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Breath of the Wild may not be known as the easiest Zelda game out there, but the ability to

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scavenge for resources and cook them into meals can help a player get the upper edge significantly.

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Whether your purpose is to just gain some extra hearts in the middle of a battle, or

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even to give yourself unique buffs to help things like combat or movement speed, its

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no secret why someone would try to use and understand this system as much as possible

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But due to this games lack of a proper guide on how this system works in favor of experimentation,

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there is a TON of important information left out to the player about how this system works,

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such as the different potency levels of each ingredient that contribute to getting a buff,

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and how the combination of ingredients can affect the duration of the set buffs, that sometimes

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makes a player think that they are under or over-utilizing a certain ingredient to get

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the desired effect.

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Like. if you're trying to get a lvl 3 stealth buff, do you need to waste 5 whole Silent Princesses??

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Or could you supplement some of those with cheaper stealth ingredients to get the same

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buff, with an even longer duration.

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So after doing some in game research along with the help of datamines, I was able to

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figure out the exact info behind ingredient potency and effects in this game, that will

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allow you to make the most out of this system by using your ingredients as efficiently as possible!!

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This video will also include the easiest and most efficient way a player can farm out the

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best ingredients for cooking, along with any and all other cooking tips about things like

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criticals, that would allow you to master this system for utilization in your playthroughs!!

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So, without further delay, let's get right into the hidden cooking stats of Breath of the Wild!! :)

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So I'm gonna do my best to quickly skim through the basics of this system so we can get

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into the more advanced topics.

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As we know, cooking multiple food ingredients together will create a meal, while cooking

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monster parts and bugs together will create elixirs.

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The only main difference between these 2 things is that meals give our hearts when consumed

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along with any potential buffs, while elixirs give out no hearts, but usually boast higher

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buff durations in return.

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But since bug ingredients are generally less potent and don't offer the hearts anyways,

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the majority of cooking in this game is just done with food - which is what I highly recommend sticking with.

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Besides, your bugs should be saved for upgrading armor, and your monster parts should be saved for

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trading them with Kilton so you can buy things from his shop.

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But when it comes to getting hearts while cooking, the stats behind this are very simple

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to understand, as the base hearts for every single ingredient are doubled.

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So if you cook a single apple in that usually gives half a heart, it turns into simmered

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fruit which gives a whole heart, and if you throw in a combination that consists of a raw meat, a raw prime

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meat, and raw gourmet meat which all naively add up to 5 and a half hearts, cooking them

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together will create a meat skewer that will give us 11 heats.

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The picture and names of all meals in this game are purely aesthetic, and don't affect

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anything about the meal itself.

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This is all quite simple to understand, but where things get tricker is understanding

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how ingredients can unlock certain buffs for your food, and how to increase factors such

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as potency and duration.

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For an example, if we throw 4 mighty thristles in a cooking pot, we would get a

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lvl 1 attack buff, in comparison to throwing in 4 mighty bananas, where we will get a lvl 3 attack buff.

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The potency stat each ingredient is completely invisible to players eye, but after doing some testing,

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I was able to figure out the exact potency levels of each ingredient and how they all contribute

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to getting a higher level buff.

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So in terms of attack foods, the foods with a potency level of 1 are the mighty thistles,

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the foods with the potency 2 are the bananas, mighty carps, razorshrooms, and razor claw

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crabs, and the foods with potency 3 are the mighty porgys.

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And in order to unlock a new tier of buff, each stat has a specific point threshold

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required to do so - for attack, one or more potency point creates a level 1 buff, at least 5 or more cumulative creates a lvl 2,

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and 7 or more creates a max lvl 3 buff

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This is why 4 mighty thristles was only able to create a level one buff because it only

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added to 4 points, while the 4 mighty bananas was able to create a lvl 3 buff because it

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added to 8 points.

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And utilizing this information, you can mix and match mighty ingredients to get a desired

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effect without using excess materials.

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This system works the exact same for every single food related buff in the game, despite

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boasting different numbers - so I thought I would take a couple minutes to showcase

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all of the potency numbers and thresholds for each type, along with the best locations

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to find all these ingredients.

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For defence, its very similar to the attack ones, as not only are the point thresholds

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for each tier the same, the potency of each ingredient mirrors that of the attack buffs.

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The cheap flower has the potency of 1, most other foods and meats have 2 potency, while

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the porgy in specific has 3.

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The easiest ingredient here to farm out here would be the ironshrooms, as the forest surrounding

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Batrea lake has roughly 40 of them, which can make roughly 10 lvl 3 defence dishes in itself.

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Next for stealth up, the point margins for the levels are slightly higher than the

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attack and defence ones, and there's not as many ingredients for this either.

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Although these high tier foods a bit harder to gather for, you can find a good amount

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of tier 3 silent princesses by going to the Satori Mountain, or any sacred location in the world like Fairy Fountains,

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and if you’re looking for any more beyond that, the same forest that has all of the iron shrooms in the past example

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has roughly 30 of the tier 2 silent shrooms, which is ideal for farming.

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Now for speed up, you’ll notice that there are no tier 3 ingredients - which will be

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true for all of the future buffs beyond this point, but the potency thresholds are back

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to 1 5 and 7 just like the attack and defence ones.

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Although the majority of these ingredients can be quite hard to farm out due to half

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of them requiring you to climb, the tier 2 lotus seeds are quite the opposite - as you

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can find them just about anywhere in the Lanayru region - specifically in this stretch of land in

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the swampy area which has roughly 40 of them!!

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Now the shock resistance, which is a very underutilized yet important buff, has its

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point thresholds much lower than the rest of them, so its quite easy to make the high tier dishes.

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Although you can find a decent bit of the tier 2 zapshrooms on the path leading up to

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the gerudo desert, by far the most condensed areas for farming this ingredient is in the

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Rok Woods in Akkala, which contains roughly 30 of them.Satori mountain,

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We’re almost to the end when it comes to all of the ingredient buff locations, but

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these last 3 are all the simplest to go over, as they are all of the temperature related

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buffs which only go up to level 2 anyways.

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For cold resistance, the level ones are the saflinas and the spicy peppers, while level

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2s are sizzlefin trouts and sunshrooms - and the point threshold to get a lvl 2 buff is 6.

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For heat resistance, level ones are the saflinas and hydromellons, and level 2s are

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the chillfin trouts and the chillshrooms, with the point threshold for a level 2 buff also being 6.

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And finally for fire resistance, lvl 1s are fireproof lizards while lvl 2s are the smotherwing

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butterflies - with the lvl 2 point threshold being 7.

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But keep in mind that the fireproof ingredients are bugs and only come in elixir form - so

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its important that you mix them with monster parts instead of food.

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In terms of finding all of these ingredients, the best cold resistance one to farm are the

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sunshrooms, which are common around the Gut Check Rock area,

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And for heat resistance, I would reccomend going to the Naydra snowfield in Lanayru,

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as this area has roughly 70 of them condensed together

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But for Fire Resistance, since most of the bug spawns are randomized, the only reliable

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way you can get the insects with these effects is at the Southern Mine which has increased

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spawn rates for the lizards. However, given how annoying these guys are to find,

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its still far more convenient to just use the Flame Breaker Armor as a supplement.

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But now that we know all of the potency effects for each ingredient type, the next thing we

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need to figure out is how the duration of all these effects are calculated.

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Every attack and defense ingredient adds 50 seconds, all speed up ones add a minute,

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stealth ingredients add 2 minutes, and all elemental ones including shock resistance

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add 2:30.

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So putting any 5 attack foods in a pot which are 50 seconds a piece will create an attack

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buff thatll last for 4:10, while putting any 5 stealth foods in a pot which are 2 minutes

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will create a stealth buff thatll last for 10 minutes.

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The potency tier of each of these ingredients are irrelevant in calculating duration, as

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its all about quantity.

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Depending on your use for these buffs, some of these durations can seem a bit short,

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but fortunately there are specific ingredients in this game that are primarily used to extend

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the duration of these buffs, despite not boasting any extra hearts.

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As you can see, most of these are pretty weak, with the exception of the dragon parts, specifically

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the horn shards which boost a meals duration all the way to 30 minutes - which is ideal for cooking!!

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The best way to farm these out is by waiting at the top of the floria waterfall in faron,

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set the time till morning via campfire - and the dragon will spawn right in front of your eyes.

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If you immediately fly up using its updraft and shoot at its horn and let it hit the ground,

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you can set it back to morning and keep doing this over and over again.

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And then when you're finished, you can collect all of them at once

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Within maybe 5 minutes you can have a good dozen of these, which will lead to hours of

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boost time that you can spend on any boost of your choice - which is super helpful and can

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drastically change the way that you play this game!!

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But now that we know how to make the best buffed foods in the game, theres only a few

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more types of foods we have to elaborate on more, which are the stamina, endura and hearty foods.

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Just like the buffed foods, every ingredient of these types has a set amount of potency points, and

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depending on the cumulative level of potency, you can cross new thresholds thatll be more effective.

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For stamina, the ingredients range between giving 1 and 4 points a piece, and the max amount

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of stamina you can get is 3 wheels with 11 points, and for endura, the ingredients will

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net you anywhere between 1 and 4 points, where the max effect would be 2 extra wheels after

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reaching 20 points.

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Farming out these ingredients can be a bit tricky considering how spaced out they can be,

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but you can find a clean row of roughly 15 bright eyed crabs on this coastline above

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the swamp, which are good for stamina, and your best hopes of getting a decent amount

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of the endura carrots which are required for the 2 extra wheels of stamina are in the forests

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of the Satori Mountain.

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But out of these 2 types, I would mainly recommend sticking with the endura, as cooking just

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a single ingredient will give you a full restore of stamina, while itll take many stamina foods combined

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to do the same.

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The same goes with hearty foods, but each of these have their own amounts of extra hearts

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they give as well - which are all added together when using multiple ingredients.

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By far the easiest ones to farm out are the durians native to the jungle region - as this

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little spot near faron tower has roughly 20 of them - which is ideal for farming!

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And since we are here I should probably mention a great spot where you can find a large portion

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of the attack boosting bananas, as we didn't mention that in the earlier attack section

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of the video - but this is a great place to go if you want to farm out a large portion of them.

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In fact, I thought it would be best to include a map with all of the best farming locations we talked about

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in this video combined, so feel free to use this as a reference so you can find these ingredients in your playthroughs!!

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But with all of this said, there is only one more hidden stat we have to talk about before

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we wrap up this video, which are the critical effects.

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Whenever you cook, there is a 10% chance at random that you will unlock one of the following

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effects for your dish: 3 extra hearts, +5 minutes buff duration, +1 potency tier, an

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extra temporary heart, or an extra 2/5ths of a stamina wheel, depending on what type

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of dish you make.

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However, there are 2 ways you can boost this critical chance to 100% to guarantee this every time.

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One would be by adding a star fragment or dragon part to your dish, and another would

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be to cook during the hour of a blood moon - specifically between the times of 11:35

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and 11:55, which is a really small window, but if you can save a lot of your cooking

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for between these hours, then you can really maximize your efficiency.

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But other then that, that's basically everything we need to go over about cooking stats in Breath of the Wild!!

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I know we spent a large portion of this video talking about the stat buffs of food and how

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to unlock different tiers, but if you want more information on the exact

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stats behind these buffs, such as the actual percentages and point increases,

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I made another stats video going over every single one of these details, which I

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highly recommend that you check out using the card in the upper right!!

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If you’re new to the channel, stats videos like these have been taking a primary focus

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for quite a while now, so feel free to check out some of my other stats videos in my Stats

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of the Wild playlist linked in the description below.

12:37

But anyways, thank you all so much for watching!!

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If you enjoyed, feel free to leave a like and subscribe here if you haven't already so you

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wont miss any future uploads to come.

12:47

Also, a huge shoutout to my amazing patrons and members who help support the content!!

12:52

If you would like to help me out here for as little as a dollar a month, all of the

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info can be found in the description below!!

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Anyways, thank you all so much for watching, and i will see ya guys in the next one!! :)

[18:01 Now playing](https://www.youtube.com/watch?v=ac525uJwIew)

### **[The HIDDEN Stat Buffs of Breath of the Wild EXPLAINED!!](https://www.youtube.com/watch?v=ac525uJwIew)**

[Croton](https://www.youtube.com/watch?v=ac525uJwIew)