

# Thripsil's Food/Drink Guide

(<http://www.gadgie.eclipse.co.uk/ThripsilsFoodDrinkGuide.pdf>)

By

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**<Fidelis>**

**An EverQuest II Guild on the Lucan D'Lere Roleplay Server**

I saw Toccata's Drink Selection Guide (<http://www.faithfulknights.com/doc/ToccatasDrinkSelectionGuide.pdf>) and decided to follow the format to make a full food drink guide for all tiers.

I've just remade it for all the changes to recipes that came in Live Update 24. There may be a few here and there so please mail me about them to [gadgie@hotmail.com](mailto:gadgie@hotmail.com) and I'll correct them.

Also welcome any other feedback about the format/style/information in the guide. Enjoy!

I was sent a spreadsheet by Silverfur Mangycoat 50 Fury/31 Provisioner of Befallen <Allied Qeynosians> which listed which ingredients are used for food and which for drink, at each given tier which I figure is very useful so happily added the details below. Credit for the tables goes to Silverfur, I just used copy/paste to get it from the spreadsheet!

Note:

Tier1 = Players up to adventure level 10

Tier2 = Players up to adventure level 20

Tier3 = Players up to adventure level 30

Tier4 = Players up to adventure level 40

Tier5 = Players up to adventure level 50

Tier6 = Players up to adventure level 60

Tier7 = Players up to adventure level 70

## Ingredients needed for Food

Store bought: Dough, Liquid and Fuel

Tier	Plant	Meat	Fish	Roots
Tier 1	Jum Jum Baubbleshire Cabbage	Deer	Frog Leg Sunfish	Roots
Tier 2	Orange Carrot	Elephant, Vulrich	Crab Grouper	Tuber Strands
Tier 3	Fayberry Sweet Onion	Lion Pig	Crayfish Mackerel	Belladonna Root
Tier 4	Wild Apple Cucumber	Bear Griffon	Carp Shark Fin	Tussah Roots
Tier 5	White Peach Browncap Mushroom	Owlbear Wyrm	Blowfish Trout	Ashen Roots
Tier 6	Prickly Pear Artichoke	Caiman Sabertooth	Eel Tigershrimp	Succulent Roots
Tier 7	Xegonberry Squash	Aviak Ravasect	Flying Fish	Hanging Roots

## Ingredients needed for Drinks

Store bought: Milk, Liquid and Fuel

Tier	Plant	Meat	Fish	Roots	Loam
Tier 1	Jum Jum Baubbleshire Cabbage Black Coffee Bean White Tea Leaf	Deer	Frog Leg	Roots	
Tier 2	Orange Carrot Antonican Coffee Bean Black Tea Leaf	Elephant, Vulrich		Tuber Strands	Salty
Tier 3	Fayberry Sweet Onion Steppes Mountain Bean Oolong Tea Leaf	Pig		Belladonna Root	Pliant
Tier 4	Wild Apple Cucumber Everfrost Ice Bean Green Tea Leaf		Shark Fin	Tussah Roots	Supple
Tier 5	White Peach Browncap Mushroom Lavastorm Robusta Bean Pu-erh Tea Leaf		Blowfish	Ashen Roots	Bonded
Tier 6	Prickly Pear Artichoke Maj'dul Coffee Bean Darjeeling Tea Leaf		Eel	Succulent Roots	Soluble
Tier 7	Xegonberry Squash Soaring Coffee Bean Sweet Chai Tea Leaf		Flying Fish	Hanging Roots	Spongy

Note: Golden Acorn (T3 food), Xegobery Sorbet (T7 food), and Rosewood Slinger (T7 drink) also use ingredients not listed above. Check the recipes directly for details.

## Tier 1 Food (walnut kindling – 1cp / 10 Health regeneration)

### + No stat boost

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Jum Jum Muffins (2)	1 jum jum	1	40 mins
Deer Steak (3)	1 deer meat, 1 roots	1	1 hr
Cabbage Stew (4)	1 baubleshire cabbage, 1 roots, 1 jum jum	3	1 hr 30 mins
Deer Sandwich (5)	1 deer meat, 1 roots, 1 baubleshire cabbage, 1 dough	4	2 hr 15 mins
Jum Jum Cookies (6)	2 jum jum, 2 roots	5	3 hr 22 mins
Jum Jum Pie (7)	2 jum jum, 2 roots	6	5 hr 3 mins

### +2.4 AGI

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Fried Frog Leg (2)	2 raw frog leg, 1 dough	1	1 hr
Sunfish Rolls (2)	2 raw sunfish, 1 dough	1	1 hr

### +1.8 STA & AGI

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Jum Jum Trail Mix (8)	1 jum jum, 1 baubleshire cabbage	2	40 mins

### +1.8 STA & STR

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Sunfish Casserole (9)	1 sunfish, 1 roots	2	40 mins

## Tier 1 Drink (walnut kindling – 1cp / 15 Power regeneration)

### + No stat boost

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Jum Jum Cider (2)	1 jum jum, 1 liquid	1	40 mins
Simple Black Coffee (2)	2 black coffee bean, 1 liquid	1	1 hr
Black Coffee (3)	2 black coffee bean, 1 liquid	1	1 hr
Creamed Black Coffee (4)	3 black coffee bean, 1 milk	3	1 hr 30 mins
Cabbage Fizzlepop (5)	3 baubleshire cabbage, 1 aerated mineral water	4	2 hr 15 mins
Jum Jum Fizzlepop (6)	3 jum jum, 1 roots, 1 aerated mineral water	5	3 hr 22 mins
White Tea (7)	2 white tea leaf, 1 liquid	6	5hr 3 mins

### +1.8 STA & WIS

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Ogre Swill (8)	1 deer meat, 1 baubleshire cabbage, 1 liquid	2	40 mins

### +1.8 STA & INT

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Pond Juice (9)	1 frog leg, 1 roots, 1 liquid	2	40 mins

## Tier 2 Food (mulberry kindling – 4cp / 28 Health regeneration)

### + No stat boost

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Baked Crab (10)	1 crab, 1 dough	1	40 mins
Baked Grouper (10)	1 grouper, 1 dough	1	40 mins
Elephant Steak (11)	1 elephant meat, 1 tuber strands	1	1 hr
Vulrich Steak (11)	1 vulrich meat, 1 tuber strands	1	1 hr
Crab Cakes (12)	2 crab meat, 1 tuber strands, 1 dough	3	1hr 30 mins
Pan Seared Grouper (12)	2 grouper, 1 carrot	3	1 hr 30 mins
Carrot Muffins (13)	2 carrot, 1 tuber strands	4	2 hr 15 mins
Orange Muffins (13)	2 orange, 1 tuber strands	3	2 hr 15 mins
Elephant Sandwich (14)	3 elephant meat, 1 tuber strands, 1 dough	5	3 hr 22 mins
Crab Bisque (16)	3 crab meat, 1 tuber strands	6	5 hr 3 mins

### +3.2 STA & AGI

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Vulrich Sandwich (15)	1 vulrich meat, 1 tuber strands, 1 dough	2	40 mins
Orange Pie (18)	2 orange, 1 tuber strands, 1 dough	5	1 hr 30 mins

### +3.2 STA & STR

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Grouper Bisque (17)	2 grouper, 1 liquid	4	1 hr
Carrot Omelet (19)	2 carrot, 1 tuber strands	5	1 hr 30 mins

## Tier 2 Drink (mulberry kindling – 4cp / 30 Power regeneration)

### + No stat boost

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Carrot Kalish (10)	1 carrot, 1 liquid	1	40 mins
Orange Cider (10)	1 orange, 1 liquid	1	40 mins
Blue Blaze (11)	1 black tea leaf, 1 tuber strands, 1 liquid	1	1 hr
Rusty Cogturner (11)	1 vulrich meat, 1 tuber strands, 1 liquid	1	1 hr
Antonican Coffee (12)	3 antonican coffee bean, 1 liquid	3	1 hr 30 mins
The Zombie (12)	1 elephant meat, 1 tuber strands, 1 antonican coffee bean, 1 liquid	3	1 hr 30 mins
Black Tea (13)	3 black tea leaf, 1 liquid	4	2 hr 15 mins
Creamed Antonican Coffee (13)	3 antonican coffee bean, 1 milk	4	2 hr 15 mins
Orange Juice (14)	4 orange, 1 liquid	5	3 hr 22 mins
Orange Wine (16)	2 orange, 2 tuber strands	6	5hr 3 mins

### +3.2 STA & WIS

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Orange Fizzlepop (15)	1 orange, 1 tuber strands, 1 aerated mineral water	2	40 mins
Dwarven Stout (18)	1 carrot, 2 tuber strands	5	1 hr 30 mins

### +3.2 STA & INT

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Carrot Fizzlepop (17)	1 carrot, 1 tuber strands, 1 aerated mineral water	4	1 hr
Refuge Island Ice Tea (19)	1 black tea leaf, 1 tuber strands, 1 salty loam	5	1 hr 30 mins

### Tier 3 Food (cherry kindling – 14cp / 53 Health regeneration)

#### + No stat boost

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Lion Steak (20)	1 loin meat, 1 dough	1	40 mins
Pork Chop (20)	1 pig meat, 1 dough	1	40 mins
Golden Acorn (9)	1 steppes mountain bean, 1 gold, 1 belladonna root	1	50 mins
Baked Crayfish (21)	1 crayfish, 1 belladonna root	1	1 hr
Baked Mackerel (21)	1 mackerel, 1 belladonna root	1	1 hr
Fayberry Muffins (22)	2 fayberry, 1 belladonna root, 1 dough	3	1hr 30 mins
Onion Muffins (22)	2 sweet onion, 1 belladonna root, 1 dough	3	1 hr 30 mins
Lion Sandwich (23)	1 lion meat, 1 sweet onion, 1 belladonna root, 1 dough	4	2 hr 15 mins
Pork Sandwich (23)	1 pig meat, 1 sweet onion, 1 belladonna root, 1 dough	4	2 hr 15 mins
Crayfish Stew (24)	2 crayfish, 1 mackerel, 1 belladonna root	5	3 hr 22 mins
Sweet Onion Omelet (25)	1 sweet onion, 2 fayberry, 1 belladonna root	6	5 hr 3 mins

#### +4.6 STA & AGI

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Mackerel Stew (24)	1 mackerel, 1 belladonna root, 1 liquid	2	40 mins
Pork Casserole (26)	2 pig meat, 1 belladonna root	5	1 hr 30 mins
Crusted Mackerel (27)	1 mackerel, 2 fayberry, 1 belladonna root, 1 dough	6	2 hr 15 mins
Beer Brazed Pork (29)	2 pig meat, 1 sweet onion, 1 fayberry, 1 belladonna root	8	3 hr 22 mins

#### +4.6 STA & STR

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Fayberry Pie (25)	1 fayberry, 1 belladonna root, 3 dough	4	1 hr
Lion Casserole (26)	2 lion meat, 1 belladonna root	5	1 hr 30 mins
Crayfish Casserole (28)	2 crayfish, 1 sweet onion, 1 belladonna root, 1 dough	6	2 hr 15 mins

### Tier 3 Drink (cherry kindling – 14cp / 45 Power regeneration)

+ No stat boost

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Oolong Tea (20)	1 oolong tea leaf, 1 liquid	1	40 mins
Steppes Mountain Coffee (20)	1 steppes mountain bean, 1 liquid	1	40 mins
Fayberry Juice (21)	2 fayberry	1	1 hr
Sweet Onion Kalish (21)	1 sweet onion, 1 belladonna root	1	1 hr
Creamed Oolong Tea (22)	3 oolong tea leaf, 1 milk	3	1 hr 30 mins
Creamed Steppes Mountain Coffee (22)	3 steppes mountain bean, 1 milk	3	1 hr 30 mins
Fayberry Fizzlepop (23)	2 fayberry, 1 belladonna root, 1 aerated mineral water	4	2 hr 15 mins
Sweet Onion Fizzlepop (23)	2 sweet onion, 1 belladonna root, 1 aerated mineral water	4	2 hr 15 mins
Blasted Samoflange (24)	1 pig meat, 1 sweet onion, 2 belladonna root	5	3 hr 22 mins
Steppes Mountain Espresso (25)	3 steppes mountain bean, 1 belladonna root, 1 liquid	6	5hr 3 mins

### +4.6 STA & WIS

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Hailstorm (24)	1 oolong tea leaf, 1 pliant loam, 1 liquid	2	40 mins
Fayberry Wine (26)	2 fayberry, 1 belladonna root	5	1 hr 30 mins
Gin and Tonic (27)	2 belladonna root, 2 sweet onion, 1 aerated mineral water	6	2 hr 15 mins
Mountain Man (29)	2 steppes mountain bean, 1 pig meat, 1 belladonna root	8	3 hr 22 mins

### +4.6 STA & INT

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Oolong Kalish Tea (25)	1 oolong tea leaf, 1 belladonna root, 1 liquid	4	1 hr
Sweet Onion Wine (26)	2 sweet onion, 1 belladonna root	5	1 hr 30 mins
Vox Breath Beer (28)	1 steppes mountain bean, 1 oolong tea leaf, 2 belladonna root	6	2 hr 15 mins



## Tier 4 Food (hickory kindling – 55cp / 78 Health regeneration)

### + No stat boost

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Bear Steak (30)	1 bear meat, 1 dough	1	40 mins
Griffon Steak (30)	1 griffon meat, 1 dough	1	40 mins
Baked Carp (31)	1 carp, 1 tussah roots	1	1 hr
Baked Shark (31)	1 shark fin, 1 tussah roots	1	1 hr
Fried Cucumber (32)	3 cucumber, 1 dough	3	1hr 30 mins
Wild Apple Muffin (32)	2 wild apple, 1 tussah roots, 1 dough	3	1 hr 30 mins
Bear Sandwich (33)	1 bear meat, 1 cucumber, 1 tussah roots, 1 dough	4	2 hr 15 mins
Griffon Sandwich (33)	1 griffon meat, 1 apple, 1 tussah roots, 1 dough	4	2 hr 15 mins
Shark Fin Soup (34)	2 shark fin, 1 cucumber, 1 tussah roots	5	3 hr 22 mins
Wild Apple Pie (35)	3 wild apple, 1 tussah roots, 1 dough	6	5 hr 3 mins

### +6.2 STA & AGI

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Carp Stew (34)	1 carp, 1 tussah roots	2	40 mins
Bear Casserole (36)	2 bear meat, 1 tussah roots	5	1 hr 30 mins
Wild Apple Glazed Shark (37)	1 shark fin, 2 wild apple, 1 tussah roots	6	2 hr 15 mins
Wild Apple Cookies (38)	3 wild apple, 2 tussah roots, 1 dough	8	3 hr 22 mins

### +6.2 STA & STR

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Cucumber Sandwich (35)	1 cucumber, 1 tussah roots, 1 dough	4	1 hr
Griffon Casserole (36)	2 griffon meat, 1 tussah roots	5	1 hr 30 mins
Wild Apple Glazed Carp (37)	1 carp, 2 wild apple, 1 tussah roots	6	2 hr 15 mins
Cucumber Omelet (39)	3 cucumber, 1 griffon meat, 2 tussah roots	8	3 hr 22 mins
Hopple's Apple Pie (37)	3 wild apple, 2 tussah roots, 2 dough	6	5 hr 3 mins

## Tier 4 Drink (hickory kindling – 55cp / 60 Power regeneration)

### + No stat boost

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Cucumber Juice (30)	1 cucumber, 1 liquid	1	40 mins
Wild Apple Juice (30)	1 wild apple, 1 liquid	1	40 mins
Everfrost Coffee (31)	2 everfrost ice bean, 1 liquid	1	1 hr
Green Tea (31)	1 green tea leaf, 1 liquid	1	1 hr
Cucumber Fizzlepop (32)	2 cucumber, 1 tussah roots, 1 aerated mineral water	3	1 hr 30 mins
Wild Apple Fizzlepop (32)	2 wild apple, 1 tussah roots, 1 aerated mineral water	3	1 hr 30 mins
Iced Everfrost Coffee (33)	3 everfrost ice bean, 1 aerated mineral water	4	2 hr 15 mins
Iced Green Tea (33)	3 green tea leaf, 1 aerated mineral water	4	2 hr 15 mins
Wild Apple Wine (34)	2 wild apple, 2 tussah roots	5	3 hr 22 mins
Everfrost Espresso (35)	2 everfrost ice bean, 2 tussah roots	6	5hr 3 mins

### +6.2 STA & WIS

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Cucumber Wine (34)	2 raw cucumber	2	40 mins
Wild Child (36)	1 wild apple, 1 supple loam, 1 tussah roots	5	1 hr 30 mins
Land Shark (37)	1 shark fin, 1 wild apple, 1 supple loam, 1 tussah roots	6	2 hr 15 mins
Green Tea Grinder (38)	1 green tea leaf, 2 cucumber, 1 supple loam, 1 tussah roots	8	3 hr 22 mins

### +6.2 STA & INT

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Green Tea Kalish (35)	1 green tea leaf, 1 tussah roots	4	1 hr
Beghn's Gin and Tonic (36)	2 tussah roots, 1 cucumber	5	1 hr 30 mins
Arctic Heights (37)	1 everfrost ice bean, 1 cucumber, 1 supple loam, 1 tussah roots	6	2 hr 15 mins
Frostbite (39)	1 everfrost ice bean, 2 wild apple, 1 supple loam, 1 tussah roots	8	3 hr 22 mins

**Tier 5 Food (mesquite kindling - 2sp 21cp / 103 Health regeneration)****+ No stat boost**

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Owlbear Steak (40)	1 owlbear meat, 1 dough	1	40 mins
Wyrms Steak (40)	1 wyrms meat, 1 dough	1	40 mins
Baked Blowfish (41)	1 blowfish, 1 ashen roots	1	1 hr
Baked Trout (41)	1 trout, 1 ashen roots	1	1 hr
Mushroom Bread (42)	2 browncap mushroom, 1 ashen roots, 1 dough	3	1hr 30 mins
White Peach Cookies (42)	2 white peach, 1 ashen roots, 1 dough	3	1 hr 30 mins
Owlbear Sandwich (43)	1 owlbear meat, 1 browncap mushroom, 1 ashen roots, 1 dough	4	2 hr 15 mins
Wyrms Sandwich (43)	1 wyrms meat, 1 white peach, 1 ashen roots, 1 dough	4	2 hr 15 mins
Seared Blowfish (44)	2 blowfish, 1 browncap mushroom, 1 ashen roots	5	3 hr 22 mins
White Peach Pie (45)	3 white peach, 1 ashen roots, 1 dough	6	5 hr 3 mins

**+7.8 STA & AGI**

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Masu (44)	1 trout, 1 ashen roots	2	40 mins
Owlbear Casserole (46)	2 owlbear meat, 1 ashen roots	5	1 hr 30 mins
Fugu (47)	3 blowfish, 1 browncap mushroom	6	2 hr 15 mins
White Peach Sorbet (48)	5 white peach, 1 milk	8	3 hr 22 mins
Fiery Owlbear Steak (49)	2 owlbear meat, 3 lavastorm robusta bean	10	5 hr 3 mins

**+7.8 STA & STR**

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Browncap Mushroom Sandwich (45)	1 browncap mushroom, 1 ashen roots, 1 dough	4	1 hr
Wyrms Casserole (46)	2 wyrms meat, 1 ashen roots	5	1 hr 30 mins
Trout Oshizushi (47)	3 trout, 1 white peach	6	2 hr 15 mins
Browncap Mushroom Soup (48)	2 browncap mushroom, 2 trout, 1 ashen roots	8	3 hr 22 mins
Fiery Wyrms Steak (49)	2 wyrms meat, 3 lavastorm robusta bean	10	5 hr 3 mins

## Tier 5 Drink (mesquite kindling - 2sp 21cp / 75 Power regeneration)

+ No stat boost

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Browncap Mushroom Tea (40)	1 browncap mushroom, 1 liquid	1	40 mins
White Peach Juice (40)	1 white peach, 1 liquid	1	40 mins
Lavastorm Robusta Coffee (41)	2 lavastorm robusta bean, 1 liquid	1	1 hr
Pu-erh Tea (41)	2 pu-erh tea leaf, 1 liquid	1	1 hr
Browncap Mushroom Fizzlepop (42)	2 browncap mushroom, 1 ashen roots, 1 aerated mineral water	3	1 hr 30 mins
White Peach Fizzlepop (42)	2 white peach, 1 ashen roots, 1 aerated mineral water	3	1 hr 30 mins
Iced Lavastorm Robusta Coffee (43)	2 lavastorm robusta bean, 1 ashen roots, 1 aerated mineral water	4	2 hr 15 mins
Iced Pu-erh Tea (43)	2 pu-erh tea leaf, 1 ashen roots, 1 aerated mineral water	4	2 hr 15 mins
Browncap Mushroom Kalish (44)	3 browncap mushroom, 1 ashen roots	5	3 hr 22 mins
Fugu Surprise (45)	1 blowfish, 2 browncap mushroom, 1 bonded loam, 1 ashen roots	6	5hr 3 mins

### +7.8 STA & WIS

RECIPE (level)	INGREDIENTS	FUEL	DURATION
White Peach Smoothie (44)	2 white peach, 1 milk	2	40 mins
Fire In the Hole (46)	1 lavastorm robusta bean, 1 bonded loam, 1 ashen roots	5	1 hr 30 mins
White Peach Wine (47)	3 white peach, 1 ashen roots	6	2 hr 15 mins
Absinthe (48)	2 raw ashen roots, 2 browncap mushroom, 1 bonded loam	8	3 hr 22 mins
Herbal Flame (49)	3 pu-erh tea leaf, 1 lavastorm robusta bean, 1 browncap mushroom, 1 bonded loam	10	5 hr 3 mins

### +7.8 STA & INT

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Flaming Peach (45)	1 white peach, 1 lavastorm robusta bean	4	1 hr
Sea Foam (46)	1 pu-erh tea leaf, 1 bonded loam, 1 ashen roots	5	1 hr 30 mins
Browncap Mushroom Wine (47)	3 browncap mushroom, 1 ashen roots	6	2 hr 15 mins
Green Fairy (48)	1 ashen roots, 1 pu-erh tea leaf, 1 white peach, 1 bonded loam	8	3 hr 22 mins
Nagafen's Flame (49)	3 lavastorm robusta bean, 1 white peach, 1 bonded loam, 1 ashen roots	10	5 hr 3 mins

## Tier 6 Food (charcoal kindling – 8sp 83cp / 128 Health regeneration)

### + No stat boost

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Caiman Steak (50)	1 caiman meat, 1 dough	1	40 mins
Sabertooth Steak (50)	1 sabertooth meat, 1 dough	1	40 mins
Baked Eel (51)	1 eel, 1 succulent roots	1	1 hr
Baked Tigershrimp (51)	1 tigershrimp, 1 succulent roots	1	1 hr
Baked Artichoke (52)	2 artichoke, 1 succulent roots	3	1hr 30 mins
Prickly Pear Cookie (52)	2 prickly pear, 1 succulent roots, 1 dough	3	1 hr 30 mins
Caiman Steak Sandwich (53)	1 caiman meat, 1 artichoke, 1 succulent roots, 1 dough	4	2 hr 15 mins
Sabertooth Steak Sandwich (53)	1 sabertooth meat, 1 prickly pear, 1 succulent roots, 1 dough	4	2 hr 15 mins
Seared Tigershrimp (54)	3 tigershrimp, 1 succulent roots	5	3 hr 22 mins
Prickly Pear Muffin (55)	3 prickly pear, 1 succulent roots	6	5 hr 3 mins

### +8.4 STA & AGI

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Eel Soup (54)	2 eel, 1 liquid	2	40 mins
Caiman Casserole (56)	2 caiman meat, 1 succulent roots	5	1 hr 30 mins
Pear Glazed Seared Tigershrimp (57)	3 tigershrimp, 1 prickly pear	6	2 hr 15 mins
Prickly Pear Cookies (58)	1 prickly pear, 1 artichoke, 3 succulent roots, 3 dough	8	3 hr 22 mins
Pear Glazed Caiman Steak (59)	5 caiman meat, 1 prickly pear	10	5 hr 3 mins

### +8.4 STA & STR

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Pureed Artichoke Dip (55)	2 artichoke	4	1 hr
Sabertooth Casserole (56)	2 sabertooth meat, 1 succulent roots	5	1 hr 30 mins
Unagi (57)	4 eel	6	2 hr 15 mins
Denmother's Trail Mix (58)	1 prickly pear, 2 artichoke, 2 succulent roots	8	3 hr 22 mins
Pear Glazed Sabertooth Steak (59)	5 sabertooth meat, 1 prickly pear	10	5 hr 3 mins

## Tier 6 Drink (charcoal kindling – 8sp 83cp / 90 Power regeneration)

### + No stat boost

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Artichoke Kalish (50)	1 artichoke, 1 liquid	1	40 mins
Prickly Pear Juice (50)	1 prickly pear, 1 liquid	1	40 mins
Darjeeling Tea (51)	2 darjeeling tea leaf, 1 liquid	1	1 hr
Majdul Coffee (51)	2 majdul coffee bean, 1 liquid	1	1 hr
Artichoke Fizzlepop (52)	2 artichoke, 1 succulent roots, 1 aerated mineral water	3	1 hr 30 mins
Prickly Pear Fizzlepop (52)	2 prickly pear, 1 succulent roots, 1 aerated mineral water	3	1 hr 30 mins
Iced Darjeeling Tea (53)	2 darjeeling tea leaf, 1 succulent roots, 1 aerated mineral water	4	2 hr 15 mins
Iced Majdul Coffee (53)	2 majdul coffee bean, 1 succulent roots, 1 aerated mineral water	4	2 hr 15 mins
Artichoke Tea (54)	2 artichoke, 2 darjeeling tea leaf	5	3 hr 22 mins
Artery Punch (55)	2 darjeeling tea leaf, 1 soluble loam, 1 succulent roots	6	5hr 3 mins

### +8.4 STA & WIS

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Prickly Pear Smoothie (54)	2 prickly pear, 1 milk	2	40 mins
Artichoke Wine (56)	2 artichoke, 1 succulent roots	5	1 hr 30 mins
Mental Core Breach (57)	2 majdul coffee bean, 1 soluble loam, 1 succulent roots	6	2 hr 15 mins
The Overlord (58)	3 artichoke, 1 soluble loam, 1 succulent roots	8	3 hr 22 mins
Desert Fever (59)	2 majdul coffee bean, 2 prickly pear, 1 soluble loam, 1 succulent roots	10	5 hr 3 mins

### +8.4 STA & INT

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Cerebral Hemorrhage (55)	1 majdul coffee bean, 1 soluble loam	4	1 hr
Prickly Pear Wine (56)	2 prickly pear, 1 succulent roots	5	1 hr 30 mins
Golden Eye (57)	1 eel, 1 darjeeling tea leaf, 1 soluble loam, 1 succulent roots	6	2 hr 15 mins
The Queen (58)	3 prickly pear, 1 soluble loam, 1 succulent roots	8	3 hr 22 mins
Quicksand (59)	2 darjeeling tea leaf, 2 artichoke, 1 soluble loam, 1 succulent roots	10	5 hr 3 mins

**Tier 7 Food (rosewood kindling- 12sp 43cp / 159 Health regeneration)****+ No stat boost**

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Aviak Sandwich (60)	1 aviak meat	1	40 mins
Ravasect Sandwich(60)	1 ravasect meat	1	40 mins
Aviak Steak (61)	1 aviak meat, 1 hanging root	1	1 hr
Ravasect Steak (61)	1 ravasect meat, 1 hanging root	1	1 hr
Xegonberry Cookie (62)	1 xegonberry, 1 squash, 1 hanging root	3	1hr 30 mins
Xegonberry Pie (62)	1 xegonberry, 1 squash, 1 hanging root	3	1 hr 30 mins
Baked Squash (63)	2 squash, 1 hanging root	4	2 hr 15 mins
Squash Casserole (63)	3 squash	4	2 hr 15 mins
Baked Flying Fish (64)	2 flying fish, 1 squash, 1 hanging root	5	3 hr 22 mins
Grilled Flying Fish (65)	2 flying fish, 1 xegonberry, 1 hanging root	6	5 hr 3 mins

**+11 STA & AGI**

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Seasoned Aviak Sandwich (64)	1 aviak meat, 1 hanging root	2	40 mins
Xegonberry Cobbler (66)	2 xegonberry, 1 hanging root	5	1 hr 30 mins
Squash Cobbler (67)	2 squash, 1 xegonberry, 1 hanging root	6	2 hr 15 mins
Seasoned Flying Fish Rolls (68)	2 flying fish, 1 squash, 1 hanging root	8	3 hr 22 mins
Screwoggin's Surprise (69)	2 flying fish, 1 aviak meat, 1 ravasect meat, 1 hanging root	10	5 hr 3 mins

**+11 STA & STR**

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Seasoned Ravasect Sandwich (65)	1 ravasect meat, 1 raw hanging root	4	1 hr
Xegonberry Sorbet (66)	2 xegonberry, 1 azurite	5	1 hr 30 mins
Squash Pie (67)	2 squash, 1 xegonberry, 1 hanging root	6	2 hr 15 mins
Flying Fish Stew (68)	3 flying fish, 1 squash, 1 hanging root	8	3 hr 22 mins
Bosprite's Squash Muffins (69)	3 squash, 2 xegonberry, 1 hanging root	10	5 hr 3 mins

**Tier 7 Drink (rosewood kindling- 12sp 43cp / 105 Power regeneration)****+ No stat boost**

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Squash Beer (60)	1 squash	1	40 mins
Squash Cider (60)	1 squash	1	40 mins
Xegonberry Juice (61)	2 raw xegonberry	1	1 hr
Xegonberry Sparkling Juice (61)	2 raw xegonberry	1	1 hr
Soaring Cappuccino (62)	3 soaring coffee bean	3	1 hr 30 mins
Soaring Espresso (62)	3 soaring coffee bean	3	1 hr 30 mins
Sparkling Sweet Iced Chai Tea (63)	3 sweet chai tea leaf	4	2 hr 15 mins
Sweet Chai Tea (63)	3 sweet chai tea leaf	4	2 hr 15 mins
Soaring Espresso Machiato (64)	4 soaring coffee bean	5	3 hr 22 mins
Soaring Espresso Latte (65)	4 soaring coffee bean	6	5hr 3 mins

**+11 STA & WIS**

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Xegonberry Wine (64)	2 raw xegonberry	2	40 mins
Black-Eye Chai (66)	2 sweet chai tea leaf, 1 soaring coffee bean	5	1 hr 30 mins
Rosewood Sling (67)	1 rosewood, 2 xegonberry, 1 squash	6	2 hr 15 mins
Flying Freddy (68)	1 flying fish, 1 xegonberry, 2 sweet chai tea leaf, 1 squash	8	3 hr 22 mins
Gigglegibbery Juice (69)	3 xegonberry, 3 sweet chai tea leaf	10	5 hr 3 mins

**+11 STA & INT**

RECIPE (level)	INGREDIENTS	FUEL	DURATION
Xegonberry Brandy (65)	2 raw xegonberry	4	1 hr
Iced Black-Eye Chai (66)	2 sweet chai tea leaf, 1 soaring coffee bean	5	1 hr 30 mins
Narcoleptic Sweet-Talk (67)	1 sweet chai tea leaf, 1 xegonberry, 1 squash	6	2 hr 15 mins
Dancing Halfling (68)	3 xegonberry, 2 sweet chai tea leaf	8	3 hr 22 mins
Bosprite Wine (69)	4 xegonberry, 2 squash	10	5 hr 3 mins