#### 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	НР	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	
<b>Honey Glazed Carrots</b>	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% <b>HP</b> regen. for 5m
Fish Soup	1 Raw Fish, 2 Yellow Mushroom, 1 Dandelion	1	1	10	42	20		3	25m	
Forest Skewer	2 Deer Meat, 1 Mushroom, 1 Yellow Mushroom	1	4	20	42	23		2	25m	
Deer Svið	1 Deer Trophy, 1 Carrot, 1 Thistle	1	1	10	46	15		3	25m	-5% SP used while sprinting for 5m
Pike Fillets	1 Pike, 2 Thistle	1	1	12	46	18		2	25m	
Perch Steak	1 Perch, 2 Thistle	1	1	12	46	18		2	25m	
Myrkviðr Skause	1 Deer Meat, 1 Mushroom, 1 Carrot	1	1	10	48	20		3	25m	
Vikingr Stew	1 Trollfish, 1 Yellow Mushroom, 2 Dandelion	1	1	10	48	22		2	25m	
Troll Stew	1 Troll Meat, 1 Carrot, 2 Yellow Mushroom, 2 Dandelion	1	1	10	52	20		3	25m	Res. to Blunt for 5m
Troll Svið	1 Troll Trophy, 1 Carrot, 2 Thistle	1	1	10	55	10		3	35m	+10% Club dmg for 10m
Cured Pork	3 Boar Meat, 2 Dandelion, 2 Thistle, 1 Ooze	2	6	24	34	34		2	25m	
Honey Glazed Turnips	2 Turnip, 1 Honey	1	1	10	11	48		2	20m	
Bone Broth	4 Bone Fragments, 2 Carrot, 1 Thistle	2	1	10	14	56		2	25m	
Root Soup	2 Root, 4 Dandelion	2	1	10	6	58		2	30m	+10% SP regen. for 10m
Mushroom Soup	1 Sautéed Mushrooms, 1 Dandelion	2	1	10	8	60		2	25m	
Carrion Crow's Broth	2 Fowl Meat, 3 Entrails, 3 Bone Meal, 1 Turnip	2	1	10	18	61		3	30m	

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Vegetable Soup	1 Carrot, 1 Turnip, 1 Yellow Mushroom	2	1	10	10	64	 2	25m	
Boar Ham	2 Boar Meat, 1 Dandelion, 1 Thistle, 1 Ooze	2	2	20	45	26	 2	30m	
Neck Stew	1 Neck Tail, 1 Neck Trophy, 1 Turnip	2	1	10	48	20	 3	30m	+15% SP regen. for 5m
Fish Stew	1 Cooked Fish, 1 Turnip, 2 Thistle	2	1_	10	50	20	 3	25m	
Smoked Herring	1 Giant Herring, 1 Core Wood, 1 Coal	2	1	10	55	22	 3	45m	
Fensalir Skause	1 Deer Meat, 1 Carrot, 1 Turnip, 2 Honey	2	1	10	56	24	 3	25m	
Bloody Broth	2 Bloodbag, 1 Entrails, 1 Turnip, 2 Thistle	2	1	10	62	26	 3	25m	
Blodpølse	1 Leech Trophy, 2 Troll Meat, 1 Bloodbag, 3 Thistle	2	6	24	64	18	 3	25m	
Amma's Hearty Stew	1 Cooked Deer Meat, 1 Cured Pork, 1 Honey Glazed Turnips, 1 Thistle	2	1	10	64	20	 4	35m	+5% <b>HP</b> and <b>SP</b> regen. for 10m
Cold-Cured Neck	2 Neck Tail, 2 Honey, 1 Freezing Gland	3	4	20	40	40	 3	20m	
Troll Jerky	1 Troll Meat, 2 Honey	3	4	20	40	40	 3	30m	
Bloodmoon Stew	2 Tetra, 1 Bloodbag, 1 Chopped Veggies, 1 Thistle	3	2	10	55	55	 4	30m	
Pottage	2 Chopped Veggies	2	1_	10	12	70	 3	20m	
Iced Marinated Berries	8 Raspberry, 8 Blueberries, 2 Freezing Gland, 1 Tasty Mead	3	2	12	20	72	 3	25m	
Vegetable Stew	1 Chopped Veggies, 1 Yellow Mushroom, 1 Root, 1 Thistle	3	1_	10	12	80	 4	35m	
Wolf Salami	6 Entrails, 2 Wolf Meat, 2 Thistle, 1 Freezing Gland	3	6	20	60	24	 4	25m	
Mountaineer Hotpot	1 Wolf Meat, 1 Chopped Veggies, 1 Fenris Hair, 2 Bone Meal	3	1	10	63	25	 4	35m	-15% SP used while jumping for 5m
Hunter's Stew	1 Deer Meat, 1 Wolf Meat, 1 Chopped Veggies, 1 Minor Stamina Mead	3	1_	10	65	20	 4	35m	+15% bow dmg for 10m
Ýdalir Skause	1 Wolf Meat, 1 Chopped Veggies, 1 Thistle	3	1	10	66	20	 3	25m	
Flambéed Wolf Strips	2 Wolf Meat, 1 Tasty Mead, 4 Blueberries	3	2	10	70	20	 4	25m	
Æbleflæsk	10 Bukeperries, 1 Cured Pork, 1 Onion, 1 Honey	3	1	10	72	20	 3	30m	
Wolf Svið	1 Wolf Trophy, 1 Chopped Veggies, 1 Thistle	3	1_	10	78	16	 3	35m	-25% fire dmg taken for 10m
Ulv Tail Stew	1 Ulv Trophy, 1 Chopped Veggies, 3 Raspberry	3	1	10	78	20	 4	35m	-25% pierce dmg taken for 10m
Hatchling Soup	1 Drake Trophy, 1 Drake Heart, 1 Onion	3	1_	10	80	22	 4	35m	+10% frost dmg for 10m
Lox Jerky	1 Lox Meat, 2 Honey	3	2	20	48	48	 4	30m	
Barley Gruel	3 Barley	1	1_	10	4	61	 1	20m	
Perry Porridge	6 Bukeperries, 6 Barley	2	1_	10	7	72	 2	20m	
Lefse	4 Ancient Bark Flour, 1 Skyr, 1 Honey, 1 Butter	4	4	20	18	78	 3	25m	
Grouper Pottage	1 Grouper, 1 Chopped Veggies, 3 Thistle	4	1_	10	26	84	 4	25m	
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Multekrem	1 Lox Milk, 2 Honey, 6 Cloudberry	4	1	10	11	84		2	35m	Restore 1 SP per second for 10m
Iðunn's Confiture	2 Raspberries, 2 Blueberries, 4 Cloudberries	4	1	10	10	86		3	25m	
Æbleskiver	4 Barley Flour, 2 Butter, 2 Honey, 12 Bukeperries	4	4	24	18	90		3	30m	
Sweet Porridge	2 Blueberries, 1 Honey, 1 Skyr, 6 Barley	4	1	10	20	96		3	25m	
Traveller's Porridge	1 Turnip Stew, 2 Yellow Mushroom, 6 Barley, 1 Butter	4	1	10	20	100		4	30m	
Winghunter's Porridge	3 Grilled Fowl Meat, 1 Chopped Veggies, 6 Barley, 1 Blaand	4	1	10	22	100		4	35m	
Lox Ham	2 Lox Meat, 2 Thistle, 1 Ooze	2	2	20	78	20		4	30m	
Fish Chowder	2 Raw Fish, 1 Chopped Veggies, 1 Lox Milk	4	1	10	80	26		4	30m	
Neck-Barley Stew	2 Neck Tail, 2 Barley, 2 Onion, 1 Butter	4	1	10	86	30		4	25m	
Warrior's Pottage	1 Chopped Meat, 1 Cured Pork, 1 Chopped Veggies, 1 Tasty Mead	4	1	10	90	22		5	35m	-15% SP used when attacking for 10m
Jarl's Seared Meat	1 Lox Meat, 8 Cloudberry, 2 Thistle, 1 Tasty Mead	4	2	10	92	20		5	35m	+10% <b>HP</b> regen. for 10m
Lox Svið	1 Lox Trophy, 1 Chopped Veggies, 2 Thistle, 1 Butter	4	1	10	94	20		5	35m	+15 armor for 10m
Álfablót Stew	1 Chopped Meat, 1 Vegetable Soup, 1 Butter, 1 Blaand	4	1	10	94	30		5	35m	+15% spirit dmg for 10m
Járnviðr Skause	1 Troll Meat, 1 Chopped Veggies, 1 Thistle, 1 Fuling Trophy	4	1	10	96	25		5	35m	-15% SP used when blocking for 10m
Járnbjörn Stew	2 Bear Meat, 1 Pickled Veggies, 3 Bone Meal, 3 Ancient Bark Flour	4	1	10	100	20		5	35m	+5% adrenaline for 10m
Dandelion Leaf Surkål	16 Dandelion, 2 Magecap	2	2	20	30	30	30	2	20m	
Hare Jerky	2 Hare Meat, 2 Honey, 1 Thistle	4	2	20	50	50		4	30m	
Spiced Fish Jerky	1 Raw Fish, 1 Honey, 1 Sap, 2 Thistle	4	2	20	56	56	56	6	30m	
Mushroom Stew	2 Chopped Shrooms, 1 Thistle	3	1	10	35	55	25	3	25m	
Crunchy Seeker Skewer	1 Seeker Meat, 2 Chopped Veggies	5	2	20	18	80		5	30m	
Fried Chicken Dumplings	2 Chicken Meat, 1 Egg, 2 Barley Flour	5	2	20	20	86		5	30m	
Misty Fondue	1 Lox Cheese, 2 Jotun Puffs, 1 Cloudberry Ale	5	1	10	20	88	40	5	30m	
Cream Bastarde	1 Lox Milk, 1 Egg, 1 Honey, 4 Raspberry	5	1	10	20	111		4	30m	
Adventurer's Porridge	1 Vegetable Soup, 2 Jotun Puffs, 6 Barley, 2 Thistle	5	1	10	18	121		4	35m	
Troll Aspic	1 Troll Meat, 2 Magecap, 2 Royal Jelly, 1 Völva's Infusion	5	1	10	70	14	45	3	35m	Restore 1 Eitr per second for 10m
Charred Hare Meat	1 Hare Meat, 1 Thistle	4	1	10	70	20		5	30m	
Crispy Puffers	2 Pufferfish, 2 Barley Flour, 2 Egg, 1 Bog Butter	5	2	20	75	33	55	5	30m	
Chicken Stew	2 Chicken Meat, 1 Chopped Veggies	5	1	10	80	20		5	30m	
Mímameiðr Skause	2 Chicken Meat, 1 Chopped Shrooms, 1 Flax, 1 Thistle	5	1	10	86	28	15	5	30m	

<b>Dvergr Boozed Meat</b>	2 Chopped Meat, 4 Jotun Puffs, 2 Sap, 1 Booze	5	1	10	88	22	35	6	35m	+20% SP regen. for 10m
Haldor's Troll Stew	1 Cooked Troll Meat, 1 Chopped Veggies, 1 Booze, 1 Butter	5	1	10	90	31		5	35m	-15% dodge SP use for 10m
Hare Stew	1 Hare Trophy, 1 Hare Meat, 1 Chopped Veggies	4	1	10	90	25		5	30m	All skills improve 10% faster for 10m
Blodplättar	2 Blood Clot, 2 Barley Flour, 1 Honey, 4 Blueberries	4	2	12	96	34		5	35m	
Meatbug Ragout	3 Blood Clot, 1 Chopped Shrooms, 1 Chopped Veggies	5	1	10	110	20	15	5	30m	
Dvergr Mage Broth	1 Cooked Seeker Meat, 1 Chopped Veggies, 1 Sap, 1 Dvergr Tonic	5	1	10	45	30	60	4	35m	+15% elmt. dmg (fire, frost, lightning) for 10m
Myrkálfar's Fish Stew	2 Anglerfish, 1 Dandelion Leaf Surkål, 1 Ancient Seed, 1 Cloudberry Ale	5	1	10	30	30	112	5	35m	
Æblekage	12 Bukeperries, 1 Lox Milk, 1 Paltbröd, 1 Freezing Gland	5	1	10	15	46	123	4	35m	+10% Eitr regen. for 10m
Morgen Jerky	2 Morgen Sinew, 2 Honey	4	4	20	62	62		5	30m	
Magmafish Stew	1 Magmafish, 1 Onion, 1 Smoke Puff	4	1	10	28	80		3	35m	
Shroom Dumplings	2 Magecap, 2 Smoke Puff, 1 Volture Egg, 4 Barley Flour	4	2	20	25	60	60	4	30m	
Pickle Soup	1 Pickled Veggies, 1 Fiddlehead, 1 Thistle	4	1	10	18	85		4	30m	
Meadnog	2 Volture Egg, 2 Honey, 1 Lox Milk, 1 Tasty Mead	4	2	12	20	88		4	30m	
King's Omelette	3 Volture Egg, 1 Bog Butter, 1 Chopped Shrooms	4	1	10	20	105	45	4	30m	
Magmafish Skewer	1 Magmafish, 1 Fiddlehead, 1 Yellow Mushroom	3	2	20	20	105		5	35m	
Krumkakes	4 Barley Flour, 1 Butter, 2 Asksvin Egg, 1 Iðunn's Confiture	6	4	20	24	115		5	35m	
Crispy Thighs Bucket	4 Fowl Meat, 2 Asksvin Egg, 3 Barley Flour, 4 Vineberry	5	1	10	24	120	45	5	35m	
Rømmegrøt	4 Ancient Bark Flour, 2 Honey, 1 Skyr, 1 Asksvin Bladder	5	1	10	20	124		6	35m	
Øllebrød	2 Shroom Beer, 1 Rúgbrauð, 4 Honey, 2 Lox Milk	6	2	10	25	132	25	6	35m	
Biksemad	1 Cooked Lox Meat, 1 Smoke Puff, 1 Cooked Egg	4	1	10	88	20		5	30m	
Morrpølse	1 Morgen Heart, 2 Morgen Sinew, 4 Entrails, 2 Thistle	6	4	20	90	22		6	35m	
Bonemaw Stew	1 Cooked Bonemaw Meat, 1 Smoke Puff, 2 Honey, 1 Butter	6	1	10	95	32		6	35m	
Redbeard Clan Kettle Worms	2 Exotic Meat, 4 Entrails, 1 Thistle, 1 Dandelion	6	4	24	100	28		6	35m	
Asksvin Svið	1 Asksvin Trophy, 2 Fiddlehead, 1 Sap	6	1	10	100	44	35	6	35m	+25 Riding skill for 10m
Vígríðr Skause	1 Volture Meat, 1 Fiddlehead, 1 Smoke Puff, 2 Dandelion	6	1	10	108	40		6	35m	
Varangian Stew	1 Bonemaw Meat, 3 Carrot, 1 Thistle	6	1	10	114	50		6	35m	
Bonemaw Chowder	1 Cooked Bonemaw Meat, 4 Barnacles, 1 Chopped Veggies, 1 Lox Milk	6	1	10	125	50		6	35m	
Landvidi Root Soup	1 Landvidi Root, 2 Sulfur	5	1	10	8	55	70	4	35m	+15% Eitr regen. for 10m
Stir-Fried Veggies	2 Chopped Veggies, 1 Fiddlehead, 1 Nogginfog	4	1	10	16	90	94	4	35m	
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Dragon Alenog	1 Dragon Egg, 4 Honey, 2 Lox Milk, 2 Vineberry Ale	4	4	12	30	50	100	5	35m	
Redbeard Clan Fiery Stew	1 Exotic Meat, 1 Chopped Veggies, 2 Refined Eitr, 5 Proustite Powder	5	1	10	90	20	110	6	35m	
Blazing Yggdrasil Stew	2 Chopped Veggies, 5 Sap, 3 Sulfur, 2 Proustite Powder	5	1	10	20	20	150	6	35m	
Salmon Chowder	2 Northern Salmon, 2 Chopped Veggies, 4 Sap, 1 Blaand	6	1	10	80	80	80	5	35m	
Icelandic Fish Fritters	2 Northern Salmon, 2 Onion, 2 Barley Flour, 1 Egg	6	2	20	30	115		5	35m	
Hvidpølse	1 Northern Leech Trophy, 4 Wolf Meat, 4 Barley, 2 Unmelting Snow	6	4	24	100	30		6	35m	
Galgviðr Skause	1 Wolf Meat, 1 Drake Heart, 1 Frozen Bloodbag, 2 Onion	6	1	10	112	36		6	35m	
Sækonungr Stew	2 Kraken Tentacle Chunks, 1 Northern Salmon, 1 Shroom Beer, 1 Bog Butter	6	1	10	130	90	50	6	35m	
Deep North Ragout	2 Northern Salmon, 1 Chopped Shrooms, 1 Cloudberry Ale	6	1	10	78	35	100	6	35m	
Élivágar Tea	3 Frozen Bloodbag, 3 Powdered Dragon Eggshells, 3 Ymir Flesh, 3 Landvidi Root	6	1	10	5	5	210	2	35m	-10% <b>HP</b> regen. for 3m
Tuna with Herbs	1 Tuna, 2 Thistle, 3 Dandelion	2	1	10	56	24		3	30m	
Munarvágr Skause	1 Coral Cod, 1 Tuna, 2 Mushroom, 1 Thistle	3	1	10	74	30		3	30m	
Smoked Serpent Meat	1 Serpent Meat, 1 Thistle, 1 Root	2	1	10	85	30		4	45m	
Serpent Svið	1 Serpent Trophy, 1 Chopped Veggies	2	1	10	90	32		4	35m	Slightly res. to physical, but weak to frost for 10m
Cooked Barnacles	16 Barnacles	3	1	10	20	88		3	35m	+15% swimming speed for 10m
Jomsviking Stew	1 Coral Cod, 1 Chopped Veggies, 2 Thistle	3	1	10	36	68		3	30m	
Heavy Fish Stew	1 Tuna, 1 Grouper, 1 Coral Cod, 1 Chopped Veggies	4	1	10	86	35		4	35m	
Mead-Braised Barnacles	18 Barnacles, 1 Onion Soup, 1 Butter, 1 Tasty Mead	4	1	10	22	124		3	35m	-20% swimming SP use for 10m
Serpent Chowder	1 Serpent Meat, 4 Greydwarf Eye, 1 Onion, 1 Lox Milk	4	1	10	95	32		4	30m	
Hafgufa Stew	12 Barnacles, 2 Butter, 2 Dandelion Leaf Surkal, 3 Flax	5	1	10	52	120	45	6	45m	Restore 2 SP per second for 10m
Lyngbakr Chowder	1 Kraken Tentacle Chunks, 2 Chopped Shrooms, 1 Sap, 1 Lox Milk	6	1	10	130	45	50	7	45m	Restore 2 HP per second for 10m

#### **★ Legendary Recipes**

<u>Legendary recipes</u> are special recipes with special effects. The foods have higher stats and higher duration than conventional foods as well as the feasts and the potions are pretty overpower strong. To craft these recipes, you will need *Eldhrímnir*, a new cauldron (see New Pieces chart at the bottom). In norse mythology, Eldhrímnir is the cauldron in which Andhrímnir, the chef of the gods, prepares Sæhrímnir — a legendary beast, hunted by the einherjar — every evening.

### **★ Seasonings**

	Ingredients	Station	Quantity	Stack Size
Highlands Frosty Rub	2 Mountain Peak Pepper Powder, 2 Unmelting Snow, 2 Freezing Gland	Chef's Table	10	100
Andhrímnir's Secret Seasoning	2 Woodland Herb Blend, 2 Grasslands Herbalist Harvest, 2 Mountain Peak Pepper Powder, 6 Flax	Chef's Table	10	100
Dvergr Bouquet Garni	2 Herbs of the Hidden Hills, 1 Powdered Dragon Eggshells, 2 Seafarer's Herbs, 2 Thistle	Chef's Table	10	100
Elderblaze Dust	2 Fiery Spice Powder, 2 Powdered Dragon Eggshells, 5 Proustite Powder	Chef's Table	10	100
Thickening Sauce of the Frozen Depths	6 Barley Flour, 6 Bone Meal, 4 Frozen Bloodbag, 4 Butter	Chef's Table	10	100

#### **★** Foods

	Ingredients	SL	Qty.	Stack	HP	SP	Eitr	Heal.	Dur.	Effect (for 1100s)
<b>★Sessrúmnir's Ragout</b>	2 Boar Meat, 2 Carrot, 1 Tasty Mead, 2 Ancient Seed	1	1	10	70	20		4	80m	
<b>★Caramelized Náströnd Roots</b>	6 Root, 4 Honey, 1 Woodland Herb Blend	2	1	10	20	70		4	80m	
<b>★Sigurd's Omelette</b>	1 Dragon Egg, 3 Onion, 2 Mountain Peak Pepper Powder	2	3	10	20	90		5	80m	
<b>☆Mánagarmr Chops</b>	2 Wolf Meat, 2 Thistle, 2 Highlands Frosty Rub	2	1	10	85	25		5	80m	
<b>★Heiðrún Mead</b>	1 Heiðrún Mead Base	Ferm.	6	10	40	95		6	80m	
<b>☆Sæhrímnir</b>	4 Lox Meat, 2 Chopped Veggies, 4 Andhrímnir's Secret Seasoning	3	1	10	110	30		6	80m	
<b>★Ratatosk's Desire</b>	12 Raspberry, 4 Acorn, 1 Cloudberry Ale, 4 Herbs of the Hidden Hills	3	1	10	30	90	100	6	80m	
<b>★Suttungr Mead</b>	1 Suttungr Mead Base	Ferm.	6	10	20	20	150	6	80m	
<b>☆Regal Porridge</b>	2 Exotic Meat, 1 Vineberry Ale, 8 Barley, 4 Andhrímnir's Seasoning	4	1	10	60	120	50	7	80m	
<b>☆Sveigðir's Hall Main Course</b>	4 Exotic Meat, 4 Chopped Shrooms, 1 Tunnelrumbler, 4 Elderblaze Dust	4	1	10	150	90	80	7	80m	
<b>☆Frosty Salmon Jerky</b>	4 Northern Salmon, 6 Royal Jelly, 6 Highlands Frosty Rub	5	4	12	100	100		7	80m	
<b>☆Hróðvitnir Stewpot</b>	4 Wolf Meat, 2 Chopped Shrooms, 4 Thickening Sauce of the Frozen Depths	5	1	10	180	120	40	7	80m	
<b>☆Njörðr's Favorite</b>	2 Coral Cod, 2 Chopped Veggies, 1 Skyr, 4 Seafarer's Herbs	2	1	10	40	110		6	80m	
<b>★Jörmungandr Stew</b>	1 Serpent Meat, 6 Barnacles, 2 Yellow Mushroom, 4 Andhrímnir´s Seasoning	3	1	10	135	50		6	80m	

### **★ Mead Bases**

Can only be fermented in the *Great Fermenter*, check the *New Pieces* chart, page 24.

	Ingredients	Station Level	Quantity	Stack Size
<b>★Heiðrún Mead Base</b>	2 Heiðrún's Milk (purchasable from the Bog Witch), 2 Mead Base: Medium Stamina	3	1	20
<b>★Suttungr Mead Base</b>	2 Kvasir's Blood (purchasable from the Bog Witch), 2 Mead Base: Minor Eitr	3	1	20

### **★ Feasts**

	Ingredients	Stack	НР	SP	Eitr	Heal.	Dur.	Effect (for 45m)
<b>☆Fólkvangr Náttmál</b>	3 Sessrúmnir's Ragout, 4 Pork Ribs, 2 Woodland Herb Blend	5	80	30		4	90m	
<b>☆Éljúðnir Ceremonial Meal</b>	3 Bone Broth, 2 Caramelized Náströnd Roots, 2 Boar Ham, 2 Woodland Herb Blend	5	45	70		4	90m	
<b>☆Dragonslayer's Dagmál</b>	3 Sigurd's Omelette, 4 Pickled Veggies, 10 Hákarl, 4 Woodland Herb Blend	5	40	100		5	90m	
<b>★Ýdalir Warming Stew</b>	2 Mánagarmr Chops, 4 Chopped Veggies, 4 Thistle, 2 Mountain Peak Pepper Powder	5	100	55		5	90m	
<b>★Einherjar Mead Keg</b>	6 Heiðrún Mead, 4 Tasty Mead, 2 Andhrímnir's Seasoning	5	25	110		6	90m	
<b>★Valhǫll's Great Feast</b>	3 Sæhrímnir, 3 Lox Ham, 2 Rúgbrauð, 2 Andhrímnir´s Seasoning	5	120	80		6	90m	
<b>☆Móðsognir's Hall Banquet</b>	2 Dvergr Mage Broth, 6 Crispy Puffers, 2 Ratatosk's Desire, 2 Dvergr Bouquet Garni	5	80	45	100	6	90m	
<b>☆Fjalarr's Flyting Keg</b>	6 Suttungr Mead, 2 Nogginfog, 2 Dvergr Bouquet Garni	5	35	35	190	6	90m	
<b>★Skilfingar Clan Royal Meal</b>	3 Varangian Stew, 2 Regal Porridge, 2 Meadnog, 4 Elderblaze Dust	5	90	130	80	6	90m	
<b> ★Alföðr's Revelry</b>	3 Sveigðir's Hall Main Course, 3 Regal Porridge, 2 Heiðrún Mead, 4 Elderblaze Dust	5	140	60	95	6	90m	
<b>★Hindarfjall Gathering Platter</b>	12 Lefse, 8 Frosty Salmon Jerky, 4 Eyescream, 4 Andhrímnir's Seasoning	5	90	140	40	6	90m	
<b>★Fimbulvetr Everburning Stew</b>	3 Hróðvitnir Stewpot, 3 Galgviðr Skause, 4 Andhrímnir's Seasoning, 4 Elderblaze Dust	5	150	60	90	6	90m	
<b>★Nóatún's Table of Plenty</b>	3 Njörðr's Favorite, 2 Tuna with Herbs, 2 Smoked Serpent Meat, 2 Seafarer's Herbs	5	80	100		6	90m	
<b>★Ægir's Offering</b>	3 Jörmungandr Stew, 2 Lyngbakr Chowder, 4 Tasty Mead, 2 Andhrímnir's Seasoning	5	120	85	90	6	90m	

### **★ Potions**

	Ingredients	SL	Qty.	Stack	Dur.	CD	Effect			
<b>★Andhrímnir's Gift</b>	3 Yellow Mushroom, 3 Toadstool, 2 Woodland Herb Blend, 1 Tasty Mead	1	1	10	10m	10m	+10 to Cooking skill, Cooking improves 15% faster			
<b>★Frigg's Invigorating Tea</b>	1 Greydwarf Brute Trophy, 10 Thistle, 8 Ancient Seed, 5 Ectoplasm	2	1	10	10m*	10m	Grants the Well-rested buff			
<b>★Bloodmoon Cult Ceremonial Horn</b>	1 Ulv Trophy, 2 Freezing Gland, 1 Medium Stamina Mead	2	1	10	5m	5m	-25% SP used while sprinting, -25% SP used while jumping			
<b>★Vættir Tears</b>	1 Geirrhafa Trophy, 1 Frost Resistance Mead	2	1	10	1m	1m	-10% <b>HP</b> regen, Immunity to Frost			
<b>★Hermóðr's Waterskin</b>	1 Wolf Trophy, 3 Grasslands Herbalist Harvest, 1 Tonic of Ratatosk	2	1	10	1m	1m	+100% mvt. speed.			
<b>★Glöð's Infusion</b>	1 Brenna Trophy, 3 Landvidi Root 1 Barley Wine	3	1	10	1m	1m	-10% HP regen, Immunity to Fire			
<b>★Eir's Gløgg</b>	1 Zil Trophy, 1 Poison Resistance Mead	3	1	10	1m	1m	-10% HP regen, Immunity to Poison			
<b>☆Þórrablót Sacred Horn</b>	1 Thungr Trophy, 1 Lightning Resistance Mead	3	1	10	1m	1m	-10% HP regen, Immunity to Lightning			
<b>☆Týr's Boozy Mead</b>	1 Surtling Trophy, 1 Booze, 2 Lingering Stamina Mead	3	1	10	5m	5m	-20% SP used when attacking, -20% SP used while blocking			
<b>★Svaðilfari's Drinking Water</b>	3 Booze, 3 Tunnelrumbler, 3 Nogginfog	3	1	10	10m	10m	+500 carry weight			
<b>☆Vör's Frothy Eggnog</b>	3 Volture Egg, 2 Honey, 2 Lox Milk, 1 Mímisbrunnr Drops	4	1	10	5m	5m	Raise all skills 50% faster			
<b>☆Einherjar Mixture</b>	2 Dragon Tear, 3 Celestial Feather, 1 Fallen Valkyrie Trophy	4	1	10	5m	5m	+50% dmg. +50% Adrenaline			
<b>☆Gróa's Elixir</b>	2 Nogginfog, 1 Thunder Stone, 1 Bloodstone	4	1	10	5m	5m	Restore 5 Eitr per second, but lose 3 HP per second			
<b>☆Hrungnir's Grog</b>	1 Stone Golem Trophy, 2 Booze, 2 Gefjun Mead	5	1	10	1m	1m	-50% mvt. speed, Immunity to Physical damage			
<b>★Bragafull</b>	1 Heiðrún Mead, 1 Suttungr Mead, 12 Andhrímnir's Seasoning, 1 Goblet of Kings	5	1	1	5m	5m	+25% dmg, +50% jump force, -100% fall damage			
<b>☆Rán's Embrace</b>	3 Greydwarf Eye, 5 Barnacles, 5 Seafarer's Herbs, 1 Draught of Vananidir	2	1	10	5m	5m	Increases the spawn rate of Serpents			
<b>★Ægir's Blessing</b>	1 Drake Trophy, 8 Seafarer's Herbs, 20 Barnacles, 2 Lingering Stamina Mead	2	1	10	10m	10m	Forces tailwind when sailing			

### **Seasonal Recipes**

Only available during the corresponding seasonal events (midsummer, halloween and yule). Supposedly works with mods that overhauls seasons (not tested).

	Ingredients	Cooking Time	Season	+HP	+SP	+Eitr	Heal.	Dur.	Effect
Stuffed Turnips	1 Unbaked Stuffed Turnips	50s	Autumn	12	85	90	5	30m	

## **Uncooked Food (Seasonal)**

	Ingredients	Station	Station Level	Quantity	Stack Size
Unbaked Stuffed Turnips	8 Turnip, 1 Ectoplasm, 1 Sap, 1 Iðunn's Confiture	Prep Table	1	2	10

# **Food Preparation Table Recipes**

Cooking ingredients to use in various recipes.

	Ingredients	Qty.	Stack	НР	SP	Eitr	Heal.	Dur.	Effect
Barnacles	6 Chitin	12	120						
Chopped Veggies	1 Carrot, 1 Turnip, 1 Onion	2	50						
Snowballs	6 Unmelting Snow, 2 Honey, 1 Queen's Jam	4	20	20	80		3	25m	
<b>Chopped Meat</b>	1 Boar Meat, 1 Deer Meat, 1 Wolf Meat, 1 Lox Meat	4	40						
Wolf Wraps	1 Lefse, 1 Flambé Wolf Strips, 1 Cured Pork, 1 Sautéed Mushrooms	1	10	70	70		4	35m	
Peasant Dagmál	1 Bread, 1 Butter, 1 Sweet Porridge, 1 Blaand	1	10	35	110		5	35m	-8% mvt speed. +10 to Farming and Wood cutting for 25m
Chopped Shrooms	1 Mushroom, 1 Yellow Mushroom, 1 Jotun Puffs, 1 Magecap	2	50						
Kraken Tentacle Chunks	1 Kraken Tentacle	5	50						
Hot Pork	1 Bread, 1 Sausages, 1 Royal Jelly, 2 Dandelion Leaf Surkål	1	10	80	45	60	6	35m	
Dvergr Dagmál	1 Sausages, 1 Cooked Egg, 1 Bog Butter, 1 Dvergr Mead	1	10	60	98	33	6	35m	-8% mvt speed. +10% jump height. +10% pierce dmg for 25m
<b>Exotic Meat</b>	1 Troll Meat, 1 Seeker Meat, 1 Hare Meat, 1 Asksvin Tail	4	40						
Fruit Bowl	3 Raspberry, 3 Blueberries, 3 Cloudberry, 3 Vineberry	1	10	33	105	30	4	20m	
Varangian Dagmál	1 Varangian Stew, 1 Hákarl, 1 Major Healing Mead	1	10	120	80		6	35m	-8% mvt speed. Resistance to physical damage for 25m
Cold Cuts Board	2 Cold-Cured Neck, 2 Smørrebrød, 1 Morrpølse, 1 Lox Cheese	2	10	100	100	100	6	30m	
Smørrebrød	1 Rúgbrauð, 3 Rakfisk, 3 Sautéed Mushrooms, 3 Dandelion Leaf Surkål	3	12	35	84	35	5	30m	
Gravlaks	2 Northern Salmon, 1 Honey, 2 Woodland Herb Blend, 1 Freezing Gland	2	20	20	98		5	35m	
Highlander Dagmál	1 Salmon Chowder, 1 Lefse, 1 Rakfisk, 1 Medium Stamina Mead	1	10	90	100	80	6	35m	-8% mvt speed. +15 Jumping for 25m

## **Butter Churn Recipes**

	Ingredients	Qty.	Stack	НР	SP	Eitr	Healing	Dur.	Effect
Butter	5 Lox Milk	10	50	4	33		2	25m	
Unfermented Bog Butter	5 Lox Milk, 2 Sap	1	5						

## **Cooking Station Recipes**

"Station" column indicates if it's the normal cooking station (normal) or the iron cooking station (iron).

	Ingredients	Station	Cooking Time	Stack	НР	SP	Eitr	Healing	Dur.	Effect
Cooked Fowl Meat	1 Fowl Meat	Normal	40s	20	12	28		2	15m	
Pork Ribs	1 Uncooked Pork Ribs	Normal	40s	20	36	15		3	25m	
Cooked Troll Meat	1 Troll Meat	Iron	1m	20	65	18		4	25m	
Roasted Drake Heart	1 Drake Heart	Iron	40s	20	74	20		4	25m	
Húskarl Lox Ribs	1 Uncooked Húskarl Lox Ribs	Iron	1m	20	80	22		4	30m	

# **Uncooked Food (Cooking Station)**

	Ingredients/Origin	Station	Station Level	Quantity	Stack Size
Fowl Meat	Dropped by Gull, Crow and Ash Crow				20
Uncooked Pork Ribs	2 Boar Meat, 1 Honey, 4 Raspberry	Inventory		2	20
Troll Meat	Dropped by Troll				20
Drake Heart	Dropped by Drake				20
Uncooked Húskarl Lox Ribs	1 Lox Meat, 2 Honey, 4 Cloudberry	Prep Table		1	20

## **Oven Recipes**

These recipes use uncooked materials (like vanilla oven recipes), made in the prep table.

	Ingredients	Cooking Time	Stack	НР	SP	Eitr	Healing	Dur.	Effect
Rúgbrauð	1 Rúgbrauð Dough	50s	20	20	88		4	35m	-20% SP used with home items for 10m
Raspberry Pie	1 Unbaked Berry Pie	50s	10	25	96		4	35m	Restore 2 SP per second for 10m
Jugged Neck	1 Uncooked Jugged Neck	1m	10	76	34		4	30m	+10 to Fishing skill for 10m
Bacon Wrapped Tetra	1 Uncooked Wrapped Tetra	80s	10	96	55		6	35m	
Paltbröd	1 Paltbröd Dough	50s	20	13	84	32	4	35m	
Jugged Hare	1 Uncooked Jugged Hare	1m	10	98	44		6	30m	
Overnight Broth	1 Uncooked Overnight Broth	80s	10	110	42	55	6	35m	+15 to Crafting skill for 10m
Journey Bread	1 Journey Bread Dough	50s	30	21	90		5	45m	
Honey-Nut Cookies	1 Unbaked Honey-Cake	50s	24	26	98	45	5	35m	
Roasted Fruit	1 Unbaked Roasted Fruit	50s	10	21	112	75	6	35m	
Beer Glazed Volture	1 Uncooked Glazed Volture	1m	10	92	30	54	6	35m	
Stuffed Drake Heart	1 Unbaked Stuffed Drake Heart	50s	10	104	35	50	6	35m	-15% SP used when attacking for 10m
Jugged Salmon	1 Uncooked Jugged Salmon	1m	10	120	60		6	35m	
Honey Glazed Coral Cod	1 Unbaked Honey Glazed Coral Cod	1m	10	85	34		4	30m	
Oozed Serpent	1 Unbaked Oozed Serpent	80s	10	96	35	35	6	35m	
Buttered Kraken Tentacle	1 Unbaked Buttered Kraken Tentacle	80s	10	120	40	40	6	35m	

# Uncooked Food (Oven)

	Ingredients	Station	Station Level	Quantity	Stack Size
Rúgbrauð Dough	5 Barley Flour, 5 Ancient Bark Flour, 1 Butter	Prep Table	1	2	20
Unbaked Raspberry Pie	8 Raspberry, 1 Honey, 1 Skyr, 3 Barley Flour	Prep Table	1	1	10
Uncooked Jugged Neck	1 Neck Trophy, 2 Neck Tail, 1 Chopped Veggies, 1 Thistle	Prep Table	1	1	10
Uncooked Wrapped Tetra	4 Cured Pork, 2 Tetra, 1 Thistle	Prep Table	1	1	10
Paltbröd Dough	10 Barley Flour, 2 Blood Clot, 2 Sap	Prep Table	1	2	20
Uncooked Jugged Hare	2 Hare Meat, 1 Chopped Veggies, 1 Thistle, 1 Tasty Mead	Prep Table	1	1	10
Uncooked Overnight Broth	1 Chopped Meat, 2 Bog Butter, 3 Turnip, 1 Cloudberry Ale	Prep Table	1	1	10
Journey Bread Dough	5 Barley Flour, 5 Ancient Bark Flour, 10 Bone Meal, 1 Lox Milk	Prep Table	1	2	20
Unbaked Honey-Nut Cookies	12 Barley Flour, 8 Honey, 4 Acorn, 2 Vineberry Cluster	Prep Table	1	6	24
Unbaked Roasted Fruit	1 Fruit Bowl, 2 Royal Jelly, 1 Bog Butter, 1 Grasslands Herbalist Harvest	Prep Table	1	1	10
Uncooked Beer Glazed Volture	1 Volture Meat, 2 Bog Butter, 2 Shroom Beer	Prep Table	1	1	10
Unbaked Stuffed Drake Heart	1 Drake Heart, 1 Chopped Shrooms, 1 Tasty Mead, 1 Elderblaze Dust	Prep Table	1	1	10
Uncooked Jugged Salmon	3 Northern Salmon, 2 Ooze, 2 Onion, 1 Gefjun Mead	Prep Table	1	1	10
Unbaked Honey Glazed Coral Cod	1 Coral Cod, 1 Honey, 2 Onion, 1 Thistle	Prep Table	1	1	10
Unbaked Oozed Serpent	1 Serpent Meat, 2 Onion, 2 Sap, 2 Ooze	Prep Table	1	1	10
Unbaked Buttered Kraken Tentacle	1 Kraken Tentacle, 3 Bog Butter	Prep Table	1	1	10

### **Fermented Foods**

Food obtained through either the *Food Fermenter* (3000 seconds fermentation time) or the *Ashwood Food Fermenter* (1800 seconds fermentation time), using unfermented foods. To simulate the long shelf life of fermented foods, their stack has been significantly raised (all but skyr).

	Ingredients	Qty.	Stack	НР	SP	Eitr	Healing	Dur.	Effect
Pickled Herring	1 Unfermented Pickled Herring	6	24	45	22		2	35m	
Shroom Mead	1 Unfermented Shroom Mead	6	24	15	72		3	35m	
Pickled Entrails	1 Unfermented Pickled Entrails	6	24	60	22		3	35m	
Pickled Veggies	1 Unfermented Pickled Veggies	6	24	15	70		3	35m	
Lox Cheese	1 Unfermented Lox Cheese	6	24	18	76		3	35m	
Skyr	1 Unfermented Skyr	6	12	20	85		3	30m	
Bog Butter	1 Unfermented Bog Butter	10	50	33	33	33	4	25m	
Shroom Beer	1 Unfermented Shroom Beer	6	24	20	80	25	4	35m	
Sapped Greydwarf Eyes	1 Unfermented Sapped Greydwarf Eyes	6	24	18	20	95	4	35m	
Pickled Berries	1 Unfermented Pickled Berries	6	24	32	80	45	6	35m	
Bonemaw Hákarl	1 Unfermented Bonemaw Hákarl	5	30	30	110	35	6	45m	
Rakfisk	1 Unfermented Rakfisk	6	30	36	100		6	45m	
Lutefisk	1 Unfermented Lutefisk	6	24	17	75		4	35m	
Hákarl	1 Unfermented Hákarl	5	30	30	80		6	45m	

### **Unfermented Foods**

	Ingredients	Cauldron Level	Quantity	Stack Size
Unfermented Pickled Herring	2 Giant Herring, 1 Thistle, 1 Ooze	2	1	20
Unfermented Shroom Mead	6 Mushroom, 6 Yellow Mushroom, 1 Thistle, 8 Honey	2	1	20
Unfermented Pickled Entrails	12 Entrails, 2 Woodland Herb Blend, 1 Ooze	2	1	20
Unfermented Pickled Veggies	6 Chopped Veggies, 2 Ooze	2	1	20
Unfermented Lox Cheese	1 Lox Milk	4	1	20
Unfermented Skyr	2 Lox Milk	4	1	20
Unfermented Bog Butter	5 Lox Milk, 2 Sap		1	50
Unfermented Shroom Beer	6 Jotun Puffs, 6 Magecap, 1 Thistle, 8 Barley	4	1	20
Unfermented Sapped Greydwarf Eyes	12 Greydwarf Eyes, 3 Sap, 1 Bilebag	4	1	20
Unfermented Bonemaw Hákarl	1 Bonemaw Meat, 1 Thistle, 1 Sap, 1 Freezing Gland	4	1	20
Unfermented Pickled Berries	2 Fruit Bowl, 1 Lox Milk, 1 Asksvin Bladder	4	1	20
Unfermented Rakfisk	2 Northern Salmon, 1 Honey, 1 Freezing Gland	4	1	20
Unfermented Lutefisk	2 Coral Cod, 1 Guck	2	1	20
Unfermented Hákarl	1 Serpent Meat, 1 Thistle, 1 Freezing Gland	4	1	20

## **Fermented Beverages**

	Ingredients	Ferment. Time	Qty.	Stack	Dur.	CD	Effect
Hunter's Mead	1 Mead Base: Hunter	2400s	6	10	10m	10m	+10 to Bows skill, Bows improves 15% faster
Skjaldmær's Mead	1 Mead Base: Skjaldmær	2400s	6	10	10m	10m	+10 to Blocking skill, Blocking improves 15% faster
Húskarl's Mead	1 Mead Base: Húskarl	2400s	6	10	10m	10m	+10 to Clubs skill, Clubs improves 15% faster
Lightning Resistance Mead	1 Mead Base: Lightning Resistance	2400s	6	10	10m	10m	Lightning resistance
Skógarmaðr's Mead	1 Mead Base: Skógarmaðr	2400s	6	10	10m	10m	+10 to Knives skill, Knives improves 15% faster
Hersir's Mead	1 Mead Base: Hersir	2400s	6	10	10m	10m	+10 to Polearms skill, Polearms improves 15% faster
Drengr's Mead	1 Mead Base: Drengr	2400s	6	10	10m	10m	+10 to Swords skill, Swords improves 15% faster
Vikingr's Mead	1 Mead Base: Vikingr	2400s	6	10	10m	10m	+10 to Axes skill, Axes improves 15% faster
Hermaðr's Mead	1 Mead Base: Hermaðr	2400s	6	10	10m	10m	+10 to Spears skill, Spears improves 15% faster
Brawler's Mead	1 Mead Base: Brawler	2400s	6	10	10m	10m	+10 to Fists skill, Fists improves 15% faster
Blaand	1 Blaand Base	2400s	6	12	1s	10s	Restore 50 SP in 1s
Beastmaster's Blaand	1 Blaand Base: Beastmaster	2400s	6	10	10m	10m	+10 to Riding skill, Riding improves 15% faster
Cloudberry Ale	1 Ale Base: Cloudberry	2400s	6	12	1s	10s	Restore 50 Eitr in 1s
Vitki's Mead	1 Mead Base: Vitki	2400s	6	10	10m	10m	+10 to Elmt. Magic skill, Elmt. Magic improves 15% faster
Seiðkona's Mead	1 Mead Base: Seiðkona	2400s	6	10	10m	10m	+10 to Blood Magic skill, Blood Magic improves 15% faster
Dvergr Mead	1 Mead Base: Dvergr	2400s	6	10	600	10m	+15% <b>HP</b> , <b>SP</b> and <b>Eitr</b> regen.
Dvergr Arbalist Mead	1 Mead Base: Arbalist	2400s	6	10	10m	10m	+10 to Crossbows skill, Crossbows improves 15% faster
Vineberry Ale	1 Vinebarry Ale Base	2400s	6	12	1s	10s	Restore 50 <b>HP</b> , <b>SP</b> and <b>Eitr</b> in 1s
Gefjun Mead	1 Mead Base: Gefjun Mead	2400s	6	10	2s	1m	Restore 100 HP, SP and Eitr in 1s

## **Bases for Fermenting**

Fermentation bases made in the mead ketil.

	Ingredients	Quantity	Stack Size
Mead Base: Hunter	12 Raspberry, 1 Deer Trophy, 10 Honey	1	1
Mead Base: Skjaldmær	12 Raspberry, 1 Greydwarf Trophy, 10 Honey	1	1
Mead Base: Húskarl	12 Raspberry, 1 Skeleton Trophy, 10 Honey	1	1
Mead Base: Lightning Resistance	4 Blueberries, 3 Greydwarf Eye, 1 Thunder Stone, 10 Honey	1	1
Mead Base: Skógarmaðr	12 Raspberry, 1 Wraith Trophy, 10 Honey	1	1
Mead Base: Hersir	12 Blueberries, 1 Blob Trophy, 10 Honey	1	1
Mead Base: Drengr	12 Blueberries, 1 Draugr Trophy, 10 Honey	1	1
Mead Base: Vikingr	12 Blueberries, 1 Draugr Elite Trophy, 10 Honey	1	1
Mead Base: Hermaðr	12 Blueberries, 1 Skeleton Trophy, 10 Honey	1	1
Mead Base: Brawler	12 Raspberry, 1 Fenring Trophy, 10 Honey	1	1
Blaand Base	5 Honey, 2 Ooze, 2 Lox Milk	1	1
Blaand Base: Beastmaster	5 Honey, 2 Ooze, 1 Lox Trophy, 2 Lox Milk	1	1
Ale Base: Cloudberry	10 Cloudberry, 2 Magecap, 4 Sap, 10 Barley	1	1
Mead Base: Vitki	12 Cloudberry, 1 Dvergr Trophy, 10 Royal Jelly	1	1
Mead Base: Seiðkona	12 Cloudberry, 1 Rancid Remains Trophy, 10 Royal Jelly	1	1
Mead Base: Dvergr Mead	10 Ooze, 8 Dvergr Tonic, 10 Royal Jelly	1	1
Mead Base: Arbalist	10 Ooze, 8 Dvergr Tonic, 1 Seeker Trophy, 10 Royal Jelly	1	1
Ale Base: Vineberry	16 Vineberry Cluster, 2 Honey, 5 Proustite Powder, 10 Barley	1	1
Mead Base: Gefjun Mead	12 Morgen Heart, 12 Smoke Puff, 12 Refined Eitr, 10 Honey	1	1

## **Dropped Beverages**

	Ingredients	SL	Qty.	Stack	НР	SP	Eitr	Heal.	Dur.	CD	Effect
Lox Milk	Dropped by Lox / Collected from tamed Lox			12					1s	10s	Restore 15 SP in 1s
Mímisbrunnr Drops	Dropped by Dvergr Support Mage and Fallen Valkyrie			20					5m	5m	Raise all skills 25% faster

#### 

Zil, that frenzied shaman on Thungr's back, holds the secrets to the fuling culinary arts, known only to fuling shamans; the keepers of their tribe's most valuable traditions. Once defeated, he'll drop the *Fuling Secrets*, a stone tablet written in runes, necessary to the crafting of the Fuling Cauldron (check the New Pieces section, page 24).

### 

These recipes can only be made in the Fuling Cauldron. Due to their use of unusual ingredients, some fuling consumables are poisonous to humans and have a health drain property. The amount of drained health may vary depending on the recipe. *Note: Since you can't sneak while taking damage, Fuling's Blaand will drain your regeneration instead.* 

	Ingredients	Qty.	Stack	НР	SP	Eitr	Heal.	Dur.	CD	Effect
Fuling Medicine	6 Bukeperries, 4 Bone Meal, 2 Honey, 1 Lox Milk	2	10				0	1s	10s	Restore 50 <b>HP</b> instantly, but lose 1 <b>SP</b> /s for 10s
Fuling Beer	1 Beer Base: Fuling	6	12				0	10m	10m	+100 carry weight, +100% SP regen2 HP/s
Fuling Blaand	1 Blaand Base: Fuling	6	12				0	10m	10m	+10% dmg with spears, -15% sneak SP use15% HP regen
Vulgrath's Tribe Fruit Soup	8 Bukeperries, 8 Cloudberry, 4 Raspberries, 4 Flax	1	10	22	110		5	35m	0	-10% SP regen for 10m
Brukthar's Tribe Lox Stew	2 Lox Meat, 4 Barley, 2 Flax	1	10	116	27		5	35m	0	-10% <b>HP</b> regen for 10m
Shaman's Infusion	1 Surtling Trophy, 6 Greydwarf Eyes, 1 Barley Wine, 1 Landvidi Root	2	10				0	10m	10m	Very Rest. to fire dmg. +15% fire dmg2 HP/s
Tzarnok's Tribe Root Stew	2 Boar Meat, 6 Flax, 4 Honey, 1 Landvidi Root	1	10	34	11	120	5	35m	0	-10% Eitr regen for 10m
Shaman's Protective Draught	4 Acorns, 8 Serpent Scale, 8 Carapace, 2 Landvidi Root	1	10				0	5m	5m	Creates a strong shield around the drinker
Trollblood Tincture	2 Troll Meat, 4 Honey, 4 Tar, 3 Sulfur	1	10				0	1s	10s	Restore 100 <b>HP</b> and <b>Eitr</b> instantly, but lose 5 <b>SP</b> /s for 10s
Elixir of Berserkergang	1 Vile Trophy, 4 Volture Egg, 4 Tar, 4 Rotten Meat	1	10				0	5m	5m	+10% dmg. +100% Adrenaline5 <b>HP</b> /s

#### 

	Ingredients	Quantity	Stack Size	
Beer Base: Fuling	12 Bukeperries, 2 Grouper, 2 Lox Meat, 10 Barley	1	1	
Blaand Base: Fuling	10 Bukeperries, 2 Grouper, 2 Lox Milk	1	1	

### ∫ Völva's Cauldron ∫

These are made in the Völva's Cauldron (except Lox Milk and Mímisbrunnr Drops), a new cauldron exclusive for brewing potions

	Ingredients	SL	Qty.	Stack	НР	SP	Eitr	Heal.	Dur.	CD	Effect
Herbal Remedy	6 Bukeperries, 4 Thistle, 4 Dandelion	1	2	10					1s	10s	Restore 20 HP in 1s
Jöfurr Mixture	4 Coal, 4 Resin, 6 Raspberry, 1 Greydwarf Brute Trophy	1	1	10					5m	5m	+15% dmg. +15% Adrenaline
Goði's Brew	4 Greydwarf Eye, 1 Ectoplasm, 2 Bone Meal, 3 Honey	1	1	10					10m	10m	+15% spirit dmg. Restore 1 HP per second
Ghost Extract	1 Ghost Trophy, 1 Minor Healing Mead	1	1	10					10m	10m	-100% fall damage
Miner's Infusion	6 Dandelion, 2 Greydwarf Eye, 1 Root, 2 Bone Meal	1	1	10					10m	10m	+20% mining speed
Woodcutter's Infusion	2 Ancient Bark, 3 Birch Seeds, 1 Root	1	1	10					10m	10m	+20% chopping damage
Wraithward	2 Fragrant Bundle, 5 Thistle, 5 Greydwarf Eyes	1	1	10					10m	10m	Prevent Wraith attacks
Anti-bite Concoction	1 Trollfish, 2 Onion, 1 Seafarer's Herbs	2	1	10					10m	10m	Prevent Bat attacks
Lupine Extract	3 Guck, 4 Wolf Fang, 1 Ulv Trophy, 1 Minor Stamina Mead	2	1	10					10m	10m	+20% mvt. speed, -15% SP sprint SP use
Úlfhéðnar Mixture	4 Freezing Gland, 4 Ooze, 6 Fenris Hair, 1 Fenring Trophy	2	1	10					5m	5m	+25% dmg. +25% Adrenaline
Berserker Mixture	4 Guck, 4 Tar, 8 Cloudberry, 1 Fuling Berserker Trophy	2	1	10					5m	5m	+35% dmg. +35% Adrenaline
Víðarr's Mighty Draught	6 Tar, 4 Cloudberry, 1 Fuling Trophy, 1 Medium Stamina Mead	3	1	10					10m	10m	+10% fire dmg, -15% attack and dodge SP use
Skaði's Hunting Draught	6 Guck, 4 Bukeperries, 1 Wolf Trophy, 1 Tasty Mead	3	1	10					10m	10m	+15% bow dmg, sneak is 20% better
Freyja's Seiðr Draught	6 Freezing Gland, 4 Magecap, 1 Dvergr Trophy, 1 Tasty Mead	3	1	10					10m	10m	+15 to both magic skills, +5 <b>Eitr</b> per second
Purified Essence	10 Bone Meal, 5 Greydwarf Eye, 3 Refined Eitr, 1 Wisp	4	10	50							
Völva's Infusion	1 Yggdrasil Wood	4	1	12	5	5	50	1	25m		
Völva's Potent Brew	1 Nogginfog, 6 Ymir Flesh, 2 Fuling Shaman Trophy	4	2	12	8	8	180	2	30m		
Spice Tea	6 Grasslands Harvest, 6 Mountain Pepper Powder, 6 Fiery Spice Powder	4	1	10					5m	5m	Become Very Resistant to all elements
Runemaster's Brew	1 Ectoplasm, 4 Sap, 2 Root, 1 Nogginfog	4	1	10	20	20	250	6	35m		Weakness to physical dmg for 2m

#### ♦ Dvergr Alchemy ♦

The dvergr are known for their ingenious inventions, blending craft and magic in equal measure. Their craft can now be explored through the strange workings of the *Dvergr Apparatus*. This curious device of lenses and gears unveils the hidden essence of ingredients, allowing alchemists to prepare the vital bases for brewing potions. Once forged, these bases find their true form within the *Dvergr Cauldron*. This peculiar contraption tirelessly brews potion bases into finished elixirs, bubbling away without a hand to stir. Whether born of necessity or curiosity, its heart never rests, saving mortal hands the trouble of labor.

### **♦ Dvergr Potions ♦**

	Ingredients/Origin	Qty.	Stack	Dur.	CD	CD Modifier	Effect
Dvergr Tonic	1 Dvergr Tonic Base / Dropped by Dvergr	5	10	1s	10s		Restore 20 HP, SP and Eitr. +10 Adrenaline
Booze	1 Booze Base	5	10	30s	30s		+100% SP regen.
Tunnelrumbler	1 Booze Base: Tunnelrumbler	5	10	30s	30s		+100% <b>HP</b> regen.
Nogginfog	1 Booze Base: Nogginfog	5	10	30s	30s		+100% Eitr regen.
Artificer's Decoction	1 Decoction Base: Artificer	5	10	5m	5m	+1m/comfort lvl.	Crafting skill improve 50% faster
Cauldron Keeper's Decoction	1 Decoction Base: Cauldron Keeper	5	10	5m	5m	+1m/comfort lvl.	Cooking skill improve 50% faster
Plowmaster's Decoction	1 Decoction Base: Plowmaster	5	10	5m	5m	+1m/comfort lvl.	Farming skill improve 50% faster
Bonebreaker's Cordial	1 Cordial Base: Bonebreaker	5	10	10m	10m		+10% blunt dmg, -15% stagger modifier, -25% physical dmg taken
Limbsplitter's Cordial	1 Cordial Base: Limbsplitter	5	10	10m	10m		+10% slash dmg, -15% stagger modifier, -25% physical dmg taken
Ironfang's Cordial	1 Cordial Base: Ironfang	5	10	10m	10m		+10% pierce dmg, -15% stagger modifier, -25% physical dmg taken
Skjaldmær's Cordial	1 Cordial Base: Skjaldmær	5	10	10m	10m		+5 SP returned on block, +25% parry bonus
Battlerager's Cordial	1 Cordial Base: Battlerager	5	10	10m	10m		+10% fist dmg, +15% armor, +10 dodge skill
Rogue's Cordial	1 Cordial Base: Rogue	5	10	10m	10m		+10% pierce dmg, +15% poison dmg, +15% SP regeneration
Vitki's Cordial	1 Cordial Base: Vitki	5	10	10m	10m		+15% elmt. magic dmg, -25% elmt. dmg taken
Wanderer's Cordial	1 Cordial Base: Wanderer	5	10	10m	10m		-15% SP used to jump, run, swim and dodge, +250 carry weight
Svalinn's Essence	1 Svalinn's Essence Base	5	10	10m	10m		Creates a strong shield around the drinker

### $\hat{x}$ Alchemical Bases $\hat{x}$

These bases are only craftable in the Völva's Cauldron with the Dvergr Apparatus extension.

	Ingredients	Quantity	Stack Size
Dvergr Tonic Base	10 Blood Clot, 10 Royal Jelly, 10 Sap, 1 Wisp	1	10
Booze Base	Base 10 Royal Jelly, 10 Ymir Flesh, 5 Dvergr Mead, 5 Purified Essence		10
Booze Base: Tunnelrumbler	10 Blood Clot, 10 Ymir Flesh, 5 Dvergr Mead, 5 Purified Essence	1	10
Booze Base: Nogginfog	10 Sap, 10 Ymir Flesh, 5 Dvergr Mead, 5 Purified Essence	1	10
Decoction Base: Artificer	5 Artisan's Philter, 1 Mímisbrunnr Drops, 10 Dvergr Bouquet Garni, 4 Purified Essence	1	10
Decoction Base: Cauldron Keeper	5 Andhrímnir's Gift, 1 Mímisbrunnr Drops, 10 Dvergr Bouquet Garni, 4 Purified Essence	1	10
Decoction Base: Plowmaster	5 Farmer's Philter, 1 Mímisbrunnr Drops, 10 Dvergr Bouquet Garni, 4 Purified Essence	1	10
Cordial Base: Bonebreaker	1 Skeleton Trophy, 2 Minor Healing Mead, 5 Withered Bone, 2 Purified Essence	1	10
Cordial Base: Limbsplitter	1 Skeleton Trophy, 2 Minor Healing Mead, 5 Fenris Claw, 2 Purified Essence	1	10
Cordial Base: Ironfang	1 Skeleton Trophy, 2 Minor Healing Mead, 5 Needle, 2 Purified Essence	1	10
Cordial Base: Skjaldmær	1 Skeleton Trophy, 2 Minor Stamina Mead, 5 Carapace, 2 Purified Essence	1	10
Cordial Base: Battlerager	1 Skeleton Trophy, 2 Minor Stamina Mead, 5 Crystal, 2 Purified Essence	1	10
Cordial Base: Rogue	1 Skeleton Trophy, 2 Minor Stamina Mead, 5 Bilebag, 2 Purified Essence	1	10
Cordial Base: Vitki	ordial Base: Vitki 1 Skeleton Trophy, 2 Minor Eitr Mead, 5 Sap, 2 Purified Essence		10
Cordial Base: Wanderer	1 Skeleton Trophy, 2 Medium Stamina Mead, 5 Barley Flour, 2 Purified Essence	1	10
Svalinn's Essence Base	valinn's Essence Base 20 Frozen Bloodbag, 10 Serpent Scale, 10 Ceramic Plate, 5 Purified Essence		10

#### Haldor's Items

These items can **only** be obtained from **Haldor** (except Mímisbrunnr Drops). Condition for availability, stack and price are configurable through the .cfg.

	Condition for Availability	Unit Price	Stack Size	Dur.	CD	Effect		
Abyssal Philter	None	120	10	10m	10m	+10 to Swimming skill, Swimming improves 15% faster		
Artisan's Philter	None	120	10	10m	10m	+10 to Crafting skill. Crafting skill improves 15% faster		
Farmer's Philter	None	120	10	10m	10m	+10 to Farming skill. Farming skill improves 15% faster		
Fisherman's Philter	None	120	10	10m	10m	+10 to Fishing skill. Fishing skill improves 15% faster		
Lumberjack's Philter	None	120	10	10m	10m	+10 to Wood Cutting skill. Wood Cutting skill improves 15% faster		
Miner's Philter	None	120	10	10m	10m	+10 to Pickaxes skill. Pickaxes skill improves 15% faster		
Sceadugengan Philter	None	120	10	10m	10m	+10 to Sneaking skill, Sneaking improves 15% faster		
Mímisbrunnr Drops	Have defeated Yagluth	2000	20	15m	15m	Raise all skills 25% faster		

### **Bog Witch's Items**

These items can **only** be obtained from **the Bog Witch** (except Mímisbrunnr Drops). Condition for availability, stack and price are configurable through the .cfg.

	Condition for Availability	Unit Price	Stack Size	Dur.	CD	Effect
Cooking Supplies		150	20			
Heiðrún's Milk	Have defeated Moder	600	20			
Kvasir's Blood	Have defeated Yagluth	600	20			
Kraken Tentacle	Have defeated The Queen	250	20			

### **New Materials**

There are more materials other than these (uncooked food versions, for example), but these are the ones that don't go in other charts.

	Ingredients/Origin	Station	Station Level	Quantity	Stack Size
Fowl Meat	Dropped by Gull, Crow and Ash Crow				20
Niðavellir Bronze	2 Copper, 1 Tin, 3 Coal, 1 Surtling Core	Forge	2	1	30
Bone Meal	10 Bone Fragments / Grinded at the Windmill with 1 Bone Fragments	Workbench/Windmill	1	10	100
Troll Meat	Dropped by Troll				20
Barnacles	6 Chitin	Prep Table	1	12	120
Drake Heart	Dropped by Drake				20
Unmelting Snow	Dropped by Stone Golem or sold by Bog Witch for 250 gold after defeating Moder				50
Chopped Meat	1 Boar Meat, 1 Deer Meat, 1 Wolf Meat, 1 Lox Meat	Cauldron	3	4	60
Ancient Bark Flour	cient Bark Flour Grinded at the Windmill with 1 Ancient Bark				20
Landvidi Roots	dvidi Roots Dropped by Zil and Fuling Shaman				50
Fuling Secrets	Dropped by Zil				1
Fuling Cauldron	14 Iron, 20 Stone, 1 Fuling Secrets	Forge	5	1	1
Kraken Tentacle	Sold by the Bog Witch for 1000 gold			1	20
Kraken Tentacle Chunks	1 Kraken Tentacle	Prep Table		5	50
Exotic Meat	1 Troll Meat, 1 Seeker Meat, 1 Hare Meat, 1 Asksvin Tail	Cauldron	3	4	60
Goblet Parts	6 Flametal, 2 Niðavellir Bronze	Blackforge	4	1	1
Goblet of Kings	1 Goblet Parts, 4 Bloodstone, 2 Jade, 1 Skeleton Trophy	Artisan Table	1	1	1
Trapped Vættir	Dropped by Lord Reto				1
Hrafnagaldr Nótts	2 Black Marble, 10 Ectoplasm, 5 Celestial Feather, 1 Fallen Valkyrie Trophy	Galdr Table	4	1	1
Frozen Bloodbag	Dropped by Northern Leech				50
Northern Leech Trophy	Dropped by Northern Leech				20

### **New Pieces**

The new pieces are found on the "Cuisine" on the vanilla hammer crafting table.

		_			Γ	
	Use	Туре	Time	Crafting Materials	Tool	Station
Eldhrímnir	Making legendary foods and beverages	Station		12 Niðavellir Bronze	Hammer	Forge
Völva's Cauldron	Making potions	Station		20 Iron	Hammer	Forge
Food Fermenter	Fermenting foods	Fermenter	50m	10 Ancient Bark, 8 Resin, 1 Barrel Hoops	Hammer	Workbench
Hanging Ladles	Eldhrímnir's upgrade	Extension		4 Core Wood, 4 Finewood, 2 Iron Nails	Hammer	Workbench
Chef's Table	Making legendary feasts	Station		10 Fine Wood, 6 Core Wood, 8 Iron, 4 Cooking Supplies	Hammer	Workbench
Ingredient Shelves	Völva's Cauldron upgrade. Container	Extension		16 Finewood,12 Iron Nails, 6 Silver, 4 Cooking Supplies	Hammer	Workbench
Fuling Cauldron	Making fuling foods and beverages	Station		40 Stone, 40 Bone Fragments, 1 Fuling Totem, 1 Fuling Cauldron	Hammer	Stonecutter
<b>Great Fermenter</b>	Fermenting beverages. Grants +1 produced items	Fermenter	80m	30 Finewood, 20 Niðavellir Bronze, 20 Iron Nails, 10 Resin	Hammer	Artisan Table
Butter Churn	Making butter	Station		20 Core Wood, 10 Iron Nails, 1 Barrel Hoops	Hammer	Artisan Table
Hörgr	Völva's Cauldron upgrade. +1 Comfort	Extension		100 Stone, 10 Candle Wick, 4 Tar, 6 Coal	Hammer	Stonecutter
Selective Collection	Eldhrímnir's upgrade. Container	Extension/Cont.		20 Ancient Bark, 50 Finewood, 9 Barrel Hoops, 8 Cooking Supplies	Hammer	Workbench
Dvergr Apparatus	Völva's Cauldron upgrade	Extension		1 Corked Vial, 1 Mechanical Spring, 5 Niðavellir Bronze, 10 Yggdrasil Wood	Hammer	Galdr Table
Dvergr Cauldron	Processing potions	Fermenter	5m	20 Iron, 15 Niðavellir Bronze, 20 Yggdrasil Wood, 5 Black Core	Hammer	Black Forge
Spice Shelf	Eldhrímnir's upgrade. Container	Extension/Cont.		6 Ashwood, 2 Charcoal Resin, 4 Iron Nails, 4 Cooking Supplies	Hammer	Workbench
Ashwood Food Fermenter	Fermenting foods	Fermenter	30m	10 Ashwood, 2 Charcoal Resin, 2 Flametal	Hammer	Workbench
Grimpy's Box	Völva's Cauldron upgrade. Produces ectoplasm	Extension/Utility	40m	1 Trapped Vættir, 20 Finewood, 2 Flametal, 4 Queen's Jam	Hammer	Galdr Table
Freydís	Utility. Randomly gives ingredients	Utility	40m	1 Hrafnagaldr Nótts, 3 Skeleton Trophy, 10 Bone Fragments, 8 Grausten	Hammer	Galdr Table
Freezing Barrel	Eldhrímnir's upgrade	Extension		20 Ashwood, 1 Barrel Hoops, 4 Frozen Bloodbag, 4 Cooking Supplies	Hammer	Workbench

### **New Tools**

	Ingredients	Crafting Station	Use
Keg Hammer	4 Fine Wood, 2 Resin, 2 Tin, 8 Bronze Nails	Forge	Placing food, beverages and feasts on surfaces
Milking Bucket	10 Wood, 8 Resin, 1 Barrel Hoops	Workbench	Collecting milk from lox

### **New Creatures**

	Biome	Damage	Drops
Northern Leech	Deep North	35 Pierce, 50 Poison, 50 Frost	Northern Leech Trophy (15%), Frozen Bloodbag (100%)

# Droppables

In the mod's configuration file, drops are displayed like CreaturePrefab:DropChance:DropQuantity1:DropQuantity2

	Drops from	Drop Chance		
Fowl Meat	Gull, Crow, Ash Crow	100% of dropping 1		
Troll Meat	Troll	100% of dropping 2 or 3		
Drake Heart	Drake	80% of dropping 1		
Bloodmoon Stew	Fenring Cultist	1% of dropping 1		
Unmelting Snow	Stone Golem	100% of dropping 6		
Lox Milk	Lox	60% of dropping 2 or 3		
Landvidi Roots	Fuling Shaman, Zil	20% of dropping 1 to 3, 100% of dropping 4 to 8		
Fuling Medicine	Fuling, Fuling Shaman	4% of dropping 1		
Fuling Secrets	Zil	100% of dropping 1		
Dvergr Tonic	Dvergr, Dvergr Mage, Ashlands Dvergr	10% of dropping 1		
Dvergr Mead	Dvergr, Dvergr Mage, Ashlands Dvergr	10% of dropping 1		
Mímisbrunnr Drops	Dvergr Support Mage, Fallen Valkyrie	1% of dropping 1, 20% of dropping 1		
Trapped Vættir	Lord Reto	100% of dropping 1		