

Nalthis (*Warbreaker*)

There are two major cultures of cuisine that I was able to study in my travels here. Primarily is the food of Hallandren. It consists mostly of seafood, tropical fruits, and bright colors. Religion plays a big part in that final point as the belief in the Iridescent Tones drives a lot of cultural decisions there. When attempting to recreate some of the dishes I found here, I was surprised by the number of colors that could be placed on a single plate without having too many flavors that seem overwhelming. And I was a big fan of the fresh seafood and tropical fruits I found there. There are some things that are just so much better fresh.

The other cuisine I experienced related to the Idrian Highlands. Their food was much more pastoral rather than coastal, obviously due to geographical locations. Rather than fish, protein tends to come more from goats and their related dairy products. And the reverence of the Iridescent Tones is not broadcast into their food, either, so finished dishes are much less vibrant and varied in color.

There are, of course, other locations on this world, but I was unable to venture to all of them. Most of the recipes I chose to recreate come from Hallendren, because I am quite partial to the fresh flavors, bold colors, and general brightness of their food. Eventually, I hope to add more recipes to my collection, but I feel I can only do them true justice with fresh ingredients directly from the ports of Hallendren. I suppose I will just have to return as often as I can.

Fruit juice

Brightly colored food and drink brings extra vibrancy to the table, whatever the meal. We eat with our eyes after all. When making this juice, fresh is so much better than premade if you can find it.

The recipes here use fruits that are found more readily in my realm, but feel free to experiment using what you have.

Ingredients

- Passion fruits — 4 to 6 fruits or ½ cup of juice
- Guavas — 1 large or 3 small fruits or 1 cup of puree
- Oranges — 2 fruits or 1 cup of juice
- Water

Directions (1 Part = ½ cup)

1. Juice the passion fruit directly into a blender. Add ¼ cup of water to help it blend. Strain the mixture to remove the seed particles into an airtight container. Set in fridge to cool.
2. Skin and dice the guava fruits. Use a blender to puree them. Add ¼ cup of water to the blend to aid the process. Strain the mixture to remove most of the seed particles, if too

thick, blend again with another $\frac{1}{4}$ cup of water. Will be baby food-like in texture. Set in fridge to cool.

3. Cut the orange in half, use a juicer to collect fresh-squeezed juice.
4. Add 1 part passion fruit juice to 2 parts guava puree, 1 part orange juice, and 1 part water. Blend until smooth.
5. For extra tartness, add more passion fruit. For more sweetness, add more orange juice.
6. Chill, then serve in a chilled glass with a fruit accent and enjoy.

Ingredients

- 2 cups fresh pineapple — peeled and cored
- 2 cups fresh papaya — seeded and cubed
- Pineapple juice
- Coconut water
- Lime juice

Directions (1 Part = $\frac{1}{2}$ cup)

1. Peel and cut the pineapple into small cubes.
2. Peel and cut the papaya into small cubes.
3. In a blender add 2 parts papaya, 1 part fresh pineapple, and 2 parts pineapple juice. Blend until chunky.
4. Add 1 part coconut water and $\frac{1}{4}$ part lime juice (about 2 tablespoons), blend again until smooth.
5. Chill, then serve in a chilled glass with fruit accents and enjoy.

Spiced Rice

When visiting Hallendren, the freshness of the seafood is a must try. Just be sure to avoid less...reputable sources. I nearly lost my taste for oysters after that mistake.

This recipe is the closest approximation to the dish I tried in Hallendren, using spices and ingredients native to my world. Pairing this rice with other colorful dishes is a great way to keep in tradition of the Iridescent Tones. It also pairs very well with a variety of fish recipes, of course.

Ingredients

- 2 cups uncooked rice (10-minute rice)

- 1–1/2 cups chicken broth
- 1/2 cup of orange juice
- 1 tablespoon toasted sesame oil
- 1-inch piece of fresh ginger — grated
- 2 cups vegetable oil
- 1/2 cup red onion finely chopped
- 1 medium red bell pepper cut into 1/4-inch dice
- 3 cloves garlic finely chopped
- 1 egg, beaten
- 1 cup fresh pineapple cut into 1/4-inch dice
- 3 tablespoons soy or fish sauce
- Cayenne pepper to taste — optional

Directions

1. Peel and grate the ginger or cut it very finely. Mash the pieces to release extra juices.
2. Mix the chicken broth, orange juice, and sesame oil in a 6-quart pot. Add the ginger pieces. Add 2 cups of rice. Bring to a boil. Then cover and let simmer for 10 minutes. When done, remove from heat and fluff.
3. Cut and prep the onions, garlic, bell peppers, and pineapple while the rice cooks.
4. If you like bell peppers and onions to have a softer texture, roast them in a skillet for 5 minutes in advance. You will cook them again with the rice.
5. If you want the pineapple to be sweeter, roasting the pieces enhances their taste. Roast for 5 to 10 minutes in a grill pan prior to cooking the rice.
6. Heat a wok or large pan to a high heat and add about 1/3 of the rice along with about 1 tablespoon of vegetable oil. Stir fry for about 2 minutes, tossing constantly with a spatula.
7. Make a well in the center of the rice, add a teaspoon of vegetable oil, then add the onion, bell pepper, and garlic. Continue cooking for another 2 to 3 minutes until the onion is soft and translucent and combined with the rice thoroughly.
8. Add another 1/3 of the rice, stirring it constantly for about 3 minutes.
9. Again, make a well in the center of the rice and add the egg. Cook until set, scramble and distribute throughout the rice. (If working in smaller batches, you can pour in half an egg, or use one full egg per batch)

10. Add the remaining rice, stirring for about 2 minutes
11. Stir in the pineapple, soy (or fish) sauce, and Cayenne pepper (if desired); mix thoroughly while cooking another 2 minutes. Serve rice warm.

Roshar (Stormlight Archive)

Roshar has some of the most interesting and creative cuisine I have encountered in my travels. And with the numerous and varied regions and climates, it can be almost overwhelming to try to compile samples. But I have learned many new techniques and skills from observing the food preparation here that I never would have otherwise. The Rosharan High Storms have given the planet a very unique ecosystem. This causes the denizens to find unique ways of farming and raising livestock. It also makes it difficult to find accurate equivalents of ingredients in my own home world, so some of the substitutions I make are not true substitutions. The major differences lie in the grains and proteins here.

Grains are most commonly found in formations known as rockbuds. Grain is also artificially produced using Investiture in the form of Soulcasting. I have used the most comparable of these grains in my recipes, though they are not exact and are usually much less hardy. As for meats/proteins, the predominant source comes from shelled creatures, very similar to the crustaceans found on my world. These creatures range in size from the enormous to the miniscule. And again, an artificial meat can also be created through Soulcasting. And for those with enough money and status, poultry is available as a protein in food. It is rare enough that it seems instead of the group name "bird" that we use, "chicken" has become the word for any kind of feathered, flying thing. This also means that any kind of poultry can be used in those recipes easily.

I spent a good portion of my time observing the warcamps on the Shattered Plains. This let me clearly see the food consumed by those of different cultural standing, from slaves to lords. I also saw how food was used socially, though that is more of a side-interest of mine. The parties thrown for nobles and humble soldier cookfires all provided me with great information. The food all begins very similarly, often on a bed of rice. That would then be topped with whatever was available to the people, tubers and perhaps cremlings for the low and chicken in richer sauces for the rich. But most interesting is the gender divide in food. Men eat heavily spiced foods with plenty of heat, while women eat sweet foods. This is interesting to me because it would seem easier to make more of one food for everyone than to make two different foods to feed the same number of people. I suppose this does make more sense in higher society where food can afford to be divided as such. Whatever the case, it gives me more foods to try (as I do not follow that reasoning), so I cannot complain.

Perhaps one of the greatest identifying features of each region is their bread. I discovered the fluffy, almost cake-like breads of the Thaylen traders, the grainy clemabread of Tashikk, and the tallew flatbread found throughout most of Veden/Alethi lands. I wish to eventually find my way to Shinovar to investigate the rumors I have heard of their lush landscape and "foreign" cuisine. I also hope to visit Tashikk again during the Weeping to try their famous

ten varieties of pancakes. And I have yet to truly experience the Unkalaki cuisine that earned the people the nickname “horneaters,” though I do not think I will be tasting any of their ale anytime soon.

Chouta

<https://coppermind.net/wiki/Chouta>

Fried Tenem and Peppered Chicken

Sweet potato is the closest and easiest to obtain substitute for tenem in my realm. Frying sweet potato after lightly battering it makes for a delicious side to poultry. Fried sweet potatoes can work both in sweeter dishes (even served with jam or syrup), or to balance stronger spiced dishes.

Batter Ingredients

- 1 large egg
- 200 ml iced water
- 1 cup all purpose flour

Directions

Slice sweet potatoes/tenem into round slices about 1/8 inch thick. Pat them dry.

For the batter, whisk the egg into the cold water. Sift the flour into a separate bowl, then slowly add the egg mixture. Do not overmix. There should still be a few lumps.

Heat a pot of neutral flavored oil to 230 degrees Farenheit. Dredge the veggies in the batter and carefully drop them into the oil without crowding the pot. Cook for about 3-4 minutes each. Remove fried tubers and let them drain on a clean towel or a wire rack.

For the Chicken

Ingredients

- 1 pound chicken breasts or thighs, sliced against the grain into 1/4-inch (5-mm) thick pieces

Marinade

- 1 tablespoon soy sauce
- 1 tablespoon cornstarch

Sauce

- 1/2 cup chicken broth

- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 1/2 tablespoons sugar
- 2 teaspoons coarsely ground black pepper
- 1/8 teaspoon salt

Directions

Marinate the chicken in soy sauce mixed with cornstarch for about 15 minutes. While chicken is marinating, mix the ingredients for the sauce. Heat about 1 tablespoon of oil in a pan. Add the chicken in an even layer and cook, stirring, until browned on both sides. Add the sauce and continue cooking until chicken is cooked through. Can also be served with rice.

Steamed methi with chicken in sauce

Steamed fruit and chicken is a sweet pairing that works with a number of types of fruit. For my recreation, I chose to use apples and pears for their crisper texture (do not overcook them) while using plums for a stronger fruit flavor. (apple/pear plum sauce)

Ingredients

- 3 apples, peeled, sliced, and cored
- 1 pear, sliced and cored
- 1 1/2 cups diced plums
- 2 tablespoons honey
- 2 tablespoons fresh-grated ginger
- 1/4 cup soy sauce
- 2 tbsp butter
- 2 chicken breasts

Directions

Begin by steaming the apples and pear slices until just tender.

While the fruit is steaming, begin preparing the sauce. Place plums, honey, ginger, and soy sauce in a small pot and cook on medium heat until just combined. Simmer while making the chicken.

Salt and pepper the chicken breasts and place in a heated pan with melted butter. Cook, flipping halfway through. Add the sauce into the pan with the chicken, along with the sliced pear. Serve with the rest of the steamed fruit.

Fruited tallew rice on flatbread (2 recipes)

Tallew flatbread recipe on page _

I saw this served to children and decided to create an “adult” version to go along with the simpler version I encountered here

2 cups water

1 cup white rice, uncooked

2 tablespoons dried onion flakes

1 tablespoon dried parsley

1 tablespoon butter

2 teaspoons chicken bouillon

2 teaspoons brown sugar, packed

½ teaspoon dried thyme

¼ teaspoon black pepper

⅛ teaspoon ground red pepper

¼ - ½ cup orange juice

¼ cup dried apricot, chopped

¼ cup dried cranberries or raisins

¼ cup finely chopped apples

- In large saucepan, combine water, rice, onion, parsley, butter, bouillon, sugar, thyme and pepper.
- Bring to boil over high heat, then reduce heat to low.
- Cover & simmer 45-50 minutes, or until rice is almost tender.
- Stir in orange juice, apricots, cranberries & raisins.
- Simmer, uncovered, 15 minutes or until rice is tender.

Simplified:

2 cups water

1 cup white rice, uncooked

2 tablespoons dried onion flakes

2 teaspoons chicken bouillon

¼ cup dried cranberries or raisins

¼ cup finely chopped apples

Cook the rice, onion, and bouillon in the water as above. Add the fruit in the last 15 minutes of cooking, as above.

Tallem mixed with spicy gravy and boiled stagg

Gravy and tubers is a classic combination and a great way to use leftovers. When making the gravy, be aware that the longer it rests the more heat will come through, so don't let it sit out if you can't handle the spicy.

Ingredients

- 1 cup fat (ie: leftover grease from cooking)
- Flour
- 1 clove minced garlic
- 1 tsp cayenne pepper
- 1 tsp crushed red pepper flakes
- 1 tsp salt
- 1 tsp ground pepper

Directions

Heat the fat in a high-walled pan. Whisk in small amounts of flour until the gravy reaches a consistency you like. If it becomes too thick, add a little bit of water or broth. Once you have the gravy base, mix in the rest of the ingredients/seasonings.

Add the gravy to the tallem rice and your choice of boiled tuber.

Tallem flatbread

This flatbread is a great all-around recipe that can be used with a lot of other foods. As with all bread products, this will likely take some practice to perfect the consistency.

Ingredients

- 2 ¼ cups rice flour (divided)
- 1 cup water
- Kosher salt

Directions

1. Combine 2 cups rice flour, water, and salt, and knead, adding more water or flour as necessary to create a dough that is pliable but not sticky. Continue kneading for 5 minutes. Cover dough and let rest 5 minutes. Divide dough into 4 balls. Dust a rolling pin and work surface with remaining flour. Roll each ball into a round about 1/8-inch thick.

2. Heat an empty cast iron skillet over medium heat for 5 minutes. Place one rolled out dough ball on the hot skillet and press down lightly with spatula. Cook for 1 minute, then use a thin metal spatula to carefully flip. Use a clean kitchen cloth to firmly dab the flatbread on the skillet around its edges and center. Flip again and repeat dabbing with the cloth. Remove when small brown spots appear on both sides and the flatbread has puffed slightly. Best served fresh out of the pan and still warm.

Rock's stew

Scadrial (*Mistborn*)

Baywraps

Baywraps are a simple recipe that can be taken in many directions. Just as sandwiches have many varieties, so do baywraps. The most important features are the boiled barley and the flatbread that keeps it all contained. Other ingredients and flavors can be added and experimented. I even knew of a friend who enjoyed a sweet variety of baywrap. Your preferred flatbread can be used, or use the recipe provided below to make your own. I chose a thicker wrapping for my personal favorite varieties.

Savory Barley Filling

Ingredients

- 1 tablespoon of oil
- 1 small onion, finely chopped
- 3 cloves of garlic, finely chopped
- 1 cup pearl barley
- 2 cups stock
- 1 teaspoon salt

Directions

1. In a heavy saucepan place oil, onion, and garlic. Using a medium heat, cook until softened.
2. Add the dry barley and cook, stirring, until the barley gets slightly toasted.
3. Add the stock and salt to the pan, and bring stock to a boil.
4. Turn down heat to a simmer, cover and let simmer for 45 minutes. Check several times to avoid sticking.

5. If there is extra water or stock left over, strain the barley, and set it aside.

Fill your wrap with your choice of vegetables such as potatoes, carrots, or peas. You can also add other seasonings, such as thyme, rosemary, curry seasonings, etc.

Flatbread

Ingredients

- 2 teaspoons instant yeast
- 1 teaspoon granulated sugar
- 1 3/4 cup warm water (about 100 degrees, warm but not hot to the touch)
- 1/2 cup 4 fl oz. warm milk (about 100 degrees, warm but not hot to the touch)
- 1 Tablespoon extra-virgin olive oil
- 2 teaspoons salt
- 6 cups 29 oz. bread flour -- keep 1/2 cup out and use as necessary.

Instructions

1. In the bowl of a stand mixer fitted with the dough hook mix the yeast, sugar, water, milk and 2 cups of the flour until well combined.
2. Add another cup of flour, the salt, and the oil. Continue to mix. When that's mixed in gradually add the rest of the flour reserving the 1/2 cup. Continue mixing until a soft dough forms and the dough pulls away from the sides of the bowl. The dough will be soft to the touch. Knead the dough for 5-6 minutes until it is soft and smooth.
3. Place the dough in a lightly greased bowl and cover. Let rise until doubled, about an hour.
4. Divide the dough in half and then in half again. Out of each half measure out 8 pieces. They will be about 3 oz. each. Form each piece into a tight ball. Cover and let the dough pieces rest for about 10 minutes -- this helps the dough relax so that it's easier to roll out.
5. Work with one piece at a time on a floured surface. With a rolling pin roll the dough from the center out, turning the disc as you work. Roll the dough out to about 1/8-inch thick into a 6-inch circle. Cover with cloth as you work with another.
6. Heat a lightly oiled skillet to medium heat. When the skillet is hot, cook the flatbread for 2-3 minutes on the first side until it bubbles and puffs. Flip it over with tongs or spatula and cook on the second side until it is golden and spotty brown. Make sure the skillet is hot! If the bread cooks too long it won't bend and can turn out dry. The right amount of heat is 2-3 minutes per side.

7. Transfer the flatbread to a plate and cover with a towel. Repeat with the remaining dough.

Hot chocolate

The richness of hot chocolate only became available after Harmony returned the world from ash, but it is definitely a must try. And there are plenty of ways to modify it and add other flavors, so this is just a basic recipe.

Ingredients

2 cups milk

½ cup dark chocolate

1 teaspoon sugar (optional)

1 tablespoon cocoa powder

1 teaspoon vanilla extract (optional)

1 pinch salt

Directions

Warm your milk in a small pot on very low heat, just letting it simmer. Add the vanilla and/or sugar in this step if you are using them. Add the cocoa powder when the milk has simmered away and lost some of its volume (taste until you find a consistency you like). Then add salt and pieces of the dark chocolate, whisking and being careful not to let it burn. Feel free to adjust ratios as you prefer them. Other flavors you can mix in include (but of course are not limited to) cinnamon, almond extract, fruit puree like raspberry or strawberry, orange zest...

Sel (Elantris)

I found great fascination early on in my travels with JinDo cuisine. It has very strong flavors and potent spice that leaves you wanting more as much as a glass of water or milk. It is very similar to cuisine I know as Szechuan. I didn't spend as much time with the other cultures because I did not find nearly as much flavor and uniqueness as I did in JinDo. Perhaps this was a mistake, though, as I plan to return to investigate more of the world of Sel.

RaiDomo Mai

RaiDomo Mai is a JinDo dish on Sel, whose name means "meat with fiery skin." It is made with meat and vegetables, including RaiDel peppers, boiled in a red sauce.