

EverQuest II Provisioner Recipe Book

<http://www.crystalkeep.com/eq2>

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This guide breaks up recipes by Tier, divided into drinks & food, and sorted by duration then cost.

All food and drink crafting is performed at a Stove. These recipes are considered Artistry / Culinary in the recipe book.

Tier 1 Recipes

These recipes produce Level 10 food and drink, usable from Level 1+.

Drinks

Name	Level	Ingredients	Raw / Cost	Duration	Effect per 6sec tick
Jum Jum Cider	2 (AE3)	Jum Jum + Liquid(6c) + WK(1c)	1 / 7c	40m	15 pow
Simple Black Coffee	2 (AE2)	2*Black Coffee Bean + Liquid(6c) + WK(1c)	2 / 7c	60m	15 pow
Black Coffee	3 (AE3)	2*Black Coffee Bean + Liquid(6c) + WK(1c)	2 / 7c	60m	15 pow
Creamed Black Coffee	4 (AE4)	3*Black Coffee Bean + Milk(6c) + 3*WK(1c)	3 / 9c	1h30m	15 pow
Cabbage Fizzlepop	5 (AE5)	3*Baubleshire Cabbage + Aerated Mineral Water(6c) + 4*WK(1c)	3 / 10c	2h15m	15 pow
Jum Jum Fizzlepop	6 (AE6)	3*Jum Jum + Roots + Aerated Mineral Water(6c) + 5*WK(1c)	4 / 11c	3h22m	15 pow
White Tea	7 (AE7)	2*White Tea Leaf + Liquid(6c) + 6*WK(1c)	2 / 12c	5h03m	15 pow
Ogre Swill	8 (AE8)	Deer Meat + Baubleshire Cabbage + Liquid(6c) + 2*WK(1c)	2 / 8c	40m	15 pow (+1.8wis +1.8sta)
Pond Juice	9 (AE9)	Frog Leg + Roots + Liquid(6c) + 2*WK(1c)	2 / 8c	40m	15 pow (+1.8sta +1.8int)

Food

Name	Level	Ingredients	Raw / Cost	Duration	Effect per 6sec tick
Jum Jum Muffins	2 (AE3)	Jum Jum + Dough(18c) + WK(1c)	1 / 19c	40m	10 hp
Deer Steak	3 (AE3)	Deer Meat + Roots + WK(1c)	2 / 1c	60m	10 hp
Cabbage Stew	4 (AE4)	Baubleshire Cabbage + Roots + Jum Jum + Liquid(6c) + 3*WK(1c)	3 / 9c	1h30m	10 hp
Deer Sandwich	5 (AE5)	Deer Meat + Roots + Baubleshire Cabbage + Dough(18c) + 4*WK(1c)	3 / 22c	2h15m	10 hp
Jum Jum Cookies	6 (AE6)	2*Jum Jum + 2*Roots + 5*WK(1c)	4 / 5c	3h22m	10 hp
Jum Jum Pie	7 (AE7)	2*Jum Jum + 2*Roots + 6*WK(1c)	4 / 6c	5h03m	10 hp
Jum Jum Trail Mix	8 (AE8)	Jum Jum + Baubleshire Cabbage + 2*WK(1c)	2 / 2c	40m	10 hp (+1.8agi +1.8str)
Sunfish Casserole	9 (AE9)	Sunfish + Roots + 2*WK(1c)	2 / 2c	40m	10 hp (+1.8sta +1.8str)
Fried Frog Leg	2 (AE2)	2*Frog Leg + Dough(18c) + WK(1c)	2 / 19c	60m	10 hp (+2.4agi)
Sunfish Rolls	2 (AE2)	2*Sunfish + Dough(18c) + WK(1c)	2 / 19c	60m	10 hp (+2.4agi)

Books: AE = Artisan Essentials

Purchased Ingredients: **WK = Walnut Kindling(1c)**, Liquid=Aerated Mineral Water(6c), Dough(18c), Milk(6c)

Raw Ingredients: Baubleshire Cabbage, Black Coffee Bean, Deer Meat, Frog Leg, Jum Jum, Roots, Sunfish, White Tea Leaf

Tier 2 Recipes

These recipes produce Level 20 food and drink, usable from Level 10+.

Drinks

Name	Level	Ingredients	Raw / Cost	Duration	Effect per 6sec tick
Carrot Kalish	10 (CE10)	Carrot + Liquid(6c) + MK(4c)	1 / 10c	40m	30 pow
Orange Cider	10 (CE10)	Orange + Liquid(6c) + MK(4c)	1 / 10c	40m	30 pow
Blue Blaze	11 (CE11)	Black Tea Leaf + Tuber Strands + Liquid(6c) + MK(4c)	2 / 10c	60m	30 pow
Rusty Cogturner	11 (CE11)	Vulrich Meat + Tuber Strands + Liquid(6c) + MK(4c)	2 / 10c	60m	30 pow
Antonican Coffee	12 (CE12)	3*Antonican Coffee Bean + Liquid(6c) + 3*MK(4c)	3 / 18c	1h30m	30 pow
The Zombie	12 (CE12)	Elephant Meat + Tuber Strands + Antonican Coffee Bean + Liquid(6c) + 3*MK(4c)	3 / 18c	1h30m	30 pow
Black Tea	13 (CE13)	3*Black Tea Leaf + Liquid(6c) + 4*MK(4c)	3 / 22c	2h15m	30 pow
Creamed Antonican Coffee	13 (CE13)	3*Antonican Coffee Bean + Milk(6c) + 4*MK(4c)	3 / 22c	2h15m	30 pow
Orange Juice	14 (CE14)	4*Orange + Liquid(6c) + 5*MK(4c)	4 / 26c	3h22m	30 pow
Orange Wine	16 (CE16)	2*Orange + 2*Tuber Strands + 6*MK(4c)	4 / 24c	5h02m	30 pow
Orange Fizzlepop	15 (CE15)	Orange + Tuber Strands + Aerated Mineral Water(6c) + 2*MK(4c)	2 / 14c	40m	30 pow (+3.2wis +3.2 sta)
Carrot Fizzlepop	17 (CE17)	Carrot + Tuber Strands + Aerated Mineral Water(6c) + 4*MK(4c)	2 / 22c	60m	30 pow (+3.2sta +3.2int)
Dwarven Stout	18 (CE18)	Carrot + 2*Tuber Strands + 5*MK(4c)	3 / 30c	1h30m	30 pow (+3.2wis +3.2sta)
Refuge Island Ice Tea	19 (CE19)	Black Tea Leaf + Salty Loam + Tuber Strands + 5*MK(4c)	3 / 20c	1h30m	30 pow (+3.2sta +3.2int)

Food

Name	Level	Ingredients	Raw / Cost	Duration	Effect per 6sec tick
Baked Crab	10 (CE10)	Crab Meat + Dough(18c) + MK(4c)	1 / 22c	40m	28 hp
Baked Grouper	10 (CE10)	Grouper + Dough(18c) + MK(4c)	1 / 22c	40m	28 hp
Elephant Steak	11 (CE11)	Elephant Meat + Tuber Strands + MK(4c)	2 / 4c	60m	28 hp
Vulrich Steak	11 (CE11)	Vulrich Meat + Tuber Strands + MK(4c)	2 / 4c	60m	28 hp
Pan Seared Grouper	12 (CE12)	2*Grouper + Carrot + 3*MK(4c)	3 / 12c	1h30m	28 hp
Crab Cakes	12 (CE12)	2*Crab Meat + Tuber Strands + Dough(18c) + 3*MK(4c)	3 / 30c	1h30m	28 hp
Orange Muffins	13 (CE13)	2*Orange + Tuber Strands + 3*MK(4c)	3 / 12c	2h15m	28 hp
Carrot Muffins	13 (CE13)	2*Carrot + Tuber Strands + 4*MK(4c)	3 / 16c	2h15m	28 hp
Elephant Sandwich	14 (CE14)	3*Elephant Meat + Tuber Strands + Dough(18c) + 5*MK(4c)	4 / 38c	3h22m	28 hp
Crab Bisque	16 (CE16)	3*Crab Meat + Tuber Strands + 6*MK(4c)	4 / 24c	5h03m	28 hp
Vulrich Sandwich	15 (CE15)	Vulrich Meat + Tuber Strands + Dough(18c) + 2*MK(4c)	2 / 26c	40m	28 hp (+3.2agi +3.2sta)
Grouper Bisque	17 (CE17)	2*Grouper + Liquid(6c) + 4*MK(4c)	2 / 22c	60m	28 hp (+3.2sta +3.2str)
Orange Pie	18 (CE18)	2*Orange + Tuber Strands + Dough(18c) + 5*MK(4c)	3 / 38c	1h30m	28 hp (+3.2agi +3.2sta)
Carrot Omelet	19 (CE19)	2*Carrot + Tuber Strands + 5*MK(4c)	3 / 20c	1h30m	28 hp (+3.2sta +3.2str)
Mooshga Mush	15 (RMM)	Crab Meat + Carrot + MK(4c)	2 / 4c	1h58m	28 hp (+4.3s)

Books: CE = Craftsman Essentials, RMM=Recipe for Mooshga Mush

Purchased Ingredients: **MK** = **Mulberry Kindling(4c)**, Liquid=Aerated Mineral Water(6c), Dough(18c), Milk(6c)

Raw Ingredients: Antonican Coffee Bean, Black Tea Leaf, Carrot, Crab Meat, Elephant Meat, Grouper, Orange, Salty Loam, Tuber Strands, Vulrich Meat

Tier 3 Recipes

These recipes produce Level 30 food and drink, usable from Level 20+.

Drinks

Name	Level	Ingredients	Raw / Cost	Duration	Effect per 6sec tick
Oolong Tea	20 (PE20)	Oolong Tea Leaf + Liquid(6c) + CK(14c)	1 / 20c	40m	45 pow
Steppes Mountain Coffee	20 (PE20)	Steppes Mountain Bean + Liquid(6c) + CK(14c)	1 / 20c	40m	45 pow
Fayberry Juice	21 (PE21)	2*Fayberry + CK(14c)	2 / 14c	60m	45 pow
Sweet Onion Kalish	21 (PE21)	Sweet Onion + Belladonna Root + CK(14c)	2 / 14c	60m	45 pow
Creamed Oolong Tea	22 (PE22)	3*Oolong Tea Leaf + Milk(6c) + 3*CK(14c)	3 / 48c	1h30m	45 pow
Creamed Steppes Mountain Coffee	22 (PE22)	3*Steppes Mountain Bean + Milk(6c) + 3*CK(14c)	3 / 48c	1h30m	45 pow
Fayberry Fizzlepop	23 (PE23)	2*Fayberry + Belladonna Root + Aerated Mineral Water(6c) + 4*CK(14c)	3 / 62c	2h15m	45 pow
Sweet Onion Fizzlepop	23 (PE23)	2*Sweet Onion + Belladonna Root + Aerated Mineral Water(6c) + 4*CK(14c)	3 / 62c	2h15m	45 pow
Blasted Samoflange	24 (PE24)	Pig Meat + Sweet Onion + 2*Belladonna Root + 5*CK(14c)	4 / 70c	3h22m	45 pow
Steppes Mountain Espresso	25 (PE25)	3*Steppes Mountain Bean + Belladonna Root + Liquid(6c) + 6*CK(14c)	4 / 90c	5h03m	45 pow
Hailstorm	24 (PE24)	Oolong Tea Leaf + Pliant Loam + Liquid(6c) + 2*CK(14c)	2 / 34c	40m	45 pow (+4.6wis +4.6sta)
Oolong Kalish Tea	25 (PE25)	Oolong Tea Leaf + Belladonna Root + Liquid(6c) + 4*CK(14c)	2 / 62c	60m	45 pow (+4.6sta +4.6int)
Fayberry Wine	26 (PE26)	2*Fayberry + Belladonna Root + 5*CK(14c)	3 / 70c	1h30m	45 pow (+4.6wis +4.6sta)
Sweet Onion Wine	26 (PE26)	2*Sweet Onion + Belladonna Root + 5*CK(14c)	3 / 70c	1h30m	45 pow (+4.6sta +4.6int)
Vox Breath Beer	28 (PE28)	Steppes Mountain Bean + Oolong Tea Leaf + 2*Belladonna Root + 6*CK(14c)	4 / 84c	2h15m	45 pow (+4.6sta +4.6int)
Gin and Tonic	27 (PE27)	2*Belladonna Root + 2*Sweet Onion + Aerated Mineral Water(6c) + 6*CK(14c)	4 / 90c	2h15m	45 pow (+1.6wis +4.6sta)
Mountain Main	29 (PE29)	2*Steppes Mountain Bean + Pig Meat + Belladonna Root + 8*CK(14c)	4 / 112c	3h22m	45 pow (+4.6wis +4.6sta)

Food

Name	Level	Ingredients	Raw / Cost	Duration	Effect per 6sec tick
Lion Steak	20 (PE20)	Lion Meat + Dough(18c) + CK(14c)	1 / 32c	40m	53 hp
Pork Chop	20 (PE20)	Pig Meat + Dough(18c) + CK(14c)	1 / 32c	40m	53 hp
Golden Acorn	9 (GGA)	Steppes Mountain Bean + Gold + Belladonna Root + CK(14c)	3 / 14c	50m	53 hp
Baked Crayfish	21 (PE21)	Crayfish + Belladonna Root + CK(14c)	2 / 14c	60m	53 hp
Baked Mackerel	21 (PE21)	Mackerel + Belladonna Root + CK(14c)	2 / 14c	60m	53 hp
Fayberry Muffins	22 (PE22)	2*Fayberry + Belladonna Root + Dough(18c) + 3*CK(14c)	3 / 60c	1h30m	53 hp
Onion Muffins	22 (PE22)	2*Sweet Onion + Belladonna Root + Dough(18c) + 3*CK(14c)	3 / 60c	1h30m	53 hp
Lion Sandwich	23 (PE23)	Lion Meat + Sweet Onion + Belladonna Root + Dough(6c) + 4*CK(14c)	3 / 62c	2h15m	53 hp
Pork Sandwiches	23 (PE23)	Pig Meat + Sweet Onion + Belladonna Root + Dough(6c) + 4*CK(14c)	3 / 62c	2h15m	53 hp
Crayfish Stew	24 (PE24)	2*Crayfish + Belladonna Root + Mackerel + 5*CK(14c)	4 / 70c	3h22m	53 hp
Sweet Onion Omelet	25 (PE25)	Sweet Onion + 2*Fayberry + Belladonna Root + 6*CK(14c)	4 / 84c	5h03m	53 hp
Mackerel Stew	24 (PE24)	Mackerel + Belladonna Root + Liquid(6c) + 2*CK(14c)	2 / 34c	40m	53 hp (+4.6agi +4.6sta)
Fayberry Pie	25 (PE25)	Fayberry + Belladonna Root + 3*Dough(18c) + 4*CK(14c)	2 / 110c	60m	53 hp (+4.5sta +4.6str)
Lion Casserole	26 (PE26)	2*Lion Meat + Belladonna Root + 5*CK(14c)	3 / 70c	1h30m	53 hp (+4.6sta +4.6str)
Pork Casserole	26 (PE26)	2*Pig Meat + Belladonna Root + 5*CK(14c)	3 / 70c	1h30m	53 hp (+4.6agi +4.6str)
Crusted Mackerel	27 (PE27)	Mackerel + 2*Fayberry + Belladonna Root + Dough(18c) + 6*CK(14c)	4 / 102c	2h15m	53 hp (+4.6agi +4.6sta)
Crayfish Casserole	28 (PE28)	2*Crayfish + Sweet Onion + Belladonna Root + Dough(18c) + 6*CK(14c)	4 / 102c	2h15m	53 hp (+4.6sta +4.6str)
Beer Braised Pork	29 (PE29)	2*Pig Meat + Sweet Onion + Belladonna Root + Fayberry + 8*CK(14c)	5 / 112c	3h22m	53 hp (+4.6agi +4.6sta)

Books: PE = Provisioner Essentials, GGA=Gift of the Golden Acorn (note that as L9, any crafter can make this food)

Purchased Ingredients: **CK = Cherry Kindling (14c)**, Liquid=Aerated Mineral Water(6c), Dough(18c), Milk(6c)

Raw Ingredients: Belladonna Root, Crayfish, Fayberry, Gold, Lion Meat, Mackerel, Oolong Tea Leaf, Pig Meat, Pliant Loam, Steppes Mountain Bean, Sweet Onion

Tier 4 Recipes

These recipes produce Level 40 food and drink, usable from Level 30+.

Drinks

Name	Level	Ingredients	Raw / Cost	Duration	Effect per 6sec tick
Cucumber Juice	30 (PE30)	Cucumber + Liquid(6c) + HK(55c)	1 / 61c	40m	60 pow
Wild Apple Juice	30 (PE30)	Wild Apple + Liquid(6c) + 3*HK(55c)	1 / 171c	40m	60 pow
Everfrost Ice Bean	31 (PE31)	2*Everfrost Ice Bean + Liquid(6c) + HK(55c)	2 / 61c	40m	60 pow
Green Tea	31 (PE31)	2*Green Tea Leaf + Liquid(6c) + HK(55c)	2 / 61c	60m	60 pow
Cucumber Fizzlepop	32 (PE32)	2*Cucumber + Tussah Roots + Aerated Mineral Water(6c) + 3*HK(55c)	3 / 171c	1h30m	60 pow
Wild Apple Fizzlepop	32 (PE32)	2*Wild Apple + Tussah Roots + Aerated Mineral Water(6c) + 3*HK(55c)	3 / 171c	1h30m	60 pow
Iced Everfrost Coffee	33 (PE33)	3*Everfrost Ice Bean + Aerated Mineral Water(6c) + 4*HK(55c)	3 / 226c	2h15m	60 pow
Iced Green Tea	33 (PE33)	3*Green Tea Leaf + Aerated Mineral Water(6c) + 4*HK(55c)	3 / 226c	2h15m	60 pow
Wild Apple Wine	34 (PE34)	2*Wild Apple + 2*Tussah Roots + 5*HK(55c)	4 / 220c	3h22m	60 pow
Everfrost Espresso	35 (PE35)	2*Everfrost Ice Bean + 2*Tussah Roots + 6*HK(55c)	4 / 330c	5h03m	60 pow
Cucumber Wine	34 (PE34)	2*Cucumber + 2*HK(55c)	2 / 110c	40m	60 pow (+6.2sta +6.2wis)
Green Tea Kalish	35 (PE35)	Green Tea Leaf + Tussah Roots + 4*HK(55c)	2 / 220c	60m	60 pow (+6.2int +6.2sta)
Wild Child	36 (PE36)	Wild Apple + Supple Loam + Tussah Roots + 3*HK(55c)	3 / 165c	1h30m	60 pow (+6.2sta +6.2wis)
Beghn's Gin and Tonic	36 (PE36)	2*Tussah Roots + Cucumber + 5*HK(55c)	3 / 275c	1h30m	60 pow (+6.2int +6.2sta)
Artic Heights	37 (PE37)	Everfrost Ice Bean + Supple Loam + Tussah Roots + Cucumber + 6*HK(55c)	4 / 330c	2h15m	60 pow (+6.2int +6.2sta)
Land Shark	37 (PE37)	Shark Fin + Supple Loam + Tussah Roots + Wild Apple + 6*HK(55c)	4 / 330c	2h15m	60 pow (+6.2sta +6.2wis)
Green Tea Grinder	38 (PE38)	Green Tea Leaf + Supple Loam + Tussah Roots + 2*Cucumber + 8*HK(55c)	5 / 440c	3h22m	60 pow (+6.2sta +6.2wis)
Frostbite	39 (PE39)	Everfrost Ice Bean + Supple Loam + Tussah Roots + 2*Wild Apple + 8*HK(55c)	5 / 440c	3h22m	60 pow (+6.2int +6.2sta)

Food

Name	Level	Ingredients	Raw / Cost	Duration	Effect per 6sec tick
Bear Steak	30 (PE30)	Bear Meat + Dough(18c) + HK(55c)	1 / 73c	40m	78 hp
Griffon Steak	30 (PE30)	Griffon Meat + Dough(18c) + HK(55c)	1 / 73c	40m	78 hp
Baked Carp	31 (PE31)	Carp + Tussah Roots + HK(55c)	2 / 55c	60m	78 hp
Baked Shark	31 (PE31)	Shark Fin + Tussah Roots + HK(55c)	2 / 55c	60m	78 hp
Fried Cucumber	32 (PE32)	3*Cucumber + Dough(18c) + 3*HK(55c)	3 / 183c	1h30m	78 hp
Wild Apple Muffin	32 (PE32)	2*Wild Apple + Tussah Roots + Dough(18c) + 3*HK(55c)	3 / 183c	1h30m	78 hp
Bear Sandwich	33 (PE33)	Bear Meat + Cucumber + Tussah Roots + Dough(18c) + 4*HK(55c)	3 / 238c	2h15m	78 hp
Griffon Sandwich	33 (PE33)	Griffon Meat + Wild Apple + Tussah Roots + Dough(18c) + 4*HK(55c)	3 / 238c	2h15m	78 hp
Sharkfin Soup	34 (PE34)	2*Shark Fin + Cucumber + Tussah Roots + 5*HK(55c)	4 / 220c	3h22m	78 hp
Wild Apple Pie	35 (PE35)	3*Wild Apple + Tussah Roots + Dough(18c) + 6*HK(55c)	4 / 348c	5h03m	78 hp
Carp Stew	34 (PE34)	Carp + Tussah Roots + 2*HK(55c)	2 / 110c	40m	78 hp (+6.2sta +6.2agi)
Cucumber Sandwich	35 (PE35)	Cucumber + Tussah Roots + Dough(18c) + 4*HK(55c)	2 / 238c	60m	78 hp (+6.2str +6.2sta)
Bear Casserole	36 (PE36)	2*Bear Meat + Tussah Roots + 5*HK(55c)	3 / 275c	1h30m	78 hp (+6.2sta +6.2agi)
Griffon Casserole	36 (PE36)	2*Griffon Meat + Tussah Roots + 5*HK(55c)	3 / 275c	1h30m	78 hp (+6.2str +6.2sta)
Wild Apple Glazed Carp	37 (PE37)	Carp + 2*Wild Apple + Tussah Roots + 6*HK(55c)	4 / 330c	2h15m	78 hp (+6.2str +6.2sta)
Wild Apple Cookies	38 (PE38)	3*Wild Apple + 2*Tussah Roots + Dough(18c) + 8*HK(55c)	5 / 458c	3h22m	78 hp (+6.2sta +6.2agi)
Cucumber Omelet	39 (PE39)	3*Cucumber + 2*Tussah Roots + Griffon Meat + 8*HK(55c)	6 / 440c	3h22m	78 hp (+6.2str +6.2sta)
Hopple's Apple Pie	37 (HAP)	3*Wild Apple + 2*Tussah Root + 2*Dough(18c) + 6*HK(55c)	5 / 366c	5h33m	78 hp (+6.2str +6.2sta)

Books: PE = Provisioner Essentials, HAP=Hopple's Apple Pie Recipe

Purchased Ingredients: **HK = Hickory Kindling(55c)**, Liquid=Aerated Mineral Water(6c), Dough(18c), Milk(6c)

Raw Ingredients: Bear Meat, Carp, Cucumber, Everfrost Ice Bean, Green Tea Leaf, Griffon Meat, Shark Fin, Supple Loam, Tussah Roots, Wild Apple

Tier 5 Recipes

These recipes produce Level 50 food and drink, usable from Level 40+.

Drinks

Name	Level	Ingredients	Raw / Cost	Duration	Effect per 6sec tick
Browncap Mushroom Tea	40 (PE40)	Browncap Mushroom + Liquid(6c) + MQK(221c)	1 / 227c	40m	75 pow
White Peach Juice	40 (PE40)	White Peach + Liquid(6c) + MQK(221c)	1 / 227c	40m	75 pow
Lavastorm Robusta Coffee	41 (PE41)	2*Lavastorm Robusta Bean + Liquid(6c) + MQK(221c)	2 / 227c	60m	75 pow
Pu-erh Tea	41 (PE41)	2*Pu-erh Tea Leaf + Liquid(6c) + MQK(221c)	2 / 227c	60m	75 pow
Browncap Mushroom Fizzlepop	42 (PE42)	2*Browncap Mushroom + Ashen Roots + Aerated Mineral Water(6c) + 3*MQK(221c)	3 / 669c	1h30m	75 pow
White Peach Fizzlepop	42 (PE42)	2*White Peach + Ashen Roots + Aerated Mineral Water(6c) + 3*MQK(221c)	3 / 669c	1h30m	75 pow
Iced Lavastorm Robusta Coffee	43 (PE43)	2*Lavastorm Robusta Bean + Ashen Roots + Aerated Mineral Water(6c) + 4*MQK(221c)	3 / 890c	2h15m	75 pow
Iced Pu-erh Tea	43 (PE43)	2*Pu-erh Tea Leaf + Ashen Roots + Aerated Mineral Water(6c) + 4*MQK(221c)	3 / 890c	2h15m	75 pow
Browncap Mushroom Kalish	44 (PE44)	3*Browncap Mushroom + Ashen Roots + 5*MQK(221c)	4 / 1105c	3h22m	75 pow
Fugu Surprise	45 (PE45)	Blowfish + Bonded Loam + Ashen Roots + Browncap Mushroom + 6*MQK(221c)	4 / 1326c	5h03m	75 pow
White Peach Smoothie	44 (PE44)	2*White Peach + Milk(6c) + 2*MQK(221c)	2 / 448c	40m	75 pow (+7.8sta +7.8wis)
Flaming Peach	45 (PE45)	White Peach + Lavastorm Robusta Bean + 4*MQK(221c)	2 / 884c	60m	75 pow (+7.8int +7.8sta)
Fire in the Hole	46 (PE46)	Lavastorm Robusta Bean + Bonded Loam + Ashen Roots + 5*MQK(221c)	3 / 1105c	1h30m	75 pow (+7.8sta +7.8wis)
Sea Foam	46 (PE46)	Pu-erh Tea Leaf + Bonded Loam + Ashen Roots + 5*MQK(221c)	3 / 1105c	1h30m	75 pow (+7.8int +7.8sta)
Browncap Mushroom Wine	47 (PE47)	3*Browncap Mushroom + Ashen Roots + 6*MQK(221c)	4 / 1326c	2h15m	75 pow (+7.8int +7.8sta)
White Peach Wine	47 (PE47)	3*White Peach + Ashen Roots + 6*MQK(221c)	4 / 1326c	2h15m	75 pow (+7.8sta +7.8wis)
Absinthe	48 (PE48)	2*Ashen Roots + Bonded Loam + 2*Browncap Mushroom + 8*MQK(221c)	5 / 1768c	3h22m	75 pow (+7.8sta +7.8wis)
Green Fairy	48 (PE48)	Ashen Roots + Bonded Loam + White Peach + Pu-erh Tea Leaf + 8*MQK(221c)	4 / 1768c	3h22m	75 pow (+7.8int +7.8sta)
Herbal Flame	49 (PE49)	3*Pu-erh Tea Leaf + Bonded Loam + Lavastorm Robusta Bean + Browncap Mushroom + 10*MQK(221c)	6 / 2210c	5h03m	75 pow (+7.8sta +7.8wis)
Nagafen's Flame	49 (PE49)	3*Lavastorm Robusta Bean + Bonded Loam + Ashen Roots + White Peach + 10*MQK(221c)	6 / 2210c	5h03m	75 pow (+7.8int +7.8sta)

Food

Name	Level	Ingredients	Raw / Cost	Duration	Effect per 6sec tick
Owlbear Steak	40 (PE40)	Owlbear Meat + Dough(18c) + MQK(221c)	1 / 239c	40m	103 hp
Wyrn Steak	40 (PE40)	Wyrn Meat + Dough(18c) + MQK(221c)	1 / 239c	40m	103 hp
Baked Blowfish	41 (PE41)	Blowfish + Ashen Roots + MQK(221c)	2 / 221c	60m	103 hp
Baked Trout	41 (PE41)	Trout + Ashen Roots + MQK(221c)	2 / 221c	60m	103 hp
Mushroom Bread	42 (PE42)	2*Browncap Mushroom + Ashen Roots + Dough(18c) + 3*MQK(221c)	3 / 681c	1h30m	103 hp
White Peach Cookies	42 (PE42)	2*White Peach + Ashen Roots + Dough(18c) + 3*MQK(221c)	3 / 681c	1h30m	103 hp
Owlbear Sandwich	43 (PE43)	Owlbear Meat + Ashen Roots + Browncap Mushroom + Dough(18c) + 4*MQK(221c)	3 / 902c	2h15m	103 hp
Wyrn Sandwich	43 (PE43)	Wyrn Meat + Ashen Roots + White Peach + Dough(18c) + 4*MQK(221c)	3 / 902c	2h15m	103 hp
Seared Blowfish	44 (PE44)	2*Blowfish + Ashen Roots + Browncap Mushroom + 5*MQK(221c)	4 / 1105c	3h22m	103 hp
White Peach Pie	45 (PE45)	3*White Peach + Ashen Roots + Dough(18c) + 6*MQK(221c)	4 / 1344c	5h03m	103 hp
Masu	44 (PE44)	Trout + Ashen Roots + 2*MQK(221c)	2 / 442c	40m	103 hp (+7.8sta +7.8agi)
Browncap Mushroom	45 (PE45)	Browncap Mushroom + Ashen Roots + Dough(18c) + 4*MQK(221c)	2 / 902c	60m	103 hp (+7.8str +7.8sta)
Owlbear Casserole	46 (PE46)	2*Owlbear Meat + Ashen Roots + 5*MQK(221c)	3 / 1105c	1h30m	103 hp (+7.8sta +7.8agi)
Wyrn Casserole	46 (PE46)	2*Wyrn Meat + Ashen Roots + 5*MQK(221c)	3 / 1105c	1h30m	103 hp (+7.8str +7.8sta)
Fugu	47 (PE47)	3*Blowfish + Browncap Mushroom + 6*MQK(221c)	4 / 1326c	2h15m	103 hp (+7.8sta +7.8agi)
Trout Oshizushi	47 (PE47)	3*Trout + White Peach + 6*MQK(221c)	4 / 1326c	2h15m	103 hp (+7.8str +7.8sta)
Browncap Mushroom Soup	48 (PE48)	2*Browncap Mushroom + Ashen Roots + 2*Trout + 8*MQK(221c)	5 / 1768c	3h22m	103 hp (+7.8str +7.8sta)
White Peach Sorbet	48 (PE48)	5*White Peach + Milk(6c) + 8*MQK(221c)	5 / 1774c	3h22m	103 hp (+7.8sta +7.8agi)
Fiery Owlbear Steak	49 (PE49)	2*Owlbear Meat + 3*Lavastorm Robusta Bean + 10*MQK(221c)	5 / 2210c	5h03m	103 hp (+7.8sta +7.8agi)
Fiery Wyrn Steak	49 (PE49)	2*Wyrn Meat + 3*Lavastorm Robusta Bean + 10*MQK(221c)	5 / 2210c	5h03m	103 hp (+7.8str +7.8sta)

Books: PE = Provisioner Essentials

Purchased Ingredients: MQK = Mesquite Kindling(221c), Liquid=Aerated Mineral Water(6c), Dough(18c), Milk(6c)

Raw Ingredients: Ashen Roots, Blowfish, Bonded Loam, Browncap Mushroom, Lavastorm Robusta Bean, Owlbear Meat, Pu-erh Tea Leaf, Trout, White Peach, Wyrn Meat

Tier 6 Recipes

These recipes produce Level 60 food and drink, usable from Level 50+.

Drinks

Name	Level	Ingredients	Raw / Cost	Duration	Effect per 6sec tick
Artichoke Kalish	50 (PE50)	Artichoke + Liquid(6c) + CCK(883c)	1 / 889c	40m	90 pow
Prickly Pear Juice	50 (PE50)	Prickly Pear + Liquid(6c) + CCK(883c)	1 / 889c	40m	90 pow
Darjeeling Tea	51 (PE51)	2*Darjeeling Tea Leaf + Liquid(6c) + CCK(883c)	2 / 889c	60m	90 pow
Majdul Coffee	51 (PE51)	2*Majdul Coffee Bean + Liquid(6c) + 4*CCK(883c)	2 / 3538c	60m	90 pow
Artichoke Fizzlepop	52 (PE52)	2*Artichoke + Succulent Roots + Aerated Mineral Water(6c) + 3*CCK(883c)	3 / 2655c	1h30m	90 pow
Prickly Pear Fizzlepop	52 (PE52)	2*Prickly Pear + Succulent Roots + Aerated Mineral Water(6c) + 3*CCK(883c)	3 / 2665c	1h30m	90 pow
Iced Darjeeling Tea	53 (PE53)	2*Darjeeling Tea Leaf + Succulent Roots + Aerated Mineral Water(6c) + 4*CCK(883c)	3 / 3538c	2h15m	90 pow
Iced Majdul Coffee	53 (PE53)	2*Majdul Coffee Bean + Succulent Roots + Aerated Mineral Water(6c) + 4*CCK(883c)	3 / 3538c	2h15m	90 pow
Artichoke Tea	54 (PE54)	2*Artichoke + 2*Darjeeling Tea Leaf + 5*CCK(883c)	4 / 4415c	3h22m	90 pow
Artery Punch	55 (PE55)	2*Darjeeling Tea Leaf + Soluble Loam + Succulent Roots + 6*CCK(883c)	4 / 5298c	5h03m	90 pow
Prickly Pear Smoothie	54 (PE54)	2*Prickly Pear + Milk(6c) + 2*CCK(883)	2 / 1772c	40m	90 pow (+8.4wis +8.4sta)
Cerebral Hemorrhage	55 (PE55)	Majdul Coffee Bean + Soluble Loam + 4*CCK(883c)	2 / 3532c	60m	90 pow (+8.4sta +8.4int)
Artichoke Wine	56 (PE56)	2*Artichoke + Succulent Roots + 5*CCK(883c)	3 / 4415c	1h30m	90 pow (+8.4wis +8.4sta)
Prickly Pear Wine	56 (PE56)	2*Prickly Pear + Succulent Roots + 5*CCK(883c)	3 / 4415c	1h30m	90 pow (+8.4sta +8.4int)
Golden Eye	57 (PE57)	Eel + Soluble Loam + Succulent Roots + Darjeeling Tea Leaf + 6*CCK(883c)	4 / 5298c	2h15m	90 pow (+8.4sta +8.4int)
Mental Core Breach	57 (PE57)	2*Majdul Coffee Bean + Soluble Loam + Succulent Roots + 6*CCK(883c)	4 / 5298c	2h15m	90 pow (+8.4wis +8.4sta)
The Overlord	58 (PE58)	3*Artichoke + Soluble Loam + Succulent Roots + 8*CCK(883c)	5 / 7064c	3h22m	90 pow (+8.4wis +8.4sta)
The Queen	58 (PE58)	3*Prickly Pear + Soluble Loam + Succulent Roots + 8*CCK(883c)	5 / 7064c	3h22m	90 pow (+8.4sta +8.4int)
Desert Fever	59 (PE59)	2*Majdul Coffee Bean + Soluble Loam + Succulent Roots + 2*Prickly Pear + 10*CCK(883c)	6 / 8830c	5h03m	90 pow (+8.4wis +8.4sta)
Quicksand	59 (PE59)	2*Darjeeling Tea Leaf + SolubleLoam + Succulent Roots + 2*Artichoke + 10*CCK(883c)	6 / 8830c	5h03m	90 pow (+8.4sta +8.4int)

Food

Name	Level	Ingredients	Raw / Cost	Duration	Effect per 6sec tick
Caiman Steak	50 (PE50)	Caiman Meat + Dough(18c) + CCK(883c)	1 / 901c	40m	128 hp
Sabertooth Steak	50 (PE50)	Sabertooth Meat + Dough(18c) + CCK(883c)	1 / 901c	40m	128 hp
Baked Eel	51 (PE51)	Eel + Succulent Roots + CCK(883c)	2 / 883c	60m	128 hp
Baked Tigershrimp	51 (PE51)	Tigershrimp + Succulent Roots + CCK(883c)	2 / 883c	60m	128 hp
Baked Artichoke	52 (PE52)	2*Artichoke + Succulent Roots + 3*CCK(883c)	3 / 2649c	1h30m	128 hp
Prickly Pear Cookie	52 (PE52)	2*Prickly Pear + Succulent Roots + Dough(18c) + 3*CCK(883c)	3 / 2667c	1h30m	128 hp
Caiman Steak Sandwich	53 (PE53)	Caiman Meat + Succulent Roots + Artichoke + Dough(18c) + 4*CCK(883c)	3 / 3550c	2h15m	128 hp
Sabertooth Steak Sandwich	53 (PE53)	Sabertooth Meat + Succulent Roots + Prickly Pear + Dough(18c) + 4*CCK(883c)	3 / 3550c	2h15m	128 hp
Seared Tigershrimp	54 (PE54)	3*Tigershrimp + Succulent Roots + 5*CCK(883c)	4 / 4415c	3h22m	128 hp
Prickly Pear Muffin	55 (PE55)	3*Prickly Pear + Succulent Roots + 6*CCK(883c)	4 / 5298c	5h03m	128 hp
Eel Soup	54 (PE54)	2*Eel + Liquid(6c) + 2*CCK(883c)	2 / 1772c	40m	128 hp (+8.4sta +8.4agi)
Pureed Artichoke Dip	55 (PE55)	2*Artichoke + 4*CCK(883c)	2 / 3532c	60m	128 hp (+8.4str +8.4sta)
Caiman Casseole	56 (PE56)	2*Caiman Meat + Succulent Roots + 5*CCK(883c)	3 / 4415c	1h30m	128 hp (+8.4sta +8.4agi)
Sabertooth Caseerole	56 (PE56)	2*Sabertooth Meat + Succulent Roots + 5*CCK(883c)	3 / 4415c	1h30m	128 hp (+8.4str +8.4sta)
Pear Glazed Tigershrimp	57 (PE57)	3*Tigershrimp + Prickly Pear + 6*CCK(883c)	4 / 5298c	2h15m	128 hp (+8.4sta +8.4agi)
Unagi	57 (PE57)	4*Eel + 6*CCK(883c)	4 / 5398c	2h15m	128 hp (+8.4str +8.4sta)
Denomther's Trail Mix	58 (PE58)	Prickly Pear + 2*Artichoke + 2*Succulent Ro ots + 8*CCK(883c)	5 / 7064c	3h22m	128 hp (+8.4str +8.4sta)
Prickly Pear Cookies	58 (PE58)	Prickly Pear + 3*Succulent Roots + Artichoke + 3*Dough(18c) + 8*CCK(883c)	5 / 7118c	3h22m	128 hp (+8.4sta +8.4agi)
Pear Glazed Caiman Steak	59 (PE59)	5*Caiman Meat + Prickly Pear + 10*CCK(883c)	6 / 8830c	5h03m	128 hp (+8.4sta +8.4agi)
Pear Glazed Sabertooth Steak	59 (PE59)	5*Sabertooth Meat + Prickly Pear + 10*CCK(883c)	6 / 8830c	5h03m	128 hp (+8.4str +8.4sta)

Books: PE = Provisioner Essentials

Purchased Ingredients: CCK= Charcoal Kindling(883c), Liquid=Aerated Mineral Water(6c), Dough(18c), Milk(6c)

Raw Ingredients: Artichoke, Caiman Meat, Darjeeling Tea Leaf, Eel, Majdul Coffee Bean, Prickly Pear, Sabertooth Meat, Soluble Loam, Succulent Roots, Tigershrimp