

COOKING FOR GAMERS

A PRIMER



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Good Food for Gamers

Fresh, nutritious food is one of the last things that comes to mind when thinking about video games. In fact, gamers are notorious for poor diets. The passtime of playing video games brings to mind the pale and overweight geek, bunkered down in their parent's basement. Significant quantities of junk food and energy drink are the primary means of sustenance.

This is the problem for gamers. So much effort is spent on gaining XP, gold and sweet loot that other important things get overlooked. Fortunately a healthy body and a healthy mind can be maintained quite easily even while levelling up in-game. It turns out there are many opportunities around for the hungry gamer looking for good food options. There may even be a few surprises, too.

Nutrition shouldn't be an unfamiliar concept for gamers. Upkeep is a regularly used gaming mechanism. Whether it is feeding a city of the future, sustaining an adventuring hero or nourishing a warrior back to full health, it's clear that good food is critical to keeping that health bar full. The same applies to the player.

The key to a good diet is eating fresh food on a regular basis. The less processed something is, the better. The advantage with fresh food is that it's nutritional value is higher and it tastes a lot better. The difference between a supermarket tomato and a home grown one is stark. But wherever the fresh food is from, if eaten regularly the gamer shouldn't be surprised to feel an increase in mana.

This book isn't written as a special diet for gamers to follow, nor does it suggest that a gaming marathon combined with junk food is something that should be avoided at all costs. It's a book designed for the new cook, with a system of achievements to help you progress in your culinary adventure.

Not all gamers are unfamiliar with the kitchen. There are people and even communities that have already combined games with cooking, from recipe sites, Mario birthday cakes to Pacman oven mitts.

The gamer that enjoys mixing potions and casting spells will find that cooking is the closest one will ever get to the alchemy fantasy. The aromas of roast beef or the warm, savoury scent of a soup work a magic of their own.

Cooking is a challenge. But it becomes easier with practice and with time you'll level up. If you've already spent time grinding, this book provides you with eighteen tasty recipes that are not complicated and are designed with ease and satisfaction in mind.

Achievements

There are achievements that appear throughout this book. Each is earned by performing a feat in the kitchen. Some are designed to encourage you to take a recipe one step further. Others are achievements relating to equipment or technique. Collect them all to demonstrate your prowess in the kitchen!



Nourished

"Because warriors need to eat."

1

COOK YOUR FIRST MEAL.



Double Damage

"More is better."

2

COOK BOTH OF THE RECIPES TOGETHER
TO CREATE A COMPLETE MEAL.



Arms Dealer

"Slice n dice!"

3

ACQUIRE GOOD QUALITY KNIVES /
GET YOUR KNIVES SHARPENED.



The Spice Must Flow

"The spice changes anyone who gets this much of it"

4

INCLUDE TWO ADDITIONAL
SUGGESTED SPICES.



Herbivore

"It's a vegi saurus, Tex, a vegi saurus!"

5

INCLUDE ONE VEGETARIAN DISH IN THIS WEEK'S MENU SELECTION.



Timelord

"Time is flavour."

6

MARINADE THE MEAT OVERNIGHT. WHILE THIS ISN'T NECESSARY IF YOU'RE IN A RUSH, THE TIME TAKEN IS WORTHWHILE.



Freedom Fighter

"On nature's side."

7

USE FREE RANGE INGREDIENTS INSTEAD OF CAGED OR FARMED PRODUCE.



Finish it!

"A well timed finishing move."

8

IF SERVED TO GUESTS, THIS IS MORE OF A FRIENDSHIP THAN A FATALITY!



Madskillz

"I was but the learner. Now I am the master."

9

USE BOTH THE ONION AND GARLIC CHOPPING TECHNIQUES.



Master Chef

"Cooking like a boss."

10

COMPLETE ALL THE ACHIEVEMENT ACTIVITIES IN THIS BOOK.

Kitchen Management and Preparation Technique

Managing a kitchen is a vocation itself. Good preparation ensures a good process, which is the only way to end up with a good dish.

For a gamer the best way to approach kitchen management is to think in terms of inventory and strategy. In the same way you would prepare a character for adventure, you will need to have the right gear and techniques to be successful on a cooking quest. There are a few basic things you can do that pay off every single time.



The setup

Read the recipe all the way through a number of times before starting. This seems obvious but a lot of people don't do this. The purpose of reading over the recipe is not only to calculate timings and tasks, it can also help you prepare your ingredients in an effective way. Would a mage charge into battle without all their scrolls and potions prepared? Only if they were a noob.

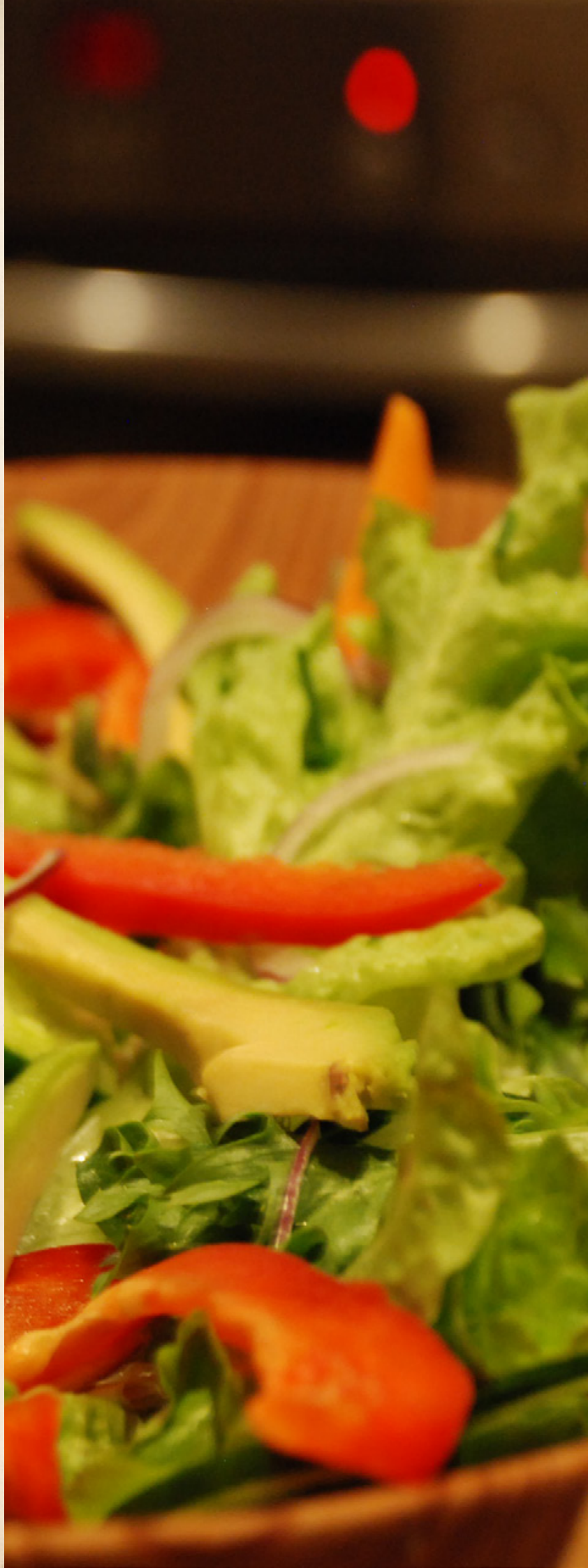
Assemble all the ingredients you need for the recipe before you start cooking. TV presenters and chefs have this done for them but it's not just for show. Having everything to hand before you begin greatly increases the speed in which you're able to cook in the kitchen. Opening containers, cupboards and drawers during the cooking process is disruptive and takes your focus away from the food. It also means you may miss that critical ingredient when it comes time to add it to the dish.

Optimising your inventory

If a recipe calls for salt, pepper and ground coriander to be added to the dish all at once, you can prepare ahead by measuring each ingredient out and placing them all together in a small container.

Chopping ingredients into whatever size they're needed should be done before you actually need to add them to the dish.

Onions and garlic form the base flavour for a lot of dishes. Knowing how to deal with these two ingredients effectively will make preparation a lot easier.



Onion dicing technique

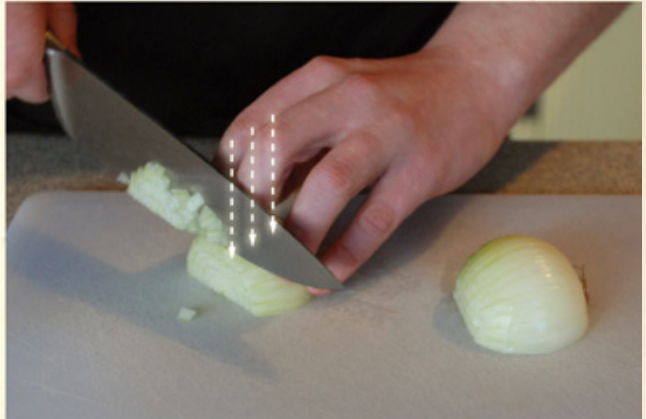
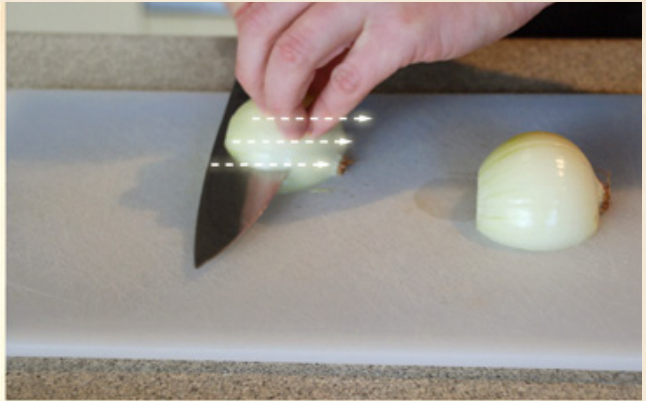
To finely chop an onion while minimising tears, the following approach can be used. Having a very sharp knife makes it a very efficient technique:

Halve the onion and use the exposed edges of the skin to peel away the outer layer. Keeping the cut halves on the chopping board at this stage prevents the tear-inducing syn-propanethial S-oxide from getting in your eyes.

Make four lengthways slices in each half, working from the bottom of the onion to the top.

Make as many fine slices downwards as you can.

Turn the onion sideways and cut into dice with as many downwards slices as you can.



Garlic peeling technique

Place a clove of garlic on a chopping board and trim both ends. Place the flat of the knife on the clove and firmly tap the knife with the heel of your hand. The skin should crack and you'll be able to easily peel it free. Using the onion technique described above you can then chop the garlic finely.



The cleanup

An inevitable factor in cooking is the mess. This is probably one of the main reasons why a lot of people avoid cooking. It's like the end of level boss nobody has the energy to do battle with. But there's a simple rule that, when followed, can be a game-changer: **clean as you go**. Conveniently, in most recipes there are blocks of time where you're required to be nearby but are waiting for the next step of the recipe. It's in these moments the opportunity to tidy up presents itself. Working this way is also a benefit because it keeps you near what's being cooked, so you're also able to keep an eye on how things are progressing. Do this and your entire experience will change. When the meal is finished, most of the cleaning will already be done.

Terms and Measurements

Cookbooks often use terms like "pinch" "dash" or "bunch". In some cases they're ambiguous on purpose so that you can season the dish to your own taste. For new cooks, hesitant in unfamiliar territory, under-seasoning is the biggest risk for causing a disappointing dish. In most cases it is safe to be brave. What you might consider a "huge" pinch of salt may actually have a far less dramatic effect than you expected. When you put 5 grams of salt into the context of a 4 litre soup you start to realise why being generous with seasoning is a good idea. The other part of the usual pairing, pepper, has an significantly better flavour when it is freshly ground. Always use it in preference to the pre-ground powder.

Heat, provided by the magic of fire and electricity, is the critical component in cooking. Being familiar with your own kitchen equipment will help the process go smoothly. Gas stove tops cook very differently to electric ones and it will take time to become used to how quickly yours heats up, changes temperature and cools.

Turning a gas hob to low will not be the same as turning an electric plate to low as the change in temperature will be much more rapid.

Ovens vary in quality and power, but fortunately 200°C always means 200°C. However, there is a difference between fan-forced and convection (fan-forced cooks much faster) and the character of old equipment will take time to learn.



Knives

You don't need a wide variety of knives to get the job done. There is what is considered a 'core set' of knives that all cooks require. The rest are speciality items designed for specific cutting tasks. The cook's knife, serrated knife and paring knife are the three that will allow you to accomplish virtually any cooking quest you undertake.

You don't have to spend a large amount of money to get good knives but there is a difference between cheap and expensive knives. Whatever they cost, they must always be kept sharp. Well-maintained knives make a significant difference to the cooking experience in terms of speed, accuracy and effort.

Before specialising it's worth being aware of the variety of knives out there. A popular alternative to the French cook's knife is the Japanese santoku. You'll find they work very well as the primary knife in the kitchen. They have the advantage of being thinner and lighter than cook's knives and are brutally sharp.

Keep the med pack handy. If you haven't used good knives before, you're about to embark on a painful learning journey. You will most likely cut yourself. Multiple times. But it is only in this way will you learn to respect the blade.

If your knives are not kept sharp, you lose all the bonuses these items bring. It is worth the time and effort to either seek a bladesmith in town and have them sharpened professionally, or take the time to add skill points to this area yourself. There are many tutorials online.



Cook's knife



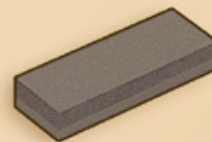
Serrated knife



Paring knife



Santoku



Sharpening Stone

Pots & Pans & Things

Aside from knives, the most frequently used items in the kitchen are the pots and pans. The basics of pot and pan technology haven't changed much in the past few thousand years, but ones that cost more gold are most likely going to be better. Witchdoctors have recently found a way to enchant cookware so that the surfaces are "non-stick". It is up to you to use this magic for the side of good.

While they don't all have to be epic items, you'll need at least a decent frying pan, a deep saucepan and a roasting tray. Whatever the materials they are made from, they are useless if their surface is buckled. Many a brave kitchen warrior has attempted meals using pans like this, and they have almost always failed.

It is better to avoid pots and pans with plastic handles, or parts that can't be placed in an oven. Stainless steel is the best place to start. Cast iron is a tried and true material, heats slowly and evenly and lasts for ages. Beware of hot handles, especially on cast iron griddles.

Spoons & Spatulas & Tongs

Traditionally, spoons are used for stirring. Large, plastic cooking spoons are widely available, as are metal versions of the same. Using these instead of wooden ones means you avoid the risk of the flavour of the dishes seeping into the wood, which could accidentally flavour the next dish you cook. However, as long as they are washed properly, wooden spoons are a great basic item to have in your inventory. Cross contamination occurs with wooden chopping boards, too. If you're chopping garlic or onion, make sure this is done on a plastic board. Ensure you have at least two chopping boards. Raw meat must never be cut up on a board that will also be used for other food.

Tongs, a handy extension of the fingers, should be used where possible to increase hygiene stats.



Saucepan



Casserole



Roasting Tray



Griddle

Knife Cut Skill Tree

Strip Cuts

Cube Cuts

There are traditional ways to cut foods. While there are very particular parameters that make a batonnet different from a julienned piece of celery, this cookbook doesn't require the job to be done precisely. The chart below is handy, however. It shows you the most efficient way to slice and dice.

Note that any strip cut is the basis for cube cuts.

Batonnet



Large Dice



Medium Dice



Small Dice



Julienne



Brunoise

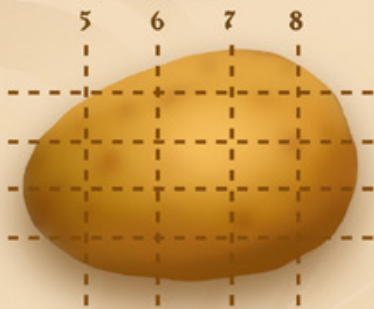
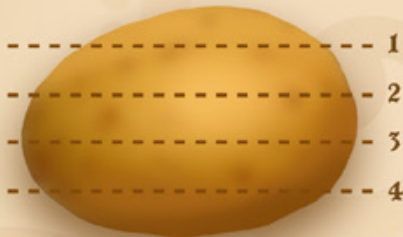
3mm

Fine Julienne



Fine Brunoise

1.5mm



Recípies

SPAGHETTI BOLOGNESE

SPICY MEATBALLS WITH PASTA

CHICKEN WITH PEPPERCORN SAUCE

CHICKEN SCHNITZEL

CURRIED CREAM OF VEGETABLE SOUP

VEGETABLE AND BARLEY SOUP

BEEF BURGERS

CHICKEN BURGERS

SAUSAGE AND RED WINE PASTA

BAKED BURRITOS

ROAST BEEF

ROAST CHICKEN

BEEF PIE

ZUCCHINI PIE

STANDARD ISSUE GRAVY

STANDARD ISSUE POTATO WEDGES

STANDARD ISSUE GARDEN SALAD

STANDARD ISSUE GREEK SALAD

Spaghetti Bolognese

Nourished Achievement



Serves 4

This is quick, easy and has a lot of room for error. It's a good recipe for gamers since it can be left to sit once the sauce is done and doesn't need constant attention while cooking - perfect for when that guild raid goes for longer than expected. It's also a good base recipe, easily customised to personal taste.

500GM X OF MINCED BEEF
1 X ONION
2 X CLOVES OF GARLIC (OR CRUSHED
GARLIC FROM A JAR)
2 X CARROTS
3 X 420GM TIN OF CHOPPED TOMATOES
2 X TABLESPOONS OF TOMATO PASTE

1 X TABLESPOON OF ANY DRIED HERB
SALT AND PEPPE
TASTY CHEESE
300GM X OF SPAGHETTI
OLIVE OIL

Dice the onions, carrots, mushrooms and garlic. Grate the cheese and put in a bowl, set to one side.

Place pan over a medium heat. Once the oil has heated, add the onions, carrots and garlic. Cook for 10 minutes, stirring occasionally so that nothing catches on the bottom of the pan. You're aiming to soften the vegetables, not to brown them extensively.

Add the minced beef to the pan, breaking the meat up with a fork. Cook for 5 minutes, browning the meat.

Now add the tomatoes, tomato paste, dried herbs, salt and pepper, then mix everything together well.

Bring the mixture to the boil and add a big pinch of salt and a big pinch of pepper. Reduce the heat to low, cover with the pan lid and simmer for 30 minutes, stirring occasionally. After 30 minutes, taste to see if more salt and pepper is required.

For the pasta, bring a pot of salted water to the boil, add the pasta and cook for 12 minutes or until soft.

To serve, divide the pasta between five plates, spoon Bolognese sauce on top and garnish grated cheese. Goes well with crusty bread.



Spicy Meatballs with Pasta

Serves 4

In the same class as the spaghetti Bolognese, meatballs don't take long and are easily put together. They can be reheated the same day or frozen for later. Like the ubiquitous fetch-quests, a little bit of variation on the same theme keeps things fresh...

½ X CUP OF FRESH BREADCRUMBS
500GM X OF MINCED BEEF
1 X GARLIC CLOVE
1 X EGG
3 X TEASPOON OF SMOKED PAPRIKA
1 X TEASPOON OF SALT
1 X TEASPOON OF PEPPER
¼ X CUP OF OLIVE OIL

1 X TABLESPOON OF OLIVE OIL
1 X ONION
3 X GARLIC CLOVES
2 X BAY LEAFS
1 X TEASPOON OF CHILLI POWDER
2 X CANS OF CHOPPED TOMATOES (YOU CAN ADD AN ADDITIONAL CAN IF YOU LIKE THINGS SAUCY)
1 X PACKET OF SPAGHETTI

Chop onions and garlic and place them in a bowl and cover with a plate.

Place minced beef, egg, breadcrumbs, paprika, salt and pepper into a bowl and combine well with your hands.

Divide the mixture into 18 portions (or more, depending on how small you want the meatballs) and roll them into balls, place them on a plate or plastic chopping board and put them in the refrigerator.

In a large pan heat the oil over a medium heat and add a few meatballs and brown them for 5 minutes, rolling them in the pan so all sides are coloured (don't add so many that the pan is crowded). Continue in batches until all the meatballs are browned. Put them on a paper towel on a plate and set aside.

In the same pan over medium heat, add more oil if necessary, chopped garlic, onion, bay leaves, chilli powder and cook for 7 minutes, stirring regularly.

Return the meatballs to the pan and add the can of tomatoes as well.

Over low heat, cook for 25 minutes so that the sauce thickens a little. If the sauce thickens too much, you can slow the evaporation by placing a lid partially over the pan.

Cook the spaghetti in a large pot of boiling water for 12 minutes or until the pasta is soft to the bite.

Divide the pasta between four dishes and then spoon the tomato sauce on, then top with meatballs.

Consider serving with grated cheese on top!



Chicken with Peppercorn Sauce

Freedom fighter achievement



Serves 4

Chicken. Often used as an in-game icon to represent food. This chicken recipe is straight forward and when done right has a pleasing layer of flavours. Sauce can be tricky and like mixing potions, when things go wrong they can go really wrong. With this sauce, however, accidentally conjuring unpleasant results is relatively difficult.

CHICKEN

4 X CHICKEN BREAST FILLETS

1 X CUP OF FLOUR

SALT

PEPPER

1 X TABLESPOON OF BUTTER

1 X TABLESPOON OF OIL

SAUCE

1 X TABLESPOONS OF LEMON JUICE

$\frac{3}{4}$ X CUP CHICKEN STOCK

1 X TEASPOON OF FRENCH MUSTARD

1 X TABLESPOON OF GREEN PEPPERCORNS

$\frac{1}{2}$ X CUP THICKENED CREAM

Place the flour in a shallow dish and add a generous amount of cracked black pepper and salt. Mix the seasoning through the flour. Take each chicken breast and place it in the flour, rolling it around and using your hands to make sure they are coated.

Heat butter and oil to medium heat in a frying pan. Add the chicken breasts two at a time and fry for about 6 to 7 minutes each side. They will start to become golden brown and at this stage, if you're paranoid about raw chicken, feel free to cut into the middle of each breast to make sure they're done. If you cook the chicken past this point it will start to become tough and dry. Remove from pan and drain on absorbent paper. Cover with foil to keep them warm.

Add the lemon juice, chicken stock, French mustard and peppercorns to the pan you just cooked the chicken in. Gently boil this mixture until it has reduced a little, around 7 minutes. At this point add the cream and stir well. Simmer gently for 3 minutes.

Uncover the chicken and divide it among 4 plates, pour sauce over chicken.

Consider serving with steamed vegetables of any type – carrots and asparagus work well.



Chicken Schnitzel

Serves 4

Being able to put together a good chicken schnitzel is an important part of the skill-tree. This recipe isn't too far removed from the previous chicken recipe, so if you've got the basic ingredients you've got the option of either. Thinly slicing the chicken means it will cook faster and more evenly so if you've got these pre-prepared, the meal will be quick and easy. Also, this recipe can be used for the chicken burgers.

4 X CHICKEN BREAST FILLETS
1 X CUP OF BREADCRUMBS
½ X CUP OF FLOUR
SALT & PEPPER
1 X EGG + MILK
5 X TABLESPOONS OF OIL
5 X TBS OIL

Place the flour in a shallow dish and add a generous amount of cracked black pepper and salt. Mix the seasoning through the flour. Combine egg and milk in another dish. Place breadcrumbs in a third.

Slice the chicken breasts lengthwise all the way through.

Preferably using tongs, coat the chicken in the seasoned flour and then move it to the next dish and coat it in the egg and milk. Then coat the breast with breadcrumbs from the third dish.

Place on a paper towel while you prepare the remaining chicken.

Heat oil in a pan to high. Keep the handle of the pan away from the edge of the stove so you don't knock it over – there's not much more dangerous in this world than boiling oil.

Gently place one or two fillets (depending on the size of the pan) into the oil and fry for 3 minutes. With a spoon gently move the pieces around, scooping oil over the exposed meat if you need to.

When cooked, remove the schnitzel from the pan and rest on some paper towel while you cook the remaining chicken.

Place each schnitzel on a plate and serve with roast potato wedges and standard issue gravy.

It can be worth setting the oven to low and leaving the cooked schnitzels in there while you continue to cook the rest of the meal.



Curried Cream of Vegetable Soup

Finish it! achievement



Serves 5

When adventuring far from home, the hero often has to rely on foraging instead of spending hard earned gold on the inn-keeper's predictably expensive fare. Soup in a cauldron is something seen in-game and IRL over and over again. This nutritious vegetarian soup will bring your health bar back to 100%.

20GM X OF BUTTER
2 X LEEKS
1 X ZUCCHINI
1 X STICK OF CELERY
4 X POTATOES
1 X CLOVE OF GARLIC (OR ONE
TEASPOON OF CRUSHED GARLIC)
1 X TABLESPOON OF CURRY
POWDER
1 X LITRE OF ANY KIND OF STOCK
SALT AND PEPPER
PARSLEY AND CREAM (OPTIONAL)

Slice the leek, zucchini, celery and dice the potato.

Heat a large pan on medium and melt the butter.

Add the sliced vegetables except for the potato, along with the crushed garlic and curry powder. Cook for 10 minutes, stirring often enough that nothing starts to brown.

Now add the potatoes, salt, pepper and stock to the pot and stir everything together. Bring to the boil, cover and then reduce the heat to low, so that the soup simmers. Leave this for 30 minutes.

After this time, turn off the heat, remove the lid and leave the pot to settle.

Using a ladle, scoop some of the soup into a blender and puree it. Be careful because the mixture will still be very hot. The pureed soup can be poured directly into bowls.

Garnish with a swirl of cream and top with chopped parsley for the "**Finish it!**" achievement.



Vegetable & Barley Soup

Serves 5

Peasants and peons would have lived on this. Another vegetarian option, this can be made any time and reheated any time. It also freezes well. The barley will give you enough energy to collect lumber, stone or gold until sun-down.

3 X CUPS OF CHICKEN STOCK
1 X LEEK
3 X CELERY STICKS
2 X CARROTS
3 X CLOVES OF GARLIC (OR
CRUSHED)
¾ X CUP OF BARLEY
SALT
PEPPER
OIL

Chop the leek, dice the carrots and celery.

Heat oil in a saucepan over a medium heat, add the onion and garlic and cook for 7 minutes, stirring regularly. The aim is to soften the vegetables, not to brown them.

Add the celery and carrots and cook for a further 5 minutes.

Add the chicken stock and barley, cover and reduce heat to low. Simmer the soup for 30-45 minutes until everything is tender, checking on it occasionally to stir the mixture. The barley will absorb moisture and expand and become soft – you can time the completion of this soup to how firm you like the barley to be.

Remove from the heat and season with a generous amount of salt and pepper.

Divide into bowls and serve with crusty bread.



Beef Burgers

Double Damage Achievement



Serves 4

To the uninitiated, putting a burger together looks like simple stuff. But preparation is key. Having all the ingredients laid out for easy access will make the difference. If you don't, by the end of it you'll be wondering how such a simple task turned out to be such a chore... Depending on what region you're from, you'll be enjoying one of these at the end of the level instead of a riceball.

500GM X OF BEEF MINCE
1 X CUP OF BREADCRUMBS
1 X EGG
1 X TABLESPOON OF
DRIED HERBS
1 X TEASPOON NUTMEG
SALT & PEPPER

LETTUCE
TOMATO
BEETROOT
CHEESE
MAYONAISE
BUGER BUNS

Place the beef mince, breadcrumbs, egg, herbs, nutmeg, salt & pepper in a bowl. With hands, mix everything together thoroughly.

Roll mixture into 5 individual balls. Dash some oil on a piece of baking paper and flatten the balls into patties. Cover and refrigerate until needed.

Wash and dry lettuce. Slice tomato. Place leaves alongside beetroot, tomato and cheese slices so they're ready when it's time to assemble the burger.

Cut burger buns in half, spread mayonaise on both halves and place to one side.

Heat an oiled non-stick pan or griddle over medium/high heat and cook beef patties for 5 minutes, flipping twice. In the final minute, place a slice of cheese on top of the patty to start it melting.

Place patty onto bottom half of buger bun, then add slices of tomato and beetroot, then the lettuce.

Serve the burgers with standard issue wedges for the **"Double damage"** achievement.



Chicken Burgers

Serves 4

Not many people object to a chicken burger. Easily accessible ingredients and a short cooking time make this a great standby. The chicken can be cooked in a hot pan, griddle or BBQ. If using a gas BBQ, the high heat can mean the chicken will only take a few minutes each side and you'll get that classic flame grilled flavour and look. Alternatively, you can use the chicken from the schnitzel recipe.

3 X CHICKEN BREASTS

LETTUCE

MAYONNAISE

SALT

PEPPER

4 X BURGER BUNS

ANY SORT OF SAUCE

3 X TABLESPOONS OF OIL

1 X TABLESPOON OF DRIED

HERBS

½ X TEASPOON OF SALT

½ TEASPOON OF PEPPER

To marinade the chicken, place the oil, dried herbs, salt and pepper into a dish and combine thoroughly in a bowl or dish. Slice each chicken breast in half lengthways and add them to bowl of marinade mixture. Make sure they're coated and set aside.

Break the lettuce into leaves and wash them, dry them in a colander (or pat dry with a tea towel, if you care enough) and set aside. Slice tomatoes, about 3 slices per burger depending on how large the tomatoes are.

Add oil to a pan or griddle over medium/high heat and cook the marinated chicken for 8 to 10 minutes, or until the chicken is cooked through. Set the pieces aside and cover with foil to keep warm.

If you have a big enough toaster, toast the burger buns lightly in it, or set them under a low grill in the oven until they just start to brown.

Put mayonnaise on the bottom half, and a good amount of your chosen sauce on the top half. Then place a chicken breast, followed by the tomato slices, then the lettuce.



Sausage & Red Wine Pasta

Serves 5

While similar to the bolognese and sausage and red wine pasta recipes in terms of flavour, this is much, much quicker. It's the perfect standby for when that quest went for much longer than anticipated. Reheats well the next day!

OLIVE OIL

6 X SAUSAGES OF ANY KIND

1 X ONION

2 X CLOVES OF GARLIC (OR 2 TEASPOONS
OF CRUSHED GARLIC)

2 X TABLESPOONS OF TOMATO PASTE

400G X CAN OF CRUSHED TOMATOES

400G X PASTA

2 X TABLESPOONS OF FRESHLY GRATED
PARMESAN CHEESE

A SMALL GLASS OF RED WINE (FOR THE DISH,
NOT FOR YOU!)

Slice the sausages into small chunks. Dice the onion. Put a dash of oil in a pan and place it on medium heat. Add the onions and fry for 5 minutes, then add the pieces of sausages. Fry them until for about 5 to 10 minutes so that the meat starts to brown (make sure to have the extractor fan on the stove running, as there'll likely be smoke from the pan). Once the sausage pieces are browned to your liking, gently pour the glass of wine in and allow it to boil for 30 seconds. Beware the hot liquid.

Now add the can of chopped tomatoes, the tomato paste and a generous amount of salt and pepper. Bring the mixture to a simmer and then reduce the heat to low. Cover the pot partially with a lid and let the sauce cook for 20 minutes, stirring occasionally.

For the pasta, bring a second pot of salted water to the boil, add the pasta and cook for 12 minutes or until soft. Once it's cooked, drain briefly in a colander and then pour it into the pot containing the sausages and sauce. Mix the whole lot around so that the sauce covers the pasta. Leave for a moment with the lid on to let the pasta take on some of the flavour, then serve in bowls with the Parmesan cheese sprinkled over the top.



Baked Burritos

The spice must flow achievement



Serves 4

These are straight forward but are full of authentic flavour. Polls suggest again and again that burritos rank highly on gamer's choice of meals. In this recipe, they're baked and will be too hot to handle, utensils will be required!

OLIVE OIL

500GM X BEEF MINCE

1 X ONION

1 X CLOVE OF GARLIC (OR A TEASPOON
OF CRUSHED GARLIC)

1 X TEASPOON OF CUMIN

1 X TEASPOON OF CORIANDER

½ X TEASPOON OF SALT

½ X TEASPOON OF PEPPER

1 X CAN OF KIDNEY BEANS

1 X CAN OF CHOPPED TOMATOES

1 X CUP OF GRATED CHEESE

OPTIONAL (FOR **"The Spice Must Flow"**
ACHIEVEMENT):

1 X TEASPOON PAPRIKA

½ X TEASPOON OF CHILLI (OR A BIT LESS, IF YOU
PREFER MILD BURRITOS)

8 X BURRITO WRAPS

1 X AVOCADO

SOUR CREAM

SALT AND PEPPER

Heat your oven to 180°C and grease a baking tray with either butter or a canola spray.

Finely dice the onion and chop the garlic. Add a splash of oil to a pan and bring it to medium heat. Add the diced onion and garlic and cook for 5 minutes to soften them.

Add the minced beef to the pan and brown the meat, breaking it up with a spoon as you go. Once browned, add the cumin, coriander and for The spice must flow achievement, the paprika and chilli powder. Cook this mixture for 2 minutes and then add the can of chopped tomatoes and the can of beans.

Reduce the heat to low and bring to the simmer. Leave this mixture to cook for 15 minutes so that the sauce thickens.

Turn the heat off and leave the mixture to cool.

Lay the wraps out and spoon the beef mixture along the middle of each. Roll the wraps up and lay them side by side in the baking tray. Scatter the cheese over the top of the burritos and place in the oven. Bake in the oven for 30 minutes or until the cheese is as browned as you'd like it.

While the burritos are cooking, halve an avocado and remove the seed. Using a fork, mash the flesh in each half.

When the burritos are done, place two on each plate and top with the mashed avocado and sour cream.



Roast Beef

Timelord achievement



Serves 5

There's something a bit medieval about roasting a big piece of meat. It's surprisingly easy because of the time it takes to cook, you'll have free time. The hidden challenge in this recipe is the carving of the meat – it's a branch of the cooking skilltree itself. Marinating overnight isn't essential, but if you manage this achievement you'll taste the difference it makes.

ROAST BEEF

½ X CUP OF OLIVE OIL
2 X TABLESPOONS OF LEMON JUICE
1 X TABLESPOON OF GRATED LEMON
RIND
1 X TABLESPOON OF PEPPERCORNS
2 X TABLESPOONS CHOPPED FRESH
THYME, OR A TABLESPOON OF DRIED
THYME
2 CLOVES OF GARLIC
1.5 X KG BONELESS LEG OF BEEF

Grind the peppercorns and mix with the lemon rind, lemon juice, olive oil and thyme in a bowl, and set aside. This marinade benefits from sitting for 10 minutes or so, allowing the flavours to blend. Thinly slice the two cloves of garlic.

Place the beef in a medium sized roasting tray. Using a small sharp knife, stab the beef all over (but don't get too stabby, you psycho!). Take the slices of garlic and push them into the cuts you've made in the meat.

Take the marinade you set aside before and pour it over the meat, massaging it in with your hands. Cover and leave in the refrigerator for two to three hours, or overnight for the “*Timelord*” achievement.

Take the beef out of the refrigerator 30 minutes before you want to start cooking it. Heat oven to

LEMON POTATOES

10 X POTATOES
¼ X CUP OF OLIVE OIL
½ X CUP OF LEMON JUICE
1 X TABLESPOON OF LEMON RIND
2 X TABLESPOONS OF CHOPPED FRESH THYME,
OR 1 X TABLESPOON OF DRIED THYME
1 ½ X TABLESPOONS OF PEPPERCORNS
SALT

180°C and when it has come to temperature, cook the beef for 1 hour, 20 minutes. After the first 30 minutes of cooking put the baking tray with the lemon potatoes into the oven, too. Make sure to turn them after they've been in the oven for 10 minutes, otherwise they will start to stick to the bottom of the tray.

At the end of this time, turn off the oven and take the beef out of the oven and cover with foil. You can leave the potatoes in the oven while the beef rests for 10 minutes.

Serve with Standard Issue Gravy.



Roast Chicken

Arms dealer achievement



Serves 5

Depending which generation you're from, you'll have a different take on how cooked a chicken should be. While this is a simple recipe, the carving is challenge – the chicken must be left to rest and cool otherwise you can actually burn your hands. It will take practice to become efficient. Whatever you do, just don't try to combine this with a pulley in the middle.

1 X WHOLE CHICKEN (1.2KG)
1/4 X CUP OLIVE OIL
1 X TABLESPOON OF DRIED THYME
1 X LEMON
1 ½ X TEASPOON OF LEMON JUICE (OPTIONAL)
½ X TEASPOON OF SALT
½ X TEASPOON OF PEPPER

Preheat your oven to 180°C.

Remove the chicken from its wrapping and wash with cold water carefully, not splashing the water around. Dry chicken with a tea towel, and place into a roasting tray. Make sure you don't let the teatowel touch anything else, as it is now contaminated by raw chicken.

Stab the lemon with a knife or fork all over and then push it into the cavity of the chicken. Drizzle the oil over the bird and then sprinkle over a generous amount of salt and pepper, as well as the thyme, rubbing the chicken all over to make sure the skin is coated with seasoning.

Once the oven is at temperature, put the chicken in and position it at the middle of the oven if possible. This will happily be left alone to cook for 1 hour, but if you want you can open the oven 30 minutes in and pour a tablespoon of lemon juice over the top.

After an hour has passed, switch the oven to fan forced and let it cook for another 20 minutes. When this is done, turn the oven off and take the chicken out. Like any roasted meat it needs to sit for 10 or so minutes. You also need to do this because the chicken will be too hot to carve right out of the oven.

Carving a chicken takes practice, and will be messy the first few times you try it. Generally speaking the drumsticks and wings can be pulled off with tongs, using a paring knife to help you cut it free. Do this first, and then carve the breast.

Divide breast meat with the wings and legs evenly on plates, and serve with a Standard Issue Salad, gravy and potato wedges.



Beef Pie

Madskillz achievement



Serves 5

'Lo bob. You like pie? Of course you like pie. Everybody likes pie. Everybody likes somebody who can make nice pie. This recipe makes nice pie. Pie! Use both the onion chopping technique and the garlic peeling technique for the "Madskillz" achievement.

500GM X OF MINCED BEEF

1 X ONION

2 X CLOVES OF GARLIC

2 X CUPS OF BEEF STOCK

2 X TEASPOONS OF WORCESTERSHIRE
SAUCE

1 X TABLESPOON DRIED HERBS

½ X TEASPOON NUTMEG

3 X TABLESPOONS PLAIN FLOUR PLUS WATER

3 X SHEETS OF PUFF PASTRY

SMALL AMOUNT OF MILK

½ X TEASPOON OF SALT

1 X TEASPOON OF PEPPER

Finely dice the onion and finely chop the clove of garlic. Bring a pan to medium heat and add a splash of olive oil. Add the onion and garlic and cook for 7 minutes, stirring regularly so that it doesn't brown.

Add another small splash of olive oil. Add the meat and move it around until it's been browned. Then add the Worcestershire sauce, nutmeg, dried herbs, salt, pepper and beef stock. Mix everything together and let it come to a boil. Cover the pan, reduce the heat to low and simmer the pie mixture for 15 minutes.

Preheat your oven to 190°C.

While this is simmering put the flour into a mug and add the water. Stir it with a spoon until it becomes a smooth mixture. Pour this into your pie mixture and stir well to combine. Cook another 5 minutes with the lid off. The mixture will begin to thicken. When this is done, turn off the stove and move the mixture off the heat.

Remove the pastry from the freezer and separate three sheets. Let them sit in the open so that they defrost and soften. Using either butter or an oil spray, grease a pie dish.

Push the first sheet of pastry into the dish, pressing it firmly into the edges.

Pour the pie mixture into the dish. Once it's settled, place the second sheet of pastry on top and use it to seal the edges. If you need to, tear strips of pastry from a third sheet to cover the gaps.

Using a pastry brush (or clean fingers), cover the top of the pie with a dash of milk.

Cook the pie for 35 minutes, or until the top is golden.

Take the pie out of the oven and let it sit for 10 minutes before slicing and serving.



Zucchini Pie

Herbivore achievement



Serves 4

This recipe is quick, easy and light. Don't add the bacon to the mixture and this combination becomes a complete vegetarian meal! Serve it with a standard issue garden salad for the "Herbivore" achievement.

375GM X OF ZUCCHINI
1 X ONION
3 X RASHERS BACON
1 X CUP OF GRATED CHEESE
1 X CUP OF SELF-RAISING
flower
½ X CUP OF OIL
5 X EGGS
SALT, PEPPER

Preheat your oven to 160°C.

Grate the zucchinis finely. There's no need to peel them. Dice the onion and cut the bacon into small squares. Add a dash of oil to a pan over medium heat and fry the onion and bacon for 10 minutes. Put all of this in a bowl.

Now add the oil, eggs, cheese, self-raising flour, salt and pepper in the bowl, too.

Stir the lot until it becomes a consistent mixture.

Pour the mixture into a greased tin or pie dish. Bake for around 40 minutes, until you see the top starting to become nicely browned. Serve with standard issue garden salad.



Standard Issue Gravy

This can be served on any of the meat dishes in this book. Season it well for best results, but don't make it too salty. If you taste the gravy while cooking, you may think it doesn't have enough flavour – it's not trying to be the star and don't forget it will be tasted along with the rest of the meal.

2 X TABLESPOONS OF OIL
2 X TABLESPOONS OF PLAIN
flour.
2 X CUP OF WATER
1 X TABLESPOON OF
BEEF STOCK POWDER
SALT AND PEPPER

In a small saucepan, heat the oil over medium heat and add the flour. Using a spoon, cook the mixture for 3 minutes. Remove the pan from the heat and let it cool. Once cool, add the water and stock powder and mix it all together over medium heat, squashing the lumps with the back of your spoon. Bring to a simmer for a minute and then remove from the heat. Serve right away or keep in a warm jug until needed.

Standard Issue Potato Wedges

PO-TA-TOES! This recipe goes well with many of the dishes in this book. Also, they're good on their own. There is a huge range of ready made seasoning that can be sprinkled over the wedges before cooking, so you're not limited to "plain" potato. This is the kind of recipe that would make Glados nervous....

4 X LARGE POTATOES KIND
SALT
PEPPER
DRIED HERBS
OLIVE OIL

Preheat your oven to 180°C.

Wash and peel the potatoes. Half lengthways and then into wedges. As you're cutting them, put the wedges into a roasting tray that you've drizzled oil into. Season generously with salt, freshly cracked pepper and the dried herbs. Drizzle another half a tablespoon of olive oil over the wedges and then use your hands to mix everything around so that all the potato is covered.

Place the roasting tray in the oven and after 15 minutes, take the tray out again and use a spatula to turn the wedges. If you don't do this soon enough there's a good chance they'll stick to the bottom of the tray.

Return to the oven for another 35 minutes.

After this time they'll be ready to serve but will happily sit in a warm oven until needed.



Standard Issue Garden Salad

Humans are omnivores. Even though meat is awesome, we probably eat more of it than we should. Including salads with meals is a good way to work on that daily fruit-n-veg quota everyone's talking about!

½ X LETTUCE
1 X CARROT
2 X TOMATOES
½ X CUCUMBER

DRESSING

1/3 X CUP OLIVE OIL
2 X TABLESPOONS WHITE
WINE VINEGAR
1 X TABLESPOON OF
WHOLEGRAIN MUSTARD
½ X TABLESPOON OF DRIED
HERBS (OREGANO, THYME,
SAGE)
SALT, PEPPER

Pull the lettuce apart and wash it in a colander. Sit aside to drip dry. Wash the carrot but there's no need to peel it, and grate it into the bottom of a salad bowl. Wash and slice your tomatoes into wedges, as thin or as thick as you'd like. Wash and peel the cucumber and then slice half of it into rounds.

Combine olive oil, white wine vinegar, wholegrain mustard, dried herbs and a good pinch of salt and freshly ground pepper. This can be done in a jar or small jug that you intend on serving the dressing in. Mix (shake) well, and leave to rest for 20 minutes before using.

Standard Issue Greek Salad

This is a chunky salad. Great for a snack, the feta gives it a bit more body than the garden salad, so this one is more filling. A few slices and dices Vegetable Ninja style, and you've got it prepared!

2 X TOMATOES
½ X CUCUMBER
½ X RED ONION
HANDFUL OF BLACK OLIVES
BLOCK OF FETA CHEESE
½ X TABLESPOON OF DRIED
HERBS
BALSAMIC VINEGAR

Wash and dry the vegetables. Chop the tomatoes into chunks. Peel the cucumber, slice it in half and then using your knife, scrape or cut the seeds from the middle. Then chop into cubes. Very thinly slice the red onion and add everything to a bowl that has been drizzled with olive oil.

Tear the feta cheese into chunks and add these as well (they don't have to be even).

Throw in the olives, then use your hands gently mix everything together. Drizzle more olive oil over the top, followed by a large splash of balsamic vinegar. Sprinkle the salad with the dried herbs and serve.



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