

COOK

A half-orc throws a perfectly seasoned chicken leg at his dwarven friend, lands it directly in her mouth. As a horde of goblins charge the dwarf, she begins nibbling, her arms swell, and she swipes away three of the charging goblins with a single swipe of her shield. The half-orc wipes his greasy hands on his apron and smiles.

A halfling stares a dragon down over a mile of open field. As the dragon inhales deeply, she pulls out a roasted pepper and chomps down. She begins to sweat profusely. The dragon breathes fire, and the halfling charges straight on through.

A human mixes the contents of a boiling pot and looks around at all his friends, tired and spent, but he'll see to it that that doesn't last too long.

Cooks are the much-forgotten caretakers of every band of heroes, for a dragon-slaying barbarian can always die of hunger. Through tasty foods cooks strengthen their allies and debilitate their foes, commanding incredible control over any battle.

FOOD AS CRAFT

Anyone can throw meat atop a fire, but only cooks can make that meat sing. Just as an artist can watch a child paint their house, so too does the cook look at the typical kitchen. They may laugh or smile or even snarl at the naivety presented, but they all recognize it as simple, basic. Meals are more than a collection of ingredients to a cook.

Every creature is suffused with the same magical energy that binds the multiverse together. Cooks have, knowingly or unknowingly, learned to tap into the magic of creatures through food, the source of their vitality, and cooks use their craft to shape it.

Their talents put cooks above the common people, and that's where you'll find them: Some traveling with adventurers who've wrestled with giants, giving those adventurers the power to succeed. Some see their bodies as test subjects, formulating dietary plans to improve themselves beyond the normal limits of their species. Some even find a way to take advantage of the senses, and create food that is not meant to improve but to hinder, to weaken, to destroy. Cooks understand how finely tuned a body is, especially once you get inside it, and they know how to make or break it.

A LIFE OF SERVITUDE

Cooks are on a constant search, a search for the perfect flavor, the best diet, the choicest ingredients. The meeker ones find employ with wealthy manors or in gritty taverns, but the ones with ambition know that their search could not end in a stuffy kitchen beholden to the bland tastes of big wigs and commoners.

Bold adventurers come with bold tongues, and they are the only hope of an end to a cook's journey. True cooks offer their services only to those proven worthy of the food they will prepare. Adventurers rip the essence out of life, and cooks take that essence and throw it in their pot. Cooks will keep these adventurers alive and fed until their personal quests find completion.

CREATING A COOK

As you create your cook, keep in mind how your character got into the gourmet arts. Were they a hired hand that learned too quickly in the kitchen and developed an insatiable ego? Were they taught by a family member or a close friend and thus have a sentimental approach to their craft? Were they thrust into cooking out of necessity, living on their own in harsh conditions trying to squeeze vitality out of their barren surroundings?

A cook may begin their culinary studies in family kitchens or tiny inns, but they will soon realize that to progress means to move on from these dead ends. Most cooks will find employ with adventurers, allies that the cook can trust for safety and for feedback. Every great cook needs a couple of critics.

QUICK BUILD

You can make a cook quickly by following these suggestions. First, make Constitution your highest ability score, followed by Dexterity. Second, choose the Guild Artisan background. Third, choose the *Hard Bread*, *Invigorating Juices*, and *Packed Protein* morsels.

CLASS FEATURES

As a Cook, you gain the following class features.

HIT POINTS

Hit Dice: 1d8 per cook level

Hit Points at 1st Level: 8 + your Constitution modifier

Hit Points at Higher Levels: 1d8 (or 5) + your Constitution modifier per cook level after 1st

PROFICIENCIES

Armor: Light armor, medium armor

Weapons: Simple weapons

Tools: Cook's utensils

Saving Throws: Constitution, Charisma

Skills: Choose three from Animal Handling, Arcana, Medicine, Nature, Performance, Persuasion, Sleight of Hand, and Survival

THE COOK

Level	Proficiency Bonus	Features	Morsels
1st	+2	Cook's Bag, Morsels, Smelling Salts	3
2nd	+2	Snack Break	3
3rd	+2	Cook Archetype	4
4th	+2	Ability Score Improvement	4
5th	+3	Rotund Reflection	4
6th	+3	Cook Archetype Feature	4
7th	+3	Smelling Salts Improved	5
8th	+3	Ability Score Improvement	5
9th	+4	Iron Stomach, Snack Break Improved	5
10th	+4	Cook Archetype Feature	5
11th	+4	Soul of Food	6
12th	+4	Ability Score Improvement	6
13th	+5	Smelling Salts Improved, Snack Break Improved	7
14th	+5	Cook Archetype Feature	7
15th	+5	Fulfilling Meal	7
16th	+5	Ability Score Improvement	7
17th	+6	Snack Break Improved	8
18th	+6	Cook Archetype Feature	8
19th	+6	Ability Score Improvement	9
20th	+6	Leftovers	9

EQUIPMENT

You start with the following equipment, in addition to the equipment granted by your background:

- (a) a mace or (b) a light crossbow and 20 bolts -
- (a) leather armor or (b) scale mail
- (a) two daggers or (b) two light hammers
- (a) an explorer's pack or (b) a scholar's pack
- Cook's Utensils and a Cook's Bag

Alternatively, you could begin with starting wealth of 4d4 x 10 gp and purchase starting items of your choice.

COOK'S BAG

At first level, you craft a Cook's Bag, a bag that magically preserves not only your morsels (described below), but also the ingredients required to make them.

You must replenish these ingredients at least once every 30 days. When you do so, you can buy 10 gp worth of food from a market, or you can spend 8 hours scavenging food from your surroundings.

If you lose this bag, you can create a new one by expending 100 gp worth of leather, gems, and other raw materials. Doing so takes 8 hours of work.

MORSELS

Years of cooking have taught you that every meal has that one perfect bite, a morsel where all the ingredients mix together into something truly special. You have learned how to instill this morsel with magical effects dependent on the ingredients of the morsel. Creatures that ingest your morsels are given these effects.

Choose three morsels of your choice, detailed at the end of the class description. A creature may only be under the effects of one morsel at a time. If a creature is under the effects of a morsel, and they ingest another morsel, the original effect is removed.

You learn additional morsels as you level as detailed in the Cook Table. Each time you gain a level, you may replace one morsel you know with a different one.

You may cook a number of morsels equal to your Constitution modifier every short or long rest. You may cook the same type of morsel as many times as you want. All morsels are stored in your Cook's Bag and expire if taken out for longer than 6 seconds, or at the beginning of your next short or long rest (whichever comes first).

You may reach into your Cook's bag, pull out a morsel, and feed it to a conscious creature you can touch as an action.

Saving Throws. Some of your morsels require your target to make a saving throw to resist the effect. The saving throw DC is calculated as follows:

$$\text{Morsel save DC} = 8 + \text{your proficiency bonus} + \text{your Constitution modifier}$$

Creatures who do not have mouths or analogous orifices can still be affected by your morsels. Mere contact with your morsels imparts a weakened effect. If a creature cannot ingest your morsel, it has advantage on any saving throws it makes against the morsel's effect.

SMELLING SALTS

At 1st level, you discover the perfect mix of spices to create such a visceral and powerful assault on the nose as to break a creature from its stupor. As a bonus action you may wave these spices under the nose of a charmed or frightened creature that you can touch. The creature makes a saving throw against its condition on your turn.

At 7th level, you may use this feature on a stunned creature.

At 13th level, you may use this feature on a paralyzed creature.

SNACK BREAK

Beginning at 2nd level, you can prepare small snacks alongside your morsels during a short rest. Choose up to two friendly creatures to feed when you take a short rest. Once fed food that you have prepared, they each regain a number of hit points equal to $1d4 +$ your Constitution modifier.

The number of dice you roll for this feature increases when you reach certain levels in this class: $2d4$ at 9th level, $3d4$ at 13th level, and $4d4$ at 17th level.

COOK ARCHETYPE

At 3rd level, you choose an archetype that you emulate in the exercise of your cook abilities. Mess Sergeant, Sous Chef, or Hash Slinger, all detailed at the end of the class description. Your archetype choice grants you features at 3rd level and then again at 6th, 10th, 14th, and 18th level.

ABILITY SCORE IMPROVEMENT

When you reach 4th level, and again at 8th, 12th, 16th, and 19th level, you can increase one ability score of your choice by 2, or you can increase two ability scores of your choice by 1. As normal, you can't increase an ability score above 20 using this feature.

ROTUND REFLECTION

At 5th level, you gain the ability to repel enemies that attack you. Your stomach is of utmost importance, and you have toned your belly to be tough and somewhat gelatinous. When a creature within 5 feet of you that is Medium or smaller hits you with a melee attack, you can use your reaction to cause the creature to make a Dexterity saving throw against your Morsel save DC. On a failed save, they are pushed 10 ft. away from you or knocked prone (your choice).

IRON STOMACH

At 9th level, a lifetime of eating any and all sorts of foods has prepared your stomach for any and all assaults. You are immune to any ingested poisons and the poisoned condition.

SOUL OF FOOD

At 11th level, you have attuned your body's life force to the nourishing energies of the world. You can cast *Create Food and Water* once with this feature and regain the ability to do so when you finish a long rest.

In addition, if you make morsels, and you have no ingredients left, you conjure the necessary ingredients as part of making the morsels.

FULFILLING MEAL

At 15th level, whenever you feed a morsel to a creature that you have shared a long rest with (including yourself), you may double the duration of the morsel's effect.

LEFTOVERS

At 20th level, when you roll initiative and have no morsels left, you conjure one morsel of your choice inside your Cook's Bag.

COOK ARCHETYPES

Once a cook has set out on their journey, they must decide what it is about food that excites and drives them. How do they measure the success of a dish? Do they measure it by the flavor it possesses? By the effect it has on the body, good or bad? It is only once a cook has developed a standard to judge themselves by that they can truly come into their own.

SOUS CHEF

The archetypal Sous Chef believes that their allies are more than worthy of their cooking. They have proven that their stomachs can handle what the Sous Chef gives them, and theirs are the only tongues that the Sous Chef trusts besides their own.

WE DELIVER

At 3rd level, you gain the ability to feed your friends at range. If you are within 60 feet of a willing creature that you can see, you may reach into your Cook's Bag, pull out a morsel, and throw it into the creature's mouth as an action. They ingest it immediately.

ORDER UP

Also at 3rd level, when you make morsels, you can make a number of additional morsels equal to your Constitution ability modifier, none of which may have prerequisites.

SECRET SAUCE

At 6th level, you create a signature sauce that you dab onto all of your morsels. Whenever you feed a morsel to a friendly creature, it regains a number of hit points equal to your Constitution modifier.

AROMATIC SWEAT

At 10th level, a lifetime of culinary delights has infused the sweat in your pores with a thousand revitalizing smells. As an action you can expel these smells in one powerful wave. All friendly creatures (including yourself) within 15 feet of you that you can see regain a number of hit points equal to 2 X your Cook Level.

Once you use this feature, you must finish a long rest before you can use it again.

MAGNIFICENT MEAL

Beginning at 14th level, you can prepare a magical feast that strengthens both body and will. You gain the ability to cast the *Heroes' Feast* spell. When you do so, you replace the material components of the spell with fine foods worth at least 500 gp, which the spell consumes.

Once you cast *Heroes' Feast* in this way, you may not do so again until you have finished a long rest.

LEGENDARY MORSEL

At 18th level you discover the ultimate recipe. When you take a long rest, you may make one of the following morsel. It does not expire until your next long rest.

Monkey's Brains. The well-seasoned brains of the world's most capable simians. Within the next 10 minutes, the target may automatically succeed on one saving throw of its choosing. The target may choose to succeed after rolling the saving throw, but before the outcome is determined.

MESS SERGEANT

The archetypal Mess Sergeant believes in a stringent diet, complete control over what goes in and out of one's body. They seek bodily perfection through a calculated input of just the right nutrients.

NEVER SATISFIED

At 3rd level you gain the ability to eat very quickly. You may ingest one morsel as a bonus action.

Additionally, your healthy appetite bolsters your health. Your hit point maximum immediately increases by 3 and increases by 1 whenever you gain a level in this class.

RAUCOUS BELCH

At 6th level, you gain the ability to release a loud and odorous burp that taunts your foes. As an action you may have each hostile creature in a 10 foot cone originating from you make a Wisdom saving throw against your Morsel save DC. On a failed save, the target(s) have disadvantage on attack rolls against all creatures other than you until the start of your next turn.

You may use this feature a number of times equal to the number of morsels you have ingested since your last short or long rest (whichever is more recent).

STURDY STOMACH

At 10th level, you may be under the effects of two morsels at the same time.

If you are under the effect of two morsels and ingest a third, you lose one of your original effects (your choice).

STRICT DIET

At 14th level your diet optimizes your body beyond its normal limits. Choose Strength, Dexterity, or Constitution. Increase the ability score of the chosen ability by 2, and the limit for that ability score becomes 22.

LEGENDARY MORSEL

At 18th level you discover the ultimate recipe. When you take a long rest, you may make one of the following morsel. It does not expire until your next long rest.

Crytalline Heart. The heart of a rock candy giant. For 1 minute, if the target's total for a Strength, Dexterity, or Constitution ability check or saving throw is less than their score for the ability being checked, they may use that score in place of the total.

HASH SLINGER

The archetypal Hash Slinger believes more in the scientific aspect of food than in the art of it. Food is the fuel, and the body is the fire. If you can control the fuel, you can control the fire.

BONUS PROFICIENCIES

When you become a Hash Slinger, you gain proficiency with martial weapons.

WE DELIVER DEATH

At 3rd level, you gain the ability to feed your enemies at range. If you are within 30 feet of a hostile creature that you can see, you may reach into your Cook's Bag, pull out a morsel, and throw it into the creature's mouth or analogous orifice as an action. They ingest the morsel immediately.

SALT IN THE WOUNDS

At 6th level, whenever you use your action to throw a morsel at a hostile creature, you can make one weapon attack as a bonus action.

HORRIFIC STENCH

At 10th level, your food-based experiments have left a sickening and distracting smell on you and your clothes. Whenever a creature with whom you have not shared a long rest with within 10 feet of you must make an Intelligence, Wisdom, or Charisma saving throw, they subtract a number from the saving throw equal to your Constitution Modifier (with a minimum penalty of -1).

NOXIOUS STRIKE

At 14th level when a creature makes a saving throw against one of your morsel effects, you may impose disadvantage on the roll. Once you use this feature, you must finish a short or long rest before you can use it again.

LEGENDARY MORSEL

At 18th level you discover the ultimate recipe. When you take a long rest, you may make one of the following morsel. It does not expire until your next long rest.

Bubbly pill. This Carbon dioxide infused morsel dissolves in the target's stomach, building up pressure inside their body. The target makes a Constitution saving throw. On a failed save they are poisoned and their speed is halved until the end of their next turn. Whether the save is successful or not, if the target is killed within 1 hour, it explodes. All creatures within 10 feet of the target must make a Dexterity saving throw. On a failed save they take 5d6 force damage if the creature is Medium sized, and 5d6 extra force damage for each size category larger than Medium, or half as much on a successful save.

MORSELS

If a morsel has prerequisites, you must meet them to learn it. You can learn the morsel at the same time that you meet its prerequisites.

CARROT CASSEROLE

Carrots cooked with a dozen herbs and spices. When ingested, it improves eyesight. The target gains darkvision out to a range of 60 feet for 8 hours. If the target already has darkvision, increase its range by 60 feet.

COW INNARDS

A delectable treat that smells terrible. When ingested, it gives the body disgusting breath. The target must make a Constitution saving throw. If it fails, the target has disadvantage on all Charisma checks, and creatures within 60 feet of the target cannot be charmed by the target for 10 minutes. If any creatures within 60 feet of the target were charmed by the target when it ingested the morsel, they are no longer charmed.

FLAVORED ICE

Cream cold as ice. When ingested, it causes brain freeze. The target must make an Intelligence saving throw. On a failed save, it takes 1d6 cold damage and has disadvantage on any saving throws it makes to maintain concentration on a spell for 1 minute. On a successful save it takes half as much damage and doesn't have disadvantage.

The morsel effect's damage increases by 1d6 when you reach certain levels in this class: 4th level (2d6), 7th level (3d6), 9th level (4d6), 11th level (5d6), 13th level (6d6), 15th level (7d6), 17th level (8d6), 19th level (9d6).

HARD BREAD

Bread baked to be harder than stone. When ingested, it breaks into shards and clogs the mouth. The target must make a Constitution saving throw. On a failed save it takes 1d6 bludgeoning damage and has disadvantage on attack rolls until it uses an action to spit out the bread. On a successful save, the creature takes half damage, but suffers no other effect.

The morsel effect's damage increases by 1d6 when you reach certain levels in this class: 4th level (2d6), 7th level (3d6), 9th level (4d6), 11th level (5d6), 13th level (6d6), 15th level (7d6), 17th level (8d6), 19th level (9d6).

HERBAL GREY TEA

A cup of steaming tea. When ingested, it clears the mind, and calms the senses. The target has advantage on Constitution saving throws it makes to maintain concentration on a spell for 10 minutes. In addition, the target adds 1d4 to all Intelligence and Wisdom checks that they add their proficiency bonus towards.

INVIGORATING JUICES

A delectable fruit sloshing with good juices. When ingested, the juices bolster the body's constitution. The target gains temporary hit points equal to 1d6 + your Constitution modifier for 1 minute.

The number of temporary hit points gained from this morsel effect increases by 1d6 when you reach certain levels in this class: 4th level (2d6), 7th level (3d6), 9th level (4d6), 11th level (5d6), 13th level (6d6), 15th level (7d6), 17th level (8d6), 19th level (9d6).

PACKED PROTEIN

A fried chicken leg. When ingested, it feeds the muscles at an enhanced rate. For 1 minute, when the target makes a weapon attack using Strength, they add 1d4 to the attack roll and damage roll.

SMOKY CHOPS

A smoky bite of pork. When ingested, it reacts with the stomach's juices to create a fiery sensation that warms the body and manifests a fever. The target gains resistance to cold and immunity to the poisoned condition for 10 minutes.

SPICY PEPPER

A spicy, roasted pepper. When ingested, it causes intense sweating that greases the body. The target gains fire resistance and immunity to the grappled condition for 10 minutes.

SUGAR CUBE

A brown cube of sugar. When ingested, it overcharges the cells. The target's speed increases by an amount equal to your Constitution modifier x 5 feet for 1 minute (with a minimum bonus of +5 feet).

THICKENING GRUEL

A hardy porridge. When ingested, it thickens the skin. The target's AC increases by 1 for 1 minute.

FROSTED GRAPES

Prerequisite: Sous Chef feature

Grapes dusted with white sugar. When ingested, it powers the nerves at an enhanced rate. When the target makes a weapon attack using Dexterity, they add 1d4 to the attack roll and damage roll.

STRONG ALE

Prerequisites: 7th level, Sous Chef feature

Intensely fermented alcohol. When ingested, it loosens the body's muscles. The target gains resistance to bludgeoning, piercing, and slashing damage for 1 minute.

HONEYED FISH

Prerequisite: 13th level, Sous Chef feature

A sweet and juicy fish. When ingested, it boosts the powers of the mind. The target has advantage on all INT, WIS, and CHA checks for 1 minute.

PINE NUT MASH

Prerequisite: 17th level, Sous Chef feature

Roasted pine nuts smashed into a chunky cream. When ingested, it gives the target a sweet, fragrant breath. All friendly creatures within 10 feet of the target (including the target) have advantage on saving throws for 1 minute.

STINKING SPROUTS

Prerequisites: Mess Sergeant feature

Brussel sprouts wrapped in ham. When ingested, they power consistent and disruptive flatulence. The target cannot be frightened for 10 minutes.

BLOATING BEANS

Prerequisite: 7th level, Mess Sergeant

Hearty, yet swelling food. When ingested by a Medium or smaller creature, the target grows into a much pudgier, threatening form. The target's size doubles, and its weight is multiplied by eight for 10 minutes. This growth increases its size by one category.

JITTERING COFFEE

Prerequisites: 13th level, Mess Sergeant feature

Coffee with an unnaturally high amount of caffeine. When ingested, it supercharges the nerves, constantly sending electrical currents through the heart. For 1 minute, if the target drops to 0 hit points as a result of taking damage, the target instead drops to 1 hit point, and the morsel effect ends.

FATTY OATS

Prerequisites: 17th level, Mess Sergeant feature

Complex grains suffused with healthy fats. When ingested, it builds up the skin to stand up to any assault. The target has resistance to all damage except psychic damage for 1 minute.

GREASY SLOSH

Prerequisites: Hash Slinger

A thick and heavy porridge. When ingested, it forces the body to use a significant amount of energy to process. The target must make a Constitution saving throw. On a failed save, it is considered restrained for 1 minute. At the end of each of its turns, the target can make another Constitution saving throw. On a success, the effect ends on the target.

FIRE SALTS

Prerequisite: 7th level, Hash Slinger feature

A rare and combustible spice. When ingested, it mixes with the target creature's breath and spit to create a fiery discharge. All creatures within 10 feet of the target (including the target) must make a Dexterity saving throw. On a failed save they take 4d6 fire damage, or half as much on a successful save.

The morsel effect's damage increases by 1d6 when you reach certain levels in this class: 10th level (5d6), 13th level (6d6), 16th level (7d6), 19th level (8d6).

GARLIC TUNA

Prerequisite: 13th level, Hash slinger feature

Rotten tuna baked in over-ripened garlic. When ingested, it causes the target to exude rot from every pore. The target must make a Constitution saving throw. On a failed save, all creatures within 15 feet of the target (including the target) have disadvantage on saving throws for 1 minute.

RANCID ONION

Prerequisite: 17th level, Hash Slinger feature

A vegetable in the heat of decomposition. When ingested, the target sprays the vegetable's over-ripened juices all around itself. All creatures within 15 feet of the target (including the target) must make a Constitution saving throw. On a failed save they are stunned until the start of your next turn and blinded for 1 minute.

COOK MULTICLASSING

Should you wish to multiclass into a cook, the prerequisites and proficiencies gained are listed below.

COOK MULTICLASSING PREREQUISITES

Ability Score Minimum

Constitution 13 and Charisma 13

COOK MULTICLASSING PROFICIENCIES

Proficiencies Gained

Light armor, medium armor, simple weapons, one skill from the class's skill list, cook's utensils

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