

**EMPTY
ROOM
STUDIOS
PUBLISHING**

COOKING WITH CLASS

**Jason Wallace
Rick Hershey**



**ADAMANT
ENTERTAINMENT**

PATHFINDER®
ROLEPLAYING GAME COMPATIBLE

COOKING WITH CLASS

a fantasy cooking supplement

CREDITS

authors:

Jason Wallace

artwork and layout:

Rick Hershey

table of contents

chapter 1: *Starters*

chapter 2: *The Spice of Life*

chapter 3: *A la carte*

chapter 4: *Sampler Stew*



EMPTY
ROOM
STUDIOS

PATHFINDER[®]
ROLEPLAYING GAME COMPATIBLE

(C) 2011 Empty Room Studios. All rights reserved. No part of this book may be reproduced in any form, except where noted (one copy may be printed for personal use only).

Compatibility with the Pathfinder Roleplaying Game requires the Pathfinder Roleplaying Game from Paizo Publishing, LLC.

See <http://paizo.com/pathfinderRPG> for more information on the Pathfinder Roleplaying Game. Paizo Publishing, LLC does not guarantee compatibility, and does not endorse this product.

OPEN GAME LICENSE Version 1.0a

This printing of *Cooking with Class* is done under version 1.0a of the Open Gaming License.

Pathfinder is a registered trademark of Paizo Publishing, LLC, and the Pathfinder Roleplaying Game and the Pathfinder Roleplaying Game Compatibility Logo are trademarks of Paizo Publishing, LLC, and are used under the Pathfinder Roleplaying Game Compatibility License. See <http://paizo.com/pathfinderRPG/compatibility> for more information on the compatibility license.

Portions of *Cooking with Class* are Open Game Content licensed with version 1.0a of the Open Gaming License (see below).
Designation of Product Identity: All material other than game rules already considered Open Gaming Content is considered Product Identity as described in section 1.(e) of the Open Game License v. 1.0a (see below). This includes, but is not limited to, all fictional character names and descriptions, fictional place names, fictional events, new classes, new magic items, plots, artwork, maps, and logos.
Designation of Open Gaming Content: With the exception of Product Identity, the text of the new skills, new feats, and new spells sections and all of the pre-generated stat blocks are Open Game Content.

OPEN GAME LICENSE Version 1.0a

The following text is the property of Wizards of the Coast, Inc. and is Copyright 2000 Wizards of the Coast, Inc ("Wizards"). All Rights Reserved.

1. Definitions: (a) "Contributors" means the copyright and/or trademark owners who have contributed Open Game Content; (b) "Derivative Material" means copyrighted material including derivative works and translations (including into other computer languages), potation, modification, correction, addition, extension, upgrade, improvement, compilation, abridgment or other form in which an existing work may be recast, transformed or adapted; (c) "Distribute" means to reproduce, license, rent, lease, sell, broadcast, publicly display, transmit or otherwise distribute; (d) "Open Game Content" means the game mechanic and includes the methods, procedures, processes and routines to the extent such content does not embody the Product Identity and is an enhancement over the prior art and any additional content clearly identified as Open Game Content by the Contributor, and means any work covered by this License, including translations and derivative works under copyright law, but specifically excludes Product Identity. (e) "Product Identity" means product and product line names, logos and identifying marks including trade dress; artifacts; creatures characters; stories, storylines, plots, thematic elements, dialogue, incidents, language, artwork, symbols, designs, depictions, likenesses, formats, poses, concepts, themes and graphic, photographic and other visual or audio representations; names and descriptions of characters, spells, enchantments, personalities, teams, personas, likenesses and special abilities; places, locations, environments, creatures, equipment, magical or supernatural abilities or effects, logos, symbols, or graphic designs; and any other trademark or registered trademark clearly identified as Product identity by the owner of the Product Identity, and which specifically excludes the Open Game Content; (f) "Trademark" means the logos, names, mark, sign, motto, designs that are used by a Contributor to identify itself or its products or the associated products contributed to the Open Game License by the Contributor (g) "Use", "Used" or "Using" means to use, Distribute, copy, edit, format, modify, translate and otherwise create Derivative Material of Open Game Content. (h) "You" or "Your" means the licensee in terms of this agreement.

2. The License: This License applies to any Open Game Content that contains a notice indicating that the Open Game Content may only be Used under and in terms of this License. You must affix such a notice to any Open Game Content that you Use. No terms may be added to or subtracted from this License except as described by the License itself. No other terms or conditions may be applied to any Open Game Content distributed using this License.

3. Offer and Acceptance: By Using the Open Game Content You indicate Your acceptance of the terms of this License.

4. Grant and Consideration: In consideration for agreeing to use this License, the Contributors grant You a perpetual, worldwide, royalty-free, non-exclusive license with the exact terms of this License to Use, the Open Game Content.

5. Representation of Authority to Contribute: If You are contributing original material as Open Game Content, You represent that Your Contributions are Your original creation and/or You have sufficient rights to grant the rights conveyed by this License.

6. Notice of License Copyright: You must update the COPYRIGHT NOTICE portion of this License to include the exact text of the COPYRIGHT NOTICE of any Open

Game Content You are copying, modifying or distributing, and You must add the title, the copyright date, and the copyright holder's name to the COPYRIGHT NOTICE of any original Open Game Content you Distribute.

7. Use of Product Identity: You agree not to Use any Product Identity, including as an indication as to compatibility, except as expressly licensed in another, independent Agreement with the owner of each element of that Product Identity. You agree not to indicate compatibility or co-adaptability with any Trademark or Registered Trademark in conjunction with a work containing Open Game Content except as expressly licensed in another, independent Agreement with the owner of such Trademark or Registered Trademark. The use of any Product Identity in Open Game Content does not constitute a challenge to the ownership of that Product Identity. The owner of any Product Identity used in Open Game Content shall retain all rights, title and interest in and to that Product Identity.

8. Identification: If you distribute Open Game Content You must clearly indicate which portions of the work that you are distributing are Open Game Content.

9. Updating the License: Wizards or its designated Agents may publish updated versions of this License. You may use any authorized version of this License to copy, modify and distribute any Open Game Content originally distributed under any version of this License.

10 Copy of this License: You MUST include a copy of this License with every copy of the Open Game Content You Distribute.

11. Use of Contributor Credits: You may not market or advertise the Open Game Content using the name of any Contributor unless You have written permission from the Contributor to do so.

12 Inability to Comply: If it is impossible for You to comply with any of the terms of this License with respect to some or all of the Open Game Content due to statute, judicial order, or governmental regulation then You may not Use any Open Game Material so affected.

13 Termination: This License will terminate automatically if You fail to comply with all terms herein and fail to cure such breach within 30 days of becoming aware of the breach. All sublicenses shall survive the termination of this License.

14 Reformation: If any provision of this License is held to be unenforceable, such provision shall be reformed only to the extent necessary to make it enforceable.

15 COPYRIGHT NOTICE

Open Game License v 1.0a Copyright 2000, Wizards of the Coast, Inc.

System Reference Document. Copyright 2000, Wizards of the Coast, Inc.; Authors Jonathan Tweet, Monte Cook, Skip Williams, based on material by E. Gary Gygax and Dave Arneson.

Pathfinder RPG Core Rulebook. Copyright 2009, Paizo Publishing, LLC; Author: Jason Bulmahn, based on material by Jonathan Tweet, Monte Cook, and Skip Williams.

The Book of Experimental Might. Copyright 2008, Monte J. Cook. All rights reserved.

Tome of Horrors. Copyright 2002, Necromancer Games, Inc.; Authors: Scott Greene, with Clark Peterson, Erica Balsley, Kevin Baase, Casey Christofferson, Lance Hawvermale, Travis Hawvermale, Patrick Lawinger, and Bill Webb; Based on original content from TSR.

Cooking with Class and all related Product Identity trademarks defined above are Copyright 2011, Empty Room Studios.

CHAPTER 1: STARTERS

OR “how to use this book”

Food occupies a strange place in RPGs. On the one hand, it’s universal: everyone has to eat. (Except undead. And constructs. And elementals. And . . . okay, maybe not so universal.) On the other, almost no one actually pays attention to it.

Think about it. How much time does your average adventuring party spend on food? Ten seconds to roll survival to scrounge something up? (Emphasis on thing, by the way.) A minute to browse a bazaar? Three seconds to stop by a tavern for dinner? I’ve played entire campaigns where the characters apparently went months without even a bite of bread, inns seemingly existed to provide plot hooks, and farmers planted fields to give local Nasty Things a place to hide. As for the *The Pathfinder Roleplaying Game*, all known food items consist of bread, cheese, meat, ale, and unidentified “banquets” and “meals” whose contents are probably best left undescribed. Flour, chickens, cattle, salt, and spices are simply “trade goods,” to be bartered around when gold and silver are just too small and convenient.

There’s a good reason for this, of course: roleplaying isn’t about food. Food is garnish, a bit of color thrown out to make things look pretty. And like that little sprig of parsley on the side of your plate, most people think that if it’s not part of the meal, why bother putting it there at all?

Simple: flavor. Just like minuscule portions of seasonings can change the flavor of an entire dish, creatively using food in your campaign can bring a whole new feel. Food shouldn’t be the focus any more than you should make a dish mostly out of cinnamon, but a pinch of culinary flavor here and there can make the entire world come alive. Think about the different impressions you get if the farmers raise amaranth and quinoa instead of wheat and barley, or if most food is flavored with turmeric and cloves instead of pepper. Neither of these change the direction or even the content of the campaign, yet they each add their own distinct flavor, a feel to the world that’s difficult to get otherwise.

That’s what this book is for. In here you’ll find dozens of such seasonings you can throw in to your campaigns, from typical grains and vegetables to alcoholic drinks to how to eat things like purple worm and dragon (and the proper etiquette for doing so).

While some could be the focus for an entire campaign —such as a magic blight destroying the kingdom’s staple food supply—most will simply add flavor and variety to your game. So take a pinch from here and a dash from there, sprinkle liberally with adventure, and see where it takes you.

Recommended Reading

The industrialized world tends to take food for granted in quantity, quality, and variety. But it hasn’t always been so, and even a high-magic society won’t have the variety of even a modern grocery store. Thankfully, there are plenty of resources available to help those of us without degrees in Medieval Studies figure out what’s appropriate for a medieval society and what isn’t. Here are some of the better ones:

Wikipedia (<http://www.wikipedia.org>): This may seem like a cop-out, but Wikipedia has more information available with easier access than you’ll find anywhere else. Since most articles treat their subjects only lightly, it’s the perfect place to get a little information without spending a lot of time.

Project Gutenberg (<http://www.gutenberg.org>): Don’t have access to 300-year-old cookbooks? Not to worry, the good folks at Project Gutenberg are glad to include a little culinary experience in their archives. We especially recommend “*The Accomplish’d Cook*,” by Robert May, for fine period eating.

Guns, Germs, and Steel, by Jared Diamond: Though not on medieval societies per se, Diamond richly packs this book with information on what lets civilizations rise. Of special importance for our purposes are the sections on crops and domesticated (and domesticatable) animals, and why they’re so crucial to large societies. A must-have when building your own cultures.

Other Sources

Food in Tudor England
<http://tudorhistory.org/topics/food/index.html>

Poisoning in the Middle Ages
<http://www.portfolio.mvm.ed.ac.uk/studentwebs/session2/group12/middle.html>

CHAPTER 2: THE SPICE OF LIFE

a BRIEF TOUR OF FOOD AND HOW TO USE IT IN YOUR CAMPAIGN

Welcome to the meat of the book. In here you'll learn all about food in medieval societies, including which ones are common, which are rare, how to prepare and preserve them, and how to kill people with them (see Poisons). Each topic delves deep enough to add flavor, while trying not to go so far that your players wonder why in the abyss you included it.

Trying to cover all foods from the world over would take far more room than we have here. Instead, this chapter focuses on your typical fantasy setting, meaning something akin to medieval Europe. That doesn't mean no one's heard of rice, sorghum, taro, or chocolate; they're just rare and expensive. If you want to change that, or even just take the campaign to an exotic locale, go right ahead; we've included a table at the back of the chapter to help.

Now, lest you think this is all just fluff, each and every entry comes complete with an adventure hook based on that topic. Plus we've even thrown in a few tables and charts™, guaranteed to please your palate or your money back.*

Now, let the service begin.

Grains

Grain is the staff of life, or at least a very powerful wand. Societies without a staple grain crop are doomed to remain small, easy targets for their more grainivorous neighbors. Grains pack many calories into little space, thus letting societies spend their energies on building roads, aqueducts, siege weaponry, and other hallmarks of advanced civilization instead of spending the entire day scrounging for food. Common grains like wheat and barley don't receive the same fanfare as spices or even fruits, but without them civilizations fall apart. Few people are going to raise a ruckus if the spice trade gets cut off for a bit. Try doing the same to the grain supply, and you'll be amazed at how quickly—and how violently—the government changes.

The most common grains are rye, barley, buckwheat, millet, and oats. Wheat is somewhat common, but since it's also considered the most nutritious it costs more. Rice is rare, but can be found in isolated areas or imported at great cost.

Raw grains usually have a consistency slightly softer than rocks, so most of them get ground up and cooked into more palatable forms (Note: in the case of peasants, "more palatable" is strictly relative). Bread is the most common preparation for grains, with gruels, porridges, and pastas close behind.

Baked goods like pies, pastries, doughnuts, and biscuits are only really known in the middle and upper classes.

Grains aren't just for humanoids, either; many are used as animal feed, too. Barley and oats are often raised specifically for animals, while the leaves and stalks of rye plants are dried as hay. Grains thus have double importance because both the people in the kingdom and most of the animals depend on them.

Grains come in dozens of varieties, but most people only encounter a few common ones.

SIDE DISH: ON BREAD

You can tell a lot about someone by the quality of their bread. Nobles eat fine, white bread made from carefully sifted wheat flour. The bread gets coarser and darker as you descend the social ladder until at the very bottom it's all brown and full of grit. Peasants usually make bread from lesser grains like rye and buckwheat, and when food is scarce it gets even worse as they cut the meal with ground legumes, chestnuts, acorns, ferns, or any other plant matter they can stomach.

Wheat, Barley, and Rye are three closely related grains that make up the bulk of crops. While wheat is common, it costs more and is usually eaten only by the upper classes; the lower classes subsist on barley and rye. All three grains, though, can be used to make bread, porridge, ale, and other alcoholic beverages. Wheat generally grows better in warmer climates, while barley and rye do better in colder ones, but you can sometimes find specific varieties that break this trend.

Buckwheat is a short, broad-leafed plant that grows well in cool climates and poor soils. It makes decent bread, but most people eat it as a porridge. Buckwheat has a nutty or mushroomy flavor, depending on how it's prepared.

Millet is a catch-all term for several plants that look similar, with long, straight leaves and small seeds in a cluster. Millets grow best in arid regions, but are otherwise used like other grains.

Oats grow best in areas with summers that are too cool and wet for other grains. They are usually made into porridge (i.e. oatmeal), but some people grind them into flour for breads and other baked goods.

* Contingent on actually eating this book.

adventure hook

It's the depths of winter, and after a poor harvest the local government is having to dole out grain to keep its people from starving. In the past week, four people have suffered a strange ailment and died after eating oats from one of the municipal storage barns. The town leaders suspect a magical disease or magical creature may have contaminated the oats, but agents of a rival kingdom might also be responsible. So far, the town leaders have kept things quiet, but any more cases will throw the entire region into chaos. The party is hired to track down the cause of the sickness and deal with it. Alternately, one or more party members becomes the next victim of the poisoning.

Fruits, Vegetables, and Legumes

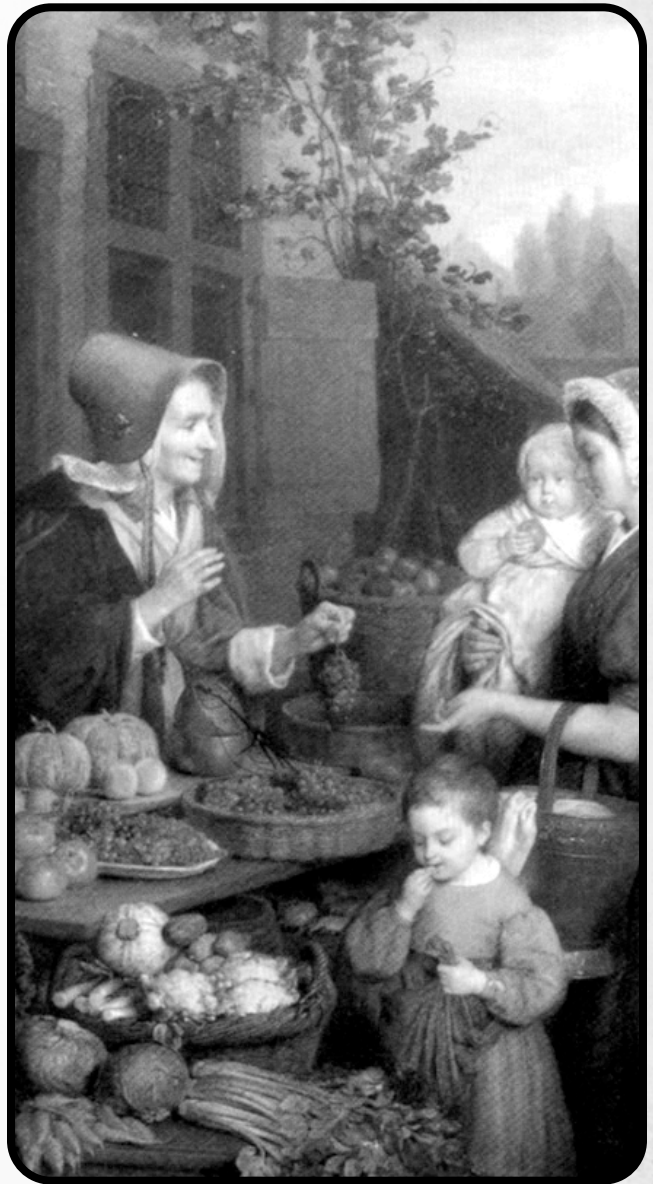
Grains may be the staff of life, but most people won't live too long on grains alone. Aside from the suicidal monotony, grains just don't provide all the nutrients humanoid need to survive. To get them you have to look elsewhere, and for most people that means other plants. The vast majority of these get classified as fruits, vegetables, or legumes.*

Fruits are the main source of sugar for most people, since both sugar and honey are expensive. They often get cooked into meals to sweeten the dish, even among the middle classes. In warmer climates you can usually find lemons, oranges, pomegranates, and grapes, while cooler climates have apples, pears, plums, and strawberries. Figs and dates are common everywhere, but cost more in colder areas because they have to be imported.

Vegetables is a catch-all for pretty much anything that isn't a fruit, and several things that technically are (e.g. tomatoes). Thankfully, their absence from standard fantasy settings has saved many a noble from tiresome dinner debates. The most common vegetables are beets, cabbage, carrots, garlic, and onions. Nobles eat vegetables mostly as something to accompany a meat dish or as part of a soup; lower classes don't have this option, so they tend to eat more vegetables than their nobler neighbors. Ironically, in some areas this actually leads to the peasants being healthier than their masters—the occasional druid has tried to point this out, but for some reason the nobles never listen. The poorest peasants live almost entirely off of vegetables and grains, sometimes eating the exact same dish for every meal.

Legumes is a broad category meaning beans and their other pod-based relatives. Since meat is too expensive for the lower classes, legumes make up a big portion of their protein intake. Chickpeas (garbanzo beans), fava beans, and peas are the

most common legumes. In polite society (that is, people with enough money to be choosy), peas are the only acceptable legume because the others cause flatulence.



adventure hook

The party wakes up one morning to find the town they're in engulfed by gigantic, rapidly growing vines. It turns out that a local wizard was experimenting with an exotic plant called a "tomato," and she became a little too successful. Now the entire area is swamped with fast-growing carnivorous foliage, and anyone entangled in it is slowly and painfully digested to feed the voracious vines. Meanwhile, gigantic green fruits are sprouting all along it, and gods only know what will happen when they ripen.

* This is not the place to debate what is a fruit and what a vegetable. Suffice it to say that if it's sweet, it's probably a fruit, and if it's not it's probably a vegetable. If you really must know for sure, have a druid *awaken* one and ask it yourself.

Meats

Meat is not a requirement for survival, as the vegetarian cleric down the road will gladly tell you. The right combination of grains and legumes will get you all the protein you need. But meat not only tastes good, it's also expensive, making it a status symbol. The more meat you eat and the more expensive it is, the more important you must be. It's not surprising, then, that most meat is eaten by the upper classes. Not only can they afford it, they can afford to be choosy about it, taking only the choicest pieces and throwing everything else to the dogs. Peasants aren't so lucky, and can find a way to make just about anything edible. Some of the more palatable options include intestines (used in sausages), feet (pickled), blood (puddings and sausages), ears (pickled or fried), and tail.

There are plenty of different meats to choose from, but as with most foods what you actually eat depends more on your income than your personal tastes.

Pork is very common, since pigs are cheaper and easier to care for than cattle. Pigs can eat almost anything, so they usually get fed kitchen scraps ("slop"). Some people keep pigs in pens, but just as often they run free, even in towns.

Poultry is also common, and refers to any domesticated bird. Chickens, for example, are the avian equivalent of pigs; they run wild and eat kitchen scraps and whatever else they scratch up themselves. Geese and ducks are also raised for meat, but not as much as chickens. Swans are only for the upper classes, and they're usually served more for appearance than flavor. There have been some experiments with raising dire poultry (especially chickens), but these tend to end badly.

Beef is relatively rare, since cows are more valuable as draft animals or milk producers than as

meat. The one exception is veal (young calves), which is highly prized for its flavor and texture. Both beef and veal tend to be noble dishes simply because no one else has the dozens of acres needed to turn cows loose in. Sometimes the occasional kingdom has few enough people that even common folk could raise cattle to eat, but the usual infestations of dire animals, mutant aberrations, brain-eating zombies, and other nasties makes this difficult. Cows are also a favorite food of dragons, so raising them is seen as tempting fate.

Mutton and lamb are more common where people raise sheep for wool, for obvious reasons. There's no real social status attached to mutton, but lamb is an upper-class meal.

Venison and other game are highly sought after by those who can get it. In rural settings this is anyone with a bow and decent aim, but in more populous ones only the upper classes regularly enjoy wild game. No one else has the money to import it or the private estates to hunt it on.

Fowl is a catch-all phrase to describe any wild bird. People can and do eat anything from hummingbirds to rocs, but the most common ones are partridges, cranes, wild geese, wild swans, storks, and larks.

Fish and seafood are mainstays of coastal populations, though its high price and tendency to go bad quickly make it rare inland. Even when fish is properly preserved (usually dried and salted, but sometimes smoked), the cost of transportation makes it a luxury item. The most common saltwater fish are herring and cod, but fishermen will eat almost anything they catch, including dolphins and whales. Other seafood such as crab, oysters, clams, and scallops are common near the coast, but rare far from it. Common freshwater foods include carp, perch, pike, and trout, along with freshwater mussels and crayfish. Since deeper waters tend to be infested with all sorts of monsters (dragon turtles, kraken, etc), most fishermen keep to the shallows.



adventure hook

The kingdom has fallen under a curse such that any animal killed for food immediately rises up as undead and attacks any nearby humanoids. Animals that die from natural causes, or even those killed by other animals, are unaffected. Everyone suspects a vengeful druid lurking in the forest, but so far no one has been brave enough to seek her out. The party must go and negotiate with her—assuming they survive the forest—before the land is overrun by zombie pigs and headless chickens.

Spices and Seasonings

Seasonings change food from mere nutrients into an actual dining experience. Most seasonings are used sparingly, with just a pinch and dash to flavor an entire dish. Salt is the most basic seasoning of all, and from there you can climb the culinary ladder through common herbs like oregano and basil all the way to exotic spices like cinnamon and saffron. While “seasonings” mean anything that adds flavor to a dish, “spices” refers specifically to plant products that are usually dried and ground before use.

With few exceptions, seasonings are extremely expensive. Witness that, according to the d20 SRD, two pounds of salt are worth an entire cow, and one pound of saffron can buy 1500 pounds of wheat. Needless to say, peasants only get what they can grow in their own garden. Well-to-do merchants may regularly indulge in pepper and cinnamon, but only nobility and royalty ever taste real cloves, saffron, cardamom, and the like. Some chefs use prestidigitation to fake the taste of expensive spices, but true connoisseurs know it doesn't compare.

For convenience, here is a breakdown of (relatively) common seasonings and who uses them:

Common Seasonings

These are the spices of the everyman peasants and laborers, not to mention most innkeepers. The flavors are nothing extraordinary, but they add variety to otherwise intolerably bland meals. The upper classes use these spices, too, but in smaller amounts and often just for garnish.

Salt: The one seasoning to rule them all. Everyone uses salt, though nobles use more of it. Salt is so valuable some kingdoms use it as currency.

Garlic and onions: Technically vegetables, garlic and onions strongly flavor any dish they're added to. Both are used liberally; garlic breath may be bad, but without personal hygiene it beats the alternative.

Herbs: This refers to almost any leafy, green seasoning. It includes basil, oregano, rosemary, sage, mint, mustard, and parsley. Each flavor is distinct and tends to be used with certain dishes. Mint, for example, is often served with pork.

Wine, vinegar, and verjuice (sour grape juice): These common liquids add a sour flavor to food. The rich use wine liberally, while the poor make do with mostly vinegar and verjuice.

Anise, caraway, and fennel: These seeds are usually toasted and add a nutty flavor to food. Anise is especially common for flavoring fish and chicken dishes.

Uncommon Seasonings

Merchants, skilled laborers, and other members of the small middle class can afford more elite spices, while the nobility revel in them. These spices are imported for an exorbitant amount of money, and many people use their liberality with them as a not-so-subtle way of showing off their wealth.

Mace, pepper, long pepper: These strong, pungent spices carry a bit of burn with them. Pepper is the single most common imported spice. Some people mutter about chefs using pepper to hide the flavor of rotten meat, but since pepper costs so much more than meat any chef who tries this is phenomenally stupid.

Sugar and Honey: Though not technically spices, these cost enough to be treated as such. Sugar usually comes in brown blocks that must be grated before use, though magically refined sugar is white and granular—not to mention ten times as expensive. Honey is the cheaper option, but it's still expensive unless you find it yourself.

Cinnamon, cloves, ginger, and nutmeg: Aromatic and spicy, these are often used in sweet or heavily seasoned dishes, and in mulled drinks.

Saffron: The rarest and most expensive of all spices, prized for both its rich yellow-red color and inimitable flavor.

SIDE DISH: ON BREAD

You can tell a lot about someone by the quality of their bread. Nobles eat fine, white bread made from carefully sifted wheat flour. The bread gets coarser and darker as you descend the social ladder until at the very bottom it's all brown and full of grit. Peasants usually make bread from lesser grains like rye and buckwheat, and when food is scarce it gets even worse as they cut the meal with ground legumes, chestnuts, acorns, ferns, or any other plant matter they can stomach.

Exotic Seasonings

Historically, there was an entire family of seasonings unknown to medieval societies due to oceans in the way. Such usually isn't the case in fantastic societies, so these spices may make their way into your campaign. They're probably still rare, but you can change that if you want.

Cacao: The source of chocolate, cacao fills various roles as medicine, holy food, and elite refreshment. Cacao beans are usually toasted and ground before use. Most people mix it into drinks, though it can be added to solid dishes.

Chile peppers: These fleshy fruits come in dozens of varieties, many fit to burn the uninitiated's

mouth off. Most people think they're the result of a crossing eggplants with fire elementals.

Vanilla: Vanilla pods grow on vines and are used (either whole or ground) to flavor sweeter dishes, especially desserts. Vanilla plants are finicky about where they grow, so don't expect to start raising your own.

Wasabi: Fresh wasabi root is either grated or ground to a paste, but leaves can sometimes be used instead, especially in salads. Wasabi burns the mouth and nose, like mustard.

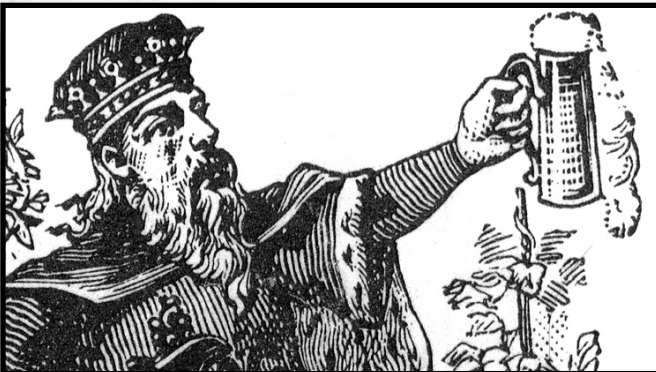
adventure hook

Lord Ashingford, a local noble of both small importance and great wealth, has posted an astronomical reward for whoever can bring him a pound of the pods from a rare medicinal plant called "vanilla." He has given no reason why, but rumor has it that the plant can cure some unnamed disease he suffers from. In any case, he is willing to pay well, if the party can bring it to him before any rival groups do.

Alcohol

Water may be common, but people rarely drink it if they have a choice. This is mostly because (1) other drinks taste better, (2) other drinks are supposed to be better for you, and (3) other drinks don't go green and scummy as quickly. And of course, by "other drinks" we mean alcohol. Plain milk is reserved for the young and the sickly, while even fruit juices are usually fermented at least a little bit before serving.

Most alcoholic drinks are made by simple fermentation, which lets them last (slightly) longer than the unfermented equivalent. Since preservation techniques leave much to be desired, most people drink their alcohol fresh. This means the drinks are usually cloudy and don't have as much alcohol as some would like.



Wine comes from fermented grape juice, and it's considered the best quality drink (alcoholic or otherwise). Wine is most common in warm, mild climates where grapes grow best, but high demand by nobles and royalty means much—if not most—of it gets exported. Like all other foods, the quality of wine declines as you descend the social ladder. Royalty, nobility, and other high-ups get the purest, most flavorful, most potent wine. As you go down the wine gets steadily cheaper, less alcoholic, and worse tasting. The poorest people usually have to content themselves with watered-down vinegar with almost no alcohol in it. "Mulled" wine has been steeped in spices—usually cinnamon, pepper, nutmeg, and cloves, among others—to give it more flavor; it's usually reserved for special occasions and the rich.

Ale (beer) is not as common or prestigious as wine, but it is still common, especially in colder climates where grapes can't grow. Most people view ale as just a less desirable alternative to wine, especially since ale supposedly causes all sorts of health problems. (Wine, in contrast, is thought very healthful). Ale comes from fermented grains such as barley, oats, or wheat. Hops, a type of flower, are often added to improve the flavor and brewing qualities of the ale.

Mead comes from fermented honey and is often seasoned with fruits and/or spices. Mulled mead is heavily spiced and served warm, usually by plunging a hot poker into it. It is usually reserved for festivals.

Distilled drinks are uncommon, although the technique itself is widely known. The highly concentrated "water of life" that stills produce is used mostly for medicinal purposes and—in upscale eateries—entertainment. (Undistilled drinks generally don't have enough alcohol in them to catch on fire. Remember this the next time your chaotic evil comrade tries to burn a tavern down with common ale.) Brandy, "moonshine," and other distilled drinks are usually household affairs, and not very widespread at that.

Magical drinks are any of the above, but with magic thrown in. Sometimes it's just a glamour to make bad ale taste better or fancy wine bubble blue, but most people don't waste spells on that sort of thing. True magical drinks are more akin to potions: they do things to whoever drinks them, and we're not talking about hangovers. Most just have a spell embedded in the drink—healing and prophecy spells are the most common—but some magical drinks do something all their own. Primal ambrosia, for example, grants a sliver of divinity, while Gardeniers ale let you sleep for days. Needless to say, truly magical drinks are astronomically priced, and some

of the rarer ones are worth far more than their weight in gold (see chapter 3).

adventure hook

One night, a local farmer bursts into the tavern, drunk to the gills and raving about the “keeper of the casks.” A traveling merchant recognizes it as acute feywine intoxication. Feywine is among the rarest and most coveted of all nonmagical drinks, requiring a hundred years of fermentation under precise conditions. As the details come out—garbled, slurred, and sometimes self-contradictory—it becomes a hunt to see which of the tavern’s patrons can locate the cache and the bounty held therein. Whether the winner makes a fortune or just gets roaring drunk is up to them.

Odds and Ends

In addition to the basic staples, some foods are common enough to mention but not important enough to get their own section.

Cheese is the most popular way of preserving dairy products, since it lasts much, much longer than plain milk. Properly prepared and taken care of, some cheeses last for years before spoiling. The texture and flavor of cheeses varies widely depending on what the cows (or goats) ate, how the cheese was prepared, and the conditions it’s stored under. Almost every region thus has its own variety of cheese, and your average kingdom can have several hundred recognized varieties. Hard, sturdy cheeses are popular with travelers because of how long they last, while the upper classes favor fine cheeses with subtle (or not-so-subtle) flavors that are usually exquisitely difficult—not to mention expensive—to make. Peasants, meanwhile, make do with cottage cheese (little more than curdled milk), if they have any at all.

Nuts are extremely popular among the middle and upper classes, and can be eaten either plain or as part of a larger dish. Almonds are by far the most common, and ground almonds are used to thicken soups and flavor pastries. “Almond milk” is even an acceptable substitute for cow’s milk in sweets and desserts.

Confections is a catch-all phrase for almost anything sweet, including candies, pastries, chocolates (if available), and anything else with copious amounts of sugar. Confections are expensive, so only the upper classes normally eat them. Cheaper confections can be made with honey instead of actual sugar, and these sometimes get inexpensive enough for the middle classes to afford. During feast-days and holidays the lower classes

often splurge for a special confectionary treat, while the confectioners lower their prices (and quality) accordingly.

Dessert courses can be almost anything sweet. Lower classes settle for plain fruit—if they have any dessert at all—while the more affluent ones indulge in cheeses, custards, tarts, pastries, candied fruits, and sherbet. Sometimes a noble dinner will include an incredibly elaborate dessert, like a castle built out of pastries or a dragon made from candied fruit and sugar. These are more for show than flavor, but thankfully can still be eaten.

adventure hook

Rundell cheese is extremely popular among the nobility for its mild and flavorful taste. It is only made on the estate of Lord Minard Rundell, who keeps the process strictly secret. Meanwhile, at a nearby village the party runs across a wretched, half-naked elf woman begging for help. She claims to have escaped from Rundell estate, and tells how Rundell cheese is actually made from the breast milk of captive female elves. The party may choose to expose Lord Rundell publicly, or they may simply take the more traditional method of storming his estate. Rundell himself is both a powerful noble and an accomplished wizard, so both paths hold their own perils.



Exotic Ingredients

In general, fantasy societies have access to all the same ingredients as their nonmagical cousins. They also, however, have access to some . . . unusual ingredients, like shrieking fungus and purple worm. You can bet that someone has figured out how to eat them (and that someone else will charge you a small fortune to do the same).

Rather than go through the list of monsters one-by-one, here are general guidelines for treating the various monster types.

Aberrations are pretty much inedible. They usually taste horrible and have unidentifiable physiology to boot. That said, a few gourmet chefs have been known to make specialty dishes focused around aberrations. Fried grick tentacle, cloaker soup, and poached ettercap silk gland are the most common, but even they are rare. (This means that if you find them, expect to pay a king's ransom for them even if they do taste like boiled boot heel.)

Constructs are even more inedible than aberrations, since most aren't even organic. The few exceptions, like flesh golems, are considered on par with undead. Do not eat one unless you have no other choice.

Dragons are highly prized for their meat. Dragon flesh is far more expensive than even the most tender veal, and the prepared adventurer can bring in a wealth of coins by selling dragon meat to the right butcher. Dragon meat is tough and gamey—it's usually hundreds or thousands years old, after all—but proper preparation can render it a flavorful, albeit not spectacular, dish. But the prestige of serving dragons meat at a feast more than makes up for its lackluster taste; in some kingdoms it's actually illegal for anyone but the king to serve dragon meat at their table. Dragon's liver is also edible and highly prized, while dragonbone soup tastes divine. Some chefs claim to be able to tell what color dragon a meat came from just by subtle nuances of flavor: a slight burning from red dragons, the barest hint of mint from blues, etc.

Elementals are extremely hard to actually eat since they turn into normal matter as soon as they're killed. There is a small specialty market for elemental parts, mostly ex-elemental water for elite soups and sauces. Most people, however, don't bother. Those few that care will just as often use the normal equivalent and then lie about it.

Fey, Giants, Humanoids, and Monstrous Humanoids all appear roughly humanoid, so eating them is akin to cannibalism and is thus frowned on in polite society. While it's expected that your average orc won't think twice about skewering, roasting, and

eating any hapless humans or dryads he encounters, it's downright indecorous for a farmer or local magistrate to do so. The exception is if you happen to worship an Evil deity or just want to intimidate the neighbors, but even then you must follow the proper etiquette. (Incidentally—and you didn't hear this from us—roasted grig in lemon sauce is absolutely heavenly.)

Oozes are highly prized ingredients, which might explain their whimsical, food-related names. Black puddings make fabulous custard and are used in many elite desserts, for example, while ochre jellies make brilliant glazes and marmalades. Gelatinous cubes are best cut into bite-sized pieces, steamed, and served with julienne vegetables. Gray oozes, sadly, taste like moldy rubber and don't get used much. Since raw oozes dissolve almost anything, they must be prepared in stone cookware. Cooking destroys the acidic properties, much to the relief of those eating them.

Outsiders are extremely difficult to use in food dishes, since most of them simply vanish back to their native plane when slain. They are highly prized, however, because outside flesh encapsulates the purest flavors in existence. Chefs rarely add much to outsider-based meals, preferring to use only the sparest seasonings to bring out the natural flavors. Formian legs, for example, are usually deep-friend but otherwise unseasoned, while hellhound filet is best served with a dash of pepper and mint. (Be warned, it causes heartburn). Eating intelligent outsiders is not recommended no matter how good they taste. Not only does it carry a social stigma, but they tend to have friends that will make life extremely unpleasant—not to mention short—for anyone found eating one of their comrades.

Undead are only eaten by the desperate and insane, and they usually regret it immediately. Aside from the taste—which can only be described as crawling out from the foulest cesspit of culinary hell—it has been known to cause certain inconvenient side effects, such as vomiting, diarrhea, heartburn, cancerous rot, death, and undeath, sometimes all at once.

adventure hook

The annual Adamantine Chef Culinary Contest starts tomorrow, but the chairman foolishly changed some focal ingredients at the last-minute. He will pay a premium for anyone able to bring in high-quality oozes, especially black puddings. The more aged they are (meaning the more hit dice they have), the better, but anyone wishing to claim the bounty has to return in one piece.

Cooking Methods

Most food isn't eaten raw. Cooking changes the texture and flavor of almost everything, but for people in a medieval society there's not that many ways to go about it. Most people just need an open fire and nothing more. Even many rich houses do all the cooking above a hearth that sits open in the dining room (or dining hall, if you're really rich). Some nobles are beginning to build separate kitchens in their homes, but it's still the exception, not the rule.

Most cooking falls under four basic types:

Stewing/Boiling: The stewpot is the workhorse of medieval cooking. Meal for meal, it makes the best use of firewood and retains the most flavor-filled juices from meats. Stews and their relatives are thus among the most common foods, at least among the poor, peasant, and working classes. Stewpots hang above the hearth on a hook that can be swung out for easier access. Rich households have huge hearths with enough levers and chains to hang a dozen pots.

Baking: Ovens are rare, since they are big, expensive, and hard to build. Small communities usually have a single communal oven that everyone shares for baking bread. Medium-sized towns may have several such ovens, but they're almost nonexistent in cities. (City dwellers usually buy bread instead of making it themselves.) Smaller ovens exist that can be buried in coals, but they're uncommon. Some city merchants even have small ovens on wheels for making and selling meat pies. As for usage, most ovens exist solely for baking bread. Noble houses often put them to other uses, too, like cooking meats and desserts.

Frying: Frying requires an amount of fat that many people can't afford, so it's not too common. When people do fry, they usually start with the few foods that can be fried without adding fat, then use the drippings to fry or flavor the rest of the meal. Bacon, fish, and mealcakes are the most common fried foods.

Roasting: Roasting means cooking something over an open flame, usually by skewering it and getting some unfortunate servant to turn the shaft. Roasting lets many of the precious juices fall into the fire, so some people have been known to place pans underneath to catch the drippings. (Keeping them from burning is another matter.) Only the rich and noble eat roast meat often; the poor only enjoy it on special occasions. Pork is usually roasted, beef and goat sometimes.

adventure hook

The venerable Lord Baenferson is both a noble and a wizard of the first degree, and particularly fond of showing both off. Most of his meals are prepared by small, captive elementals—earth elementals to cut and carry, fire elementals to cook, air elementals to whip and cool, water elementals to clean the pots, etc. During a banquet that the party attends, Lord Baenferson suffers a stroke at the dining table, sending the elementals into a frenzy. They aren't malicious, but they now think that everyone and everything inside the manor is food to prepare. The party has to find a way to bring them back under control—or at least fight their way out—before the elementals roast, bake, and sauté everyone present.

Preservation Techniques

Fresh food doesn't stay fresh for very long, so unless you want a moldering lump where once you had a decent meal, you need some way to preserve it. No method is perfect, but there are several very good ones available.

Drying is the easiest and most common way to preserve food. In warm climates you just leave the food out in the sun, while in cold climates you have to expose it to a strong, constant wind. If neither of those are possible, you can dry foods in ovens, warm attics or cellars, or even in your home. Dried food can last a very long time, but the texture and flavor usually suffer. Some foods can be rehydrated by boiling them, but the results are never as good as fresh. All kinds of grains, fruits, vegetables, and meats can be—and are—dried.

Smoking is the next-most common preservation method. It actually does little to preserve the food itself, but when combined with drying or salting can give the food a much better flavor. Instead of hanging the food out in the open, it's stored in a very small building (a smokehouse) for several days with smoldering wood. The smoke adds flavor to the food, while the heat from the fire dries it. Some smoked foods, especially fish, can keep without spoiling for months. During autumn, farmers often thin their herds and smoke the meat to avoid feeding as many animals during the winter.

Salting infuses a food with large amounts of salt. The result is usually inedible by itself and must be boiled before it can be eaten. Salt can sometimes be expensive, so use of this preservation technique is spotty at best.

Pickling is related to salting, only in this case the salt is dissolved in water or vinegar. The food is soaked in this salty brine, usually until it's time to be

eaten. Sometimes this means only a few hours or days, but a proper brine can keep food good for months. The food that comes out of a brine usually bears little resemblance to what went in. Vegetables, eggs, and fish are often pickled.

Fermenting means letting food “go bad,” at least a little. When properly controlled, though, fermenting makes food last longer and gives it entirely new flavors. Wine is, after all, just fermented grape juice, while cheese is fermented milk. The most common use of fermenting by far is to make alcohol.

Sealing occurs when a food is cooked in honey, sugar, or fat, which then becomes a seal around the food when it cools. The food is then left under the seal until eaten. Since honey, sugar, and fat are expensive, only the rich and nobility have this option.

adventure hook

The party is wandering through the woods when the smell of cooking meat draws them to a clearing. A man is there chopping wood for his smokehouse, and invites the party in to share a meal. During dinner he asks one of the party to run out to fetch a train of sausages on the inside of the smokehouse door. Once inside, they see something in the corner; a closer look reveals it to be a butchered human, with the meat laid out to dry. How does he tell the rest of the party without alerting the woodsman, and—most importantly—what was in the meal that they’ve already eaten?

Etiquette

Etiquette is the fine art of how you eat food. It changes eating into a social affair instead of just satisfying a physical need. (Try eating your next meal without using your hands and see what others think. Telekinesis not allowed.) Etiquette follows many rules, most unwritten, and the higher your social status the more complex they are.

Lower classes don’t hold to much etiquette in the traditional sense. There are no rules about which utensil to use, how to hold your cup, what can and can’t be put on the table, and the like. Instead, the etiquette of the lower classes focuses on how to treat other people instead of how to treat the food.

First and foremost, eating is a communal affair. When you eat, you eat together: husband, wife, children, servants (if any), and guests all eat at the same time and in the same place. Eating by yourself is considered haughty and rude; expect it to be taken poorly at best and as a dire insult at worst.

The second major rule of the lower classes is hospitality. This is more common in rural areas and tends to disappear in cities and among richer (or at least less poor) people. Basically, if a stranger passes by around mealtime, you invite them to share. They can decline as long as they have a good reason, but you still offer.

Both of these rules have deep roots in trust and community. The sharing of food—especially when there isn’t much to go around—forms a bond that people are loath to break. Betraying someone who has shared food with you is a grave sin indeed, and sure to earn you the distrust of anyone who hears of it.

Upper classes hold to entirely different standards. Since everyone can afford food and plenty of it, higher etiquette focuses less on eating itself and more on proving you’re a refined individual. As such, there are innumerable rules about dinner etiquette, with more appearing every year. Entire books have been written on the subject, so only the broadest etiquette rules are mentioned here.

First, eating is still communal, even among the nobility. People share drinking cups and break bread or cut meat for their fellow diners. This only holds for people of the same class, though; servants don’t eat with their masters. Women, too, often eat apart from men to preserve their air of immaculateness. Note that this only applies to “ladies of breeding.” Most adventuring women see this as an insult to their capabilities and demand to eat with their male compatriots. This has become so common that many hosts simply let visiting women choose whom they want to eat with. The fact that many adventuring women are capable of cleaving the host in two, turning him into a frog, or other similar nastiness has no doubt sped this along.

The most important etiquette rule for nobility is that everyone serves their superiors. While this obviously means that servants serve guests, younger guests also help their elders and those of low rank

side dish: tableware

Tableware is either simple or nonexistent. For peasants, food is usually served in a bowl or right off the table. The nobility eat off of “trenchers”—large, flat servingware with a depression in the middle. Trenchers used to be made from stale bread (which was either eaten afterward or given to the poor), but wooden ones are gaining popularity. As for utensils, spoons exist for soups and stews, knives for anything too big to fit in your mouth, and fingers for everything else. Forks are rare, and don’t even think about asking for chopsticks.

assist those higher up. In some instances this can turn the dinner table into a veritable battlefield as each guest tries to serve the highest-ranked person to leverage their own perceived position.

adventure hook

While attending a dinner held by a local lord, one of the party innocently carves a piece of meat for the lord's son. The minor nobles see this as trying to get into the good graces of their lord and are extremely (though quietly) miffed. At least one decides to quash this new rival before they can do more harm, and uses assassins, poison, or other subtle ways of trying to remove the party member. First the party must figure out why they're being targeted, and then which noble(s) are behind it.

Taverns and Inns

Judging by your average fantasy campaign, the sole purpose of taverns and inns is to provide a place to find ale, wenches, and plot hooks, usually in that order. Despite their reputation, there's actually more to these humble businesses than most adventurers think.

Taverns exist to serve alcohol in large quantities and good company. Many taverns also serve food, but don't count on the quality—the patrons are usually drunk, after all, so flavor isn't a priority. Both men and women can be tavern keepers, and local custom determines which is more common. Female tavern keepers are sometimes called "ale-wives," but since this is sometimes slang for "prostitute," be careful using it.

Since many tavern-goers can't read, taverns have colorful names that are easily illustrated on signs hanging outside the door. Tavern usually names bring to mind some sort of prosperity or happiness, such as the Laughing Lich, the Ale Keg, the Golden Coin, or the Swollen Cask.

Taverns cater to the middle and lower classes. The upper classes have their own supplies of alcohol—usually wine—and if they want to get together with company they just invite someone over. The exception is if the nobility (or their hires) want to trade information. Because of their public nature, raucous crowds, and easy anonymity, taverns are a favorite place for informants to meet each other. Only dark alleyways are more popular (probably because your informant can't insist you pay for the drinks).

A typical tavern contains a serving counter that the tavern-keeper works behind; a back room where the drinks are stored; and lots of tables, chairs, and stools for patrons. If the tavern also

serves food, the (small) kitchen is usually located next to the storeroom, if the two aren't the same.

Inns differ only slightly from taverns, and in some places—especially small towns—the two are indistinguishable. The major difference is that an inn has rooms to let for the night, while a tavern doesn't. Inn food is usually (though not always) better than tavern food, and the same goes for the drinks even though the selection is usually smaller.

Whereas taverns spring up wherever there are lots of people—most towns have at least one, and cities can have dozens—inns appear where there are travelers. Most inns sit along major roads, which is why walking off the beaten path involves a lot of sleeping under the stars or—if you're lucky—in some peasant's barn.

Inns are usually named after either local rulers (especially monarchs) or wild animals. Some typical inn names include the Silver Queen, the Boar, the Sleeping Dragon, the Jolly King, and the Brown Bear..

Most inns consist of a large common room built around a central hearth. The kitchen sits next to the common room, while the sleeping quarters are either down a hallway or upstairs. Most inns also have some sort of stable to take care of steeds. The number of rooms in an inn varies greatly; humble country inns may have no more than a single room or even just the common room, while an opulent inn in a large city could host dozens of separate—and finely furnished—quarters.



adventure hook

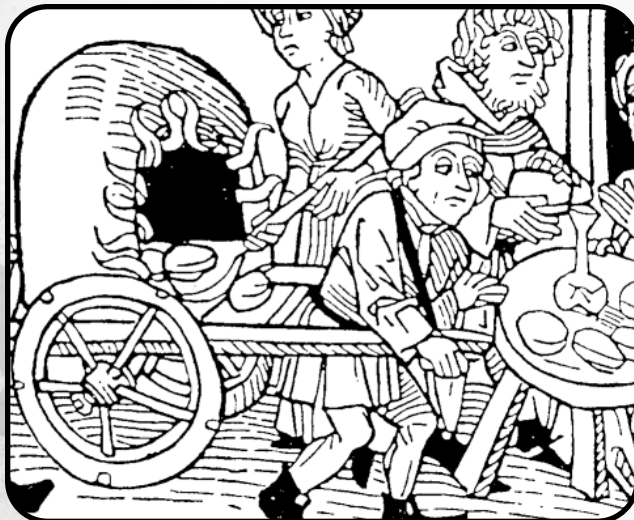
You're kidding, right? Does the world really need another adventure hook involving an inn? Oh, very well . . .

There are eight inns in the city, and in the past week five of them disappeared. Not burned down, not driven out of business, just . . . vanished. The buildings to either side now stand next to each other, with hardly walking distance between them. It's like the land holding the inns just disappeared, taking everything—and everyone—inside. Two of the remaining inns have closed down, and the third is about to. The question is, why is this happening, and how can it be stopped? To get the party further involved, one of the disappearances could take someone important to the party, or maybe some gear they were stashing at the inn.

Other Eating Establishments

The world is more than just taverns and inns, of course. Other establishments exist, and some are far more important to the locals. But since adventure hooks rarely appear in them, adventurers usually just pass them by.

Bakeries exist mostly in towns and cities where many people don't bake their own bread. Common bakeries focus solely on bread, with perhaps a few simple variations, while upscale ones branch out into pastries and other fancy treats. Since bread is such a basic necessity, bakeries are severely regulated in order to prevent any sort of cheating, overcharging, or misconduct. This is why many bakers give 13 loaves as a "dozen," so that there is no chance of being accused of shorting the customer.



Confectioners cater to the rich. Holidays and feast days are exceptions, since many people save to buy special treats, especially for children. (Kind-hearted confectioners often lower their prices, too.) While confectioners must be able to make flavorful creations—caramels, candied fruits, etc.—they must also be artisans. Nobles judge confections not just on flavor but on presentation, so confectioners shape them into all sorts of fanciful shapes and colors. With a bit of magic at their disposal, confectioners get truly creative, crafting moving soldier-shaped toffee, caramel castles, and candy dragons.

Street vendors are staples of large cities. They can—and will—sell just about anything. Bread and meats (especially meat pies) are common, but vendors also hawk nuts, pastries, occasional confections, and even odd combinations like sausages in buns. Many street vendors have the reputation of cheating their customers by using bad ingredients, like cutting the flour with sawdust or throwing rat into the ground meat. Eat at your own risk.

adventure hook

Bakers often let out their ovens for public use, usually for a small fee. Lately, many customers have been complaining that the town baker, a half-elf named Jeddra, has been pinching their dough and selling it as his own. A little investigation, however, shows he has far more sinister plans. Instead of selling the dough, he's using the sympathetic link between the it and the finished product to cast mind-altering enchantments on anyone who eats the bread. To make things worse, he just managed to subvert a high-level sorceress and plans on using her to wreak some long-festering revenge on the town.

Tea shops are a catch-all type of small shop specializing in some type of drink, with a small selection of food to accompany it. Tea is the most common, but warmer climes have similar shops for coffee and even fruit juice. Regardless of the drink, these shops cater to the rich and nobility; in some respects they fill the role of taverns for the upper class. Noblewomen, especially, are fond of visiting such shops to chat, swap gossip, and size each other up. Sometimes these benign little shops can become the stage for such subtle—and dangerous—maneuvering that it would make a royal court pale in shame.

Other specialty shops do exist, but are very rare. If you travel far enough you're bound to run into shops somewhere specializing in mulled drinks, pastries, pickled vegetables, various unsavory animal parts, and the like, but they are really too rare to mention individually. Suffice it to say that a specialty

shop can only exist where there is a clientele rich enough to pay for it.

Poisons

Poisons are tools of the upper classes, much like assassins. (The two often come as a package deal.) Peasants simply punch an enemy in the face, skewer them on a pitchfork, or otherwise inflict as much blunt, physical harm as possible. The upper classes consider this barbaric, messy, and impolitic; they prefer to remove their enemies quietly and in such a way that it doesn't point any fingers back at them. Poison is especially rampant in large, rich empires where open violence among the upper classes is rare.

While poisons aren't actually food, ingested poisons are among the most common because they're difficult to detect. Other poisons leave needle pricks, knife wounds, or at least a nasty rash; food is almost invisible in comparison. Nobles often employ—or coerce—people into being food-tasters, but these are only effective against fast-acting poisons. Poisons that take several hours, days, or weeks to take full effect slip by unnoticed. Detect poison is a little more accurate, but some poisons can still slip by. Heavy metals, for instance, usually don't register because they take so long to act.

Most poisons can be bought from apothecaries, who usually set up shop in large cities. Their poisons are supposed to be for pest control and medicinal purposes (when used in extremely small doses), but everyone knows they often go to more sinister ends. Most apothecaries either deny this or simply don't care. They might simply be jaded; apothecaries tend to have shorter lives than their fellows, mostly as a result of chronic exposure to poisons.

There are surprisingly many books on the art of poisoning. They usually aren't available to the public, but dig through enough private libraries and you'll find information on all sorts of interesting poisons, how to kill people with them, and how to cure them in case your arch nemesis read the same book. Some areas even have schools that teach the secrets of mixing and delivering poisons. Not surprisingly, these schools are usually funded—and heavily patronized—by the local assassins' guild.

The most common poisons are nonmagical simply because they're the easiest to find.

Aconite Cost: 200gp

Type poison, ingested; **Save** Fortitude DC 12

Onset 10 minutes; **Frequency** 1/min. for 6 min.

Effect 1d2 Dex plus 1d2 Con; **Cure** 1 save

Aconite comes from a few species of flowers. It kills the victim within a few hours by paralyzing their lungs (among other things), making it look like they suffocated. Victims remain conscious while they die.

Arsenic Cost: 120gp

Type poison, ingested; **Save** Fortitude DC 13

Onset 10 minutes; **Frequency** 1/min. for 4 min.

Effect 1d2 Con; **Cure** 1 save

Arsenic is the poison of choice. Properly prepared, it dissolves in drinks to be colorless, odorless, and tasteless. A victim of arsenic poisoning usually feels only lightheaded at first, but gradually their entire digestive track goes into convulsions while the unfortunate soul becomes delirious and, eventually, dead.

Nonmagical Poisons							
Name	Type	Fort DC	Onset	Frequency	Effect	Cure	Cost
Aconite	Ingested	12	10 min	1/min for 6 min	1d2 Dex + 1d2 Con	1 save	200 GP
Arsenic*	Ingested	13	10 min	1/min for 4 minutes	1d2 Con	1 save	120 GP
Cyanide	Ingested	14	1 min	1/min for 6 minutes	1d3 Con	2 saves	450 GP
Hemlock	Ingested	13	10 min	1/min for 6 min	1d2 Dex	1 save	100 GP
Metals	Ingested	1**	1 day	1/day for 7 days	1 Wis + 1 Con	5 saves	50 GP
Opium	Ingested	12	10 min	1/min for 6 min	1d2 Wis + 1d2 Con	1 save	200 GP
Strychnine	Ingested	17	10 min	1/min for 6 min	1d3 Dex + 1d3 Con	2 saves	900 GP

*Stats taken from the Pathfinder RPG System Resource Document

**The save DC of ingested metals increases by 1 for every additional dose consumed within the past six months, to a maximum of 18.

Cyanide **Cost: 450gp**

Type poison, ingested; **Save** Fortitude DC 14

Onset 1 minute; **Frequency** 1/min. for 6 min.

Effect 1d3 Con; **Cure** 2 saves

Cyanide is not as subtle as arsenic, but it's almost as popular. Victims quickly start hyperventilating, then fall into seizures and a coma, then die. Cyanide can be distilled from several natural sources, including peach pits.

Hemlock **Cost: 100gp**

Type poison, ingested; **Save** Fortitude DC 13

Onset 10 minutes; **Frequency** 1/min. for 6 min.

Effect 1d2 Dex; **Cure** 1 save

Hemlock comes from the poison hemlock plant. Like aconite, it works by quick paralysis and kills by stopping the victim's lungs from working.

Metals **Cost: 50gp**

Type poison, ingested; **Save** Fortitude DC 1**

Onset 1 day; **Frequency** 1/day for 7 days

Effect 1 Wis plus 1 Con; **Cure** 5 saves

Metals such as gold, silver, mercury, lead, and copper can be poisonous, but they only work over long periods of time. This limits their utility if you want to remove someone quickly, but since they take so long to work they are very hard to detect. (Detect poison and similar effects don't register a single dose of metals as poisonous, nor do they register a person as being poisoned if they've consumed only a single dose each day.) Each metal has different symptoms associated with it.

Opium **Cost: 200gp**

Type poison, ingested; **Save** Fortitude DC 12

Onset 10 minutes; **Frequency** 1/min. for 6 min.

Effect 1d2 Wis plus 1d2 Con; **Cure** 1 save

Opium is usually a painkiller or recreational drug, but it can be poisonous in large doses. It's too expensive for this to happen much, though. Victims of opium poisoning die relatively peacefully, falling into a deep, catatonic sleep until their breathing simply stops. One clue to opium poisoning is that the victim's pupils contract to points.

Strychnine **Cost: 900gp**

Type poison, ingested; **Save** Fortitude DC 17

Onset 10 minutes; **Frequency** 1/min. for 6 min.

Effect 1d3 Dex plus 1d3 Con; **Cure** 2 saves

Strychnine is a plant extract that is used (in small quantities) to treat some diseases. In large quantities it takes care of unwanted pests like as rats and rival noblemen. Strychnine is an especially cruel poison in that the victim remains conscious while excruciating

convulsions wrack their body for several hours before finally killing them.

adventure hook

An exiled erinyes has possessed the mayor of a small town. In order to return home, it poisons the town well such that anyone who drinks of it slowly dies of what looks like mercury poisoning. In reality, their bodies are being slowly transmuted into mercury, which the erinyes harvests and stores to make a massive pool to gate home. All the townsfolk know is that people are dying of a strange disease, and their graves are dug up shortly thereafter, so they suspect undead. The party will need to act quickly; once the erinyes makes it home, he plans to return. With friends.

Food and Magic

Magic hasn't received much treatment so far, but in a world where swords cut through stone and demented mages routinely raise armies of undead, you can bet someone has figured out how to apply the arcane arts to the culinary ones.

Yet even though magic is common, magic is not commonly used with cooking. Most people, especially the poor, just don't have access to magic, and those that do don't waste their precious spells on something as mundane as food. Rich folks, on the other hand, see using magic as cheating. The chef's guilds have a lot to do with this. Their members spend years honing and perfecting their skills, so having some upstart sorcerer come along and prestidigitate your day-old steak into filet mignon is just plain annoying.

Magic does have a place with food, though. Preservation is the most common, and many nobles have enchanted storerooms to keep a constant temperature and humidity for their favorite wine or cheese. Magic can also be used for cooking, such as with magnificent pots (chapter 3) or magical ovens.

By far, however, magic gets its most culinary use by far in decoration. Spectacle is really a better word. Cakes that sparkle when cut, dragon-shaped confections that breathe fire, and butterfly-shaped pastries that actually fly . . . needless to say, these effects are absurdly expensive. But since nobility has never minded absurdity, especially when showing off, skilled mage-chefs are always in high demand.

On the other hand, there's no rule saying that your campaign has to be like this. Maybe prestidigitation makes the spice trade obsolete, golems bake most of the bread, and a chef without a level in sorcerer or wizard is practically unemployable. Let magic affect food as much or as

little as you want, and remember that because food is universal, any use of magic on food will probably be nearly universal, too. Just don't complain when your players blow up the orc stronghold with only a bag of wheat, a match, and Mordenkainen's instant flour grinder.

adventure hook

The centerpiece of Prince Haelforn's wedding feast was supposed to be "the biggest, most elaborate, lifelike meat-pie dragon even seen." In retrospect, this was not the wisest idea. The pies were, of course, made of dragonmeat, and the magic reacted . . . poorly. Now the king's feasting hall is in ruins, Haelforn's bride is carried away, and an undead meat-pie dragon is raiding local farms for flour, eggs, and milk. Prince Haelforn is combing the mountains, but he's also posted an astronomical reward for anyone who can bring down the pastry-dragon. Preferably before it bakes the princess into a gigantic meat pie.

Foods by Region

Not all foods are available everywhere. Only rich nobles can afford to import goods from afar; most people make do with what's grows nearby and happens to be in season. A quick way to add flavor to an area is to change what foods are available. Inns that serve lamb and yogurt imply a very different society from ones with rice and tofu. For convenience, we've provided the following chart to help pick foods that are usually found together.

If you're building a unique society, feel free to mix-and-match foods from the different regions. All you really need is a staple grain, a source of protein (usually meat), and a few common fruits or vegetables. The rest is up to your imagination.



Region	Common Foods
Medieval (<i>standard</i>)	<p>Grains: Barley, oats, wheat</p> <p>Meats: Cattle, chickens, goats, pigs</p> <p>Fruits: Apples, grapes, peaches, pears</p> <p>Vegetables: Cabbages, carrots, radishes, turnips</p> <p>Common Seasonings: Basil, mustard, oregano, sage, vinegar</p> <p>Other: Cheese, wine, ale</p>
Arid	<p>Grains: Wheat, durum wheat</p> <p>Meats: Camels (rarely eaten), cattle, chicken, lamb</p> <p>Fruits: Dates, figs, olives, oranges, pomegranates</p> <p>Vegetables: Cucumbers, eggplant, okra, onions, zucchini,</p> <p>Common Seasonings: Cinnamon, cumin, garlic, mint, sesame, thyme</p> <p>Other: Almonds, coffee, garbanzo beans, lentils, pistachios, yogurt</p>
Oriental	<p>Grains: Millet, rice, wheat (especially as noodles)</p> <p>Meats: Chicken, pigs, seafood</p> <p>Fruits: Kiwifruit, rhubarb (technically a vegetable, but treated as a fruit)</p> <p>Vegetables: Seaweed, soybeans, pickled vegetables of all varieties</p> <p>Common Seasonings: Black mustard, curry, ginger, mushrooms, turmeric</p> <p>Other: Sake (rice wine), tofu (curdled soy), tea</p>
Oceanic	<p>Grains: Taro (not a grain, but fills the role)</p> <p>Meats: Fish, pigs, shellfish and other seafoods, wild fowl</p> <p>Fruits: Banana, breadfruit, coconut, papaya</p> <p>Vegetables: Sweet potato</p> <p>Common Seasonings: Coarse sea salt</p> <p>Other: Sugarcane</p>
Terra Nova	<p>Grains: Amaranth, maize (corn), quinoa</p> <p>Meats: Alpaca, cuy (guinea pig), llama</p> <p>Fruits: Blueberry, cranberry, prickly pear (in arid regions)</p> <p>Vegetables: Beans, potatoes, pumpkins, squash, tomatoes</p> <p>Common Seasonings: Hot peppers (many varieties), vanilla</p> <p>Other: Cacao (chocolate), maple (in cooler climates)</p>

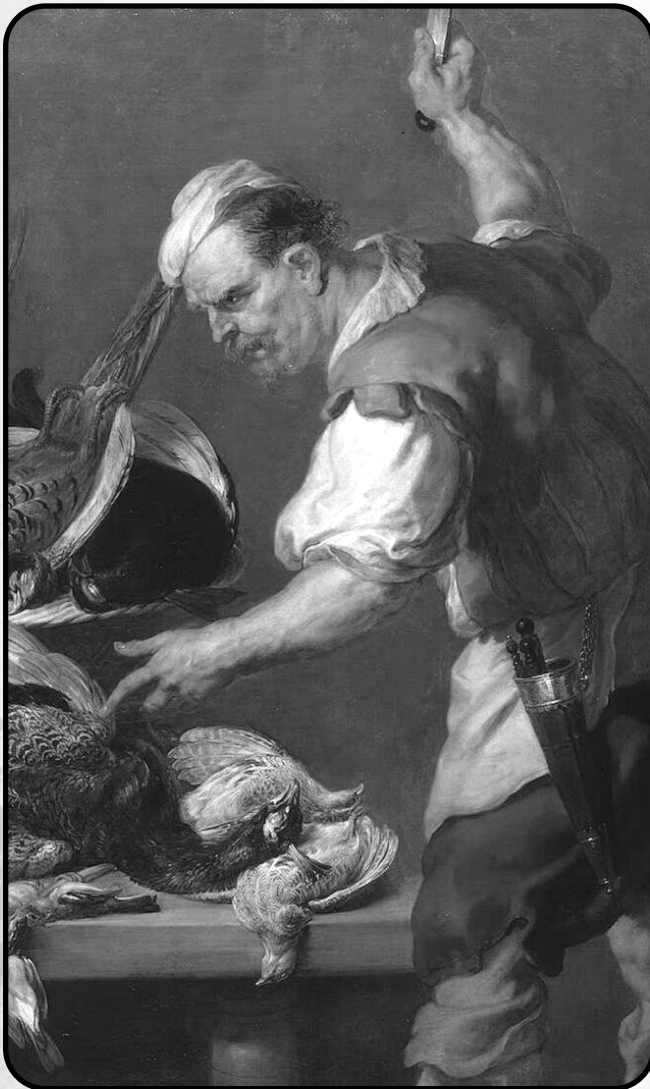
CHAPTER 3: A LA CARTE

mechanical treats to spice up your game

Adventuring . . . with chefs?

Why in the abyss would a chef go adventuring? Kitchens aren't exactly mobile, and skewering trolls and dragons hardly seems like a something a culinary master would enjoy.

For the most part, that's right. Most chefs never go adventuring. Some of them hardly set foot outside the manor of their noble employer. On the flip side, most adventurers don't care two copper pieces about how their rations are seasoned or if the stew has simmered enough to make the meat perfectly tender. And—let's face it—raiding tombs to find the legendary *Cookbook of Thak'rhazod, Pastry Chef of the Gods*, just seems silly.



Chefs—and cooking in general—seem to go with adventuring like oil and water. In reality, however, they go together like oil and vinegar: at first they don't seem to mix, but a little effort gets you an extremely enjoyable result.

For the adventurer, cooking is mostly a matter of flavor (pardon the pun). It's what you do in your down time, what items you shop for in town, and how you react to the colorless sludge the innkeeper just handed you. This chapter, however, exists to give some mechanical bite to that flavor. Since professional chefs rarely make good adventurers, the material here should be used sparingly. That's not to say you can't make a character wholly focused around cooking; it just means that, unless your DM's running Adamantine Chef: Golarion you're not going to be as useful as other, more diversified party members.

So browse the selection, pick and choose what looks best, and savor the results.

a note on skills

There may be some confusion about where craft (cooking) ends and profession (chef) begins. The two skills are very similar, and do often overlap, but they serve distinct roles.

Craft (cooking) covers making food taste good. All that matters is the flavor; appearance, atmosphere, and the like are negligible. Craft (cooking) is a common skill, and people with ranks in it can be found in unexpected places. Peasant housewives, for example, tend to excel at it.

Profession (chef) covers a little actual cooking but focuses on presentation. Whereas a cook concerns himself with making food edible and, hopefully, enjoyable, a chef works with the entire dining experience: atmosphere, presentation, originality, and—yes—flavor. Most chefs also have ranks in craft (cooking), but as some critics have pointed out, many a chef has become famous despite—or sometimes because of—their minuscule portions of nearly tasteless food.

adamantine chef

"You haven't lived until you have tasted the piquant, simmering savor of hellhound liver pâté. Of course, you haven't died trying to acquire it, either."

—Elborus Makk, adamantine chef

Most chefs stay as far away from adventuring as possible. They prefer to stay at home, comfortable in their kitchens and growing fat off the fruits of their genius.

There are, however, exceptions.

The adamantine chefs are an elite (and questionably sane) group of culinary artists for whom the mundane is simply passé. Whereas other chefs place orders or make do with what is on hand, adamantine chefs actively seek out the most exotic and unusual ingredients. Getting these ingredients into an edible form is an art in itself, but one that—according to them—is well worth the effort. Many have called the adamantine chefs the rangers of the culinary world; many more have simply called them crazy.

Hit Die: d10

Requirements

To qualify to become a adamantine chef, a character must fulfill all the following criteria.

Skills: Profession(chef) 8 ranks

Feats: Culinary Genius, Master Chef

Class Skills

Acrobatics (Dex), Climb (Str), Craft (Int), Diplomacy (Cha), Intimidate (Cha), Knowledge (geography) (Int), Knowledge (local) (Int), Knowledge (nature) (Int), Perception (Wis), Profession (Wis), Survival (Wis)

Skill ranks at each level: 4 + Int modifier

Class Features

All of the following are features of the adamantine chef prestige class

Weapons and Armor

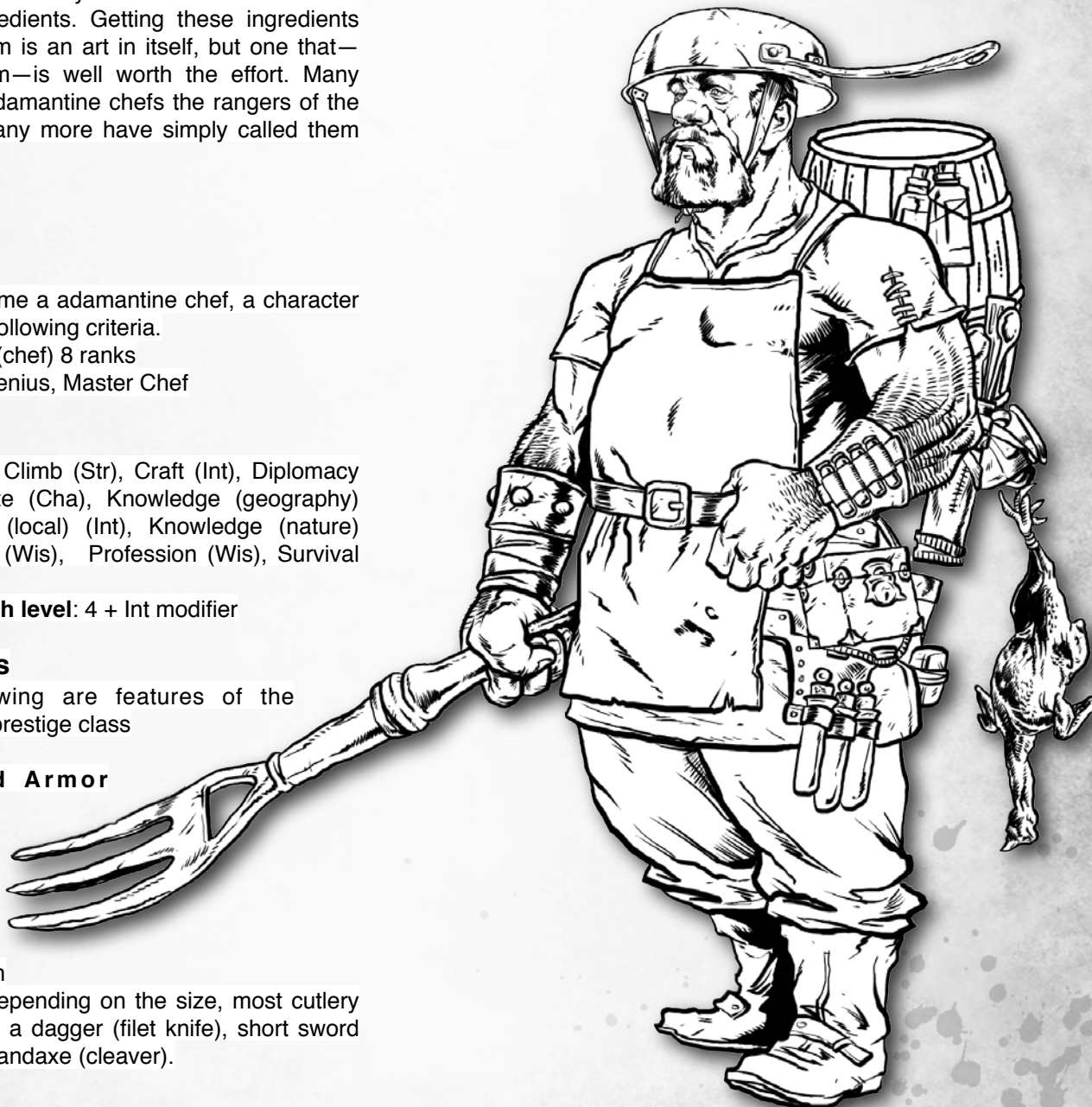
Proficiency

An adamantine chef is proficient with cutlery, that is, knives normally meant to be used in preparing food. Depending on the size, most cutlery can be treated as a dagger (filet knife), short sword (chef's knife), or handaxe (cleaver).

Favored Ingredient (Ex): Each chef has some ingredient that he favors, but for adamantine chefs these ingredients tend to be a bit more . . . exotic than normal. This ability functions exactly like a ranger's favored enemy, including increasing any bonuses to favored enemies granted by other classes.

It is generally considered bad taste to choose a humanoid as a favored ingredient unless you have an Evil alignment.

Expert Filet (Ex): The hallmark of an adamantine chef is the ability to take unusual ingredients and turn them into edible—if not downright delicious—meals. Starting at 2nd level, an adamantine chef may "filet" a



The Adamantine Chef

Level	BAB	Fort	Ref	Will	Special
1	+1	+1	+1	+0	Favored ingredient
2	+2	+1	+1	+1	Expert Filet
3	+3	+2	+2	+1	—
4	+4	+2	+2	+1	Superior Filet
5	+5	+3	+3	+2	Work under pressure

freshly killed monster and extract the most delectable and exotic foodstuffs from it. (For example, hellhound liver, basilisk eggs, or shocker lizard electric glands.)

To filet a monster, the chef makes a profession (chef) check; he harvests ingredients worth a number of silver pieces equal to the check's result times the monster's challenge rating. For example, a profession (chef) check result of 22 on a CR 5 dire wolf nets the adamantine chef ingredients worth 110 SP. Since these are more akin to trade goods, they can be sold for their full value.

Superior Filet (Ex): Starting at 4th level, the adamantine chef's ability to extract the most exquisite ingredients from slain monsters rises to a whole new level. This ability functions like expert filet, except that the value of the ingredients is in gold pieces instead of silver. Some people think that this evolution is less in the ability of the adamantine chef to extract better cuts of flesh than in his ability to convince others of how much they're worth.

Work under Pressure (Ex): At 5th level, the Adamantine chef learns to channel all his focus and attention into a brief few moments, enabling him to do more than is normally possible in a brief period of time. Once per encounter, the admantine chef can perform two standard actions in a turn instead of a standard action and a move action. This leaves him fatigued for the rest of the encounter (-2 penalty to Strength, -2 penalty to Dexterity, can't charge or run), so it is best used sparingly.

synergistic chef

"Have some of this. You'll feel better in no time."

— **Barri Der**, synergistic chef

Cooking is more than simply throwing ingredients into a pot. A true chef knows that some ingredients complement each other, and a few combinations are truly divine.

A synergistic chef has progressed further still; she knows the ingredients and combinations that can produce truly miraculous results, from fighting off poison and disease to healing wounds in record time.

Hit Die: d8

Requirements

Skills: Craft (cooking) 8 ranks

Class Skills

Craft (Int), Heal (Wis), Knowledge (nature) (Int), Profession (Wis), Perception (Wis)

Skill ranks at each level: 2+ Int modifier

Class Features

All of the following are features of the synergistic chef prestige class

Weapons and Armor Proficiency

A synergistic chef gains no special proficiency with any weapons or armor.

Synergistic Preparation: A synergistic chef knows how to take ordinary ingredients and turn them into extraordinary meals. These meals—called preparations—each take at least one hour to prepare and require access to basic ingredients and cookware.

Preparations only work on creatures with metabolisms, so undead, constructs, elementals, and

The Synergistic Chef

Level	BAB	Fort	Ref	Will	Special
1	+0	+1	+0	+1	Synergistic Preparation; Recovery Broth
2	+1	+1	+1	+1	Strengthening Broth
3	+2	+2	+1	+2	Healing Meal

the like are unaffected. A typical preparation is enough for four medium-sized creatures.

A synergistic chef can make a number of preparations per day equal to her levels of synergistic chef.

Recovery Broth (Ex): Beginning at 1st level, a synergistic chef can prepare foods that boost recovery from poisons and diseases. The chef makes a craft (cooking) check, DC equal to 10 + the poison or disease's save DC. (If the chef knows the identity of the poison or disease, she gets a +4 bonus to this roll.) If successful, anyone who eats the preparation recovers from the negative effects of the poison or disease at twice the normal rate. This effect fades after 24 hours. Traditionally, synergistic chefs use flavorful, broth-based soups for these preparations, but other foods also work.

Strengthening Broth (Ex): Beginning at 2nd level, a synergistic chef can prepare meals that actively help a victim's body fight off disease. This can be done two different ways, and depends on if the chef wants to counter a specific disease, or just diseases in general. In either case, the benefit lasts for 12 hours.

For specific diseases, the chef makes a craft (cooking) check, DC equal to 10 + the poison or disease's save DC. If successful, any creature that eats the preparation gains a +6 bonus on Fortitude saves against that poison or disease. (If the creature has already been exposed, this applies to their next save against it.)

For general protection, the chef must make a DC 20 craft (cooking) check while making the preparation. If successful, anyone who ingests the preparation gains a +2 bonus to Fortitude saves against any diseases and poisons.

Healing Meal (Ex): Beginning at 3rd, level, a synergistic chef can prepare a meal so potent it actually boosts the body's natural healing power. The chef makes a craft (cooking) check, DC 15. If successful, the total preparation can heal a number

of hit points equal to the check result times the chef's Wisdom modifier. (If the chef's Wisdom modifier is 0 or less, it heals hit points equal to the check result) These hit points are divided among however many creatures eat the preparation, and creatures that eat larger portions receive a bigger proportion of healing.

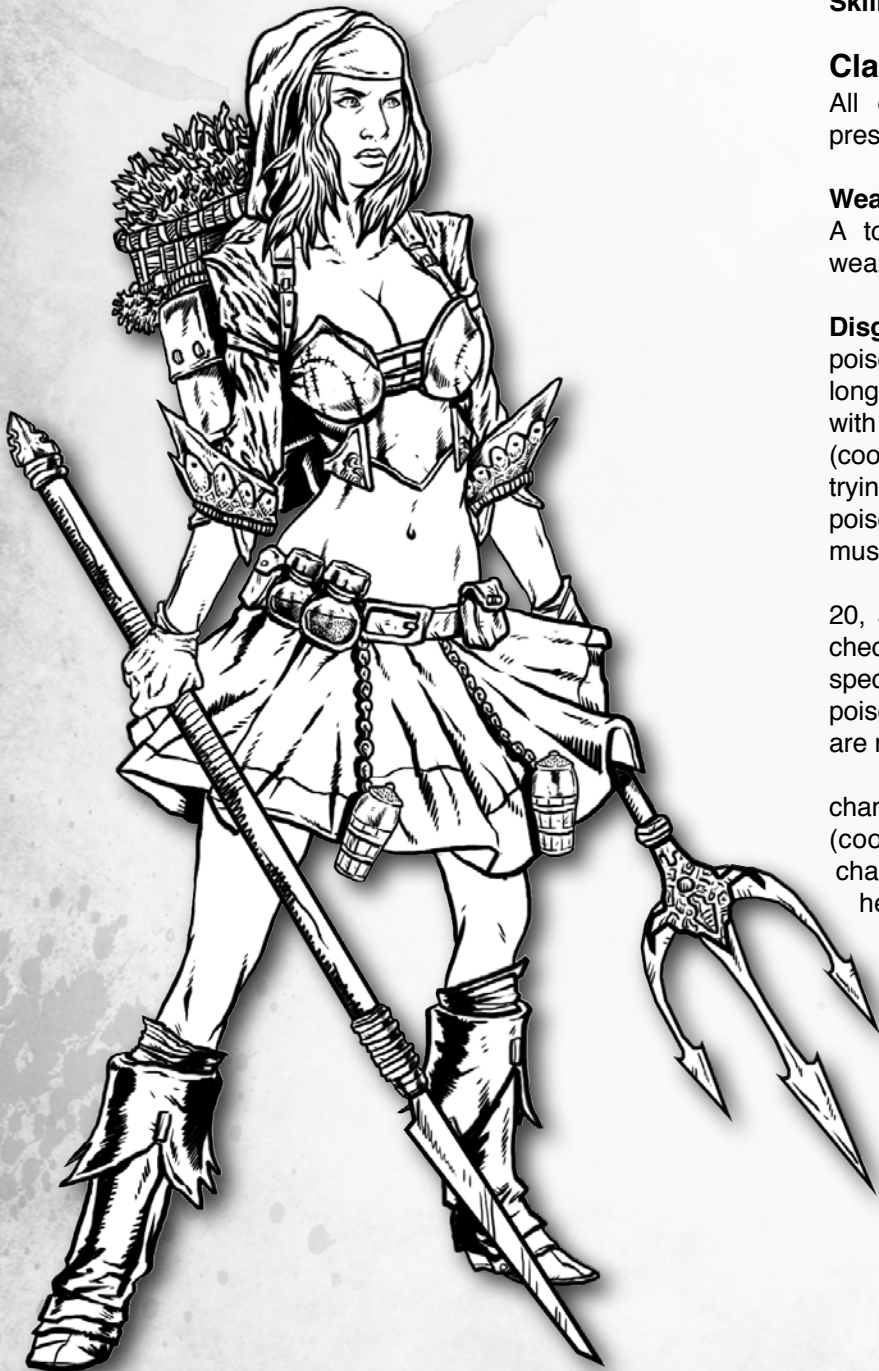


toxicant

"Please, you must try the soup. It's to die for."

— **Andare Fellcloak**, toxicant

Poisons are as old as civilization itself, yet few people use them with any amount of subtlety or grace. Most assassins, for example, just slip a little vial into the wine and hope for the best. Toxicants, on the other hand, are the true masters of the craft. They know that the most effective poison is the one you cannot taste at all. With the right spices and techniques, even the most pungent poison can be rendered undetectable to all but the most trained palate—usually, another toxicant.



Most toxicants work as hired assassins, but some have been known to go adventuring. Not surprisingly, their companions rarely let them do the cooking.

Hit Die: d8

Requirements

Skills: Craft(cooking) 8 ranks, Heal 4 ranks

Class Skills

Bluff (Cha), Craft(Int), Diplomacy (Cha), Disguise (Cha), Heal (Wis), Knowledge (History) (Int), Knowledge(Nobility) (Int), Profession (Wis), Search (Int), Sense Motive (Wis), Sleight of Hand (Dex), Spot (Wis)

Skill ranks at each level: 4 + Int modifier

Class Features

All of the following are features of the toxicant prestige class

Weapons and Armor Proficiency

A toxicant gains no special proficiency with any weapons or armor.

Disguise the Savor (Ex): A toxicant can disguise poisons using just the proper cooking techniques. As long as the toxicant has at least one hour to work with the food to be poisoned, she can make a craft (cooking) check, DC 20. If she succeeds, anyone trying to detect the poison (such as with detect poison or another toxicant's discerning palate ability) must make a DC 15 Wisdom check to detect it.

For every 3 that the toxicant's result exceeds 20, add +1 to the difficulty of the opposed Wisdom check, along with any other checks to determine the specific nature of the poison. These only apply to the poison when it's in the food; once ingested, the rolls are normal.

Example: Andare has put strychnine into the chancellor's stuffed partridge. She makes a craft (cooking) roll, with a result of 33. When the chancellor's mage uses detect poison on the food, he must make a DC 19 Wisdom check to notice the poison is there, and a DC 24 Wisdom check to know it's strychnine. (The normal DC is 20. See the spell detect poison.)

Discerning Palate (Ex): A toxicant's familiarity with ingested poisons lets her detect them when others wouldn't even notice. Any time a toxicant eats poisoned food or drink, she automatically gets to make a Wisdom roll (DC 15) to realize it is poisoned.

The Toxicant

Level	BAB	Fort	Ref	Will	Special
1	+0	+1	+0	+0	Disguise the Savor; Discerning Palate
2	+1	+1	+1	+1	Select immunity
3	+2	+2	+1	+1	Toxic Technique

Select immunity (Ex): Only fools work with poisons without building immunity to them. At 2nd level, the toxicant gains immunity to a number of ingested poisons equal to her natural Con modifier (as opposed to whatever it happens to be at the moment due to spells, belts of mighty constitution, etc). If her natural Con modifier is 0 or less, she gains immunity to 1 ingested poison. Once chosen, these immunities are permanent, even if the toxicant's Con bonus later changes.

Toxic Technique (Ex): With the right techniques, even normally nutritious food can be turned into a deadly poison. Starting at 3rd level, the toxicant can cook a meal that duplicates the properties of an ingested poison. The toxicant must succeed on a craft(cooking) check, DC 15 + the poison's save DC. This takes at least an hour of careful preparation and uses up raw ingredients worth half the price of the actual poison. (This price scales with volume, so if the toxicant cooks enough to poison four people, it costs as much as 2 doses of the actual poison.)

Food treated with a toxic technique is just as deadly as if the actual poison had been used. Since this process usually mutilates the food's flavor, toxicants usually disguise the savor of the resulting product as well.

feats

ACQUIRED RESISTANCE

Prerequisites: You must have succeeded on a saving throw against the same poison 3 times.

Benefit: Choose any one poison for which you mean this feat's prerequisites. You gain a +6 bonus to all future saving throws against that poison.

Special: You may take this feat multiple times, each time selecting a different poison..

CULINARY CRITIC

Prerequisites: Wisdom 12

Benefit: You can convince a chef that his food is horrible, thus getting you a discount. Roll either Intimidate or Profession(food critic) versus the chef's Craft (cooking) or Profession (chef) skill (whichever is higher). If you succeed, you get a percent discount equal to the difference in the results, up to 20%.

Example: Minas decides that the inn she's staying at is abysmal, and so openly criticizes the innkeeper's food. She rolls 21 on Intimidate versus the innkeeper's 16 on Craft (cooking), thus netting her a 5% discount.

If the chef beats your check by more than 10, you stand a good chance of being thrown out. The DM is the ultimate arbiter of whether or not this happens.

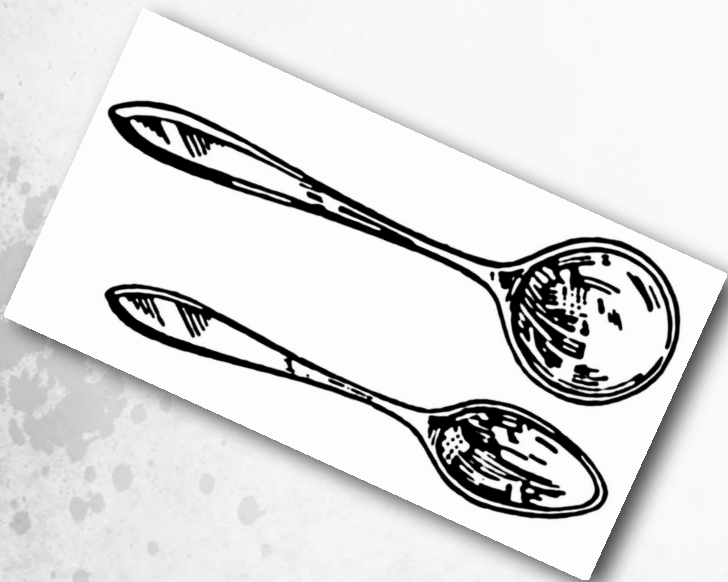
CULINARY GENIUS

Benefit: You get a +2 bonus on all craft (cooking) and profession (chef) checks. If you have 10 or more ranks in one of these skills, the bonus increases to +4 for that skill.

MASTER CHEF

Prerequisite: Culinary Genius, 5 ranks in Profession (chef)

Benefit: You can make daily profession (chef) checks and earn half the result in gold pieces. To gain the benefit of this feat, you must have access to a restaurant-level kitchen (minimum 500 GP investment) and be in a location where the population



can actually afford this (e.g., a large town, medium city, or royal retreat).

Normal: Each Profession check normally represents one week of work.

magic items

Cooking doesn't traditionally use magic or magic items, and many chefs shun them as "cheap imitations." Many is not all, of course, so several useful magical inventions have appeared over the years.

Bottomless Bottle

Aura Moderate Conjunction; **CL** 7th

Slot None ; **Price** 6,500 GP; **Weight** 1 lb.

This clear glass bottle appears to be full of wine, but no matter how much is poured out it never empties. Most people thus consider it far superior to its cousin, the *decanter of endless water*. Speaking a command word when uncorking the bottle determines whether the wine is red or white, but the quality is always average. Quality, however, is sometimes less important than quantity.

Requirements: *Craft Wondrous Item, Create Food and Water*

Chest of Cooling

Aura Faint Conjunction; **CL** 1st

Slot None ; **Price** 500 GP; **Weight** 25 lb.

This small wooden chest comes in a variety of sizes and shapes, most of which easily fit on the back of a horse. Physically, the chest is just a chest, but an enchantment keeps anything inside cold to preserve its freshness. Most chests come with a small lever on the inside that can be adjusted to control the exact temperature. The culinary elite consider chests of cooling blasphemous because they encourage using

older ingredients. Everyone else just says that older ingredients are better than rotten ones.

Requirements: *Craft Wondrous Item, endure elements*

Expeditious Pot

Aura Moderate Conjunction; **CL** 5th

Slot None ; **Price** 4,000 GP; **Weight** 20 lb.

This large, cast-iron pot caters to those without much time, especially busy adventurers-on-the-go. One need only throw in several ingredients, close the lid, and let the pot simmer for ten minutes to prepare a fully cooked meal. An expeditious pot can only make simple dishes like stew and porridge; trying anything more complicated only results in very complicated stew.

Requirements: *Craft Wondrous Item, haste*

Kitchen, Collapsible

Aura Faint Transmutation; **CL** 13th

Slot None ; **Price** 2,000 GP (*wood*), 12,000 GP (*cast iron*), 30,000 GP (*copper*); **Weight** 5 lb. (*collapsed*)

This kitchen is the dream of all traveling chefs. When the command word is spoken, it expands into a fully functional kitchen, complete with cookware, cutlery, and fireplace. (The chef must supply any actual food.) Speaking the command word again collapses the kitchen into a small trunk easily carried in one hand. The collapsible kitchen cannot be collapsed while any small-sized or larger creatures are inside. (Smaller creatures, such as rats, are simply expelled. Many chefs find this to be one of the best features.)

The complexity of the collapsible kitchen depends on its type:

Wood: A wooden collapsible kitchen creates a five-foot-square, open-air kitchen with a rudimentary cookware and space for a single fire. It is sufficient for travel or an extremely low-end eatery, but nothing more.

Cast iron: A cast iron collapsible kitchen creates a medium workspace (ten feet square) with a decent array of cookware, sufficient for an average eatery.

Copper: A copper collapsible kitchen unfolds into a large (thirty feet square) kitchen containing a large oven, several hearths, an array of counters and tables, and essentially any cooking implement a chef could ask for (and several that defy known function). A copper kitchen also includes up to four invisible servants to serve as assistants. This kitchen suffices for feeding nobility, but preparing meals for kings, emperors, and other royalty requires multiple such kitchens working in concert to make an adequate meal.

supply and demand

You may notice that some of these items cost less than what their prerequisites imply. This is simply a matter of supply and demand. If a *chest of cooling* actually costs the same as a *ring of protection +1*, 99.9% of adventurers choose the ring. Makers of magical cookware have learned they need to drop the price to stay competitive. In mechanical terms, since these items provide a less tangible benefit to your character, it's okay for them to cost less. No monster's going to flee in terror from your *magnificent pots*, after all.

Requirements: *Craft Wondrous Item; tiny hut (wood), secure shelter (cast iron), mage's magnificent mansion (copper)*

Packet of All Spices

Aura Faint Conjunction; **CL** 1st
Slot None ; **Price** 400 GP; **Weight** 0 lb.

This small brown packet can contain any known spice, but only one at a time. Once per day, its owner may speak the name of a spice, reach inside, and find enough of it for an average recipe (enough for 4 people). Some people have tried selling the spices, but since they're in such small amounts (worth 1 GP or less), it's not really worth it. Any spice left unused after 24 hours simply disappears.

Requirements: *Craft Wondrous Item, caster must have 2 ranks in the Craft (cooking) skill*

Pots, Magnificent

Aura Faint Conjunction; **CL** 1st
Slot None ; **Price** 1,500 GP; **Weight** 35 lb.

This set of pots and pans makes a chef's job as easy as possible. The chef need only speak a command word and the pot will heat up to 400 degrees (roughly the same as a cookfire). After the meal, another command word makes the pot so slippery that a simple shake removes any remaining food.

Requirements: *Craft Wondrous Item; burning hands, grease*

magical drinks

Magical drinks take many forms. Most just act as potions and should be treated as such. The only real difference is a slight increase in cost, depending on what drink was used as the base.

Some magical drinks, however, are so rare and potent that most people will never even hear of them, let alone find them. Adventurers aren't "most people," however, so these are some magical drinks you may run into on your travels.

Fellharna ale is brewed from the fruit of fellharna scrub, a lesser cousin of kithberry juniper. Anyone who drinks fellharna relives a single memory in perfect detail, as if they were experiencing it a second time. Nobles that have suffered great pain, such as the death of a spouse or child, have lost themselves in fellharna in order to constantly relive better times.

Gardenier ale is a potent brew whose recipe is closely guarded by a small conclave of mountain dwarves. Anyone who drinks it falls into a deep, almost comatose sleep for the next 2d10 days. While asleep, the person's body heals at a remarkable rate, recovering HP four times faster than normal and gaining +4 to all saving throws against disease and poison. Gardenier ale is usually consumed by nobles with grave injuries or chronic illnesses.

Axiomatic mead can only be made from the honey of bees native to a plane of pure Law. Those who drink it gain an intense mental acuity for the next 2d4 hours, allowing them to immediately consider and weigh the consequences of every action they take. Anyone under the mead's influence gains a +5 bonus to attack rolls, damage rolls, saving throws, ability checks, and skill checks. Military generals often drink axiomatic mead right before pivotal battles, while diplomats and kings do the same before vital negotiations. It doesn't prepare them for every possibility, but it turns events heavily to their favor.

Kithberry wine comes from the extremely rare kithberry juniper tree, which can only grow in areas of extremely—and often dangerously—high ambient magic. The berries must be harvested, pressed, and fermented untouched for at least twenty

Magical Drinks		
Name	Cost (one serving)	Effect
Fellharna ale	500 GP	Relive a memory in exact detail
Gardenier ale	1000 GP	Sleep for next 2d10 days, recover HP faster
Axiomatic mead	20,000 GP	See consequences with perfect clarity, +5 to rolls
Kithberry wine	100,000 GP	Youthen by 3d6 years (or equivalent for non-human)
Primal ambrosia	n/a	+2 to all attributes

years under a constant magical field; even a second's jostle ruins the wine. When properly aged, the wine miraculously restores youth to whomever drinks it. Humans regain 3d6 years of their life; other races gain an equivalent amount. (Thus elves, which live roughly ten times longer than humans, regain 3d6 x 10 years.)

Primal ambrosia is so rare that only a handful of people know it actually exists. Some claim it's a relic of an ancient civilization, others that it's the actual drink of the gods themselves. Whatever the case, anyone who drinks it is divinely blessed, gaining a permanent +2 bonus to all six base attributes. Putting a price on something so rare is pointless. Suffice it to say that a single cup of primal ambrosia can easily be sold for half a million gold pieces or more—if the owner is willing to part with it.

spells

Instant Dehydration

Transmutation

Level: Drd 1, Rgr 1, Sor/Wiz 1

Components: V, S

Casting Time: 1 round

Range: Touch

Target: 1 lb of food/level

Duration: instant

Saving Throw: none

Spell Resistance: No

This spell instantly dehydrates any food touched by the caster. The food behaves exactly as if it had been dried normally. Dried foods weigh about a quarter as much as they did beforehand.

Instant Rehydration

Transmutation

Level: Drd 1, Rgr 1, Sor/Wiz 1

Components: V, S, M

Casting Time: 1 round

Range: Touch

Target: 1 lb of food/level

Duration: instant

Saving Throw: none

Spell Resistance: No

This spell instantly rehydrates any food touched by the caster. Food that hasn't been dried is unaffected. Unlike normal rehydration, this spell actually restores the food to its original texture.

Material component: a bowl of water sufficient to rehydrate the food

Preserve Food

Transmutation

Level: Clr 1, Drd 1, Rgr 1

Components: V, S, M

Casting Time: 1 round

Range: Touch

Target: 1 lb. of food/level

Duration: 1 day/level

Saving Throw: none

Spell Resistance: No

This spell keeps food fresh and edible longer. For the duration of the spell, any affected food is immune to natural spoilage.

Vegetables don't wilt, meat doesn't grow maggots, and milk doesn't go bad. Creatures can eat the food normally, so casters should still take precautions against mice, vermin, and hungry traveling companions.

Material component: a pinch of salt

Imbue Foodstuff

Evocation

Level: Clr 7, Sor/Wiz 7

Components: V, S, F

Casting Time: 1 hour

Range: Touch

Target: One item of food

Duration: instant

Saving Throw: None (see text)

Spell Resistance: No

This spell imbues a food item (generally of Tiny size or smaller) with a single spell. The spell must specify a target and be of a spell level no higher than one-third your caster level. Imbuing a spell requires that you cast it, but until the enchanted object is eaten the imbued spell continues counting against your spells per day. This applies even if you cast the imbued spell from a scroll.

The imbued spell triggers as soon as any creature eats even a single bite of the food. The spell targets only the creature that ate it but otherwise acts normally (including saving throws, spell resistance, etc). Once the spell is triggered any remaining part of the food is harmless.

Mages like this spell for its subtlety, since the imbued spell doesn't register as a poison even though it usually acts as one. Apples, particularly, are favorite targets for malicious imbuing. On the other hand, clerics have been known to imbue scraps of bread with *cure* spells as a more subtle alternative to potions.

Focus: the food to be imbued

CHAPTER 4: SAMPLER STEW

menus, venues, and more

A campaign without characters is like plain broth: it just begs for something to spice it up. In this chapter you'll find several sample venues, a fully statted NPC for each one, typical meals for the various social strata, and a spread of sample menus for when your party stops at the local tavern. Many of these sample items have potential plot hooks built into them; use them or ignore them as you see fit.

Sample Menus

"What's on the menu?" is a question rarely asked around the gaming table, unless it's in reference to the night's pizza. Still, the nature of an in-game meal tells a great deal about where you're eating. For your enjoyment, then, here are some sample menus that you may run across in your travels.

"Menu" is used loosely, by the way. The concept of actually handing people a list of what's available to eat is utterly foreign to most society, save a few elite restaurants. It's more common to have the menu painted or even etched into a wall.

peasant's meal

Peasants don't really have menus. Your only choices are eat it or don't.

Bread

Hard-boiled eggs

Stew (ham hock, carrots, onions, garlic)

Cottage cheese (sometimes)

high-end eatery menu

This menu is typical for a high-end eatery that caters to rich merchants and lower nobility. This menu is not written, and it's usually not asked about. Those visiting the eatery trust the chef's judgment and simply expect good food. It's usually brought out over two or three courses, mimicking the style of noble meals. Unlike noble meals, however, each course has only one or two options available.

First course: *Fresh salad (can include any vegetable in season) and roast pork loin*

Second course: *Minced beef pie and almond custard*

Third course: *Fruit tarts and a wedge of Rigmarron cheese*

noble meal at house markhar

Noble meals deserve a little explanation, since they're almost ceremonies unto themselves. The food always comes in courses designed to interact and harmonize with each other. An average meal has three courses that usually include soups, a salad or cooked vegetable, some sort of fruit, a fish or other non-red meat, a large main dish that usually contains red meat, a selection of cheeses, wine, nuts, and some sort of dessert. Cheese, dessert, and sometimes nuts come last; everything else comes whenever the chef thinks best.

The number of dishes in each course depends on how many people are in attendance. "Simple" family gatherings may have only two or three dishes per course, whereas a banquet may have a dozen or more. The following menu is for a moderate banquet, such as for hosting a minor official. Bread and wine are served with every course.

First Course

Roasted beef with mustard sauce

Pastries stuffed with pork, radishes, and mint

Sliced rabbit, roasted, in cinnamon glaze

Salted cod

Carrots in wine glaze

Second Course

Beef broth with onions, bacon, and garlic

Pasta with a cream, cheese, and onion sauce

Whole roasted pig

Miniature pies with apples, turnips, and cloves

Pheasant stuffed with bread and spices, drizzled with orange glaze

Third course

Simmered eel in red sauce

Pears and apples cooked in mulled wine

Spiced almonds

Four types of cheese (eg, Southhavenford, Rundell, extra-sharp Utana, and Yul'garda)

Fresh venison

Noble meals, especially banquets, often include an extremely elaborate main course or dessert. Examples include a pig whose meat has been ground up, seasoned, and then restuffed into the skin and cooked whole; an elaborate confection shaped like the manor of the most important guest; or a platter piled high with fruits and vegetables carved like animals. These dishes always have some sort of

magical enhancement, even if it's just colors shifting over their surface.

Tavern Menus

Taverns usually have menus written or etched on the wall. Parchment costs too much for printing menus to be worthwhile—especially since they'd mostly get used to wipe up spilled drinks and vomit.

The quality of the menu depends on the tavern-keeper. Some don't see the reason for one when half the customers can't read, while others think a fancy menu lends class and atmosphere.

The Swollen Cask

Ale
Wine
Bread
Nuts
Keeper's special

The Laughing Lich

Hearty Fare o' the Earth

Juicy loin of veal
Fire-roasted capon
Hot and cold goose pie

Hearty Fare o' the Sea

Marinated and braised trout
Pan-roasted eel
Fresh cooked mussels in shells

Fine Repasts for the Soul

Quince pie
Stewed apples and pears
Jelly of berries and apples
Mildon cheese in rind

Fine Drinks of All Places

Best Ruthersford Ale
Large tankard of Fernroot ale
House's specialty aged wine
Year's best mulled wine
Distillate of apple
A various assortment of magical spirits

The Bold Adventurer

"Not for faint of heart or tongue."

First Course

Dish of cream-baked spinach and assassin vine
Fried darkmantle with verjuice sauce
Oven-baked stirge with seasonings
Cockatrice fried and breaded with basil

Second Course

Dire boar, roasted on spit
Soup of dire shark and capon
Dish of berries in wine sauce

Third Course

Krenshar stomach stuffed with mint pudding
Ochre jelly sweetened with honey
Warm custard and almonds
Filet of shocker lizard in spirits
Cheeses of many varieties

With all courses a fine bread, butter, and cheese of all varieties.

The Lusty Cleric

"The finest meat and drink in all the land."

Meat

Fresh roast of game
Chicken from a spit
Minced cow with bread
House's speciality of the week

Simple Drinks

Finest wine
Scorchthroat ale
Staffenblowe ale

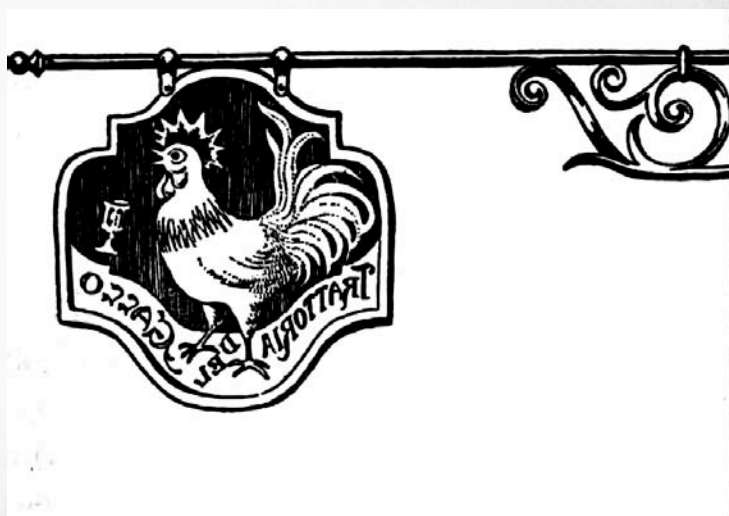
House's Favorite Drinks

Lustful brew and hops
Digger-me-quick
Red-eyed elfroot
Orc slammersfist

Specialty Drinks

Six-feet-under
Old Poxenbolly
Burnboot and Rye
Cleric's sanctuary

You can find visual aids featuring these fine establishments at the end of this book.



Sample Locations and NPCs

the swollen cask

The Swollen Cask is a venerable tavern with nearly two hundred years of history. Its owner, Filanra d'Ishar, keeps a policy of strict neutrality within the tavern. No matter what political plots are going on, no matter what gang fighting or uprisings occur, no matter which assassin tries to kill whom, the Cask is neutral ground. Fighting inside the tavern is prohibited, and customers who look likely to start a fight are quickly and quietly escorted outside by their friends before they get "Mistress d'Ishar" annoyed.

The Cask itself is a simple stone structure, 30 feet by 40, with a sturdy wooden roof. The serving area occupies most of the building, while a cellar holds the stocks of ale and wine.

Most people come to the Cask to drink simple ale, though Filanra keeps a store of fancy wines for those who ask. Bread, cheese, and nuts are usually available if you ask for them.

Filanra d'Ishar, tavern-keeper of the Swollen Cask

Filanra d'Ishar was once an itinerate adventurer, traveling the land, raiding dungeons, and amassing an obscene amount of loot . . . the typical things. But eventually she grew tired of the cold nights and lonely lifestyle, so she retired from adventuring and opened the Swollen Cask. Her goal was to provide a place where adventurers—including herself—could relax without worrying about when the next fight was going to erupt or if a rogue was eyeing your back for a sneak attack.

Filanra is friendly enough to her customers, but she wants a quiet retirement and is not afraid to enforce it. She prefers to use heightened hold person or mass hold person to deal with troublesome customers, but a few . . . "incidents" over the years have made it so that she rarely needs to anymore. Rumors slink about whispering of the curses she's called down on those who break the tavern's neutrality and the disappearances of people who've vandalize the Cask. Filanra has never confirmed the rumors, but she hasn't denied them, either.

Filanra stands 4'8" tall and is so thin any one of her patrons could probably snap her in half. She is an accomplished sorceress, but the rumors about what happens to people who cross her ensure that she only rarely needs to use her talents.

Filanra d'Ishar CR 14

Female Elf sorcerer 14
TN Medium humanoid (elf)
Init +6; **Senses** darkvision 60 ft.; Perception +5

Defense

AC 20, touch 16, flat-footed 18 (bracers of armor +4, ring of protection +4)

hp 72 (14d6 + 28)

Fort +6, **Ref** +6, **Will** +11

Defensive Abilities Immune to magical sleep effects; +2 on saves against enchantments

Offense

Speed 30 ft.

Melee +7/+2 dagger (1d4 19-20/x2)

Ranged +11/+6 light crossbow (1d8+2 19-20/x2, ranged)

Spells

0 (6/day, DC 14): dancing lights, detect magic, detect poison, ghost sound, mage hand, message, open/close, prestidigitation, read magic

1 (7/day, DC 15): charm person*, color spray, magic missile, ray of enfeeblement, shield

2 (7/day, DC 16): darkvision, detect thoughts, fog cloud, hideous laughter, web

3 (7/day, DC 17): deep slumber*, dispel magic, hold person*, tongues

4 (7/day, DC 18): charm monster*, crushing despair*, resilient sphere, shout

5 (6/day, DC 19): baleful polymorph, dominate person*, telekinesis

6 (5/day, DC 20): antimagic field, flesh to stone

7 (3/day, DC 21): mass hold person*

Statistics

Str 8, **Dex** 10, **Con** 14, **Int** 13, **Wis** 17, **Cha** 14

Base Atk +7; **CMB** 6; **CMD** 18

Feats Eschew materials, Heighten Spell, Improved initiative, Quicken Spell, Silent Spell, Still Spell, Spell Focus (Enchantment)

Skills Bluff +18, Concentration +20, Spellcraft +12

Racial Modifiers +2 Diplomacy, +2 Perception +2 bonus to overcome spell resistance

Languages Common, Elven

Possessions bracers of armor +4, ring of protection +4, light crossbow +2, masterwork dagger

* spells marked by * are at +1 DC due to Spell Focus





Chef Iliron	CR 13
Male half-orc expert 12/barbarian 1 LN Medium humanoid (half-orc) Init +0 Darkvision; Counts as an orc for racial-related effects; Can continue acting as if disabled for 1 turn after reaches 0 HP	
Defense	
AC 10, touch 10, flat-footed 10 (+0 armor, +0 Dex) hp 93 (12d8 + 1d12 + 26) Fort +9, Ref +4, Will +12 Defensive Abilities None	
Offense	
Speed 40 ft.	

Melee Cleaver +13/+8 (1d6 + 2 /x2)

Ranged n/a

Special Like Abilities Rage: +4 Str, +4 Con, +2 to Will saves, -2 AC. Lasts 5 turns.

Statistics

Str 14, **Dex** 10, **Con** 12, **Int** 14, **Wis** 16, **Cha** 6

Base Atk +10; **CMB** +12; **CMD** 22

Feats Culinary Genius, Great Fortitude, Improved Great Fortitude, Iron Will, Improved Iron Will, Toughness, Weapon Focus (cutlery)

Skills Craft (cooking) +20, Intimidate +16, Knowledge (Nobility) +10,

Profession (chef) +20, Perception +17

Languages Common, Orc,

Combat Gear masterwork set of cutlery

Other Gear None

kitchens of house markhar

House Markhar is a moderately successful noble family, and its kitchens are typical of nobility in general. The only real differences among nobles is scale: prominent nobles will have kitchens equal to three or four of House Markhar's, while royalty usually has the equivalent of a dozen or more.

House Markhar's kitchen is really two kitchens, divided by whom they serve. The first kitchen is the servants' kitchen, which prepares daily meals for the dozens of household servants. The second is the noble kitchen, which prepares the nobility's meals. The two kitchens partially overlap, but by and large they operate independently. In fact, only Chef Iliron, the master chef, actually works in both kitchens, and even he spends most of his time in the nobles' kitchen. his role in the servants' kitchen is mostly to make sure work continues as it should.

The manor of House Markhar is older, so the kitchens are located in the center of the main floor to heat the rest of the building. They sit next to each other with a large shared oven joining them in the middle. Both have a large hearth set into the wall opposite the oven, but only part of it is usually lit and used for cooking; the full hearth is reserved for use during banquets. Both kitchens access the same cellar for

staples such as vegetables and grains, while the nobles' kitchen has its own well-provisioned pantry (also below ground) for storing more select ingredients like cheeses and spices. The wine cellar does not connect to either kitchen, but the entrance is just down the hall.

Unsurprisingly, the nobles' kitchen is the larger of the two, even though the servants' kitchen prepares far more food. Servant food is simple, so only one of its walls is given over to actual cooking space. The fourth wall houses the basins for cleaning the cookware from both kitchens. Water can be poured in from outside, and it is warmed by adding water boiled above the hearth and/or stones that have been heated in the hearth's coals. Meanwhile, the noble's kitchen has two walls for actual preparation, plus a large table in the center for the same.

Despite their differences, the scene inside the kitchens is usually the same: servants dashing madly about during the day, with pots and pans banging while the supervisor barks orders and light smoke wafts through the room. Nighttime quiets everything but the clanging of pots as servants clean up after the day's meals.

Banquets, however, are different. During a banquet, both kitchens work at capacity to provide the meal. The servants' kitchen prepares basic items like bread and fruits, while the nobles' kitchen crafts the fine and exquisite dishes.

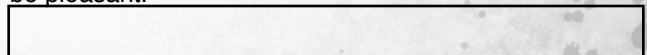
The combined kitchen staff includes Chef Iliron, three assistant chefs, and eight apprentices, plus however many servants have been pressed into serving and cleaning duty. Anyone intruding in the kitchens at any time—but especially during a banquet—can expect a rude greeting and lots of shouting to get out of the way. If Chef Iliron is present—and he usually is—the intruder can also expect to be menaced with a large cleaver and threatened to be made into stew. He is not joking.

Chef Iliron, *master chef for House Markhar*

Chef Iliron is lord of the kitchens of House Markhar Lord is not an exaggeration; within the walls of the kitchen, Iliron's word is law, and even the masters of House Markhar fear his wrath. They avoid the kitchens whenever possible and even try to avoid passing Iliron in the hallways.

Iliron stands 6'4" tall, a swarthy half-orc who, unlike most of his race, has very refined tastes and culinary skills. He does have his race's typical temper, however, and he does not take kindly to intruders in his kitchen. Any interlopers get a glower and a gesture from Iliron's oversized cleaver, plus threats to be made into stew if they don't leave immediately. He is serious. If he's in the kitchen, it's best to just come back another time.

Despite his temper and famed verbal abuse, Iliron is fiercely loyal to his staff. He does not strike his own servants, and anyone who does will have to answer to Iliron personally. The results are not likely to be pleasant.



Bazrum Square

Bazrum Square is a large, supposedly open square appropriate for any moderate-sized city. It commemorates some forgotten military victory, even including a corroded statue of "Commander Ergvale Bazrum" mounted on a Pegasus at its center. The statue usually can't be seen for the scores of tents and stalls filling the square, selling everything from cheap bread and half-rotten vegetables to fine spices and delicate confections. The poorer shops line the south side of the square, while those catering to nobles huddle to the north. In-between is an open ground catering to no one in particular, so long as you have the gold to pay.

Two things immediately stand out to anyone in Bazrum: the colors and the smells. The shops' vibrant flags and banners whirl in a chaotic maelstrom, compounded by the entertainers trying to earn some gold. Bazrum's smells, however, truly make its experience unique. With every step a new fragrance assaults your senses. Fresh bread competes with rotting fish, cinnamon battles with spiced meat pies, toasting nuts vie with caramelizing sugar, and a hundred other odors march through the air like an olfactory battalion on parade.

Most common foods and plenty of uncommon ones can be bought at Bazrum Square. Only a few items are high enough quality for a noble kitchen, but the overall quality is still decent. Anyone looking for something specific should roll a Search or Gather Information check. The DC depends on the rarity of the item:

Rarity	DC
Very common (oats, rye)	10
Common (nuts, fruit)	15
Uncommon (meat pies, common spices)	20
Rare (unusual or expensive spices; exotic foods)	30
Extremely Rare (dragon meat, rare and exotic spices)	45

Byath Kisheet, *confectioner*

Byath Kisheet is an good-natured, unremarkable human who owns a small confectioner's stand in Bazrum Square. He specializes in cheap confections for middle-class patrons, mostly basic sweets and candied nuts.

Byath should not be dismissed as a mere merchant, however. He has his finger on the pulse of the local rumor mill as much, if not more, than the city's nobles. He gets most of his information from street urchins, who he pays with confections in return

for information. He also gleans the odd snippet of noble gossip while making deliveries to the nobility.

What he does with this information is anyone's guess. Some of it gets swapped with other gossips, some gets sold to inquiring people, but most of it just seems to be stored away in his head for his personal edification. The again, he may just be very quiet about what he does with it.

Byath Kisheet CR9

Male human rogue 9
CG Medium humanoid (human)
Init +3

Defense

AC 9, touch 9, flat-footed 9
(+0 armor, -1 Dex)

hp 34 (9d8)

Fort +5, Ref +7, Will +4

Defensive Abilities None

Offense

Spd 30 ft.

Melee +6/+1 dagger (1d4, 19-20/x2) or sap (1d6 nonlethal)

Special Evasion, Sneak attack
+5d6, trapfinding, trap sense+3

Spells Message (3/day, DC 13), Disguise Self (2/day, DC 14)

Statistics

Str 10, Dex 8, Con 10, Int 16, Wis 12, Cha 14

Base Atk +6; CMB +6; CMD 15

Feats Culinary Genius, Great Fortitude, Improved Great Fortitude, Iron Will, Improved Iron Will, Toughness, Weapon Focus (cutlery)

Rogue Talents: Canny Observer (APG), Charmer (APG), Minor Magic, Major Magic

Skills Bluff +16, Diplomacy +18, Disguise +16, Knowledge (local) +15, Profession(confectioner) +13, Sense Motive +15, Perception +15

Languages Common, Orc,

Combat Gear dagger

Other Gear *Confectioner's stall at Bazrum square, confectioner's equipment.*



**Lenway Burkside** CR4Male Gnome commoner 8
NG Medium humanoid (Gnome)
Init +1**Defense****AC** 12, touch 12, flat-footed 11
(+# armor, +# Dex)
hp 45 (8d6 + 8)
Fort +2, **Ref** +3, **Will** +3
Defensive Abilities None**Offense****Spd** 20 ft.
Melee +7 club (1d4+2)
Special Gnome racial traits: low-

light vision, +2 on saves against

illusions, 1/day *speak with animals* (DC13), *dancing lights* (DC 12), *ghost sound* (DC12), *prestidigitation* (DC 12)**Statistics****Str** 14, **Dex** 12, **Con** 10, **Int** 10, **Wis** 12, **Cha** 14**Base Atk** +4; **CMB** +3; **CMD** 14**Feats** Magical Aptitude, Toughness**Skills** Craft(cooking) +11, Profession(baker) +12, Spellcraft +11**Languages** Common, Gnome,**Combat Gear** club**Other Gear** None of note**the RISING RYE**

The Rising Rye is a semi-private bakery like what you'd find in any small town. It sits a little separated from the other buildings, with a smithy on one side and a candlemaker on the other. A few people buy bread from it directly, but most just buy space in the oven to bake their own.

The Rising Rye is small—about 15 feet by 20—and dominated by the large oven in its center. The Rye has two doors, one in front for dealing with customers and one out back for fetching wood from



the stockpile. Baking tools line all the walls, including several large, wood-handled boards to place and retrieve the baking loaves. A counter near the front prevents customers from going back to the oven itself, while a small stairway at the back leads up to living quarters for the baker, Lenway Burkside, and his wife. Out back are the woodpile, a privy, and a few chickens.

Lenway Burkside, baker

The owner of the Rising Rye, Lenway Burkside, looks like he could have stepped out of a bard's tale. A swarthy, red-haired gnome with a constant smile, he has an innocent charm that makes people instantly like him. He is scrupulously honest with his business, partly because of the strict laws on bakers but mostly because it's the right thing to do.

Lenway has worked out an unusual payment system with the townsfolk. In exchange for using his oven to bake bread, the townsfolk give Lenway one-tenth of the dough's weight in goods of some sort—usually grain, vegetables, or meat. He doesn't like taking part of the dough itself because it gets into the gray area of legality, but he will if pressed.

Lenway has a bit more charm than sense, perhaps. Recently some dire animals started molesting the town's herds, and Lenway has been thinking a lot about how to help. Having listened to perhaps a few too many bards, he has conceived the idea of making a guardian to protect the town. Being a baker, he's beginning to toy with the idea of making a bread golem. It may seem laughable, but he's started collecting bits of dough from each person who uses his oven. With a little more time and some luck—and not necessarily the good kind—he just might bring his plan to fruition.

Bread golem

If Lenway actually succeeds in making a bread golem through hard work, divine favor, or—most likely—sheer dumb luck, he won't be able to control it for long. Within a few days it will go berserk, spreading havoc and destruction throughout the village. If it comes to a fight, use the stats for a clay golem, but with the following changes:

DR 10/bludgeoning and magic. Each turn the bread golem is submerged or doused in water reduces its DR by 1, to a minimum of 0. At least 20 gallons of water must hit the golem in a single turn to reduce its damage reduction.

The bread golem does not cause cursed wounds with its attacks and cannot cast haste on itself. It is immune to spells and spell-like abilities that allow spell resistance, but otherwise reacts to spells normally.

FERNROOT'S BREWERY

Large-scale ale brewing is rare, but not unheard of. Those who have heard of it have heard of Fernroot's. Named after its founder, Fernroot's Brewery produces some of the best ale in the kingdom. Most of it goes to local taverns, though some nobles ship casks hundreds of miles for their personal stocks.

The brewery itself is a large building, easily a hundred feet square, with most of the interior given over to the brewing machinery. The building has two floors: the top floor houses all the large, wooden mixing vats, while the lower floor stores the kegs of ale for fermenting and, eventually, shipping. A few simple pipes and valves allow the mixed ale above to be drained into the kegs below. Outside sit a handful of granaries, but the land is mostly untouched and given over to wild. A single road leads into the brewery, oft-traveled by wagons either delivering grain or hauling away ale.

Outsiders aren't allowed inside the brewery itself, but anyone who manages to sneak inside notices the total lack of employees. This is partly because Fernroot uses magical assistance to brew her ale, but mostly because she hates people.

Fernroot, founder of Fernroot's Brewery

The dwarf Fernroot has never given anyone another name, and most people don't ask. She glowers and glares at anyone who comes near no matter how much gold they bring, and if it weren't for the incredible quality of her ale no one would visit twice. She doesn't speak about her past, but her manners and attitude have lead many to believe that she is (or at least, was) a druid.

They are correct. Fernroot is a druid, and one with a nasty dislike of civilization. She set her brewery as far from "civilized" society as she could, and frankly would consider it a blessing for the whole of society to collapse in on itself. She's trying to help it along.

Unlike other militant druids, who content themselves with destroying buildings and farms, Fernroot aims for nothing less than the total collapse of so-called civilization. She thinks the way to society's downfall is through its throat, so if she can get people drunk enough society will collapse in on itself like a tree full of rot. So far she's been patient enough to let everyone decide their own timetable, but since civilization shows no sign of imminent self-destruction, she may turn to more immediate tactics. Poisoning a batch of ale meant for several noble houses would cause quite a ruckus, for example, if not plunge the kingdom into civil war.

Which would suit her just fine.

Fernroot CR 16

Female Dwarf Druid 16
NE Medium humanoid
(dwarf)
Init +0; **Senses** darkvision
60 ft.

Defense

AC 24, touch 14, flat-footed
24 (Amulet of natural armor
+4, ring of protection +4,
bracers of armor +6)
hp 120 (16d8 + 48)
Fort +13, **Ref** +5, **Will** +16
Defensive Abilities Immune
to magical *sleep* effects; +2
on saves against
enchantments

Offense

Speed 20 ft.

Melee +16/+11/+6 quarterstaff (1d6+4 /x2)

Ranged

Spells 1 (5/day, DC 15): entangle, faerie fire, produce flame
2 (5/day, DC 16): flaming sphere, resist energy,
spider-climb, tree shape
3 (5/day, DC 17): daylight, neutralize poison, poison,
stone shape
4 (5/day, DC 18): cure serious wounds, dispel magic,
flame strike, ice storm
5 (4/day, DC 19): call lightning storm, tree stride, wall
of thorns, unhallow
6 (3/day, DC 20): liveoak, transport via plants, wall of
stone
7 (3/day, DC 21): control weather, fire storm,
transmute metal to wood
8 (2/day, DC 22): earthquake, finger of death

Special Abilities Nature bond (not active), Nature sense,
Wild empathy, Woodland stride, Trackless step, Resist nature's
lure, Venom Immunity, A Thousand Faces, Wild shape 7/day,
Timeless body

Statistics

Str 12, **Dex** 10, **Con** 16, **Int** 12, **Wis** 18, **Cha** 6

Base Atk +12; **CMB** 13; **CMD** 23

Feats Brew Potion, Combat Casting, Iron Will, Improved Iron
Will, Maximize spell, Natural spell, Quicken Spell, Self-
sufficient

Skills Heal +25, Knowledge (nature) +22; Profession (brewer)
+23; Spellcraft +20; Survival +25

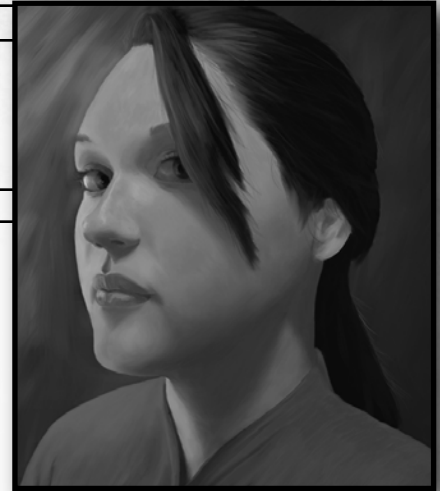
Racial Modifiers +2 bonus to saves against poison, spells,
and spell-like effects

Languages Common, Dwarven

Animal Companion Fernroot does not currently have an
animal companion, though in the past she had a dire wolf.

Combat Gear Quarterstaff +3, Amulet of natural armor +4, ring
of protection +4, bracers of armor +6, druid's vestments

Possessions No other of note



Rotling

This tiny creature looks like a cross between a dire rat and a cockroach, and smells as bad

Rotling CR 1

XP 400

CN Tiny fey

Init +5; Senses: low-light vision; Perception +8

DEFENSE

AC 15 (+1 Dex, +2 size, +2 natural)

HP 19 (3d6+9)

Fort +3, Ref +3, Will +4

DR 5/bludgeoning

OFFENSE

Speed 20 ft., burrow 10 ft

Melee bite +0 (1d3-2)

Space 2–1/2 ft.; Reach 0 ft.

Spell-Like Abilities (CL 7th; concentration +10)

At will—detect poison, open/close

1/day—expeditious retreat, jump, spider climb, contagion (DC 14)



STATISTICS

Str 6, Dex 12, Con 16, Int 12, Wis 14, Cha 10

Base Atk +1; CMB -2; CMD 9

Feats: Great Fortitude, Improved Initiative

Skills: Acrobatics +4, Bluff +3, Escape Artist +4, Perception +7, Stealth +13; Racial Modifiers +2 Perception, +5 Stealth

Languages Aklo, Common, Goblin, Sylvan

Weaknesses: Light sensitivity

ECOLOGY

Environment: swamps or temperate forests

Organization: solitary, gang (2–5), or band (7–12)

Treasure: standard

Cousins to brownies, rotlings are small fey that feed on rot and corruption. They stand 12–18 inches tall and look vaguely humanoid, but with a rat's face, limbs, and tail, and a beetle-like carapace across their back. Their short, bristly fur is usually dark brown or gray, and they always reek of rot and decay.

Wild rotlings feed off decaying vegetation, but when they invade a settlement they make their homes in granaries, cellars, storehouses, and anywhere else food is stored. Their presence quickly spoils whatever food was there. For nobility this is a mere nuisance, but for peasants it's the difference between surviving the winter and starving to death.

Rotlings are born cowards, always trying to hide and flee instead of fight. They're especially fond of burrowing to escape threats, making them extremely hard to exterminate. Many people even find outright killing them almost impossible; instead, the would-be exterminators have to rely on luring them into traps or even trying to negotiate a deal.

If cornered, a rotling attacks with its contagion ability, then will attack with bites until it spies an opening it can wriggle through and run away.

flan swarm

This mass of hopping, burbling oozes looks almost cute, until you see the destruction in its wake.

Flan Swarm CR 8

XP 4,800

N Diminutive ooze (swarm)

Init +3; Senses darkvision 60 ft.; Perception +0

DEFENSE

AC 17 (+3 Dex, +4 size)

HP 91 (14d8+28)

Fort +4, Ref +8, Will +5

Immune to weapon damage, swarm traits, ooze traits

OFFENSE

Speed 20 ft.

Melee swarm (2d6 + 2d6 acid + slow)

Space 10 ft.; Reach 0 ft.

Special Attacks: distraction

STATISTICS

Str 3, Dex 18, Con 14, Int —, Wis 12, Cha 2

Base Atk +10; CMB —; CMD —

Skills —

SPECIAL ABILITIES

Distraction (Ex): Spellcasting while within the area of the flan swarm requires a concentration check (DC 20 + spell level). Using skills that need patience and concentration requires a Will save (DC 20).

Slow (Ex): At the beginning of its turn, any creature engulfed by the swarm must make a DC 16 Reflex save or be slowed (as per the spell) due to the flans attaching to its body

ECOLOGY

Environment: any

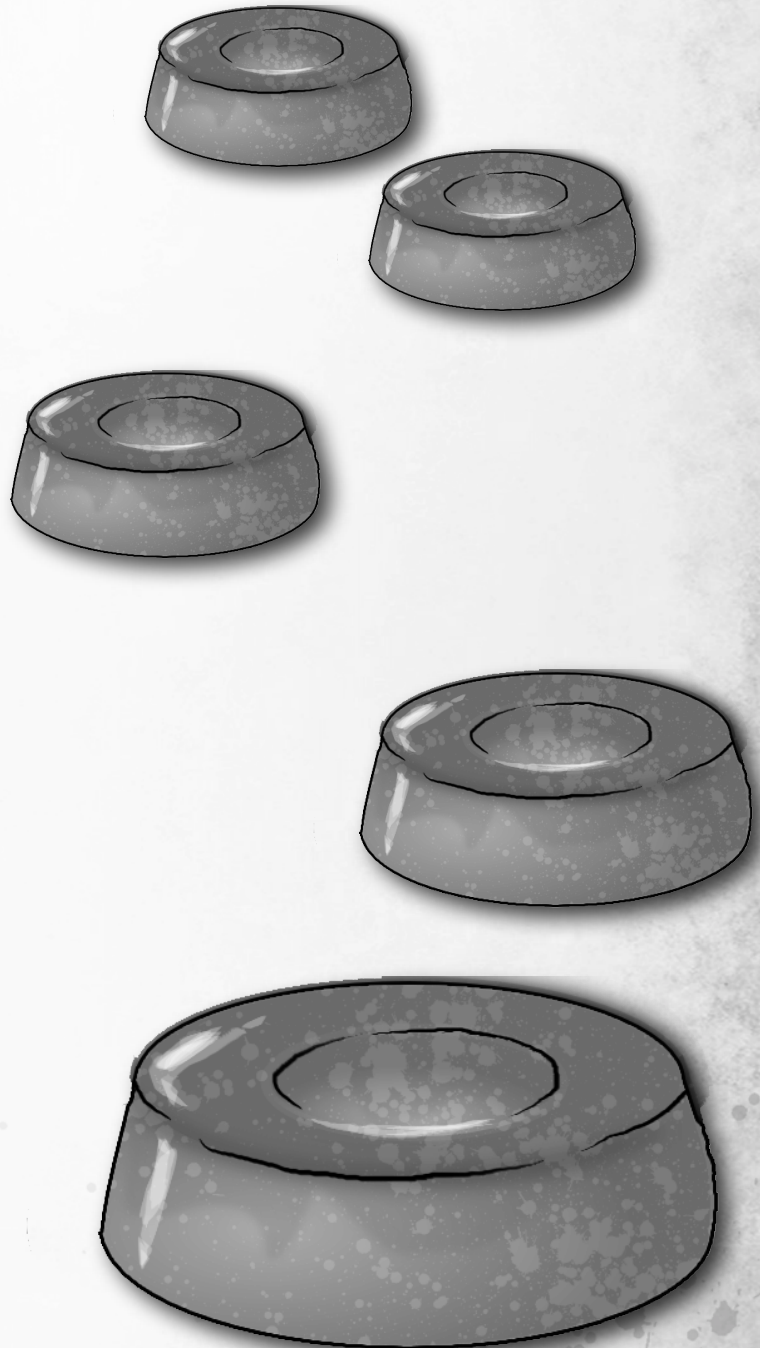
Organization: solitary or infestation (2–8)

Treasure: none

Like most oozes, flans were whimsically named for the dessert they resemble. They look like pale, truncated cones about two inches tall and four to six inches across. Flans move by hopping, making an adorable “blep! blep!” sound as they do. If they find something potentially edible, they’ll nuzzle up against it (also adorable) to give it a taste, then latch on and start digesting it (not so adorable).

Individual flan are not much of a threat, but they tend to travel in packs of several hundred, and a major infestation can include tens or hundreds of thousands. They scour whatever land they’re in, leaving swaths of partially-digested ruin in their wake.

Flan have no real tactics; they simply move toward food with single-minded determination, and try to avoid harm where possible.



ptai tree

This massive tree is laden with heavenly white fruit that smells of pure joy, almost making you miss the bones littered about its roots.

Ptai tree

CR 12

XP 19,200

NE Huge plant

Init +0; Senses blindsight 30 ft

DEFENSE

AC 23 (-1 Dex, -2 size, + 16 natural)

HP 157 (17d8 + 80)

Fort +15, Ref +4, Will +10

Immune to acid; plant traits

DR 5/--

OFFENSE

Speed: 0

Melee 2 Slam +20 (2d8 + 8 + poison)

Space: 15 feet; Reach 30 feet

Special attacks: alluring aroma, poison, enslavement, swallow whole

STATISTICS

Str 26, Dex 8, Con 20, Int --, Wis 16, Cha 16

Base Atk +12; CMB +18; CMD 27

Skills --

SPECIAL ABILITIES

Alluring aroma (Ex): Ptai trees exude an alluring scent from their flowers. Anyone coming within 100 feet of a ptai tree must make a DC 18 Will or be compulsively drawn to find the source of the smell, even if they know it will try to kill them. (Many do so even if they make the save; it smells really good, after all.)

Poison (Ex): Sting – injury. Save: Fortitude DC 20. Frequency: 1/round for 6 rounds. Effect: 1d4 Dex, 1d3 Wis. Cure 2 consecutive saves. Victims of the venom feel an intense, almost addictive euphoria. Creatures grappled by the ptai tree's roots are automatically stung every round.

Enslavement (Su): Any creature who eats a bite of ptai fruit must make a DC 22 Fortitude save or become enslaved, as per the dominate monster spell. The

enslaved creature loses all desires except to protect and defend the ptai tree. Each 24 hours the creature doesn't eat any ptai fruit, it may make another saving throw to recover.

Swallow whole (Ex): 2d6 acid damage + venom, AC 18, 15 hp. A ptai tree that has grappled a victim can attempt to drag it underground, in effect swallowing it whole. Victims can cut themselves out, though unlike normal this does not impede the tree's ability to swallow another victim due to the sheer number of roots available.

ECOLOGY

Environment: temperate or tropical forests

Organization: solitary, or with attendants (see below)

Treasure: standard

Ptai trees (also known as "slaver trees") are insidious plants that lure victims by smell. A mature ptai tree stands 20-30 feet tall, and is laden with fist-sized white fruits and sweet-smelling flowers. Its roots wind over the ground, and a close inspection (Perception DC 20) shows them covered with tiny, sharp hairs. Bits of bone and armor poke up between the roots, remnants of past meals.

Ptai trees are usually found in areas of high ambient magic, though they can survive elsewhere. Their lure in creatures with a floral scent so heavenly it's been described as joy or pure love. If the tree is hungry, the victim is merely paralyzed and digested by the roots; if not, victims usually taste a bite of fruit and lose their wills to the tree. These "attendants" will do whatever they can to protect and defend the tree, up to and including offering themselves as a willing meal. Many also go off to plant new trees, which involves finding a favorable plot of land, swallowing a seed, and letting it digest them from the inside-out.

In a fight, ptai trees rip their prehensile roots from the ground and try to grapple the victim. The roots' stinging hairs deliver the venom, which causes intense euphoria in anyone affected by it. If the tree can't grapple a victim and pull it under, it will simply bludgeon them to death or wait for the venom to paralyze them. Since ptai trees are immobile, the best defense is to stay outside the range of the roots. Unfortunately, most trees have several attendants (local wildlife, hapless adventurers, etc) who are not so tethered, and who will protect the tree until death.

While most of a ptai tree's treasure consists of items dropped by previous victims, some parts of the tree itself are highly valuable. Ptai fruit is absolutely divine (once it's been cooked to deactivate the enslaving property), and ptai venom is a highly sought-after for its medicinal (and recreational) properties.



LOCOMNIVORE

This towering colossus of mouths and tentacles frantically devours anything and everything that comes near it.

Locomnivore

CR19

XP 153,600

CE Colossal Aberration

Init +5; Senses blindsight 60 ft, blindsense 120 ft

DEFENSE

AC 32 (+5 Dex, +25 natural, -8 size)

HP 378 (28d8 + 252); fast healing 10

Fort +18, Ref +13, Will +21

Amorphous

DR 10/Lawful; SR 28 (spell devouring)

OFFENSE

Speed: 50

Melee: 4 Bite +29 (4d6 + 16 + grab)

Space: 30 feet; Reach 30 feet

Special attacks: grab, swallow whole, fast swallow

STATISTICS

Str 42, Dex 20, Con 28, Int 6, Wis 20, Cha 14

Base Atk +21; CMB +45; CMD 60

Skills --

SPECIAL ABILITIES

Grab (Ex): Whenever a locomnivore hits with its Bite attack, it can initiate a grapple as a free action.

Swallow whole (Ex): If a locomnivore succeeds in grappling a creature with its mouth, it can attempt a combat maneuver check to swallow it. Swallowed creatures take 2d6 each of fire, cold, acid, lightning, and sonic damage each turn. If a character tries to cut themselves out, the locomnivore's stomach has AC 22 and 37 hp. (Due to the locomnivore's fast healing, the wound closes in 1d4 rounds).

Fast swallow (Ex): A locomnivore can use swallow whole at any time during its turn as a free action

Spell devouring (Su): Whenever a locomnivore successfully resists a spell, it regains hit points equal to the spell level plus the caster's casting stat bonus. (So resisting an 8th-level spell cast by a Sorcerer with Cha 20 would heal 13 HP).

ECOLOGY

Environment: any

Organization: solitary

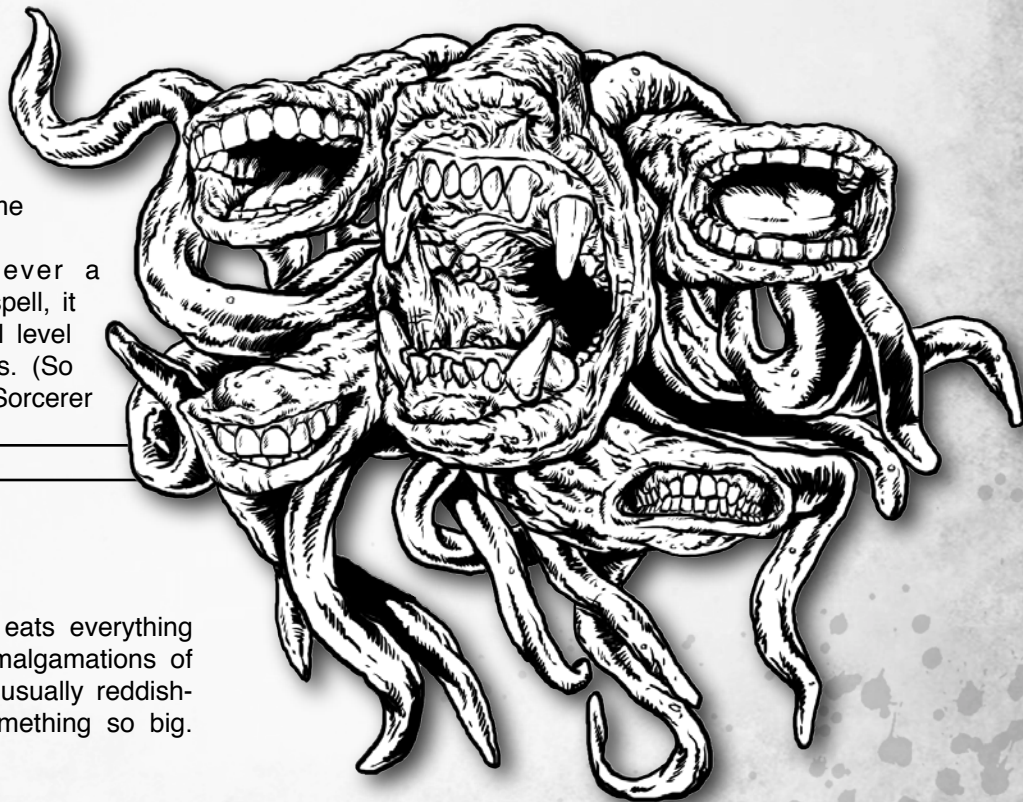
Treasure: none

Locomnivores (literally, "that which eats everything nearby") look like giant, protean amalgamations of mouth-studded tentacles. They are usually reddish-gray, and nightmarishly fast for something so big.

They exist only to feed, and they will pull anything and everything nearby into their hundreds of gnashing mouths. Most can swallow entire houses whole, and anything larger they rip apart before doing the same.

No one really knows what locomnivores are or where they came from. Perhaps they are the spirits of gluttons fused into an eternal, unsatiable torment; perhaps they were cursed by the gods in a forgotten age, or are relics left over from a previous creation. Whatever they are, locomnivores are hungry, always and forevermore. They never stop eating, and no one knows what happens to all they devour. Dead locomnivores have no stomach, as far as anyone can tell. Those few adventurers who survive being eaten by a live one describe a writhing, crackling mass of elemental energy, more like a pocket of pure chaos than a creature's gullet.

Locomnivore tactics are simple: they try to eat anything and everything around them. Each turn it will try to bite whatever it can and initiate a grapple with its grab ability. If it succeeds, it will immediately try to swallow whole. It will continue to do this even if its stomach has been cut open by an escaping adventurer (though fast healing closes the wound quickly; see the swallow whole description, above). The only time a locomnivore stops eating is when it dies. Even when focusing most of its attention on a threat, the smaller tentacles will continue to devour whatever trees, rocks, wagons, livestock, peasants, or architecture that happens to be nearby.



The Swollen Cask

Ale Wine
Bread Nuts

Keeper's Special

The Laughing Lich

Hearty Fare o' the Earth

Juicy loin of veal
Fire-roasted capon
Hot and cold goose pie

Hearty Fare o' the Sea

Marinated and braised trout
Pan-roasted eel
Fresh cooked mussels in shells

Fine Repasts for the Soul

Quince pie
Stewed apples and pears
Jelly of berries and apples
Mildon cheese in rind



Fine Drinks of All Places

Best Ruthersford Ale
Large tankard of Fernroot ale
House's specialty aged wine
Year's best mulled wine
Distillate of apple
A various assortment of magical spirits

THE BOLD ADVENTURER

"Not for faint of heart or tongue."

First Course

Dish of cream-baked spinach and assassin vine
Fried darkmantle with verjuice sauce
Oven-baked stirge with seasonings
Cockatrice fried and breaded with basil

Second Course

Dire boar, roasted on spit
Soup of dire shark and capon
Dish of berries in wine sauce

Third Course

Krenshar stomach stuffed with
mint pudding
Ochre jelly sweetened with honey
Warm custard and almonds
Filet of shocker lizard in spirits
Cheeses of many varieties

*With all courses a fine bread,
butter, and cheese of all varieties.*

*"BRING YE IN ANY MONSTER AND CHEF YIMZAR WILL TURN IT VERY
DELICIOUS FOR A REASONABLE COST."*

The Lusty Cleric

The finest meat and drink in all the land.

Meat

Fresh roast of game
Chicken from a spit
Minced cow with bread
House specialty of the week

House Favorite Drinks

Lustful brew and hops
Digger-me-quick
Red-eyed elfroot
Orc slammers' fist

Simple Drinks

Finest wine
Scorchthroat ale
Staffenblowe ale

Specialty Drinks

Six-foot-under
Old Poxenbolly
Burnboot and Rye
Cleric's sanctuary

tavern

