

Valheim’s Cuisine

Light Green for Meadows recipes, Cornflower Blue for Black Forest recipes, Green for Swamp recipes, Dark Blue for Mountain recipes, Yellow for Plains recipes, Purple for Mistlands recipes, Red for Ashlands recipes, Grey for Deep North recipes and Teal for Ocean recipes.

Abbreviations: SL (Station Level), qty. (quantity); dur. (duration); heal. (healing) CD (cooldown); dmg (damage); regen. (regeneration); res. (resistant); mvt (movement); elmt. (elemental) HP (health points); SP (stamina points);

[How does Resistance works](#)

Cauldron Recipes

	Ingredients	SL	Qty.	Stack	HP	SP	Eitr	Heal.	Dur.	Effect
Dandelion Soup	3 Dandelion	1	1	10	2	33	-----	1	20m	+5% SP regen. for 5m
Sautéed Mushrooms	2 Mushroom, 1 Yellow Mushroom	1	1	10	12	42	-----	2	25m	+5% SP regen. for 5m
Fowler’s Ragout	2 Fowl Meat, 1 Carrot, 2 Thistle	1	1	10	18	45	-----	2	25m	-----
Honey Glazed Carrots	2 Carrot, 1 Honey	1	1	10	12	48	-----	2	20m	-----
Neck Soup	1 Neck Tail,1 Mushroom	1	1	10	30	18	-----	2	20m	-----
Boar Svið	1 Boar Trophy, 2 Dandelion	1	1	10	38	10	-----	2	25m	+5% HP regen. for 5m

