



*SHEPHERDS OF HAVEN*

# **THE (UN)OFFICIAL BLEST COOKBOOK**

A COLLECTION OF FANTASY RECIPES

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## INTRODUCTION

People were talking on the ShoH Discord about wanting some recipes of Blest, so here they are! Thank you for giving me the idea to collect them into one volume. I've made and tested pretty much all of these recipes at some point in my life, but not recently enough to have good, personal photos of them – so mostly I used stock photos that were “close enough” to what I was talking about. Don't rely on the pictures to know if you're on the right path! Some day when I have the time, I'd like to recreate each recipe and take photos of each step myself (if I ever learn how to take decent pictures of food)!

Included here are meals mentioned in the game, particularly for holidays and worldly celebrations; the characters' favorite meals; common drinks and pastries; and more. If there are any that I missed, please let me know and I'll try to add on to this recipe book in the future if I can! I also tried to provide alternatives depending on difficulty levels and ingredient rarity.

Finally, if you end up making any of these things, please share and let me and this wonderful community see the results! Thank you and I hope you enjoy!



## **ENTREES AND MAINS**

# TALLYS

## PEYA (ELVISH BREAD)



### INGREDIENTS

- 1 can of refrigerated French bread dough (see notes)
- 4 oz of Irish white cheddar cheese, thinly-sliced
- 2 tablespoons of sliced almonds
- ¼ teaspoon of coarse sea salt
- 1 cup of arugula
- ½ cup of blackberry jam or blackberry preserves (see notes)
- 6 oz of dried apricots, halved
- 4 oz sliced salami, pepperoni, or summer sausage, finely-chopped (optional)
- Banana, lotus, or beet leaves (optional)

### NOTES

If you want a challenge, you can make your own [French bread here](#). Otherwise, I use Pillsbury. Similarly, you can make your own [blackberry jam!](#)

I find banana leaves at Asian supermarkets.

Prep. Time:	Total Time:	Servings:
25 minutes	1 hour 30 min.	8

### DESCRIPTION

Peya, sometimes called Elvish hand bread or candle bread, is a common and traditional Elvish meal in Blest (and one of Tallys' favorite things to eat). It appears several times throughout the game and is described as a small loaf of bread stuffed with cheese, fruit, and nuts that is wrapped in leaves.

### DIRECTIONS

Pre-heat oven to 350 F. Line rimmed baking pan with parchment paper.

Place dough on work surface. Cut in half crosswise to make 2 6-inch loaves. Cut lengthwise down the center of each loaf to within ½ inch of the bottom. Carefully pull apart dough until each loaf has formed a flat, 7x5-inch rectangle (2 rectangles total).

Top each rectangle with evenly-divided cheese and meat (if using), to within ½ inch of the edges. Pull the sides of the loaf up over the filling and pinch together; flip so that the pinched seam is on the bottom of the bread. Lightly brush loaves with water and sprinkle with almonds and sea salt, pressing lightly so they adhere, before placing in the pan.

Bake 26 to 30 minutes until lightly golden brown. When serving, slice loaves into hunks and top with arugula, apricots, and blackberry jam. (Sometimes I poke a hole in the center of each hunk with a knife and stuff the toppings in.) Wrap each hunk in a banana leaf and kitchen twine if using.

## BLACK TORANT MUSHROOMS

### INGREDIENTS

- ½ cup ground or minced chicken
- 24 large brown mushrooms, about 1.5 pounds
- 3 tablespoons butter
- 1 large shallot minced
- 3 green onions, thinly-sliced
- Salt and pepper, to taste
- 2 tablespoons chopped tarragon
- ½ cup breadcrumbs

### DESCRIPTION

If you attended Prihine’s gala in Chapter 2, you know exactly what these are. This version has not been tainted by a Faceless Lord!

### NOTES

This recipe is adapted from [Mushrooms Stuffed with Tarragon and Duxelles, 1996](#).

Prep Time:

1 hour

Servings:

6-8

Total Cook Time:

1 hour 30 minutes



### DIRECTIONS

1. Lightly season chicken with salt, freshly ground black pepper, garlic powder, and onion powder, to taste. Cook chicken until fully browned, then mix in a bit of parsley, a tiny dash of nutmeg, and a few sprinkles of tarragon. Transfer to a bowl.
2. Wash the mushrooms, then trim the stems and set them aside. Melt half of the butter in a frying pan large enough to hold most of the mushrooms, either at once or in batches, dividing the butter as necessary. Sauté the mushroom caps, hollow side up first, for 2 minutes, then flip and sauté for an additional 2 minutes. When the mushrooms begin to release their juices, remove from heat to a tray or platter.
3. Mince the trimmed mushroom stems. Mix them with the minced shallot, green onions, and chopped tarragon, then sauté the mixture over medium-high heat with the other half of the butter, until juices have almost evaporated. Season with salt and pepper and let cool.
4. Once cooled, mix the mushroom-stem mixture with the cooked ground chicken and breadcrumbs until well-combined.
5. Preheat the oven to 400 F. Fill the mushroom caps with the stuffing mixture. Place on baking sheet and bake for 10 to 12 minutes, until lightly browned. Serve hot or warm.

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**MISO BUTTER SALMON OVER RICE**


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**INGREDIENTS**

- 2 fillets of fresh salmon
- Sea salt
- Coarse ground black pepper
- ½ tablespoon all-purpose flour
- Vegetables (see notes)
- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 tablespoon miso paste (red, orange, or white work best)
- 2 tablespoons sugar
- 4 tablespoons sake
- 2 tablespoons mirin
- 3 tablespoons soy sauce
- Green onion and sesame seeds for garnish (optional)
- Steamed white rice

**NOTES**

For Blade's specific recipe, I use thinly-sliced mushrooms (shiitake if you can get them), thinly-sliced or julienned zucchini, and thinly-sliced white onion. Other great alternatives are fresh cucumber and avocado for a poke-style bowl (add cooked edamame if you're really feeling crazy); or steamed broccoli and carrot!

Cook Time:

15 minutes

Servings:

2

Total Time:

35 minutes

**DIRECTIONS**

1. Combine the miso, sugar, sake, mirin, and soy sauce in a bowl, stirring well.
2. Finely chop the green onions and thinly-slice mushrooms, zucchini (about 1 is good for 2 people), and onion.
3. Pat the salmon dry with a paper towel and season well with salt and pepper. Sprinkle flour over the salmon and thinly spread it, making sure to cover as much as the salmon as you can.
4. Heat olive oil in a frying pan over medium heat. Place the salmon in the pan, skin-side facing up. When the salmon is cooked halfway through, about 5 minutes depending on the thickness of your salmon (you can tell how far it's cooked from the side of the fillet), flip so that the skin-side is down.
5. Add the thinly-sliced onions to the pan with the salmon. When the onions have softened slightly, about 1 minute, add the mushrooms and zucchini. Add a touch of soy sauce to the mushrooms to bring out their umami flavor, if you wish.
6. Add butter to the vegetables, distributing evenly. When the butter has melted, spoon some of the vegetables and sauce on top of the salmon to absorb.
7. Add the miso sauce mixture to the pan and spoon over the salmon until well-incorporated and cooked through and the sugar has dissolved. Do not burn using high heat.
8. When the salmon is cooked (145 F if you want to check with a thermometer), remove from heat and place over a bowl of steamed white rice. Garnish with green onion and sesame seeds and spoon more sauce over the fillets as desired.

## TROUBLE

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# SKILLET STEAK AND POTATOES WITH GARLIC BUTTER

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### INGREDIENTS

- 2-4 petite steaks, about 1 inch or more in thickness, no thinner
- Salt
- Coarse black pepper
- Garlic powder
- 1 tablespoon olive oil
- 2-4 pounds baby potatoes, diced
- 2-6 tablespoons of salted butter, soft enough to mash with a fork (1 tablespoon per steak and 2 tablespoons for the potatoes)
- 4 cloves minced garlic (or more if you love garlic)
- 1 teaspoon dried Italian herbs
- 1 teaspoon fresh thyme
- 1 teaspoon fresh parsley

### NOTES

This recipe is best made in an oven-safe skillet like a cast-iron pan (12 inches)!

This recipe and photo were adapted from [cremedelacrumb.com](http://cremedelacrumb.com).

Cook Time:

30 minutes

Servings:

4

Total Time:

40 minutes



*Photo credit belongs to [cremedelacrumb.com](http://cremedelacrumb.com).*

### DIRECTIONS

1. Preheat oven to 400 degrees. In a small bowl, combine the butter, garlic, and herbs, then set aside. Season steaks very generously with salt, pepper, and garlic powder on both sides.
2. Place a cast-iron skillet over medium high and drizzle with oil. When the oil is nearly smoking, sear the steaks, 2-3 minutes on each side, until nicely-browned. Set on plate and put aside.
3. Add diced baby potatoes to skillet, season generously with salt, pepper, and garlic powder and saute for 3-5 minutes until browned. Push potatoes to one side of the pan and return steaks to the other side.
4. Transfer pan to oven and cook for about 12-20 minutes, until the potatoes are fork-tender and steak is cooked to your preferred doneness.
5. Immediately after removing from oven, place dollops of garlic butter over the steaks and potatoes, letting the butter melt completely before stirring to coat. Top with fresh parsley and thyme and serve.

## TROUBLE

# LEEK AND POTATO SOUP

### INGREDIENTS

- 4 tablespoons butter
- 1 tablespoon all-purpose flour
- 3-4 leeks, light green and white parts only, chopped
- 1 white onion, roughly chopped
- 3 garlic cloves, minced
- 5 yellow potatoes, peeled and roughly chopped into ½ inch pieces
- 1 quart chicken stock
- 1 bay leaf
- 2 sprigs fresh tarragon
- 5-6 sprigs fresh thyme
- ½ cup heavy cream
- Salt and pepper, plus garlic powder, onion powder, celery salt, and paprika if desired
- Shredded gruyere cheese
- Chives for garnish (optional)

### DESCRIPTION

Trouble's mom would make him this, which is why it's one of his favorites.

Cook Time:

1 hour

Servings:

4-6

Total Time:

1 hour

### DIRECTIONS

1. In a large dutch oven or soup pot, melt half the butter over medium heat.
2. Add the leeks and onion, sautéing until softened.
3. Add in the garlic and sautéing until fragrant, about 30 seconds.
4. Add in remaining butter and melt until it begins to bubble.
5. Sprinkle in the flour and stir until it becomes a roux, or a smooth golden paste. Be careful not to burn it; turn heat down if you need to.
6. Add the potatoes, chicken broth, and herbs, giving everything a stir.
7. Bring the soup to a boil, then reduce to a simmer. Simmer for 15-25 minutes, until potatoes are very soft and can be pierced with a fork.
8. Blend the soup using a handheld immersion blender or Vitamix. Use with care and take care not to burn yourself!
9. Once the soup is completely pureed and all ingredients are smooth and incorporated, stir in the heavy cream.
10. Taste the soup and add the seasonings to taste. Salt heavily because potatoes absorb salt, so you don't want the dish to be too bland. I like salt, pepper, garlic powder, onion powder, sprinklings of celery salt, and sprinklings of paprika, to taste. Don't be afraid to be generous.
11. Serve the soup in bowls, garnishing with the gruyere cheese, chives, and a sprig of tarragon.

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## PUMPKIN CURRY WITH SALMON

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### INGREDIENTS

- 2 pounds pumpkin
- 1 pound salmon (2 fillets)
- 1-2 cans full-fat coconut milk
- 4 tablespoons coconut oil
- 1 onion
- 1 zucchini, 1 eggplant, 1 red bell pepper (optional)
- 4 cloves garlic, minced
- 1 piece ginger, minced
- 1 teaspoon ground coriander, turmeric, cumin, curry powder each
- Thai red curry paste, to taste
- ¼ teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 tablespoon of brown sugar, to taste
- 1 lime

### DESCRIPTION

In my post about the characters' favorite foods, I said that Chase's favorite meal was "a kabocha-like pumpkin soup, with crusty bread and roast eel to follow." I thought about it and decided I was not going to f\*\*\* around with eel, so this is the next best thing in my book! This is like pumpkin soup meets Thai red curry: it may not be for everyone, but it certainly suits Chase!

Cook Time:	Servings:	Total Time:
30 minutes	4-6	1 hour and 30 minutes

### DIRECTIONS

1. Slice the pumpkin in half and scoop out the seeds. Place cut-side down on a parchment-lined baking sheet and bake for 45 minutes at 350 F. Remove from oven and, when cool enough to handle, scoop out pumpkin flesh.
2. While the pumpkin is cooling, bake salmon fillets on same baking sheet for about 15 minutes. It's okay if it's slightly underdone, it will be finished off in the curry.
3. Heat a large dutch oven or pot over medium heat and add coconut oil. Once melted and hot, add in onions and garlic with a pinch of salt and stir. Cook until onions are soft and translucent, about 5 minutes. Add in the sliced vegetables (if using) and sear, browning the eggplant and softening the zucchini and bell pepper. Add in the ginger and Thai red curry paste, starting with a tablespoon and adding more to taste. Cook the mixture for 5 more minutes.
4. Pour in the coconut milk (using more if serving more people or if you want more coconutty, sweet flavor) and the baked pumpkin. Stir until all ingredients are incorporated and taste, adding more curry paste as necessary. Cover the pot and increase the heat to medium-high. Cook for about 20 minutes, until the pumpkin is very soft.
5. Add seasonings (coriander, turmeric, cumin, curry powder, cinnamon, nutmeg, and brown sugar) and 1 tablespoon of lime juice or more, according to taste. Add fish sauce if on hand for more Thai curry flavor. Season and taste as needed. Then add salmon fillets, covering and cooking the soup for ten minutes, or until salmon is warmed through. Taste and season again as desired. Serve with a garnish of lime or basil leaves.

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## DRAGON TONGUE STEW

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### INGREDIENTS

- 1 tsp. coconut oil
- 3 cloves of minced garlic
- 2 tsp. minced ginger or sliced galangal, if you can find it
- 3-4 Thai or “bird’s eye” chilis (optional)
- 6 cups of vegetable stock
- 2 stalks lemongrass (peeled and chopped into 4-inch slices)
- 2 to 3 makrut or kaffir lime leaves (optional)
- 1 to 2 tsp. chili paste
- 1 tsp. sugar
- 2 tbsp. soy sauce
- Half a lime, juiced
- 1 cup of mushrooms (oyster, button, or cremini)
- 1 cup fresh tomato, chopped
- 1 lb. tofu, extra-firm, drained and pressed before cubed
- Sriracha (optional) and cilantro

Cook Time:	Servings:	Total Time:
1 hour	4-6	1 hour

### DIRECTIONS

1. In a large stock pot, heat the vegetable oil over medium-high heat. Add the minced garlic and ginger, as well as the minced chilis (if using). Cook for 2-3 minutes until garlic is fragrant.
2. Add the vegetable stock, lemongrass, and lime leaves. Bring the mixture to a boil, then turn down the heat, cover the pot, and simmer for 5 to 10 minutes.
3. Using a slotted spoon, remove lemongrass and lime leaves. Add the hot chili paste, sugar, soy sauce, and fresh lime juice, stirring to combine, and bring mixture back to a boil. Add the mushrooms and cook for 2-3 minutes.
4. Turn the heat down to a simmer, then add the tomato and tofu. Simmer for about 3 to 5 minutes more. Add salt, more lime juice, and other spices as needed. Garnish with cilantro and sriracha depending on preference.

### DESCRIPTION

Dragon tongue stew is made from a root similar to galangal in the world of Blest called “dragon’s tongue,” named such for its snakelike, tongue-like, sometimes leathery or veiny appearance. This version of the dish is a favorite of Ayla’s because it’s vegetarian and extremely spicy! If you don’t like tofu, substitute in more mushrooms or cubes of zucchini if staying vegetarian, or shrimp if not.

### NOTES

This recipe is adapted from traditional tom yum soup recipes that have been made vegetarian, such as [here](#).

## RED

# ROAST PORK BELLY WITH PICKLED VEGETABLES

## INGREDIENTS

- 1 lb of pork belly, skin on
- 1 tsp of runny honey
- 1 tsp sugar
- 3 cloves of garlic, crushed
- 3 tbsp of hoisin sauce
- 1 tbsp of soy sauce
- 1 tbsp of sea salt, plus more to rub on pork
- ½ tsp of Chinese five spice powder
- Green onions, sesame seeds, coriander or cilantro, and crushed peanuts to garnish (optional)
- 1 thinly-sliced cucumber, 1 shredded carrot
- *2.5 tbsp rice vinegar, 2 tbsp water, 1 tbsp sugar, 1 tbsp toasted sesame oil, 1 tsp sea salt, and 1 hot fresh chili, sliced (chili is optional)*
- Hawaiian dinner rolls or sweet bread buns (see notes)

## NOTES

Red's favorite dish consists of a soft, sweet dinner roll, but if you want to take a shot at making your own homemade, traditional bao bun, you can find the recipe [here!](#)

Cook Time:

2 hours

Servings:

2-4

Total Time:

2 hours 30 minutes



## DIRECTIONS

1. Score the skin of the pork belly into several strips. Turn over and cut into the flesh at 1.5 inch intervals, about three-fourths of the way deep.
2. Place pork belly over a bowl in a clean sink and pour boiling water onto both sides. This helps tighten the skin and helps it crackle. Pat dry with a paper towel.
3. Combine honey, sugar, garlic, hoisin sauce, soy sauce, salt, and five spice powder to make the marinade. Rub the marinade into the flesh and the cuts you made, but do not get it on the skin. Marinate for at least two hours or overnight.
4. Preheat the oven to 450 degrees F and place the pork skin-side up on a baking rack over a foil-lined, deep metal baking pan. Bake in the middle rack for 20 minutes. Then remove the lining of the pan and pour 2 cups of water in, without getting the pork wet. Turn the pork over so that the skin is facing up, turn the heat down to 300 F, and bake for 1.5 hours. If the skin has not crackled, carefully use the broiler to brown and crisp it. Do not burn.
5. Remove pork and let rest for at least 15 minutes before slicing. In the meantime, pickle thinly-sliced cucumber and shredded carrot in a bowl with pickling ingredients (see italics). Mix, cover, and refrigerate for 30 minutes. Serve with pork and dinner rolls.

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**POTATO DUMPLINGS WITH TRUFFLE OIL**


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**INGREDIENTS**

- 16 oz package of fresh gnocchi
- 2 tbsp of extra virgin olive oil
- ½ medium onion, grated
- 5 garlic cloves, minced
- 1 tbsp all-purpose flour
- 2 cups of heavy cream or full-fat milk, heated
- ½ cup dry white wine
- ½ cup Parmigiano Reggiano (freshly grated)
- ½ cup gruyere or Asiago (freshly grated)
- ½ cup mozzarella cheese (shredded)
- ½ cup fontina cheese (shredded)
- Drizzle of white truffle oil

**NOTES**

“Potato dumplings” are gnocchi. I love the DeLallo brand, and they even sell gluten-free gnocchi, too! (I promise I did not get a sponsored payment for saying this.) If you really want a challenge, you can try to make your [own gnocchi](#)... and godspeed!

Prep. Time:	Total Time:	Servings:
1 hour	1 hour	2

**DESCRIPTION**

After Halek leaves the Reach, he becomes introduced to a wide world of nuanced tastes and flavors. Also, CHEESE. This recipe is his favorite, but due to the obscure-ish or expensive ingredients, I’m including a similar alternative that he also loves on the next page.

**DIRECTIONS**

Preheat the oven to 425 F. In a large, oven-safe saucepan, heat up the olive oil over medium to high heat. Once heated, add the grated onion. Turn the heat down and saute the onion for about 2 minutes. Add salt and pepper. Add minced garlic and saute for another minute.

Next, sprinkle in the flour and incorporate well with the oil and onion mixture with a whisk or wooden spoon. Let the flour cook for about 2-3 minutes, or until golden. Add the warm milk or cream. Whisk into the flour mixture until well-incorporated and thickened slightly, forming a roux. Continue whisking and add the white wine. Simmer the mixture for about 10 minutes, stirring often.

In the meantime, bring a large pot of salted water to a boil. Add the gnocchi according to the directions on your packaging: it should take no more than three minutes to cook. Gnocchi is done when it floats to the top of the pot. Drain well and set aside.

*(Continued below.)*

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Turn the heat under the milk mixture to very low. Add all the cheeses to the milk, incorporating well with a wooden spoon. Add the gnocchi once all the cheese is melted. Mix well into the sauce, top with a bit more cheese, and drizzle lightly with truffle oil.

Transfer to the oven and bake for 20 minutes, until the top is golden brown and bubbly. Make sure the gnocchi are in a single layer before going into the oven, or at least very shallow. Broil 1-5 minutes if you want an extra crispy top. The top layer should be browned!

# HALEK

## POTATO DUMPLINGS WITH SPRING VEGETABLES

### INGREDIENTS

- ¼ cup salted butter, divided
- 1 16 oz package of fresh gnocchi
- 2 large garlic cloves, minced
- 2 teaspoons of chopped fresh thyme
- 1.5 cups of chicken broth
- 2 tablespoons of chopped flat-leaf parsley
- Juice of 1 lemon
- 2 ounces Parmesan cheese, grated (optional)
- 1 10 oz package of frozen sweet peas
- 1 red bell pepper, diced
- 1 diced zucchini, 1 diced yellow squash (optional)
- Shredded cooked chicken, seasoned with thyme, parsley, oregano, salt, and lemon pepper (optional)

Cook Time:

20 minutes

Servings:

2-4

Total Time:

20 minutes

### DIRECTIONS

1. Heat two tablespoons of butter in a sauce pan over medium-high heat. Add gnocchi, stirring occasionally until browned all over, about 10 minutes.
2. Add garlic and thyme, stirring often, until fragrant, about 1 minute. Add the diced bell pepper and stir until slightly softened and releasing juices.
3. Add chicken broth, salt, and pepper; bring to a simmer and cook until reduced by half, 4 to 5 minutes.
4. Add peas, parsley, lemon juice, and remaining 2 tablespoons of butter, along with zucchini, squash, and chicken, if using. Cook, stirring constantly, until butter melts and vegetables are warmed through.
5. Top with parmesan (optional) and serve immediately.

### NOTES

I cook the chicken in an instant pot on high pressure for about 20 minutes, but sauteing in a separate pan alongside the gnocchi works well, too! I never include the Parmesan when I make this, so you can omit to make it dairy-free!

# BRIONY

## SEA DEVIL PASTA

### INGREDIENTS

- 12 oz dry spaghetti
- 2-3 strips of cooked crispy bacon, chopped
- ¼ cup of sugar snap peas, cut in half
- 6 oz of lobster meat, cooked
- 1 and ¼ cup of heavy cream
- 5-6 cloves of garlic, minced
- 4 tablespoons of butter
- Salt, pepper, and garlic powder
- 1 tablespoon of Parmesan cheese, grated
- 1 tablespoon of white truffle oil
- 1 teaspoon of chopped parsley

### DESCRIPTION

Blest's version of a lobster, the sea devil, is the size of a large dog or small horse; the crustacean is known for violently torpedoing through the bottoms of ships in random acts of aggression. That's why no one feels bad about hunting them for their delicious, delicious meat.

Cook Time:

30 minutes

Servings:

2

Total Time:

30 minutes



### DIRECTIONS

1. Cook the bacon and lobster, respectively and as desired. If frying the bacon, heat a teaspoon of oil in a frying pan and add when the oil is hot, flipping when the first side is cooked. If baking, line a baking tray with paper towels and bake at 350 degrees, 10-15 minutes.
2. For the lobster, bring a large pot of water to boil and add the lobster carefully, cooking until the meat is translucent and shell is bright red, about 1 minute per ounce. Drain and cool until cool enough to handle; remove meat and set aside, seasoning as desired.
3. Cook spaghetti in salted boiling water, according to the directions on the package.
4. In a sauté pan, heat the bacon, sugar snap peas, and garlic with the heavy cream and bring to a boil. Reduce the heat and cook for 4 minutes, or until the peas are tender.
5. Add the cooked spaghetti, butter, salt, pepper, and garlic powder as needed, and Parmesan cheese, cooking until the sauce thickens. Toss gently and add the lobster, seasoning once again with salt, pepper, garlic powder, and butter.
6. Plate the pasta and drizzle truffle oil on top. Garnish with Parmesan cheese, chopped parsley, and fresh black pepper.

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**ARISTOCRAT'S ROAST GOOSE IN SLICES**


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**INGREDIENTS**

- 2 duck legs with skin on
- 3 cups of stock, vegetable or chicken
- 1 medium carrot, diced
- 1 medium onion, diced
- 1 celery stalk, diced
- 1 leek, diced
- 5 garlic cloves, sliced
- 10 black peppercorns
- 5 juniper berries
- Handful of chopped rosemary and thyme
- 2 plums, seeds removed and cut into wedges
- 1 apricot, seeds removed and cut into wedges
- 1 shallot, finely chopped
- 3 orange slices
- 2 star anise
- 2.5-3 tablespoons of brown sugar
- 2 tablespoons of mirin
- 2 tablespoons of red wine vinegar
- 1 and ¼ cups of beef stock
- 1 tablespoon of olive oil
- Cooked jasmine rice



Prep. Time:	Total Time:	Servings:
50 minutes	3 hours 50 mins	2

**DIRECTIONS**

Pan-fry the duck legs on both sides over medium heat, until browned. Place in a slow-cooker and pan-fry vegetables in the same pan with the duck fat. Add to the slow-cooker, followed by the vegetable or chicken stock, garlic cloves, peppercorns, juniper berries, rosemary, and thyme. Mix well. Making sure that the duck legs are submerged in liquid, cook on high for 3 hours.

In the meantime, prepare the sauce. Sauté shallots in 1 tbsp of olive oil for 5 minutes. Then add the brown sugar, plums, and apricots. Wait until the sugar dissolves, then add the beef stock, mirin, vinegar, star anise, and orange slices. Cook on medium-low for 15 minutes. (Start about a half-hour before your duck is ready to have the sauce ready and warm.)

When your duck is almost done, prepare the rice. Plate the rice with the duck on top and sauce spooned over both.

**NOTES**

As with eel, I decided not to f\*\*\* with goose, either. Duck is a fine substitute, though it can be understandably difficult to find duck in a grocery store! Turkey or possibly even lamb might do, though I haven't tested it. It's still fun to read about, right?

# SHERY

## SKILLET CHICKEN PIE

### INGREDIENTS

- 1 tablespoon olive oil
- 1 lb chicken breast, cubed or shredded
- Salt and pepper
- 1 small white onion, diced
- 2 cloves garlic, minced
- 2 cups frozen peas and carrots
- 6 tablespoons of butter
- 4 tablespoons of all-purpose flour
- 2 cups chicken broth
- 1 prepared pie crust, premade
- 1 egg, beaten
- Garlic powder, onion powder, paprika, celery salt, rosemary, thyme, oregano, parsley, to taste
- 2 bay leaves

### NOTES

When it comes time to slit a hole in the pie crust, Shery always makes a heart. It's her specialty!

Cook Time:

1 hour

Servings:

4

Total Time:

1 hour



### DIRECTIONS

1. Heat oil in a cast-iron skillet. Add the chicken, seasoning with salt and pepper, and cook until meat is white with no pink in the center. Alternatively, cook the chicken in an instant pot on high for 20 minutes, seasoning with salt, pepper, bay leaf, and thyme. Remove chicken and set aside.
2. Preheat oven to 400 F. In the same skillet, melt 2 tablespoons of butter. Add onion and garlic, sauteing until translucent. Add the peas and carrots and stir. Add the remaining butter and melt. Sprinkle the flour on top, covering the vegetables, and stirring quickly to avoid lumps forming. Pour in chicken broth and bring to a boil. When the sauce is thickened, season with salt, pepper, celery salt, garlic powder, onion powder, paprika, rosemary, thyme, oregano, and parsley, to taste. Stir in 2 bay leaves and remove from heat.
3. Place the pie crust over the chicken and vegetable mixture and carefully seal along the edges with your fingers. Be careful, the edges of the pan may still be hot!
4. Mix the beaten egg with a little water, then brush over the top of the pie crust. Cut three slits in the top of the pastry to release steam.
5. Bake in the oven for 25-30 minutes, or until golden brown.

## KET “MUTTON” STEW



### INGREDIENTS

- 1 lb fatty pork shoulder or pork belly, cut into two long slices
- Salt and pepper
- 1 cup char siu sauce (see below or use premade)
- *1/3 cup hoisin sauce, 1/4 cup honey, 1/4 soy sauce, 3 tablespoons dry sherry, 1 teaspoon Chinese five spice powder*
- 1 yellow or white onion, chopped
- 4 cloves of garlic, minced
- 1/2 piece fresh ginger, peeled and minced
- 2.5 cups chicken broth
- 1 leek, roughly chopped
- 1 cup baby bok choy
- 1/2 cup cremini or shiitake mushrooms
- Sesame or chili oil, for seasoning
- 3/4 lbs fresh ramen noodles, yakisoba or udon noodles will do in a pinch
- 2 large eggs, medium-boiled
- 1 green onion, chopped

Prep. Time:	Total Time:	Servings:
3 hours	3 hours 30 minutes	2-4

### DIRECTIONS

Season the pork with salt and pepper and place in a large plastic bag with 3/4 cups of the char siu sauce. Marinate for 2-3 hours.

Pre-heat oven to 400 F. Line rimmed baking pan with foil and place a baking rack on top, placing the pork on top of that. Place the tray on the middle rack of the oven and roast for 15 minutes.

Remove the pork from oven and turn it over. Brush the remaining char siu sauce on the pork. Continue to roast for 15 more minutes. Set the oven on Broil and broil each side for 1-2 minutes, until caramelized and dark in color. Remove from oven and let rest for 3-4 minutes, then slice and set aside.

In a frying pan over medium heat, add the onion and sear, without stirring, until browned, about 5 minutes. Stir in the garlic, ginger, and a cup of the chicken broth.

Deglaze the pan, scraping up any browned bits from the bottom, then let simmer for a few minutes.

Transfer the contents of the pan into a dutch oven or soup pot, adding the leek, mushrooms, bok choy, and remaining broth. Stir to combine and cover and simmer over low heat for about 30 minutes, or until the bok choy has softened and the flavors have mingled.

*(Continued below.)*

- Furikake, togarashi, and nori seaweed (optional)

Season the broth to taste with soy sauce, sesame oil, and chili oil (optional). Continue to simmer for 10 minutes, cooking the noodles as directed on the packaging in the meantime and boiling the eggs.

Divide the noodles into separate bowls, then ladle the broth over the noodles, dividing evenly. Arrange pork slices on top of the noodles and sprinkle with green onions, furikake, togarashi, and nori (if using the latter three). Top with two halves of the medium-boiled eggs and serve hot.



# **DRINKS AND BEVERAGES**

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## BEVERAGES

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### KHAV

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#### INGREDIENTS

- 2 tablespoons sweet ground dark chocolate
- ½ cup of dark cocoa
- ½ teaspoon cinnamon
- 1 teaspoon instant ground coffee (can use more if desired)
- 1 pinch of nutmeg
- Tiny dash of vanilla extract (optional)

Preparation Time:	Total Time:	Servings:
10 minutes	10 minutes	1

#### DESCRIPTION

An off-world import, khav is Blest's mutated variant of coffee and the Continent's current biggest craze.

#### DIRECTIONS

Mix together all dry ingredients. Boil desired amount of water (if serving four people, boil four cups of water). Add 2-4 teaspoons of mixture per cup to boiling water (if serving four people, add 8-16 teaspoons of mixture). Stir well until thickened, then serve hot, adding sugar and cream as desired.

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## JALIS SWEETWATER

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#### INGREDIENTS

- 2 cups coconut milk, almond milk, or oat milk
- 1 tablespoon ground turmeric
- ¼ teaspoon ground ginger
- 4 black peppercorns
- 1 stick cinnamon
- 1 star anise
- 1 pinch whole clove
- 4-6 tablespoons of honey, to taste

Preparation Time:	Total Time:	Servings:
10 minutes	10 minutes	2

#### DESCRIPTION

A favorite alternative to tea, there are many different variations of sweetwater. This version is a favorite of both Ayla and Shery.

#### DIRECTIONS

Add the milk to a small pot over medium heat. Add all ingredients except honey, whisking to combine. Heat milk for 4-5 minutes, until steaming, but do not let the milk boil. Pour into cups to serve and add honey as desired, lessening if using coconut milk.

#### NOTES

This recipe is adapted from a non-traditional version of golden milk. Be careful because turmeric can stain pale cabinets or countertops!

## BEVERAGES

### VYTAS (WESTERN VARIANT)

#### INGREDIENTS

- 1/2 cup honey
- 1/2 cup water
- 4 ounces fresh ruby red grapefruit juice
- 3 ounces gin or vodka (optional)
- 1 small lemon, juiced
- Sprig of rosemary
- Tiny dash of sea salt



Preparation Time:

10 minutes

Total Time:

10 minutes

Servings:

2

#### DESCRIPTION

Sometimes known as “Elf-wine,” vytas is a universally-beloved, fruit-based drink that is lauded for its refreshing and renewing qualities. However, regional variants are hotly and passionately contested among the Elves, and some devote their lives to proving that their homeland’s vytas is the only version beyond reproach.

#### DIRECTIONS

Juice the grapefruits. Make honey simple syrup by pouring honey and water into a small saucepan and warming over medium heat. Use a whisk to blend honey and water and remove from heat once warmed through.

Fill a cocktail shaker with ice. Combine all ingredients with 1 ounce of honey simple syrup in the shaker, close the lid, and shake until chilled, about 20 seconds. Strain into a glass and top with another sprig of rosemary.

If not using alcohol, substitute gin or vodka with an equal amount of grapefruit juice.

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## VYTRAS (EASTERN VARIANT)

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### INGREDIENTS

- 1.5 cups of water
- 1/8 cup sugar (or more)
- 1/8 cup honey (or more)
- 2 cups fresh strawberries
- 1.5 cups soda water

Preparation Time:

10 minutes

Total Time:

10 minutes

Servings:

2

### DIRECTIONS

Bring water to a boil in a large pot. Stir in honey and sugar until dissolved. Turn off heat, add strawberries, and cover. Leave covered for at least one hour.

Using the cover of the pot to keep the strawberries from falling out, pour liquid into a pitcher or bowl. Cover bowl with plastic wrap and refrigerate. Once cooled, pour into a glass and top with soda water.

### NOTES

The leftover strawberries will look super weird because they'll be drained of color. However, they are delicious and can be eaten or turned into a quick strawberry mash/jam/sauce if desired.

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## VYTRAS (SOUTHERN VARIANT)

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### INGREDIENTS

- 6 whole blueberries
- 6 whole raspberries
- 6 whole strawberries
- Juice of 2 large lemons
- 1.5 to 2 cups water
- 4 ounces vodka (optional)
- 1/4 cup honey

Preparation Time:

10 minutes

Total Time:

10 minutes

Servings:

2

### DIRECTIONS

Muddle the berries and honey in a shaker. Add vodka (if using) and half of the lemon juice, then twice as much water as the lemon juice. Add ice and shake. Strain into an ice-filled tall glass. Garnish with more berries.

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# VYTAS (NORTHERN VARIANT)

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## INGREDIENTS

- 2 honeycrisp apples, thinly-sliced
- 2 small pears, thinly-sliced
- 1 medium lemon, wedged
- ½ cup of pomegranate seeds (optional)
- 2 cups apple cider
- ½ cup apple whiskey, honey whiskey, or plain whiskey
- ¼ cup brandy
- ½ cups sparkling wine, prosecco, or sparkling cider
- Cinnamon sticks
- Star anise

Preparation Time:

3 hours 30 minutes

Total Time:

3 hours 30 minutes

Servings:

6

## DIRECTIONS

Add pear, apple, lemon, and pomegranate seeds to a large pitcher. Pour apple cider into the pitcher, followed by the apple whiskey and brandy. Refrigerate for at least 3 hours, adding the sparkling wine or cider right before serving. Garnish glasses with cinnamon sticks and star anise, or put straight into the pitcher if planning to finish immediately.



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# LEMON ICE

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## INGREDIENTS

- 2 cups of sugar
- 1 cup of water
- 2 cups of lemon juice
- Lemon slices
- Fresh mint leaves

Preparation Time:

10 minutes

Total Time:

4 hours 10 minutes

Servings:

6

## DESCRIPTION

Lemon ice is a popular beverage and dessert that was first served at aristocratic parties as a way to cool off from dancing. At the time, keeping such delicacies cold and frozen was a mark of wealth and luxury.

However, street vendors quickly began selling it to citizens who longed to imitate the nobility, and the dessert quickly populated festival stalls and streetside carts. The nobility have since moved on to less accessible drinks for their parties.

## DIRECTIONS

In a large saucepan over low heat, cook and stir sugar and water until sugar is dissolved. Remove from heat and stir in lemon juice.

Pour into a freezer container. Freeze for 4 hours, stirring every 30 minutes, or until the mixture becomes slushy. Garnish servings with lemon slices and mint leaves.



# **DESSERTS AND PASTRIES**

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## DARK CHOCOLATE PUFF PASTRY HAND PIES

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### INGREDIENTS

- 2 premade puff pastry sheets
- 1.5 cups dark chocolate chips
- 1 egg white
- 1 teaspoon water
- Turbinado or white granulated sugar
- Raspberries or strawberries, for garnish (optional)

### NOTES

This recipe was adapted from [hostessatheart.com](http://hostessatheart.com). If you want to make it really easy, use dollops of Nutella instead of melting the chocolate yourself!

Prep. Time:	Servings:	Total Time:
15 minutes	12	30 minutes



### DIRECTIONS

Heat oven to 400 F. Line two rimmed baking sheets with parchment paper.

Melt chocolate chips in a double boiler (a glass bowl placed over a saucepan of boiling water. The bottom of the bowl should not touch the water). Stir the chocolate chips in the glass bowl until they are half-melted. Remove from heat and continuing stirring until smooth.

Lightly flour a working surface. Unfold a puff pastry sheet and roll from the center using a lightly-floured rolling pin. Stamp 6 4-inch circles with a cookie or biscuit cutter and place the circles on the prepared baking sheet.

Whip egg white and water together. Brush the egg wash along the edges of each circle. Spoon a tablespoon of melted chocolate into the center of a pastry puff circle. Fold in half, meeting the edges together and crimping with a fork. Brush the top of the hand pie with additional egg wash, then sprinkle with sugar. Pierce the top of the hand pie gently three times with a fork or sharp knife.

Bake the hand pies for 12-15 minutes or until golden brown. After cooled, drizzle with remaining chocolate and garnish with fruit.

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## CAINE'S BIRTHDAY CAKE

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### INGREDIENTS

- 2 16-oz packages of refrigerated chocolate chip cookie dough
- 2 8-oz packages of Philadelphia cream cheese, softened (or the equivalent)
- 2 eggs
- 1 cup of sugar
- 1 and ½ teaspoons of vanilla extract

### NOTES

It's wildly anachronistic, but I do believe that Caine would love chocolate chip cookies combined with cheesecake...

Prep. Time:	Total Time:	Servings:
30 minutes	1 hour	12-36

### DIRECTIONS

Butter or grease a 9 by 13-inch baking dish or pan. Preheat the oven to 350 degrees F.

Crumble or slice one package of cookie dough into the bottom of the baking dish, pressing down lightly to form a layer.

In a large bowl, mix cream cheese, eggs, sugar, and vanilla together—a handmixer or standmixer is most convenient, but you can do it by hand as well. Blend well.

Spread cream cheese filling over the first layer of cookie dough.

Crumble or slice the other package of cookie dough into thin disks to place gently on top of cream cheese filling. Bake for 30-35 minutes in the oven, until the cream cheese filling is slightly firmed and cookie dough is baked through. Let cool for 15 minutes and enjoy!

# SHERY'S AFTERNOON TEA

## CUCUMBER TEA SANDWICHES

### INGREDIENTS

- 1 English cucumber, rinsed and sliced very thinly
- Very soft white bread
- Softened butter
- Salt, pepper, garlic powder, dill, to taste



Preparation Time:	Total Time:	Servings:
10 minutes	10 minutes	2-4

### DESCRIPTION

Shery rotates between these delectables when enjoying tea parties with Riel, Briony, Lavinet, and others! Serve with a sweet black tea like [Harney & Son's Paris](#) or check out this post for the characters' [favorite teas!](#)

### DIRECTIONS

Thinly slice the cucumber with a very sharp knife, as thin as possible while leaving the slice whole. Arrange the slices on a layer of paper towels and lay another layer of paper towels on top, pressing to dry and remove as much as liquid from the slices as possible.

When the cucumbers are reasonably dry, season one side generously with salt, pepper, garlic powder, and dill.

Place slices of bread on a cutting board or workstation. Spread one slice of bread with a very thin layer of softened butter, then arrange cucumbers on top of the butter. Place a second slice of bread on top and cut the crusts off of the sandwich. Cut into triangles or rectangles and serve.

If making the sandwiches ahead of time or taking on a picnic, it's recommended to butter both slices of bread, not just one, as the butter creates a layer that prevents the bread from becoming soggy.

## SHERY'S AFTERNOON TEA

# HERBED CHICKEN AND WALNUT TEA SANDWICHES

### INGREDIENTS

- 1 lb chicken breast
- Very soft whole-grain bread
- 2 oz walnuts, chopped small
- Nutmeg, tarragon, parsley, salt and pepper, to taste
- Thyme, basil, dill, and chives, to taste (optional)
- Lemon juice, to taste (optional)
- Mayonnaise (Hellman's is preferable)



Preparation Time:

30 minutes

Total Time:

30 minutes

Servings:

4-8

### DIRECTIONS

Season the chicken with salt and pepper. Cook or boil until fully-cooked. (I use an instant pot on high setting for 20 minutes and it comes out perfectly.) Place the chicken in a bowl and use a stand or electric hand mixer to cream and shred the chicken finely. You can shred the chicken by hand with two forks, but it may not achieve the same texture.

Let the chicken cool completely. Add mayonnaise (start with 2-3 heaping tablespoons and mix thoroughly before adding more). Add 1 oz of walnuts, a pinch of nutmeg, and the tarragon, parsley, salt, pepper, and other optional herbs, to taste. Squeeze a wedge of lemon over the mixture for a hint of brightness. The consistency should be smooth and creamy.

Place the chicken salad on two slices of the whole-grain bread, cutting off the crusts and slicing into rectangles or triangles. Place the remaining walnuts on a plate and press each edge of the finger sandwich into the walnuts, coating each side lightly. Garnish with thin slices of cucumber or tie together with a chive.

## SHERY'S AFTERNOON TEA

# EGG AND WATERCRESS TEA SANDWICHES

### INGREDIENTS

- 12-18 eggs
- Mayonnaise (Hellman's is preferable)
- Salt, pepper, paprika, celery salt, garlic powder, onion powder, dill, tarragon, and fresh, finely-chopped chives
- Lemon juice, to taste (optional)
- Watercress (optional)
- Very soft white bread



Preparation  
Time:

30 minutes

Total Time:

30 minutes

Servings:

4-8

### DIRECTIONS

Boil the eggs in a large pot or instant pot. Place in a large bowl with ice and cold water to stop the eggs from continuing to cook. Once cool, peel and place the eggs in another large bowl.

Mash the eggs with a fork or potato masher. Add mayonnaise, starting with 2-3 heaping tablespoons and working your way up by preference and taste, and the seasonings. Only a pinch of paprika is needed; all other seasonings should be according to taste, but be generous, as eggs tend to absorb flavor over time.

Spread the egg salad on one slice of bread, topping with watercress or alfalfa sprouts, if using. (It's just as delicious without.) Cut the crusts off the sandwiches, slice into triangles, rectangles, or circles, and enjoy! Garnish with a chive or toothpick.

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# BLACK TEA SUGAR COOKIES

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## INGREDIENTS

- 5 teabags Earl Grey tea or black tea of your choice
- 2 cups all-purpose flour, plus more for rolling
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup (1 stick) of unsalted butter, room temperature
- 1 cup granulated sugar
- 1 large egg
- 1 teaspoon vanilla extract

Preparation Time:

10 minutes

Total Time:

10 minutes

Servings:

36

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## DIRECTIONS

In a large bowl, whisk together flour, baking powder, and salt. Add the contents of the teabags and whisk until well-combined. Set aside.

In a separate bowl and using an electric mixer, cream together butter and sugar until light and fluffy. Beat in egg and vanilla. With mixer on low, gradually add flour mixture; beat until combined. Divide dough in half; flatten each half into disks. Wrap each disc in plastic wrap and freeze until firm, about 20 minutes.

Remove one dough disc; let stand for 5 to 10 minutes. Roll out the disc to 1/8 inch thick between two sheets of floured or nonstick parchment, using a rolling pin. Cut individual cookies with a cookie cutter. Using a spatula, transfer to baking sheets lined with parchment paper. Reroll scraps; cut shapes. Repeat until all dough is used.

Bake in a preheated, 325 F oven for 10-18 minutes, until the edges of the cookies are golden. Cool completely on wire racks and serve with milk or tea.

## NOTES

This recipe was adapted from [salu-solo.com](http://salu-solo.com), who in turn adapted it from Martha Stewart.

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# GLAZED BERRY SCONES

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## INGREDIENTS

- 2 cups of all-purpose flour, plus more for work surface and hands
- ½ cup granulated sugar
- 1 tablespoon of baking powder
- Pinch of salt (optional)
- ½ cup unsalted butter, cold (1 stick)
- 1 large egg
- ½ cup sour cream
- 1 teaspoon vanilla extract
- 1 heaping up mixed berries, frozen or fresh
- 1 tablespoon lemon or orange zest, optional
- Turbinado or coarse granulated sugar
- 1 cup of confectioners' sugar
- 1 tablespoon cream or milk, orange juice or lemon juice may be substituted

Preparation Time:

15 minutes

Total Time:

40 minutes

Servings:

8

## DIRECTIONS

Preheat oven to 400 F. Line a baking sheet with parchment paper. In a large bowl, add 2 cups flour, granulated sugar, baking powder, optional salt, and whisk to combine.

Add the butter, and with a pastry cutter or two forks, cut the butter in. You can also use a food processor. Knead until the consistency of semi-wet sand; pea-sized butter clumps are fine. Set bowl aside.

In a small bowl, add the egg, sour cream, and vanilla, whisking to combine until smooth. Pour wet mixture over dry, folding until just combined with a soft-tipped spatula. Do not overmix, or scones will be tough. Dough should be wet and shaggy. Fold in the berries and optional zest.

Sprinkle about 2 tablespoons of flour over clean work surface and lightly coat hands. Turn out dough and knead into an 8-inch round. Dough should be very moist, wet, sticky, and tacky, but if it's too wet to come together, sprinkle with 1 tablespoon of flour at a time until it forms a round. Slice the round into 8 equal-sized wedges with a sharp, large knife.

Transfer the wedges to the prepared baking sheet, spaced at least 2 inches apart. Sprinkle each wedge with a generous pinch of turbinado sugar, about 1 teaspoon each.

Bake for about 18 minutes, or until scones are very lightly golden and cooked through. Fresh fruit will require less baking time. A toothpick inserted in the center should come out clean or with a few moist crumbs. Cool scones on baking tray for about 5 minutes before transferring to a rack.

In a small bowl, combine the confectioners' sugar and cream (or citrus juice). Whisk together until smooth, adjusting ratios for desire consistency if necessary. Evenly drizzle the glaze over the scones before serving.

## FAIRY BREAD (GLAZED HONEY CREAM BUNS)

### INGREDIENTS

- 2 cups all-purpose flour, plus one extra cup reserved
- 2 and ¼ tsp active dry yeast
- ½ tsp salt
- 3 tbsp sugar
- 2/3 cup warm milk (105-115 F)
- 4 tbsp unsalted butter, melted
- 2 large eggs, lightly beaten
- 1 egg, for egg wash

*For honey filling:*

- ½ cup unsalted butter
- 3 tbsp flour
- 2/3 cup evaporated milk
- ¼ cup honey
- Pink, red, white, and yellow/gold food coloring or food dye (optional)

*For honey butter glaze:*

- 2 tbsp softened butter
- 1 tbsp honey

### NOTES

I also imagined fairy bread tasting like these [milk yolk custard buns](#), but these would not fit the actual description of fairy bread and are also too difficult to make to be worth it. (You should still make it on your

Prep. Time:

30 minutes

Servings:

15

Total Time:

3 hours 15 minutes



### DIRECTIONS

In a large mixing bowl, dissolve the yeast in warm milk. Let stand for about five minutes, until the mixture looks creamy. Add the melted butter and eggs to the bowl and stir.

Add the sugar, salt, and 2 cups of flour to the bowl and stir everything with a wooden spoon until incorporated. Gradually add some of the remaining flour while stirring to help with the stickiness, until a soft dough gathers in the center of the bowl. (You may not need to use all of the reserved flour.)

Generously dust a work surface with flour. Turn the dough over. Knead the dough for about 6-10 minutes, or until it is smooth and elastic, dusting your hands and surface minimally with flour to prevent too much sticking. Shape the dough into a bowl and cover it inside a large bowl with plastic wrap. Let the dough rise for 1.5 hours, or until doubled in size.

Meanwhile, make the honey cream filling. In a saucepan over medium heat, melt the butter until bubbly. Add the flour and stir together using a whisk for about a minute, or until the mixture has browned very slightly. Add the evaporated milk and continue stirring until the mixture thickens. Then add the honey. Stir mixture well until the consistency is thick like condensed milk. It will thicken up as it cools down.

own if you feel inclined, though—they're delicious!)

Also, I have no idea if white food coloring would actually work in the way we would expect it to—turning the custard filling white—so feel free to substitute another color instead, such as light blue, green, or light purple.

This recipe was adapted from womanscribbles.net.

## DESCRIPTION

As described in Chapter 5 of the game, fairy bread is a type of glazed bun made during the end-of-the-year holiday, Wintersun. The color of the custard filling inside inside determines what kind of year you're going to have, so if you want to make it a proper Blest bread, use food dye! Pink filling means luck in love life, friendships, and relationships; white means good health and wellbeing; gold means luck with money and wealth; and red can mean calamity (or academic, creative, or intellectual success if you want something more cheerful). I've included two different recipes that I think could be fairy bread, one a bit harder than the other!

If making a true Wintersun fairy bun, divide the filling even into four portions and apply a different food dye to each portion.

Once the dough has risen, punch it down gently and divide into 15-16 portions. Flatten one portion with your palms and scoop ½ to 1 tablespoon of honey filling into the center, rotating colors if using dye. Pull the edges of the flattened dough over the filling to cover it and twist the ends together to seal the dough, forming a smooth ball. Repeat with the rest of the portions.

Arrange the balls of dough in a greased 9x13-inch baking pan or large, circular skillet. Let them rise again for 40 minutes to 1 hour, until puffy and doubled in size.

Preheat the oven to 350 F. Brush the tops of the buns with beaten egg. Bake the honey buns for 15-20 minutes, or until the buns are golden.

In a small bowl, stir together the softened butter and honey for the honey butter glaze, until smooth. Brush on top of the buns after baking. Serve and enjoy.

## WINTERSUN

# FAIRY BREAD (GLAZED COCONUT BUNS)

### INGREDIENTS

- 300 grams bread flour
- 50 grams of sugar
- 2 grams of salt
- 1 smaller egg
- 160 grams milk
- 1.5 tsp yeast
- 30 grams unsalted butter, room temperature

*For the coconut filling:*

- 50 grams desiccated or dried coconut
- 40 grams whisked egg
- 15 grams baking milk powder or powdered milk
- 30 grams sugar
- 20 grams melted butter
- White, pink, red, and gold/yellow food dye (optional)

*For the topping (optional):*

- 30 grams melted unsalted butter
- 20 grams cake flour
- 10 grams powdered sugar

*For the washes:*

- 1 egg, whisked with 1 tbsp of water
- 1 tbsp honey mixed with 1 tbsp of water
- Sesame seeds

Prep. Time:

15 minutes

Servings:

9

Total Time:

1 hour 5 minutes



### DIRECTIONS

Make a basic bun dough similar to milk bread. In a bowl of a stand mixer, add all the bun ingredients except the butter. Stir with a dough hook for 5-7 minutes. Then add the butter and continue kneading for ten minutes, until a smooth, elastic, and soft dough forms. Cover and set aside until doubled in size. Then transfer from bowl and knead for several minutes to remove air bubbles. Divide the dough into 9 equal portions.

To make the coconut filling, mix whisked egg with melted butter and stir in sugar, powdered milk, and coconut. Mix well and set aside. If making a Wintersun bun, divide the filling equally between four bowls and put 1 food dye in each bowl, mixing well.

To make the topping, mix all ingredients together and transfer to an icing bag or Ziplock bag with the bottom corner cut off.

Flatten one piece of dough in your hands into an oval shape, about 4 inches long and 3 inches wide. Spread the filling in the middle. Fold the dough from one side to the other, like a small tube: imagine folding a small tortilla or hand pie. Pinch the sides together to seal in the filling and slightly fold the bottom and top end towards each other, so that you have a pastry shaped like an éclair or a canoe.

*(Continued below.)*

## NOTES

I adapted this recipe [from this one](#), which is why all of the measurements are suddenly in grams. I tried to convert to US measurements but it was too inaccurate, lol! This is a spin on a traditional Chinese cocktail bun!

An alternative method is to make the oval shape, spread the filling in the middle of the shape, and then roll from one end to another, like rolling a cigar.

Assemble all the buns this way, then transfer to a lined baking tray. Place the tray in the oven (with the oven off) and proof for a second time, 40 minutes to an hour, until all the buns have doubled in size. Brush egg wash (egg and water mixture) on the surface of each bun and decorate by piping with strips of the topping (optional).

Preheat oven to 350 F or 170 C.

Garnish with sesame seeds and bake for 15 minutes on the middle rack, until well-colored. Then transfer out and brush with honey wash before serving.

## WINTERSUN MILK AND HONEY CAKE



### INGREDIENTS

- 2 and ¼ cups of all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 3 eggs, room temperature
- 1 cup buttermilk (make your own by combining enough milk + 1 tablespoon of vinegar or lemon juice to make a cup and letting it curdle)
- ¾ cup good honey
- ½ teaspoon pure vanilla extract
- 12 tablespoons (1 and ½ sticks) unsalted butter, room temperature
- ¾ cup granulated sugar

*For honey buttercream frosting:*

- ½ cup (1 stick) cold, quality butter
- ½ cup + 2 tbsp raw honey
- 2 tsp vanilla extract

*For honey whipped cream:*

- 1 cup heavy cream, chilled
- 2 tablespoons of honey

Prep. Time:	Total Time:	Servings:
30 minutes	1 hour	12-36

### DIRECTIONS

Preheat oven to 350 degrees. Grease two 8-by-2-inch round cake pans with butter, line the bottom and sides of the pans with parchment paper, and grease the parchment paper. (This is necessary because there's so much honey in the cake, and honey burns easily. You want a rich golden-brown cake, not a burnt black cake.)

Sift flour, baking powder, baking soda, and salt into a large bowl.

In a small bowl, whisk the eggs together and set aside. In another small bowl, whisk together the buttermilk, honey, and vanilla. Set aside.

Using an electric mixer, beat the butter for 30 to 45 seconds on medium speed, then gradually add the sugar. When all of the sugar has been added, stop and scrape down the sides of the bowl with a spatula. Continue beating on medium speed for another 4 minutes, or until light in color and fluffy.

With the mixer still on medium speed, add the eggs 1 tablespoon at a time, over the course of 3 minutes. If the batter curdles, add 1 to 2 tablespoons of the flour mixture to bind it back together.

With the mixer on low speed, add the dry and wet ingredients alternately two times, starting and ending with the dry. Mix until just combined and smooth; do not overbeat. Scrape down the sides and bottom of the bowl with a spatula to make sure the batter is well-combined.

*(Continued below.)*

*For topping:*

- 1 lb mixed berries (raspberries, blueberries, and strawberries), halved and quartered
- Handful of golden raisins
- Handful of crushed pistachios (optional)
- Honey, for drizzling
- Confectioners' sugar for dusting

## DESCRIPTION

In the game, this cake is made during the Wintersun feast: "a team of cooks bakes a giant cake, as tall as a man, with golden raisins and honey—a symbol to invite bees and birds and spring to return." We'll settle with a two-layer cake instead of one as tall as a man, though!

## NOTES

I originally used raspberries, blueberries, and strawberries when I made this cake: the original recipe used kumquats, and the Blest equivalent for Wintersun would use golden raisins and pistachios, so pick and choose what you like! Maybe they would *all* taste good... but would anyone dare to go that far?

Also, you use either the honey buttercream *or* the honey whipped cream, not both. The buttercream is more rich and avoids using heavy cream, but the whipped cream is lighter and airier, and there's more of it. It's up to you which to use!

This recipe was adapted from Odette Williams.

Pour the batter into prepared pans and smooth the tops. Bake on the middle rack, on the same rack, for 35-38 minutes, or until a wooden skewer inserted in the center comes out clean, and the cake bounces back lightly when pressed.

Remove the cakes from the oven and let them stand for 10 minutes. Run a butter knife around the cakes to gently release. Peel off the parchment paper from the sides, invert the cakes, and cool completely on a wire rack.

While the cake cools, make *either* the honey buttercream frosting or the honey whipped cream frosting. Combine the ingredients in a cold metal bowl and whip using a stand or hand mixer until light and fluffy. The whipped cream should double in volume and have smooth soft peaks, while the buttercream should look creamy, fluffy, and spreadable.

Place one of the cakes on a serving or cake plate. Spoon the frosting on top of the cake, keeping it 2 inches from the edges. Gently place the top layer of the cake onto the bottom layer, pushing the frosting to the edges. To decorate, pile on fruit, golden raisins, and crushed pistachios in a pattern. Dust with confectioners' sugar and drizzle with a tablespoon or two of runny honey.

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**RED DEVIL'S FOOD CAKE**


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**INGREDIENTS**

- 1 box devil's food cake mix  
OR: ½ cup cocoa powder, 1 and ¼ cup sugar, 1.5 cups all-purpose or cake flour, ½ teaspoon baking soda, 1 teaspoon baking powder, ¾ cups chocolate chips, 1 teaspoon instant coffee
- 10 oz jar of maraschino cherries, without stems
- 2 eggs
- ¼ cup vegetable oil
- ¼ cup milk
- 1 tsp almond extract

*For the frosting:*

- 1 cup sugar
- 1/3 cup cocoa powder
- ¼ cup evaporated milk
- 1/8 tsp salt
- 1 stick butter
- 1 tsp almond extract

**NOTES**

Would Croelle ever be caught dead eating something like a cherry chocolate cake? Maybe. Is he a red devil? Definitely.

Prep. Time:	Servings:	Total Time:
10 minutes	16	45 minutes

**DIRECTIONS**

Preheat the oven to 350 F.

In a mixing bowl, mix cake mix (or dry ingredients if making from scratch), eggs, oil, milk, and almond extract until well-blended. Chop maraschino cherries into halves or leave them whole, depending on desired texture. Mix in cherries and juices from the jar.

Grease and flour a 9x13 baking dish and pour in the batter. Bake for 30 to 35 minutes, until a toothpick comes out with only a few moist crumbs.

In the last five minutes before the cake is done, make the frosting. In a medium saucepan, combine milk, sugar, and cocoa, bringing to a boil and stirring continuously. Boil for one minute, stirring frequently, before removing from heat. Add in butter, salt, and almond extract until smooth.

Quickly spread on warm cake. The frosting will harden to a crackly, fudgy consistency as it cools, so it's best to spread it on the cake immediately. Allow cake to cool completely and for frosting to harden before eating. Garnish with more maraschino cherries, if desired.