

#### **About the Author**

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First published in the United States in 2017 by Adventure Scents, Bloomington, IN 47401 USA.



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#### Publisher's Note

Please proceed with caution and use common sense when playing *Cooking with Dice*. Although the advice and information in this book are believed to be best practices, the author/publisher cannot accept any legal liability for loss, harm, or injury that comes about from trying to follow the instructions and advice in this book. It is important that standard kitchen safety techniques are used, and that children are always carefully supervised when preparing food.

#### The

# Cooking with Dice

Series



Volume 1

## THE ACID TEST

Illustrated by Yuribelle

This book is dedicated to all the acid-dragons I know, struggling to get by in a fire-dragon world.

I know how hard it is to find the right (PH) balance.

#### **Author's Note**

Like many gamers, I require food for sustenance. So, I originally learned to cook in order to feed myself, not as an amusing hobby.

I eventually came to enjoy tooling around in the kitchen — which is fortunate, because my children now seem to expect to be fed *at least* once per day. But I always felt like there was something missing in the kitchen. Something that would make cooking less of a duty and more of an *adventure*.

I suspected that something might be an ice-cream-maker, so I bought one, but it turned out not to be the answer. Nor was the answer a dehydrator or a rice-cooker or a cake-ball-maker or a vegetable-spiralizer or a heart-shaped waffle iron. I got them all just to check.

For a while, I filled the void by watching reality TV cooking competitions, shouting advice at the screen, and imagining myself cooking alongside the professionally trained chefs that were struggling to make gourmet meals out of vending machine food.

Sometimes we'd try to do an at-home version of one of the shows as a family. I don't like to brag, but I did once beat out my 6-year-old for second place in the Howlett family mac-n-cheese cook-off. My secret was remembering to add the cheese.

I definitely needed ideas to make cooking more fun, because, once I got married and had kids, cooking had become an IMPORTANT SERIOUS BUSINESS. I constantly worried about whether I was doing it right.

"Was this dinner healthy enough?"

"Should I be feeding the kids more whole grains?"

"Are they getting enough variety?"

"Is it possible she's allergic to soy?"

"Is he allowed to eat hot sauce at his age?"

"Is it worth buying the cage-free eggs?"

"Should we just go vegan?"

"Are these tomatoes locally sourced?"

"Am I using too much cheese?"

"Does this have the good cholesterol or the bad cholesterol?"

"How much protein is in peanut butter?"

"Should I have gotten the organic strawberries instead?"

"Is gluten bad?"

That's a lot of pressure to put on a meal. The stress is probably not good for digestion.

"Wait! What if I'm digesting things wrong??"

I eventually decided that, as with most of life's stresses, gaming was the solution. I just wished that someone would just come out with a really good cooking game that I could play at home.

But they didn't, so I made one myself.

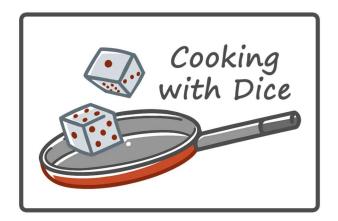
Now, I'd like to share it with you. I hope you'll have as much fun with it as I do. Every so often, you can take a night off from worrying about whether you're doing food *right*, and take off on a cooking adventure.

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#### Cooking with Dice



The *Cooking with Dice* system uses elements of traditional tabletop role-playing games to ramp up the fun in your kitchen!

#### It includes:

- Player characters You get to take on the role of a chefadventurer that can grow stronger with experience.
- Adventure scenarios Your character is embroiled in a series of quests to improve the world they live in.
- Secret formulas You're provided with a series of cooking formulas that will help you succeed in your quests.
- **Dice-rolling** Each formula has two or more ingredient charts that allow you to substitute out key ingredients. Allow fate to choose your dinner with the role of a die.
- Consequences How you handle your quest will determine whether your character becomes stronger or faces a dire fate. Cook wisely.

#### The Acid Test

The Acid Test is the very first book in what I hope will be a whole series of Cooking with Dice books, covering a wide range of cooking styles.



You could say... ahem... that this book is the *acid test* for the whole *Cooking with Dice* concept. Hehe.

In *The Acid Test*, you'll be challenged to try out new ways of 'cooking' with acid. Instead of using heat to transform your food, you'll be using acids like citrus juice, vinegar, and lactic acid (a byproduct of certain bacteria).

Acids can denature the proteins in meat and eggs, causing changes in consistency similar to heating. They can also help curds to form in milk, preserve vegetables, hold together emulsions, and, of course, add a tart flavor to a dish.

Appetizers are a great way to try out new dishes without too much risk, and they make great snacks for game nights. So, in this book, we'll be sticking to fancy finger foods and accompaniments to bread, chips, and crackers.

With the exception of an occasional zap in the microwave to create the right conditions for the acids to act, none of the formulas in this book will involve using heat as a tool. Instead, you'll be immersing yourself in the world of acid.

#### Hosting a Cooking with Dice Game Night

#### Step #1: Gather your team.

You can play *Cooking with Dice* as a solo activity or with a group of any size. It's a fun activity for gamers and aspiring chefs of all ages.

#### Step #2: Decide on your mode of play.

You can play *Cooking with Dice* as a solo, cooperative, or competitive game.

- If playing solo, you focus on leveling your character up to the role of Chef de Cuisine by experimenting with a variety of formulas.
- If playing cooperatively, you work with your team of chefadventurers to create one or more versions of each formula. Prepare your meals collaboratively with family and/or friends and work together to make the (fantasy) world a better place.
- If playing competitively, you and a group of other chefadventurers are each creating your own dishes from the same formulas and evaluating the results head-to-head.

#### Step #3: Choose your character(s).

Each player should choose their own character and fill out a character sheet. You can select one of the characters in the book or check out <a href="https://www.cookingwithdice.com">www.cookingwithdice.com</a> for additional characters or rules for making a character from scratch.

Each character has a fantasy race (humans, ogres, elves, and halflings are all represented), and a culinary profession based on the Brigade de Cuisine in a professional French kitchen.

#### Step #4: Read the scenario.

Step into the shoes of your character and read the main scenario. As a chef-adventurer, you aren't satisfied with the daily grind – doing the same old things your forefathers did. You're looking for a grand quest... a feat that the bards will praise you for in song... or at least an interesting story to impress the folks back home!

Please note that the scenario is written to address a single player, but can easily be adapted for a group of any size. If you're hosting a game night with friends, feel free to share the scenario with them ahead of time.

#### Step #5: Choose a formula.

The scenario poses a problem that can only be solved by chefadventurers. It may be a tough challenge, but you aren't without resources. You have a handful of secret formulas in your possession that will guide you on your way.

Each of the formulas in the book will tell you what equipment and components you'll need, and what steps you should take to prepare a dish.

These formulas are not the same as recipes – they allow for the addition of more flexibility, creativity, and your own personal magic.

As a level 1 character, you should start with one of the level 1 formulas. As you gain experience, you should try out some of the more advanced formulas.

Be sure to take a close look at whether the formula you're considering says to make and serve immediately or to prepare ahead of time. Some of the formulas can take as much as 24 hours to be ready to serve.

#### Step #6: Create your own recipe.

You may notice that in each formula, some of the ingredients are *highlighted*. These are the key ingredients you can swap out to create a unique, personalized recipe.

Start with one of the level 1 recipes. You can earn experience points by cooking the base recipe, with the default ingredients that are listed. Or, try challenging yourself a little more. Swapping out ingredients to make new recipes will allow you to earn more points and level your character up even faster.

There are three ways to swap out ingredients, using the roll charts that follow each formula.

- You can **enhance a formula** by choosing any ingredient from the roll chart to swap out for the base ingredient.
- You can **power-up a formula** by rolling the designated type of die and using the ingredient on the chart that corresponds to your roll.
- Or you can **channel wild magic** and choose an ingredient that isn't event on the roll chart at all. Be sure to pick something adventurous!

NOTE – If you roll the dice, but chicken out and decide not to use the ingredient you rolled for, you can reroll the dice for a -3 point penalty (see scoring chart).

If you decide to roll to power-up a formula, you'll need an assortment of standard RPG dice (D4, D6, D8, D10, D12, and D20) or an online dice-rolling application.

If you or a member of your party are on a restricted diet, you can find adaptation tips and special roll charts on the www.cookingwithdice.com website.

You score points for each ingredient you substitute. If you want to get fancy, you can always substitute in multiple ingredients for a single base ingredient, but you don't get any additional points for doing so. Throwing the kitchen sink into the recipe won't win you the game.

If you're inviting over friends for a game night, each person can develop their own recipe, or you can roll to create randomized recipes for each person, springing the surprise upon them at the last moment.

Once you've created your recipe, be sure to document it on your "Spell Record" so you can recreate it later.

#### Step #7: Shop for ingredients.

Before your game night, you'll need to shop for all of your ingredients, including any key ingredients you've swapped out. If you find during your shopping trip that some of your key ingredients are unavailable or unaffordable, you can replace them with new ingredients for no penalty. We're all here to have fun!

#### Step #8: Get Cooking!

If the formula can be made and served immediately, you are ready for action.

If you're working with a group, and part of the formula needs to be made ahead of time, you might need to work out special arrangements to make sure that everyone brings their partially complete recipe to the party! You can then finish and taste-test it all together.

#### Step #9: Score your Recipes.

It's time to taste-test your recipes. How did they turn out?

If you're playing in solo or cooperative mode, you can decide for yourself whether the recipe had a "success" or "failure" outcome. Check out the resolutions in the back of the book to see how things turned out for your character(s).

If you're playing in competitive mode, you can compare your dishes with others in the group and determine who's cuisine reigns supr... paramount! The top half of the group has succeeded in their quest, and the lower half has failed. Poor suckers.

Either way, be sure to fill out the scoring sheet at the end of the book to determine how many points you earned towards leveling up your character. Note that you can gain extra points for:

- Swapping out key ingredients.
- Using your character's special ability.
- Taking advantage of the scenario bonus.
- Posting your recipe online.
- Beating out competitors in competition mode.

#### Step #10: Play it again!

Once you've earned some experience points and leveled up your character a little, you can try a more advanced formula. Or try the same formula again with new variations. There are thousands of possible combinations of each formula you can taste-test.

Eventually, you'll work your way up to level 6 and take your place as the Chef de Cuisine. The student shall become the master! To cement your role, be sure to create your own formula for the Master Challenge.

You can compete with friends or family to ascend the ranks or can work together (or on your own) to build your skills. Connecting with other players on social media and racing them to level 6 is a fun way for even solo players or cooperative groups to add an element of competition to the game.

However you decide to play, remember that this is YOUR book and YOU are the game master. You can use the book as a resource and make the game work any way you like.

Want to start with a yummy-sounding level 4 recipe? Go for it! Want to give yourself extra points based on how good the food looks on Instagram? Why not! Want to prepare all the formulas at once in a giant feast? That's awesome! You do you.

Want to compete at cooking while engaged in an epic food-fight with your friends, dressed as post-apocalyptic elves and carrying live grenades? Legally, we can't tell you to do that, but if you do, please send us the video.



#### Characters

Each player should select one of the character sheets provided on the next few pages, and use it to track your progress.



More characters available online at www.cookingwithdice.com.





## **SAUCIER** Human Wizard

NAME:	
PLAYER:	

Some say that sauciers take themselves too seriously, but you scoff at the very notion. By all rights, other people ought to hold you in HIGHER regard. You've spent your life developing and perfecting the most delectable spells known to man, and you aren't afraid to say so. Nothing can pull a party (or a sauce) together like a touch of magic, and you have that in spades. It took you years of study, under one of the great masters of the craft, to perfect that half-whirling-half-twisting motion of your wooden spoon-wand that works so effectively. And you're willing to show it off at the slightest provocation.

#### LEVEL:

	0-10 XP	Level 1: Plongeur	(dishwasher)	
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☐ 10-24 XP Level 2: Apprenti (kitchen assistant)

☐ 25-44 XP Level 3: Commis (junior cook)

☐ 45-69 XP Level 4: Chef de Partie (senior chef)

☐ 70-100XP Level 5: Sous Chef (2nd in command)

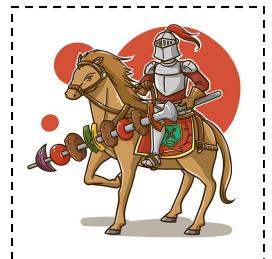
□ 100+ XP Level 6: Chef de Cuisine (head chef)

Special ability:

## Diplomatic Immunity

Earn bonus XP for pronouncing the name of all ingredients in a fancy (French?) accent.

Recipes Created	Points
Rewards earned:	
Notes:	
rvotes.	



## ROTISSEUR

## Human Knight

NAME:		
PLAYER:		

You've got a need for speed and you'll proceed on your steed to fill a need and do the deed! You may not be a great poet, but no one has ever questioned your honor or courage. You're always the first to charge in and defend the little guy (or gal), and you've never run from a battle. Giant beasts are your specialty, and you always carry your trusty lance, ready to skewer your ingredients... or your foe. You frequently spend hours at a time broiling in your armor under the hot sun, so you've built up quite a tolerance for heat. You feel right at home in a steamy kitchen, always keeping an eye out for wrongs that need righting.

#### LEVEL:

 $\square$  0-10 XP Level 1: Plongeur (dishwasher)

 $\hfill \square$  10-24 XP Level 2: Apprenti (kitchen assistant)

☐ 25-44 XP Level 3: Commis (junior cook)

☐ 45-69 XP Level 4: Chef de Partie (senior chef)

☐ 70-100XP Level 5: Sous Chef (2nd in command)

☐ 100+ XP Level 6: Chef de Cuisine (head chef)

Special ability:

## **Heedless Charge**

Earn bonus XP for completing at least one preparation step in a reckless super-fast mode. But no chopping off fingers!

Recipes Created	Points
Rewards earned:	
Rewards carried.	
Notes:	
INOCCS.	



## **ENTREMETIER**

## Elf Ranger

NAME:		
PLAYER:		

As a creature of the forest, you have a close connection to the natural world and the changing seasons. SOME chefs are just a flash in the pan, but you have a subtle, instinctive approach to food that will deepen the flavor of your life, and your dishes, for years to come. A bit shy, you wear a cloak woven of kale fibers to help you blend into the foliage. This comes in handy when you're foraging for eggs, grains, and produce to balance out the meat in meals or to make vegetarian dishes. With your trusty bow and carrot-arrows, you're perfectly capable of defending yourself, even from afar, but you prefer to live in harmony with others.

#### LEVEL:

□ 0-10 XP Level 1: Plongeur (dishwasher)

☐ 10-24 XP Level 2: Apprenti (kitchen assistant)

☐ 25-44 XP Level 3: Commis (junior cook)

☐ 45-69 XP Level 4: Chef de Partie (senior chef)

☐ 70-100XP Level 5: Sous Chef (2nd in command)

□ 100+ XP Level 6: Chef de Cuisine (head chef)

Special ability:

### **Ranged Attack**

Earn bonus XP for propelling an ingredient across the room to its final destination

Recipes Created	Points
Rewards earned:	
Notes:	



## GARDE MANGER

## Ogre Warrior

NAME:	
PLAYER:	

You wouldn't say you're AFRAID of fire, exactly. It just spooks you a little is all. It brings back memories of the bad times back in your village, and makes you all nervous and angry. Sometimes you get so mad you can't keep it inside anymore and it all comes out with a giant roar and a blur of action. Those can be bad times. But mostly, you just guard this pantry door and make sure the food stays safe and sound so you can make pretty little canapes, pates, and salads. Nice, harmless, cold dishes. On special occasions, you make elaborate edible centerpieces of thriving orc villages for the buffet table, and all is right with the world.

#### LEVEL:

□ 0-10 XP Level 1: Plongeur (dishwasher)

☐ 10-24 XP Level 2: Apprenti (kitchen assistant)

☐ 25-44 XP Level 3: Commis (junior cook)

☐ 45-69 XP Level 4: Chef de Partie (senior chef)

☐ 70-100XP Level 5: Sous Chef (2nd in command)

□ 100+ XP Level 6: Chef de Cuisine (head chef)

Special ability:

## Berserker Rage

Earn bonus XP for letting out a roar when opening a food container.

Recipes Created	Points
Rewards earned:	
Notes:	



# PATISSIER Halfling Cleric

NAME:		
PLAYER:		

Life is sweet. It's a delight... a pleasure... a gift. And you want nothing more than to enjoy and to share it. You express your gratitude as you wake up early each morning and head to the kitchen to start preparing the pastries. And you thank the heavens again as you scrub down the kitchen in the wee hours of the night, relishing the last crumbs of a scrumptious treat. You channel all of the world's love and holy power into each and every bite of your desserts, and it shows in the reactions of everyone who eats them. They become stronger, faster, smarter, braver, tougher, and – most of all – ROUNDER than before.

#### LEVEL:

□ 0-10 XP Level 1: Plongeur (dishwasher)

☐ 10-24 XP Level 2: Apprenti (kitchen assistant)

☐ 25-44 XP Level 3: Commis (junior cook)

☐ 45-69 XP Level 4: Chef de Partie (senior chef)

 $\square$  70-100XP Level 5: Sous Chef (2nd in command)

□ 100+ XP Level 6: Chef de Cuisine (head chef)

Special ability:

## **Charitable Spirit**

Earn bonus XP for giving someone else a taste of what you're cooking as you're preparing it.

Recipes Created	Points
Davie and a series of	
Rewards earned:	
Notes:	



## **BOUCHER**

## Gnome Rogue

NAME:		
PLAYER:		

You belong to the night. When the inky darkness rolls in, you're completely in your element. You gracefully navigate your way through unlit alleys filled with dark spirits, shady merchants, and skillful pickpockets, unseen and untouched by any of them. Once you've picked up the scent of treasure, be it a priceless jewel or the perfect cut of meat, nothing can keep you from it. You're always on the alert, planning each heist carefully, knowing that behind every shadow could lie certain death. No worries – your blades are your life. You keep them sharp, and they keep you breathing.

#### LEVEL:

□ 0-10 XP Level 1: Plongeur (dishwasher)

☐ 10-24 XP Level 2: Apprenti (kitchen assistant)

☐ 25-44 XP Level 3: Commis (junior cook)

☐ 45-69 XP Level 4: Chef de Partie (senior chef)

☐ 70-100XP Level 5: Sous Chef (2nd in command)

□ 100+ XP Level 6: Chef de Cuisine (head chef)

Special ability:

## Monologuing

Earn bonus XP for describing the dire fate of one of your ingredients, with graphic details.

Recipes Created	Points
Rewards earned:	
Newaras carried.	
Natas	
Notes:	



## **SOMMELIER**

## Feline Bard

NAME:		
PLAYER:		

Many of your songs tell the tales of brave adventurers battling fearsome monsters and fighting off inconceivable evil in far-away lands. You admire these heroes almost to the point of worship.... but you prefer to admire them from afar. You love pairing your lazy days of playing your lute in the warm sun with self-indulgent nights staying in the most comfortable inns, eating the richest foods, and drinking of the finest vintages. You also enjoy the company of friends you meet in your travels. A pat on the head can leave you purring, but others should be warned that you're not one to let an insult pass. One wrong word and the claws shall come out.

#### LEVEL:

 $\square$  0-10 XP Level 1: Plongeur (dishwasher)

☐ 10-24 XP Level 2: Apprenti (kitchen assistant)

 $\square$  25-44 XP Level 3: Commis (junior cook)

☐ 45-69 XP Level 4: Chef de Partie (senior chef)

☐ 70-100XP Level 5: Sous Chef (2nd in command)

□ 100+ XP Level 6: Chef de Cuisine (head chef)

Special ability:

#### **Perfect Pitch**

Earn bonus XP for singing a song about an ingredient or step in the recipe you're preparing.

Recipes Created	Points
Rewards earned:	
Rewards earned.	
Notes:	
INULES.	



# GLACIER Dark Elf Frost Mage

NAME:		
PLAYER:		

It's true that icy coldness permeates straight through to your core, but your chilling stare doesn't mean you aren't up for a good time! People who call you cold-hearted don't know you well at all, because you sparkle with warmth and enthusiasm. The duties of being an ice-princess keep you pretty busy, what with the constant changing in and out of ball gowns, fending off unwanted proposals of marriage, and saving the kingdom from ruin. Sometimes you just want to break out of the mold and do something a little crazy, like conjuring up a cherry-flavored shaved ice blizzard, or building the world's largest ice cream wall.

#### LEVEL:

 $\square$  0-10 XP Level 1: Plongeur (dishwasher)

 $\hfill \square$  10-24 XP  $\,$  Level 2: Apprenti (kitchen assistant)

☐ 25-44 XP Level 3: Commis (junior cook)

☐ 45-69 XP Level 4: Chef de Partie (senior chef)

☐ 70-100XP Level 5: Sous Chef (2nd in command)

☐ 100+ XP Level 6: Chef de Cuisine (head chef)

Special ability:

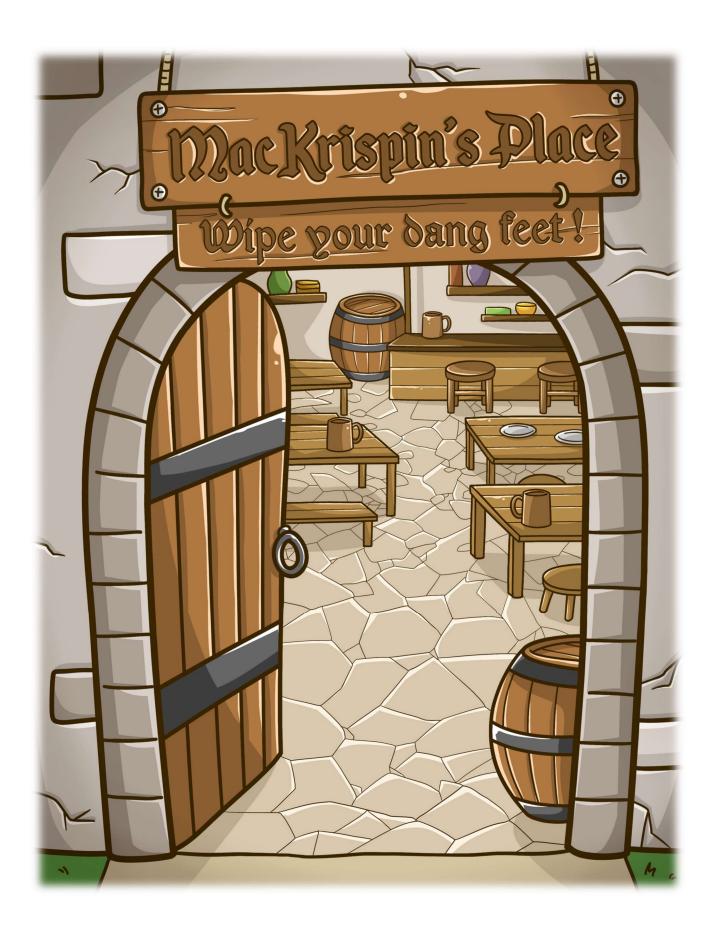
## Fashion Sense

Earn bonus XP for wearing an outfit that coordinates with your dish.

Recipes Created	Points
Rewards earned:	
Notes:	

		Fantasy 1	on: race:
LEVEL:  □ 0-10 XP  □ 10-24 XP  □ 25-44 XP  □ 45-69 XP  □ 70-100XP	Level 1: Plongeur (dis Level 2: Apprenti (kit Level 3: Commis (juni Level 4: Chef de Parti Level 5: Sous Chef (2n	chen assistant) ior cook) ie (senior chef)	Special ability:  Description:
□ 100+ XP	Level 6: Chef de Cuisi	ine (head chef)	

Recipes Created	Points
Rewards earned:	
Notes:	



#### The Scenario

You arrive at night in New South Overland, road-weary and alarmingly short of funds. Spying a lively tavern up ahead, you make your way towards the light and music, hoping to exchange the promise of a day's work for a hearty meal and a soft bed.

As you walk through the door, obediently shuffling your shoes on the door mat, you pause for a moment, breathing in the smell of hot stew and fresh bread. It's been a while since you've chowed down on anything but griffin jerky and canned beans, and your mouth is watering at the thought of a real dinner.

You seat yourself at a worn oak table and wave a friendly hand to one of the serving wenches. She seems a bit young to be juggling all those mugs and bowls, but she's handling them with an ease that suggests she's been working here all her life. A quick glance at the owner and the other barmaids confirms a telling resemblance. This is a family business, and a thriving one at that.

You see the wench coming your way to take your order, so you put on your most charming smile and summon up your smoothest, fanciest-sounding accent.

"Good evening, young lass. What a superb aroma that is wafting from the kitchen! I just stumbled upon your establishment and couldn't help but wander in, on account of the..."

She interrupts, "Is there something wrong with your voice?"

You clear your throat, and try a slightly *less* fancy accent. "Er, no. I was just saying that your dinner smells delicious, but... um... I find myself a bit light on coin right now. Is there any way we could work out a..."

She rolls her eyes with a disdain that only someone her age can manage, "We don't do credit – legit coinage only. You want to eat, you pay in advance."

Crestfallen, you stutter out, "I'm new in town. I've been traveling, looking for an adventure. I don't have much in the way of funds now, but if you give me a few days...."

She lets out an exasperated sigh, "Look, we get a lot of wanna-be-adventurers in here, down on their luck, waiting for their big break with that special dragon. I've heard that line a thousand times before."

Your stomach lets out an insistent growl, and you grasp for straws, "But I'm willing to work! Surely you can use an extra hand to help you folks out around here!"

She looks you up and down, with a bit more skepticism than you think is entirely called for. "Are you any good with a sword?"

You respond, "No, I'm really more skilled with a knife and..."

She interrupts, "Any experience with guard duty? Protection work? The whole sacrificing your life for the greater good thing?"

You hesitate, "That's not really the kind of adventure that I..."

"What about magic? Got any useful spells or incantations?"

"Not every problem can be solved with magic," you say defensively,
"Sometimes you have to..."

She raises an eyebrow, "Healing?"

"No."

```
"Tracking?"
```

"No."

"Potion-making?"

"No."

"Lock-picking?"

"No! Of course not!"

She tilts her head to the side, looking at you curiously, "Well, how in the world do you think you're going to earn enough money as an adventurer to feed yourself, then?"

"I'm..." you pause dramatically, for effect. "I'm a chef."

She looks seriously into your eyes for a moment, then bursts into laughter.

"No – really!" you protest. "I'm actually a very skilled chef! And I'm looking for an adventure where I can cook my way to..."

The sound of her laughter drowns out the rest of what you were trying to say.

You wait politely for her guffaws to trail off into giggles.

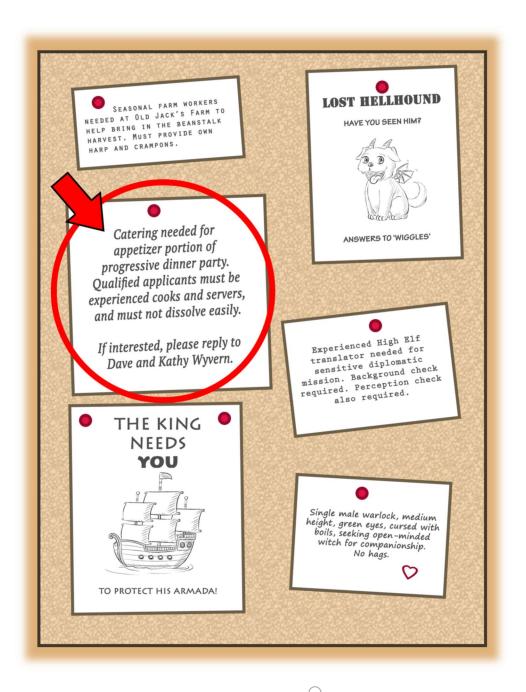
"Sorry – sorry. I just really wasn't expecting that. Most of the adventurers we get in here are more... brawler than broiler."

"I understand," you say, a bit stiffly.

Something seems to occur to her, and she narrows her eyes, considering you for a moment. "You know, as odd as it sounds, I think I may have seen something on the Adventurer's Board that would be right up your alley."

#### "The Adventurer's Board?"

She jerks a thumb over her shoulder towards the back of the room. "Over there. You might just get your big break after all."



With one glance, you realize that the catering gig was designed just for an adventurer like you! You have experience cooking meals. And serving meals. And you haven't dissolved so far – not even once - so that's a plus.

You flip over the notice and see a map to the Wyverns' house. Perfect! You can head over there now.

You turn around to smile at the helpful wench, "Thanks... uh..."

"Penelope," she fills in, already moving on to another table. As you make your way to the door, you think you spot her giving you an encouraging wink, but she might just have something in her eye. You wink back, just out of principle.

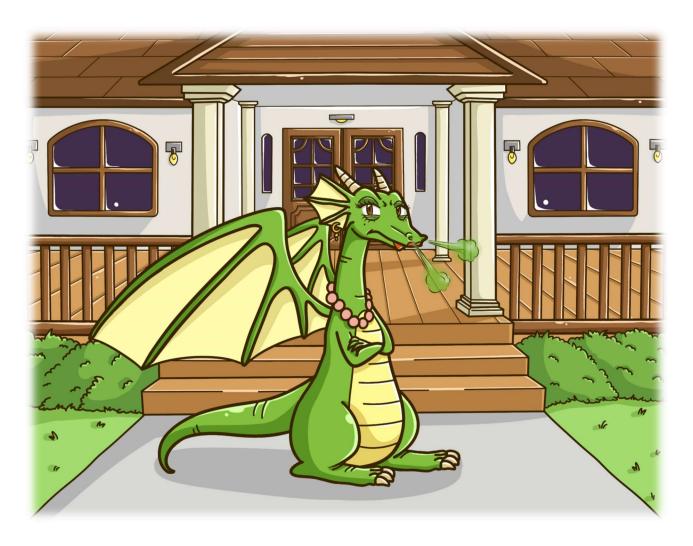
The map leads you uphill along the main road to what appears to be the more affluent part of town. You follow the path through a huge gate to a neighborhood of palatial estates, with perfectly manicured lawns and sparkling-clear moats. You stare in awe at the grand homes, craning your neck to admire the landscaping. Perhaps, after your adventuring days are over, you'll settle down in a place like this yourself!

You approach the house marked on the map with an X, and hear the voice of what you, at first, think *must* be a harpy.

"What do you *mean*, there isn't a tambourine player? What kind of string quartet only has *four* instruments? Do you think I've never hired a string quartet before? For your information, I've hired *dozens* of string quartets and they've *all* given me *exactly* what I wanted. And when I say I want a tambourine player to match my bohemian table settings, I mean that I *demand* that a tambourine player be presented to me right this *instant*!"

As you get closer to the porch light, you see a cellist affecting a conciliatory pose. Next to him is not a harpy, but... a dragon! It's a large green dragon, wearing nothing but a scowl, a cloud of acidic gas, and a swanky-looking set of pearls.

You instinctually reach down to your hip for your sword before realizing that you don't have a sword. Or any other weapon. You realize, in fact, that you have never owned a sword and would have no idea how to use one if you did indeed have one strapped to your hip. Apparently, reaching for a sword when faced with a dragon is just built into your genetic code.



You pause to gather your wits.

While your wits are still scattered all over the lawn, the dragoness turns her gaze to you.

"YOU!" she says, accusingly, pointing directly at your chest.

"Me?" you rasp out, wheezily.

"Tell me you have the hydrangeas," she says, fixing you with a steely gaze.

"The... what?"

"The hydrangeas! Tell me that you brought them! I called the florist at *least* an hour ago to insist that she replace these foppish pansies with a *proper* centerpiece." She shoves aside the hapless musician to storm righteously towards you.

"No! I just came in response to your ad," you sputter out nervously.

Her eyes widen in delight, "You're a chef?"

"Yes!" you say, relieved to be on her good side.

Her eyes narrow to slits and she points inside the house, "Then get your behind into the kitchen and get cookin'! There isn't a moment to waste! The guests will be here in two shakes of a salamander's tail!"

Not wanting to press the issue, you skedaddle your way past the dragoness, through the grand foyer, into the spacious kitchen.

There, you find another middle-aged green dragon, this one in a three-piece suit, looking quite a bit more forlorn than the one on the porch. He's sitting at a table and eating string cheese.

"You the new cook?" he asks, glumly.

You nod.

"You any good?" he queries, without much enthusiasm.

You nod vigorously, hoping he'll find you more attractive as a chef than as a meal.



"The missus wants to impress those uppity red dragons from down the street. We're having a neighborhood progressive dinner tonight, where we move from house to house eating one course at a time. We're starting everyone off with appetizers, and they need to knock everyone's socks off. Can you do that?"

"Of course!" you reply, somewhat relieved. You think of the countless appetizer recipes you have under your belt.

"Those red dragons are going to pull all out the stops to show us up. They're always hosting barbeques and flame roasting everything to order. Cooking with fire!" He makes a face. "Too flashy, if you ask me. I say you don't need a flame to make something taste great!" He frowns and stares sullenly at his cheese stick.

You take a breath to steady yourself and ask, "How do you like your meals cooked?"

He brightens a bit, "Acid! Anything you can cook with flame, you can cook with acid!" He lets off a puff of acid from his snout for emphasis.

You squeeze your eyes shut and try to stifle your cough.

He continues, "And you can use acid to make things that you could *never* make with a flame. Have you ever heard of someone *searing* milk into cheese? No! Because you can't do that with flames! You need *acid*!" He cackles a bit.

You can see that he's worked himself into something of a lather, so you try to placate him, "Absolutely! Acid is way better than flame!"

The gloomy dragon brightens visibly. "You get it! I can see that you get it! Then you should have no trouble at all making the appetizers without any flames at all. Just focus on the acid."

You blink, hard. "No flames?" You can see all of your potential appetizer recipes go up in... well... flames.

"Exactly," he enthuses. "No need for fire when you have the divine caustic essence of life in your hands. Our ice box is filled with every acid imaginable, so help yourself! I'm sure you've noticed that we don't have an oven, or stove, or... heaven forbid... a grill." He shudders.

Looking around the kitchen, you do indeed notice that, with no lack of dismay.

"Don't worry, you've got plenty of time to work. A good dragon party can go on for days."

That wasn't what you were worrying about.

"Also, we just got that new-fangled magic box over there," he says, pointing to a gaudy contraption labeled 'My-Crow-Wave<sup>TM</sup>'. He shrugs, "You're welcome to use it if you need to warm something up, but I just know that you'll focus on cooking with acid, not heat."

You nod hesitantly, wondering what you've gotten yourself into.

"Oh! And you might want to wear some protective equipment while you cook," he suggests, "Acid can be a caustic business!" He chuckles to himself and puffs out a wisp of acid that makes your eyes sting. He points to the oven mitts laying out on the counter.

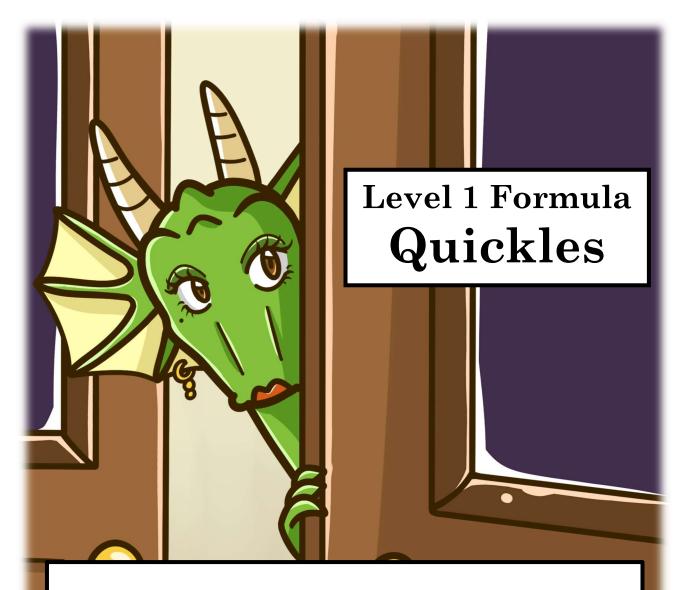
You put on the mitts, gearing yourself up for the battle of your life.

### Challenge

Make appetizers for a dragon dinner party, using the formulas in this book.



- You must use acid to 'cook' or otherwise fundamentally change the ingredients.
- You may not use the oven, stove, grill, or any open flame.
- You can use the microwave to warm dishes, but not to cook.
- For bonus points, you can wear oven mitts during preparation to 'protect you from acid burns'.



The dragon hostess steps into the kitchen with an annoyed look on her face.

"I *told* everyone that they didn't need to bring anything, but, as always, the Drakes didn't listen to me. They stopped by a nearby village on the way over to decimate a couple of farms, and are wondering if we could use any of what they picked up."

She points out the kitchen window to a heaping mound of crops, haystacks, upside-down farmhouses, and confused-looking cattle.

You decide to focus on the vegetables you can see in the pile, and try to avoid looking at anything else.

### Level 1 Formula: Quickles

#### Time to Complete Ritual

- MAKE AHEAD OF TIME
- 10 mins active prep time
- 4-48 hours total prep time

#### Quantity

• Makes 1 pint (16 oz) of pickles

#### **Equipment**

- Knife and cutting board
- Microwave oven
- Bowl (microwave safe)
- Refrigerator
- Measuring cups and spoons
- 16 oz container with lid (jar or plastic storage container)

### Components

**VEGETABLE**: enough *cucumbers* to fill the jar (roll table on pg 43)

VINEGAR: up to 1 cup *distilled white vinegar* (roll table on pg 44)

1 teaspoon salt

1 teaspoon sugar

**SEASONING:** *1 teaspoon of dill seeds* (roll table on pg 45)

Water to dilute vinegar (optional)



#### Ritual

- 1. Prepare (chop, etc.) vegetables according to vegetable roll chart.
- 2. Pack vegetables tightly into container.
- 3. Pour in enough vinegar (or vinegar mixed with up to equal parts water) to completely cover the vegetables, filling the container as much as possible.
- 4. Pour the measured vinegar from the container into a microwave-safe bowl. (Leave the vegetables behind in the container).
- 5. Add salt, sugar, and seasoning to the vinegar.
- 6. Heat mixture in microwave until it starts to boil (about 2 minutes).
- 7. Stir mixture to make sure sugar and salt have dissolved.
- 8. Pour hot mixture into containers with veggies and put on lid.
- 9. Allow the container to cool to room temperature, then place in the refrigerator for 4-48 hours before serving.

### **Quickling Tips**



Quickles cannot be stored at room temperature – to make them shelf-safe requires an additional heating / sterilization process. Quickles are best eaten within a day or two, but can be stored in the fridge for up 3 months.

The longer the veggies stay in the pickling mixture, the stronger the flavor will be. For a super-sour-punch, let the veggies soak for a few days before serving. If you're looking for less of a tang, dilute the vinegar with water or rinse the veggies in cold water before serving.





The acid in the vinegar helps to preserve the pickles by creating an environment that is inhospitable to bacteria. You'll notice that the vegetables change in texture – similar to when they're cooked.

You can quick-pickle just about any fruit or vegetable this way. Feel free to mix up multiple produce and seasonings in one jar (though you don't get any extra points for swapping out a base ingredient with two or more replacements.)





Be sure to try this formula out with different types of vinegar – it has a huge impact on the essence of your finished pickle. If you're feeling especially adventurous, experiment with flavored vinegars from a specialty store.

If you have some fresh herbs on hand, go ahead and add them into the container along with your veggies. They'll add a special green note to your pickles.





If want to pickle larger quantities of vegetables, just double, triple, or quadruple the recipe and extend the time you heat the vinegar mixture so it still comes to a boil. You can also quick-pickle just a couple of veggie slices at a time in a small container to use as a garnish.

Once you've eaten your pickles, the seasoned vinegar left in your pickle jar can still be very useful. Trying whisking together 1-part pickling juice with 3-parts olive oil for a flavorful vinaigrette salad dressing. This is a good way to use up extra veggies as well!



# **Quickles:** Roll 1 D20 for VEGETABLES

#	Ingredient	Notes	
1	cucumbers	cut into spears or slices	
2	green beans	trim off ends	
3	cherry tomatoes	poke 2-3 holes in each tomato	
4	zucchini	slice into rounds or spears	
5	bell peppers	slice peppers, removing seeds	
6	hot peppers	cut vent into the side or slice into rings; for a milder flavor, remove seeds and membranes	
7	onions	peel and slice larger onions into rings or use whole small peeled onions	
8	cabbage	chop into shreds	
9	cauliflower	chop into large chunks	
10	radishes	trim off tops and slice into thin rounds	
11	yellow squash	slice into rounds or spears	
12	okra	rinse and trim off the stems	
13	green tomatoes	cut unripe tomatoes into slices or wedges	
14	brussel sprouts	cut each sprout in half	
15	asparagus	thinner asparagus works best; trim off bottom of each spear	
16	turnips	peel and cut into slices or chunks	
17	celery	trim off ends and cut into spears or chunks	
18	carrots	peel and cut into thin sticks or coins	
19	tomatillos	remove husks, rinse, and cut into quarters	
20	watermelon rinds	remove the outer skin and most of the pink flesh from the white rind and cut into chunks	

## **Quickles:** Roll 1 D10 for VINEGAR

#	Ingredient	Notes
1	distilled white vinegar	clear, with a very sharp flavor
2	apple cider vinegar	light brown, with a tart and slightly fruity flavor
3	red wine vinegar	red, with notes of red wine and raspberries
4	white wine vinegar	clear to gold, with a light flavor reflecting the wine used
5	champagne vinegar	golden, with an even lighter flavor similar to champagne
6	rice vinegar	clear, with a milder flavor than white vinegar
7	malt vinegar	dark brown, with a malty ale flavor
8	red balsamic vinegar	dark brownish-red, syrupy, with a sweet flavor
9	white balsamic vinegar	clear, with a slightly cleaner flavor than red balsamic vinegar
10	sherry vinegar	dark brown, with woody sherry-like notes



# **Quickles:** Roll 1 D20 for SEASONING

#	Ingredient	Notes
1	dill seeds	1 teaspoon
2	black peppercorns	1 teaspoon
3	bay leaves	2 dried leaves
4	garlic	2 fresh cloves, peeled and slice off end but leave whole
5	mustard seeds	1 teaspoon
6	celery seeds	1 teaspoon
7	dried chili peppers	1 small dried pepper, remove end and split down the middle
8	rosemary	1 teaspoon
9	pink peppercorns	1 teaspoon
10	red pepper flakes	1 teaspoon
11	cumin seeds	1 teaspoon
12	coriander seeds	1 teaspoon
13	whole allspice	1 teaspoon
14	cinnamon sticks	1 small stick
15	cloves	1 teaspoon
16	orange zest	zest of 1 orange
17	lemon zest	zest of 1 lemon
18	fresh ginger	½ small root, peel but leave whole
19	horseradish root	½ small root, peel but leave whole
20	tea	1 teabag

### Sample Quickles Variations



### Vampire Spears

Cut cucumbers into spears, add fresh basil, and sub in garlic and red balsamic vinegar.



### Pink Peppered Pickled Peppers

Sub in assorted hot peppers, pink peppercorns, and distilled white vinegar.

## Sample Quickles Variations



# Cloven Tomatoes of the Apocalypse

Sub in cherry tomatoes, cloves, and apple cider vinegar.



### **Agent Orange Carrots**

Sub in carrots, orange zest, and red wine vinegar.

### Sample Quickles Variations



### Umami Kohlrabi

Sub in kohlrabi\*, cumin seeds, and malt vinegar.

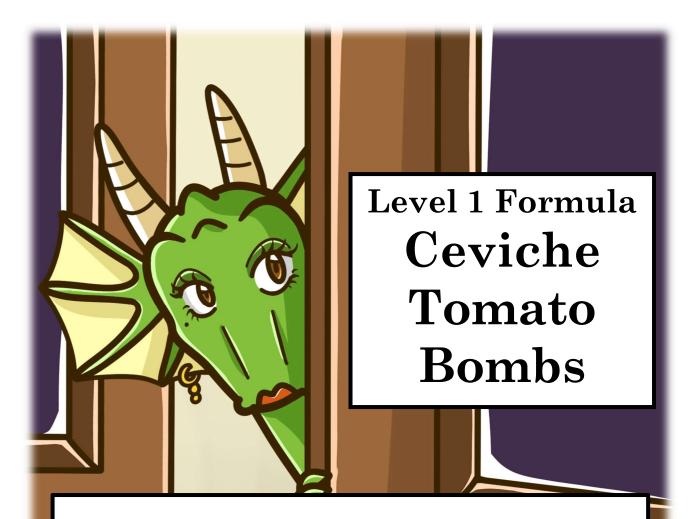
\*wild magic substitution



### Spiced Blueberry Watermelon Rinds

Sub in watermelon rinds, cinnamon sticks, and blueberry balsamic vinegar\*.

\*wild magic substitution



As the dragon hostess enters the kitchen, she has her eyes closed and her claws pressed to her temples. You hear an unearthly shrieking sound follow her through the door.

"After two glasses of wine," she moans, "Sirena is already singing sea serpent shanties. She's almost impossible to stop once she gets started, and no one has the heart to tell her that her voice makes us all want to drown ourselves."

Covering your ears, you can't help but agree with that sentiment.

"I need something to distract her. Can you make up some sort of seafood dish and form it into a ball that I can hurl into her throat the next time she hits a high note?"

The hostess leaves before you figure out whether she was joking.

### Level 1 Formula: Ceviche Tomato Bombs

#### Time to Complete Ritual

- MAKE AND SERVE IMMEDIATELY
- 10 mins active prep time
- 25 mins total prep time

#### Quantity

Makes 16-24 tomato bombs

#### Equipment

- Knife and cutting board
- Bowl
- Stirring spoon
- Measuring cups and spoons

#### Components

1 large tomato (or 2 Roma tomatoes or 8 cherry tomatoes)

RAW SEAFOOD: 1/2-lb sea bass

(roll table on pg 54)

or NON-RAW ALTERNATIVE

(roll table on pg 54)

- 3 Tablespoons lime juice (4-6 limes)
- ¾ teaspoon salt
- 1 pinch of pepper
- ½ cup chopped red onion
- 2 Tablespoons chopped cilantro leaves

CHILI PEPPER: 1 banana pepper (roll

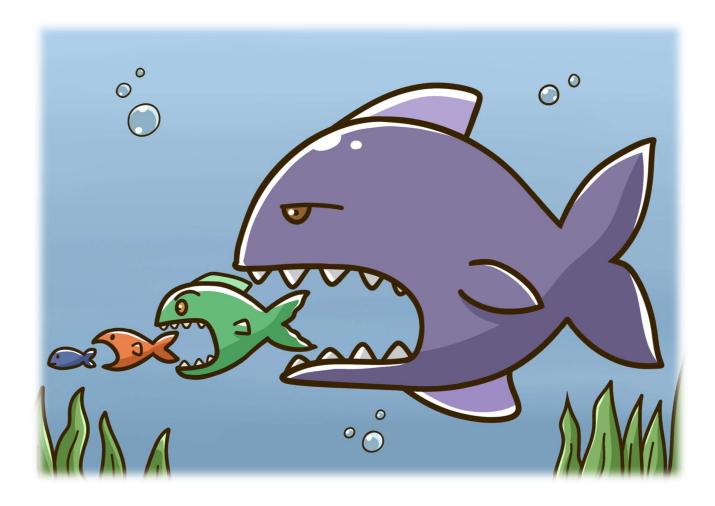
table on pg 55)

**PRODUCE**: 1/2 cup prepared *green bell pepper* (roll table on pg 55)



- 1. Slice the tomato(s) in half and remove the pulp to form serving vessels. Set aside the pulp and chill the prepared tomatoes in the fridge.
- 2. Dice the seafood into ½ inch cubes.
- 3. Mix the seafood with lime juice, salt, and pepper in a bowl.
- 4. Place the bowl in the fridge and let the seafood marinate for 15 minutes while you prepare the other ingredients.
- 5. Chop the onions and cilantro leaves, mince the chili pepper, and prepare (chop, etc.) additional produce according to produce rolling chart.
- 6. Remove bowl from the fridge and mix marinated seafood together with the reserved tomato pulp, onion, chili peppers, cilantro, and produce.
- 7. Spoon the mixture into the tomatoes and serve.

### A Few Notes about Eating Raw Seafood



The acid-marinade in ceviche can reduce the bacterial load of raw seafood, but it doesn't create the same conditions as fully cooking your fish with heat.

There are, however, a few things you can do to reduce any health risks associated with eating raw seafood:

#### • Purchase fish that has been *flash-frozen*.

The FDA recommends that fish that will be consumed raw should be frozen and stored at -20 degrees C for at least 7 days in order to destroy dangerous parasites. Look for details on the packaging of raw frozen fish or ask your fishmonger if the fish they have behind the counter has been previously flash frozen. This wouldn't be uncommon – fish is often flash frozen (sometimes while still on the fishing boat) for shipping and thawed by stores for sale as 'fresh fish.' If done correctly, the process does not negatively affect the texture of the fish, and you aren't likely to notice the difference.

#### Purchase sushi grade fish from a reputable source.

The term 'sushi grade' isn't actually regulated in the U.S., but stores will often use this label for their freshest fish. Talk to the fishmonger, whether you find them at a fish market or behind the fish counter at your grocery store, and ask them for their recommendation. They can often steer you in the right direction.

#### Check it out for yourself, using all of your senses.

If purchasing fresh fish, it should have firm, shiny flesh that springs back when you press on it. It should smell fresh and mild – not fishy or sour. If purchasing frozen fish, it should be completely frozen solid, without any evidence of ice crystals that could indicate thawing and refreezing.

#### Keep it cold.

The fish should be cold when you purchase it. A small cooler in the car can help you keep it that way on the way home. Fresh fish should be placed on a bed of ice in the refrigerator and used the same day. Frozen fish should be thawed in the refrigerator, not on the countertop, and used as soon as they're thawed.

#### Know when to cut and run.

If you don't find something that you feel good about, don't settle for something 'fishy.' Consider the non-raw alternatives provided in the rolling chart. And, as always, keep your own health risks in mind. If you have a condition that makes you especially vulnerable to infection, it may be best to avoid the risks of raw seafood altogether.



### **Ceviche Tomato Bombing Tips**



Instead of rolling the dice, you can earn the same number of extra points by leaving the seafood choice totally in your fishmonger's hands. Just ask them what they recommend today to use in a raw seafood dish.

If you're thawing frozen seafood for use in the ceviche, try cutting it while it's still partially frozen. It will be a lot easier to work with.





The acid of the lime juice transforms the seafood, breaking down the protein structure in a way that shares some similarities to cooking it with heat.

Stuffed cherry tomatoes are fun to eat whole, but if you're using a large tomato, you might try serving it with tortilla chips or crackers.





If you're not a fan of cilantro, you can omit it or replace it with 1-part fresh parsley mixed with 1-part fresh basil or oregano.

Sure, this is a chilled dish, but feel free to turn up the heat! Just increase the number of chili peppers to suit your taste.





If the texture of this ceviche is not to your liking, and you want your fish 'cooked' through to the center, you can marinate it for several hours, or even overnight in the fridge.

The ceviche should be eaten as soon as it's done marinating – if it's stored as leftovers in the fridge, the acid will continue 'cooking' the fish, eventually turning it to mush.



### Ceviche Tomato Bombs: Roll 1 D10 for RAW SEAFOOD

#	Ingredient	Notes
1	sea bass	fresh or flash frozen and thawed, raw; skin, debone and remove the bloodline
2	red snapper	fresh or flash frozen and thawed, raw; skin, debone and remove the bloodline
3	shrimp	fresh or flash frozen and thawed, raw; shell and de-vein
4	flounder	fresh or flash frozen and thawed, raw; skin, debone and remove the bloodline
5	tilapia	fresh or flash frozen and thawed, raw; skin, debone and remove the bloodline
6	grouper	fresh or flash frozen and thawed, raw; skin, debone and remove the bloodline
7	tuna	fresh or flash frozen and thawed, raw; skin, debone and remove the bloodline
8	striped bass	fresh or flash frozen and thawed, raw; skin, debone and remove the bloodline
9	scallops	fresh or flash frozen and thawed, raw
10	salmon	fresh or flash frozen and thawed, raw; skin, debone and remove the bloodline

# Ceviche Tomato Bombs: Roll 1 D6 for NON-RAW ALTERNATIVE

#	Ingredient	Notes
1	precooked shrimp	remove from package and thaw, if necessary; shell and devein
2	imitation crabmeat	remove from package
3	smoked salmon	remove from package
4	hard-boiled egg whites	boil and shell; remove yolks
5	hearts of palm	remove from can
6	firm tofu	rinse and add 1 t of salt

### Ceviche Tomato Bombs: Roll 1 D6 for CHILI PEPPERS

#	Ingredient	Notes
1	banana pepper (AKA yellow wax pepper)	yellow; 2-3 inches long; very mild 0-500 Scovilles (units of spiciness)
2	poblano pepper (AKA ancho pepper)	green; 4-5 inches long; somewhat mild 1,000-2,000 Scovilles (units of spiciness)
3	jalapeno pepper	green; plump; 2-3 inches long; medium-hot 2,500-10,000 Scovilles (units of spiciness)
4	serrano pepper	green; 1½-2 inches long; hot 5,000-25,000 Scovilles (units of spiciness)
5	cayenne pepper	red; skinny; 2-6 inches long; very hot 30,000-50,000 Scovilles (units of spiciness)
6	habanero pepper	orange; round; 2 inches long; extremely hot 100,000-350,000 Scovilles (units of spiciness)

### Ceviche Tomato Bombs: Roll 1 D12 for PRODUCE

#	Ingredient	Notes
1	green bell peppers	about ½ medium pepper; fresh, chopped
2	colored bell peppers	about ½ medium pepper; fresh, chopped
3	avocado	about ¾ medium avocado; pitted, peeled, diced
4	celery	about 2 medium stalks; fresh, diced
5	corn	about 2 medium ears; fresh (raw or cooked) or frozen and thawed
6	cucumber	about 1/3 medium cucumber; fresh, diced
7	mango	about ¾ medium mango; fresh, peeled, pitted, chopped
8	pineapple	about 1/6 medium pineapple; fresh, skinned, cored, chopped
9	peach	about 1 medium peach; fresh, chopped
10	watermelon	about ½ lb; fresh, removed from rind, chopped
11	fennel	about 1/6 bulb; fresh, diced
12	green olives	about 8 large or 18 small; pitted, diced

### Sample Ceviche Tomato Bomb Variations



### Mini Salmocado Bombs

Sub in raw salmon, avocado, and cayenne peppers and stuff in small cherry tomatoes.



### Tropical Island Ceviche Bombs

Sub in raw swordfish and pineapple and stuff in large cherry tomatoes.

### Sample Ceviche Tomato Bomb Variations



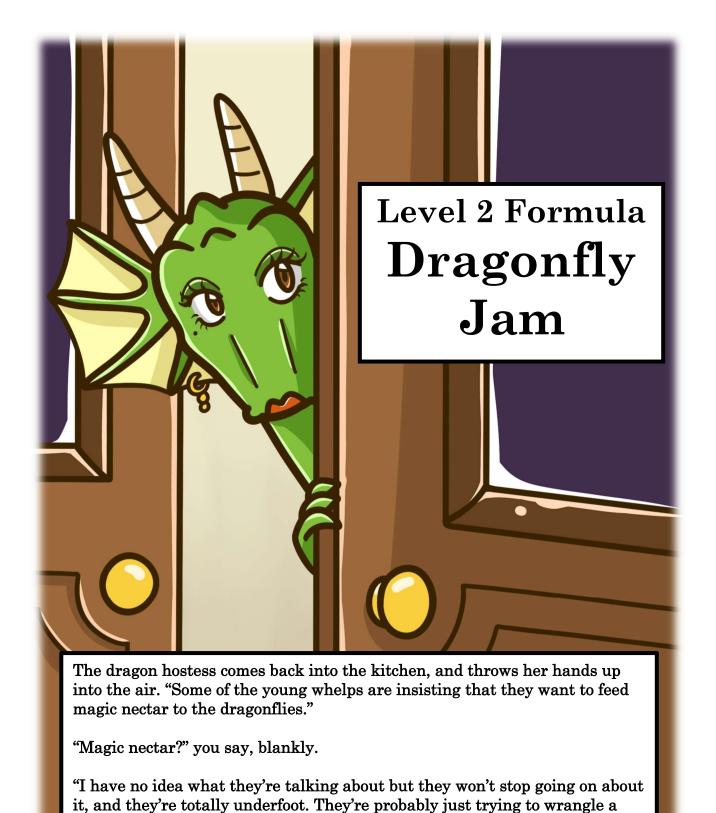
### **Smoked Ceviche Bombs**

Sub in smoked salmon, avocado, jalapeno, and stuff in kumatos.



### Giant Fauxviche Bomb

Sub in tofu, red bell peppers, and serrano peppers, and stuff in a fullsized tomato.



sweet treat out of me. Will you make them something to shut them up?"

### Level 2 Formula: Dragonfly Jam

#### Time to Complete Ritual

- MAKE AHEAD OF TIME
- 15 mins active prep time
- 30 mins 24 hours total preptime

#### Quantity

• Makes 1 cup (8 oz) of freezer jam

#### **Equipment**

- 8 oz container with lid
- Measuring cups and spoons
- 2 mixing bowls
- Potato masher or fork
- Mixing spoon

### Components

**FRUIT**: ¾ cup *mashed strawberries* (roll table on pg 61)

**AROMATICS**: 1 Tablespoon *fresh chopped basil* (roll table on pg 62) 2 teaspoons lemon juice

WINE: 2 Tablespoons mead

(roll table on pg 63)

or JUICE: 2 Tablespoons apple juice

(roll table on pg 64)

1 Tablespoons Ball  $\mbox{\it @}$  Realfruit  $\mbox{\it @}$  instant pectin

1/3 cup sugar

1 loaf of fresh bread



#### Ritual

- 1. Prepare fruit and aromatics according to instructions in rolling chart.
- 2. Use a potato masher or fork to mash the fruit into a pulp.
- 3. Add aromatics, lemon juice, and wine or juice to the mashed fruit and stir.
- 4. In a separate bowl, mix the powdered pectin together with the sugar.
- 5. Add the fruit mixture to the pectin mixture and stir thoroughly for 3 minutes.
- 6. Pour jam into containers, apply lids, and let it stand undisturbed at room temperature for 30 minutes.
- 7. Serve jam with fresh bread or store in the fridge or freezer for later use.

### **Dragonfly Jamming Tips**



The jam should be thickened after resting for 30 minutes, but if you want a firmer consistency, refrigerate it overnight to allow it to set up fully. Keep in mind that instant freezer jams do not usually set up quite as firmly as cooked jams.

This jam is NOT shelf safe – it cannot be stored at room temperature. It can be stored in the fridge for up to 3 weeks or in the freezer for up to a year.





The acid in the lemon juice raises the PH of the fruit to make it easier to set. Commercial pectin contains acids, but the lemon juice helps things along even more, especially for low-pectin fruits like peaches.

If you are looking for a smoother texture, try using a food processor or blender to puree your fruit.





If you're looking for something a little more savory, you can reduce the sugar in the recipe. The jam may be a little looser, but it makes a fabulous topping for roasted meat! You can also use sugar substitutes as needed.

If using a different brand of pectin, make sure to choose one that says 'instant' or "for freezer jam" on the package. Follow the directions on the label to get the correct ratio of pectin to sugar and other ingredients.





If you're making a larger batch, you'll have the best results if you divide your puree into pint sized or smaller containers – the jam may not gel correctly in larger quantities.

If, after letting the jam chill in the fridge overnight, it still hasn't set up, try mixing it with 1 more teaspoon of lemon juice and 1 ½ teaspoons of pectin. Stir for at least 3 minutes, let it sit at room temperature for 30 minutes, then refrigerate overnight again.



# **Dragonfly Jam:** Roll 1 D20 for FRUIT

#	Ingredient	Notes	
1	raspberries	about 1 pint whole fruit; remove tops; thaw first if using frozen fruit	
2	blackberries	about 1 pint whole fruit; thaw first if using frozen fruit	
3	strawberries	about 1 pint whole fruit; thaw first if using frozen fruit	
4	blueberries	about 1 pint whole fruit; thaw first if using frozen fruit	
5	cherries	about 1 pint whole fruit; remove pits; thaw first if using frozen fruit	
6	peaches	about $1\frac{1}{2}$ whole medium peaches; remove pits; thaw first if using frozen fruit	
7	nectarines	about 1½ whole medium nectarines; remove pits; thaw first if using frozen fruit	
8	apricots	about 2-3 whole apricots; remove pits; thaw first if using frozen fruit	
9	mangoes	about ½ medium mango; skin and remove pits; thaw first if using frozen fruit	
10	plums	about 2 whole plums; remove pits; thaw first if using frozen fruit	
11	cantaloupe	about ¼ medium cantaloupe; remove rind and seeds	
12	watermelon	about 1 small watermelon wedge; remove rind and seeds	
13	apples	about 1½ medium apples; skin, remove core, and dice	
14	pears	about 1½ medium pears; skin, remove core, and dice	
15	oranges	about 1½ medium orange; use zest (colored part of skin) and fruit segments; discard pith (white part of skin)	
16	grapefruits	About ¾ medium grapefruit; use zest (colored part of skin) and fruit segments; discard pith (white part of skin)	
17	lemons	About 2 medium lemons; use zest (colored part of skin) and fruit segments; discard pith (white part of skin)	
18	limes	About 2 medium limes; use zest (colored part of skin) and fruit segments; discard pith (white part of skin)	
19	grapes	About 1 pint whole seedless fruit	
20	bananas	about 1 medium banana; remove peel	

# **Dragonfly Jam:** Roll 1 D12 for AROMATICS

#	Ingredient	Notes
1	basil	chop leaves finely and muddle (crush) to release oils
2	mint	chop leaves finely and muddle (crush) to release oils
3	thyme	remove leaves from stems and muddle (crush) to release oils
4	fennel	chop green parts (head) and muddle (crush) to release oils
5	sage	chop leaves finely and muddle (crush) to release oils
6	lemon verbena	chop leaves finely and muddle (crush) to release oils
7	cilantro	chop leaves finely and muddle (crush) to release oils
8	oregano	chop leaves finely and muddle (crush) to release oils
9	dill	chop finely and muddle (crush) to release oils
10	tarragon	chop leaves finely and muddle (crush) to release oils
11	rose petals	chop petals finely and muddle (crush) to release oils
12	lavender petals	chop petals finely and muddle (crush) to release oils



# **Dragonfly Jam:** Roll 1 D20 for WINE: use juice for non-alcoholic alternative

#	Ingredient	Notes
1	Mead	honey-wine
2	Ice Wine	desert wine made from grapes that were frozen on the vine
3	Prosecco	Italian sparkling white wine
4	Gewurztraminer	sweet German white wine
5	Moscato	sweet, slightly fizzy, Italian white wine
6	Champagne	sparkling French white wine
7	Riesling	fruity, floral, and acidic German white wine
8	Pinot Grigio	dry, light-bodied white wine
9	Chardonnay	dry, full-bodied white wine
10	Sauvignon Blanc	dry, tart white wine
11	Chenin Blanc	acidic French white wine
12	Blended White Table Wine	pick your favorite brand!
13	White Zinfandel	pink colored rosé
14	Blended Red Table Wine	pick your favorite brand!
15	Pinot Noir	dry, acidic, light-bodied red wine
16	Merlot	Smooth, medium-bodied red wine with red fruit flavors
17	Shiraz (AKA Syrah)	fruity, full-bodied red wine
18	Malbec	dark, oaky, full-bodied red wine
19	Zinfandel	fruity and spicy, medium-bodied red wine
20	Cabernet Sauvignon	full-bodied red wine with bold tannins

# **Dragonfly Jam:** Roll 1 D10 for JUICE: non-alcoholic alternative for wine

#	Ingredient	Notes
1	apple	100% juice or blend
2	orange	100% juice or blend
3	grape	100% juice or blend
4	cranberry	100% juice or blend
5	pineapple	100% juice or blend
6	pomegranate	100% juice or blend
7	grapefruit	100% juice or blend
8	tangerine	100% juice or blend
9	mango	100% juice or blend
10	cherry	100% juice or blend



# Dragonfly Jam Variations



# Thyme for Apple Jam

Sub in apples and thyme.



# Triple-P Jam

Sub in pomegranate, parsley, and Pinot Grigio.

# Dragonfly Jam Variations



### UnMarmalade Jam

Sub in lemon zest, rosemary, and grapefruit juice.



# Strawberry Mohito Jam

Sub in strawberries, mint, and pomegranite juice, and replace lemon juice with lime juice.

# Dragonfly Jam Variations



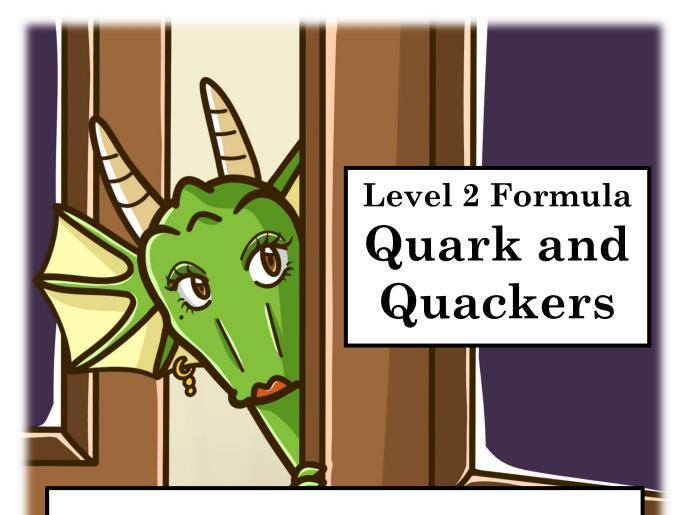
# Mango Tang Jam

Sub in mangoes, fresh dill, and Reisling.



# Deep Red-fruit Jam

Sub in cherries and cranberries, cilantro, and Merlot.



This time, as she steps through the door, smoke pours in behind the dragon hostess. She forces a tight smile and an upbeat voice as she informs you, "The living room is on fire at the moment, so we're moving the fun outdoors to the patio!"

Your jaw drops, "Wh-What happened?"

"One of the fire dragons was trying to see how many crackers he could fit into his mouth when he choked and started coughing uncontrollably, sending flames everywhere."

"Can I do something to help?" you ask, looking around for a fire extinguisher.

"Absolutely!" she replies. "The cheeseboard has completely melted. Could you whip us up some new cheese real quick?"

### Level 2 Formula: Quark and Quackers

### Time to Complete Ritual

- MAKE AND SERVE IMMEDIATELY
- 20 mins active prep time
- 1 hour total prep time

### Quantity

• Makes 8-12 cracker appetizers

### Equipment

- Microwave oven
- Microwave safe bowl
- Stirring spoon
- Instant kitchen thermometer
- Measuring cups and spoons
- Strainer or colander
- Cheesecloth or paper towels
- Serving platters

### Components

MILK: 2 cups whole milk (roll table on pg 72)

2 teaspoons salt

 $2\ tablespoons\ distilled\ white\ vinegar$ 

**SEASONING**: ½ teaspoon *black pepper* (roll table on pg 72)

FRESH HERBS: 8-12 small sage leaves (roll table on pg 72)

8-12 crackers



### Ritual

- 1. Line colander with cheesecloth or a couple of layers of paper towels and set aside.
- 2. Measure milk, salt, and vinegar into microwave safe bowl.
- 3. Microwave for 2 minutes, then use instant thermometer to measure temperature.
- 4. Continue heating and checking temperature, 30 seconds at a time, until the milk reaches between 165-180 degrees F.
- 5. If milk reaches 180 degrees without curdling, remove the bowl from the microwave and add additional vinegar, one teaspoon at a time, until the milk does curdle.
- 6. Remove bowl from microwave and let the milk continue to form curds for 5 minutes.

Continued on next page

# Ritual, continued

- 7. Pour the mixture into the lined colander and let the liquid drain out of the curds for about 20 minutes until what is left is the consistency of ricotta or goat cheese.
- 8. Gently stir in your seasoning.
- 9. Chill in refrigerator for about 20 minutes.
- 10. Serve the cheese with your fresh herb on crackers.



### **Quark and Quackering Tips**



Be gentle with your curds. Try not to overwork the cheese by smooshing or mashing it up as you stir in your seasonings. If you do, your cheese may become rubbery or pasty.

You can substitute paper towels or a thin, clean dish-cloth for the cheese cloth. You can also use a strainer rather than a collander. The process will be the same, but draining time may vary based on the materials you use.





You'll be able to tell by sight when the milk reaches the curdling stage – it's similar to the appearance of 'spoiled' milk. You will see white curds forming and floating in a more and more translucent liquid whey.

The acid in the vinegar causes the caseins in the milk to coagulate into curds, leaving behind the watery whey.





It's fun to experiment with different types of milk, but do NOT use ultra-pasteurized milk or milk substitutes like almond or soy milk. They won't give you the curdling you need.

You can save the whey you drain from the curds to use to flavor soups, make smoothies, etc. It's high in protein and low in fat.





This recipe should yield about 1/2 cup of cheese. If you don't use it immediately, you can safely store it in a sealed container in the fridge for up to a week. It's a great substitute for cottage cheese or ricotta in most recipes.

Quark is one name for an acid-set cheese like this. Others include farmer's cheese, curd cheese, paneer, and queso blanco.



# **Quark and Quackers:** Roll 1 D6 for MILK

#	Ingredient	Notes
1	whole milk	will make a flavorful cheese
2	2% milk	will make a lower-fat cheese
3	skim milk	will make a very low-fat cheese; may be a little grainier in texture
4	goat or sheep's milk	natural flavors from the animal's milk will come through in the cheese
5	cream and milk mixture	1 cup cream + 1 cup whole milk will make a rich, creamy cheese with very fine curds
6	powdered milk	mix with water, according to directions on package, to make 2 cups

# **Quark and Quackers:** Roll 1 D12 for SEASONING

#	Ingredient	Notes
1	black pepper	dried, ground
2	garlic powder	dried, powder or flakes
3	onion flakes	dried, powder or flakes
4	dried dill	dried
5	coriander seeds	dried, ground
6	cumin	dried, powder
7	lemon zest	fresh
8	red pepper flakes	dried, flakes
9	paprika	dried, powder
10	rosemary	dried
11	ginger powder	dried, powder
12	celery seed	dried, ground

# **Quark and Quackers:** Roll 1 D12 for FRESH HERBS

#	Ingredient	Notes
1	basil	8-12 small basil leaves (or cut larger leaves in half)
2	sage	8-12 small sage leaves (or cut larger leaves in half)
3	dill	8-12 small sprigs of dill
4	parsley	8-12 small sprigs of parsley
5	cilantro	8-12 small sprigs of cilantro
6	mint	8-12 small mint leaves (or cut larger leaves in half)
7	thyme	8-12 small sprigs of thyme
8	oregano	8-12 small sprigs of oregano
9	fennel (anise)	8-12 small sprigs of fennel
10	scallions (green onions)	1 green onion, chopped
11	marjoram	8-12 small sprigs of marjoram
12	chives	about 6 chives, chopped



# Quark and Quackers Variations



# Garlic Goat Quark and Quackers

Sub in goat's milk, garlic powder and fresh marjoram.



# Lean Onion Quark and Quackers

Sub in 2% milk and onion flakes.

# Quark and Quackers Variations



# Double Dill Quark and Quackers

Sub in dried and fresh dill.



# Rich Sage Quark and Quackers

Sub in cream and milk mixture and sage.



The dragon hostess pops her head through the door, "Some of the alpha dragons are complaining that the appetizers you've sent out so far are all light and airy pixie-food. They want something that'll stick to their ribs and raise their cholesterol to more virile levels. We need to get some *meat* out here."

You give a worried look to the dazed cattle still wandering about in the backyard.

She rolls her eyes, "Not raw meat, you idiot. We aren't *savages*. There's some lunchmeat in the fridge. Do something with it that. And don't skimp on the calories!"

### Level 3 Formula: Mascarpone Rollups

### Time to Complete Ritual

- MAKE AHEAD OF TIME
- 20 mins active prep time
- 24+ hour total prep time

### Quantity

• Makes 10-16 Rollups

### Equipment

- Microwave oven
- Microwave safe bowl
- Spoon
- Instant kitchen thermometer
- Measuring cups and spoons
- Strainer or colander
- Cheesecloth or paper towels
- Plastic wrap
- Toothpicks

### Components

1 cup heavy whipping cream

 $1\ {}^{1}\!\!\!/_{\!\!2}$  Tablespoon lemon juice

**COFFEE CREAMER**: 1 Tablespoon *hazelnut* (roll table on pg 80)

½ cup chopped celery

**NUTS**: ½ cup chopped *pecans* (roll table on pg 81)

**DRIED FRUIT**: ½ cup *dried cranberries* (roll table on pg 82)

**LUNCH MEAT**: 12-16 slices *ham* (roll

table on pg 83)



### Ritual

- 1. Line colander with several layers of cheesecloth or paper towels and set aside.
- 2. Pour whipping cream in microwave safe bowl and microwave for 1 minute. Use instant thermometer to measure temperature.
- 3. Continue heating and checking temperature, 30 seconds at a time, until the cream reaches about 180 degrees F.
- 4. Add lemon juice and heat for an additional minute.
- 5. Remove bowl from microwave and let the mixture cool for 20 minutes.
- 6. Pour the cream into the strainer, and stir in coffee creamer.
- 7. Place the strainer in the bowl (to collect any drippings) and refrigerate for about 24 hours, until the mascarpone is close to the consistency of butter.

Continued on next page

# Ritual, continued

- 1. Prepare the celery, nuts, and dried fruits by chopping them into very small chunks.
- 2. Scrape the mascarpone from the cheese cloth or paper towels and mix in a bowl with the chopped celery, nuts, and dried fruits.
- 3. Scoop half of the mascarpone mixture onto a sheet of plastic wrap and roll it into a log-shape the width of the plastic wrap (about an inch in diameter).
- 4. Repeat with the other half of the mascarpone mixture on another sheet of plastic wrap.
- 5. Chill the mascarpone logs for about 10 mins.
- 6. Unwrap the mascarpone from the plastic wrap and wrap it up in layers of lunchmeat.
- 7. Use toothpicks to secure the lunchmeat and slice across each log into individual servings. Keep chilled until serving.



### **Mascarpone Rolling Tips**



Mascarpone cheese is a decadent treat, similar to butter or cream cheese, and can be used in both sweet and savory dishes. It can be expensive to purchase, so it's a good thing that making it at home is so easy!

The acid in the lemon juice acts upon the proteins in the milk to transform the cream into cheese. The mixture will thicken, but you won't see any visible curds as you would when making most other types of cheeses.





Unfortunately, you can't replace the heavy whipping cream in this formula with a vegan or other non-dairy cream and get the same results. You need the milk proteins in order to form an acid-cheese.

Feeling adventurous? Try combining multiple fruits, nuts, and even lunchmeats into each rollup!





Got a sweet tooth? Try dressing up your mascarpone rollups with a sprinkle of brown sugar, a dusting of powdered sugar, or a drizzle of honey or maple syrup.

You can make a savory version by skipping the creamer and adding layers of fresh herbs and/or leafy greens to the roll-up.





Leftover mascarpone not used for the rollups can be stored in the fridge in a sealed container for up to 2 weeks.

You can use the leftover mascarpone (with or without the flavored coffee creamer) in a variety of desserts: tiramisu, tarts, trifles, cheesecakes, pancakes, or as a toping for fruit.



# **Mascarpone Rollups:** Roll 1 D10 for COFFEE CREAMER

#	Ingredient	Notes
1	hazelnut	1 Tablespoon or 1 individual serving tub
2	French vanilla	1 Tablespoon or 1 individual serving tub
3	peppermint	1 Tablespoon or 1 individual serving tub
4	Irish creme	1 Tablespoon or 1 individual serving tub
5	mocha	1 Tablespoon or 1 individual serving tub
6	amaretto	1 Tablespoon or 1 individual serving tub
7	caramel	1 Tablespoon or 1 individual serving tub
8	pumpkin spice	1 Tablespoon or 1 individual serving tub
9	crème brulee	1 Tablespoon or 1 individual serving tub
10	coconut	1 Tablespoon or 1 individual serving tub



# Mascarpone Rollups: Roll 1 D10 for NUTS

#	Ingredient	Notes
1	walnuts	shelled and coarsely chopped
2	hazelnuts	shelled and coarsely chopped
3	almonds	shelled and coarsely chopped
4	pecans	shelled and coarsely chopped
5	cashews	coarsely chopped
6	peanuts	shelled and coarsely chopped
7	macadamia nuts	coarsely chopped
8	dried shredded coconut	coarsely chopped
9	pistachios	shelled and coarsely chopped
10	pine nuts	coarsely chopped



# **Mascarpone Rollups:** Roll 1 D12 for DRIED FRUIT

#	Ingredient	Notes
1	raisins	coarsely chopped
2	dried cranberries	coarsely chopped
3	prunes	coarsely chopped
4	figs	coarsely chopped
5	dates	coarsely chopped
6	dried apricots	coarsely chopped
7	dried mangoes	coarsely chopped
8	dried cherries	coarsely chopped
9	dried blueberries	coarsely chopped
10	dried pineapple	coarsely chopped
11	golden raisins	coarsely chopped
12	dried cranberris	coarsely chopped



# **Mascarpone Rollups:** Roll 1 D20 for LUNCH MEAT

#	Ingredient	Notes
1	honey turkey breast	thin-sliced
2	maple turkey breast	thin-sliced
3	mesquite turkey breast	thin-sliced
4	smoked turkey breast	thin-sliced
5	oven roasted turkey breast	thin-sliced
6	oven roasted chicken breast	thin-sliced
7	rotisserie flavored chicken breast	thin-sliced
8	honey ham	thin-sliced
9	brown sugar ham	thin-sliced
10	smoked ham	thin-sliced
11	prosciutto	thin-sliced
12	pancetta	thin-sliced
13	roast beef	thin-sliced
14	corned beef	thin-sliced
15	pastrami	thin-sliced
16	bologna	thin-sliced
17	salami	thin-sliced
18	pepperoni	thin-sliced
19	sopressata	thin-sliced
20	smoked salmon	thin-sliced (use additional slices as needed)

# Mascarpone Rollups Variations



# **Sweet Meat Rollups**

Sub in caramel creamer, dried cranberries and brown sugar ham.



# Italian Rollups

Sub in amaretto creamer, almonds, dried cherries, and sopressata.

# Mascarpone Rollups Variations



### Mix and Match Rollups

Sub in mixed nuts, dried cherries and figs, and baked ham.



### Thanksgiving Rollups

Sub in pumpkin spice creamer, pecans, dried cranberries and ovenroasted turkey breast, and add layer of spinach.



# Level 3 Formula Fancy-pants Mayonnaise Tea Sandwiches

The dragon hostess returns, gently escorting a dotty old silver dragoness to the kitchen table.

"Mrs. Naga believes that it is time for her tea," the hostess says with an overly-patient tone of voice usually reserved for use with small children or lunatics. With exaggerated gestures, she pours the non-existent contents of an empty teapot into a teacup, which the older dragon picks up and begins to pretend-drink.

Mrs. Naga comments, "Perhaps just a little bite to eat as well?"

With a wink to the hostess, you grab an empty tray and present it to Mrs. Naga with a flourish.

Both dragonesses stare at you like you're a dimwit until you sheepishly return to the kitchen to make a real snack.

### Level 3 Formula: Fancy-pants Mayonnaise Tea Sandwiches

### Time to Complete Ritual

- MAKE AND SERVE IMMEDIATELY
- 30 mins total prep time

### Quantity

Makes 12-24 mini-sandwiches

### **Equipment**

- Whisk
- Bowl
- Butter knife
- Measuring cups and spoons
- Serrated knife and cutting board

### Components

1 raw egg yolk, room temperature

½ teaspoon powdered mustard

½ teaspoon salt

1 Tablespoon distilled white vinegar

**OIL**: 1 cup *canola oil* (roll table on pg 90)

FLAVORING: 2 Tablespoons chopped fresh dill (roll table on pg 91)

SANDWICH FILLER: 1 sliced cucumber (roll table on pg 92)

**BREAD**: 12 thin slices *white bread* (roll table on pg 93)



- 1. Crack egg, separate yolk from white, and dispose of white.
- 2. Whisk together egg yolk, mustard, salt, and <u>HALF</u> of the vinegar (1 ½ teaspoons) in a bowl for about 30 seconds until completely blended.
- 3. Begin adding oil, just a few drops at a time, while vigorously whisking. Keep adding the oil in these tiny amounts until you notice that the mixture thickens and lightens in color (that means you've achieved an emulsion).
- 4. Now you can add the oil a little faster, but only at the rate of a constant tiny stream or dribble into the mixing bowl. If, at any time, you see oil that is not getting immediately incorporated into the mayo, stop adding oil and focus on just whisking for a moment.
- 5. When you've added half of the oil, whisk in the rest of the vinegar (another 1 ½ teaspoons).

Continued on next page

### Ritual, continued

- 1. Keep whisking! It should take about 8 minutes of constant whisking to slowly add all of the oil. If you get impatient and add the oil faster, your emulsion may break. (If this happens, you'll see the oil separate out from the rest of the ingredients.)
- 2. Once you've incorporated all of the oil into the bowl, you can gently stir in your flavorings.
- 3. Prepare sandwich fillers according to rolling charts, either mixing the mayo with the filler or spreading it on the bread, as directed.
- 4. Put your sandwiches together on your bread, slice off the crusts, and cut it into bite-size squares, triangles, or other shapes.
- 5. Serve on a fancy plate (with tea, if you like).



### Fancy-pants Mayonnaise Tea Sandwiches Tips



Note that this recipe contains raw eggs, which can expose you to foodborne illnesses like salmonella. You can reduce this risk by using fresh, properly stored eggs. Using pasteurized eggs is even safer.

The water in the vinegar helps to bind the oil and egg yolks together as you whisk them into an emulsion. The acid in the vinegar helps with preservation and brightens up the flavor of the mayonnaise.





If your mayo 'breaks' (reverts back to a liquid), set your mixture aside and start over in a clean bowl with a new egg yolk. Slowly add your broken mayo to the yolk, first in drops, then a thin stream, while whisking vigorously. Then add the rest of your oil the same way.

The most common causes for broken mayo are: adding the oil too fast (especially at the end when you're getting impatient), whisking too slowly (or pausing for breaks), and temperature variation (all of your ingredients should be room temperature when you start).





Whisking can be hard work! You can speed up this process and save your arm muscles by using a hand blender (AKA an immersion blender). Or if you're making a larger batch of mayonnaise, you can use a countertop blender.

The exact number of finger sandwiches you can make with one batch of mayo depends on the size of your bread and how thick you want lather it on. Leftover mayonnaise not used for the sandwiches can be stored in the fridge in a sealed container for no more than 1 week.





You can create a round sandwich by using the rim of a glass to cut out a circle, or try using cookie cutters or sandwich cutters to form even more unique shapes.

You don't have to stop with just one layer! You can create double- or triple-decker sandwiches! This can be especially fun if you mix and match the fillers.



# Fancy-pants Sandwiches: Roll 1 D10 for OIL

#	Ingredient	Notes
1	canola oil	Neutral flavor
2	grapeseed oil	Neutral flavor
3	safflower oil	Neutral flavor
4	avocado oil	Buttery smooth flavor
5	corn oil	Mild buttery flavor
6	peanut oil	Light nutty flavor; be aware of peanut allergies
7	macadamia nut oil	Buttery, nutty, flavor; be aware of tree nut allergies
8	olive oil	Fruity, slightly bitter flavor; if extra virgin olive oil is too intense, mix with another oil or use a lighter olive oil.
9	sesame oil	Nutty flavor; cold pressed sesame oil is much milder in flavor than toasted sesame oil
10	coconut oil	Sweet, nutty flavor; solid at room temp – must be warmed before adding



# Fancy-pants Sandwiches: Roll 1 D20 for FLAVORING

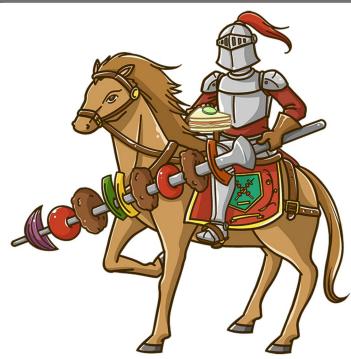
#	Ingredient	Notes
1	dill	2 Tablespoons fresh (chopped) or 1 Tablespoon dried
2	basil	2 Tablespoons fresh (chopped) or 1 Tablespoon dried
3	cilantro	2 Tablespoons fresh (chopped) or 1 Tablespoon dried
4	honey	2 Tablespoons
5	Sriracha	2 Tablespoons
6	wasabi paste	2 Tablespoons
7	mustard	2 Tablespoons of any brand or flavor mustard condiment
8	pesto	2 Tablespoons
9	tomato paste	2 Tablespoons
10	garlic	4 cloves fresh crushed garlic or 1 teaspoon of garlic powder
11	curry powder	1 teaspoon
12	black pepper	1 teaspoon
13	smoked paprika	1 teaspoon
14	orange zest	zest of ½ orange
15	lime zest	zest of 1 lime
16	lemon	zest of 1 lemon
17	bacon bits	¼ c crumbled cooked bacon or bits
18	parmesan cheese	¼ c shredded or powdered
19	chipotles in adobo sauce	¼ c diced
20	blue cheese	¼ c crumbles
	<u>I</u>	

# Fancy-pants Sandwiches: Roll 1 D20 for SANDWICH FILLER

#	Ingredient	Notes
1	cucumbers	peel and slice 1 cucumber; spread mayo on bread and layer slices in between
2	tomatoes	slice 1 large tomato; spread mayo on bread and layer slices in between
3	avocado	peel, core, and slice 1 avocado; spread mayo on bread and layer slices in between
4	watercress	remove any long stems from watercress; spread mayo on bread and place in between
5	banana	peel and slice 1 banana; spread mayo on bread and layer slices in between
6	radishes	slice thin 6 small radishes; spread mayo on bread and layer slices in between
7	sweet onions	peel and slice thin 1 small onion; spread mayo on bread and layer slices in between
8	apples	peel and slice thin 2 small apples; spread mayo on bread and layer slices in between
9	bell peppers	slice thin 1 green or colored pepper; spread mayo on bread and layer slices in between
10	pears	slice thin 1 large pear; spread mayo on bread and layer slices in between
11	zucchini	slice thin 1 zucchini; spread mayo on bread and layer slices in between
12	corn	Thaw ¾ c frozen or slice raw kernels from 1 cob; mix w/mayo to make sandwich spread
13	canned chickpeas (garbanzo beans)	smash 1 can of beans slightly and mix with the mayo to make a sandwich spread
14	broccoli	chop ¾ c raw broccoli and mix with the mayo to make a sandwich spread
15	black olives	chop olives from 6oz can and mix with the mayo to make a sandwich spread
16	canned artichoke hearts	chop 1 can and mix with the mayo to make a sandwich spread
17	carrots	peel and shred 2 large carrots and mix with the mayo to make a sandwich spread
18	celery	peel and chop 2 large stalks and mix with the mayo to make a sandwich spread
19	cabbage	shred 1 cup and mix with the mayo to make a sandwich spread
20	peas	use ¾ c raw or frozen shelled peas; mix with mayo to make a sandwich spread

# Fancy-pants Sandwiches: Roll 1 D10 for BREAD

#	Ingredient	Notes
1	white bread	thin-sliced sandwich style bread
2	whole wheat bread	thin-sliced sandwich style bread
3	potato bread	thin-sliced sandwich style bread
4	pumpernickel bread	thin-sliced sandwich style bread
5	rye bread	thin-sliced sandwich style bread
6	oatmeal bread	thin-sliced sandwich style bread
7	low carb bread	thin-sliced sandwich style bread
8	buttermilk bread	thin-sliced sandwich style bread
9	sweet Hawaiian bread	thin-sliced sandwich style bread
10	sourdough bread	thin-sliced sandwich style bread



### Fancy-pants Mayonnaise Tea Sandwich Variations



# Tiger-striped Tomato Sandwich

Sub in bacon bits, tomatoes, and pumpernickel-rye bread.



# Blue Apple Sandwich

Sub in blue cheese and apples and cut out with the rim of a drinking glass.

### Fancy-pants Mayonnaise Tea Sandwich Variations



### Garbanzo Cat Sandwich

Sub in peanut oil, smoked paprika, garbanzo beans, and pumpernickel-rye bread, and cut out with a cat shaped cookie cutter.



### Avocado Bear Sandwich

Sub in avocado oil, lime zest, and avocados, and cut out with a bear-shaped cookie cutter.



You hear the door to the kitchen open and turn to see what the dragon hostess wants, but instead, you see an ice dragon leaning against the wall and panting.

You rush up to him, "Are you okay?"

"It's so hot in there!" he complains, struggling out of his sweat-stained blazer. "I don't know how the rest of them can stand it! I'm positively *melting*. Have you got anything to cool me off?"

"Sure!" you say, "I can make you a frozen treat."

"Great," says the ice dragon, opening the freezer door, emptying out the food, and climbing in. "Just come get me when it's ready."

### Level 4 Formula: Yogurt Freezer Tarts

### Time to Complete Ritual

- MAKE AHEAD OF TIME
- 10 mins active prep time
- 8-24 hours total prep time

### Quantity

Makes 24 bite-sized tarts

### Equipment

- Microwave oven
- Microwave-safe pint sized container with lid
- Measuring cups and spoons
- Kitchen thermometer
- Knife and cutting board
- Mixing bowl and spoon
- Bath towel
- Mini-muffin tin or ice cube tray

### Components

2 cups whole milk

1 ½ Tablespoons vanilla flavored live active yogurt (room temperature)

**SYRUP**: 4 Tablespoons *caramel sauce* (roll table on pg 100)

**CRUST BASE**: 1 cup *crushed graham crackers* (roll table on pg 101)

¼ teaspoon salt

**FRUIT**: 1 cup *chopped strawberries* (roll table on pg 102)



### Ritual

- 1. Pour milk into microwave-safe container.
- 2. Microwave (uncovered) for 2 minutes, then use instant thermometer to measure temperature.
- 3. Continue heating and checking temperature, 30 seconds at a time, until the milk reaches 180 degrees F
- 4. Let milk cool to 120 degrees F, then stir in live active yogurt.
- 5. Wrap the jar in the towel to help it maintain its temperature and let it sit in a cozy place overnight (8-12 hours) to set.
- 6. When yogurt has thickened, stir in half of your syrup (2 Tablespoons).
- 7. Prepare (chop, etc.) fruit and crust base according to rolling charts.
- 8. Prepare (crush, etc.) the crust base and mix with the other half of your syrup (2 Tablespoons) and salt.

Continued on next page

# Ritual, continued

- 9. Press a little bit of the crust into the bottom of each section of the mini-muffin or ice cube tray.
- 10. Scoop a little fruit into each of the sections.
- 11. Fill the tray up the rest of the way with your yogurt mixture.
- 12. Freeze for at least 1 hour, then serve and enjoy! They're extra good when they get a little bit melty.



### **Yogurt Freezer Tarting Tips**



You'll be able to tell that the yogurt has set up properly when the solids and whey start to separate and the yogurt starts to look firm. If it doesn't set up in the time allocated, give it another couple of hours.

Resist the impulse to move, shake, or open the yogurt while its incubating overnight. Too much jostling will keep it from setting up.





The bacteria in live active yogurt metabolize the milk sugar to form lactic acid, which transforms the milk into yogurt. This acid also helps protect the yogurt from spoiling.

To create a thicker Greek-style yogurt, pour the yogurt into a strainer lined with cheesecloth and allow it to drain for a couple of hours.





You can make a low-fat version of the yogurt with skim milk instead of whole milk, but it may not set up to be as thick as commercial yogurts. Adding ¼ cup of powdered milk before heating may give you better results.

You can make a dairy-free version of this formula, but it may need a thickener to set up well. Just grab any type of milk substitute, add 1 Tablespoon of tapioca starch, heat to just 140 degrees, and use a non-dairy yogurt with active cultures as your starter.





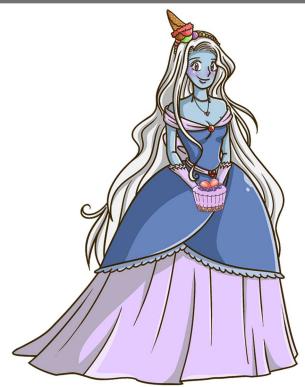
Add an extra bit of class by using mini paper cupcake holders in the mini-muffin tin. Or try some specialty ice-cube molds to create treats in different shapes.

Leftover yogurt not used for the tarts can be stored in the fridge in a sealed container for up to 2 weeks.



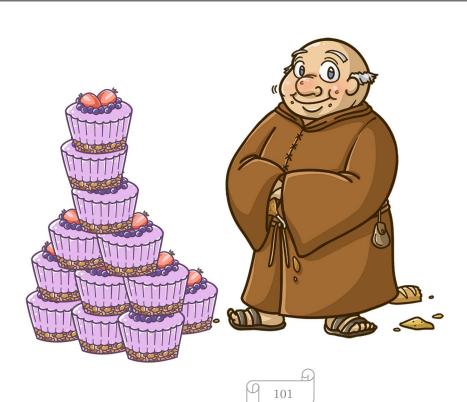
# Yogurt Freezer Tarts: Roll 1 D10 for SYRUP

#	Ingredient	Notes
1	caramel sauce	mix half in yogurt and half with crust base
2	applesauce	mix half in yogurt and half with crust base
3	honey	mix half in yogurt and half with crust base
4	molasses	mix half in yogurt and half with crust base
5	mashed banana	mix half in yogurt and half with crust base
6	orange marmalade	mix half in yogurt and half with crust base
7	chocolate syrup	mix half in yogurt and half with crust base
8	maple syrup	mix half in yogurt and half with crust base
9	strawberry jam	mix half in yogurt and half with crust base
10	grape jelly	mix half in yogurt and half with crust base



# Yogurt Freezer Tarts: Roll 1 D12 for CRUST BASE

#	Ingredient	Notes
1	graham crackers	crushed
2	granola	any style
3	almonds	sliced
4	pistachios	crushed
5	walnuts	crushed
6	honey roasted peanuts	crushed
7	pecans	crushed
8	unsweetened shredded coconut	dried, packaged
9	chocolate sandwich cookies (e.g. Oreos ®)	crushed
10	gingersnap cookies	crushed
11	shortbread cookies	crushed
12	pretzels	crushed



# Yogurt Freezer Tarts: Roll 1 D12 for FRUIT

#	Ingredient	Notes
1	strawberries	fresh or frozen and thawed; chopped
2	raspberries	fresh or frozen and thawed
3	blackberries	fresh or frozen and thawed
4	peaches	fresh or frozen and thawed; chopped
5	mangoes	fresh or frozen and thawed; chopped
6	bananas	fresh; peeled and chopped
7	blueberries	fresh or frozen and thawed
8	oranges	fresh; peeled, seeded, and chopped
9	pineapple	fresh; peeled, cored, and chopped
10	grapes	fresh; cut in half
11	apples	fresh; peeled and chopped
12	cantaloupe	fresh; peeled chopped



# Yogurt Freezer Tart Variations



## **Breakfast Tarts**

Sub in maple syrup, granola, and rasberries.



# PB&J Tarts

Sub in grape jelly, honeyroasted peanuts, and grapes.

# Yogurt Freezer Tart Variations



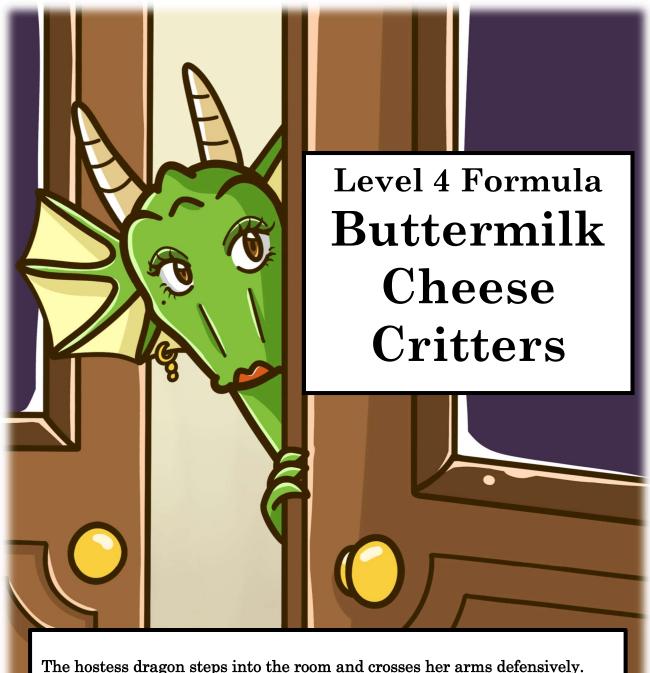
## Pina-colada Tarts

Sub in honey, shredded coconut, and pineapples.



# Blueberry Muffin Tarts

Sub in maple syrup and blueberries.



The hostess dragon steps into the room and crosses her arms defensively.

"I may have accidently told some people that I hired a wizard chef that could turn small woodland creatures into cheese," she says. "So...," she shrugs and gestures vaguely at you before heading back out the door.

You facepalm.

#### Level 4 Formula: Buttermilk Cheese Critters

### Time to Complete Ritual

- MAKE AND SERVE IMMEDIATELY
- 20 mins total prep time

#### **Quantity**

• Makes a 6-8 oz cheeseball

#### **Equipment**

- Microwave oven
- Microwave safe bowl
- Stirring spoon
- Instant kitchen thermometer
- Measuring cups and spoons
- Strainer or colander
- Cheesecloth or paper towels

## Components

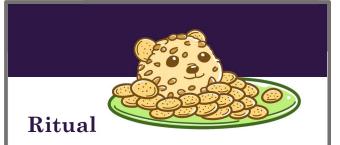
EXTRA CHEESE: ½ cup shredded cheddar (roll table on pg 109)

**ADD-IN:** *2 Tablespoons chives* (roll table on pg 110)

**COATING:** 2 Tablespoons chopped walnuts (roll table on pg 111)

2 cups low-fat buttermilk

Crackers



- 1. Prepare shredded or crumbled cheese, add-ins, and coating as directed in roll table.
- 2. Line colander with cheesecloth or a couple of layers of paper towels and set aside.
- 3. Measure buttermilk into microwave safe bowl.
- 4. Microwave for 3 minutes, then use instant thermometer to measure temperature.
- 5. Continue heating and checking temperature, 30 seconds at a time, until the milk reaches 180 degrees F and begins to curdle.
- 6. If milk reaches 180 degrees without curdling, heat for an additional 30 seconds at a time until curdling does occur.
- 7. Remove bowl from microwave and let the milk continue to form curds for 5 minutes.

Continued on next page

# Ritual, continued

- 8. Pour the mixture into the lined colander and let the liquid drain out of the curds for just a couple of minutes until what is left is the consistency of wet cottage cheese. It should still have a good amount of liquid in it.
- 9. While the curds are still warm, gently mix them together with the additional cheese and the add-ins, and form into a ball or oblong shape with your hands.
- 10. Roll the ball in the coating so it is evenly covered. Press additional coating onto the surface if necessary to fully coat it.
- 11. Now comes the extra-creative part: Use any ingredient you have in your kitchen to decorate the cheeseball to look like the forest creature of your choice. Consider the possibilities: owls, turkeys, hedgehogs, mice, wildcats, spiders, bears, wolves, turtles... or even a fantasy creature of your own design.
- 12. Serve immediately with crackers or chill for a few minutes before serving.



## **Buttermilk Cheese Crittering Tips**



You'll be able to tell by sight when the milk reaches the curdling stage — it's similar to the appearance of 'spoiled' milk. You will see white curds forming and floating in an increasingly liquidy whey.

The acid released by the bacteria in the buttermilk causes the caseins in the milk to coagulate into curds, leaving behind the watery whey.





The buttermilk cheese should still be warm and wet when you remove it from the colander and add the additional ingredients. Do not press or squish it to remove more of the whey or your cheeseball may be too crumbly to hold together.

Many of the ingredients on the add-in and coating roll charts make good decorating items, as do crackers and cut fruits and veggies.





You can make cool-looking eyes for your critter using ingredients like sliced olives, dried fruit, Cheerios<sup>TM</sup>, crackers, blueberries, grapes, nuts, chocolate chips, or round cut-outs of sliced cheese or lunchmeat.

You can save the whey drained from the curds for use in flavoring soups, making smooths, etc. It's high in protein and low in fat.





This recipe should yield about ½ cup of homemade buttermilk cheese. Without the add-ins, etc., it can be safely stored in a sealed container in the fridge for up to a week. It makes a great substitute for goat cheese in most recipes.

This cheeseball is delicious with crackers, but can also be served with bread, tortilla chips, or even veggies.



# Buttermilk Cheese Critters: Roll 1 D10 for EXTRA CHEESE

#	Ingredient	Notes
1	cheddar cheese	½ cup shredded or grated
2	Monterey Jack cheese	¼ cup shredded or grated
3	mozzarella cheese	¼ cup shredded or grated
4	Swiss cheese	¼ cup shredded or grated
5	pepper jack cheese	¼ cup shredded or grated
6	Parmesan cheese	¼ cup shredded or grated
7	havarti cheese	¼ cup shredded or grated
8	American cheese	½ cup chopped (about 4 slices)
9	blue cheese	¼ cup crumbled
10	feta cheese	¼ cup crumbled



# Buttermilk Cheese Critters: Roll 1 D10 for ADD-IN

#	Ingredient	Notes
1	chives	2 Tablespoons, diced
2	sweet onions	2 Tablespoons, diced
3	jalapenos	2 Tablespoons, diced
4	garlic	2 Tablespoons, diced
5	ham	2 Tablespoons, diced
6	smoked salmon	2 Tablespoons, diced
7	cranberries	2 Tablespoons, chopped
8	bell peppers	2 Tablespoons, chopped
9	olives	2 Tablespoons, chopped
10	sun-dried tomatoes	2 Tablespoons, chopped



# Buttermilk Cheese Critters: Roll 1 D12 for COATING

#	Ingredient	Notes
1	walnuts	remove from shell, chop or crush about 2 Tablespoons
2	pecans	remove from shell, chop or crush about 2 Tablespoons
3	almonds	remove from shell, chop or crush about 2 Tablespoons
4	pistachios	remove from shell, chop or crush about 2 Tablespoons
5	bacon bits	about 2 Tablespoons
6	crackers	crush about 2 Tablespoons (3-4 crackers)
7	pretzels	crush about 2 Tablespoons
8	sunflower seeds	remove from shell; about 2 Tablespoons
9	sesame seeds	black or white; about 2 Tablespoons
10	pine nuts	crush about 2 Tablespoons
11	tortilla chips	crush about 2 Tablespoons
12	potato chips	crush about 2 Tablespoons



## **Buttermilk Cheese Critter Variations**



# Cheesy Cheddar Cat

Sub in sweet onion and roll in crushed crackers, and decorate with cheese, almonds, and crackers.



# Pepper Kraken

Sub in pepper jack, bell peppers, and ham. Roll in crushed tortilla chips and decorate with bell pepper slices.

## **Buttermilk Cheese Critter Variations**



# Three-part Dragon

Head: Sub in swiss and ham, and roll in pecans.

Body: Sub in havarti and jalapenos, and roll in bacon bits.

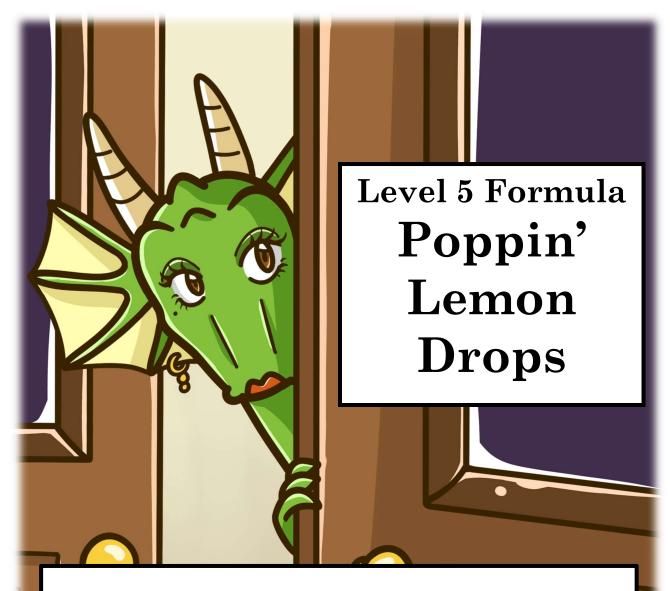
Tail: Sub in smoked salmon and roll in crushed tortilla chips.

Decorate with ham, pecans, and tortilla chips.



## Funky Hedge-hog

Sub in feta cheese and cranberries, and coat with almonds. Decorate with almonds and cranberries.



The dragon hostess races through the kitchen door in a panic. "One of the swamp dragons threw all of the wine bottles from the bar into the hot tub, claimed it as his hoard, and is spitting poison at anyone who approaches. This is a *nightmare*!"

Through the door, you hear the sounds of angry dragon-shouts and distressed howls.

"The party is going downhill fast without drinks. Some people are already threatening to leave! I need you to throw together some sort of impressive cocktail that will lure them back in. Something they've never tried before!"

## Level 5 Formula: Poppin' Lemon Drops

#### Time to Complete Ritual

- MAKE AND SERVE IMMEDIATELY (MAY MAKE CANDY RIMS AHEAD OF TIME)
- 20 mins total prep time

#### Quantity

• Makes 1 or more drink

#### <u>Equipment</u>

- Measuring cups and spoons
- Small bowl
- Plastic wrap
- Microwave oven
- Stirring spoon
- Cocktail shaker (or sports bottle with lid)
- Cocktail glass or other 'fancy' glass
- Large microwave safe bowl (must be wide enough to dip the rim of your fancy glass inside)

## Components

Glasses coated with candy coating (see recipe on pg 116)

Cocktail (see recipe on pg 119)

NOTE: For this dish, you'll be rimming the glasses with a carbonated candy coating, then concocting a cocktail to go in them.



- 1. Coat glasses with poppin' candy.
- 2. Mix cocktail.
- 3. Serve and enjoy.

# Level 5 Formula: Poppin' Lemon Drops – Candy Coated Glasses

#### Time to Complete Ritual

- MAKE AHEAD OR SERVE IMMEDIATELY
- 15 mins total prep time

#### Quantity

• Makes enough candy to rim up to 6 glasses

#### <u>Equipment</u>

- Measuring cups and spoons
- Small bowl
- Plastic wrap
- Microwave oven
- Stirring spoon
- Large microwave safe bowl (must be wide enough to dip the rim of your fancy glass inside)

# Components

- 1 Tablespoon baking soda
- $1\ Tablespoon\ sugar$

1 pack **DRINK POWDER**: *cherry drink powder* (roll table on pg 118)

¼ cup corn syrup

½ cup sugar

### Ritual

- 1. Mix entire pack of drink powder, baking soda, and 1 T of sugar in small bowl to make fizzy powder. Set aside.
- 2. Mix corn syrup and the rest of the sugar in a large microwave safe bowl and cover with plastic wrap.
- 3. Microwave on high for 1 minute.
- 4. Peel up corner of plastic wrap and stir. Watch out for hot steam.
- 5. Replace plastic wrap and microwave on high for another minute.
- 6. Remove HOT bowl from microwave and very quickly (but carefully) stir the fizzy powder into the bubbling sugar.
- 7. As soon as the hot sugar mixture begins to swell up and change color, dip the rim of your glass into the sugar foam, and swirl it around to thoroughly coat the rim.

Continued on next page

# Ritual, continued

- 8. Repeat with additional glasses if you are making multiple cocktails. You need to move fast to do this the sugar foam will begin to cool and harden quickly.
- 9. Chill the glass in the freezer while you mix up your drink.

Warning: During several steps in this ritual, you'll be working with hot, molten sugar, which is very dangerous to touch. Be careful, wear oven mitts, and make sure to supervise younger chef-adventurers.



# **Poppin' Lemon Drops:** Roll 1 D12 for DRINK POWDER

#	Ingredient	Notes
1	cherry	Kool Aid ™ or other brand
2	orange	Kool Aid ™ or other brand
3	pink lemonade	Kool Aid ™ or other brand
4	strawberry	Kool Aid ™ or other brand
5	grape	Kool Aid ™ or other brand
6	raspberry	Kool Aid ™ or other brand
7	tropical or fruit punch	Kool Aid ™ or other brand
8	lemon-lime	Kool Aid ™ or other brand
9	watermelon	Kool Aid ™ or other brand
10	blue raspberry	Kool Aid ™ or other brand
11	kiwi-strawberry	Kool Aid ™ or other brand
12	apple	Kool Aid ™ or other brand



## Level 5 Formula: Poppin' Lemon Drops - Cocktail

#### Time to Complete Ritual

- SERVE IMMEDIATELY
- 5 mins total prep time

#### Quantity

• Makes 1 cocktail

#### <u>Equipment</u>

- Measuring cups and spoons
- Cocktail shaker (or sports bottle with lid)
- Cocktail glass or other 'fancy' glass

## Components

1 shot (3 Tablespoons) lemon juice

FROZEN FRUIT: 2 large frozen strawberries (roll table on pg 120)

2 shots (6 Tablespoons) **FLAVORED WATER**: *raspberry* (roll table on pg 121)

(optional) replace 1 shot of the flavored water with **FLAVORED VODKA**: *blackberry* (roll table on pg 122)

## Ritual

- 1. Add the frozen fruit, lemon juice, flavored water, and vodka (optional, for grown-ups) to the cocktail shaker and shake vigorously for at least 30 seconds.
- 2. Pour the drink, including the fruit, into your fizzy candyrimmed glass and enjoy!

# **Poppin' Lemon Drops:** Roll 1 D10 for FROZEN FRUIT

#	Ingredient	Notes
1	strawberries	a couple of large frozen strawberries
2	blueberries	½ cup of frozen berries
3	raspberries	¼ cup of frozen berries
4	blackberries	¼ cup of frozen berries
5	mango chunks	¼ cup of chunks
6	sliced peaches	a couple of large slices of frozen peaches
7	cherries	about 5 frozen, pitted cherries
8	pineapple	¼ cup of chunks
9	mixed berries	½ cup of frozen berries
10	tropical fruit mix	¼ cup of chunks



# **Poppin' Lemon Drops:** Roll 1 D20 for FLAVORED WATER

#	Ingredient	Notes
1	raspberry	any non-carbonated flavored water; artificially
		sweetened or with sugar added
2	orange	any non-carbonated flavored water; artificially
		sweetened or with sugar added
3	grapefruit	any non-carbonated flavored water; artificially
		sweetened or with sugar added
4	cranberry	any non-carbonated flavored water; artificially
-	11 11	sweetened or with sugar added
5	blackberry	any non-carbonated flavored water; artificially
C	1	sweetened or with sugar added
6	kiwi	any non-carbonated flavored water; artificially
7	lemon	sweetened or with sugar added
<b> </b> '	lemon	any non-carbonated flavored water; artificially sweetened or with sugar added
8	lime	any non-carbonated flavored water; artificially
ľ	inne	sweetened or with sugar added
9	peach	any non-carbonated flavored water; artificially
	peach	sweetened or with sugar added
10	strawberry	any non-carbonated flavored water; artificially
	J. S.	sweetened or with sugar added
11	cherry	any non-carbonated flavored water; artificially
		sweetened or with sugar added
12	grape	any non-carbonated flavored water; artificially
		sweetened or with sugar added
13	apple	any non-carbonated flavored water; artificially
		sweetened or with sugar added
14	mango	any non-carbonated flavored water; artificially
		sweetened or with sugar added
15	pineapple	any non-carbonated flavored water; artificially
10	C	sweetened or with sugar added
16	fruit punch	any non-carbonated flavored water; artificially
17	nomogranato	sweetened or with sugar added any non-carbonated flavored water; artificially
' '	pomegranate	sweetened or with sugar added
18	black cherry	any non-carbonated flavored water; artificially
		sweetened or with sugar added
19	coconut	any non-carbonated flavored water; artificially
		sweetened or with sugar added
20	watermelon	any non-carbonated flavored water; artificially
		sweetened or with sugar added

# **Poppin' Lemon Drops:** Roll 1 D20 for FLAVORED VODKA (optional)

lackberry	any brand vodka
range	any brand vodka
rapefruit	any brand vodka
ranberry	any brand vodka
aspberry	any brand vodka
itrus	any brand vodka
emon	any brand vodka
ime	any brand vodka
each	any brand vodka
trawberry	any brand vodka
herry	any brand vodka
rape	any brand vodka
reen apple	any brand vodka
nango	any brand vodka
ineapple	any brand vodka
ruit punch	any brand vodka
omegranate	any brand vodka
lueberry	any brand vodka
vatermelon	any brand vodka
oconut	any brand vodka
	range rapefruit ranberry aspberry trus emon me each crawberry nerry rape reen apple ango ineapple ruit punch omegranate lueberry atermelon

## Poppin' Lemon Droppin' Tips



Citric acid is naturally found in citrus fruits like lemons, but is also added to many commercial products, like sour-candies, sodas, and instant drink mixes.

Taste a pinch of the fizzy powder before mixing it into the molten sugar. Baking soda is a base, and reacts with the citric acid in the drink powder to create a fizzy sensation when it touches your tongue.





The fizzy powder is activated when it comes into contact with moisture. Even the small amount of water in the corn syrup is enough to set off the reaction and foam up, just like a baking soda volcano experiment.

If you like the flavor of the fizzy powder, try adding ½ teaspoon to your drink. It will bubble up and add a special sparkle to the beverage, similar to carbonation.





If you have leftover sugar foam after rimming your glass(es), quickly spread it onto parchment paper. Once it cools, it becomes brittle and can be shattered into a pop-rock style candy.

If you do make the candy, consider making up an extra batch of fizzy powder (known as sherbet powder in the UK) to dip the candy into for an extra sour-sizzling sensation.





If you find bottled lemon juice tastes a bit bitter, try squeezing your own. Be sure to reserve a slice of lemon to garnish your drink.

Scrubbing the hardened candy off of your glasses and bowls is way too much work. Instead, just soak them in hot water for a few minutes, and the candy will dissolve easily.



# Poppin' Lemon Drop Variations



# Blue Drop

Sub in Ice-Blue Raspberry Kool Aid®, blueberries, and UV Blue® vodka.



# Super-sour Drop

Sub in Pink Lemonade Kool Aid ®, cranberries, and Deep Eddy Ruby Red Grapefruit ® vodka.

# Poppin' Lemon Drop Variations



## Water-berry Drop

Sub in Watermelon Kool Aid ®, mixed berries and watermelon scoops, and raspberry-flavored water.



# Fruit Bowl Drop

Sub in Tropical Fruit Kool Aid ®, strawberries, and grape-flavored water.

# Poppin' Lemon Drop Variations



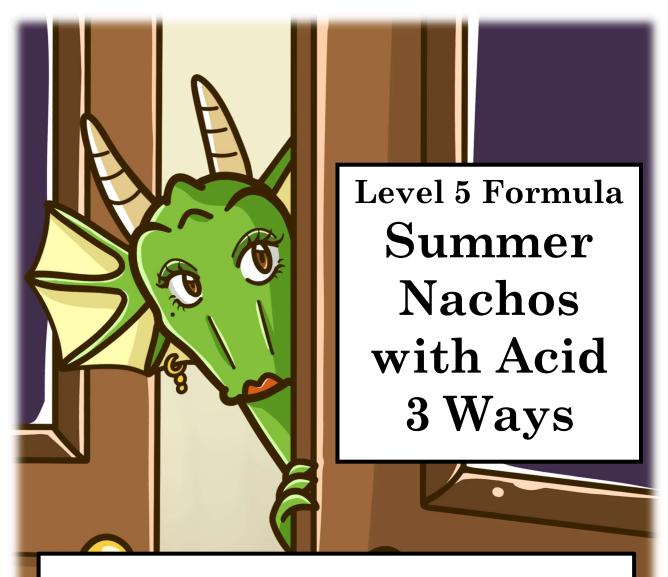
## Crisp Mango Drop

Sub in Lemon-lime Kool Aid ®, mangoes, and Honeycrisp Apple Skyy ® vodka.



# Super Strawberry Drop

Sub in Strawberry Kiwi Kool Aid ®, strawberries, and strawberry-flavored water.



The dragon hostess storms into the kitchen, fuming. "Azhelga, Great Eater of All, is claiming that the appetizers she had at the Basilisk Bistro were way more trendy and chic than the ones we have here tonight. Apparently, she had an order of Cockatrice – Two Ways, that was so fabulous she won't shut up about it. I need you to top that. 'Acid – *Three* Ways' – that should get her to stuff a sock in it."

She pauses on her way out, "Just don't make anything TOO polished. That would make it look like we're *trying* too hard. Just make something that *sounds* all casual and easy but is *actually* totally refined and clever."

You just close your eyes and nod helplessly in agreement.

## Level 5 Formula: Summer Nachos with Acid 3 Ways

### Time to Complete Ritual

- MAKE SOUR CREAM AHEAD AND MAKE AND SERVE THE REST IMMEDIATELY
- 30 mins activel prep time
- 24+ hours total prep time

#### Quantity

• Makes a party-sized plate

#### **Equipment**

- Knife and cutting board
- 3 containers with lids
- Mixing bowls and spoons
- Measuring cups and spoons

## Components

Homemade sour cream (see recipe on pg 130)

Homemade salsa fresca (see recipe on pg 132)

Homemade guacamole (see recipe on pg 134)

RAW VEGGIE 'CHIPS': 3 cucumbers (roll table on pg 129)

1 cup shredded cheddar cheese

NOTE: For this dish, you'll be making sour cream, guacamole, and salsa fresca from scratch, then combining them to make fresh veggie nachos.

## Ritual



- 1. Make homemade sour cream, guacamole, and salsa fresca according to the recipes that follow.
- 2. Prepare raw veggie 'chips' (slice, etc.) according to rolling chart.
- 3. Place veggie chips on serving dish and top with shredded cheese, sour cream, guacamole, and salsa fresca.

# Summer Nachos: Roll 1 D12 for RAW VEGGIE 'CHIPS'

#	Ingredient	Notes
1	cucumbers	slice 3 cucumbers into rounds
2	bell peppers	slice 6 bell peppers into triangles
3	mini-bell peppers	slice 20 peppers into halves
4	zucchini	slice 3 zucchinis into rounds
5	carrots	slice 3-6 large carrots diagonally into oval slices
6	celery	chop 9 stalks into large chunks
7	poblano peppers	slice 10 peppers into quarters
8	radishes	slice 2 lbs into rounds
9	cauliflower	slice 1 small head into flat slices
10	jicama	slice ¾ lbs into rounds
11	cucumbers	slice 3 cucumbers into rounds
12	bell peppers	slice 6 bell peppers into triangles



## Level 5 Formula: Summer Nachos - Sour Cream Formula

### Time to Complete Ritual

- MAKE AHEAD OF TIME
- 5 mins active prep time
- 24+ hours total prep time

#### Quantity

Makes about 1 cup sour cream

#### Equipment

- Container with lid
- Measuring cups and spoons

## Components

1 cup heavy whipping cream

2 Tablespoons vinegar

SOUR CREAM FLAVORING: zest of one lime (roll table on pg 131)

## Ritual

- 1. Combine cream and vinegar in container and add lid.
- 2. Shake to combine liquids.
- 3. Allow to sit undisturbed at room temperature for at least 24 hours until thickened.
- 4. Stir in flavoring.
- 5. Store in fridge until ready to use.

# Summer Nachos – Sour Cream: Roll 1 D10 for SOUR CREAM FLAVORING

#	Ingredient	Notes
1	lime zest	zest of 1 lime
2	lemon zest	zest of 1 lemon
3	orange zest	zest of 1 orange
4	garlic powder	1 tablespoon
5	chili powder	1 tablespoon
6	taco seasoning	1 tablespoon
7	ranch seasoning mix	1 tablespoon
8	oregano	1 tablespoon, fresh or dried
9	cilantro (coriander leaves)	1 tablespoon, fresh or dried
10	mint	1 tablespoon, fresh or dried



## Level 5 Formula: Summer Nachos – Salsa Fresca Formula

#### Time to Complete Ritual

- MAKE AND SERVE IMMEDIATELY
- 10 mins total prep time

#### Quantity

 Makes about 2 cups of salsa fresca

#### **Equipment**

- Knife and cutting board
- Container with lid
- Mixing bowl and spoon
- Measuring cups and spoons

## Components

 $1\frac{1}{2}$  cups diced tomatoes (about 2 medium tomatoes)

ONIONS: ½ cup diced red onions (roll table on pg 133)

1 jalapeno pepper

 $\frac{1}{2}$  cup chopped fresh cilantro

3 Tablespoons lime juice (about 1-2 limes)

1/2 teaspoon salt

### Ritual

- 1. Dice the tomatoes, onions, and jalapeno.
- 2. Roughly chop the cilantro.
- 3. Toss all ingredients, including salt and lime juice, in a bowl until combined.
- 4. Refrigerate until ready to serve.

# Summer Nachos – Salsa Fresca: Roll 1 D10 for ONIONS

#	Ingredient	Notes
1	red onions	½ cup diced (about ½ to 1 onion)
2	white onions	½ cup diced (about ½ to 1 onion)
3	green onions (scallions)	½ cup diced (about 1 bunch)
4	yellow onions	½ cup diced (about ½ to 1 onion)
5	sweet onions (Maui, Vidalia, Walla Walla, Cippolini, etc.)	½ cup diced (about ½ to 1 onion)
6	shallots	½ cup diced (about 1-3 shallots)
7	leeks	½ cup diced (about ¼ pound of leeks); remove roots and green parts
8	garlic	½ cup minced (about 12 cloves)
9	red onions	½ cup diced (about ½ to 1 onion)
10	white onions	½ cup diced (about ½ to 1 onion)



## Level 5 Formula: Summer Nachos - Guacamole Formula

#### Time to Complete Ritual

- MAKE AND SERVE IMMEDIATELY
- 10 mins total prep time

#### Quantity

• Makes about 2 cups of guacamole

#### Equipment

- Knife and cutting board
- Container with lid
- Mixing bowl and fork
- Measuring cups and spoons

## Components

2 avocados

1 clove garlic

1 teaspoon salt

2 Tablespoon lime juice (1-2 limes)

GUACAMOLE ADD-IN: ¼ cup

seasoned black beans (roll table on pg 135)

## Ritual

- 1. Cut avocados in half, remove pits, and scoop out flesh.
- 2. Peel and mince garlic.
- 3. Prepare guacamole add-in (chop, etc.) according to rolling chart.
- 4. Use a fork to roughly mash the avocado in the container, then stir in the rest of the ingredients.
- 5. Refrigerate until ready to serve.

# Summer Nachos – Guacamole: Roll 1 D10 for GUACAMOLE ADD-IN

#	Ingredient	Notes
1	seasoned black beans	canned
2	refried beans	canned
3	chipotles in adobo sauce	canned, diced
4	pickled jalapenos	canned
5	canned diced green chilies	canned
6	canned diced tomatoes	canned
7	canned corn	canned
8	red beans	canned
9	canned chicken	canned
10	chopped canned pineapple	canned



## **Summer Nachoing Tips**



If you want to pre-slice your vegetables, place them in a container with water and a dash of lemon or lime juice in the refrigerator to keep them fresh and crisp.

For a lighter sour cream, swap out all or part of the heavy cream for half-and-half. Without commercially added thickeners, the half-and-half sour cream will be much thinner and runnier than store-bought light sour cream.





If the sour cream isn't thick enough, try storing it in the refrigerator for several hours to see if it thickens up. The sour cream can be stored in the fridge for up to a week.

If you just don't like the flavor of cilantro in your salsa, try substituting all or part of it with fresh parsley mixed with basil or oregano.





Want to turn up the heat? You can add more jalapeno to your salsa fresca. Or try swapping out the jalapeno with a spicier chili, like a serrano or habanero pepper.

Letting your salsa fresca marinate in the lime juice with the other ingredients for at least 15 minutes before serving will help the flavors blend together.





Make sure to use ripe avocados in the guacamole. If you want to hurry along the ripening of your avocados, try storing them in a paper bag with a ripe banana.

You can store leftover guacamole in the fridge for up to 3 days. To keep it from turning brown, pour 1 Tablespoon of lime juice and 1 Tablespoon of water on top, then cover with plastic wrap pressed down to touch the surface.



# Summer Nachos Variations – Sour Creams



# Taco Sour Cream

Sub in taco seasoning mix.



# Oregano Sour Cream

Sub in dried oregano.

# Summer Nachos Variations - Salsa



#### Green Onion Salsa

Sub in chopped green onions.



### Shallot Salsa

Sub in chopped shallots.

# Summer Nachos Variations - Guacamole



#### Chicken Guac

Sub in canned chicken breast.



#### Black Bean Guac

Sub in seasoned black beans.



# Chef de Cuisine Master Challenge

It's been a long couple of days in the kitchen. You're draggin' on your feet so badly that you actually find yourself laughing at that pun. You're not sure if you can take any more.

The dragon hostess strides into the kitchen, "One of the guests has a special request for a dish they make in his homeland. You'll have chop down a few beanstalks, but I really think…"

"No," you interrupt.

She blinks. "What I mean is..."

"NO!" you repeat, "NO NO NO NO NO! I'm not chopping down any beanstalks! I'm not catering to any more of your ridiculous demands! I'm the chef and I'll make what I think is best and if you want me to keep cooking for you, you'll get the heck out of my kitchen and let me do it in peace!"

There is a long pause.

The dragoness huffs, "Well, all you had to do was say something. You can make whatever you like." She heads back out the kitchen door, "Toodles!"

## Level 6 Chef de Cuisine Master Challenge



Use the template that follows to create your own appetizer formulas!

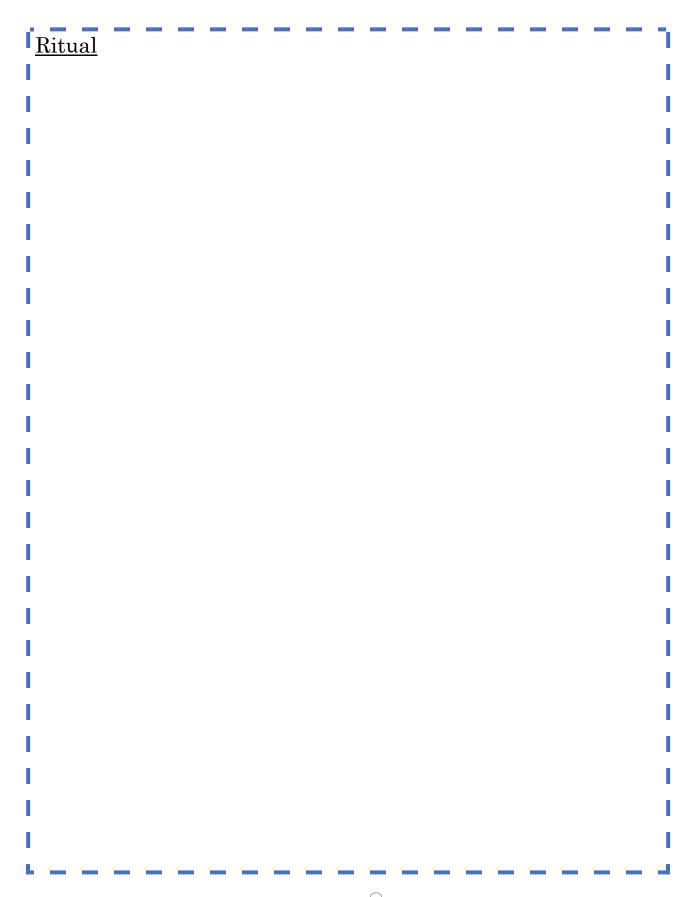
#### The only rules are...

- The formula must be for an appetizer-style dish.
- You must use some sort of acid to change the nature of at least one of your ingredients.
- You cannot use ovens, grills, or stovetops, but may use the microwave (sparingly).
- You must include at least one roll-chart to vary your ingredients.
- For a bonus, be sure to post your formula on social media or the CWD website so other chef-adventurers can try it out!

# **Master Dish**

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# Master Dish



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#### Spell Record: Save your new recipes. SAMPLE On May 14, 2017 date Chester Farthingsworth III, Garde Manger chef-adventurer's name created the following new recipe: Raspberry-chocolate Freezer Tarts with Honey-pistachio Crust title of your personalized recipe based on \_\_\_\_\_Yogurt Freezer Tarts Cooking with Dice formula Secret ingredients (substituted): default rolled chosenwild Surup - honeu M П П Fruit - raspberries X Crust - písťachíos X П П П П How did it turn out? \_\_\_ Delicious! The milk was low fat, so the texture was a little thinner. The kids loved the tarts. Made extra upaurt and had it with aranola for breakfast - even better than store-bought! Notes for next time: Try adding chocolate sauce to the top? Maybe try this out with chocolate milk?

# Scoring Sheet: Add up your experience points.

Action	Score
Base Score: Prepare any formula. Follow the directions to prepare a dish based on a formula in this tome.	1 point × level of formula
Bonus: Enhance a formula. Swap out one beginner ingredient by CHOOSING one from the roll chart. Score a point for each ingredient you swap out.	1 point × # of components
Bonus: Roll to power-up a formula.  Swap out one beginner ingredient by ROLLING for one from the roll chart. Score extra points for each ingredient you swap out.	2 points × # of components
Penalty: Re-rolling an ingredient. Subtract 1 from your total for any unused rolls or rerolls.	-3 points × # of re-rolls
Bonus: Channel wild magic.  Swap out one beginner ingredient by TRYING out a new ingredient that isn't on the roll chart. Limited to 1 use per formula.	3 points
Bonus: Summon your inner strength. Use your character's special ability while cooking. Limited to 1 use per formula.	2 points
Bonus: Increase your armor class.  Protect yourself from the (not actually dangerous) acid you are cooking with by wearing one or two oven mitts during all meal prep.	2 points per oven mitt
Bonus: Ensure your enduring legacy.* Share a photo and/or details about your personalized dish on social media or another public forum.	2 points
For Competition Use: Rank your dish.  Add 2 points for each competitor you best when playing in competition mode (e.g. If you were ranked 2nd place out of 5 players, you score 6 points.	2 points per competitor you best (competition mode only)
*Feel free to share information about any specific recipes and dishes you create using our formulas, but please do not distribute or make public the basic Cooking with Dice $^{TM}$ formulas or roll charts. Our lawyers are dragons.	YOUR TOTAL

# Scoring Sheet: Add up your experience points. SAMPLE

Action	Score
Base Score: Prepare any formula. Follow the directions to prepare a dish based on a formula in this tome.  Yogurt freezer tarts (L4)	1 point × level of formula  4
Bonus: Enhance a formula. raspberries Swap out one beginner ingredient by CHOOSING one from the roll chart. Score a point for each ingredient you swap out.	1 point × # of components  1
Bonus: Roll to power-up a formula.  Swap out one beginner ingredient by ROLLING for one from the roll chart. Score extra points for each ingredient you swap out.  Noney and pistachios	2 points × # of components  4
Penalty: Rerolling an ingredient. 1 reroll Subtract 3 from your total for any unused rolls or rerolls.	-3 points × # of re-rolls -3
Bonus: Channel wild magic.  Swap out one beginner ingredient by TRYING out a new ingredient that isn't on the roll chart. Limited to 1 use per formula.	3 points
Bonus: Summon your inner strength. Use your character's special ability while cooking. Limited to 1 use per formula.  Glacier - dressed as pink cow	2 points
Bonus: Increase your armor class. NA Protect yourself from the (not actually dangerous) acid you are cooking with by wearing one or two oven mitts during all meal prep.	2 points per oven mitt
Bonus: Ensure your enduring legacy.*  Share a photo and/or details about your personalized dish on social media or another public forum.  Facebook pics	2 points
For Competition Use: Rank your dish.  Add 1 point for each competitor you best when playing in competition mode (e.g. If you were ranked 2nd place out of 5 players, you score 6 points.  NA - Cooperative mode	1 points per competitor you best (competition mode only)
*Feel free to share information about any specific recipes and dishes you create using our formulas, but please do not distribute or make public the basic Cooking with Dice $^{TM}$ formulas or roll charts. Our lawyers are dragons.	YOUR TOTAL 10

#### Resolution - Success!

If playing in competitive mode, you scored in the top half of the group. If playing in solo or cooperative mode, you've made the judgement call that your dish was a success.

As you walk around the room with a tray of appetizers, you note that the party is definitely rockin'. The guests are shaking their tails to the music while drinking cocktails and scarfing up tasty tidbits faster than you can make them! Your dragon hosts are looking quite pleased.

As you're heading back to the kitchen with an empty tray, you overhear an ice-breathing dragon whisper an aside to her friend, "I don't know *how* she managed to pull it off. Her parties are usually such a *bore*. But these acid-snacks are just *to die for!* I *must* get her recipes."

Unable to suppress a satisfied grin, you walk through the kitchen doors and get back to work, preparing more food. A short while later, the music stops, and you hear the guests heading off to the next house for the soup course.

The dragoness hostess pops her head through the door. "Well done, little creature. I'm quite satisfied with your work. You may leave when you're done putting away the leftovers."

You're caught a bit off-guard but manage to stutter out, "We... er... we never actually discussed my payment..."

The dragoness gives you a slightly affronted look, "I suppose, if we *must* discuss something as vulgar as *money*..." She makes a face, "Just grab one of the chests from the storeroom and be gone before I get back from the dessert course."

Not wanting to get on her bad side, you quickly scurry off towards the door she indicated. Once you're inside the room, it takes a moment for your eyes to adjust to the dim light.

Once they do, your eyes pop wide as you realize... it's a treasure room.

Dozens of trunks fill the space, each brimming with gold coins and trinkets. You take a moment to swallow, hard, before reaching out to touch the nearest treasure chest.

It's cold, and hard, and priceless.

Before the dragoness can come back and change her mind, you begin hauling the nearest chest to the exit.



Game note: Add one (single use) 'chest of gold' to the equipment section of your character sheet. If, at any time, you wish to reroll a dice roll, you may turn your treasure chest in to bribe fate.

#### Resolution - Failure!

If playing in competitive mode, you scored in the bottom half of the group. If playing in solo or cooperative mode, you've made the judgement call that your dish was not at all successful.

As you walk around the room with a tray of appetizers, you can sense the tension in the room. The guests are all standing around awkwardly making small talk while ignoring the food and drinks. Your dragon hosts are looking uncomfortable.

As you're heading back to the kitchen with a full tray, you overhear an ice-breathing dragon whisper an aside to her friend, "I don't know why we even *include* her in these dinners. Her parties are always such a *bore*. Did she really think anyone would want to eat this *sour muck?* I can't *wait* until we get to the firedragon's house for a nice grilled goblin."

Unable to suppress a shiver of fear, you walk through the kitchen doors and sit down at the table, worrying about what will happen next.

A short while later, the music stops, and you hear the guests heading off to the next house for the soup course.

Without warning, the dragoness hostess storms through the door. "You..." she hisses, accusingly, "You call yourself a chef? You're an imposter! A fraud! An embarrassment to your species!"

You're caught a bit off-guard but manage to stutter out, "I'm sorry... I tried my very best. I totally understand if you're not satisfied and, of course, won't charge you anything for my work..."

The dragoness interrupts you with a roar, "Charge me? How dare you even mention money?"



Enraged, she shoots off a stream of acid from her nostrils, and sweeps all of your leftovers off of the counter onto the floor. "I'm not paying you a single copper piece for this rubbish." Panicked, you make a break for it, but she's right behind you. You crash through the door that leads to the fenced-in backyard, but can feel her acid breath nipping at your heels.



The gate is locked. There's no way out.

You scurry back into a corner of the yard. With a furious growl, she strides towards you and takes a deep breath, preparing to dissolve your face off...

"Honey?"

The sound of her husband's voice seems to give her pause, and she turns towards the kitchen door, "Yes, dear?"

"Hadn't we better head over to the Glaurungs' house now for soup? We'll be late."

She gives a long-suffering sigh. "Of course. You're right, dear."

She whips her head back around to you, 'You'd better have the mess cleaned up before I get back from the dessert course. I expect the kitchen to be *spotless*."

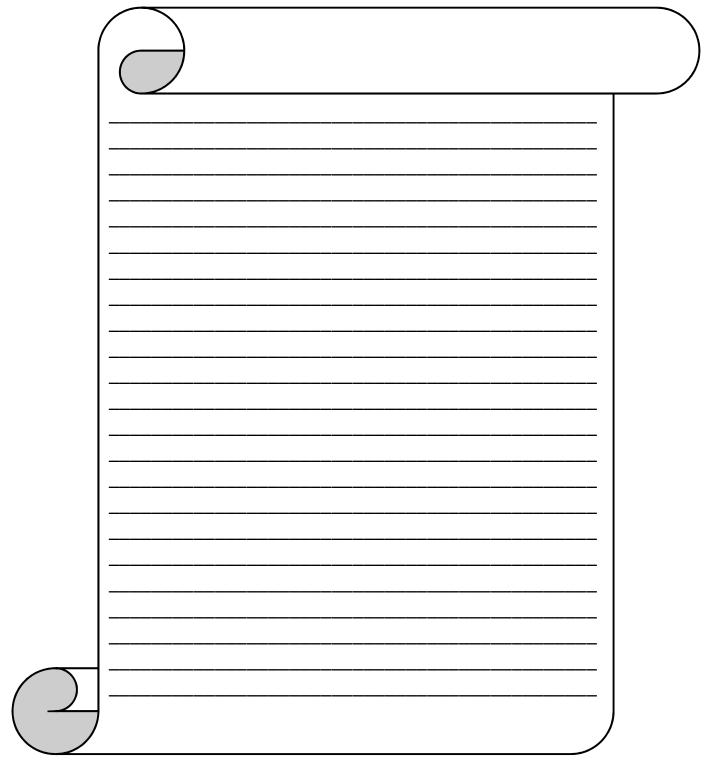
As she leaves to join her husband, you take a moment to swallow, hard, before stepping back inside.

The kitchen is a *mess*.

Before the dragoness can come back to exact her revenge, you put on a pair of acid-proof gloves and begin filling the sink with hot water so you can get started on the dishes.

Game note: Even though you did the cooking, you'll be doing the cleaning up in your kitchen as well. Put on a pair of oven mitts to 'protect you from the acid' and get started!

**Quest Journal:** This is a good place to note the details of your personal adventure.



You can also post your stories on our Facebook page and check out our writing prompts for all ages at www.cookingwithdice.com.





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