

COOKING AND BREWING

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I - BASE INGREDIENTS (COOKING & BREWING)

Ingredients for potions and elixirs can be found all over Hyrule. Here is a master list of all available foods, effects, and ingredients you can gather to make your potions and recipes.

Recipes can consist of up to 5 different ingredients. Generally mixing too many different parts together will result in “dubious food” which is pretty much useless, so care and experimentation are required.

Some Ingredients are more suited to potion making, and as such have been marked. Cooking these ingredients into food can work, but will likely ruin the dish.

RARE PREFIX INGREDIENTS

INGREDIENT	EFFECT	VALUE
Chilly*	Resistance to Heat	+20R
Energizing*	Restores AP	+20R
Enduring*	Extra AP	+100R
Electro*	Resistance to Shock	+20R
Fireproof*	Resistance to Fire	+70R
Hasty*	Increase Movement speed	+20R
Hearty*	Extra HP	+100R
Mighty*	Bufs Attack	+50R
Sneaky*	Bufs Stealthy Actions	+10R
Spicy*	Resistance to Cold	+20R
Tough*	Bufs AV	+50R

BASE INGREDIENTS / FRUIT

INGREDIENT	LOCATION	EATEN RAW	COOKING EFFECT	VALUE
Apple	Apple Trees	+2 HP	N/A	5R
Big Hearty Radish	Mountains Rare	+8 HP	Large Temp HP	25R
Chillberry	Frozen Tundra		Heat Resistance	2R
Endura Carrot	Forests	+2 HP	Temp AP	3R

Fleet Lotus Seeds	Canyons	+1 HP	Bonus Movespeed	1R
Fortified Pumpkin	Rare	+2D4 HP	Bonus AV	30R
Hearty Durian	Coasts	+3 MP	Temp MP	15R
Hearty Radish	Mountains	+4 HP	Temp HP	20R
Hydromelon	Gerudo Village	+2 HP	Heat Resistance	20R
Hyrule Rice	Fields	+1 HP	N/A	2R
Hyrule Wheat	Fields	+1 HP	Unique To Dish	10R
Mighty Bananas	Coast / Yiga Village	+3 HP	Bonus Damage	25R
Palm Fruit	Coast	+1 HP	N/A	5R
Spicy Pepper	Hot Temperate Areas	+1 HP	Cold Resistance	3R
Swift Carrot	Fields	+1 HP	Bonus Movespeed	7R
Voltfruit	Swamplands	+2 HP	Electric Resistance	7R

BASE INGREDIENTS / MUSHROOMS

INGREDIENT	LOCATION	EATEN RAW	COOKING EFFECT	VALUE
Big Hearty Truffle	Forest Rare	+6 HP	Large Temp HP	5R
Chillshroom	Frozen Tundra	+2 HP	Heat Resistance	2R
Endurashroom	Fields	+3 HP	Temp AP	3R
Hearty Truffle	Forest	+3 HP	Temp HP	12R
Hylvian Shroom	Everywhere	+1 HP	N/A	2R
Ironshroom	Caves	+2 HP	Temp High AV	7R
Razorshroom	Coast	+2 HP	Temp Damage	7R
Rushroom	Cliffsides	+1 HP	High Movespeed Bonus	15R
Silent Shroom	Caves	+1 HP	Stealth Bonus	2R
Stemella Shroom	Rivers	+1 AP	Restores AP	10R
Sunshroom	Deserts	+1 HP	Cold Resistance	5R
Zapshroom	Swampland	+1 HP	Electric Resistance	5R

BASE INGREDIENTS / MEATS

INGREDIENT	LOCATION	EATEN RAW	COOKING EFFECT	VALUE
Raw Gourmet Meat	Deer / Cow	+3 HP	Additional Healing+	50R
Raw Prime Meat	Pig / Bear / Wolf	+2 HP	Additional Healing	20R
Raw Meat	Fox / Rabbit	+1 HP	N/A	10R
Raw Drumstick	Birds	+1 HP	N/A	5R

BASE INGREDIENTS / OTHER

INGREDIENT	LOCATION	EATEN RAW	COOKING EFFECT	VALUE
Acorn	Tree	+1 HP	N/A	50R
Bird Egg	Nest	+2 HP	N/A	20R
Chickaloo Tree Nut	Chickaloo Tree	+1 HP	N/A	10R
Courser Bee Honey	Bee Hive	+2 HP	Temp AP	5R
Fresh Milk	Cows / Farms	+4 HP	N/A	20R
Goron Spice	Goron City	+1 HP	N/A	5R
Hylia Rice	Fields / Shops	+1 HP	N/A	5R
Lon Lon Milk	Lon Lon Ranch / Bar	+10 HP	Drunkenness	100R
Monster Extract	Monster Trader	-2 HP	N/A	10M
Rock Salt	Salt Rocks	+1 HP	Additional Healing	2R
Star Shard	Random / Sky	+X MP	Random	300R

BASE INGREDIENTS / SEAFOOD

INGREDIENT	LOCATION	EATEN RAW	COOKING EFFECT	VALUE
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Armored Carp	Lakes	+2 HP	Boost AV	10R
Armored Porgy	Lakes	+2 HP	Boost AV	10R
Bright Eyed Crab	Swampland	+2 HP	Boost AP	10R
Chillfin Trout	Frozen Tundra	+1 HP	Heat Resistance	5R
Hearty Bass	Ponds Rare	+4 HP	Temp HP	10R
Hearty Blueshell Snail	Ocean	+1 MP	Temp MP	50R
Hyrule Bass	Everywhere	+1 HP	N/A	5R
Ironshell Crab	Mountain Streams	+2 HP	Boost AV	10R
Mighty Carp	Mountain Streams	+3 HP	Boost Damage	25R
Mighty Porgy	Ocean	+3 HP	Boost Damage	25R
Razorclaw Crab	Beaches	+2 HP	Boost Damage	10R
Sizzlefin Trout	Hot Springs	+1 HP	Cold Resistance	20R
Sneaky River Snail	Rivers	+1 HP	Stealth Bonus	7R
Voltfin Trout	Swamplands	+1 HP	Electric Resistance	15R

BASE INGREDIENTS / CRITTERS (POTION/ELIXIR)

INGREDIENT	LOCATION	EATEN RAW	BREWING EFFECT	VALUE
Cold Darner	Frozen Tundra	+1 HP	Heat Resistance	2R
Electric Darner	Swamplands	+1 HP	Electric Resistance	2R
Fairy	Fairy Fountains / Springs	+8 HP	Fairy Tonic (?)	50R
Fireproof Lizard	Death Mountain	+3 HP	Fire Resistance	30R
Hearty Lizard	Canyons	+3 HP	Temp HP	25R
Hightail Lizard	Cold Mountains	+3 HP	Movespeed Bonus	20R
Hot-Footed Frog	Hot Dry Areas	-1 HP	Movespeed Bonus	10R
Restless Cricket	Fields	+1 AP	AP Recovery	3R
Rugged Rhino Beetle	Forest	+2 HP	Boost AV	5R

Sizzlewing Butterfly	Hot Dry Areas	+1 HP	Ice Resistance	10R
Smotherwing Butterfly	Caves	-2 HP	Silence Potion	35R
Summerwing Butterfly	Canyons	+1 HP	Heat Resistance	10R
Sunset Firefly	Fields	+1 HP	Stealth Bonus	2R
Thunderwing Butterfly	Swampland	+1 HP	Electric Resist	15R
Tireless Frog	Swampland	+2 AP	Full AP	20R
Warm Darner	Fields	+1 HP	Cold Resistance	5R
Winterwing Butterfly	Frozen Tundra	+1 HP	Cold Resistance	15R

BASE INGREDIENTS / PLANTS

INGREDIENT	LOCATION	EATEN RAW	COOKING / BREWING EFFECT	VALUE
Armoranth	Rain Forest	+1 HP	Boost AV	5R
Black Nightshade	Monster Caves	-1D4 HP	High Poison	50R
Blue Nightshade	Caves	-1 HP	Temp Silence	4R
Cool Safflina	Frozen Tundra / Oasis	+1 HP	Heat Resistance	3R
Horn Thistle	Caves	-1 HP	Attracts Monsters	5R
Hyrule Herb	Fields	+1 HP	Additional Healing	3R
Mighty Thistle	Forest	+1 HP	Attack Power	5R
Silent Princess	Rare / Unknown	Unknown	Unknown	20R
Swift Violet	Canyons	+1 HP	Movespeed Bonus	10R
Warm Safflina	Desert	+1 HP	Cold Resistance	3R

BASE INGREDIENTS / MONSTER PARTS (POTION/ELIXIR)

CREATURE	INGREDIENT	EATEN RAW	BREWING EFFECT	VALUE (R / M)
Boko	Boko Fang	-1 HP	Basic Elixir	1R / 3M

	Boko Guts	-1D4 MP	Medium Elixir	50R / 100M
	Boko Horn	-1 HP	Basic Elixir	5R / 10M
Chu Chu	Chu Jelly (Blue)	-1 AP	Random Chu	1R / 1M
	Chu Jelly (Green)	1D4 Poison / round	Poison 1D4	10R / 20M
	Chu Jelly (Red)	5ft 1D6 Fire Dmg	Fire 1D6	10R / 20M
	Chu Jelly (White)	5ft 2D4 Ice Dmg	Ice 2D4	20R / 40M
	Chu Jelly (Yellow)	5ft 1D4 Electric Dmg	Electric 1D4	10R / 20M
Deku	Deku Sap	1D4 Poison / round	Poison Resist	30R / 5M
Dragon	Dragon Horn	+X HP	Random HP	750R / 400M
	Dragon Fang	+X AP	Random AP	300R / 100M
	Dragon Scale	+X MP	Random MP	500R / 200M
Guardians	Guardian Core	Unknown	Unknown	100R / 50M
	Guardian Gear	Unknown	Unknown	50R / 25M
	Guardian Screw	Unknown	Unknown	30R / 15M
	Guardian Shaft	Unknown	Unknown	20R / 10M
	Guardian Spring	Unknown	Unknown	10R / 5M
	Guardian Giant Core	Unknown	Unknown	200R / 100M
Hinox	Hinox Guts	-5 HP	High Elixir	100R / 300M
	Hinox Toenail	-2 MP	Medium Elixir	50R / 150M
	Hinox Tooth	-2 MP	Medium Elixir	50R / 150M
Keese	Keese Wing	+1 MP	Basic Elixir	2R / 5M
	Keese Wing (Electric)	1 Electric Dmg	1D4 Electric Dmg	10R / 20M
	Keese Wing (Fire)	1 Fire Dmg	1D4 Fire Dmg	10R / 20M
	Keese Wing (Ice)	1 Ice Dmg	1D4 Ice Dmg	15R / 30M
	Keese Eyeball	+1 AP	Basic Elixir	10R / 25M
Lizal	Lizal Horn	-1 HP	Medium Elixir	40R / 80M
	Lizal Tail (Green)	+3 HP	Poison Resist	30R / 60M

	Lizal Tail (Red)	+3 HP	Fire Resist	30R / 60M
	Lizal Tail (Yellow)	+3 HP	Electric Resist	30R / 60M
	Lizal Talon	-2 HP	Basic Elixir	10R / 20M
Lynel	Lynel Guts	-2D4 HP	Grand Elixir	500R / 1000M
	Lynel Hoof	-2 MP	High Elixir	250R / 500M
	Lynel Tail	-2 AP	High Elixir	250R / 500M
Octo	Octo Balloon	5ft Levitation	Temp Flight	5R / 20M
	Octo Eyeball	-1 HP	Medium Elixir	10R / 50M
	Octo Tentacle	+2 HP	Basic Elixir	1R / 5M

II - POTIONS, ELIXIRS & BREWING

All types of Potions for your life, mana, and well being. Potions are not hard to brew in weak version, but to get anything good. Potions and Elixirs vary significantly in that potions are harder to make and can stack effects, while Elixirs can only be used one at a time, and the same elixir cannot stack.

ELIXIR & POTION DURATION BONUS INGREDIENTS

INGREDIENT	DUR BONUS
Any Monster Horn	+1R (1min)
Any Monster Fang	+2R (2min)
Any Monster Guts	+3R (3min)
Hyrule Bass	+1R (1min)
Chillfin Trout	+2R (2min)
Sizzlefin Trout	+2R (2min)
Voltfin Trout	+2R (2min)
Stealthfin Trout	+2R (2min)
Mighty Carp	+1R (1min)
Armored Carp	+1R (1min)
Sanke Carp	+1R (1min)
Mighty Porgy	+1R (1min)
Armored Porgy	+1R (1min)
Sneaky River Snail	+2R (2min)
Razorclaw Crab	+1R (1min)
Ironshell Crab	+1R (1min)
Fairy	-2R (2min)
Winterwing Butterfly	+2R (2min)
Summerwing Butterfly	+2R (2min)
Thunderwing Butterfly	+2R (2min)
Smotherwing Butterfly	+2R (2min)

Cold Darner	+2R (2min)
Warm Darner	+2R (2min)
Electric Darner	+2R (2min)
Bladed Rhino Beetle	+1R (1min)
Rugged Rhino Beetle	+1R (1min)
Sunset Firefly	+2R (2min)
Hot Footed Frog	+1R (1min)
Hightail Lizard	+1R (1min)
Fireproof Lizard	+2R (2min)
Star Shard	+XR (Xmin)
Any Dragon Part	+XR (Xmin)

ELIXIR QUALITIES

QUALITY	DESCRIPTION	VALUE
Basic	1 level of the elixir effect.	
Medium	2 levels of the elixir effect	
High	3 levels of the elixir effect.	
Grand	Makes elixir “proof” where it immunity instead of resist. If making the Elixir “proof” is not possible then make it level 4.	
Godly	Makes elixir “absorbing” where it means healing from the effect instead of resist. If making the Elixir “absorbing” is not possible then make it level 5.	

ELIXIR BREWING

ELIXIR	DUR.	INGREDIENTS	EFFECTS	VALUE
Chilly Elixir	5min	Heat Resist Critter / Plant, 2 Other Monster Parts	X Levels of Heat Resist, where X is the Elixir Quality	
Electricity	5 min	Electricity Resist Critter /	X Levels of Electricity Resist,	

Resist Elixir		Plant, 3 Other Monster Parts	where X is the Elixir Quality	
Enduring Elixir	5 min	Temp AP Critter / Plant, 3 Other Monster Parts	X Levels of +1 AP, where X is the Elixir Quality (until time or all AP used in one round)	
Energizing Elixir	Instant	AP Recovery Critter / Plant, 3 Other Monster Parts	Recovers all AP for the round.	
Fairy Tonic	10 min	1-5 Fairies	Recovers X HP if user would hit 0 HP during Duration	
Hasty Elixir	2 min	Movespeed Bonus Critter / Plant, 1 Other Monster Part	X Levels of +10ft Movespeed, where X is the Elixir Quality	
Hearty Elixir	10 min	Temp HP Critter / Plant, 3 Other Monster Parts	X Levels of +1D4 HP, where X is Elixir Quality (until time or used)	
Mighty Elixir	2 min	Attack or Damage Bonus Critter / Plant, 3 Other Monster Parts	X Levels of +1 Dmg, where X is the Elixir Quality	
Sneaky Elixir	2 min	Stealth Bonus Critter / Plant, 4 Other Monster Parts	X Levels of +1 to stealth rolls, where X is the Elixir Quality	
Spicy Elixir	5 min	Cold Resist Critter / Plant, 2 Other Monster Parts	X Levels of Cold Resist, where X is the Elixir Quality	
Tough Elixir	2 min	Boost AV Critter / Plant, 2 Other Monster Parts	X Levels of +1 AV, where Z is the Elixir Quality	

POTION BREWING

POTION	INGREDIENTS	EFFECTS	VALUE
Blue Potion	Star Shard, Lynel Guts, Dragon Scale	Full Restore HP and MP	1,000R
Freezeproof Potion			
Fireproof Potion			
Green Potion	Hearty Blueshell Snail, Hearty Durian	+20 MP	
Red Potion			
Shockproof			

III - COOKING & FOOD

Food and cooking has always been the easiest way to recover after a long day of travelling and combat. These basic foods and cooking recipes can be learned through the cooking skill.

Cooking is an art of discovery and mixture. To cook you need to create recipes from given knowledge and will be rewarded with good food. There are many parts to a recipe, generating a food of a specific effect and healing bonus.

<https://rankedboost.com/zelda-breath-of-the-wild/food-cooking-recipes/>

http://ca.ign.com/wikis/the-legend-of-zelda-breath-of-the-wild/Cooking,_Materials,_and_Food