommon
54-56	cod	uncommon
57-59	oysters	uncommon
60-62	salmon	uncommon
63-66	trout	uncommon
67-69	wild boar	uncommon
70-72	char	rare
73-75	eagle	rare
76-78	giant oysters	rare
79-81	minke whale	rare
82-84	polar bear	rare
85-87	squid	rare
88-89	basilisk	very rare
90-91	dragonflesh	very rare
92-93	griffon	very rare
94-95	hippogriff	very rare
96-97	hummingbird tongue	very rare
98	red python	very rare
99	dragon heart	legendary
100	kraken eye	legendary

Table C: Fruit & Vegetables

Roll	Ingredient	Rarity
1-4	* apple	common
5-8	* beans	common
9-12	beets	common
13-16	* carrots	common
17-20	dandelion	common
21-23	green peppers	common
24-25	hot peppers	common
26-28	juniper berries	common
29-31	leeks	common
32-35	mushrooms	common
36-39	olives	common
40-43	* onion	common
44-47	orange	common
48-51	* potatoes	common
52-55	radishes	common
56-58	seaweed	common
59-60	anise star	uncommon
61-62	black mushrooms	uncommon
63-64	cherries	uncommon
65-66	dates	uncommon
67-68	peach	uncommon
69-70	Southern Spring pears	uncommon
71-72	spicy beans	uncommon
73-74	strawberries	uncommon
75-77	tomatoes	uncommon
78-79	desert plums	rare
80-81	horned mango	rare
82-84	juju fruit	rare
85-87	Southern Spring pears (golden)	rare
88-90	starfruit	rare
91-92	Icedale berries	very rare
93-94	kiwaji	very rare
95-96	orange mushrooms	very rare
97-98	pom poms	very rare
99	forgotten dates	legendary
100	silver apple	legendary

Table D: Grains

Roll	Ingredient	Rarity
1-10	* barley	common
11-20	bulgur	common
21-30	millet	common
31-40	* oats	common
41-50	rye	common
51-60	sorghum	common
61-70	wheat	common
71-77	chia	uncommon
78-84	farro	uncommon
85-90	freekeh	uncommon
91-94	golden rice	rare
95-98	tallwheat	rare
99-100	grimstalk	very rare

Table E: Exotics & Other

Roll	Ingredient	Rarity
1-7	ale yeast	common
8-14	baking powder	common
21-28	baking soda	common
29-33	cornstarch	common
34-39	hare's breath	common
40-43	nuts (various)	common
44-47	* oil	common
48-52	* vinegar	common
53-60	yeast	common
61-68	wine	common
69-73	brimstone	uncommon
74-79	chocolate	uncommon
80-85	jelled jellyfish venom	uncommon
86-89	seahorse paste	rare
90-92	pineapple leaves	rare
93-94	pixie dust	very rare
95-96	stardust	very rare
97-98	ground demon horn	legendary
99	phoenix feather	legendary
100	raincloud	legendary

Table F: Spices

Roll	Ingredient	Rarity
1-2	basil	common
3-4	bay leaf	common
5-7	* black peppercorns	common
8-9	cayenne pepper	common
10-11	cloves	common
12-13	coriander	common
14-15	cumin	common
16-17	curry powder	common
18-19	dill seed	common
20-21	dill weed	common
22-24	* garlic	common
25-27	* ginger	common
28-29	green moss	common
30-31	honey	common
32-33	horseradish	common
34-35	mint	common
36-38	* mustard	common
39-40	nutmeg	common
41-42	oregano leaf	common
43-44	parsley	common
45-46	poppy seed	common
47-48	red pepper	common
49-50	roasted thistles	common
51-52	rosemary	common
43-55	* sage	common
56-58	* salt	common
59-61	* sugar	common
62-64	thyme	common
65-66	turmeric	common
67-68	vinegar	common
69-70	dried seaweed salt	uncommon
71-72	ginseng	uncommon
73-74	paprika	uncommon
75-76	sumac	uncommon
77-78	vanilla	uncommon

Roll	Ingredient	Rarity
79-80	white pepper	uncommon
81-82	arctic dill	rare
83-84	black cardamom	rare
85-86	blue moss	rare
8-88	saffron	rare
89-90	truffles	rare
91	chocolate	very rare
92	ground antler from a white stag	very rare
93	red moss	very rare
94	red salamander sweat	very rare
95	rhinoceros horn	very rare
96	squid ink	very rare
97	crystal wormik	legendary
98	dust of paradise	legendary
99	tallwood rose petals	legendary
100	Wildthorn root	legendary

Recipes by School

BASIC

Recipes any Cook can master

Bluud sausage
Charisma Muffins
Eagle-Eyed Carrot Snaps
Filet of Polar Bear Freeze
Grissom's Lasagna
Hot Quick Biscuits
Jump Jerky
Killer Bees Wax
Lucky Duck
Magical Muesli
Power Potatoes
Spicy Beans
* **Stealth Ice**

ACADEMIE DE CUISINE

Complex

Forget-Me-Not
Pudding Barley Montagé

Haut

Thistle Thoou Astral Soup

TRADITIONAL COOKING

Complex

Bear Breath Meat Pie
* **Tree Bark Skins**

Haut

Swap Loaf
Thistle Thoou Astral Soup

LEGION DU BOULANGERIE

Complex

Pudding Barley Montagé
Salamander Fire Wine

Haut

Stone Bread

ADDITIONAL RECIPES (NOT INCLUDED IN THIS EDITION)

Darkest Chocolate Visions
Double Speed Dip
Dragon's Bane
Eagle's Ears
Floating Pudding
Gold Snaps
Hummingbird Hunger-Killer
Raise the Dead Ale
Resistance Sponge Cake
Shrinking Violet Pie
Turtle Shell Soup

*** New to Guide version 3.0**

Recipes

Players cannot cook a large batch of enchanted food and expect to carry bits of food around indefinitely without the food going bad or the enchantment wearing off. For the spell to have its impact, it usually needs to be consumed hot, fresh, and right out of the pot. Unless otherwise noted, all food must be consumed within 1 hour of cooking (**Consumable Time**) for the effect to take hold.

A Cook is capable of preparing any **Basic** recipe. Once a Cook has attained higher levels, **Complex** and then **Haute** recipes are available to those within particular Culinary Schools. This restriction is adjusted for Cooks beyond level 12 (see basic description for class **Cook**).

Bear Breath Meat Pie (Complex)

Ingredients:

Bear Meat (uncommon)

Baking Soda

Rye

Eggs

Carrots

Leeks

Potatoes

- serves 1 portion

Consumable Time: 3 days

DC Wisdom required: 10

Cooking Time: Level 1-4 2 hours

Level 6-11 1 hour

Level 12+ ½ hour

Need some distance between you and some creature that's getting in your face? The unbearable stench of Bear Breath Meat Pie will keep even the most aggressive beast at

a distance. You won't notice the smell though, as you'll be distracted by the delicious concoction of meaty juices and vegetables folded into an enchanted dough pocket. Tastes great a day or two later, as well (and still smells horrible).

Effect: *Breathe on any creature within 5 feet, creature must succeed on a DC Constitution save against 8 + the Cook's Wisdom modifier + Cook's Proficiency (if Cook, or otherwise proficient in enchanted magic) or be Frightened for 1 hour. Cook rolls only once per batch.*

Effect lasts: 1 hour

Bluud Sausage (Basic)

Ingredients:

Beef, Pork, or Venison

Dried Seaweed Salt (uncommon)

Vinegar

Rosemary

Green Moss

- serves 1 portion

Consumable Time: 1 day

DC Wisdom required: 10

Cooking Time: Level 1-4 2 hours

Level 6-11 1 hour

Level 12+ ½ hour

The perfect addition to the breakfast frying pan on mornings when you're heading into a forest filled with the gods-know-what types of horrible creatures. A serving of sausage will add somewhat to your strength, but should a fearsome beast dare to draw your blood, the enchantment of the meal will grant you strength and dexterity greater than the beast attacking you. They hit you, you hit back harder.

Effect: Grants 1d6 + Cook's level temporary Hit Points for the day. While in effect, player gains Strength and Dexterity equal to +1 of the Strength and Dexterity of any creature that draws blood from the player for one minute after blood is drawn. If a second creature draws blood from the player within that minute, player takes on new statistics. If creature's statistics are lower than the player's, player's statistics are reduced.
Effect lasts: 1 day

Charisma Muffins (Basic)

Ingredients:
Flour (any common grain)
Sugar
Oil
Heron Eggs (uncommon)
Vanilla (uncommon)
- serves 4 portions
Consumable Time: 3 days
DC Wisdom required: 10
Cooking Time: Level 1-4 2 hours
Level 6-11 1 hour
Level 12+ ½ hour

Many weary travelers will thank their hosts with a flagon of wine or a loaf of spiced cake. Such simple gifts may serve their ceremonial purposes, but to truly ingratiate yourself with your host, why not offer a plate of delicious Charisma Muffins? These miniature baked delights will make you the hit of the party and are sure to leave a lasting impression with all who partake.
Effect: Creature consuming a Charisma Muffin must succeed on a DC Constitution save against 8 + the Cook's Wisdom modifier + Cook's Proficiency (if Cook, or otherwise proficient in enchanted magic) or be Charmed for 1 hour. After 1 hour,

creature retains lingering positive feelings towards player who provided the Charisma Muffins.
Effect lasts: 1 hour

Eagle-Eyed Carrot Snaps (Basic)

Ingredients:
Carrots
Honey
Seaweed
ghee
- serves 1 portion
Consumable Time: 3 days
DC Wisdom required: 8
Cooking Time: Level 1-4 2 hours
Level 6-11 1 ½ hours
Level 12+ 1 hour

A simple dish meant to be prepared simply. Infuse the natural properties of the carrot with an enchanted enhancement to concentrate your natural ability to see, locate, target, and aim. Many a clever bow-warrior has kept one slot in the quiver available for one of these honeyed carrots, fried in thick ghee and salted by the sea. Improves vision and focuses the mind.
Effect: Grants darkvision to 60 feet, provides advantage on all ranged attacks.
Effect lasts: 1 day

Filet of Polar Freeze (Basic)

Ingredients:
Polar Bear Meat (rare)
Yak Butter (rare)
Pepper
Dill Seed
- serves 1 portion
Consumable Time: 12 hours

DC Wisdom required: 15

Cooking Time: Level 1-4 4 hours
Level 6-11 3 hours
Level 12+ 2 hours

Not many cooks have had the opportunity to pan fry polar bear filets in yak butter. When it was first tried with an enchantment attached to it, the results were astounding. The very soul of the polar environment enters the players veins, creating a vortex of cold energy within the body. Many a villain has placed what was thought to be a vicious strike against a hero infused with Polar Bear Freeze only to have that attack explode back in a torrent of cold, wind, and ice. Hyperborean winds rushing from the player's body help to seal up any damage or wounds. Surprise your foes, stay healthy, and enjoy some quality arctic protein.

Effect: A player taking any slashing or piercing damage immediately deals 2d6 + player's (not Cook's) level cold damage on the attacker, and the rush of cold heals the player 1d4 + player's level HP; resistance to cold damage.

Effect lasts: 1 day

Forget-Me-Not (Complex)

Ingredients:

Cumin
Coriander
Curry Powder
Horseradish
Ginseng (uncommon)
Truffles (rare)

- serves 4 portions

Consumable Time: 5 days

DC Wisdom required: 12

Cooking Time: Level 1-4 4 hours
Level 6-11 2 hours
Level 12+ 1 hours

A tragic miscalculation in the festival kitchens of the coronation of Imperial Regent Aethelwulf the Wise almost lost the recipe for this special spice blend to all of history. For though a grain or two of Forget-Me-Not will add zest to any otherwise bland meat or vegetable dish, any more than a pinch can erase all memory of the previous day – a larger dose will erase the past week. Can be added to any consumable meal or sprinkled directly into the mouth. Must be consumed to have an effect.

Effect: Creature consuming a Forget-Me-Not must succeed on a DC Intelligence save against 10 + the Cook's Wisdom modifier + Cook's Proficiency (if Cook, or otherwise proficient in enchanted magic) or lose memory of all events for the specified time. If creature consumes 1 portion, memory is erased for the past 1 hour. If 2 portions, memory is erased from when creature last slept. If 4 portions, memory is erased for the past week.

Effect lasts: Permanent

Grissom's Lasagna (Basic)

Ingredients:

Basilisk (very rare)
Tomatoes (uncommon)
Buttermilk (uncommon)
Crème Fraîche (uncommon)
Soft Cheese
Mushrooms
Olives
Salt
Wheat

- serves 1 portion

Consumable Time: 1 day

DC Wisdom required: 18

Cooking Time: Level 1-4 8 hours
Level 6-11 7 hours
Level 12+ 6 hours

Discovered in a cookbook in the castle of a giant (Grissom) many years ago, this pan-baked favorite will transform the player into any giant of choice, with all the attributes and abilities that entails. Use only the best quality wheat when making the pasta, and ensure the basilisk is not overcooked before layering into the baking dish. As an interesting historical note, after the recipe book was liberated from the giant Grissom's castle, he disappeared. A small gnome named Rigmarole who would not reveal Grissom's fate was found living in the castle thereafter.

Effect: Transforms the player into any giant type.

Effect lasts: 2 hours

Hot Quick Biscuits (Basic)

Ingredients:

Flour (any common grain)

Baking Soda

Salt

Eggs

Butter

- serves 2 portions

Consumable Time: 1 day

DC Wisdom required: 12

Cooking Time: Level 1-4 1 hour
Level 6-11 ½ hour
Level 12+ ¼ hour

Portable and easy to grab on the fly (though best enjoyed with a large dollop of gravy or a smattering of butter), the HQB is the staple of any Cook's recipe book. Pop one in your mouth and feel the blood pumping back into your veins. The HQB stays warm

for up to 1 day, and just the knowledge that its gooey goodness will be filling your belly is enough to cure what ails you.

Effect: Adds HP of 1d6 + Cook's level.

Jump Jerky (Basic)

Ingredients:

Venison, Rabbit, or Boar

Salt

White Pepper (Uncommon)

Ground Antler from a White Stag (Very Rare)

- serves 4 portions

Consumable Time: 2 days

DC Wisdom required: 15

Cooking Time: Level 1-4 1 hour
Level 6-11 ½ hour
Level 12+ ¼ hour

A strip of Jump Jerky is just the thing to keep tucked away in your belt for future use. Chew up one strip as bonus action and leap into battle with twice the speed and twice the ferocity. The salty goodness and meaty umami send roars of energy to every one of your extremities. Every swing of your sword flies twice, your bow lets loose arrows two-apiece, and your fists hammer down on enemies with a pleasurable staccato.

Effect: Double speed, an extra attack, and Advantage on any reaction defense; Disadvantage on any Intelligence or Wisdom check.

Effect lasts: 1 minute

Killer Bees Wax (Basic)

Ingredients:

Honey

Honey Butter (uncommon)

Ginseng (uncommon)

Sorghum

- serves 1 portion

Consumable Time: 3 days

DC Wisdom required: 14

Cooking Time: Level 1-4 4 hours

Level 6-11 2 hours

Level 12+ 1 hour

No matter how tasty it may seem, DO NOT SWALLOW Killer Bees Wax. The sweet gummy substance is meant to be chewed carefully lest any portion of it slip down your throat. The treat evokes memories of gentle spring days and tulips blooming in the morning sun, as well as any recollections the chewer might have of watching a swarm of killer bees attack one's foes. When its efficacy has expired, SPIT IT OUT.

Effect: Spitting releases a swarm of killer bees from the player's mouth in a 30-foot cone, causing $2d8 + \text{player's level (not Cook's level)}$ piercing damage; attacked creatures must succeed on a DC 14 Constitution save or take $1d4$ poison damage and be Poisoned for 1 hour.

* Swallowing Killer Bees Wax causes $4d8 + \text{player's level}$ piercing damage and player is poisoned for 2 hours.

Effect lasts: 30 seconds

Lucky Duck (Basic)

Ingredients:

Duck

Black Pepper

White Pepper (uncommon)

Juniper Berries

- serves 1 portion

Consumable Time: 1 day

DC Wisdom required: 12

Cooking Time: Level 1-4 1 hour

Level 6-11 ½ hour

Level 12+ ¼ hour

Tearing into the tender dark meat of a Lucky Duck on a cold winter day is almost as invigorating as the feeling of a midsummer barbecue with the smell of softly grilled duck wafting on the evening air. As the sweet juices roll down your throat, you feel your senses heighten, the hairs on your arm (if you have hairs on your arm) stand at attention, and the world seems anew. Somewhere off near the horizon you sense that adventure, fame, and great reward awaits.

Effect: Grants the player Advantage on all Perception and Investigation checks; if treasure of more than 100gp is within 1 mile, the player knows both the direction and distance to the treasure.

Effect lasts: 1 minute

Magical Muesli (Basic)

Ingredients:

Oats

Barley

Rye

Nuts (Walnuts, Almonds, etc.)

Apple (Dried)

- serves 2 portions

Consumable Time: 4 days

DC Wisdom required: 10

Cooking Time: Level 1-4 1 hour
Level 6-11 ½ hour
Level 12+ ¼ hour

Not as potent as many of the dishes in your arsenal, but reserving a pinch of Magical Muesli in your pocket is never a bad idea. Just the right balance between gruel and great, this magical cereal substitute will keep an adventuring party hiking until their next rest, or will provide the extra punch needed to swing that sword for one more swipe at a dragon's head.

Effect: Adds +1 Hit Die of HP

Power Potatoes (Basic)

Ingredients:

Potatoes

Rosemary

Red Moss (very rare)

Salt

- serves 3 portions

Consumable Time: 1 day

DC Wisdom required: 14

Cooking Time: Level 1-4 4 hours
Level 6-11 2 hours
Level 12+ 1 hour

Many a party has been saved with the otherwise unappetizing power of boiled

power potatoes. A dash of rosemary as they're plucked from the pot of stewing red moss and water does little to add to the flavor of a Power Potatoes, but the added punch to a player's attack more than makes up for the dull taste of flavorless mush in the player's mouth. Be sure to dry rubbed with a thick coating of red moss and boil the potatoes fully in their skin. Once prepared, potatoes can be carried into combat in a player's rucksack, tucked into a pocket, or jammed into the heel of your boot because, really, nothing you do to this lump of blandness will add or detract at all from its taste.

Effect: Add 1d6 to attack/damage rolls.

Effect lasts: 1 minute

pudding Barley Montagé (Complex)

Ingredients:

Barley

Sugar

Cream

Water

Thyme

Oregano Leaf

Black Mushrooms or Anise Stars (Rare)

Dried Seaweed Salt (Uncommon)

- serves 1 portion

Consumable Time: 1 day

DC Wisdom required: 12

Cooking Time: Level 1-4 4 hours
Level 6-11 3 hours
Level 12+ 2 hours

Your mind strays and your vision grows blurry. You believe you hear rapturous, inspiring music as the world comes back into focus. But what you see is not the world before you, but visions – mere vignettes of action. Scenes of you training,

laboring, sparring, or exercising as you master a particular physical skill. An older teacher – an adept of the art – may be training you, or you may see yourself high upon a mountain alone, practicing your skill against a stunning sunset. As the vision fades, you find yourself back where you started, but with new abilities that make you stronger, quicker, and more capable than before. The vision has lasted only a moment, but the effect lingers.

Effect: Adds +1 to Athletics, Acrobatics, and Stealth checks

Effect Lasts: 1 day

Salamander Fire Wine (Complex)

Ingredients:

Wine

Cayenne Pepper

Ginseng

Red Salamander Sweat (very rare)

- serves 1 portion

Consumable Time: 1 week

DC Wisdom required: 12

Cooking Time: Level 1-4 4 hours
Level 6-11 2 hours
Level 12+ 1 hour

Be sure to toast your colleagues *before* you take your sip of Salamander Fire Wine, not *after*. The burning sensation in your throat will not harm you in any way, but each time you open your mouth for the next minute you will let loose a stream of volcanic flame that will incinerate anything before you. Consider a palette-cleansing HQB after consuming.

Effect: Opening your mouth as a bonus action, you breathe fire in a 15-foot cone, dealing 2d8 + player's (not Cook's) level of fire damage.

Effect lasts: 2 minutes

Spicy Beans (Basic)

Ingredients:

Beans

Hot Peppers

Garlic

Vinegar

- serves 2 portions

Consumable Time: 1 day

DC Wisdom required: 12

Cooking Time: Level 1-4 1 hour
Level 6-11 ½ hour
Level 12+ ¼ hour

For eons, travelers have added a bit of energy to their hikes by tucking a few spicy beans between their lip and gum as they trekked across the wilderness. Enchanted by a knowledgeable Cook however, a spicy bean becomes a Spicy Bean: a little extra energy, and a little extra kick to hit your opponents with in battle. Spit a bean or two at your foe as a reaction and watch that Spicy Bean pop.

Effect: Add 1d4+Cook's level temporary HP; as a reaction, spit any number of beans on an attacker for a total of 2d6 fire damage.

Effect lasts: Temporary HP lasts 1 day; ability to deal damage lasts 1 minute from first spit.

Stealth Ice (Basic)

Ingredients:

Ice

Any Common Fruit

Sugar

Salt

- serves 4 portions

Consumable Time: 1 hour

DC Wisdom required: 10

Cooking Time: Level 1-4 1 hour
Level 6-11 ½ hour
Level 12+ ¼ hour

Easy to prepare providing you can find somewhere cold enough for ice (or can find someone to cast some frost for you). Stealth Ice removes all anxiety, all agitation, and makes you feel like you are one with the environment. As a result, you should be able to coolly move about without detection should you so choose.

Effect: Advantage on any stealth check.

Effect lasts: 1 hour.

Stone Bread (Haut)

Ingredients:

Wheat

Bulgur

Yeast

Sugar

Filmjolk (uncommon)

Ostrich Egg (rare)

Stardust (very rare)

- serves 1 portion

Consumable Time: 3 days

DC Wisdom required: 16

Cooking Time: Level 1-4 6 hours
Level 6-11 4 hours
Level 12+ 3 hour

Heavier than a fruitcake, somewhat lighter than an actual stone, Stone Bread tastes surprisingly delicate given its weight and texture. Picture one of your limbs as you consume the loaf and as the last crumb tumbles down your throat, feel the power and energy of a giant surging into that part of your body. The enchantment has no effect on the rest of your body, other than

to allow your frame to carry the giant limb without ill effect. Block arrows, leap walls, and smash dragon skulls with abandon.

Effect: One limb of the player increases to giant size with statistics consistent with a giant; the player's body and other limbs remain unchanged.

Effect lasts: 2 minutes

Swap Loaf (Haut)

Ingredients:

Flour (any common grain)

Sugar

Oil

Tallwheat (rare)

Pineapple Leaves (rare)

- 1 swap loaf serves 2 portions

Consumable Time: 1 day

DC Wisdom required: 10

Cooking Time: Level 1-4 2 hours
Level 6-11 1 hour
Level 12+ ½ hour

Share a bite from the same batch with friend or foe but choose carefully with whom you will dine. The enchanted properties of the Swap Loaf will cause your external form to morph into an exact replica of the person or creature who shares the loaf with you, and their form will change to yours. Decades ago, a ball held by a certain giant clan to celebrate a truce with a nearby elvish realm was greatly disturbed when several servings of Swap Loaf made their way to the table. All learned that certain folk should only consume Swap Loaf with loose-fitting garments.

Effect: Within 1 minute of both parties consuming the same Swap Loaf, the two parties trade appearances and take on the physical characteristics of the other.

Characters swap Strength and Constitution, including related proficiencies. Other characteristics and proficiencies do not change, including voice.

Effect lasts: 1 hour

Thistle Thoou Astral Soup (Haut)

Ingredients:

Water

Broth from any Meat

Roasted thistles

Oregano Leaf

Leeks

Ostrich egg (Very Rare)

* can substitute pelican egg (Rare) or heron egg (Rare) [though without the **Substitute Ingredients** ability, Cook must succeed on a DC 10 Dexterity check or substitution fails]

Dark ash mushrooms (sometimes found in hollows under ancient ash trees) (Rare)

- serves 1 portion

Consumable Time: 1 hour

DC Wisdom required: 16

Cooking Time: Level 1-4 4 hours

Level 6-11 3 hours

Level 12+ 2 hours

You focus intensely on a specific person, event, or location in the past. You need not know the specifics, but you must have some facts to orient you, such as the name of the person and the activity they performed, or an event that occurred at a particular location regardless of whether you know when it happened. As you sip the hot bowl of Thistle Thoou, you feel your body lose its corporeal form. You are whisked away across the Astral Plane to one specific time and place of your choosing. You cannot interact with anyone or anything while there, but you can see and hear everything.

You understand and can read any language you encounter. With a DC 15 Insight check, you can even read the minds of people and creatures you see, though you cannot read beyond a cursory level of the target's surface-level thoughts. At the conclusion of your experience, you return to your body as if no time had passed. You may not return with anything from your astral voyage other than the information you observed while there.

Effect: Astral Travel

Effect lasts: 1 minute at the target location, no time passes at corporeal location.

Tree Bark Skins (Complex)

Ingredients:

Bark of Any Tree

Sharp Cheese

Honey Butter (uncommon)

White Stag Antler *or*

Rhinoceros Horn (very rare)

- serves 1 portion

Consumable Time: 1 day

DC Wisdom required: 13

Cooking Time: Level 1-4 2 hours

Level 6-11 1 hour

Level 12+ ½ hour

Easily one of the least appetizing dishes in any cook's repertoire, Tree Bark Skins were an invention of necessity. Several Hoggs hoping to enjoy a jousting tournament were enjoying ales without any snacks to accompany them. Adding some butter and cheese to some short strips of bark made the woody chips more palatable. Years later, on a whim, a Hogg named Nimik Griksdottir added some ground antler to the bark on a whim. The result was an enchanted dish that transforms one or

more limbs into rapidly growing tree branches, while not losing any dexterity in the player's hands or feet.

Effect: Choose up to 4 limbs that transform into strong green wood. The player can grow or shrink limbs rapidly, resembling a tree branch experiencing accelerated growth. Strength is no less than 19 while spell is in effect.

Effect lasts: 1 minute.



KRAKEN +
NARWHAL

presents a new class:

Cook

Description

A disquiet surrounds the campfire as the adventurers feel the woods come alive with threats from all directions. The dwarf sharpening her meat cleaver by the fire turns from her cuts of wild boar, examines the edge of her blade, and smiles.

In a high castle overlooking the coast of a magnificent city, the elf conjures a meal of unprecedented sophistication for the local duke, empowering the duke's army to face the barbarian horde.

Cooks are warriors first, and craftspeople second — though the best of them draw no distinction between the two. Many have a military background born of supporting vast armies on the front lines of far-off wars. Some seek the refinement of complex culinary trades specific to particular regions, or to lost cultures and peoples. A few see cooking as a way to ensure self-sufficiency and spurn the company of others.



Cooks spend a lifetime surrounded by sharp knives, hot oil, and fire. The kitchen is a place of veterans and convicts, runaways and rebels. Cooks are tougher than the average class, and they won't let anyone forget it.

Creating a Cook

Consider your character's personality when creating a Cook. Is your character a hardened veteran of large military campaigns? A youthful adept hoping for fame and fortune as a chef to kings and queens? A day-to-day cook, slopping meals for the local village tavern and looking to leave a small town to find adventure?

At 3rd level, your Cook will choose a Culinary School that should be consistent with your Cook's personality. Descriptions of the Culinary Schools are below.

Wisdom will be your Enchanted Cooking modifier and will usually be your highest

ability score. In combat, Cooks rely more heavily on melee weapons such as kitchen implements, making Strength ability scores important; however, Cooks can wield certain kitchen knives with finesse, making Dexterity ability scores important as well.



Class Features

Basic class features are as follows:

HIT POINTS

Hit Dice: 1d8 per Cook level

Hit Points at Level 1: 8 + CON

Hit Points at Higher Level: 1d8 + CON per Cook level after 1st

PROFICIENCIES

Armor: Light Armor

Weapons: Simple melee, small and large Chef's Knives, Meat Cleavers, and Filet Knives; any improvised kitchen implements

Tools: Kitchen Tools

Saving Throws: Wisdom, Constitution

Skills: Survival, Nature, any additional one

EQUIPMENT

You start with the following additional equipment:

- (i) (a) One large or small Chef's Knife and (b) one additional melee weapon
- (ii) Padded Armor
- (iii) A Kitchen Tools pack
- (iv) A Basic Spice & Ingredients pack

Enchanted Cooking

Enchanted cooking is a form of spellcasting in which food is prepared using arcane knowledge and rare ingredients to create food with magical properties. *(For a full description of Enchanted Cooking, including basic recipes and ingredients tables, see "The Proper and Illustrious Guide to Enchanted Cooking.")*

The practice of enchanted cooking is rarely taught in schools of enchantment and is usually acquired through family, clan, or tribal upbringing. As a result, there is a tendency for enchanted cooking to be more prevalent among some races than others. *(For example, see the description of the "Hoggs" race.)*

Some enchanted cooking recipes are simple, providing extra health or strength, or perhaps enhancing one's innate abilities. Some recipes are more advanced and can cause extreme changes in the player who partakes of the magical food. A simple pot of magical stew might restore lost hit points or cure a terrible condition. A more sophisticated offering might grant the player the ability to fly, morph into another form, or travel between planes of existence.

The fundamentals of enchanted cooking are the **Recipe**, the **Ingredients**, **Cooking Time**, and **Consumable Time**:

- The player must have the **Recipe** for the meal the player wishes to make. Players at higher levels know more recipes, though players can come across new recipes in their adventures. Ingredients vary from recipe to recipe.
- Some **Ingredients** are easy to find, and some are not. The more advanced the recipe, the harder the ingredients are to find. Ingredients can be Common, Uncommon, Rare, Very Rare, or even Legendary.
- **Cooking Time** is simply the time required for the recipe to cook. At higher levels, Cooks require less Cooking Time for most recipes.
- **Consumable Time** is the length of time that the food retains its magical properties after it has finished cooking. Most food retains its magical properties for up to one day.

A player must have all necessary components for the recipe and enough time to prepare it. ***Cooks can only prepare one recipe at a time unless otherwise noted.*** Some recipes must be tended to, while others can simmer on a fire while the player is away.

Long Rests: While most classes require an uninterrupted long rest to restore HP and provide other benefits, the Cook has

learned long ago how to do what needs to be done while others rest. Cooks have the ability to prepare food for up to 4 hours during a long rest without the cooking activity having a negative impact on the long rest's restorative properties. For example, a party decides to rest overnight for 8 hours. A level 1 Cook uses 4 of those hours to prepare 4 batches of Hot Quick Biscuits, which each take that Cook 1 hour to prepare. At the end of the long rest, the Cook has recovered all HP as if the Cook had rested for the full 8 hours.

RECIPES AT FIRST LEVEL AND HIGHER

Cooks know any 2 Basic Recipes at Level 1. As Cooks advance in levels, Cooks learn additional recipes (see Chart 1 below). Cooks can choose any Basic Recipe; however, Cooks may only choose Complex or Haut Recipes associated with their particular Culinary School.

Chart 1

Level	Proficiency Bonus	Abilities	Recipes Known		
			Basic Recipes	Complex Recipes	Haut Recipes
1	+2	<i>Enchanted Cooking</i>	2	-	-
2	+2	<i>Wild Gathering</i>	4	-	-
3	+2	<i>Culinary School</i>	4	2	-
4	+2	<i>Ability Score Improvement</i>	4	3	-
5	+3	<i>Create Substitution</i>	6	3	-
6	+3	<i>Extra Attack</i>	6	4	-
7	+3	-	8	4	-
8	+3	<i>Ability Score Improvement, Time Improvement</i>	8	5	-
9	+4	<i>Knife and weapons skills</i>	8	6	1
10	+4	-	10	7	1
11	+4	-	10	8	2
12	+4	<i>Ability Score Improvement, Two-Handed Cooking</i>	10	10	2
13	+5	-	12	11	3
14	+5	-	12	12	3
15	+5	<i>Sleep Cooking</i>	13	14	5
16	+5	<i>Ability Score Improvement</i>	13	14	5
17	+6	-	13	14	6
18	+6	-	13	14	7
19	+6	<i>Ability Score Improvement</i>	unlimited	14	8
20	+6	<i>Chef Légendaire</i>	unlimited	unlimited	unlimited

Recipes purchased or discovered do not count against recipe totals for each Level, but they must be either Basic Recipes or recipes associated with your Culinary School.

Wisdom is your enchanted cooking ability. Your knowledge of the natural world informs your ability to cook, including an intimate understanding of the taste, texture, and composition of edible plants, game, poultry, and other tasty items. Use your Wisdom modifier when attempting to cook successfully. Each recipe has a required DC score for the enchantment to work. A successfully prepared recipe requires a successful DC Wisdom check, as follows:

$$\begin{array}{c} \text{Successful Enchanted Dish} \\ = \\ \text{DC + proficiency bonus + Wisdom} \\ \text{modifier} \end{array}$$

A DC Wisdom check is made by the Cook **after the dish is eaten** to determine whether the recipe was successful. If a recipe serves more than one, a check is required for only the first person's first use of the enchantment – the rest of the batch has the same properties.

GALLEY PRESENCE

A Cook's time living among the dangerous and disreputable denizens of various kitchen staffs has given a Cook underworld contacts the Cook can exploit whenever needed. The Cook has Advantage on any Charisma checks with shady or criminal elements, and Advantage on Inspection checks involving criminal activity such as finding hidden loot, locating smuggler routes, or identifying counterfeit goods.

FIREPROOF

Cooks spend their lives in the kitchen. Spending years by the fire grabbing scalding metals and splashing hot oils have given a Cook a tough outer hide, regardless of race. Cooks have resistance to all fire damage.

ABILITY SCORE IMPROVEMENT

When Cooks reach 4th level, and again at 8th, 12th, 16th, and 19th level, Cooks increase one Ability score by 2 or two Ability scores by 1 (without exceeding 20 for any score).

2ND LEVEL

WILD GATHERING

Starting at 2nd level, you are able to scavenge for edible foodstuffs in the wild. You have Resistance to Exhaustion caused by hunger or exposure, and Advantage on any DC Survival check for foraging.

3RD LEVEL

At level 3, a Cook is knowledgeable and skilled enough to be considered an Advanced Cook.

CULINARY SCHOOL

At level 3, the Advanced Cook chooses a culinary school of study: The Académie de Cuisine, Traditional Cooking, or the Legion du Bolengier. At this level, Cooks can prepare only Basic recipes and 2 Complex recipes from within their chosen Culinary School.

4TH LEVEL

ABILITY SCORE IMPROVEMENT

Increase one Ability score by 2, or two Ability scores by 1.

5TH LEVEL

By level 5, the Cook has become a Master Cook.

CREATE SUBSTITUTION

With a Master Cook's knowledge of ingredients and recipes, the Cook can substitute like items for others required by a recipe using the Create Substitution ability.

- Substitutions must be for ingredients of the same **Food Group** (Food Group tables in the Recipes section identify the appropriate group for each ingredient.) For example, wheat, barley, and rice can be found in *Recipe Table D: Grains*.
- Substitutions must be for ingredients of the same or greater rarity (Common, Uncommon, Rare, Very Rare, or Legendary). For example, salt (Common) can substitute for ground peppercorn (Common), but salt cannot substitute for saffron (Rare). Saffron can substitute for salt.



6TH LEVEL**EXTRA ATTACK**

A Cook's skills with weapons that cut, chop, or bludgeon extend to the Cook's abilities in fighting. When melee fighting, Cooks make a second attack at level 6.

8TH LEVEL**ABILITY SCORE IMPROVEMENT**

Increase one Ability score by 2, or two Ability scores by 1

TIME IMPROVEMENT

Consumable Time for any recipe is doubled.

9TH LEVEL

At level 9, the Cook has become a Sous-Chef. The Sous-Chef also adds +2 to DC Enchanted Cooking checks.

KNIFE AND WEAPONS SKILLS

As a Sous-Chef, the Cook has mastered the use of intricate knife work and the use of kitchen implements. The Cook gains +2 to attack and damage for any kitchen implement used in battle either as a melee or a ranged weapon, and Advantage on any skill check using such implements (other than for checks on Enchanted Cooking).

12TH LEVEL

A level 12 Cook is considered a Chef de Cuisine. A Chef de Cuisine knows 22 recipes, including up to 4 recipes from Culinary Schools other than the Cook's own.

ABILITY SCORE IMPROVEMENT

Increase one Ability score by 2, or two Ability scores by 1.

TWO-HANDED COOKING

A Cook can prepare 2 recipes at the same time.

15TH LEVEL

At level 15, the Cook can be considered a Chef d'Étoile Blu, an ancient rank bestowed on only the most accomplished of Cooks.

SLEEP COOKING

A Chef d'Étoile Blu requires little effort to prepare most meals. Beginning at level 15, while other cooks might toil all night to prepare a meal, the Cook can now prepare food while taking short naps and allow certain food to simmer while the Cook sleeps. The Cook can prepare food for an additional 4 hours during a long rest without impacting the restoration of any HP or otherwise having an impact on the Cook's long rest.

16TH LEVEL

ABILITY SCORE IMPROVEMENT

Increase one Ability score by 2, or two Ability scores by 1.

19TH LEVEL

ABILITY SCORE IMPROVEMENT

Increase one Ability score by 2, or two Ability scores by 1.

20TH LEVEL

CHEF LÉGENDAIRE

At level 20, there is no recipe unknown to the Cook who is now at a level of a Chef Légendaire. The Chef Légendaire can prepare any recipe from any Culinary

School. The Chef Légendaire has Advantage on all Enchanted Cooking Wisdom checks.



Multi-Classing

Players may multi-class as a Cook. Minimum requirements for multi-classing as a Cook are 14 Wisdom and 12 Dexterity.

Culinary Schools

At level 3, a Cook chooses from one of the three main schools of culinary tradition: the prestigious route of the **Académie de Cuisine**, the folk-based wisdom that personifies the school of **Traditional Cooking**, or the battle-hardened **Legion du Boulengier**.

ACADÉMIE DE CUISINE

The chefs of the Académie de Cuisine are renowned in the highest courts of the land. Many a great king or queen has allocated a disproportionate amount of the royal budget on retaining the services of one of these sought-after masters of the culinary

arts. It is said that even a quick repast from a meal prepared by one such chef will improve one's appearance, strengthen one's heart, or cure any affliction that can befall a troubled mind.

- Perfect Execution

Even the slightest variance in a recipe can change an ordinary meal into the extraordinary, and the Cooks learning the traditions of the Académie du Cuisine understand this. At level 3 or higher, when preparing a recipe that restores HP to any creature, the Cook adds an additional 1d6 + the Cook's level to any restored HP. If that creature is wealthy or holds a position of rank, the Cook adds an additional 1d6.

- Rich Flavor

The intense flavors of the food prepared by the Cook beginning at level 6 increase the potency of the food's magical properties. Up to 2 players can share an item of food prepared by the Cook and receive the same benefits.

- Renowned Ability

The skill of the Chef de Cuisine is instantly recognizable in all higher-end establishments, as well as by the wealthy, nobility, and individuals with access to the finer things in life. Beginning at level 9, the Cook of the Académie de Cuisine has Advantage on all Charisma checks in such places and against such individuals.

- Impeccable Quality

Even a bad meal made in the tradition of the Académie du Cuisine is better than a good meal from an ordinary cook. Starting at level 11, a failed DC Wisdom check on Enchanted Cooking still creates food with

valuable sustenance that provides 1d4 HP when consumed within one day.

TRADITIONAL COOKING

Traditional Cooking is less an organized culinary school and more an amalgamation of folk traditions. Its Cooks scoff at the label "chef" and consider classifications such as "Master Cook" and "Chef Légendaire" to be pretentious nonsense. Followers of the Old Ways tend to be found in small towns and settlements among the tavern owners and innkeepers, as well as around the fires of long adventuring expeditions, the galleys of merchant vessels, and in the camps of small parties deep in the forests.

- Butcher's Map

An intimate knowledge of creature anatomy allows a Cook versed in Traditional Cooking to strike joints, bones, and organs with precision. Beginning at level 3, Cooks deal an additional 1d6 damage to any hits on a creature.

- Capable Hands

Working in a variety of settings has forced a Traditional Cook to learn more than just cooking in order to survive. Various skills are required to survive in the woods, on the high seas, and in the desert, as well as to flourish running an inn or a butcher's shop. Starting at level 6, a Cook can pick two additional skills to be proficient in.

- Common Charm

A Traditional Cook knows just what to say to fellow villager or working person. Starting at level 9, Traditional Cooks have Advantage on any Persuasion or Insight checks against any non-hostile individuals

such as townspeople, guards, shopkeepers, and tradespeople.

- Mental Toughness

Years of working in less than ideal conditions and dealing with customers who are not always friendly has given the Traditional Cook a hardened exterior, both physically and mentally. Starting at level 11, the Traditional Cook has Advantage against being Charmed or Frightened, and resistance against any Psychic damage.

LEGION DU BOLENGIER

Many a long military campaign deep into hostile territory has been sustained by the hardened cooks of the Legion du Bolengier. A typical Legionnaire begins a career as a soldier, guard, or even a privateer, but as some point along the way learns the secrets of combining more than one ingredient into a pot to create enough sustenance to feed an army. Many are known to have charged into battle wielding nothing more than a filet knife and a frying pan, apron stained with the blood of both butcher's table and foe.

- Two-Weapon Fighting

Military training gives a Cook in the Legion du Bolengier experience when two-weapon fighting with kitchen implements, including Chef's Knives, Meat Cleavers, and Filet Knives. Starting at level 3, when two-weapon fighting with kitchen tools, the Cook adds the ability modifier to the second weapon's attack provided the second weapon is a kitchen implement.

- Quick Draw

Fast hands perfecting knife skills under hostile conditions have trained the Legionnaire to move faster than a typical Cook. Starting at level 6, Cooks get one bonus melee attack at initiative count 20 if an opponent is within 5 feet and the Cook has not been surprised. This bonus attack can occur regardless of the Cook's initiative roll, and is an attack only, not a movement. The bonus attack does not add an ability modifier to the damage.

- Veteran Status

Guards, soldiers, veterans, and others with military experience recognize the bearing of a member of the Legion du Bolengier. Starting at level 9, Cooks in the Legion du Bolengier have Advantage on any Persuasion or Insight checks against such individuals.

Kitchen Weapons

A capable Cook can convert just about any implements found around the kitchen into a weapon. The Cook's favorite weapons are:

Weapon	Cost	Damage	Weight	Range/Type
Large Chef's Knife	30gp	<i>1d8 slashing or piercing</i>	1 lb.	Thrown (20/60)
Small Chef's Knife	25gp	<i>1d6 slashing or piercing</i>	½ lb.	Thrown (30/90)
Meat Cleaver	15gp	<i>1d8 slashing and/or bludgeoning</i>	3 lbs.	Versatile (1d10)
Filet Knife	15gp	<i>1d4 slashing or piercing</i>	¼ lb.	Thrown (60/90), finesse
Frying Pan	2gp	<i>1d6 bludgeoning</i>	4 lbs.	+1 AC (doubles as shield)



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Cook (version 2.0)

The Proper and Illustrious Guide to Enchanted Cooking (version 3.0)

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