



# COOKING MAGIC

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## CULINARY WITCHCRAFT IN 5E

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## COOKING

Food is one of the most important substances to our survival, and we are constantly looking for ways to improve it—in flavor and effectiveness. Moreover, preparing a meal is an important way to prepare for the day: a big meal before a long battle is essential to maintaining strength and stamina to the very end.

This content pack contains rules and guidelines for **cooking magic**, a form of itemcraft that combines ingredients to take advantage of their natural magical properties. Cooking magic is accessible not just to magic users, but to anyone who can prepare food, as it requires no spellcasting—only knowledge of the properties inherent to different forms of flora and fauna.

### PREPARING A DISH

By expending the time and ingredients listed in a dish's description, you can make a Wisdom (Cooking utensils) check to attempt to craft a dish you know. On a successful check, your resources are expended and you create the dish. On a failed check, you still create an edible meal, but the magical properties of the dish are lost, and you gain no effect from consuming them. A single dish is enough to feed one Medium or Small creature, or two Tiny creatures. A Large creature requires two dishes to gain the effects associated with that dish.

You can craft a number of dishes at once equal to your proficiency bonus. You must have the required ingredients for each recipe at the beginning of the crafting process.

### RECIPES

You can learn recipes in a number of ways, as described below. Work with your DM to determine which method or methods work best for your table.

**Identify.** When you acquire an ingredient, you can spend an hour examining it and make an Intelligence (Nature) check to guess that ingredient's properties. The difficulty of this check is equal to the difficulty rating associated with acquiring it.

On a successful check, you learn one dish you might make with this ingredient. On a failed check, you learn no recipes, but keep the ingredient.

**Experiment.** Similarly to above, you experiment with the ingredient to figure out its properties. The difference between the two methods is that you must expend one serving of the ingredient to perform cooking experiments.

**Cookbooks.** You can also learn recipes from a cookbook. Cookbooks generally focus on a single discipline of cooking, or on how to prepare the various parts of a single creature or type of creature. For instance, you might read a *Dragon Cookbook* to learn the *dragon steak* recipe, or a *Common Cookbook* to learn all the *common ingredient* recipes. These books might be common or rare, depending on the setting of your campaign.

## RECIPE COMPONENTS

Each dish has an associated recipe that describes its qualities—both the components required for crafting and the effects bestowed on creatures who eat a serving of the dish. Each quality is briefly covered below.

### INGREDIENTS

The ingredients of a dish are the material components necessary to begin cooking the dish. Each ingredient is consumed by the process of cooking, whether you succeed in bestowing the dish with magical effects or not.

If an ingredient has no number next to it, the recipe requires a single serving of that ingredient, while an ingredient with a number in parentheses requires multiple servings.

### PREP TIME

The prep time of a meal describes the amount of time between starting the dish and finishing it. At the end of a dish's prep time, the dish is completed and ready to consume.

Cooking can be interrupted, but only briefly. If an interruption lasts an amount of time equal to the prep time of the ingredients, the components break down and the dish is lost.

### DIFFICULTY

The difficulty of a dish describes the amount of skill required to properly prepare ingredients, follow complex steps, correct mistakes, and substitute ingredients where necessary, expressed as a number. When you make a Wisdom (Cooking utensils) check to prepare a dish, this difficulty rating is what your check is contesting. If your check exceeds the difficulty rating, you succeed in cooking the dish.

## INGREDIENT COMPONENTS

Ingredients are the building blocks of meals, without which cooking couldn't exist. There are many different kinds of ingredients that come from many different places. Each quality assigned to an ingredient is briefly covered below.

### SOURCE

The source of an ingredient is where you can find or derive it. For foraging ingredients like plants and spices, the source will describe an environment, such as deserts, forests, or underground caverns. For hunting ingredients like fish, meat, and poultry, the source will describe what animals the ingredient can be stripped from.

## TYPE

The type of an ingredient describes what activity is required to acquire it. There are two types of ingredients: foraging and hunting.

**Foraging.** To acquire a foraging ingredient, you must travel to the environment described in that ingredient's source and make a Wisdom (Survival) check. On a successful check, you forage the number of servings described in the ingredient's type. An environment can be foraged multiple times.

**Hunting.** To acquire a hunting ingredient, you must hunt and kill the creature described in that ingredient's source and make a Wisdom (Survival) check. On a successful check, you recover the number of servings described in the ingredient's type. You cannot attempt to recover ingredients from the same creature more than once.

## WEIGHT

The weight of an ingredient describes how much of that ingredient qualifies as a single serving. A recipe may call for multiple servings.

## DIFFICULTY

The difficulty of an ingredient describes how hard it is to acquire from foraging or hunting. When you make a check to acquire an ingredient, this difficulty rating is the number your check is contesting.

A foraging ingredient with a high difficulty rating is especially rare, or difficult to safely forage due to its natural defenses, like poison or spores. A hunting ingredient with a high difficulty rating is hard to recover from a creature's body, either because of

extremely hard skin or scales, or natural defenses like quills or a venom sac.

## PURCHASING INGREDIENTS

Sometimes a campaign will never deviate into the right environment to forage a particular ingredient, and thus an entire group of recipes is locked away. A solution to this problem is purchasing ingredients from merchants in cities or markets.

The cost of an ingredient a direct result of its rarity. In a desert environment, exotic fruits and vegetables are not particularly expensive, as they're quite common to find in the wild. However, common fruits and vegetables, despite their name, are extremely rare in the desert and fetch a much higher price. As a guiding range, a serving of most foraging ingredients would be bought in copper or low amounts of silver, and most hunting ingredients would be bought in silver or low amounts of gold. A particularly rare type of hunting ingredient, such as dragon meat or aboleth fish, is an exception to this rule and can cost huge comparatively huge amounts of gold or even platinum.

# INGREDIENTS

Presented below is a list of ingredients in alphabetical order, followed by short descriptions of those ingredients and their qualities.

## LIST OF INGREDIENTS

Acidic Gelatin  
 Beholder Eyestalks  
 Birdmeat  
 Common Fish  
 Common Fruits  
 Common Meat  
 Common Poultry  
 Common Spices  
 Common Vegetables  
 Dragon Meat  
 Exotic Fish  
 Exotic Fruits  
 Exotic Meat  
 Exotic Poultry  
 Exotic Spices  
 Exotic Vegetables  
 Fiend Heart  
 Flumph Tendrils  
 Mimic Tongue  
 Monstrous Fish  
 Myconid Shrooms  
 Nightmare Meat  
 Roc Poultry  
 Shambling Shrooms  
 Sphinx Heart  
 Unicorn Meat

# DESCRIPTIONS

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## ACIDIC GELATIN

**Source:** Any ooze-type creature

**Type:** Hunting (5 servings)

**Weight:** 2 lbs.

**DC:** 13

The ooze of a gelatinous cube or its relatives can be especially sweet or sour. The difficulty of recovering this gelatin comes from its horribly acidic nature, which must be nullified before it can be collected.

## BEHOLDER EYESTALKS

**Source:** Any beholder species

**Type:** Hunting (A number of servings equal to the number of intact eyestalks)

**Weight:** 20 lbs.

**DC:** 15

The eyestalks of a beholder or its relatives have a strange and rubbery texture. The refractive beam lenses of these stalks must be removed carefully, else the eyestalk can fire independently of the body.

## BIRDMEAT

**Source:** A griffon, hippogriff, owlbear, or other bird-hybrid creature

**Type:** Hunting (4 servings)

**Weight:** 10 lbs.

**DC:** 12

This unusual ingredient straddles the line between meat and poultry. You may substitute any "Exotic Meat" or "Exotic Poultry" with this ingredient.

## COMMON FISH

**Source:** Any aquatic creature (CR 1 or less)

**Type:** Hunting (1 serving if Small; 5 if Medium; 10 if Large)

**Weight:** 5 lbs.

**DC:** 10

This ingredient can be found in nearly any river, pond, or sizeable body of water.

### COMMON FRUITS

**Source:** Mild and temperate forests

**Type:** Forage (5 servings)

**Weight:** 2 lbs.

**DC:** 10

This ingredient, which covers all common fruits and berries, can be derived from many trees and bushes.

### COMMON MEAT

**Source:** Any land-based creature (CR 1 or less)

**Type:** Hunting (1 serving if Small; 5 if Medium; 10 if Large)

**Weight:** 10 lbs.

**DC:** 10

This ingredient can be hunted in almost any environment, and covers all sorts of wild game.

### COMMON POULTRY

**Source:** Any avian creature or creature with nonmagical flight (CR 1 or less)

**Type:** Hunting (1 serving if Small; 5 if Medium; 10 if Large)

**Weight:** 8 lbs.

**DC:** 11

This ingredient can be tricky for amateurs, but most hunters have no trouble rousing some up.

### COMMON SPICES

**Source:** Any environment

**Type:** Forage (8 servings)

**Weight:** 1 lb.

**DC:** 11

This ingredient is derived by grinding down

local plantlife, and can create most combinations of flavors.

### COMMON VEGETABLES

**Source:** Mild and temperate forests or fields

**Type:** Forage (5 servings)

**Weight:** 1 lb.

**DC:** 10

This ingredient is usually pulled from the ground, and is important in balancing the texture and nutrition of any meal.

### DRAGON MEAT

**Source:** Any chromatic or metallic dragon

**Type:** Hunting (5 servings if wyrmling; 10 if young; 20 if adult; 40 if ancient)

**Weight:** 15 lbs.

**DC:** 16

This meat is notoriously difficult to gather, as the dragon's scales are extremely hard to pierce, and one wrong move can puncture the dragon's breath weapon gland, spoiling the meat.

### EXOTIC FISH

**Source:** Any aquatic creature (CR 2 or more)

**Type:** Hunting (1 serving if Small; 5 if Medium; 10 if Large)

**Weight:** 5 lbs.

**DC:** 14

This exotic ingredient can be derived from all sorts of rare fish-like creatures, including sharks, whales, and merrow, should you find it in yourself to eat them.

### EXOTIC FRUITS

**Source:** Tropical, desert, or magical forests

**Type:** Forage (5 servings)

**Weight:** 3 lbs.

**DC:** 14

These rare fruits take on unusual flavors as

a result of their environmental adaptation, and are good for spicing up any dish.

## EXOTIC MEAT

**Source:** Any land-based creature (CR 2 or more)

**Type:** Hunting (1 serving if Small; 5 if Medium; 10 if Large)

**Weight:** 15 lbs.

**DC:** 14

This meat comes from more difficult game, and is sometimes infused with subtle magic. It can be derived from all sorts of game, including chimeras, displacer beasts, manticores, and some giant beasts.

## EXOTIC POULTRY

**Source:** Any avian creature or creature with nonmagical flight (CR 2 or more)

**Type:** Hunting (1 serving if Small; 5 if Medium; 10 if Large)

**Weight:** 10 lbs.

**DC:** 15

These ingredients are derived from rare winged beasts and birds, including perytons, cloaklers, and coatls.

## EXOTIC SPICES

**Source:** Any environment

**Type:** Forage (8 servings)

**Weight:** 1 lb.

**DC:** 15

These spices create more exciting and unusual flavors. Unlike most exotic ingredients, they can be derived from any environment if you know where to look.

## EXOTIC VEGETABLES

**Source:** Tropical, desert, or magical forests or fields

**Type:** Forage (5 servings)

**Weight:** 1 lb.

**DC:** 14

These exotic vegetables are not only a source of nutrition but also sharp and unforgettable notes of flavor.

## FIEND HEART

**Source:** Any fiend-type creature

**Type:** Hunting (1 serving if Small; 2 if Medium; 4 if Large)

**Weight:** 15 lbs.

**DC:** 15

A fiend's heart is a delicacy in many cultures, though its heat-resistant nature makes it extremely difficult to cook.

## FLUMPH TENDRILS

**Source:** Flumphs

**Type:** Hunting (2 servings)

**Weight:** 10 lbs.

**DC:** 14

If you can live with the emotional weight of killing a flumph, you deserve the zesty flavors locked inside their acidic tendrils.

## MIMIC TONGUE

**Source:** Mimics

**Type:** Hunting (4 servings)

**Weight:** 10 lbs.

**DC:** 16

A mimic's tongue has an unusual sour but meaty taste that is difficult to replicate. This ingredient is difficult to gather, as the mimic's body immediately starts to digest the tongue upon death.

## MONSTROUS FISH

**Source:** Aboleth, hydra, kraken, or any aquatic creature of CR 10 or higher

**Type:** Hunting (5 servings if Medium; 10 if Large; 20 if Huge; 40 if Gargantuan)

**Weight:** 10 lbs.

**DC:** 17

This fish is extremely hard to gather, as it only comes from aquatic creatures of

legendary fierceness and repute. However, the subtle flavors are reward enough.

### **MYCONID SHROOMS**

**Source:** Any member of a myconid colony

**Type:** Hunting (1 serving if Sprout; 2 if Spore Servant; 8 if Adult; 20 if Sovereign)

**Weight:** 5 lbs.

**DC:** 16

This ingredient is tough to gather as the spores it emit are naturally pacifying. Most avid consumers of this shroom wear breathing apparatuses and tight clothes to gather it.

### **NIGHTMARE MEAT**

**Source:** Nightmares

**Type:** Hunting (8 servings)

**Weight:** 15 lbs.

**DC:** 16

Like fiend heart, the meat of a nightmare is notoriously difficult to cook because of its immunity to flame.

### **ROC POULTRY**

**Source:** Rocs

**Type:** Hunting (10 servings if adolescent; 20 if adult)

**Weight:** 20 lbs.

**DC:** 14

The hardest part of gathering this ingredient is killing the roc, as its body has little in the way of natural armor.

### **SHAMBLING SHROOMS**

**Source:** Shambling mounds

**Type:** Hunting (10 servings)

**Weight:** 8 lbs.

**DC:** 14

Gathering this ingredient is dangerous, as its tough to tell if a shambling mound is truly

dead, or merely waiting for you to drop your guard before engulfing you whole.

### **SPHINX HEART**

**Source:** Any sphinx relative

**Type:** Hunting (10 servings)

**Weight:**

**DC:** 17

The heart of a sphinx is tough to reach, but its gently burning taste is worth the work. A sphinx's heart can't be extracted from its body without magical weapons, as its body is resistant to regular steel.

### **UNICORN MEAT**

**Source:** Unicorns and pegasi

**Type:** Hunting (8 servings)

**Weight:** 15 lbs.

**DC:** 16

As unicorns and pegasi are near-universally seen as icons of good, their meat is something of a forbidden delicacy, hoarded by black market merchants and the richest elite.



## DISHES

Presented below is a list of dishes in alphabetical order, followed by short descriptions of those dishes and their qualities.

### LIST OF DISHES

Beholder Soup  
 Dragon Steak  
 Exotic Seafood Gumbo  
 Exotic Steak  
 Exotic Rotisserie  
 Exotic Stir Fry  
 Flumph Soup  
 Grilled Sphinx Heart  
 Grilled Steak  
 Heart of Fiend  
 Ooze Dessert  
 Mimic Tongue Kebab  
 Monstrous Seafood Gumbo  
 Myconid Soup  
 Planar Horse Stew  
 Poultry Rotisserie  
 Poultry Stir Fry  
 Roc Rotisserie  
 Seafood Gumbo  
 Shambler Soup  
 Stir Fry  
 Sweet Dessert

## DESCRIPTIONS

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### BEHOLDER SOUP

**Ingredients:** Beholder eyestalks, exotic spices, exotic vegetables

**Prep Time:** 2 hours

**Difficulty:** 17

A creature that eats a serving of this soup has advantage on all Strength, Dexterity, and Constitution saving throws for 24 hours.

As a side effect, the eyes of some creatures that eat this soup turn unusual colors until its effects wear off.

### DRAGON STEAK

**Ingredients:** Dragon meat, exotic spices

**Prep Time:** 4 hours

**Difficulty:** 17

A creature that eats a serving of this steak gains the following benefits for 24 hours.

- The creature has advantage on Strength saving throws.
- The creature has advantage on saving throws against being frightened.
- The creature has resistance to the element associated with the species of dragon this steak is made from.

As a side effect, a creature that eats this steak sometimes belches a small burst of elemental energy that corresponds with the dragon's species. This belch does no damage.

### EXOTIC SEAFOOD GUMBO

**Ingredients:** Common spices, common vegetables (2), exotic fish

**Prep Time:** 2 hours

**Difficulty:** 14

A creature that eats a serving of this gumbo

has advantage on Wisdom saving throws for 8 hours.

### **EXOTIC STEAK**

**Ingredients:** Common spices, exotic meat

**Prep Time:** 1 hour

**Difficulty:** 14

A creature that eats a serving of this steak has advantage on Strength saving throws for 8 hours.

### **EXOTIC ROTISSERIE**

**Ingredients:** Common spices, exotic poultry

**Prep Time:** 2 hours

**Difficulty:** 15

A creature that eats a serving of this rotisserie has advantage on Dexterity saving throws for 8 hours.

### **EXOTIC STIR FRY**

**Ingredients:** Common spices, exotic vegetables (2)

**Prep Time:** 1 hour

**Difficulty:** 14

A creature that eats a serving of this stir fry has advantage on Constitution saving throws for 8 hours.

### **FLUMPH SOUP**

**Ingredients:** Exotic spices, common vegetables (2), flumph tendrils

**Prep Time:** 1 hour

**Difficulty:** 13

A group of creatures who eat from the same pot of flumph soup can communicate with each other telepathically to a distance of 120 feet for 24 hours.

As a side effect, when a creature under the effects of this soup feels strong emotion, they gently glow. An amused creature glows pink, a sad one blue, a curious one green, and an angry one red.

### **GRILLED SPHINX HEART**

**Ingredients:** Exotic spices, sphinx heart

**Prep Time:** 2 hours

**Difficulty:** 16

A creature that eats a serving of this heart has advantage on Intelligence, Wisdom, and Charisma saving throws for 24 hours.

As a side effect, some creatures that eat this heart have an unusual interest in riddles until its effects wear off.

### **GRILLED STEAK**

**Ingredients:** Common spices, common meat

**Prep Time:** 1 hour

**Difficulty:** 10

A creature that eats a serving of this steak has advantage on Strength saving throws for 4 hours.

### **HEART OF FIEND**

**Ingredients:** Exotic spices, fiend heart

**Prep Time:** 4 hours

**Difficulty:** 15

A creature that eats a serving of this heart has advantage on saving throws made against spells and other magic effects for 8 hours. If the creature has darkvision, their vision is not impeded by magical darkness for the duration.

### **OOZE DESSERT**

**Ingredients:** Acidic gelatin (2), exotic fruit (2), common spices

**Prep Time:** 1 hour

**Difficulty:** 14

A creature that eats a serving of this dessert is resistant to acid damage for 8 hours. Additionally, the creature's sweat becomes very sticky, granting them advantage on ability checks and saving throws made against being disarmed.

## MIMIC TONGUE KEBAB

**Ingredients:** Exotic spices, mimic tongue

**Prep Time:** 1 hour

**Difficulty:** 15

A creature that eats a serving of this tongue is resistant to acid damage and has advantage on ability checks made to grapple other creatures for 8 hours.

## MONSTROUS SEAFOOD GUMBO

**Ingredients:** Exotic spices, monstrous fish, exotic vegetables (2)

**Prep Time:** 4 hours

**Difficulty:** 16

A creature that eats a serving of this gumbo gains the following benefits for 24 hours.

- The creature has advantage on Wisdom saving throws.
- The creature gains a swimming speed equal to their walking speed.
- The amount of time the creature can hold their breath is doubled.

As a side effect, a creature that eats this gumbo sometimes develops protrusions on their skin resembling fish scales. These protrusions flake away as the effects of the gumbo fade.

## MYCONID SOUP

**Ingredients:** Common spices, common vegetables (2), myconid shrooms

**Prep Time:** 1 hour

**Difficulty:** 14

A creature that eats a serving of this soup has resistance to poison damage and advantage on saving throws made to resist poison and disease for 8 hours.

As a side effect, some creatures that eat this soup notice tiny fungi growing on their

skin. These fungi never last more than a day, and pull away easily.

## PLANAR HORSE STEW

**Ingredients:** Exotic spices, common vegetables (2), nightmare meat or unicorn meat

**Prep Time:** 1 hour

**Difficulty:** 14

A creature that eats a serving of this stew gains the following benefits, depending on what kind of meat was used in the dish.

**Nightmare.** You have resistance to fire damage and advantage on saving throws against being frightened for 8 hours.

**Unicorn.** You have resistance to radiant damage and advantage on saving throws against being charmed for 8 hours.

## POULTRY ROTISSERIE

**Ingredients:** Common poultry, common spices

**Prep Time:** 2 hours

**Difficulty:** 11

A creature that eats a serving of this stir fry has advantage on Dexterity saving throws for 4 hours.

## POULTRY STIR FRY

**Ingredients:** Common poultry, common spices, common vegetables (2)

**Prep Time:** 1 hour

**Difficulty:** 10

A creature that eats a serving of this stir fry has advantage on Dexterity and Constitution saving throws for 4 hours.

## ROC ROTISSERIE

**Ingredients:** Exotic spices, roc poultry

**Prep Time:** 4 hours

**Difficulty:** 16

A creature that eats a serving of this

roisserie gains the following benefits for 24 hours.

- The creature has advantage on Dexterity saving throws.
- The creature has advantage on Wisdom (Perception) checks that rely on sight.

## SEAFOOD GUMBO

**Ingredients:** Common spices, common fish, common vegetables (2)

**Prep Time:** 2 hours

**Difficulty:** 11

A creature that eats a serving of this gumbo has advantage on Wisdom saving throws for 4 hours.

## SHAMBLER SOUP

**Ingredients:** Exotic spices, common vegetables (2), shambler shrooms

**Prep Time:** 1 hour

**Difficulty:** 15

A creature that eats a serving of this soup is immune to lightning damage for 8 hours.

Additionally, when that creature takes lightning damage, it recovers a number of hit points equal to half the damage the attack would have dealt to a non-immune creature.

## STIR FRY

**Ingredients:** Common spices, common vegetables (2)

**Prep Time:** 1 hour

**Difficulty:** 10

A creature that eats a serving of this dessert has advantage on Constitution saving throws for 4 hours.

## SWEET DESSERT

**Ingredients:** Common spices, common fruits (2)

**Prep Time:** 1 hour

**Difficulty:** 12

A creature that eats a serving of this dessert has advantage on saving throws against being charmed for 4 hours.