

# RECIPES OF THE REALMS II



RECIPES FOR FAMOUS FOODS IN  
THE FORGOTTEN REALMS AND BEYOND





# *Recipes Of The Realms II*

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# Arlkha

Arlkha is a vegetable based remove that also goes by “Olkoth” and “Lennem” depending on which region of the realms it is served.

Arlkha, 1 pint: 1sp

This roasted eggplant dip goes well with any grilled vegetable or meat and is very easy to make.

## Arlkha

Prep time: 2 hours

2 - 3 eggplants about 2 - 2 1/2 pounds

2 small cloves garlic finely minced

1/3 cup tahini

1/4 cup fresh lemon juice

1/4 cup extra virgin olive oil plus more for serving

Kosher salt to taste

Fresh parsley for flavor and finishing

Ground cayenne for flavor and finishing

Preheat your broiler to 550F degrees. Line a rimmed baking sheet with aluminum foil.

Place the eggplants on the baking sheet. Poke them just a few times each with a fork.

Broil the eggplant, about 6 inches away from the top heat source, for about 40 to 50 minutes, turning them just a bit every 10 minutes. Once the eggplant have collapsed into themselves and are soft all the way through, they are done.

Remove from the oven and wrap the foil sheet up and around the eggplant. Allow them to steam in the foil packet for about 15 minutes.

Once cooled, remove the insides of the eggplant and place it in a sieve over a bowl. Using a small spoon, remove any seed membranes. Allow the eggplant to drain for about 30 to 45 minutes. Discard any liquid in the bowl.

Place the eggplant in a medium bowl. Add the garlic and tahini. Whisk the mixture together until creamy using a fork. Slowly add the lemon juice and continue whisking. Drizzle in the olive oil, beating until smooth. Add kosher salt to taste.

Refrigerate for at least 30 minutes before serving. Add a sprinkle of fresh parsley, a few pinches of cayenne pepper and a good drizzle of extra virgin olive oil before serving.

# Lannli

Lannli was a remove that got its start in the town of Eveningstar and became very popular across the kingdom of Cormyr. For many years, the recipe for Lannli was lost due to Cormyr's setback related to the Goblin War.

Lannli, 1 pint: 5sp

This spicy carrot puree goes quite well with meat or vegetable pies, but Elminster never fails to smother his pork chops with it!

## Lannli

Prep time: 30 minutes

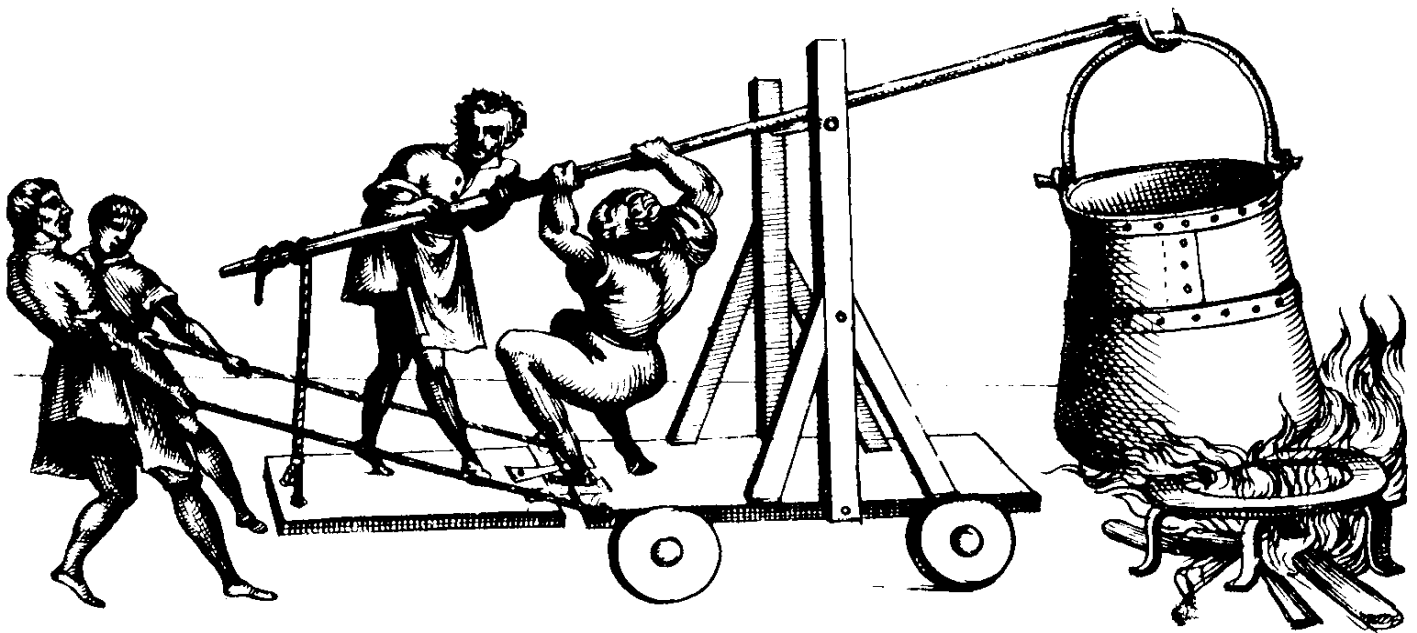
2 pounds carrots, peeled and cut into 2-inch lengths  
6 tablespoons extra virgin olive oil, plus more for dipping  
3 tablespoons white wine vinegar  
5 teaspoons Flametongue (see recipe below)  
3/4 teaspoon ground cumin  
1/2 teaspoon ground ginger  
Kosher Salt and pepper to taste

In a large saucepan over high heat, cover the carrots with water and bring to a boil. Reduce the heat to medium and simmer until tender, about 20 minutes.

Drain the carrots and return them to the dry saucepan. Cook the carrots for 30 seconds or so over medium heat to dry them out.

Remove the pan from the heat and coarsely mash them with a fork or whisk. Traditionally, Lannli is more of course puree and not a smooth one.

Stir in the olive oil, vinegar, flametongue, cumin and ginger and then season with salt and pepper.



# Belthiir

A favorite breakfast food of many Pashas throughout Calimsham, usually accompanied by freshly baked flat bread.

Belthiir, one bowl: Price unknown. Each Pasha maintains their own sumptuary laws within the areas that they control with Belthiir usually only eaten by the Pasha and those they favor. To be seen or heard of “Breaking fast with the Pasha over a bowl of Belthiir” usually means that that person is an up and comer within the Pasha’s organization.

## Belthiir

Prep time: 12 hours

1 1/2 pounds dried fava beans, soaked in water for 8 to 10 hours  
1 medium yellow onion, peeled and diced small  
4 cloves garlic, peeled and minced  
1 teaspoon ground cumin  
Zest and juice of 1 lemon  
Sea salt to taste  
1 lemon, quartered  
Extra Virgin Olive or Canola Oil

Drain and rinse the beans and then add them to a large pot. Cover with 4 inches of water and bring to a boil over high heat. Reduce to a simmer, cover, and cook until the beans are tender, 1 ½ to 2 hours. Beans may start to break down. This is normal.

While the beans are cooking, cook the onion in a medium skillet or saucepan over medium heat until it is tender and starting to brown (8-10 minutes).

Add garlic, cumin, and lemon zest and juice and cook for 5 minutes longer. Set to the side.

When the beans are fully cooked, drain all but ½ cup of the liquid from the pot and add the onion mixture to the beans. Mix well and season with salt to taste. Give a very healthy drizzle of oil.

Serve garnished with lemon quarters.

# Halahake

A remove that is found all over the realms, but most easily found in the Glimmerwood and High Forest region of the realms in areas populated by elves.

Halahake, 1 pint: 3sp

## Halahake

Prep time: 20 minutes

1/2 cup walnuts  
2 cups pitted brined green olives, finely chopped  
1/2 cup pomegranate seeds  
3 tablespoons pomegranate molasses  
3 tablespoons finely chopped tarragon  
3 tablespoons extra-virgin olive oil  
1 tablespoon red wine vinegar  
Salt and Pepper

Preheat the oven to 375°. Spread the walnuts in a pie plate and bake until toasted, 10 minutes.

Let cool, and then finely chop. In a bowl, mix the walnuts with the remaining ingredients and season with salt and pepper.

Dip can be refrigerated for 2 days. Serve at room temperature.



# Flametongue

“Ah Flametongue, the only known substance that can make a cook look like a cleric!”  
-Elminster Aumar

Flametongue paste is popular throughout the realms and is offered at most higher end inns and dining establishments as a remove that can be slathered on anything the eater is brave enough to ingest it with. It is so spicy, that when applied to the tongue of a PC making a death save, the PC is granted advantage on the very next death save the PC needs to make. This effect is only able to be used once per day on a character and may result in watery eyes and runny noses.

Flametongue, 1 pint (3 doses): 5gp

## Flametongue

Prep time: 20 minutes

2 cups red bell peppers (about two red bell peppers)  
1 to 4 chili peppers of any type, depending on how hot you want your flametounge  
5 garlic cloves  
4 tablespoons olive oil (keep more handy for later)  
Salt to taste

Preheat oven to 120 C (250 F)

Deseed and devein the bell and the chili peppers (please exercise caution with working with hot peppers, lest you irritate your eyes or skin). Quarter the bell peppers and half the chili peppers lengthwise.

On a roasting tray or cookie sheet, place the red bell peppers, chili peppers and garlic. The skin side of the peppers should be facing upwards. Drizzle with olive oil and place the tray in the warm oven for 1 hour.

Remove the tray from the oven and leave to cool.

Once peppers have cooled, chop them finely or transfer them to a food processor. Chop to desired consistency.

Heat a large deep pan with 2 tablespoons of olive oil over medium-low heat and place the chopped bell peppers, chili peppers and garlic in the pan. Leave uncovered in pan and stir occasionally until there is no more liquid in the pan, about 45 minutes.

Transfer to a sterilized jar and top with a thin layer of olive oil. Seal the jar and refrigerate. Keeps for up to a month.



# Hotnut

Another remove that is found throughout the realms, but having a known origin in the republic of Turmish. Many mercantile or mercenary companies do not discuss business until they've supped with hotnut.

Hotnut, 1 pint: 15sp

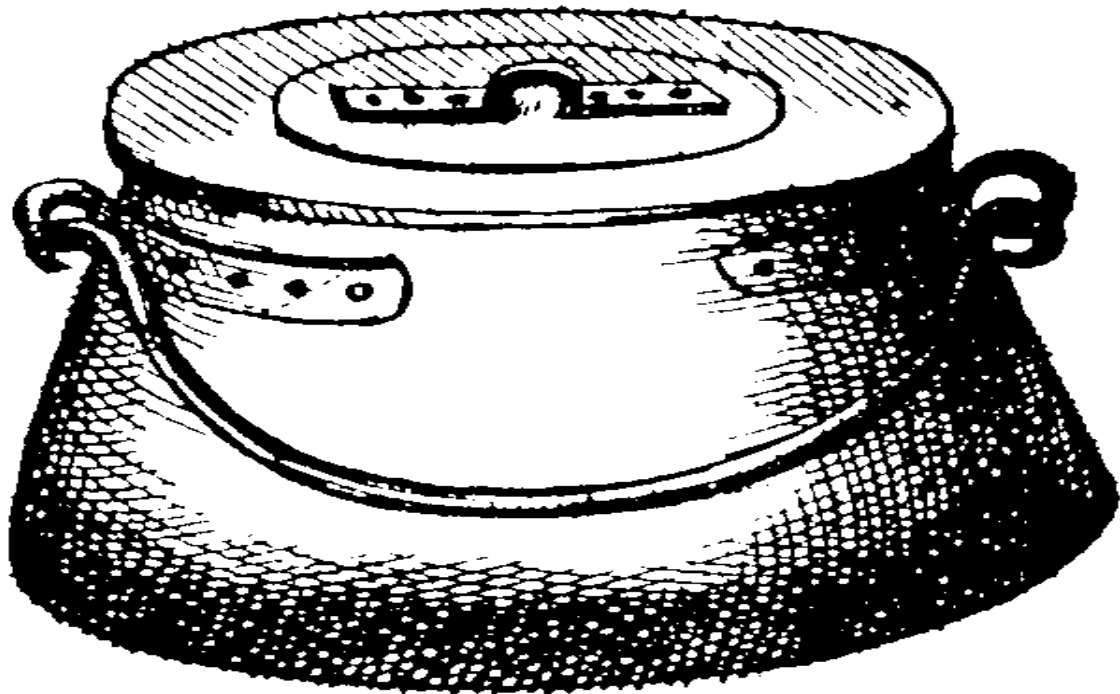
## Hotnut

Prep time: 20 minutes

1 12-ounce jar roasted red bell peppers in olive oil with garlic, drained  
1 cup walnuts  
1/3 cup panko (Japanese breadcrumbs)  
2 tablespoons extra-virgin olive oil  
2 teaspoons pomegranate molasses or fresh lemon juice  
1 teaspoon ground cumin  
1/4 teaspoon cayenne pepper  
Pita chips

Blend all ingredients except pita chips in processor until coarse puree forms. Season with salt.

Transfer to bowl; serve with chips.



*Caldaro da 4 some*

# Stonesulder Sauce

During the time that Lif was alive, he perfected a recipe for a sauce that could make yesterday's cold chicken taste like it was fit for a noble. If the PC's get along with Lif well enough, they see the recipe written out in a dusty mirror as they restore the inn. When the PC's serve this sauce at the inn, they get an additional +5 bonus when rolling on the Running a Business table in chapter 6 of the Dungeon Master's Guide to determine whether the tavern lost money or earned a profit at the end of every tenday.

Stonesulder Sauce: Price Unknown

## Stonesulder Sauce

Prep time: 24 hours

6 Prunes  
2 teaspoon sugar  
1/2 cup red wine  
1/4 cup almonds  
2 tablespoons bread crumbs  
2 tablespoons white wine  
1/2 teaspoon cinnamon  
1/4 teaspoon ginger  
1 pinch ground cloves

Soak prunes in wine several hours before, or night before. Remove prunes from wine and pit them if necessary.

Grind almonds in blender or food processor, and then add remaining ingredients to blend the entire mixture.



# Mlael

A rich gravy that is usually fortified with copious amounts of alcohol. While this remove got its origins in the Delzimmer area, it has been a favorite of halfling assassins from Lurien as a way to dose a target of their choice in a way that's hard to detect. Anyone trying to make a check to determine if there has been any potion or poison added to the gravy by taste does so at disadvantage.

Mlael: Price unknown as it's usually ladled over a main dish it's intended to compliment

## Mlael

Prep time: 30 minutes

3 tablespoon Flour

4 tablespoons melted salted butter

4 cups of beef stock or roasting pan run-off liquid (See below for vegetarian option)

Salt to taste

1/4 cup of red wine

1 shot of bourbon whiskey

In a small mixing bowl, add melted butter or oil to your flour and stir until you have a thick, consistent paste, also known as a roux.

Pour the beef stock or beef run-off into a pot, and stir in the roux.

Place pot over medium-high heat and start stirring. Pour in wine, bourbon, and add salt to taste, stirring constantly as the gravy comes up to a boil and thickens. Once the gravy is thick and consistent, it's ready to be served.

**A word about cooking with alcohol:** In many cases, the subtly of "high grade" wines and spirits are lost once exposed to cooking temperatures. While a good rule of thumb to follow is to never cook with alcohol you wouldn't drink, one shouldn't feel bad it's not highly rated or especially expensive.

In our experience, cooking with alcohols that have a higher abv do not have an impact on the sweetness of the dish, but do tend to impart more of an alcoholic flavor.

Alternative to beef stock: Adding 4 tablespoons of soy sauce to 4 cups of vegetable stock can be used in place of beef stock for this recipe.

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