

With a general lack of water and/or abundant fuel sources, conservation of both would generally lead to adaptations in cooking styles. While there may be traditions that go back to previous ages, many would be seen as extravagant in the eye of most Athasians. However, with bright sun (daytime heat hitting above 115-120 °F), a large supply of natural salt and a quantity of natural geothermic features, one can imagine how they'd be utilized.

Drying of meat (or fruits and vegetables). At it's most basic, thin strips, salted and left out to dry in the sun. This can be accelerated by reflection of sunlight, or using a black, perhaps obsidian surface.

Black stone to cook eggs and protein. Much like when you see videos of an egg getting cooked on black asphalt in the summer. There's no reason why this wouldn't be the primary, fuel-less cook style.

Mass cooking styles. When fuel is being consumed, using clay ovens, cook pits or the like to retain heat. Primary quick items would be cooked first, and other dishes would develop for the lower cooking times. For instance, small roasts/rendering and then eggs covered in the ash to save for the following day or later in the evening.

When water is used to cook, the water itself will need to be reused or drunk. Meaning low salt cooking at least at the start of the process. If starchy items are being cooked, rice, noodles, bulgur, etc... the broth could be fermented. Perhaps even being brought to a centralized area in a city-state or village to turn into rice wine, broy, beer, kombuchas, vinegars or the like. Distillation would be unheard of as the process would require crazy amounts of heat and specialized equipment. Also, long soaking times would be used on any dried starches prior to cooking. This shortens cooking times – but isn't used as often in modern non-fantasy life as it affects the consistency of the final product/dish. Dried noodles would also be soaked and re-hydrated before slight cooking/heating.

Fermentation. While the outside temps reach too hot for slow ferments, quick ferments like kim chis and sauerkraut-like vegetables would be accelerated by a few days to even weeks. This would probably be one of the most common non starch preparations. Where it gets too hot for basic ferments, burying sealed vessels under sand or earth would be more common.

Starches would most likely be cooked and dried – think rice cakes or puffed grains. Or johnny cake/hoe cake/pancake style items would be common.

Oil would be a primary cooking element if fuel isn't scarce, as it could be reused. However, rendering uses a decent amount of fuel itself. Sources of pure fat would be highly marketable.

Salt in curing would be light, as we all know how excessive salt intake dehydrates. It would still be needed to keep everyone from getting sick all the time. I imagine dried sausages would be a very common item, much like modern day salumis. This could be elevated into a true art form. However, due to a lack of water to rinse casings... most sausages would be made from the upper intestines and not the lower. For some shitty reason.

Agave, honeys and kank nectar being used as sweeteners.

Insects would be eaten without most modern day disgust. Roasted or dried scorpions, grasshoppers, locusts. certain ants, ant eggs, etc... would be a common snack or dish component.
<https://en.wikipedia.org/wiki/Chapulines>

Cactus treated like nopales. Could even be grilled, pickled, fermented, or just as a standard cooking vegetable.

The following below is taken from a web source and edited.

Drink

Non-Alcoholic

Filtered Jalath'gak-blood Nectar: Another sweet nectar.

Kank Honey: This sweet liquid is produced in globules on the abdomen of the large insects.

Kola Tea: Kola nuts are from Gulg. The nuts can be grounded into a fine powder which is then steeped in water. The resulting beverage is tasty and also stimulates the mind and wards off sleep.

Alcoholic

Ale, General: Raam and Tyr both export ale. Cheap ale is served warm.

Asticles Wine: Asticles wine has a pale golden color and a tart, dry scent. It has a light taste that leaves the mouth dry. It is a very fine drink and as such is very expensive. Asticles wine is the preferred drink of nobles in Tyr.

Beer: Gulg exports beer. Cold beer is available but expensive.

cost, warm: 1sp (one gallon)

Broy: Broy is made from fermented kank nectar. Spiced broy and watered-down broy are also available.

When served plain, it is potent and foul tasting. However, broy can be served warm and spiced with a pungent herb that disguises its sourness, as well as enhanced its enrapturing powers.

Bulis Berry Wine: The bulis berries can be made into a wine with a dark blue-purple color. The taste is sickeningly sweet and so is often mixed with water. It is rather inexpensive and is mainly purchased by working-class Athasians.

Cactus Blue Ale: Cactus blue ale is served in Tyr and is made from fermented grall. The ale has a strong, rough taste and is very potent.

Cider: Gulg exports cider.

Elven Wine: Many elven tribes make their own wine, though the process and quality vary from tribe to tribe. The Fastcoin elven tribe specializes in the sale of a simplistic elven wine, light on taste but fast and cheap to produce. Sky Singer wine, on the other hand, is made from kank honey and is an acquired taste, potent in both flavor as well as alcohol content.

Goat's Milk: Fermented goat's milk is served in bars.

Honey Barley Ale: Honey barley ale is made from honey barley. It has a smooth taste that is slightly sweet.

Javo Nectar: Fermented javo nectar is potent. The nectar retains the sweet flavor of the javo, but does not have the obnoxious smell.

Klick-win: Klick-win is a sickly-sweet wine made from fermented flowers by tohr-kreen. It is not usually available in the Tablelands.

Milkwine: Milkwine is a gummy liquid.

Palewater Ale: Palewater ale is served in Salt View. It has a rough yet simple taste.

Palm Wine: Palm wine is of poor quality but is affordable to the lower classes.

Pulque: Pulque is fermented cactus juice that is drunk in Draj. Pulque comes from the huge maguey cactus. The taste is milky and slightly sour.

Sapwine: Sapwine is tart. It is fermented from tree resin and has a powerful kick. Most consider it to be the foulest drink available in the wine shops of Tyr and Gulg.

Scuppernong Wine: Scuppernong can be fermented into a silver wine that is thick, with a slightly bitter taste. Scuppernong is the favored drink among elves.

Spiced Mead: Spiced mead is served in many taverns.

Spiced Wine: Spiced wine is sold in wine shops. The wine is mixed with a variety of spices to give it a strong flavor.

Food

Meat and Protein

Meat Skewers: Meat is a staple in the diet of those who live in the Tyr region. A skewer of baazrag, erdlu, jankx, kip, or z'tal meat served with a small hunk of unleavened bread is daily fare.

Steaks: For the more wealthy, a juicy mekillot or inix steak can make an excellent meal.

Crodlu: Crodlu meat is tough and stringy. Some enterprising cooks have found ways to use the meat in stews and other dishes to compensate for its texture. One dish involves ground crodlu meat mixed with rice.

Erdlu: Erdlu meat is very common and often used in stews as well as grilled. The meat does not need to be fully cooked to be safe to eat, and so can be prepared medium rare. It has no aftertaste. In Draj, some popular dishes include erdlu stew and steamed corn; a dried, pemmican-like erdlu meat that is part of the local diet; and spiced erdlu meat with vegetables.

Erdland: The large erdlund provides up to 700 pounds of meat and tastes similar to erdlu.

Kip: Kip meat is fatty and greasy. Kip sausages are served with biscuits in Tyr, while kip meat is a staple of many dwarven communities. One kip can provide meat for up to 2 meals. The meat of one kip can also be made into a stew that will easily feed six.

Lizard, General: There are numerous types of small lizards used for nourishment throughout the Tablelands. Lizard meat is most often used in spicy stews. Small lizards live in the rocky badlands and foothills of the Ringing Mountains and can provide a meal for a desert traveler.

Renk: Renks are small slugs that are eaten raw. Each slug has four ounces of water within it. When consumed raw each renk provides the equivalent of a . cup of water. An active man would need to eat 32 renks a day to replace his water requirement for the day.

Snake: Athasians include a variety of snakes in their diets. In cities snakes are usually cooked on skewers, chopped into round slices with the skin still on. cooks claim this helps to keep in the flavor. Whether true or not, the skin must be removed before eating. Harmless, albino snakes can be found amongst the crags and foothills of the Ringing Mountains. These snakes can provide a safe meal for a desert traveler.

Meat Delicacies: Mouth-watering, rarely offered meats include cloud ray and cha'thrang. These meats are very expensive, a treat reserved for the nobility.

Eggs, Erdlu: The eggs of the large, flightless erdlus are a common food in the Tyr region.

Eggs, Erdland: Less tasty than erdlu eggs, but are large enough to provide food for three men; the eggs are three feet in diameter.

Eggs, Kes'trekel: In Nibenay the eggs of a kes'trekel are a delicacy, but only if procured and eaten within two weeks of being laid.

Eggs, Pterrax: The eggs of pterrax are a very valuable source of food for those dwelling in mountainous regions. The eggs are almost two feet in diameter and one pterrax egg provides up to two meals.

Fruits and Vegetables

Agafari nuts: These are edible nuts from the agafari trees of the crescent forest.

Betel Nut: Betel nuts are eaten by most citizens of Nibenay. Eating the nuts over the years stains the teeth. The Nibenese also grind the nuts into tasty pastes.

Broy Bean: Broy beans take their name from the drink, but have little in common with broy. The flat, dull yellow beans taste horrible, reminiscent of bad broy. However they taste, the beans are a big source of protein for those desert communities lacking large animal herds.

Bulis Berries: These berries have a thick, hairy, brown skin that makes them very difficult to peel. They have a small, sweet, purple center.

Cabra: Cabra melons are thick-husked fruits that have a succulent taste. The inside of a cabra melon has wedges similar to an orange.

Cactus, General: Many variety of cacti can be eaten. Cacti are most often eaten raw, although some varieties are cooked. Honey-boiled cactus is served in the elven market in Nibenay.

Cactus, Prickly Pear: The prickly pear is a red fruit from the prickly pear cactus. It is sweet, but care must be used when peeling the skin because of the hundreds of tiny needle-like spines. The prickly pear is a popular choice to make candy or other snacks involving fruit pulp.

Cactus, Red: Red cactus is a round succulent plant with spiny thorns, about the size of a man's head. The cactus is typically used to harvest red cactus grubs, but the fruit of the cactus can also be eaten.

Cactus, Rock: A rock cactus can be peeled if it is first incapacitated. Each rock cactus provides approximately one pound of food. The taste is vaguely similar to apples. In addition, a rock cactus provides up to four pints of water.

Cactus, Spider: Inside of a spider cactus is one gallon of a honey-like liquid similar in consistency to an

erdlu egg. Each cactus contains one gallon of the liquid, which can be substituted for either food or water. One gallon can replace one gallon of water or provide nourishment for four meals.

Date: Dates are a delicacy that are enjoyed as a snack or appetizer by the upper classes. For the desert traveler, dates can be a life saver, as dates grow on palm trees that often surround an oasis.

Dem Bush: Dem bushes are not very tasty, but they do provide nourishment to a desert traveler. They grow in Rocky Badlands, especially near the Ringing Mountains.

Faro Fruit: Faro is a dwarf cactus tree, as tall as a man, with a handful of scaly stems that rise to a tangled crown of needle-covered boughs. The twisted cactus grows a blossom that blooms delicious fruit only once per decade. Faro blossoms have a sweet scent and have huge red flowers on the rare occasion that they bloom. Faro is a cash crop. Each piece of sweet fruit is a delicacy worth more than the plant itself. More common uses are found for the needles of the faro. The faro needles can be ground into flour for bread and are also a common ingredient in stews. The needles are made into a gruel for slaves. On many a voyage across the Silt Sea, the galley slaves eat moldering faro.

Fig: Figs are a pleasant snack for those who can afford it. The city of Nibenay cultivates fig groves in the Crescent Forest that provide most of the figs available in the cities of the Tyr region. Fig trees often surround an oasis in the desert, providing much needed nourishment to the desert traveler.

Geja Fruit: A soft-skinned fruit which is only ripe for a few days per year. When ripe, geja is extremely sweet and delicate. When dried, it retains much of the sweetness.

Gourd: The two most common gourds found in the Tablelands are the tulifer and the cucurbata. Tulifer looks like an oval, orange melon with green horns or spikes. The yellow-green flesh is soft and gel-like. If eaten raw it tastes very sour and salty, but if allowed to ripen the sourness is not as strong. The cucurbata is large, over a foot in diameter. It is reddish-brown in color, with a warty exterior. The white flesh is crunchy and watery but becomes bitter as it ripens. When fully ripe the flesh softens and takes on an orange color; by that point the gourd is too bitter to eat.

Grall Fruit: The bulbous fruit of the grall cactus has a strong, bitter taste.

Javo: Javo is a large oval fruit with a thick brown skin covered in spines, similar to a pineapple. It is the smell of javo that everyone remembers – the smell is a horrible cross between excrement and onions that is detectable from half a mile away when the fruit is fully ripe. Because of the smell, most of the city-states have banished the cultivation of javo to isolated client villages. The inside of the javo is very soft, and contrary to the revolting aroma of the fruit's outer shell, the custard-like interior is nutty and sweet.

Jute: Jute is a fibrous plant with shiny green leaves. The leaves are often eaten in Raam and Gulg but have a slimy taste. Sometimes the slimy taste is counteracted by adding a large pinch of salt.

Neep: An orange root vegetable. It has a very bland flavor and is often served mixed with other foods rather than by itself.

N'ku'ru'ma: The finger-sized n'ku'ru'ma pods take on a slightly sweet flavor when roasted over an open fire.

Oleracea: Oleracea: Oleracea is a succulent leafed plant. It is a staple vegetable of most diets. The oleracea has dull yellow, finely incised leaves. It is eaten raw or cooked, but is flavorless in either case.

Olive: Balic maintains large olive orchards. The olives can be eaten and are often used to make olive oil.

Peppers: To add a dose of fiery spice to dishes, the Draji cultivate both red and green peppers. Their fierce taste is shunned by many who do not understand why the Draji would want to eat something so hot in Athas's scorching environment, but they are still popular with many.

Scuppernong Berries: Rough skinned berries.

Tubers and Roots: Tubers and roots are a large part of the diet of most desert communities.

The most common tuber is the solanu, a sturdy brown tuber that is marked above ground by hairy stems sprouting large leaves. After it is peeled, the solanu can be eaten raw, dried, or cooked. The flesh is white, and a woody pit, slightly yellow in color, runs down the center. The flesh darkens quickly when exposed to air, spoiling the solanu's flavor within a day of being peeled.

Ulentia is the most commonly grown edible root. Different species of ulentia have tastes that ranges from very bitter to only mildly so, although bitterness is common to all varieties. Ulentia cannot be eaten raw because the bitter taste is a sign of a toxin that naturally forms in the root; the more bitter the taste, the higher the dose of toxin. Cooking the ulentia is usually sufficient to eliminate the toxin. Ulentia has little taste but makes for a filling meal.

Welela Gourd: Long and thin, welela gourds are prickly on the outside, but the inside is very sweet and contains a great deal of moisture.

Breads and Grains

Bread: A common bread is made with grains, faro flour, water, and kank honey. The small, sweet, unleavened loaves are sold in a bundle.

Snacks, Arena Concessions

Red Cactus Grubs: These are usually consumed by slaves or indentured servants. Some pop the heads off first, others eat them whole.

Sun Dried Kip: Sold in dried strips, kip-meat jerky is rather tasty.

Renks: Harmless, tasteless slugs that store water inside their bodies. Each holds approximately 1/2 cup of water.

Sun Dried Jankx: Similar to kip, although a bit tastier and usually slightly more expensive.

Other

Butter: Goats. Feel free to add other lactating animals that are native to Athas.

Clove: Cloves come from Gulg.

Honey, Kank: Kank meat cannot be eaten; when a kank dies its flesh emits an odor so foul that not even a starving man can stomach it. Food-producer kanks create a melon-sized, honey globule that is very sweet. The honey is thick, green, and provides the eater with plenty of energy. Kank honey is very nutritious and can sustain a man for several days with no other means of nourishment.

Honey, Pulp Bee: Worker pulp bees produce a sweet tasting liquid that is very nutritious. One quart of the liquid can provide a human with enough nutrients for two days. The honey hardens into resin a day after been produced. When it hardens the honey loses some of its nutritional value but can still provide the nourishment of one day's food.

Honey, Wezer: Wezers produce a honey on which they feed. Although not the most delectable of the various honey's available to Athasians, its unique flavor and rarity makes it an expensive delicacy.

Salt: Salt is of major importance to the Athasian diet. Salt is the easiest way to replenish the body's nutrients that are lost through sweat after toiling all day under the hot Athasian sun. If these nutrients are not replaced, it leads to weakness, muscle spasms, and eventually death. Because of its importance salt is rationed on caravans as well as in the armies of the sorcerer-kings; every member is given their salt ration each day. Salt is also used to preserve meats for long desert journeys.

Vanilla: Vanilla is exported by both Gulg and Nibenay.