



COOKING

Adventures need to eat. While some are content to eat the same stale old rations, some prefer to apply their skills to be kept well fed... even in the depths of a dungeon where fresh ingredients can be... strange.

Not only can someone with talent produce tasty treats, but being well fed can have a variety of benefits... particularly when eating correctly prepared magical ingredients.

QUICK REFERENCE

While each step will go into more depth, the quick reference allows you to at a glance follow the steps to make a meal in its most basic form:

- Acquire a fresh ingredient by harvesting or finding it.
- Review the Recipe Tables for Feasts, Snacks or Rations that ingredient would qualify for, and gather the other materials needed listed in the Materials column.
- Use your cook's utensils tool to craft the option using the number of hours listed in the Crafting Time column, or use the crafting camp action, during a long rest, if the crafting time is 2 hours or less. Meals must be crafted in a single crafting session. All meals require a heat source (such as a campfire).
- For every 2 hours, make a crafting roll of $1d20 + \text{your Wisdom modifier} + \text{your proficiency bonus with cook's utensils}$. You can abort the craft after a bad crafting roll if you wish, this counts as a failure.

- On success, you mark 2 hours of completed time. Once the completed time is equal to the crafting time, the meal is complete. On failure, the crafting time is lost and no progress has been made during the 2 hours. If you fail 3 times in a row, the crafting is a failure and all materials are lost.

RELATED TOOL & ABILITY SCORE

Cooking works using cook's utensils. Attempting to craft a meal without these will almost always be made with disadvantage, and proficiency with these allows you to add your proficiency to any cooking crafting roll. Cooking uses your Wisdom modifier.

DURATION

The duration a meal remains edible depends on the type of meal made. A feast must be consumed within an hour, a snack lasts for 1 day, and rations lasts 1 month.

INGREDIENTS

The materials for cooking are fresh ingredients and supplies. A fresh ingredient is something you harvest that can increase the quality of your food and sometimes provide supernatural boosts beyond mere satiation. Staples include seasonings, spices, flour or even turnips! Foods that last awhile can be cooked into perfectly fine meals, but have less benefits than

eating a good meal. Some ingredients additionally have the exotic property, and may confer special effects.

GENERAL SYSTEM, SPECIFIC EXAMPLES

Like with all aspects, this crafting system does not attempt to provide systematic specific examples (though they are provided in the appendix), but rather a system that allows you to know the outcome of anything you could cook. For example, a party could acquire 1 common fresh ingredient by harvesting a Hook Horror, and then combine that with 1 common supplies to cook either Hook Turkey Sandwiches or Murder Chicken Tenders, but the benefit from either example would still fall into a Monstrosity Meat Quality Meal category (one step above standard rations).

INGREDIENT EXPIRATION

Normal Ingredients expire very quickly, and must be used within 24 hours of being harvested or they become unusable. Preserved rations would fall into the staples category and cannot typically be used to cook anything besides basic meals.

The ability to gain any sort of magical benefit is linked to its freshness; even well prepared preserved foods provide only the benefit of a Basic Meal (which is a satisfying and good tasting meal, but its benefits are not otherwise magical).

Unlike Fresh Ingredients, Staples last significantly longer and do not need to have their expiration tracked for the purposes of this system.

SATIATION

The magical benefits you get consuming rare and magical foods cannot be gained again until 24 hours have passed for any particular food. When combined with the ingredient expiration above, this typically means that any ingredient collected is only good for a single meal; this is intentional. You can harvest more if you wish, but cooking naturally is a profession of fleeting achievement and fickle opportunity.

CRAFTING ROLL

Putting that together means that when you would like to create a meal, your crafting roll is as follows:

Cooking Modifier = your Cook's Utensils proficiency bonus + your Wisdom modifier

SUCCESS AND FAILURE

For cooking, all crafting rolls must be made consecutively. Make all checks listed for the items. If you succeed a greater number of times than you fail, the meal is successfully completed, otherwise, it is inedible and all ingredients are lost.

EXOTIC INGREDIENTS

While standard meals are made from a selection of ingredient types and generally a seasoning, exotic ingredients have specialized effects. When making a meal from these ingredients, the meal's effect is a combination of the effect of the exotic ingredients added.

An Exotic Meal (meal cooked entirely from exotic ingredients) doesn't need a recipe and has a crafting time of 1 hour, and the difficulty is the difficulty of all the exotic ingredients added

together, with 1 check needed per exotic ingredient added.

Exotic ingredients can be combined with a standard meal by adding the DC of the standard meal to the combined difficulty of the exotic ingredients added. This can cause unusual meals and frequently has unattainably high difficulty to make it work, as adding random new components to meals typically wrecks the taste.

BASIC COOKING & CAMP ACTIONS

While the rules present a handful of ways to use cooking for more exotic ends, the most common application of cooking is just to produce an edible meal during a long rest—something any adventuring group would welcome. This is called a Quality Meal and provides greater benefit than rations, though the benefits it provides are not magical, and merely stem from it being a satisfying meal. You can do so by expending 1 fresh ingredient of any type and 1 common supplies to feed up to 5 allies or willing creatures, or by spending common supplies per creature being cooked for. These materials must have been purchased within the last week. Any creature, even one not proficient with cook's utensils can take this action.

You and all willing creatures (willing to eat your cooking) regain an additional Hit Die (up to their maximum). If you have proficiency with cook's utensils, creatures regain additional Hit Dice equal to your Proficiency bonus.

PURCHASING MATERIALS

Due to the rules on ingredient freshness, typically ingredients cannot be purchased in a way that is relevant for cooking recipes. You can purchase Supplies (of any type) that can be used to make Basic Meals.

Rarity	Material Price
Supplies (Salt, Staples, etc)	1 gp
Uncommon Supplies (Uncommon spices, oils, rare seeds, etc)	10 gp
Rare Supplies (Hard to get luxury goods)	100 gp

HARVESTING INGREDIENTS

Unlike other things, you can harvest from monsters, as there's little chance of failure in harvesting. There's generally more to harvest than meaningfully used. You can consume Monstrosity, Dragon, Beast and Plant Type creatures for magical benefits. However, your GM may allow other creature types as special delicacies at their discretion.

Monster CR	Gathered Ingredients
1/4–4	Common
5–8	Uncommon
9–12	Rare
13–16	Very Rare
16–20	Legendary

FEAST CRAFTING TABLE

Name	Materials	Crafting Time	Checks	Difficulty	Rarity	Value
Common Feast (Quality Meal) ^K	1 <i>common fresh ingredient</i> 1 <i>common supplies</i>	1 hour	1	DC 8	common	3 gp
Enhancing Feast ^K	1 <i>uncommon fresh ingredient</i> 1 <i>uncommon supplies</i> 2 <i>common supplies</i>	2 hours	1	DC 14	uncommon	15 gp
Meat Feast ^K	1 <i>uncommon meat</i> 1 <i>uncommon supplies</i> 2 <i>common supplies</i>	2 hours	1	DC 14	uncommon	15 gp
What Doesn't Kill You... Feast ^K	1 <i>uncommon meat from a creature that deals poison damage</i> 2 <i>uncommon poisonous reagents</i> 1 <i>uncommon supplies</i> 2 <i>common supplies</i>	2 hours	1	DC 16	uncommon	110 gp
Seaworthy Bouillabaisse ^K	1 <i>uncommon meat from a creature with a swimming speed greater than its walking speed</i> 2 <i>uncommon supplies</i> 2 <i>common supplies</i>	2 hours	1	DC 12	uncommon	25 gp
Wondrous Feast ^K	1 <i>rare fresh ingredient</i> 1 <i>uncommon reagent (any)</i> 1 <i>rare supplies</i> 1 <i>uncommon supplies</i> 2 <i>common supplies</i>	2 hours	1	DC 16	rare	150 gp
Hearty Meat Feast ^K	1 <i>rare meat</i> 1 <i>uncommon reagent (any)</i> 1 <i>rare supplies</i> 1 <i>uncommon supplies</i> 2 <i>common supplies</i>	2 hours	1	DC 16	rare	150 gp
Elementally Fortifying Feast ^K	1 <i>rare meat from a creature with an elemental resistance or immunity</i> 2 <i>uncommon reactive reagent</i> 1 <i>common primal essence</i> 2 <i>rare supplies</i> 2 <i>uncommon supplies</i> 2 <i>common supplies</i>	2 hours	1	DC 16	rare	325 gp
Heroes' Feast ^K	4 <i>rare curative reagent</i> 2 <i>uncommon divine essence</i> 4 <i>rare supplies</i> 4 <i>supplies</i>	4 hours	2	DC 18	rare	1,500 gp
Superb Feast ^K	1 <i>very rare fresh ingredient</i> 1 <i>rare reagent (any)</i> 2 <i>rare supplies</i> 2 <i>uncommon supplies</i> 2 <i>common supplies</i>	4 hours	2	DC 18	very rare	300 gp
Superb Meat Feast ^K	1 <i>very rare meat</i> 1 <i>rare reagent (any)</i> 2 <i>rare supplies</i> 2 <i>uncommon supplies</i> 2 <i>common supplies</i>	4 hours	2	DC 18	very rare	300 gp



Legendary Meat Feast ^K	1 <i>legendary meat</i> 1 <i>very rare reagent (any)</i> 3 <i>rare supplies</i> 3 <i>uncommon supplies</i> 1 <i>common supplies</i>	6 hours	3	DC 20	legendary	3,000 gp
Legendary Feast ^K	1 <i>legendary fresh ingredient</i> 1 <i>very rare reagent (any)</i> 3 <i>rare supplies</i> 3 <i>uncommon supplies</i> 1 <i>common supplies</i>	6 hours	3	DC 20	legendary	3,000 gp

SNACK CRAFTING TABLE

Name	Materials	Crafting Time	Checks	Difficulty	Rarity	Value
Flame Breathing Jerky ^K x 5	1 <i>uncommon or rarer meat from a creature that is immune to fire damage</i> 2 <i>uncommon reactive reagents</i> 1 <i>rare supplies</i>	6 hours	3	DC 15	uncommon	250 gp
Mint Chew ^K x 5	2 <i>uncommon curative reagent</i> 1 <i>uncommon supplies</i>	4 hours	2	DC 14	uncommon	100 gp
Morph Cookies ^K x 5	1 <i>ingredient harvested from a shapeshifter</i> 1 <i>rare supplies</i> 1 <i>uncommon supplies</i> 1 <i>common supplies</i>	2 hours	2	DC 15	uncommon	125 gp
Seeing Sticks ^K x 5	1 <i>ingredient from a creature with blindsight or tremorsense</i> 1 <i>uncommon reactive reagent</i> 1 <i>rare supplies</i> 1 <i>common supplies (optional)</i>	4 hours	2	DC 15	uncommon	150 gp
Quickening Candies ^K x 5	1 <i>rare supplies</i> 2 <i>uncommon supplies</i> 1 <i>common supplies</i>	4 hours	2	DC 18	rare	

RATION CRAFTING TABLE

Name	Materials	Crafting Time	Checks	Difficulty	Rarity	Value
Elvish Bread ^K x 10	1 <i>uncommon curative reagent</i> 1 <i>uncommon supplies</i> 1 <i>common supplies</i>	6 hours	3	DC 15	uncommon	60 gp
Iron Rations x 10	2 <i>common supplies</i>	1 hour	1	DC 8	common	2 gp



FEASTS

COMMON FEAST

Food (feast), common

Up to 5 creatures can consume this feast within an hour of it being prepared. After consuming this hearty meal, you become satiated for the next 24 hours. This is a hearty meal well surpassing the benefits of normal meals or rations, and each creature that consumes it regains an additional Hit Die during the next long rest.

If cooked by a creature with proficiency in cook's utensils, creatures that consume this feast regain additional Hit Dice equal to the cook's proficiency bonus during the next long rest instead.

UNCOMMON FEAST

Enhancing/Wondrous/Superb/Legendary

Food (feast), uncommon/rare/very rare/legendary

Up to 5 creatures can consume this feast within an hour of it being prepared. After consuming this hearty meal, you become satiated for the next 24 hours. You gain the benefits for a common feast, but can gain additional benefits by trading in Hit Dice that would be gained as part of your next long rest after consuming this meal. These Hit Dice are consumed after calculating how many you would have after the rest (including the benefits of the feast), but you can trade Hit Dice in this way you would normally lose if you have more than your maximum Hit Dice.

You can trade Hit Dice in this way up to a number equal to your proficiency bonus. The benefits scale based on the rarity on the feast.

Benefits [Uncommon/Rare/Very Rare/Legendary]

Roll a [d4/d6/d8/d12] per Hit Die traded and gain temporary hit points equal to the value rolled.

Trade three Hit Dice for an additional spell slot of [1st/2nd/3rd/4th] level

Gain a point that can be expended like Inspiration by trading [5/4/3/2] Hit Dice per point.

Any benefit from a feast fades after 24 hours.

HOW FEAST SPENT DICE WORK

If, for example, at level 4, if you start a rest with 2 Hit Dice, and consume a meal that would give an additional Hit Die, you would end the rest with 5, but your maximum is 4, so you would lose the 5th. This allows you to spend that extra fifth Hit Die for additional benefits. You could spend 3 Hit Dice on these benefits, but doing so would mean you only have 2 Hit Dice after the long rest.

MEAT FEAST

Meat/Hearty/Superb/Legendary

Food (feast), uncommon/rare/very rare/legendary

Up to 5 creatures can consume this feast within an hour of it being prepared. After consuming this hearty meal, you become satiated for the next 24 hours. Consuming the essence of a properly prepared creature of great power

confers some of its power to you while satiated by the feast.

You can add +1/+2/+3/+4 to ability checks and saving throws of the prepared creatures highest stat (if multiple stats are tied, the cook chooses which when preparing the meal). Alternatively, the cook can bring forth exotic properties of the creature, conferring one trait of the cooked animal to those that consume it as per the following table (this replaces the benefit to ability checks and saves):

Minimum Rarity	Creature Boon
uncommon	Hold Breath, Keen Senses, Pounce, Stone Camouflage
rare	Amphibious/Water Breathing, Web Walker
very rare	Pack Tactics, Spider Climb
legendary	Magic Resistance, Regeneration, Shapechanger(Mimic)

The details from the creature boon can be found on the creature stat block. The cook must be aware of the creature's property to make the meal imbue that property, and the GM may adjust the property in cases where it would not work for players or be too powerful as written. At the GM's discretion, any ability can be added to this list.

ELEMENTALLY FORTIFYING FEAST

Food (feast), rare

Up to 5 creatures can consume this feast within an hour of it being prepared. After consuming this hearty meal, you become satiated for the next 24 hours. The magical properties of the meal confer the following special benefits:

Element	Benefit
Cold	Advantage on saves against cold climates and resistance to cold damage.
Fire	Advantage on saves against hot climates and resistance to fire damage.
Lightning	Advantage on Constitution saving throws against the stunned condition and resistance to lightning damage

These benefits fade after 24 hours. You can't gain the benefits of another feast until these benefits fade and you are no longer satiated.

SEAWORTHY BOUILLABAISSE

Food (feast), uncommon

Up to 5 creatures can consume this feast within an hour of it being prepared. After consuming this hearty meal, you become satiated for the next 24 hours. The magical properties of the meal grant you immunity to sea sickness as well as advantage on Dexterity or Constitution saving throws involving the motion of sea vessels.

Additionally, if you do not have proficiency in Water Vehicles, you can add half your proficiency bonus (rounded down) to any check involving them for the duration.

HEROES' FEAST

Food (feast), rare

A magnificent spread of food. Cooking this has the effect of casting the spell *heroes' feast*, except it's made of real food and not poofed into existence by strange magics.

WHAT DOESN'T KILL YOU... FEAST

Food (feast), uncommon

Up to 5 creatures can consume this feast within an hour of it being prepared. After consuming this dubious meal, you gain resistance to poison damage, and gain advantage on saving throws against being poisoned for 24 hours.

If the source of a poison saving throw is the same as the source of the meat or poisonous reagent used to make the feast, the advantage against being poisoned by that creature or effect lasts one week.

SNACKS

FLAME BREATHING JERKY

Food (snack), uncommon

A tough jerky with exotic flavoring. Very spicy, uncomfortably so. After a creature consumes this snack as an action, they gain the following benefits for the next 10 minutes:

- You can't be put to sleep by magical means.
- You have disadvantage on Wisdom checks.
- You have disadvantage on Constitution saving throws to maintain concentration on a spell.
- You can use a bonus action to exhale fire at a target within 10 feet of you. The target must make a DC 13 Dexterity saving throw, taking 2d6 fire damage on a failed save, or half as much damage on a successful one.

You can eat a number of pieces of this jerky equal to your Constitution modifier per day.

MINT CHEW

Food (snack), uncommon

A chewy minty candy. You can pop one into your mouth as a bonus action. While being chewed (for up to 10 minutes), you are energized and can ignore the effects of up to 3 levels of Exhaustion for the duration, and can't be put to sleep by magical means.

You can only gain this benefit once per day, after which consuming additional pieces of the candy has no effect until you finish a long rest.

MORPH COOKIES

Food (snack), uncommon

Consuming one of these has the effects of casting *alter self*, however you can't change the adaptation unless you consume another cookie. This effect doesn't require concentration to maintain, and can be extended by consuming an additional

morph cookie.

If the ingredient came from a mimic, you can additionally transform your appearance to creatures with a different basic shape than you, though you remain the same size.

SEEING STICKS

Food (snack), uncommon

A stick of hard tacky substance. You can pop one into your mouth as a bonus action. While being sucked (for up to 10 minutes), you gain expanded senses and have advantage on Wisdom (Perception) checks, saving throws against Illusion spells, and Intelligence (Investigation) checks to see through illusions, though because of the bad taste inherent to the formulation, continuing to suck on the seeing stick requires concentration, as if concentrating on a spell.

By adding the optional common supplies ingredient, they can be sweetened, granting you advantage on Constitution saving throws made to maintain your concentration against spitting them out; this increases the DC of the recipe by 1.

QUICKENING CANDIES

Food (snack), rare

A small hard candy ball, with extreme caffineated properties. When you pop one of these into your mouth as a bonus action, you are under the effect of *haste* for 1d4 rounds. You still suffer the normal effect of *haste* ending when the effect ends.

RATIONS

ELVISH BREAD

Food (ration), uncommon

A creature can use its action to eat one bite of this bread (1 ration of it). Eating a piece restores 1 hit point, and the bread provides enough nourishment to sustain a creature for one day.

IRON RATIONS

Food (ration), common

Iron rations refers to field rations involving dried and perserved food. A basic food ration that will keep you from starving for a day after consuming them. Common side effects include a craving for real food after prolonged exposure.