

RECIPES OF THE REALMS



RECIPES FOR FAMOUS FOODS IN
THE FORGOTTEN REALMS AND BEYOND

Recipes Of The Realms

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Black Bread

Blackbread: The sweetest, strongest molasses from Amn is used in this blackbread. Wastel flour, forms the basis for these tasty loaves.

Blackbread, 4 loaves: 10 sp.

Although the description from Aurora's Full Realms Catalogue alludes to a sweeter, brown bread found in some commercial steak house restaurants, we've also included a traditional Slavic Black Bread Recipe as well.

Black Bread Of Amn

Yield: 1 large loaf

Prep time: 2 hours

Bake time: 45 minutes

1 cup warm water
2 teaspoons rapid rise yeast
2 teaspoons granulated sugar
1 Tablespoon honey
1/3 cup dark molasses
1 Tablespoon cocoa powder
2 1/4 cups all-purpose flour, plus 1/4-1/2 cup more
3/4 Whole wheat flour
1 teaspoon kosher salt
1 Tablespoon olive oil

Grease a large bowl with butter and set aside.

In a small bowl, combine warm water, yeast and sugar. Set aside to proof for 8 minutes.

In a stand-mixer bowl, add remaining ingredients. Once yeast starts bubbling (about 8 minutes or so), add to the flour mixture. Using a paddle attachment, mix on low speed until mixture comes together into a sticky dough.

Turn dough out on to a well floured surface (start with about 1/4 cup all purpose flour). Knead gently. Add more flour as needed to form a very soft, but non stick dough (this should take just a minute or two). Place the dough to the greased bowl. Flip over the dough so the top is now greased. Seal bowl tightly with plastic wrap. Set aside in a warm place for about 1 hour. Dough should doubled in size.

Transfer dough to a greased loaf pan (ceramic or glass is optimal since a metal pan may caramelize the outside of the bread). Cover pan with a clean dish towel and set aside in a warm place for 45 minutes.

Bake in the center rack of a 350°F oven for 35 minutes. Remove from pan, then bake for 10 more minutes on the open rack (or a baking stone). Remove and let cool for 30 minutes.

Royal Black Bread Of Amn

Yield: 2 Loaves

Prep time: 2 hours

Bake time: 50 minutes

4 cups rye flour
3 cups all-purpose flour
1 teaspoon sugar
2 teaspoons salt
2 cups 100% all-bran cereal
2 tablespoons caraway seeds, crushed
2 teaspoons instant coffee powder
2 teaspoons onion powder
1/2 teaspoon fennel seed, crushed
2 (1/4 ounce) packages active dry yeast
2 1/2 cups water
1/4 cup vinegar
1/4 cup dark molasses
1 ounce unsweetened chocolate
1/4 cup butter or 1/4 cup margarine
1 teaspoon cornstarch
1/2 cup cold water

Combine flours. In a large bowl, mix 2 1/3 cups flour mixture, sugar, salt, cereal, caraway seed, coffee powder, onion powder, fennel seed and undissolved yeast until thoroughly combined.

In a sauce pan combine 2 1/2 cups water, vinegar, molasses, chocolate and butter. Heat liquid mixture over low heat until liquids are very warm (120°-130°F). Note: butter and chocolate do not need to be melted.

Gradually add heated liquid mixture to dry ingredients and beat with electric mixer for 2 minutes at medium speed, scraping the bowl occasionally. Add 1/2 cup flour mixture. Beat on high speed for 2 minutes, scraping bowl occasionally. Stir in enough additional flour mixture to make a soft dough. Turn dough on to a lightly floured board. Cover dough with plastic wrap and let rest for 15 minutes.

Knead dough until smooth and elastic (about 10 to 15 minutes), dough may be slightly sticky. Flip over the dough so the top is now greased. Seal bowl tightly with plastic wrap. Set aside in a warm place for about 1 hour. Dough should double in size.

Turn dough out on to a lightly floured surface. Divide the dough in half. Shape each half into a ball, around 5 inches in diameter. Put each ball into the center of a greased 8-inch round cake pan. Cover with a clean dish towel (paper towel is ok). Set aside in a warm place for about 1 hour. Dough should double in size. Bake at 350°F for 40-45 minutes, or until done.

While bread is baking, combine cornstarch and cold water. Cook over medium heat, stirring constantly, until mixture starts to boil; continue cooking mixture for 1 minute stirring constantly. As soon as bread is done, brush cornstarch mixture over top of each loaf. Return the loaves to the oven and bake 2-3 minutes longer, or until glaze is set. Remove loaves from pans and cool on wire racks, about 30 minutes.

Crackers

Crackers have become a popular staple for secular and non-secular uses throughout the realms. Crackers with poppy seed are currently all the rage at Waterdeep socialite gatherings and worshipers of Selûne bake special crackers to celebrate the winter solstice, Alban Arthan.

Flavored Waterdhavian Crackers; three dozen: 5sp

This is a very simple cracker recipe that, once mastered, can be used to make a variety of types of crackers for entertaining, etc. Try adding cheese, herbs, nuts, spices... on this recipe you are truly limited by your imagination.

Crackers

Yield: 50-75 crackers

Prep time: 10 minutes

Bake time: 15 minutes

2 cups whole wheat pastry flour

1 teaspoon salt

2/3 cup warm water

1/3 cup olive oil

Extra olive oil for the cookie sheet.

Heat the oven to 375.

Put the flour, salt, warm water, and olive oil in a bowl, and stir until the flour is absorbed and a dough forms.

Take a cookie sheet and cover with olive oil.

Put the dough on the tray and smooth it out to cover the cookie sheet. Feel free to put oil on your hands to smooth it out or use a rolling pin with olive oil on it.

Use a knife to cut the sheet into squares, rectangles, or symbol of Corellon, etc.

Sprinkle the top with additional salt to taste.

Bake for 15 minutes, or until golden. Take the crackers out and allow to cool, about 10 minutes. Crackers will firm up after cooling down.

Bluecap Mushroom Stew

Hailing from the High Moor, Bluecaps can grow to a height of almost six inches. They have slender white stems that curve slightly, and they take their name from their pale blue caps, which mold tightly to their stems. Eaten raw, a bluecap is mildly nutritious, but can also be made into a stew that counteracts ingested poison by anyone who is proficient in the nature, medicine, or survival skills (DC 13). If prepared correctly, a bluecap stew acts as a protection from poison spell against ingested poisons.

If the caps of bluecap mushrooms are boiled in a preparation of clean water, they become able to absorb ingested poisons of many sorts. If the skill check fails and as a result the stew is made incorrectly, the presence of boiled bluecaps still gives those who eat the stew a new saving throw with a +1 bonus against already-ingested poison. Bluecap stew must be ingested to be effective. Since it consists of large solid pieces, it cannot be ingested without conscious effort.

Against injected poisons, boiled bluecap provides the victim with a new saving throw vs. poison with a +1 bonus. The boiled bluecap need only be consumed to attain this benefit; no other special preparation is necessary. The usage of bluecap mushrooms is only effective against a particular incidence of poisoning once. Repeated administrations of incorrectly made bluecap stew for ingested poison or boiled bluecaps for injected poison provide no further benefits beyond the initial new saving throw.

Bluecap Stew; 1 bowl: 1gp

For unknown reasons, bluecaps never survive the journey to anywhere outside the realms, so we've developed this recipe using Elminster's palette as a culinary compass. This recipe comes remarkably close!

Bluecap Stew

Yield: 4 to 6 Servings

Prep time: 15 minutes

Cook time: 30 minutes

1 Yellow Onion, chopped

1 Carrot, diced small

1/3 cup Vegetable Broth

Salt, Pepper

8oz Brown Mushrooms, your choice (cremini, portobello, shiitake)

8oz White Wild Mushrooms, your choice (chanterelle, king trumpet, oyster)

¼ tsp Thyme

¼ tsp Rubbed Sage

Dash Cayenne Pepper

1 Tbs Tomato Paste

15oz can Diced Tomatoes

1 Tbs Flour

½ cup Red Wine

1½ cups Vegetable Broth

1 Potato, diced

2 Garlic Cloves, minced

1 Tbs Soy Sauce

½ tsp Red Wine Vinegar

Bluecap Mushroom Stew (cont.)

Saute onion and carrot in $\frac{1}{3}$ cup of the vegetable broth until softened and lightly browned, seasoning with salt and pepper. Set aside in small bowl.

Add mushrooms to pot and cook over med heat until reduced

Add thyme, sage, and pepper and stir. Make sure all ingredients are well combined.

Add tomato paste and tomatoes and simmer for 3-4 minutes

Sprinkle on flour and mix well

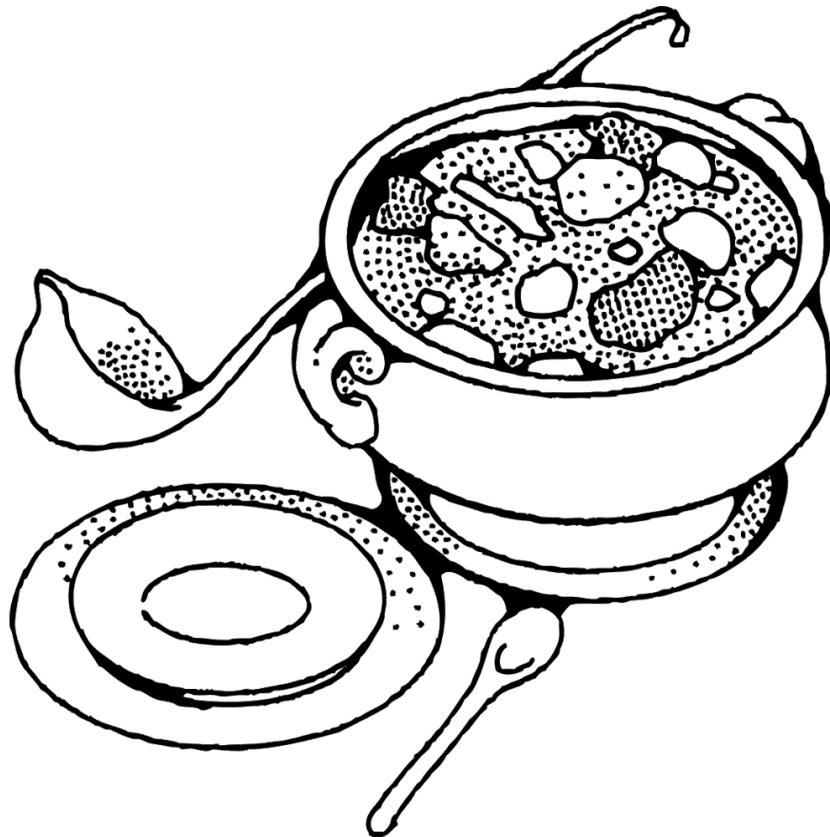
Stir the onions and carrots back into the pot.

Add Red Wine Vinegar and mix well

Add remaining Vegetable Broth, potato, and garlic and simmer until potato has softened

Season with Soy Sauce and Red Wine Vinegar to taste

Can be served as is or over mashed potatoes, rice or pasta.



Breek

The passage of time has not diminished the popularity of The Flying Stag, located in Voonlar, to wealthy patrons. Wealthy visitors still prize “The Stag” its privacy options as there is no common dining area, but a series of compartmentalized rooms separated by stairs and servant’s rooms, allowing them to meet and conduct business in private.

Most full meals served usually include 1 or 2 soups, the most popular being the spicy onion soup Breek. Breek, due to its popularity, can purchased separately on its own but again is usually part of a larger 5gp meal.

Breek; 1 bowl: 50sp

According to The Archmage, nobody would know the difference if this was made at The Flying Stag or not!

Breek

Yield: 4 servings

Prep Time: 1 hour

Cook Time: 20 minutes 1 ½ lbs onions

2 tablespoon of butter

Two cloves of garlic, minced

1 chili finely chopped (add 1 more if it’s not hot enough, clever tongue)

1 or 2 tsp of light brown sugar (1tsp for sweet onions, 2 for regular onions)

1 tablespoonp all purpose flour

6 ½ cups of vegetable stock

1/2 tsp of garam masala

2 or 3 bay leaves to taste

1tsp of Worcestershire sauce

Finely slice the onions (1/8 inch should be fine).

Melt the butter in a heavy stock pan and stir in the garlic, adding in the onions afterwards. Stir together and cover with a lid. Brown the onions over a low heat for about 15 to 45 minutes, stirring occasionally until the onions are soft and light brown.

Once the onions are browned, add the finely chopped chili and sugar. Stir in the sugar, increasing the heat until you see caramelization. Stir to make sure caramelization continues, but to ensure the onions do not burn.

Stir in the tablespoonp of flour.

Add the vegetable stock to the pan and deglaze the bottom. Add the garam masala, Worcestershire sauce and bay leaves. Simmer with a lid on for at least half an hour then serve.

Fiddlehead Soup

A favorite of Cormyr royalty at the Stag Steads royal hunting lodge before the King's Forest fell to orcs, this soup was always served when Fiddleheads were in season.

Fiddlehead Soup; 1 bowl: 1gp

Fortunately for us, fiddleheads can be found here in our realm as well, making this royal delicacy well within reach of anyone (royalty or not)!

Fiddlehead Soup

Yield: 6 to 8 servings

Prep Time: 15 minutes

Cook Time: 45 minutes

3 tablespoonp butter

3 leeks (White part only)

1 lb fiddleheads (frozen is ok)

5 cups chicken stock

1/2 cup whipping cream

Salt and freshly ground pepper to taste

1 tsp grated lemon rind

Clean fiddleheads, ensuring that all the brown exterior husk is removed.

Finely slice leeks, keeping only the white part.

Melt butter on medium heat in a large pot until it starts to sizzle. Add leeks and fiddleheads. Sauté for 2 to 3 minutes, or until coated with butter and beginning to soften.

Add chicken stock, and bring the entire mixture bring to a boil while stirring.

Reduce heat and simmer, covered, for 20 to 25 minutes or until the fiddleheads are tender.

Transfer to food processor and purée soup in a food processor or blender until smooth.

Pour soup through a sieve to remove any fibers.

Return soup to the pot, add cream and simmer for 5 minutes.

Season with the salt, pepper and lemon rind to taste

Feel free to add a small amount of chicken stock if the soup is too thick.

Ketjap

Although this spicy condiment comes from the eastern trading kingdom of Durpar , nobody is sure where what is it and what its ingredients are and how it's made. Some say that in times past, its ingredients hailed from Maztica, and not that it is rumored that the far off land of exotic fruits has returned, this thick spicy sauce known to nobles across Faerun has returned as well.

Ketjap; 1 pint, 20 gp.

Ketjap

Yield: 4 cups

Prep Time: 30 minutes

Cook Time: Refrigerate Overnight

3 (6oz) cans/jars of tomato paste

½ cup white vinegar

1 teaspoon garlic powder

1 tablespoon onion powder

2 tablespoons honey or cane sugar

2 tablespoons molasses

1 teaspoon salt

1 teaspoon dried mustard powder

A pinch of each of the following (to taste): Cinnamon, cloves, all-spice, cayenne

1 cup of water

Optional: Add a mixture of 1 tsp corn start and 1 tsp warm water toward the end of blending to help with thickness.

Put the ingredients in a blender or food processor and blend well. Refrigerate overnight.



Quelaerel

Quelaerel is a spicy brown sauce made by boiling leeches found in the Abyssal layers of Shedaklah and the Slugbed. This delicacy is prized by Calishite gourmands and is used in other cuisines of Southern Faerun.

Quelaerel; 1 pint, 40 gp.

As an act of public safety to our world, we've provided this clone recipe to prevent a market for abyssal leeches here on Earth. You might find it very similar to the popular brown sauce found in many households in Europe and Canada.

Quelaerel

Yield: 4 cups

Prep Time: 15 minutes

Cook Time: 1 hour, 15 minutes

- 10 tomatoes, chopped
- 1 cup brown sugar
- 1 onion, chopped finely
- 1 lemon, sliced
- 1/4 cup white vinegar
- 1 tablespoon salt
- 1 tablespoon allspice
- 1 teaspoon pepper
- 1 tablespoon worcestershire sauce
- 1/4 teaspoon red pepper hot sauce

Combine all ingredients in a stock pot.

Bring to a boil, lower heat& cook, uncovered, for an hour, stirring occasionally.

Strain through a food mill and bottle.



Silver Dragon Sauce

Silver dragon sauce was dressing served on sausage rolls in the Suzail restaurant Braundlae's Best in Cormyr. Braundlae's Best was a restaurant and tavern on the promenade below the Roving Dragon in Suzail, and was staffed by its namesake before the Spellplague. Although the restaurant and its owner have been lost to the passage of time, bottles of the legendary sauce have started appearing for sale in larger cities such as Waterdeep, Neverwinter, Baldur's Gate, and of course; Suzail.

Silver Dragon Meat Sauce; 1 pint bottle, 10sp

Silver Dragon Sauce

Yield: 2 cups

Prep Time: 10 minutes

Cook Time: Refrigerate Overnight

1/2 tablespoon dried oregano
1/2 tablespoon whole celery seed
2 tablespoon chili powder
1 tablespoon apple cider vinegar
1/2 cup yellow mustard
1/3 cup sweet pickle relish
1/2 cup sauerkraut
1/3 cup finely chopped carrots
1/2 cup chopped onion
2 cloves minced garlic

Mix ingredients in a large bowl and let them marinate in a refrigerator overnight.



Savander

Savander is an entree on the menu served at the Flying Stag inn, in Voonlar. Savander was a hot and spicy meat pie made from steamed horse meat and quail, baked.

Savander; 1 pie, 30sp

These hot and spicy meat pies are not filled with horse meat and quail, but again they meet the Archmage's approval in terms of similarity to the original.

Savander

Yield: 4 pies

Prep Time: 1 hour

Cook Time: 30 minutes

For the Filling:

1 tablespoon canola or vegetable oil

1 tablespoon butter

1/2 cup diced onions

1/4 cup diced green bell pepper

1/4 cup diced red bell pepper

1/2 cup diced celery

1 tablespoon minced garlic

1/2 pound lean ground beef

1/2 pound ground pork

Beef stock or broth, as needed

Kosher salt, freshly ground black pepper, Cajun seasoning, hot sauce and/or cayenne pepper, all to taste

For the Dough:

(Note: Store bought pie crust can be used instead)

1/2 cup vegetable shortening

2-1/2 cups self-rising flour, divided

1 egg yolk

1/2 cup water

Savander (cont.)

Instructions

For the Filling:

Heat the oil over medium heat in a heavy bottomed sauté pan. Add onions, bell peppers, and celery and sauté until vegetables are softened, around five minutes. Add the garlic, beef and pork and sauté until the meat is cooked through and most liquid has reduced. Reduce to a low simmer and cook for 1 hour. Keep small amounts of broth as necessary to partially deglaze and prevent sticking. Season to taste with salt, pepper, Cajun seasoning, hot sauce and/or cayenne pepper. Remove from heat and let cool. Filling should be sufficiently cooled down (warm is ok) before filling pies.

For the Dough:

Cut shortening into 2 cups of flour. Stir in egg yolk and 1/2 cup water to form a sticky dough. Turn out onto a floured surface and sprinkle remaining flour on top, a little at a time, working it in until dough is smooth. Roll dough to about 1/4 inch thickness and cut into 4 to 6 rounds.

Evenly distribute filling in center of each round, wet edges with water, fold over and gently seal with tines of fork. Place pies on a plate lightly sprinkled with flour and refrigerate for 10 minutes.

Preheat oven to 400 degrees F.

Cut the pie crust in half and spoon a generous amount on each half. Prepare egg wash by whisking together egg and water and brush it around the edge of each round, fold over and press edges together with the tines of a fork. Place the meat pies on a greased cookie sheet or pan. Make a couple of small slits in the dough so the steam will vent out, brush some of the egg wash over each pie and bake in a 400 degree oven for about 30 minutes or until golden brown.



Bouqthi

On the eastern coast of Luiren, the city of Shoun sits on a jut of land that sticks out into the Luiren strand and forms the bay's northern boundary. Although not the shining jewel it was prior to the Spellplague, the town is starting to receive initial caravan traffic on the land route out of what was once known as the Golden Water region once again. It is also frequently the first stop for ships arriving from other ports before they travel farther into Luiren, now that the waters of the Lurienstrand have receded.

Once again, Shoun is well known for two major exports—baked goods and dairy products. Many Shoun bakers that have survived the second sundering have revived old family recipes to create a variety of consumables in their ovens, from cheese breads to delicate dessert pastries.

One delicacy that unfortunately does not travel well for export is Bouqthi. This delicious pastry was made by stuffing sugared dough with red rhubarb stalks harvested from the southern edge of the area that was once known as the Long Forest.

Bouqthi; 1 hand pie: 10cp

Fortunately, this is one recipe that translates well across the planes...

Bouqthi

Yield: 8 servings

Prep Time: 1 hour

Cook Time: 20 minutes

Pastry

2 cups all-purpose flour

1/2 teaspoon salt

1/2 teaspoon baking powder

1 cup cold unsalted butter, cut into small pieces

1/2 cup cold sour cream

For the rhubarb filling

2 cups chopped rhubarb

1/2 cup white sugar

3 tablespoons all-purpose flour

Pastry Glaze

1 egg

decorating sugar aka course sugar

Bouqthi (cont.)

Making the Pastry

In a large bowl, whisk together flour, salt, and baking powder.

Add the butter, working it in with a pastry cutter or 2 knives to make a crumbly mixture. Butter should mostly be in large, pea-sized pieces.

Stir in the sour cream; if the dough still has a crumbly consistency, this is ok.

Turn your dough out onto a floured surface, and give it a few quick kneads.

Pat the dough into the rough shape of a log, and then roll it into an 8 inch x 10 inch rectangle.

Dust both sides of the dough with flour, and starting with a shorter end, fold it in thirds, similar to a business letter.

Flip the dough over, give it a quarter clockwise (per the halflings, this is important) turn on your floured surface, and roll it again into an 8 inch x 10 inch rectangle. Fold it in three again.

Wrap the dough, and chill for at least 30 minutes before using.

Meanwhile, in a large bowl, add the chopped rhubarb and toss with white sugar and flour. Set aside.

Assembling the hand pies

Preheat your oven to 425°F and place a rack on the middle shelf. Line a baking sheet or two with parchment paper.

Roll out the dough into a 14 inch x 14 inch square. Using a knife or a pastry wheel, cut out sixteen 3 1/2 inch squares.

Divide the rhubarb filling among eight of the squares, using about a generous tablespoon for each.

Slice a vent into each of the remaining eight squares, then top each hand pie with a vented square, and press along the edges with the tines of a fork to ensure all edges are sealed.

In a small bowl, whisk the egg, and brush the egg mixture over the tops of each hand pie. Sprinkle with coarse sugar.

Transfer the pies to the prepared baking sheet.

Bake for 18 to 20 minutes in your 425°F oven. Let cool for 10 minutes before serving.

Fruit Cake

Fruit cake is the only items in the realms that not only makes a lovely accompaniment to afternoon tea but, also when aged, makes for an effective improvisational weapon as well. Please consult the PHB for improvised weapon rules.

Fruit Cake; 1 loaf, 10gp

Fruit Cake

Yield: 2 loaves

Prep Time: 15 minutes

Cook Time: 45 minutes

14 oz sweetened flaked coconut

8 oz chopped sugar rolled dates

16 oz pecan pieces

8 oz candied cherries

8 oz diced candied pineapple

2 (14 oz) cans sweetened condensed milk

Place coconut, dates, and pecan pieces in a very large (2 gallon or larger) bowl.

Using your hands, break up chunks of dates & coconut, stirring them together. Food prep gloves or just using a plastic bag over your hands is recommended.

Add the cherries, pineapple, and sweetened condensed milk. Again, food prep gloves or just using a plastic bag over your hands is recommended. Mix by hand. Let set at room temperature while you prepare the pans. Spray 2 - 9"x5" loaf pans with non stick cooking spray.

Line the pans with parchment paper. Paper should come up past the sides of the pans after the mixture is packed into the pans. Spray paper with non stick cooking spray.

Mix ingredients again. Divide the ingredients equally between the 2 loaf pans. Pack very tightly and smoothly into the pans. Wet hands help.

Place the pans on the middle rack of the oven and bake at 300 degrees Fahrenheit for 1 hour, or until lightly browned. Remove cakes from oven and let cool for 10 minutes in the pans.

Gently lift the edges of the paper a couple of times on each side in a rocking motion.

Turn pans upside down onto a paper-lined cookie sheet. Lift pans from the cakes. Remove paper from bottom of cakes right away.

Let cool completely. Place in a large container (do not wrap yet) and refrigerate overnight.

Turn cake upside down to slice. After slicing, wrap in parchment paper, then in heavy duty aluminum foil. May be refrigerated up to 3 months or frozen up to 1 year.

Trail Rations (Hardtack)

“Behold, wanton of adventurer of pen and paper! Feast your eyes on the victory meal that every adventurer feasts upon after slaying that dragon, defeating that lich, or whatever far-fetched stlarning miracle thy Ed of the Greenwood chapbook says...What? Aye... no roasted beasts, no sprawling plates of sweet and savory pies to stuff yer mouth with, nor towering tankards of dark ale to slake thy victors thirst. That cup of water and that palm sized square you can chip your tooth on... that’s what the seekers of power, wealth, and fame eat for most of their lives...”

-Elminster Aumar

Hard tack; 10cp/dozen

Every major military force in history has used hardtack. When properly stored, it lasts for years and is an easily portable source of calories when traversing any environ. Try re-hydrating with water, broth, or coffee prior to eating. Hardtack can also be smashed added to soups or stews as a thickener.

Hardtack

Yield: 9 biscuits

Prep Time: 15 minutes

Cook Time: 60 minutes

3 cups of white flour

2 teaspoons of salt

1 cup of water

A common nail or assassin’s stiletto (wait for it)

Preheat your oven to 375 degrees Fahrenheit.

Mix the flour and salt together in a mixing bowl.

Gradually mix in the water until you form a dough that does not stick to your hands.

Transfer dough to a lightly floured surface

Note: this part is really important

Use a rolling pin to flatten the dough into a square, ensuring the thickness is around half an inch.

Using a sharp knife, cut the dough into 9 squares.

Using the nail, make a 4x4 grid of holes in each of the squares.

Put all the pieces on an ungreased cookie sheet and bake them for 30 minutes.

Take the squares out of the oven, turn them over and bake for another 30 minutes.

Remove them from the oven and let them cool off.

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