

EverQuest II Provisioner Recipe Book

<http://www.crystalkeep.com/eq2>
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Artistry / Culinary (Stove) Fuel=Walnut Kindling(1c)

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"# Raw" means number of harvested ingredients required. "# Craft" is number of manual craft cycles requires. "Cost" is the cost of fuel and other materials. The least cost to produce a Pristine result is listed first. A second entry with less work may be available (marked with stars) that can only produce a Normal result. Homemade Beer is: Level 10 = "Halasian Porter", "Ogre Swill"; Level 20 = "Dwarven Stout", "Malt Beer", "Orange Beer"; Level 30= "Brown Ale". Liquid is any crafting liquid. The cheapest is "Aerated Mineral Water" at 6c.

Inedible Food Ingredients (Artisan)

Name	Level	Ingredients	Raw-Craft-Cost	Watery	Chilled	Normal	Refreshing
Barley Malt	5 (AE5)	Barley + Liquid(6c)	4 Primary 0 Secondary	1 - 1 - 7c			Not Edible
Dark Barley Malt	5 (AE5)	Roasted Barley + Liquid(6c)	1 Primary 0 Secondary	1 - 2 - 14c			Not Edible
Dough	3 (AE3)	Egg(6c) + Flour(6c)	1 Primary 19 Secondary	0 - 1 - 13c * 0 - 0 - 18c *			Not Edible
Packet of Spice	3 (AE3)	Salts(6c) + Pepper(6c)	0 Primary 31 Secondary	1 - 1 - 13c * 0 - 0 - 1c *			Not Edible
Refined Basil	3 (AE3)	Raw Basil + Liquid(6c)	1 Primary 9 Secondary	1 - 1 - 7c			Not Edible
Refined Nutmeg	4	Raw Nutmeg + Liquid(6c)	3 Primary 8 Secondary	1 - 1 - 7c			Not Edible
Roasted Barley	3	Barley + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 7c			Not Edible
White Tea Leaf	3	Raw White Tea Leaf + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 7c			Not Edible

Drinks (Artisan)

Name	Level	Ingredients	Raw-Craft-Cost	Watery	Chilled	Normal	Refreshing
Barley Malted Milk	6 (AE6)	Barley Malt + Milk(6c)	0 Primary 1 Secondary	1 - 2 - 14c	45m	50m	54m 60m
Black Coffee	4	Black Coffee Bean + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 7c	30m	33m	36m 40m
Brandy	8 (AE8)	Jumjum Juice + Yeast(6c) + Liquid(6c)	4 Primary 0 Secondary	1 - 2 - 20c	1h 08m	1h 14m	1h 22m 1h 30m
Jumjum Juice	4 (AE5)	Jumjum + Liquid(6c)	3 Primary 4 Secondary	1 - 1 - 7c	30m	33m	36m 40m
Nutmeg Fizzlepop	6 (AE6)	Aerated Mineral Water(6c) + Refined Nutmeg	2 Primary 1 Secondary	1 - 2 - 14c	45m	50m	54m 60m
White Tea	4 (AE3)	White Tea Leaf + Liquid(6c)	1 Primary 1 Secondary	1 - 2 - 14c	45m	50m	54m 60m
Cabbage Kalish	8 (AE8)	Barley Malt + Raw Cabbage + Yeast(6c)		2 - 2 - 14c	45m	50m	54m 60m
Cracked Spire	4 (AE5)	Homebrew Beer + Jumjum Juice		2 - 4 - 28c	3h 48m	4h 11m	4h 36m 5h 03m
Creamed Black Coffee	8 (AE8)	Black Coffee + Milk(6c) + Sugar(6c)		1 - 2 - 20c	1h 08m	1h 14m	1h 22m 1h 30m
Dark Water	5 (AE5)	Homebrew Beer + Liquid(6c)		1 - 3 - 27c	1h 41m	1h 51m	2h 03m 2h 15m
Ginsh	6 (AE6)	Homebrew Beer + Salts(6c)		1 - 3 - 27c	1h 41m	1h 51m	2h 03m 2h 15m
Halasian Porter	7 (AE7)	Dark Barley Malt + Raw Hops(6c) + Yeast(6c)		1 - 3 - 27c	45m	50m	54m 60m
Hot Toddy	8 (AE8)	Brandy + White Tea + Sugar(6c)		2 - 5 - 35c	1h 41m	1h 51m	2h 03m 2h 15m
Jumjum Beer	9 (AE9)	Barley Malt + Jumjum + Yeast(6c)		2 - 2 - 14c	45m	50m	54m 60m
Jumjum Brandy	4 (AE5)	Brandy + Jumjum		2 - 3 - 21c	1h 41m	1h 51m	2h 03m 2h 15m
Jumjum Cider	5 (AE5)	Jumjum + Yeast(6c)		1 - 1 - 7c	30m	33m	36m 40m
Jumjum Fizzlepop	6 (AE6)	Nutmeg Fizzlepop + Jumjum Juice		2 - 4 - 22c	2h 32m	2h 47m	3h 04m 3h 22m
Jumjum Milk	6 (AE6)	Jumjum Juice + Barley Malted Milk		2 - 4 - 22c	2h 32m	2h 47m	3h 04m 3h 22m
Jumjum Sparkling Wine	8 (AE8)	Nutmeg Fizzlepop + Jumjum Juice + Yeast(6c)		2 - 4 - 28c	2h 32m	2h 47m	3h 04m 3h 22m
Jumjum Tea	6 (AE6)	White Tea + Jumjum Juice		2 - 4 - 22c	2h 32m	2h 47m	3h 04m 3h 22m
Jumjum Wine	9 (AE9)	Jumjum Juice + Sugar(6c) + Yeast(6c)		1 - 2 - 20c	1h 08m	1h 14m	1h 22m 1h 30m
Kerran Catastrophe	5 (AE5)	Brandy + Milk(6c)		1 - 3 - 27c	1h 08m	1h 14m	1h 22m 1h 30m
Moonlight	8 (AE8)	Brandy + Refined Nutmeg + Sugar(6c)		2 - 4 - 34c	1h 08m	1h 14m	1h 22m 1h 30m
Ogre Swill	8 (AE8)	Barley Malt + Raw Hops(6c) + Yeast(6c)		1 - 2 - 20c	45m	50m	54m 60m
Pond Juice	4 (AE5)	Homebrew Beer + Nutmeg Fizzlepop		2 - 5 - 35c	3h 48m	4h 11m	4h 36m 5h 03m
Twice Brewed Beer	7 (AE7)	Homebrew Beer + Raw Hops(6c) + Yeast(6c)		1 - 3 - 33c	1h 41m	1h 51m	2h 03m 2h 15m

All drinks in this table are "Level 10, High Satiation" healing 12 power every 6 seconds. Only the duration varies. Store bought "Flask of Water" heals 9 power per 6 seconds for 30 minutes at a cost of 6c, and "Black Coffee" heals 12 power per 6 seconds for 50 minutes for 36c. "Ogre Swill" is used in this table as the cheapest Homemade Beer.

Food (Artisan)

Name	Level	Ingredients	Raw-Craft-Cost	Bland	Savory	Normal	Delectable
Baked Flounder	6 (AE4)	Flounder + Packet of Spices(1c)	1 Primary 0 Secondary	1 - 1 - 2c	45m	50m	54m 60m
Baked Frog Leg	3 (AE3)	Frog Leg + Packet of Spice(1c)	1 Primary 0 Secondary	1 - 1 - 2c	45m	50m	54m 60m
Basil Soup Broth	4 (AE4)	Refined Basil + Liquid(6c)	0 Primary 4 Secondary	1 - 2 - 14c	45m	50m	54m 60m
Bread	3 (AE3)	Dough + Yeast(6c)	0 Primary 7 Secondary	0 - 2 - 20c * 0 - 0 - 2c *	45m	50m	54m 60m
Candied Jumjum	3 (AE4)	JumJum + Refined Nutmeg	6 Primary 1 Secondary	2 - 2 - 8c	45m	50m	54m 60m
Candied Pecans	4 (AE3)	Raw Pecan + Refined Nutmeg	3 Primary 1 Secondary	2 - 2 - 8c	45m	50m	54m 60m
Chocolate Bar	3 (AE3)	Cocoa(18c) + Cream(6c)	5 Primary 18 Secondary	0 - 1 - 25c	45m	50m	54m 60m
Deer Steak	4 (AE3)	Deer Meat + Packet of Spice(1c)	8 Primary 0 Secondary	1 - 1 - 2c	45m	50m	54m 60m
Pasta	3 (AE3)	Dough + Flour(6c)	0 Primary 4 Secondary	0 - 2 - 20c * 0 - 0 - 2c *	45m	50m	54m 60m
Roasted Cabbage	5 (AE5)	Raw Cabbage + Refined Basil	2 Primary 2 Secondary	2 - 2 - 8c	45m	50m	54m 60m
Sunfish Steak	4 (AE3)	Sunfish + Packet of Spice(1c)	4 Primary 0 Secondary	1 - 1 - 2c	45m	50m	54m 60m
Turtle Steak	3 (AE3)	Turtle Meat + Packet of Spice(1c)	1 Primary 0 Secondary	1 - 1 - 2c	45m	50m	54m 60m
Basil Grilled Deer	5 (AE5)	Deer Steak + Refined Basil		2 - 3 - 10c	1h 41m	1h 51m	2h 03m 2h 15m
Basil Grilled Sunfish	6 (AE6)	Sunfish Steak + Refined Basil		2 - 3 - 10c	1h 41m	1h 51m	2h 03m 2h 15m
Beer Braised Deer	5 (AE5)	Deer Steak + Homebrew Beer		2 - 4 - 23c	3h 48m	4h 11m	4h 36m 5h 03m
Breaded Flounder	3 (AE6)	Baked Flounder + Refined Basil + Bread(2c)		2 - 3 - 12c	45m	50m	54m 60m
Cabbage Omelet	6 (AE6)	Roasted Cabbage + Egg(6c)		2 - 3 - 15c	1h 08m	1h 14m	1h 22m 1h 30m
Cabbage Stew	5 (AE5)	Roasted Cabbage + Basil Soup Broth		3 - 5 - 23c	2h 32m	2h 47m	3h 04m 3h 22m
Chocolate Covered Jumjum	5 (AE5)	Candied Jumjum + Chocolate Bar		2 - 4 - 34c	2h 32m	2h 47m	3h 04m 3h 22m
Chocolate Covered Pecan	6 (AE6)	Candied Pecans + Chocolate Bar		2 - 4 - 34c	2h 32m	2h 47m	3h 04m 3h 22m
Chocolate Jumjum Cake	7 (AE7)	Candied Jumjum + Chocolate Bar + Flour(6c)		2 - 4 - 40c	1h 41m	1h 51m	2h 03m 2h 15m
Deer Casserole	8 (AE8)	Deer Steak + Roasted Cabbage + Refined Basil		4 - 5 - 18c	3h 48m	4h 11m	4h 36m 5h 03m
Deer Jerky	5 (AE5)	Deer Steak + Packet of Spice(1c)		1 - 2 - 4c	1h 41m	1h 51m	2h 03m 2h 15m
Deer Pasta	9 (AE9)	Deer Steak + Refined Basil + Pasta(2c)		2 - 3 - 12c	3h 48m	4h 11m	4h 36m 5h 03m
Deer Pie	8 (AE8)	Deer Steak + Refined Basil + Dough(18c)		2 - 3 - 28c	3h 48m	4h 11m	4h 36m 5h 03m
Deer Sandwich	7 (AE7)	Deer Steak + Refined Basil + Bread(2c)		2 - 3 - 12c	3h 48m	4h 11m	4h 36m 5h 03m
Deer Soup	6 (AE6)	Deer Steak + Basil Soup Broth		2 - 4 - 17c	2h 32m	2h 47m	3h 04m 3h 22m
Dried Jumjum	5 (AE5)	Candied Jumjum + Refined Nutmeg		3 - 4 - 19c	1h 41m	1h 51m	2h 03m 2h 15m
Fudge	6 (AE6)	Chocolate Bar + Cream(6c)		0 - 2 - 32c	1h 08m	1h 14m	1h 22m 1h 30m
Herb Crusted Frog Legs	5 (AE5)	Baked Frog Leg + Refined Basil		2 - 3 - 10c	1h 41m	1h 51m	2h 03m 2h 15m
Jumjum Cheesecake	7 (AE7)	Candied Jumjum + Dough(18c) + Cream Cheese(6c)		2 - 3 - 33c	2h 32m	2h 47m	3h 04m 3h 22m
Jumjum Muffins	8 (AE8)	Candied Jumjum + Refined Nutmeg + Flour(6c)		3 - 4 - 22c	1h 41m	1h 51m	2h 03m 2h 15m
Jumjum Pie	9 (AE9)	Candied Jumjum + Refined Nutmeg + Dough(18c)		3 - 4 - 34c	3h 48m	4h 11m	4h 36m 5h 03m
Nutmeg Cake	8 (AE8)	Refined Nutmeg + Egg(6c) + Flour(6c)		1 - 2 - 20c	45m	50m	54m 60m
Nutmeg Cookies	6 (AE6)	Refined Nutmeg + Dough(18c)		1 - 2 - 26c	1h 41m	1h 51m	2h 03m 2h 15m
Pecan Fudge	7 (AE7)	Chocolate Bar + Candied Pecans + Cream(6c)		2 - 4 - 40c	2h 32m	2h 47m	3h 04m 3h 22m
Pecan Jumjum Trail Mix	9 (AE9)	Candied Pecans + Candied Jumjum + Refined Nutmeg		5 - 6 - 24c	3h 48m	4h 11m	4h 36m 5h 03m
Pecan Pie	8 (AE8)	Candied Pecans + Refined Nutmeg + Dough(18c)		3 - 4 - 34c	3h 48m	4h 11m	4h 36m 5h 03m
Stuffed Flounder	7 (AE7)	Baked Flounder + Raw Cabbage + Refined Basil		3 - 4 - 10c	1h 41m	1h 51m	2h 03m 2h 15m
Sunfish Casserole	8 (AE8)	Sunfish Steak + Roasted Cabbage + Refined Basil		4 - 5 - 18c	3h 48m	4h 11m	4h 36m 5h 03m
Sunfish Jerky	6 (AE6)	Sunfish Steak + Packet of Spice(1c)		1 - 2 - 4c	1h 41m	1h 51m	2h 03m 2h 15m
Sunfish Sandwich	9 (AE9)	Sunfish Steak + Refined Basil + Bread(2c)		2 - 3 - 12c	3h 48m	4h 11m	4h 36m 5h 03m
Sunfish Soup	5 (AE5)	Sunfish Steak + Basil Soup Broth		2 - 4 - 17c	2h 32m	2h 47m	3h 04m 3h 22m
Turtle Soup	8 (AE8)	Turtle Steak + Basil Soup Broth + Refined Basil		3 - 5 - 24c	3h 48m	4h 11m	4h 36m 5h 03m

All foods in this table are "Level 10, High Satiation" healing 6 hp every 6 seconds. Only the duration varies.
 Store bought "Rations" heals 6 hp per 6 seconds for 30 minutes at a cost of 6c.
 "Ogre Swill" is used in this table as the cheapest Homemade Beer.

Inedible Food Ingredients (Craftsman)

Name	Level	Ingredients	Raw-Craft-Cost	Watery	Chilled	Normal	Refreshing
Black Tea Leaf	13 (CE10)	Raw Black Leaf Tea + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 10c			Not Edible
Dark Wheat Malt	13 (CE12)	Roasted Wheat + Liquid(6c)	1 Primary 0 Secondary	1 - 2 - 20c			Not Edible
Refined Thyme	13 (CE10)	Raw Thyme + Liquid(6c)	1 Primary 12 Secondary	1 - 1 - 10c			Not Edible
Refined Vanilla	13 (CE11)	Raw Vanilla + Liquid(6c)	2 Primary 8 Secondary	1 - 1 - 10c			Not Edible
Roasted Wheat	13 (CE12)	Raw Wheat + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 10c			Not Edible
Wheat Malt	13 (CE11)	Raw Wheat + Liquid(6c)	6 Primary 0 Secondary	1 - 1 - 10c			Not Edible

Drinks (Craftsman)

Name	Level	Ingredients	Raw-Craft-Cost	Watery	Chilled	Normal	Refreshing
Antonican Coffee	15 (CE15)	Antonican Coffee Bean + Liquid(6c)	1 Primary 2 Secondary	1 - 1 - 10c	30m	33m	36m 40m
Black Tea	16 (CE16)	Black Tea Leaf + Liquid(6c)	1 Primary 1 Secondary	1 - 2 - 20c	45m	50m	54m 60m
Orange Juice	16 (CE16)	Mudunk Orange + Liquid(6c)	2 Primary 6 Secondary	1 - 1 - 10c	30m	33m	36m 40m
Vanilla Fizzlepop	16 (CE16)	Aerated Mineral Water(6c) + Refined Vanilla	2 Primary 1 Secondary	1 - 2 - 20c	45m	50m	54m 60m
Vodka	16 (CE16)	Wheat Malt + Liquid(6c) + Yeast(6c)	4 Primary 2 Secondary	1 - 2 - 26c	45m	50m	54m 60m
Wheat Malted Milk	15 (CE15)	Wheat Malt + Milk(6c)	0 Primary 1 Secondary	1 - 2 - 20c	45m	50m	54m 60m
Whiskey	14 (CE13)	Wheat Malt + Yeast(6c)	4 Primary 0 Secondary	1 - 2 - 20c	45m	50m	54m 60m
Blue Blaze	16 (CE16)	Whisky + Liquid(6c)		1 - 3 - 30c	1h 08m	1h 14m	1h 22m 1h 30m
Carrot Kalish	18 (CE18)	Wheat Malt + Raw Carrot + Yeast(6c)		2 - 2 - 20c	45m	50m	54m 60m
Creamed Antonican Coffee	19 (CE19)	Antonican Coffee + Milk(6c) + Sugar(6c)		1 - 2 - 26c	1h 08m	1h 14m	1h 22m 1h 30m
Dwarven Stout	18 (CE18)	Dark Wheat Malt + Raw Hops(6c) + Yeast(6c)		1 - 3 - 36c	45m	50m	54m 60m
Early Sunrise	17 (CE17)	Whisky + Antonican Coffee + Sugar(6c)		2 - 4 - 40c	2h 32m	2h 47m	3h 04m 3h 22m
Ice Comet	15 (CE15)	Vodka + Antonican Coffee		2 - 4 - 40c	2h 32m	2h 47m	3h 04m 3h 22m
Iced Silk	16 (CE16)	Whisky + Black Tea		2 - 5 - 44c	2h 32m	2h 47m	3h 04m 3h 22m
Malt Beer	17 (CE17)	Wheat Malt + Raw Hops(6c) + Yeast(6c)		1 - 2 - 26c	45m	50m	54m 60m
Orange Beer	19 (CE19)	Wheat Malt + Murdunk Orange + Yeast(6c)		2 - 2 - 20c	45m	50m	54m 60m
Orange Cider	15 (CE15)	Murdunk Orange + Yeast(6c)		1 - 1 - 10c	30m	33m	36m 40m
Orange Fizzlepop	15 (CE15)	Vanilla Fizzlepop + Orange Juice		2 - 4 - 34c	2h 32m	2h 47m	3h 04m 3h 22m
Orange Milk	15 (CE15)	Orange Juice + Wheat Malted Milk		2 - 4 - 34c	2h 32m	2h 47m	3h 04m 3h 22m
Orange Sparkling Wine	18 (CE18)	Vanilla Fizzlepop + Orange Juice + Yeast(6c)		2 - 4 - 40c	2h 32m	2h 47m	3h 04m 3h 22m
Orange Tea	16 (CE16)	Black Tea + Orange Juice		2 - 4 - 34c	2h 32m	2h 47m	3h 04m 3h 22m
Orange Wine	16 (CE16)	Orange Juice + Sugar(6c) + Yeast(6c)		1 - 2 - 26c	1h 08m	1h 14m	1h 22m 1h 30m
Refuge Island Iced Tea	19 (CE19)	Vodka + Vanilla Fizzlepop + Sugar(6c)		2 - 5 - 56c	2h 32m	2h 47m	3h 04m 3h 22m
Rusty Cogturner	15 (CE15)	Vodka + Orange Juice		2 - 4 - 40c	2h 32m	2h 47m	3h 04m 3h 22m
Woad of the Warhound	17 (CE17)	Vodka + Packet of Spice(1c)		1 - 3 - 31c	1h 41m	1h 51m	2h 03m 2h 15m
The Zombie	15 (CE15)	Whisky + Vodka + Orange Juice		3 - 6 - 60c	3h 48m	4h 11m	4h 36m 5h 03m

All drinks in this table are "Level 20, High Satiation" healing 24 power every 6 seconds. Only the duration varies. "Ogre Swill" is used in this table as the cheapest Homemade Beer.

Food (Craftsman)

Name	Level	Ingredients	Raw-Craft-Cost	Bland	Savory	Normal	Delectable
Baked Crab	14 (CE14)	Crab Meat + Packet of Spice(1c) 1 Primary 0 Secondary	1 - 1 - 5c	45m	50m	54m	60m
Baked Grouper	13 (CE12)	Freewater Grouper + Packet of Spice(1c) 2 Primary 0 Secondary	1 - 1 - 5c	45m	50m	54m	60m
Candied Black Walnuts	14 (CE14)	Raw Black Walnut + Refined Vanilla 3 Primary 1 Secondary	2 - 2 - 14c	45m	50m	54m	60m
Candied Orange	13 (CE10)	Murdunk Orange + Refined Vanilla 6 Primary 1 Secondary	2 - 2 - 14c	45m	50m	54m	60m
Cichlid Steak	13 (CE12)	Golden Cichlid + Packet of Spice(1c) 5 Primary 0 Secondary	1 - 1 - 5c	45m	50m	54m	60m
Elephant Steak	14 (CE14)	Elephant Meat + Packet of Spice(1c) 1 Primary 0 Secondary	1 - 1 - 5c	45m	50m	54m	60m
Roasted Carrot	13 (CE11)	Raw Carrot + Refined Thyme 2 Primary 2 Secondary	2 - 2 - 14c	45m	50m	54m	60m
Thyme Soup Broth	14 (CE13)	Refined Thyme + Liquid(6c) 0 Primary 3 Secondary	1 - 2 - 20c	45m	50m	54m	60m
Beer Braised Vulrich	15 (CE15)	Vulrich Meat + Homebrew Beer	2 - 3 - 24c	1h 41m	1h 51m	2h 03m	2h 15m
Black Walnut Fudge	17 (CE17)	Chocolate Bar + Candied Black Walnuts + Cream(6c)	2 - 4 - 49c	2h 32m	2h 47m	3h 04m	3h 22m
Black Walnut Pie	18 (CE18)	Candied Black Walnuts + Refined Vanilla + Dough(18c)	3 - 4 - 46c	3h 48m	4h 11m	4h 36m	5h 03m
Carrot Omelet	15 (CE15)	Roasted Carrot + Egg(6c)	2 - 3 - 34c	1h 08m	1h 14m	1h 22m	1h 30m
Carrot Stew	16 (CE16)	Roasted Carrot + Thyme Soup Broth	3 - 5 - 38c	2h 32m	2h 47m	3h 04m	3h 22m
Chocolate Covered Black Walnut	15 (CE15)	Candied Black Walnuts + Chocolate Bar	2 - 4 - 43c	2h 32m	2h 47m	3h 04m	3h 22m
Chocolate Covered Orange	16 (CE16)	Candied Orange + Chocolate Bar	2 - 4 - 43c	2h 32m	2h 47m	3h 04m	3h 22m
Chocolate Orange Cake	19 (CE19)	Candied Orange + Chocolate Bar + Flour(6c)	2 - 4 - 49c	1h 41m	1h 51m	2h 03m	2h 15m
Cichlid Casserole	17 (CE17)	Cichlid Steak + Refined Thyme + Roasted Carrot	3 - 4 - 29c	3h 48m	4h 11m	4h 36m	5h 03m
Cichlid Jerky	15 (CE15)	Cichlid Steak + Packet of Spice(1c)	1 - 2 - 10c	1h 41m	1h 51m	2h 03m	2h 15m
Cichlid Sandwich	17 (CE17)	Cichlid Steak + Refined Thyme + Bread(2c)	2 - 3 - 21c	3h 48m	4h 11m	4h 36m	5h 03m
Cichlid Soup	16 (CE16)	Cichlid Steak + Thyme Soup Broth	2 - 4 - 29c	2h 32m	2h 47m	3h 04m	3h 22m
Crab Popper	17 (CE17)	Baked Crab + Packet of Spice(1c) + Bread(2c)	1 - 2 - 12c	3h 48m	4h 11m	4h 36m	5h 03m
Dried Orange	15 (CE15)	Candied Orange + Refined Vanilla	3 - 4 - 28c	1h 41m	1h 51m	2h 03m	2h 15m
Elephant Roast	18 (CE18)	Elephant Steak + Refined Thyme + Packet of Spice(1c)	2 - 3 - 20c	2h 32m	2h 47m	3h 04m	3h 22m
Orange Cheesecake	19 (CE19)	Candied Orange + Cream Cheese(6c) + Dough(18c)	2 - 3 - 42c	2h 32m	2h 47m	3h 04m	3h 22m
Orange Muffins	18 (CE18)	Candied Orange + Refined Vanilla + Flour(6c)	3 - 4 - 34c	1h 41m	1h 51m	2h 03m	2h 15m
Orange Pie	17 (CE17)	Candied Orange + Refined Vanilla + Dough(18c)	3 - 4 - 46c	3h 48m	4h 11m	4h 36m	5h 03m
Pan Seared Grouper	16 (CE16)	Baked Grouper + Refined Thyme	2 - 3 - 19c	1h 41m	1h 51m	2h 03m	2h 15m
Spiced Grouper	18 (CE18)	Baked Grouper + Packet of Spice(1c) + Refined Thyme	2 - 3 - 20c	2h 32m	2h 47m	3h 04m	3h 22m
Thyme Grilled Cichlid	15 (CE15)	Cichlid Steak + Refined Thyme	2 - 3 - 19c	1h 41m	1h 51m	2h 03m	2h 15m
Thyme Grilled Vulrich	16 (CE16)	Vulrich Meat + Refined Thyme	2 - 2 - 14c	45m	50m	54m	60m
Vanilla Cake	19 (CE19)	Refined Vanilla + Egg(6c) + Flour(6c)	1 - 2 - 26c	45m	50m	54m	60m
Vanilla Cookies	15 (CE15)	Refined Vanilla + Dough(18c)	1 - 2 - 32c	1h 41m	1h 51m	2h 03m	2h 15m
Vulrich Casserole	18 (CE18)	Vulrich Meat + Refined Thyme + Roasted Carrot	3 - 3 - 24c	1h 41m	1h 51m	2h 03m	2h 15m
Vulrich Jerky	16 (CE16)	Vulrich Meat + Packet of Spice(1c)	1 - 1 - 5c	45m	50m	54m	60m
Vulrich Leg	13 (CE12)	Vulrich Meat + Packet of Spice(1c)	1 - 1 - 5c	45m	50m	54m	60m
Vulrich Pasta	18 (CE18)	Vulrich Meat + Refined Thyme + Pasta(2c)	2 - 2 - 16c	1h 41m	1h 51m	2h 03m	2h 15m
Vulrich Pie	19 (CE19)	Vulrich Meat+ Refined Thyme + Dough(18c)	2 - 2 - 32c	1h 41m	1h 51m	2h 03m	2h 15m
Vulrich Sandwich	18 (CE18)	Vulrich Meat + Refined Thyme + Bread(2c)	2 - 2 - 16c	1h 41m	1h 51m	2h 03m	2h 15m
Vulrich Soup	15 (CE15)	Vulrich Meat + Thyme Soup Broth	2 - 3 - 24c	1h 08m	1h 14m	1h 22m	1h 30m
Walnut Orange Trail Mix	17 (CE17)	Candied Black Walnuts + Candied Orange + Refined Vanilla	5 - 6 - 42c	3h 48m	4h 11m	4h 36m	5h 03m

All foods in this table are "Level 20, High Satiation" healing 22 hp every 6 seconds. Only the duration varies.

Store bought "Dried Meat" heals 17 hp per 6 seconds for 30 minutes at a cost of 26c, "Boomba Pickle" and "Trail Mix" heal 22 hp per 6 seconds for 30 minutes at a cost of 12s 29c.

"Ogre Swill" is used in this table as the cheapest Homemade Beer.

Inedible Food Ingredients (Provisioner 20+)

Name	Level	Ingredients	Raw-Craft-Cost	Watery	Chilled	Normal	Refreshing
Dark Rye Malt	20 (PE20)	Roasted Rye + Liquid(6c)	1 Primary 0 Secondary	1 - 2 - 40c	Not Edible		
Refined Cinnamon	21 (PE21)	Raw Cinnamon + Liquid(6c)	1 Primary 9 Secondary	1 - 1 - 20c	Not Edible		
Refined Marjoram	20 (PE20)	Raw Marjoram + Liquid(6c)	0 Primary 13 Secondary	1 - 1 - 20c	Not Edible		
Refined Oolong Tea Leaf	20 (PE20)	Raw Oolong Tea Leaf + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 20c	Not Edible		
Roasted Rye	21 (PE21)	Rye + Liquid(6c)	2 Primary 0 Secondary	1 - 1 - 20c	Not Edible		
Rye Malt	21 (PE21)	Rye + Liquid(6c)	4 Primary 0 Secondary	1 - 1 - 20c	Not Edible		

Drinks (Provisioner 20+)

Name	Level	Ingredients	Raw-Craft-Cost	Watery	Chilled	Normal	Refreshing
Brown Ale	27 (PE27)	Dark Rye Malt + Raw Hops(6c) + Yeast(6c)	0 Primary 1 Secondary	1 - 3 - 66c	45m	50m	54m 60m
Cinnamon Fizzlepop	25 (PE25)	Aerated Mineral Water(6c) + Refined Cinnamon	2 Primary 0 Secondary	1 - 2 - 40c	45m	50m	54m 60m
Fayberry Cider	26 (PE26)	Fayberry + Yeast(6c)	0 Primary 1 Secondary	1 - 1 - 20c	30m	33m	36m 40m
Fayberry Juice	25 (PE25)	Fayberry + Liquid(6c)	2 Primary 4 Secondary	1 - 1 - 20c	30m	33m	36m 40m
Fayberry Wine	28 (PE28)	Fayberry Juice + Sugar(6c) + Yeast(6c)	0 Primary 2 Secondary	1 - 2 - 46c	1h 08m	1h 14m	1h 22m 1h 30m
Gin	26 (PE26)	Rye Malt + Yeast(6c)	4 Primary 0 Secondary	1 - 2 - 40c	45m	50m	54m 60m
Mountain Coffee	25 (PE25)	Steppes Mountain Bean + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 20c	30m	33m	36m 40m
Oolong Tea	26 (PE26)	Refined Oolong Tea Leaf + Liquid(6c)	1 Primary 0 Secondary	1 - 2 - 40c	45m	50m	54m 60m
Rye Malted Milk	25 (PE25)	Rye Malt + Milk(6c)	0 Primary 1 Secondary	1 - 2 - 40c	45m	50m	54m 60m
Tequila	24 (PE24)	Blue Succulent + Yeast(6c)	4 Primary 1 Secondary	1 - 1 - 20c	30m	33m	36m 40m
Big Fayberry	24 (PE24)	Tequila + Fayberry Cider		2 - 3 - 54c	2h 32m	2h 47m	3h 04m 3h 22m
Blasted Samoflange	24 (PE24)	Gin + Tequila		2 - 4 - 74c	2h 32m	2h 47m	3h 04m 3h 22m
Creamed Mountain Coffee	28 (PE28)	Mountain Coffee + Milk(6c) + Sugar(6c)		1 - 2 - 46c	1h 08m	1h 14m	1h 22m 1h 30m
Fayberry Beer	28 (PE28)	Rye Malt + Fayberry + Yeast(6c)		2 - 2 - 40c	45m	50m	54m 60m
Fayberry Fizzlepop	23 (PE23)	Cinnamon Fizzlepop + Fayberry Juice		2 - 4 - 74c	2h 32m	2h 47m	3h 04m 3h 22m
Fayberry Margarita	29 (PE29)	Tequila + Fayberry Wine + Salt(6c)		2 - 4 - 86c	2h 32m	2h 47m	3h 04m 3h 22m
Fayberry Martini	26 (PE26)	Gin + Fayberry Wine		2 - 5 - 100c	2h 32m	2h 47m	3h 04m 3h 22m
Fayberry Milk	25 (PE25)	Fayberry Juice + Rye Malted Milk		2 - 4 - 74c	2h 32m	2h 47m	3h 04m 3h 22m
Fayberry Sparkling Wine	27 (PE27)	Cinnamon Fizzlepop + Fayberry Juice + Yeast(6c)		2 - 4 - 80c	2h 32m	2h 47m	3h 04m 3h 22m
Fayberry Tea	23 (PE23)	Oolong Tea + Fayberry Juice		2 - 4 - 74c	2h 32m	2h 47m	3h 04m 3h 22m
Gin and Juice	25 (PE25)	Gin + Fayberry Juice		2 - 4 - 74c	2h 32m	2h 47m	3h 04m 3h 22m
Gin Tonic	24 (PE23)	Gin + Aerated Mineral Water(6c)		1 - 3 - 60c	1h 08m	1h 14m	1h 22m 1h 30m
Golden Saucer	26 (PE26)	Tequila + Brown Ale		2 - 5 - 100c	2h 32m	2h 47m	3h 04m 3h 22m
Hailstorm	24 (PE24)	Tequila + Salt(6c)		1 - 2 - 40c	1h 08m	1h 14m	1h 22m 1h 30m
Sweet Onion Kalish	28 (PE28)	Rye Malt + Sweet Onion + Yeast(6c)		2 - 2 - 40c	45m	50m	54m 60m
Vox Breath Beer	29 (PE29)	Rye Malt + Raw Hops(6c) + Yeast(6c)		1 - 2 - 46c	45m	50m	54m 60m

All drinks in this table are "Level 30, High Satiation" healing 36 power every 6 seconds. Only the duration varies. "Ogre Swill" is used in this table as the cheapest Homemade Beer.

Food (Provisioner 20+)

Name	Level	Ingredients	Raw-Craft-Cost	Bland	Savory	Normal	Delectable
Boiled Crayfish	22 (PE22)	Thicket Crayfish + Liquid(6c)	5 Primary 0 Secondary	1 - 1 - 20c	45m	50m	54m 60m
Candied Almond	21 (PE21)	Almond + Refined Cinnamon	4 Primary 0 Secondary	2 - 2 - 34c	45m	50m	54m 60m
Candied Fayberry	20 (PE20)	Fayberry + Refined Cinnamon	5 Primary 1 Secondary	2 - 2 - 34c	45m	50m	54m 60m
Grilled Mackerel	22 (PE22)	Seafury Mackerel + Packet of Spice(1c)	2 Primary 0 Secondary	1 - 1 - 15c	45m	50m	54m 60m
Grilled Octopus	23 (PE23)	Octopus Tentacle + Packet of Spice(1c)	1 Primary 0 Secondary	1 - 1 - 15c	45m	50m	54m 60m
Lion Chops	22 (PE22)	Lion Meat + Packet of Spice(1c)	1 Primary 0 Secondary	1 - 1 - 15c	45m	50m	54m 60m
Marjoram Soup Broth	22 (PE22)	Liquid(6c) + Refined Marjoram	0 Primary 3 Secondary	1 - 2 - 40c	45m	50m	54m 60m
Pork Chop	22 (PE22)	Pig Meat + Packet of Spice(1c)	8 Primary 0 Secondary	1 - 1 - 15c	45m	50m	54m 60m
Roasted Sweet Onion	21 (PE21)	Sweet Onion + Refined Marjoram	2 Primary 2 Secondary	2 - 2 - 34c	45m	50m	54m 60m
Almond Crusted Mackerel	28 (PE28)	Grilled Mackerel + Almond + Packet of Spice(1c)		2 - 2 - 30c	1h 41m	1h 51m	2h 03m 2h 15m
Almond Fudge	29 (PE29)	Candied Almond + Chocolate Bar + Cream(6c)		2 - 4 - 79c	2h 32m	2h 47m	3h 04m 3h 22m
Almond Pie	28 (PE28)	Candied Almond + Refined Cinnamon + Dough(18c)		3 - 4 - 86c	3h 48m	4h 11m	4h 36m 5h 03m
Almond-Fayberry Trail Mix	27 (PE27)	Candied Almond + Candied Fayberry + Refined Cinnamon		5 - 6 - 102c	3h 48m	4h 11m	4h 36m 5h 03m
Beer Braised Pork	25 (PE25)	Pork Chop + Homemade Beer		1 - 3 - 43c	3h 48m	4h 11m	4h 36m 5h 03m
Chocolate Cake	28 (PE28)	Chocolate Bar + Refined Cinnamon + Flour(6c)		1 - 3 - 65c	1h 08m	1h 14m	1h 22m 1h 30m
Chocolate Covered Almond	26 (PE26)	Candied Almond + Chocolate Bar		2 - 4 - 73c	2h 32m	2h 47m	3h 04m 3h 22m
Chocolate Covered Fayberry	25 (PE25)	Candied Fayberry + Chocolate Bar		2 - 4 - 73c	2h 32m	2h 47m	3h 04m 3h 22m
Chocolate Fayberry Cake	29 (PE29)	Candied Fayberry + Chocolate Bar + Flour(6c)		2 - 3 - 79c	1h 41m	1h 51m	2h 03m 2h 15m
Cinnamon Cake	28 (PE28)	Refined Cinnamon + Egg(6c) + Flour(6c)		1 - 2 - 46c	45m	50m	54m 60m
Cinnamon Cookies	26 (PE26)	Refined Cinnamon + Dough(18c)		1 - 2 - 52c	1h 41m	1h 51m	2h 03m 2h 15m
Crayfish Casserole	29 (PE29)	Boiled Crayfish + Refined Marjoram + Roasted Sweet Onion		4 - 5 - 88c	3h 48m	4h 11m	4h 36m 5h 03m
Crayfish Jerky	25 (PE25)	Boiled Crayfish + Packet of Spice(1c)		1 - 2 - 35c	1h 41m	1h 51m	2h 03m 2h 15m
Crayfish Sandwich	27 (PE27)	Boiled Crayfish + Refined Marjoram + Bread(2c)		2 - 3 - 56c	3h 48m	4h 11m	4h 36m 5h 03m
Crayfish Soup	26 (PE26)	Boiled Crayfish + Marjoram Soup Broth		2 - 4 - 74c	2h 32m	2h 47m	3h 04m 3h 22m
Dried Fayberry	25 (PE25)	Candied Fayberry + Refined Cinnamon		3 - 4 - 68c	1h 41m	1h 51m	2h 03m 2h 15m
Fayberry Cheesecake	29 (PE29)	Candied Fayberry + Dough(18c) + Cream Cheese(6c)		2 - 3 - 72c	2h 32m	2h 47m	3h 04m 3h 22m
Fayberry Muffin	28 (PE28)	Candied Fayberry + Refined Cinnamon + Flour(6c)		3 - 4 - 74c	1h 41m	1h 51m	2h 03m 2h 15m
Fayberry Pie	27 (PE27)	Candied Fayberry + Refined Cinnamon + Dough(18c)		3 - 4 - 86c	3h 48m	4h 11m	4h 36m 5h 03m
Garnished Lion Steak	28 (PE28)	Lion Chops + Refined Marjoram + Packet of Spice(1c)		2 - 3 - 50c	2h 32m	2h 47m	3h 04m 3h 22m
Marinated Mackerel	28 (PE28)	Grilled Mackerel + Refined Marjoram + Sweet Onion		3 - 3 - 49c	1h 41m	1h 51m	2h 03m 2h 15m
Marjoram Grilled Crayfish	26 (PE26)	Boiled Crayfish + Refined Marjoram		2 - 3 - 54c	1h 41m	1h 51m	2h 03m 2h 15m
Marjoram Grilled Pork	25 (PE25)	Pork Chop + Refined Marjoram		2 - 3 - 49c	1h 41m	1h 51m	2h 03m 2h 15m
Octopus Pasta	27 (PE27)	Grilled Octopus + Refined Marjoram + Pasta(2c)		2 - 3 - 51c	3h 48m	4h 11m	4h 36m 5h 03m
Pork Casserole	28 (PE28)	Pork Chop + Refined Marjoram + Roasted Sweet Onion		4 - 5 - 83c	3h 48m	4h 11m	4h 36m 5h 03m
Pork Jerky	25 (PE25)	Pork Chop + Packet of Spice(1c)		1 - 2 - 30c	1h 41m	1h 51m	2h 03m 2h 15m
Pork Pasta	29 (PE29)	Pork Chop + Refined Marjoram + Pasta(2c)		2 - 3 - 51c	3h 48m	4h 11m	4h 36m 5h 03m
Pork Pie	28 (PE28)	Pork Chop + Refined Marjoram + Dough(18c)		2 - 3 - 67c	3h 48m	4h 11m	4h 36m 5h 03m
Pork Sandwich	27 (PE27)	Pork Chop + Refined Marjoram + Bread(2c)		2 - 3 - 51c	3h 48m	4h 11m	4h 36m 5h 03m
Pork Soup	24 (PE24)	Pork Chop + Marjoram Soup Broth		2 - 4 - 69c	2h 32m	2h 47m	3h 04m 3h 22m
Sweet Onion Omelet	24 (PE24)	Roasted Sweet Onion + Egg(6c)		2 - 3 - 54c	1h 08m	1h 14m	1h 22m 1h 30m
Sweet Onion Stew	24 (PE24)	Roasted Sweet Onion + Marjoram Soup Broth		3 - 5 - 88c	2h 32m	2h 47m	3h 04m 3h 22m

All foods in this table are "Level 30, High Satiation" healing 30 hp every 6 seconds. Only the duration varies.
 "Ogre Swill" is used in this table as the cheapest Homemade Beer.

Inedible Food Ingredients (Provisioner 30+)

Name	Level	Ingredients	Raw-Craft-Cost	Watery	Chilled	Normal	Refreshing
Green Leaf Tea	33 (PE30)	Raw Green Tea Leaf + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 61c			Not Edible
Honey	33 (PE30)	Raw Honey + Liquid (6c)	2 Primary 9 Secondary	1 - 1 - 61c			Not Edible
Shallot	33 (PE31)	Raw Shallot + Liquid (6c)	0 Primary 13 Secondary	1 - 1 - 61c			Not Edible
Roasted Rolled Oat Malt	33 (PE31)	Rolled Oat + Liquid (6c)	1 Primary 0 Secondary	1 - 1 - 61c			Not Edible
Rolled Oat Malt	33 (PE31)	Rolled Oat + Liquid (6c)	3 Primary 0 Secondary	1 - 1 - 61c			Not Edible

Drinks (Provisioner 30+)

Name	Level	Ingredients	Raw-Craft-Cost	Watery	Chilled	Normal	Refreshing
Dark Rolled Oat Malt	33 (PE32)	Roasted Rolled Oat Malt + Liquid(6c)	1 Primary 0 Secondary	1 - 2 - 122c	45m	50m	54m 60m
Green Tea	35 (PE35)	Green Tea Leaf + Liquid (6c)	1 Primary 1 Secondary	1 - 2 - 122c	45m	50m	54m 60m
Hog's Breath Bock	36 (PE36)	Dark Rolled Oat Malt + Raw Hops(6c) + Yeast (6c)	0 Primary 1 Secondary	1 - 3 - 189c	45m	50m	54m 60m
Honey Fizzlepop	34 (PE34)	Aerated Mineral Water + Honey	2 Primary 1 Secondary	1 - 2 - 122c	45m	50m	54m 60m
Honey Liqueur	35 (PE35)	Raw Honey + Liquid (6c) + Yeast(6c)	4 Primary 1 Secondary	1 - 1 - 67c	30m	33m	36m 40m
Ice Coffee	34 (PE34)	Everfrost Ice Bean + Liquid (6c)	1 Primary 1 Secondary	1 - 1 - 61c	30m	33m	36m 40m
Rolled Oat Malted Milk	34 (PE34)	Rolled Oat Malt + Milk (6c)	1 Primary 1 Secondary	1 - 2 - 122c	45m	50m	54m 60m
Schnapps	35 (PE35)	Wild Apple + Yeast (6c)	4 Primary 0 Secondary	1 - 1 - 61c	30m	33m	36m 40m
Wild Apple Cider	36 (PE36)	Wild Apple + Yeast (6c)	0 Primary 1 Secondary	1 - 1 - 61c	30m	33m	36m 40m
Wild Apple Juice	34 (PE33)	Wild Apple + Liquid (6c)	2 Primary 4 Secondary	1 - 1 - 61c	30m	33m	36m 40m
Wild Apple Wine	35 (PE35)	Wild Apple Juice + Sugar (6c) + Yeast (6c)	0 Primary 1 Secondary	1 - 1 - 67c	30m	33m	36m 40m
Afternoon Tea	36 (PE36)	Honey Liqueur + Green Tea	2 - 3 - 244c	2h 32m	2h 47m	3h 04m	3h 22m
Ambrosia	37 (PE37)	Schnapps + Honey Liqueur	2 - 3 - 244c	2h 32m	2h 47m	3h 04m	3h 22m
Bumble Bee	36 (PE36)	Honey Liqueur + Ice Coffee	2 - 3 - 244c	2h 32m	2h 47m	3h 04m	3h 22m
Cider Slider	37 (PE37)	Schnapps + Honey Fizzlepop + Wild Apple Cider	3 - 5 - 299c	3h 48m	4h 11m	4h 36m	5h 03m
Creamed Ice Coffee	38 (PE38)	Ice Coffee + Milk (6c) + Sugar (6c)	1 - 2 - 128c	1h 08m	1h 14m	1h 22m	1h 30m
Cucumber Kalish	38 (PE38)	Rolled Oat Malt + Cucumber + Yeast (6c)	2 - 2 - 122c	45m	50m	54m	60m
Gnoll Bite	39 (PE39)	Honey Liqueur + Hog's Breath Bock	2 - 5 - 311c	3h 48m	4h 11m	4h 36m	5h 03m
Meditation on the Beach	39 (PE39)	Schnapps + Wild Apple Juice + Vodka (Tier 2)	3 - 5 - 203c	3h 48m	4h 11m	4h 36m	5h 03m
Royal Mead	38 (PE38)	Rolled Oat Malt + Raw Honey + Yeast (6c)	2 - 3 - 183c	45m	50m	54m	60m
Summer Fireworks	35 (PE35)	Honey Liqueur + Wild Apple Wine	2 - 3 - 189c	2h 32m	2h 47m	3h 04m	3h 22m
Wild Apple Beer	37 (PE37)	Rolled Oat Malt + Wild Apple + Yeast (6c)	2 - 2 - 122c	45m	50m	54m	60m
Wild Apple Fizzlepop	35 (PE35)	Honey Fizzlepop + Wild Apple Juice	2 - 4 - 238c	2h 32m	2h 47m	3h 04m	3h 22m
Wild Apple Milk	34 (PE33)	Wild Apple Juice + Rolled Oat Malted Milk	2 - 3 - 177c	2h 32m	2h 47m	3h 04m	3h 22m
Wild Apple Sparkling Wine	38 (PE38)	Honey Fizzlepop + Wild Apple Juice + Yeast (6c)	2 - 4 - 244c	2h 32m	2h 47m	3h 04m	3h 22m
Wild Apple Tea	35 (PE35)	Green Tea + Wild Apple Juice	2 - 4 - 238c	2h 32m	2h 47m	3h 04m	3h 22m

All drinks in this table are "Level 40, High Satiation", healing 60 power every 6 seconds. Only the duration varies. "Ogre Swill" is used in this table as the cheapest Homemade Beer.

Food (Provisioner 30+)

Name	Level	Ingredients	Raw-Craft-Cost	Bland	Savory	Normal	Delectable
Baked Snapper	34 (PE32)	Blackwater Snapper + Packet of Spice (1c)	2 Primary 0 Secondary	1 - 1 - 56c	45m	50m	54m 60m
Bear Steak	33 (PE32)	Bear Meat + Packet of Spice (1c)	8 Primary 0 Secondary	1 - 1 - 56c	45m	50m	54m 60m
Candied Apple	34 (PE32)	Wild Apple + Honey	6 Primary 1 Secondary	2 - 2 - 116c	45m	50m	54m 60m
Candied Cashews	33 (PE30)	Cashew + Honey	3 Primary 1 Secondary	2 - 2 - 116c	45m	50m	54m 60m
Carp Steak	34 (PE32)	Murkwater Carp + Packet of Spice (1c)	5 Primary 0 Secondary	1 - 1 - 56c	45m	50m	54m 60m
Griffin Steak	32 (PE32)	Griffin Meat + Packet of Spice(1c)	1 Primary 0 Secondary	1 - 1 - 56c	45m	50m	54m 60m
Grilled Shark Fin	34 (PE34)	Shark Fin + Packet of Spice (1c)	1 Primary 0 Secondary	1 - 1 - 56c	45m	50m	54m 60m
Roasted Cucumber	34 (PE31)	Cucumber + Shallot	2 Primary 2 Secondary	2 - 2 - 116c	45m	50m	54m 60m
Shallot Soup Broth	33 (PE32)	Liquid (6c) + Shallot	0 Primary 4 Secondary	1 - 2 - 122c	45m	50m	54m 60m
Apple Cheesecake	37 (PE37)	Candied Apple + Dough(18c) + Cream Cheese (6c)	2 - 3 - 195c	2h 32m	2h 47m	3h 04m	3h 22m
Apple Muffins	38 (PE38)	Candied Apple + Honey + Flour (6c)	3 - 4 - 238c	1h 41m	1h 51m	2h 03m	2h 15m
Apple Pie	37 (PE37)	Candied Apple + Honey + Dough(18c)	3 - 4 - 250c	3h 48m	4h 11m	4h 36m	5h 03m
Bear Casserole	39 (PE39)	Bear Steak + Shallot + Roasted Cucumber	4 - 5 - 288c	3h 48m	4h 11m	4h 36m	5h 03m
Bear Jerky	35 (PE35)	Bear Steak + Packet of Spice (1c)	1 - 2 - 112c	1h 41m	1h 51m	2h 03m	2h 15m
Bear Pasta	37 (PE37)	Bear Steak + Shallot + Pasta (2c)	2 - 3 - 174c	3h 48m	4h 11m	4h 36m	5h 03m
Bear Pie	38 (PE38)	Bear Steak + Shallot + Dough(18c)	2 - 3 - 190c	3h 48m	4h 11m	4h 36m	5h 03m
Bear Sandwich	39 (PE39)	Bear Steak + Shallot + Bread (2c)	2 - 3 - 174c	3h 48m	4h 11m	4h 36m	5h 03m
Bear Soup	36 (PE36)	Bear Steak + Shallot Soup Broth	2 - 4 - 233c	2h 32m	2h 47m	3h 04m	3h 22m
Beer Braised Bear	35 (PE35)	Bear Steak + Homebrew Beer	2 - 4 - 131c	3h 48m	4h 11m	4h 36m	5h 03m
Carp Casserole	37 (PE37)	Carp Steak + Roasted Cucumber + Shallot	4 - 5 - 288c	3h 48m	4h 11m	4h 36m	5h 03m
Carp Jerky	36 (PE36)	Carp Steak + Packet of Spice (1c)	1 - 2 - 112c	1h 41m	1h 51m	2h 03m	2h 15m
Carp Sandwich	37 (PE37)	Carp Steak + Shallot + Bread (2c)	2 - 3 - 174c	3h 48m	4h 11m	4h 36m	5h 03m
Carp Soup	35 (PE35)	Carp Steak + Shallot Soup Broth	2 - 4 - 233c	2h 32m	2h 47m	3h 04m	3h 22m
Cashew-Apple Trail Mix	38 (PE38)	Candied Cashews + Candied Apple + Honey	5 - 6 - 348c	3h 48m	4h 11m	4h 36m	5h 03m
Cashew Fudge	38 (PE38)	Chocolate Bar + Candied Cashews + Cream (6c)	2 - 4 - 202c	2h 32m	2h 47m	3h 04m	3h 22m
Cashew Pie	39 (PE39)	Candied Cashews + Honey + Dough(18c)	3 - 4 - 250c	3h 48m	4h 11m	4h 36m	5h 03m
Chocolate Apple Cake	37 (PE37)	Candied Apple + Chocolate Bar + Flour (6c)	2 - 4 - 202c	1h 41m	1h 51m	2h 03m	2h 15m
Chocolate Covered Apple	36 (PE36)	Candied Apple + Chocolate Bar	2 - 4 - 196c	2h 32m	2h 47m	3h 04m	3h 22m
Chocolate Covered Cashew	35 (PE35)	Candied Cashews + Chocolate Bar	2 - 4 - 196c	2h 32m	2h 47m	3h 04m	3h 22m
Crispy Snapper	37 (PE37)	Baked Snapper + Shallot + Packet of Spice (1c)	2 - 3 - 173c	2h 32m	2h 47m	3h 04m	3h 22m
Cucumber Omelet	36 (PE36)	Roasted Cucumber + Egg (6c)	2 - 3 - 177c	1h 08m	1h 14m	1h 22m	1h 30m
Cucumber Stew	35 (PE35)	Roasted Cucumber + Shallot Soup Broth	3 - 5 - 293c	2h 32m	2h 47m	3h 04m	3h 22m
Dried Apple	36 (PE36)	Candied Apple + Honey	3 - 4 - 232c	45m	50m	54m	60m
Griffin Souffle	33 (PE33)	Griffin Steak + Shallot + Egg (6c)	2 - 3 - 178c	2h 32m	2h 47m	3h 04m	3h 22m
Honey Cake	38 (PE38)	Honey + Egg (6c) + Flour (6c)	1 - 2 - 128c	45m	50m	54m	60m
Honey Cookies	39 (PE39)	Honey + Dough(18c)	1 - 2 - 134c	1h 41m	1h 51m	2h 03m	2h 15m
Hopple's Apple Pie	37 (**)	Candied Apple + Honey + Dough(18c)	3 - 4 - 250c	3h 48m	4h 11m	4h 36m	5h 03m
Mother's Apple Pie	35 (PE35)	Schnapps + Refined Cinnamon (Tier 3)	2 - 3 - 136c	1h 41m	1h 51m	2h 03m	2h 15m
Shallot Grilled Bear	36 (PE36)	Bear Steak + Shallot	2 - 3 - 172c	1h 41m	1h 51m	2h 03m	2h 15m
Shallot Grilled Carp	35 (PE35)	Carp Steak + Shallot	2 - 3 - 172c	1h 41m	1h 51m	2h 03m	2h 15m
Shark Fin Soup	38 (PE38)	Grilled Shark Fin + Shallot + Shallot Soup Broth	3 - 5 - 294c	3h 48m	4h 11m	4h 36m	5h 03m
Spicy Snapper Sandwich	37 (PE37)	Baked Snapper + Bread (2c) + Pepper (6c)	1 - 2 - 124c	2h 32m	2h 47m	3h 04m	3h 22m

All foods in this table are "Level 40, High Satiation". Only the duration varies.
 "Ogre Swill" is used in this table as the cheapest Homemade Beer.
 Hopple's Apple Pie recipe is a quest reward from Deputy Hopple in Enchanted Forest.

Inedible Food Ingredients (Provisioner 40+)

Name	Level	Ingredients	Raw-Craft-Cost	Watery	Chilled	Normal	Refreshing
Cardamom	40 (PE40)	Raw Cardamom + Liquid(6c)	2 Primary 6 Secondary	1 - 1 - 227			Not Edible
Corn Malt	40 (PE40)	Raw Corn + Liquid(6c)	4 Primary 0 Secondary	1 - 1 - 227			Not Edible
Dark Corn Malt	42 (PE42)	Roasted Corn + Liquid(6c)	1 Primary 0 Secondary	1 - 2 - 454			Not Edible
Pu-erh Tea Leaf	41 (PE41)	Raw Pu-erh Tea Leaf + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 227			Not Edible
Roasted Corn	41 (PE41)	Raw Corn + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 227			Not Edible
Saffron	41 (PE41)	Raw Saffron + Liquid(6c)	0 Primary 14 Secondary	1 - 1 - 227			Not Edible

Drinks (Provisioner 40+)

Name	Level	Ingredients	Raw-Craft-Cost	Watery	Chilled	Normal	Refreshing
Absinthe	48 (PE48)	Raw Cardamom + Saffron + Raw Wormwood	4 Primary 0 Secondary	3 - 2 - 448	45m	50m	54m 60m
Cardamom Fizzlepop	45 (PE45)	Aerated Mineral Water(6c) + Cardamom	2 Primary 2 Secondary	1 - 2 - 448	45m	50m	54m 60m
Corn Malted Milk	44 (PE44)	Corn Malt + Milk(6c)	0 Primary 1 Secondary	1 - 2 - 454	45m	50m	54m 60m
Pu-erh Tea	45 (PE45)	Pu-erh Tea Leaf + Liquid(6c)	1 Primary 0 Secondary	1 - 2 - 454	45m	50m	54m 60m
Robust Coffee	46 (PE46)	Lavastorm Robusta Bean + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 227	30m	33m	36m 40m
Rum	45 (PE45)	Raw Cardamom + Yeast(6c)	4 Primary 1 Secondary	1 - 1 - 227	30m	33m	36m 40m
White Peach Juice	44 (PE44)	Raw White Peach + Liquid(6c)	2 Primary 3 Secondary	1 - 1 - 227	30m	33m	36m 40m
Color Flux	49 (PE49)	Absinthe + Cardamom Fizzlepop		3 - 5 - 1117	2h 32m	2h 47m	3h 04m 3h 22m
Creamed Robust Coffee	48 (PE48)	Robust Coffee + Milk(6c) + Sugar(6c)		1 - 2 - 460	1h 08m	1h 14m	1h 22m 1h 30m
Egg Nogg	49 (PE49)	Rum + Egg(6c) + Milk(6c)		1 - 2 - 460	1h 08m	1h 14m	1h 22m 1h 30m
Golden Monkey	46 (PE46)	Rum + Orange Juice (Tier 2)		2 - 3 - 458	2h 32m	2h 47m	3h 04m 3h 22m
Green Fairy	49 (PE49)	Absinthe + Distilled Water(18c) + Sugar(6c)		3 - 4 - 693	1h 08m	1h 14m	1h 22m 1h 30m
Mushroom Kalish	47 (PE47)	Corn Malt + Raw Browncap Mushroom + Yeast(6c)		2 - 2 - 454	45m	50m	54m 60m
Nagafen's Flame	45 (PE45)	Rum + Cinnamon (Tier 3)		2 - 3 - 468	1h 41m	1h 51m	2h 03m 2h 15m
Reserve Lager	48 (PE48)	Corn Malt + Hops(6c) + Yeast(6c)		1 - 2 - 460	45m	50m	54m 60m
Rum and Fizz	46 (PE46)	Rum + Cardamom Fizzlepop		2 - 4 - 896	2h 32m	2h 47m	3h 04m 3h 22m
Sea Foam	48 (PE48)	Absinthe + Aerated Mineral Water(6c) + Sugar(6c)		3 - 4 - 681	1h 08m	1h 14m	1h 22m 1h 30m
Stolen Epitaph	49 (PE49)	Absinthe + Rum		4 - 4 - 896	2h 32m	2h 47m	3h 04m 3h 22m
Underfoot Draught	48 (PE48)	Dark Corn Malt + Hops(6c) + Yeast(6c)		1 - 3 - 687	45m	50m	54m 60m
White Peach Beer	49 (PE49)	Corn Malt + Raw White Peach + Yeast(6c)		2 - 2 - 454	45m	50m	54m 60m
White Peach Cider	45 (PE45)	Raw White Peach + Yeast(6c)		1 - 1 - 227	30m	33m	36m 40m
White Peach Fizzlepop	45 (PE45)	Cardamom Fizzlepop + White Peach Juice		2 - 4 - 902	2h 32m	2h 47m	3h 04m 3h 22m
White Peach Milk	44 (PE44)	White Peach Juice + Corn Malted Milk		2 - 4 - 902	2h 32m	2h 47m	3h 04m 3h 22m
White Peach Sparkling Wine	47 (PE47)	Cardamom Fizzlepop + White Peach Juice + Yeast(6c)		2 - 4 - 902	2h 32m	2h 47m	3h 04m 3h 22m
White Peach Tea	46 (PE46)	Pu-erh Tea + White Peach Juice		2 - 4 - 902	2h 32m	2h 47m	3h 04m 3h 22m
White Peach Wine	48 (PE48)	White Peach Juice + Sugar(6c) + Yeast(6c)		1 - 2 - 460	1h 08m	1h 14m	1h 22m 1h 30m

All drinks in this table are "Level 50, High Satiation", healing 75 power every 6 seconds. Only the duration varies. "Ogre Swill" is used in this table as the cheapest Homemade Beer.

Food (Provisioner 40+)

Name	Level	Ingredients	Raw-Craft-Cost	Bland	Savory	Normal	Delectable
Candied Kiola Nut	40 (PE40)	Raw Kiola Nut + Cardamom	3 Primary 1 Secondary	2 - 2 - 448	45m	50m	54m 60m
Candied Peach	40 (PE40)	Raw White Peach + Cardamom	4 Primary 1 Secondary	2 - 2 - 448	45m	50m	54m 60m
Grilled Blowfish	42 (PE42)	Cauldron Blowfish + Packet of Spice (1c)	2 Primary 0 Secondary	1 - 1 - 222	45m	50m	54m 60m
Manticore Steak	43 (PE43)	Manticore Meat + Packet of Spice (1c)	8 Primary 0 Secondary	1 - 1 - 222	45m	50m	54m 60m
Owlbeat Steak	42 (PE42)	Owlbear Meat + Packet of Spice (1c)	1 Primary 0 Secondary	1 - 1 - 222	45m	50m	54m 60m
Roasted Browncap Mushroom	41 (PE41)	Raw Browncap Mushroom + Saffron	2 Primary 2 Secondary	2 - 2 - 448	45m	50m	54m 60m
Saffron Soup Broth	42 (PE42)	Liquid(6c) + Saffron	0 Primary 3 Secondary	1 - 2 - 448	45m	50m	54m 60m
Trout Steak	43 (PE43)	Nerius Trout + Packet of Spice (1c)	5 Primary 0 Secondary	1 - 1 - 222	45m	50m	54m 60m
Wyrms Steak	43 (PE43)	Wyrms Meat + Packet of Spice (1c)	1 Primary 0 Secondary	1 - 1 - 222	45m	50m	54m 60m
Baked Owlbear Brisket	45 (PE45)	Owlbear Steak + Packet of Spice (1c)		1 - 2 - 444	1h 41m	1h 51m	2h 03m 2h 15m
Beer Braised Manticore	46 (PE46)	Manticore Steak + Homebrew Beer		2 - 4 - 463	3h 48m	4h 11m	4h 36m 5h 03m
Blowfish Pasta	48 (PE48)	Grilled Blowfish + Saffron + Pasta (2c)		2 - 3 - 674	3h 48m	4h 11m	4h 36m 5h 03m
Breaded Blowfish	49 (PE49)	Grilled Blowfish + Saffron + Bread(2c)		2 - 3 - 674	3h 48m	4h 11m	4h 36m 5h 03m
Browncap Mushroom Omelet	45 (PE45)	Roasted Browncap Mushroom + Egg(6c)		2 - 3 - 675	1h 08m	1h 14m	1h 22m 1h 30m
Browncap Mushroom Stew	46 (PE46)	Roasted Browncap Mushroom + Saffron Soup Broth		3 - 5 - 1117	2h 32m	2h 47m	3h 04m 3h 22m
Cardamom Cake	48 (PE48)	Cardamom + Egg(6c) + Flour(6c)		1 - 2 - 460	45m	50m	54m 60m
Cardamom Cookie	45 (PE45)	Cardamom + Dough(18c)		1 - 2 - 466	1h 41m	1h 51m	2h 03m 2h 15m
Chocolate Covered Kiola Nut	46 (PE46)	Candied Kiola Nut + Chocolate Bar		2 - 4 - 694	2h 32m	2h 47m	3h 04m 3h 22m
Chocolate Covered Peach	45 (PE45)	Candied Peach + Chocolate Bar		2 - 4 - 694	2h 32m	2h 47m	3h 04m 3h 22m
Chocolate Peach Cake	47 (PE47)	Candied Peach + Chocolate Bar + Flour(6c)		2 - 4 - 700	1h 41m	1h 51m	2h 03m 2h 15m
Dried White Peach	46 (PE46)	Candied Peach + Cardamom		3 - 4 - 896	1h 41m	1h 51m	2h 03m 2h 15m
Fiery Wyrms Steak	49 (PE49)	Wyrms Steak + Saffron + Pepper(6c)		2 - 3 - 676	1h 41m	1h 51m	2h 03m 2h 15m
Kiola Nut Fudge	48 (PE48)	Chocolate Bar + Candied Kiola Nut + Cream(6c)		2 - 4 - 700	2h 32m	2h 47m	3h 04m 3h 22m
Kiola Nut -Peach Trail Mix	48 (PE48)	Candied Kiola Nut + Candied Peach + Cardamom		5 - 6 - 1344	3h 48m	4h 11m	4h 36m 5h 03m
Kiola Nut Pie	47 (PE47)	Candied Kiola Nut + Cardamom + Dough(18c)		3 - 4 - 914	3h 48m	4h 11m	4h 36m 5h 03m
Manticore Casserole	49 (PE49)	Manticore Steak + Saffron + Roasted Browncap Mushroom		4 - 5 - 1117	3h 48m	4h 11m	4h 36m 5h 03m
Manticore Jerky	45 (PE45)	Manticore Steak + Packet of Spice (1c)		1 - 2 - 444	1h 41m	1h 51m	2h 03m 2h 15m
Manticore Pasta	49 (PE49)	Manticore Steak + Saffron + Pasta(2c)		2 - 3 - 672	3h 48m	4h 11m	4h 36m 5h 03m
Manticore Pie	48 (PE48)	Manticore Steak + Saffron + Dough(18c)		2 - 3 - 688	3h 48m	4h 11m	4h 36m 5h 03m
Manticore Sandwich	49 (PE49)	Manticore Steak + Saffron + Bread(2c)		2 - 3 - 672	3h 48m	4h 11m	4h 36m 5h 03m
Manticore Soup	46 (PE46)	Manticore Steak + Saffron Soup Broth		2 - 4 - 890	2h 32m	2h 47m	3h 04m 3h 22m
Peach Cheesecake	49 (PE49)	Candied Peach + Dough(18c) + Cream Cheese(6c)		2 - 3 - 693	2h 32m	2h 47m	3h 04m 3h 22m
Peach Muffins	48 (PE48)	Candied Peach + Cardamom + Flour(6c)		3 - 4 - 902	1h 41m	1h 51m	2h 03m 2h 15m
Peach Pie	47 (PE47)	Candied Peach + Cardamom + Dough(18c)		3 - 4 - 914	3h 48m	4h 11m	4h 36m 5h 03m
Saffron Grilled Manticore	45 (PE45)	Manticore Steak + Saffron		2 - 3 - 670	1h 41m	1h 51m	2h 03m 2h 15m
Saffron Grilled Trout	46 (PE46)	Trout Steak + Saffron		2 - 3 - 670	1h 41m	1h 51m	2h 03m 2h 15m
Trout Casserole	48 (PE48)	Trout Steak + Saffron + Roasted Browncap Mushroom		4 - 5 - 1118	3h 48m	4h 11m	4h 36m 5h 03m
Trout Jerky	45 (PE45)	Trout Steak + Packet of Spice (1c)		1 - 2 - 444	1h 41m	1h 51m	2h 03m 2h 15m
Trout Sandwich	47 (PE47)	Trout Steak + Saffron + Bread(2c)		2 - 3 - 672	3h 48m	4h 11m	4h 36m 5h 03m
Trout Soup	46 (PE46)	Trout Steak + Saffron Soup Broth		2 - 4 - 890	2h 32m	2h 47m	3h 04m 3h 22m

All foods in this table are "Level 50, High Satiation", healing 103 hp every 6 seconds. Only the duration varies. "Ogre Swill" is used in this table as the cheapest Homemade Beer.

Inedible Food Ingredients (Provisioner 50+)

Name	Level	Ingredients	Raw-Craft-Cost	Watery	Chilled	Normal	Refreshing
Refined Clove	50 (PE50)	Raw Clove + Liquid(6c)	2 Primary 9 Secondary	1 - 1 - 889			Not Edible
Refined Coriander	50 (PE50)	Raw Coriander + Liquid(6c)	0 Primary 12 Secondary	1 - 1 - 889			Not Edible
Refined Darjeeling Tea Leaf	50 (PE50)	Raw Darjeeling Tea Leaf + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 889			Not Edible
Roasted Prickly Pear	50 (PE50)	Raw Prickly Pear + Liquid(6c)	1 Primary 0 Secondary	1 - 1 - 889			Not Edible

Drinks (Provisioner 50+)

Name	Level	Ingredients	Raw-Craft-Cost	Watery	Chilled	Normal	Refreshing
Clove Fizzlepop	52 (PE52)	Liquid(6c) + Refined Clove	2 Primary 2 Secondary	1 - 2 - 1778			
Darjeeling Tea	51 (PE51)	Refined Darjeeling Tea Leaf + Liquid(6c)	2 Primary 0 Secondary	1 - 2 - 1778			
Dark Prickly Malt	50 (PE50)	Roasted Prickly Pear + Liquid(6c)	1 Primary 0 Secondary	1 - 2 - 1778			
Frizznik's Starcrest Cream	51 (PE51)	Prickly Malt + Cream(6c) + Yeast(6c)	5 Primary 0 Secondary	1 - 2 - 1774			
Maj'Dul Coffee	51 (PE51)	Maj'Dul Coffee Bean + Liquid(6c)	1 Primary 1 Secondary	1 - 1 - 889			
Pear Cider	55 (PE55)	Raw Prickly Pear + Yeast(6c)	1 Primary 0 Secondary	1 - 1 - 889			
Pear Juice	51 (PE51)	Raw Prickly Pear + Liquid(6c)	1 Primary 3 Secondary	1 - 1 - 889			
Pear Wine	52 (PE52)	Pear Juice + Sugar(6c) + Yeast(6c)	2 Primary 1 Secondary	1 - 2 - 1784			
Prickly Malt	50 (PE50)	Raw Prickly Pear + Liquid(6c)	3 Primary 0 Secondary	1 - 1 - 889			
Artichoke Kalish	57 (PE57)	Roasted Artichoke + Liquid(6c) + Yeast(6c)	2 - 3 - 2667				
Chai	55 (PE55)	Darjeeling Tea + Raw Clove	2 - 3 - 2661				
Creamed Maj'Dul Coffee	58 (PE58)	Maj'Dul Coffee + Milk(6c) + Sugar(6c)	1 - 2 - 1784				
Dark Pear Ale	53 (PE53)	Dark Prickly Malt + Yeast(6c)	1 - 3 - 2667				
Gingerbread Man	54 (PE54)	Frizznik's Starcrest Cream + Raw Clove + Sugar(6c)	2 - 3 - 2673				
Glogg	56 (PE56)	Frizznik's Starcrest Cream + Refined Clove	2 - 4 - 3556				
Golden Eye	53 (PE53)	Frizznik's Starcrest Cream + Raw Macadamia	2 - 3 - 2667				
Mental Core Breach	59 (PE59)	Pear Cider + Clove Fizzlepop + Pear Wine	3 - 6 - 5334				
Mulled Pear Wine	54 (PE54)	Pear Wine + Raw Clove	2 - 3 - 2667				
The Overlord	59 (PE59)	Pear Wine + Clove Fizzlepop	2 - 5 - 4945				
Pear Beer	53 (PE53)	Prickly Malt + Yeast(6c)	1 - 2 - 1778				
Pear Fizzlepop	56 (PE56)	Clove Fizzlepop + Pear Juice	2 - 4 - 3550				
Pear Malted Milk	53 (PE53)	Prickly Malt + Milk(6c)	1 - 2 - 1778				
Pear Sparkling Wine	57 (PE57)	Clove Fizzlepop + Pear Juice + Yeast(6c)	2 - 4 - 3556				
Pear Tea	54 (PE54)	Darjeeling Tea + Pear Juice	2 - 4 - 3550				
Starcrested Coffee	58 (PE58)	Frizznik's Starcrest Cream + Maj'Dul Coffee	2 - 4 - 3556				
Starcrest Kiss	56 (PE56)	Frizznik's Starcrest Cream + Raw Clove + Sugar(6c)	2 - 3 - 2673				

All drinks in this table are "Level 60, High Satiation", healing 90 power every 6 seconds. Only the duration varies. "Ogre Swill" is used in this table as the cheapest Homemade Beer.

Food (Provisioner 50+)

Name	Level	Ingredients	Raw-Craft-Cost	Bland	Savory	Normal	Delectable
Caiman Steak	51 (PE51)	Caiman Meat + Packet of Spice(1c)	7 Primary 0 Secondary	1 - 1 - 884			
Candied Macadamia	50 (PE50)	Raw Macadamia + Refined Clove	4 Primary 0 Secondary	2 - 2 - 1772			
Candied Pear	50 (PE50)	Raw Prickly Pear + Refined Clove	6 Primary 1 Secondary	2 - 2 - 1772			
Coriander Soup Broth	51 (PE51)	Refined Coriander + Liquid(6c)	0 Primary 3 Secondary	1 - 1 - 889			
Eel Steak	51 (PE51)	Conger Eel + Packet of Spice(1c)	1 Primary 0 Secondary	1 - 1 - 884			
Grilled Herring	51 (PE51)	Red Herring + Packet of Spice(1c)	4 Primary 0 Secondary	1 - 1 - 884			
Roasted Artichoke	50 (PE50)	Raw Artichoke + Refined Coriander	3 Primary 2 Secondary	2 - 2 - 1772			
Sabertooth Steak	51 (PE51)	Sabertooth Meat + Packet of Spice(1c)	2 Primary 0 Secondary	1 - 1 - 884			
Artichoke Omelet	52 (PE52)	Roasted Artichoke + Egg(6c)		2 - 3 - 2661			
Artichoke Stew	54 (PE54)	Roasted Artichoke + Coriander Soup Broth		3 - 4 - 3544			
Baked Sabertooth Brisket	54 (PE54)	Sabertooth Steak + Packet of Spike(1c)		1 - 2 - 1768			
Breaded Shrimp	53 (PE53)	Tiger Shrimp + Refined Coriander + Bread(2c)		2 - 2 - 1774			
Caiman Casserole	53 (PE53)	Caiman Steak + Refined Coriander + Roasted Artichoke		4 - 5 - 4428			
Caiman Jerky	53 (PE53)	Caiman Steak + Packet of Spice(1c)		1 - 2 - 1768			
Caiman Pasta	56 (PE56)	Caiman Steak + Refined Coriander + Pasta(2c)		2 - 3 - 2658			
Caiman Pie	56 (PE56)	Caiman Steak + Refined Coriander + Dough(18c)		2 - 3 - 2674			
Caiman Sandwich	58 (PE58)	Caiman Steak + Refined Coriander + Bread(2c)		2 - 3 - 2658			
Caiman Soup	53 (PE53)	Caiman Steak + Coriander Soup Broth		2 - 3 - 2656			
Chocolate Covered Macadamia	57 (PE57)	Candied Macadamia + Chocolate Bar		2 - 4 - 2680			
Chocolate Covered Pear	57 (PE57)	Candied Pear + Chocolate Bar		2 - 4 - 2680			
Chocolate Pear Cake	56 (PE56)	Candied Pear + Chocolate Bar + Flour(6c)		2 - 4 - 2686			
Clove Cake	57 (PE57)	Refined Clove + Egg(6c) + Flour(6c)		1 - 2 - 1784			
Clove Cookies	57 (PE57)	Refined Clove + Dough(18c)		1 - 2 - 1790			
Coriander Grilled Caiman	58 (PE58)	Caiman Steak + Refined Coriander		2 - 3 - 2656			
Coriander Grilled Herring	58 (PE58)	Grilled Herring + Refined Coriander		2 - 3 - 2656			
Denmother's Trail Mix	59 (PE59)	Candied Macadamia + Candied Pear + Refined Clove		5 - 6 - 5316			
Dried Pear	52 (PE52)	Candied Pear + Refined Clove		3 - 4 - 3544			
Eel Soup	56 (PE56)	Eel Steak + Coriander Soup Broth		2 - 3 - 2656			
Fiery Sabertooth Steak	56 (PE56)	Sabertooth Steak + Refined Coriander + Pepper(6c)		2 - 3 - 2662			
Herring Casseole	59 (PE59)	Grilled Herring + Refined Coriander + Roasted Artichoke		4 - 5 - 4428			
Herring Jerky	55 (PE55)	Grilled Herring + Packet of Spice(1c)		1 - 2 - 1768			
Herring Sandwich	54 (PE54)	Grilled Herring + Refined Coriander + Bread(2c)		2 - 3 - 2658			
Macadamia Fudge	54 (PE54)	Candied Macadamia + Chocolate Bar + Cream(6c)		2 - 4 - 2686			
Macadamia Pie	56 (PE56)	Candied Macadamia + Refined Clove + Dough(18c)		3 - 4 - 3562			
Pear Cheesecake	59 (PE59)	Candied Pear + Cream(6c) + Dough(18c)		2 - 3 - 2679			
Pear Muffins	58 (PE58)	Candied Pear + Refined Clove + Flour(6c)		3 - 4 - 3550			
Pear Pie	58 (PE58)	Candied Pear + Refined Clove + Dough(18c)		3 - 4 - 3562			
Shrimp Pasta	55 (PE55)	Tiger Shrimp + Refined Coriander + Pasta(2c)		2 - 2 - 1774			

All foods in this table are "Level 50, High Satiation". Only the duration varies.
 "Ogre Swill" is used in this table as the cheapest Homemade Beer.