

20TH ANNIVERSARY EDITION
WEREWOLF
THE APOCALYPSE[®]
COOKBOOK TM



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COOKBOOK



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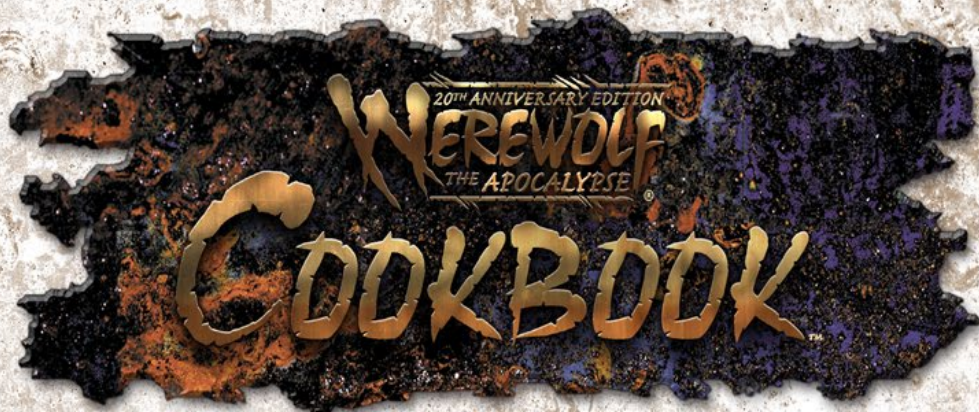


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This book uses the supernatural for settings, characters, and themes. All mystical and supernatural elements are fictional and intended for entertainment purposes only. This book contains mature content. Reader discretion is advised.

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A Culinary Guide to the Garou Nation

By Pete Quire

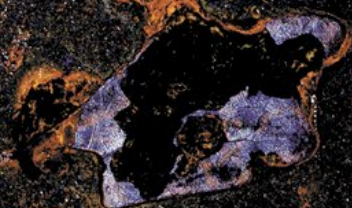
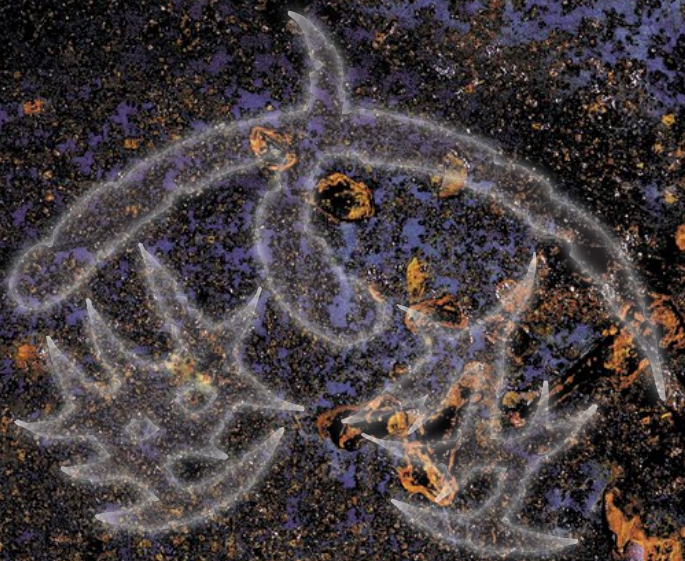
Food has always fascinated me—how people's recipes and diets reflect the available resources, but also how different groups combine flavors and textures. It's a shibboleth—a way to show your membership of a group and to identify outsiders. Nowhere is that more true than among the Garou. Each tribe has its own sense of taste and its own attitude towards food. Some tribes guard traditional recipes, handing them down only to others of their tribe. Others are only too happy to share what they know.

Before my First Change, I was training to be a chef. Now, as a Silent Strider, I've got plenty of reasons to talk to other Garou and to learn about their customs. A couple of years ago, I got it into my head that others might share my desire to find out about other tribes through their food. This book is the result. I've covered all of the tribes of the Garou, including those who live outside of the Garou Nation. I've also included recipes for those tribes we've lost, in the hope that we can remember them in their own way through their food.

This book is broken down into individual recipes, one per tribe. Where possible, I've included vegetarian, vegan, nut- and gluten-free variations. While it's rare for Garou to have food allergies or a strict diet, both are more common among Kinfolk. Several vegan options include a kind of meat-replacement protein called "seitan." I've included a recipe for it at the end of this book.

I've altered some of the recipes here to use commonly available ingredients. I've also tried to avoid anything that requires unusual devices. You can get through this book with just mixing bowls, wooden spoons, a spatula, a skillet, and a couple of pots. A couple of recipes will go easier if you have a pasta machine, but if not it's easy to substitute a rolling pin and a good arm.

The Garou Nation





BLACK FURIES

The Black Furies can be hard to understand. It's easy to see one part of the tribe as a whole, and take it from there; it takes a lot more work to get to know Pegasus' daughters as they really are. This recipe is Greek in origin, a nod to the tribe's homeland, and the three colors of pepper reflect the overarching theme of triples in Black Fury lore.

Rightly proud of their heritage, some Black Furies use food as a tie to a homeland and territory that many have never really known. Some go so far as to learn recipes from ancestor-spirits, to spread between members of the tribe as another mark of togetherness against the outsiders.

It pains me to say that I did once know one idiot who, upon seeing my notes, decided that all Black Furies could cook, and that they *should* cook for him. Last I heard, he was still looking for his genitals. Food can be as much a tribal secret as any other. Respect that.



Stuffed Tricolor Peppers

Serves 6 as an appetizer, 3 as an entree.

Prep time 20 mins

Cook time 1hr 15 mins

Ingredients



6 large bell peppers, 2 each of red, yellow and green
2 tbsp extra virgin olive oil
1 red onion, finely chopped
2 cloves garlic
1lb (450g) minced lamb
1 tsp ground cinnamon
1 tsp ground cumin
¾ cup (150g) long grain rice
2 tbsp tomato paste
4 tbsp chopped parsley
2 tbsp chopped dill
1 tbsp chopped mint
1 cup (250ml) chicken stock

Method

- 1) Preheat the oven to 350°F/180°C. Slice off the top of the peppers and carefully remove all the seeds.
- 2) Heat the olive oil in a large pan and fry the onion until it's translucent, about five minutes. Add the minced lamb, garlic, cinnamon, and cumin. Fry until the meat is browned, another seven minutes or so.
- 3) Stir in the rice, tomato paste, and herbs, and season well with salt and fresh-ground black pepper. Cook for about five minutes, then add the stock and reduce the heat to medium-low. Stir until the rice has absorbed the stock, about 15 minutes.
- 4) Scoop the lamb and rice mix into the peppers, and stand upright in an ovenproof dish or roasting tin. Cover loosely with aluminum foil. Bake until the peppers are tender, about 45 minutes.

VARIATIONS

Gluten—Check that your stock is gluten-free

Vegetarian—Use 1½ cups (300g) rice and swap the chicken stock for 500ml vegetable stock. Replace the lamb with 12oz (350g) of halloumi, cut into cubes and added to the stuffing once the rice has absorbed the stock.



BONE GNAWERS

Rat's chosen tribe don't mess around when it comes to food. They go in for big pots and bold flavors, and when you see what they've got to work with you soon understand why. While many Bone Gnawers can make a meal out of almost anything, it doesn't mean they necessarily *want* to. American Bone Gnawers favor dishes like jambalaya, chicken and dumplings, or a big old pot of five-alarm chili, but I went a bit further afield to discover something that represents the tribe while introducing new flavors to American and European Garou.

I've adapted this recipe from one I learned from a sept of Bone Gnawers in Ghana. They use a couple of old stewing hens for both the stock and for their meat, and make enough to feed twenty or thirty Garou and Kin at a time. Doing it their way can take four or five hours, I've condensed it down to something that most people can cook in an hour and a half. It scales well—if you have a big enough pot, double the ingredients and cook each stage for 45 minutes to an hour.

Chicken and Peanut Curry

Serves 8

Prep time 15 mins

Cook time 1hr 10mins

Ingredients

2pt (1L) chicken stock, warm
8oz (240g) smooth peanut butter
2 yellow onions
3 tbsp grapeseed or sunflower oil
3-inch piece of ginger
1tsp cayenne pepper
3 tsp cilantro (coriander) seeds
3 tsp cumin seeds
2 habanero or scotch bonnet chilies
2 bay leaves
2 cups (800g) chopped tomatoes
1 cup (150g) chopped peanuts
14oz (400g) red lentils
2lb (1kg) chicken legs, skin on
4 sweet potatoes (batatas)
2 red peppers
Large handful cilantro (coriander)
2 cups (400g) basmati or long grain rice, to serve.

Method

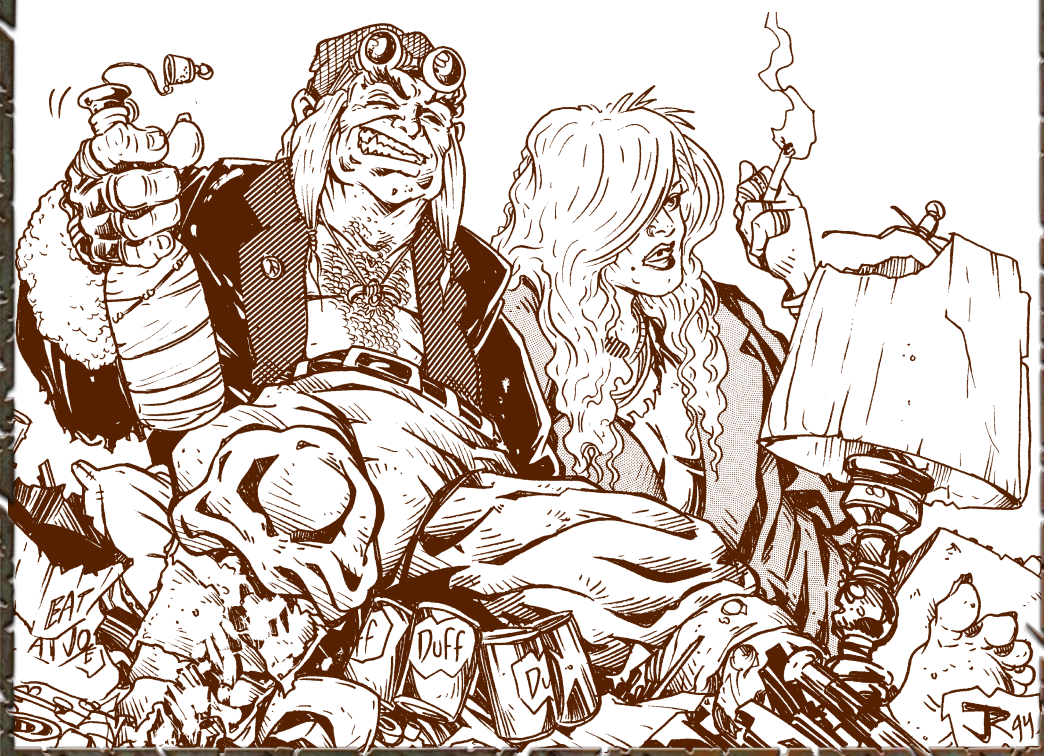
- 1) Pour the hot chicken stock over the peanut butter and stir to dissolve. Heat a dry skillet over a high flame and toast the cumin and cilantro seeds for a couple of minutes until they release their aroma. Remove from the pan and crush to a powder in a pestle and mortar. Peel and mince the ginger. Take the seeds out of the chilies and chop. Thinly slice both the onions.
- 2) Cut the chicken into thighs and drumsticks. Leave the skin on and the bones in. Season with salt and pepper, then fry in a skillet in a tablespoon of the oil. You want a medium-high heat, enough to brown the skin for flavor but not to cook the chicken through.
- 3) Fry the onions in a very large pan in the oil. Once the onions are soft and translucent (about 5 minutes), add the ginger, cayenne, cilantro and cumin, chilies, and bay leaves. Cook for another couple of minutes.

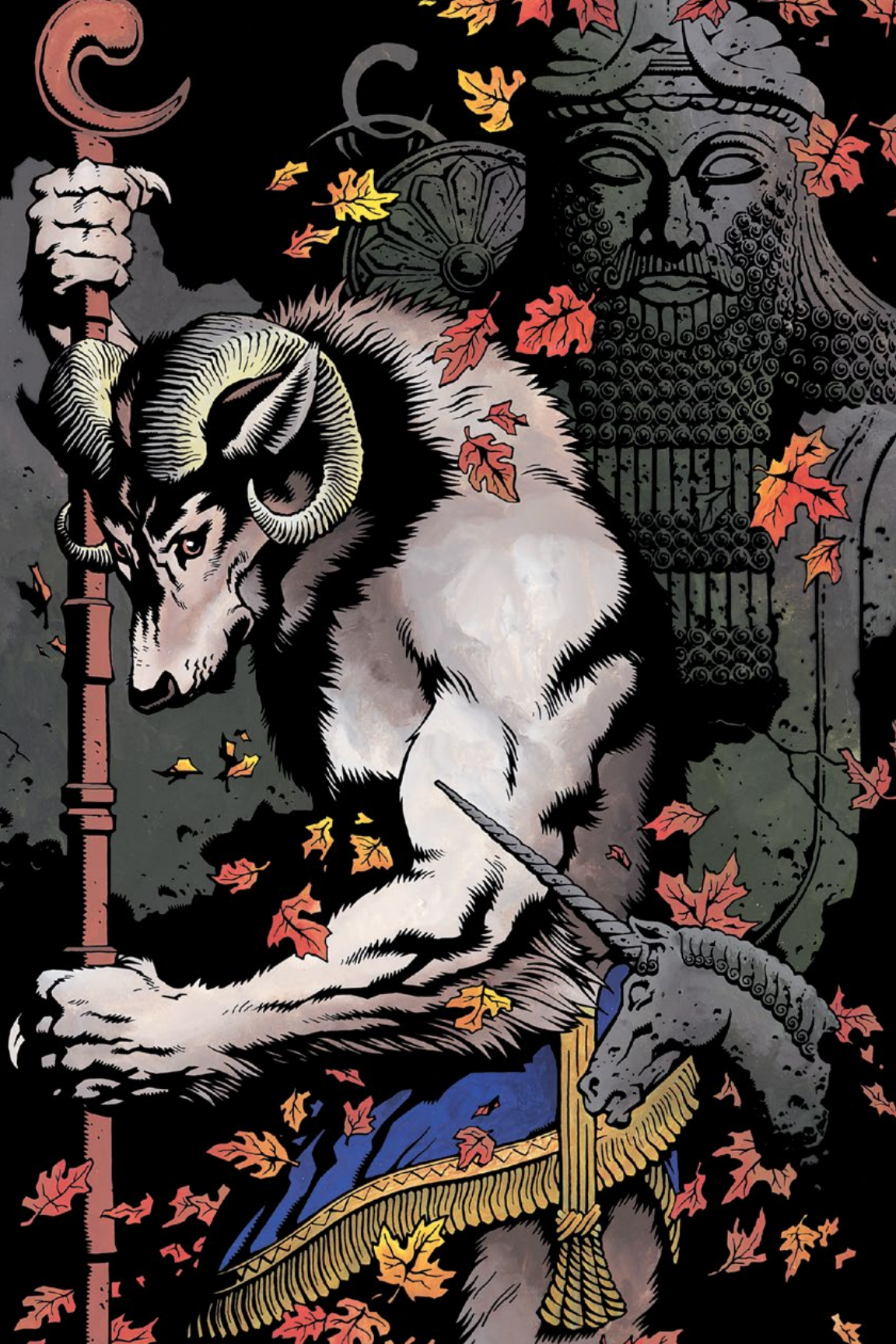
- 4) Add the tomatoes, chicken stock/peanut butter mix, peanuts, and lentils to the pan, stir well, then stir in the chicken. Put the lid on, and simmer for 30 minutes. Give it a stir every 5 minutes or so to make sure that the peanut butter doesn't stick to the pan.
- 5) Peel the sweet potatoes and cut into $\frac{3}{4}$ inch (2cm) chunks. Take the seeds out of the peppers and cut them into similar-sized chunks as well. Add to the pot along with most of the chopped cilantro, and simmer for another 30 minutes with the lid on. Keep stirring frequently, and if the sauce looks too thick, add some water to thin it down.
- 6) Cook the rice according to how you would normally; if you don't know how, look on the packet. Too many varieties for me to specify here.
- 5) Once the big pot's done, sprinkle the rest of the cilantro over the top and serve with the rice. Make sure everyone gets a piece of chicken.

VARIATIONS

Gluten—Check that your stock is gluten-free

Vegetarian/Vegan—Use vegetable stock in place of chicken stock. Swap out the chicken legs for a similar weight of vegetarian chicken breast or seitan; don't fry it first, but add it to the pot with the sweet potatoes and peppers.





CHILDREN OF GAIA

The Children of Gaia spend almost as much time tending to other Garou as they do fighting the Wyrn. This recipe, related to me by a metis called Ridgeback, shows off a lot of their philosophy of food. The bread, from an Irish recipe, takes less than an hour to make—no waiting around for the dough to rise and proof. The stew itself is very simple but tremendously rich in flavor.

If you're an experienced forager and know your mushrooms—or count such a person among your sept's Kinfolk—they can add an extra splash of flavor. Don't go picking mushrooms if you don't know what you're doing, though. Though even the nastier ones won't kill a werewolf, they can leave us very ill and do real damage to humans and Kinfolk.

Mushroom Stew with Wheaten Bread

Serves 4

Prep time 30 mins

Cook time 40 mins

Ingredients

Bread

- 1 cup (150g) plain flour
- 1 cup (150g) whole wheat flour
- 1 tsp baking soda
- 1½ tsp coarse rock salt or kosher salt
- 1 cup (250ml) buttermilk (or natural yoghurt)
- 2 tbsps molasses (black treacle)

Stew

- 1oz (30g) dried porcini mushrooms
- 1 cup (250ml) boiling water
- 2oz (50g) unsalted butter
- 3 cloves garlic, sliced (not minced)
- 1lb 10oz (750g) assorted fresh mushrooms—oyster, chestnut, shitake, or others
- 1 cup (250ml) white wine
- Handful of chopped flat-leaf parsley

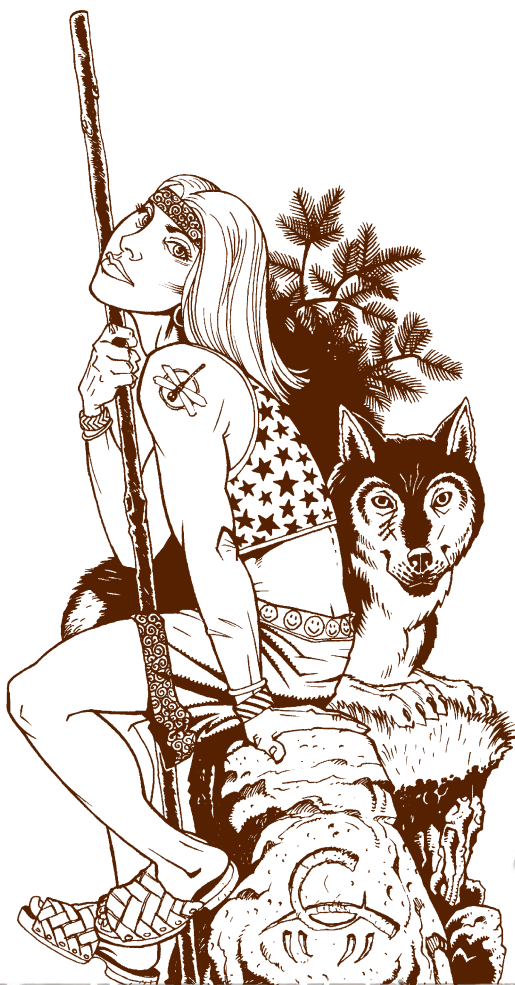
Method

- 1) Preheat the oven to 390°F/200°C
- 2) Sift the flour and baking soda into a mixing bowl and add the salt. Stir well and make a well in the middle.
- 3) Warm the buttermilk over a very low heat. When it feels warm (not hot) to an unprotected finger, mix in the molasses. Pour the mix into the well in the dry ingredients.
- 4) Mix well until fully incorporated. Use a spoon for as long as you can, then flour your hands well and mix by hand. It should come together into a sticky ball.
- 5) Dust a baking sheet with flour. Place the dough on the sheet, dust the top with flour, and cut a large cross into the top with a knife.
- 6) Bake for 30-40 minutes, until the crust is nut-brown and the loaf sounds hollow when tapped on the base.

- 7) Cool on a wire rack for 10-15 minutes.
 - 8) While it's cooling, put the dried mushrooms in a bowl and cover with the boiling water.
 - 9) Tear all the other mushrooms into roughly even-sized pieces. Once you're done, strain the porcini and reserve both mushrooms and water. Be careful to avoid any grit.
 - 10) Melt the butter in a wide, deep pan with a lid. Toss in the garlic and let soften for a couple of minutes.
 - 11) Add the mushrooms to the pan to cook down and soften, about 10 minutes. Stir occasionally.
 - 12) Toss in the wine, porcini mushrooms, porcini water, and parsley. Cover and simmer with the lid on for another 10 minutes.
- Serve big bowls of stew with thick slices of bread on the side.

VARIATIONS

Gluten—The stew itself is gluten-free, the bread can be replaced with gluten-free naan. The stew alone serves 2.







Lots of people think of the Fianna as “the Irish tribe,” but that’s not at all accurate. My closest Garou relatives are still mad that I chose to challenge Owl rather than Stag. The Fianna’s heritage ranges everywhere that the Celts ranged—throughout Ireland, Great Britain, and down into northern France. It’s tempting to go for something stereotypically Irish, but that’s just lazy. Fortunately, I’ve got more than a passing acquaintance with a Fianna down in Brittany who suggested this recipe instead.

And to be fair, this shows off the Fianna attitude towards food better than any stew or potato can. They’re expressive people, gregarious to their friends and very free with hospitality, and that’s reflected in what they cook—big dishes that can feed a room, packed with bold flavors. And hey, if it’s got a kick of booze in there, so much the better!

Breton Apple Pie with Calvados Cream

Serves 12

Prep time 30 mins

Cook time 1hr 20 mins

Ingredients

Filling

- 8 green eating apples (Golden Delicious or similar)
- ⅓ cup (150g) unsalted butter
- ⅓ cup (150g) sugar
- ½ small lemon, juice and zest
- ¼ tsp ground allspice
- ¼ tsp ground nutmeg
- ¼ tsp ground cinnamon

Crust

- 8oz (225g) unsalted butter
- 7oz (200g) sugar
- ½ vanilla pod
- 4 egg yolks
- 2¾ cup (300g) all purpose flour
- 1 egg, beaten

Cream

- 2½ cups (600ml) heavy cream
- 2 tbsp powdered sugar
- 4 tbsp Calvados, apple brandy, or other sweet brandy

Method

- 1) Peel and core the apples, then cut into segments—10-12 per apple. Melt the butter in a casserole or high-sided skillet with a lid. Add the apples and sprinkle over the sugar, the lemon juice and zest, allspice, nutmeg, and cinnamon. Stir, cover and cook for 10 minutes, stirring occasionally. Uncover and cook for another 10 minutes until the liquid evaporates. Allow to cool while you make the pastry.
- 2) Pre-heat the oven to 350°F/180°C

- 3) Cut the vanilla pod in half lengthways and scrape the seeds into a bowl. Add the butter and sugar and beat together until very light (about 5 minutes using an electric mixer, longer by hand). Add the egg yolks, one at a time, and beat until smooth after each addition.
- 4) Incorporate the flour into the batter using a spatula.
- 5) Grease a 10 inch (25cm) springform cake tin, and layer the bottom with baking parchment.
- 6) Put half the dough into the cake tin. Use floured hands to line the tin, bringing it 1 inch (2.5cm) up the side of the tin. Spread the cooled filling over the dough.
- 7) Flour and roll out the remaining dough, then cut a lid for the pie—use the base of the tin as a template. Flour both sides of the lid, then slide it on top of the filling.
- 8) Trace a lattice on top of the lid with the tines of a fork, then brush over the egg wash.
- 9) Bake until the dough is golden brown and baked through, about 50 minutes.
- 10) Cool for about 10 minutes, then carefully release the tin. Remove from the base, and cool on a rack.
- 11) Whisk the cream and powdered sugar together until it starts to form soft peaks. Add the Calvados, and whisk until it just holds its shape. Chill before serving.





Get of Fenris

The Get of Fenris have a strong culinary tradition that dates back to the tribe's origin in northern Europe. Most Garou don't realize that—the majority of Get enhance their personal image by consuming large quantities of protein and carbohydrate, usually in the form of meat and potatoes. That's not particularly interesting as far as recipes go, so I asked around for something more traditional.

The tribe's Scandinavian roots mean that many of them still eat a lot of cured fish along with their meat. While I'm still not willing to go anywhere near the foul-smelling *surströmming* (a kind of fermented herring), I did learn this recipe for gravad lax from one of their Skalds. Salmon cured in salt, sugar, and dill, it's usually served with rye bread and a dill and mustard sauce. This version isn't entirely traditional—it uses lime zest for an extra kick, and grain mustard to enhance the sauce.

Gravad Lax with Dill and Mustard Sauce

Serves 10-20

Prep time 2-3 days

Cook time None

Ingredients

Gravad lax

1 tsp white peppercorns
4 tbsp caster sugar*
2 tbsp coarse rock salt
1 lime, zest only
2 large bunches fresh dill, finely chopped
2x 2lb (900g) salmon fillets, skin on, scaled and pin-boned
Rye bread, to serve

Sauce

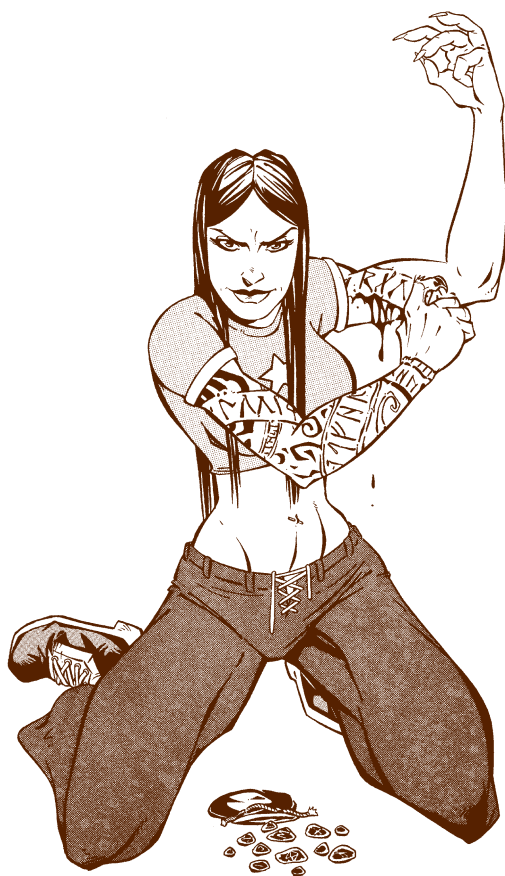
3 tbsp Dijon mustard
½ tbsp grain mustard
2 tbsp caster sugar*
1 tbsp white wine vinegar
1 egg yolk
¼ pint (150ml) peanut (groundnut) oil
1 tbsp chopped fresh dill
Salt and pepper

** If caster sugar isn't available, put an equivalent weight of white sugar in a food processor and pulse 3-5 times.*

Method

- 1) Crush the white peppercorns, and place into a bowl along with the sugar and salt.
- 2) Add the lime zest and half of the dill to the bowl, and mix to combine into the curing mix.
- 3) Line a large, shallow dish with saran wrap (cling film). It should fit the salmon comfortably.
- 4) Sprinkle a quarter of the curing mix the base of the dish, and lay one piece of salmon on top, skin side down.
- 5) Sprinkle half of the curing mix over the salmon, and place the other salmon fillet on top, skin-side up.

- 6) Sprinkle the remaining quarter of the curing mix over the top of the salmon, and wrap the fish very tightly in the cling film. Wrap in a second layer of cling film.
- 7) Put a tray on top of the salmon and weight it down with cans (or the contents of the refrigerator...)
- 8) Refrigerate for 2-3 days. Turn twice a day, morning and night.
- 9) Unwrap the salmon. Rinse the curing mix off the fish with cold water, then pat dry.
- 10) Place a large piece of cling film on a work surface, and place one of the salmon fillets on top. Cover with the remaining fresh dill, and place the other fillet on top. Wrap tightly in the cling film, and refrigerate for six hours.
- 11) For the sauce, whisk together the mustards, sugar, vinegar, and egg yolk in a large bowl.
- 12) Add the oil in a thin stream, whisking all the time. The end result should have the texture of mayonnaise.
- 13) Slice the gravad lax into thin slices using a sharp knife, at a 45-degree angle. Leave the skin behind. Serve with rye bread and the sauce.







GLASS WALKERS

Cockroach wants his children to adapt, and that's a mission that the Glass Walkers have taken to all too well. They live among humans to a degree that the rest of us find a bit uncomfortable, but in doing so they've become the most far-flung tribe, even compared to the Bone Gnawers. One food matches the Glass Walkers perfectly: pasta.

Almost all the world knows of the humble egg noodle. Originating throughout Europe and Asia, the whole world has the taste for noodles. As a versatile and adaptable foodstuff, pasta shows up in appetizers, entrees, and even desserts. Noodles as a whole are just too big a topic, so I'm going to focus on pasta. In this case, it's with an easy chicken sauce, though the chicken can be replaced with shelled king prawns or tofu depending on who you are cooking for.

If you're experimenting with pasta, don't feel like you need a pasta roller when just starting out. Patience and a rolling pin will see you quite a long way. If you fall in love with fresh pasta, it's a worthy investment.

Pasta

Serves 4

Prep time 20 minutes

Cook time 2 minutes

Ingredients

7oz (200g) Tipo 00 pasta flour, plus more for dusting

2 eggs

2 egg yolks

Method

- 1) Mound the flour on a clean work surface and make a well in the middle. Add the eggs and egg yolks to the well, and beat with a fork.
- 2) Mix the eggs into the flour, with a fork at first and then with your hands. It should come together in a soft dough that just sticks to the work surface.
- 3) Flour the work surface and knead the dough for about 10 minutes. Use the heel or palm of your hand to push the dough away, then double it back on itself. Remember to flour the work surface and your hands to stop the dough sticking.
- 4) Divide the dough into two portions, wrap in saran wrap, and rest in the fridge for 15 minutes (the dough will keep in this state for up to three days, or can be frozen for a couple of weeks)
- 5) Roll out the dough. If you've got a pasta roller, you don't need me to tell you how to use it. If not, roll it out on a clean, floured work surface until it's a very thin strip, about 6 inches (15cm) wide and as long as you can get it. Cut it into manageable lengths, and keep rolling; the end product should only be a couple of millimeters thick.
- 6) Shape the dough. For the sauce below, you'll need tagliatelle. Flour your pasta strips, and loosely roll them up into six-inch wide cylinders of pasta. Cut into ½ inch (1cm) sections, and unroll.
- 7) Add a big pinch of salt to a pan of boiling water, then add the pasta. Cook for 30 seconds to 2 minutes. When the pasta floats, it's done. If using a sauce, transfer the pasta to the pan with the sauce and use the pasta water to thin the sauce if needed.

Creamy Chicken Tagliatelle

Serves 4

Prep time 5 mins

Cook time 10 mins

Ingredients

7oz (200g) dried tagliatelle (or pasta from above recipe)

1 tbsp olive oil

1 red onion

2 cloves garlic

1lb (500g) chicken breasts, skin off

7oz (200g) broccoli

7oz (200g) chestnut mushrooms

2½ cups (600ml) heavy cream

Handful chopped parsley

Method

- 1) Cook the pasta according to the pack instructions; if making your own, roll out and cut but don't cook it until step 5.
- 2) Heat the olive oil in a high-sided skillet over a medium flame. Dice the onion and grind the garlic, then fry until softened.
- 3) Chop the chicken into 1 inch (2cm) chunks and add to the pan. Fry until white all over.
- 4) Slice the mushrooms and roughly chop the broccoli into bite-sized pieces. Add both to the pan and fry for a minute, then add the cream. Season with salt and pepper, then bring to a simmer. Cook for about 5 minutes.
- 5) If using fresh pasta, cook it now.
- 6) Add the parsley and the pasta to the sauce. Mix well, ensuring that the pasta is coated, and serve immediately.

VARIATIONS

Gluten—Use thin-sliced zucchini squash (courgette) in place of the pasta.

Pescatarian—Replace the chicken in the sauce recipe with 8oz (250g) skinned salmon and 8oz (250g) shelled prawns.

Vegetarian—Replace the chicken with a variety of mushrooms; 8oz (250g) thick-sliced portobello, and 8oz (250g) assorted wild mushrooms.



RED TALONS

Finding a recipe for the Red Talons was no mean feat. The whole idea of presenting a tribe's food culture kinda falls down when most of that tribe hunt their own food and eat it raw. A Red Talon called Smokejumper saved me. Turns out she's a Theurge who cooks "homid food." I don't know if she fell in love with the taste of cooked meat, or if it's something about the different tastes available between Homid and Lupus. She's not the only one—Smokejumper's in contact with a handful of other Red Talons, who test new ideas and new flavor combinations. They're making some mistakes, but it's fascinating to see from the outside. It's also a little worrying hearing Smokejumper talk about the more fundamentalist Red Talons, who see the whole process of cooked meat as being inherently Weaver-tainted.

I've had to adapt Smokejumper's recipe. She's a big believer in using "some" as a unit of measurement. Worse, her recipe starts "first build your oven." If you're feeding four, joint the chicken legs (or use four drumsticks) and serve with couscous or quinoa.

Smoky Chicken and Peppers

Serves 2

Prep time 10 mins

Cook time 1hr

Ingredients

- 2 whole chicken legs, skin on
- 2 large bell peppers, either red or orange
- 1 red onion
- 2 red chili peppers
- 4 cloves garlic
- 1 tsp smoked paprika
- olive oil

Method

- 1) Preheat the oven to 390°F/200°C.
- 2) Chop the peppers into slices. Peel and slice the red onion. Take the seeds out of the chilies and finely chop. Peel the garlic.
- 3) Place the chicken legs into an ovenproof dish or pan with a lid, skin-side down. Scatter the vegetables and garlic over the top, and then sprinkle over the paprika. Season with salt and pepper, and drizzle generously with olive oil.
- 4) Bake with the lid on for about 30 minutes.
- 5) Take the lid off and turn the chicken legs skin-side up. Cook for a further 30 minutes. Remove the garlic cloves before serving.

VARIATIONS

Vegetarian/Vegan—Replace the chicken legs with Portobello mushrooms. Cook for 15 minutes each, rather than 30.

Shadow Lords

Though they originate in Eastern Europe, the Shadow Lords soon moved through much of southwest Europe, and they maintain a strong presence in Spain and Portugal to this day. This recipe comes from that region, using lima beans and butter beans brought back from the Americas. A versatile recipe, the turkey breast can be replaced with a similar quantity of meaty white fish like monkfish.

The synthesis of Iberian and American cuisine serves to remind the Shadow Lords that they were the first Garou to travel with Europeans to the Americas. In that, it also serves a second purpose: reminding the Shadow Lords of the part they played in the second War of Rage. A people's culinary heritage isn't just about celebrating their roots, it's also a way to encode significant cultural events from their past—much like people in some parts of the world eat pancakes on Shrove Tuesday.



Turkey and Chorizo Stew

Serves 4

Prep Time 5 minutes

Cook Time 15 minutes

Ingredients

5oz (150g) chorizo

3 shallots

1 tbsp tomato paste

2 tsp smoked paprika

5oz (150g) roast peppers, rough chopped

12oz (350g) butter beans (drained, if canned)

14oz (400g) chopped tomatoes

12oz (350g) turkey breast

2 tsp white sugar

½ lemon, juice only

2 tbsp parsley

Method

- 1) Chop the chorizo into chunks, and cut the chicken into bite-sized pieces. Roughly chop the shallots and parsley.
- 2) Warm a heavy-based pan, and add the chorizo. Cook for 2-3 minutes, until it's giving off some beautiful oil.
- 3) Throw in the shallots and fry for a minute or so; they should turn a deep orange. Add the tomato paste, paprika, and peppers, and cook for 2-3 mins.
- 4) Add in the tomatoes and beans, and simmer for roughly five minutes.
- 5) Warm the olive oil in a skillet. Fry off the chicken until just lightly browned all over. Add the pieces straight into the stew, and simmer until the chicken is cooked through, about 5 minutes.
- 6) Add the lemon juice and sugar, and stir through. Season with salt and black pepper.
- 7) Just before serving, add the parsley.
- 8) Serve with potato wedges or cornbread

VARIATIONS

Vegetarian/Vegan—Instead of the chorizo, fry off 2 tsp smoked paprika and two cloves of crushed garlic in 3 tbsp olive oil. Replace the turkey with a similar weight of seitan.



SILENT STRIDERS

Much of our food is about portability. Most Silent Striders don't spend every day on the run, but we're hard to tie down. Even when we're in one spot, we're more likely to grab some takeout that we can eat on the move. It's one of those weird tells, how we have this subconscious need to be able to move at any time even if we don't have to. If you need to book in the middle of a Silver Fang banquet, you lose out on your food. Our way, we still get to eat.

Falafels are dead easy to make, and cheap as all get out—you can buy what you need to make them nearly anywhere. They're easy to eat on the run, stuffed into pitta and given a real kick of spice from a harissa dressing. This recipe is for the far superior tamiya, the Egyptian variety of falafel, made with broad beans rather than chickpeas and with a real kick of spice. I will admit to having a bit of bias. We can't go back to Egypt yet, but every time we make something like this we reinforce our connection to the old lands.

This recipe makes a lot, but it's always better to have more than less. Serve in halved pita bread pockets with some salad leaves.

Tamiya with Harissa

Serves 6 as an appetizer, 3 as an entree.

Prep time 15 mins (fresh beans need to soak overnight)

Cook time 15 mins

Ingredients

Tamiya

- 1lb (450g) white broad beans
- 2 tsp cumin seeds
- 2 tsp cilantro (coriander) seeds
- 1 yellow onion, finely chopped
- 2 cloves garlic
- 1 small leek, finely chopped
- 1 tbsp olive oil
- 1 tsp cayenne pepper
- 1 tsp baking soda
- 1 tbsp chopped cilantro (coriander)
- 1 tbsp chopped dill
- 3 tbsp ground almonds
- 2 tbsp sesame seeds

Grapeseed or sunflower oil, enough to reach ¼ inch (5mm) depth in a skillet or frying pan.

Harissa

- 15 fresh red chilies
- 3 tsp caraway seeds
- 2 tsp cilantro (coriander) seeds
- 1 tsp cumin seeds
- 3 cloves garlic
- ½ tsp salt
- Large handful cilantro (coriander)
- 3 tsp paprika
- 3 tbsp extra virgin olive oil

Method

- 1) Soak the beans overnight if using fresh. If using canned, empty into a sieve and rinse thoroughly.
- 2) For the harissa, halve the chilies and remove the seeds.

- 3) Heat a dry skillet, and toast the cilantro, caraway, and cumin seeds for a couple of minutes until they release their flavor. Remove to a pestle and mortar, then grind to a powder.
- 4) Place the chilies and garlic on a chopping board and sprinkle with the salt. Give it a couple of minutes for the chilies to “bleed.” Chop the two together until you have a rough-looking paste. If you’re not confident of your knife skills, use a food processor to reduce the garlic and chilies to a paste.
- 5) Add the paste to a bowl. Finely chop the cilantro, then add it to the bowl with the toasted spices and paprika. Stir through, then fold in the olive oil. Let it sit while you make the tamiya.
- 6) For the tamiya, heat the cumin and cilantro seeds in a dry skillet for a couple of minutes until they release their flavor. Grind to a powder with a mortar and pestle.
- 7) Finely chop the onion and leek and grind the garlic. Fry off for about five minutes until the onion is transparent.
- 8) Put everything except the ground almonds and sesame seeds into a mixing bowl, and blend into a paste. Season with salt—go easy if using canned beans, as they’re often salty to begin with.
- 9) Gently knead the paste. If it’s too wet, add some of the ground almonds to help it dry out some. You want a reasonably firm mixture that will keep its shape and not break apart in the pan. Once you’ve got the consistency you want, stir through the sesame seeds.
- 10) With a wet spoon, make discs about 2 inches across by 1 inch deep (4cm by 2cm). Heat the oil in a skillet until bubbling.
- 11) Fry the discs in batches, turning once the cooked side is brown. When both sides are brown, they’re done.





СЕРЕБРЯНЫЦ
КЛЫКЦ



Silver Fangs

The Silver Fangs have a lot of the trappings of royalty, and that extends to their food. While individual scions of Falcon will settle for an O'Tolleys burger, when the tribe gathers for a formal occasion only the best will do. Fish and seafood was a delicacy for the ruling classes in much of Europe as it had to be brought inland from the coastal regions, and as a result fresh seafood was both rare and expensive.

One of the main ingredients of a Silver Fang banquet would be lobster, a reminder of the tribe's regal heritage. I've made this recipe somewhat less complex than it would have been at the height of Silver Fang decadence. That way, it's accessible to packs operating on a budget. It's still a meal for special occasions, of course. If you want to make a visual impression, reserve the claw meat from the lobster and use it to garnish the bowl.

Lobster Linguini

Serves 2

Prep time 30 minutes

Cook time 30 minutes

Ingredients

7oz (200g) dried linguini (or make your own; see the Glass Walkers recipe)

1 cooked lobster

1oz (25g) unsalted butter

1 yellow onion

1 carrot

1 stick celery

2 sprigs thyme

¼ tsp cayenne pepper

1 tbsp tomato paste

2oz (50ml) white wine

1oz (25ml) brandy

1 cup (250ml) fish stock

2oz (50ml) heavy cream

2 tomatoes

Handful chopped tarragon

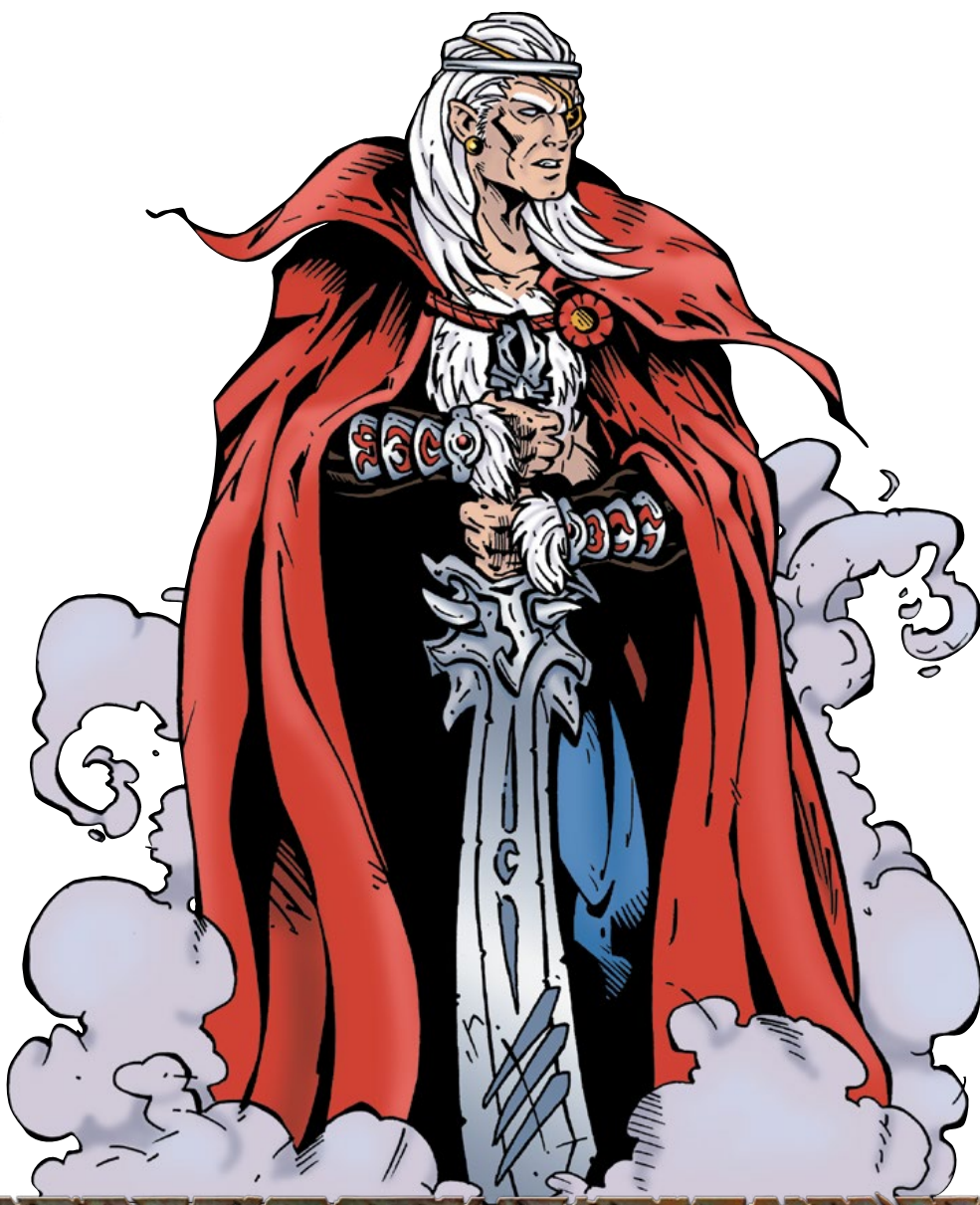
Method

- 1) Peel and roughly dice the onion and carrot. Cut a small cross on the base of each tomato, then plunge into boiling water for a minute. Remove to a bowl of ice water, then peel, de-seed, and dice.
- 2) Cut the lobster in half lengthways and remove the meat. Get every bit you can out of the legs and foreclaws. Reserve the shells and chop the meat into small pieces.
- 3) Heat half the butter in a skillet, and fry the onion, carrot, and thyme for about 3 minutes. Add the cayenne pepper, lobster shell, and tomato paste, and cook for a further minute.
- 4) Add the white wine and brandy to the pan. Tilt the pan away from you, and carefully touch a lit match to the edge of the pan, to burn off the alcohol. When the flames die down, add the chicken stock, reduce the heat, and simmer for 30 minutes.
- 5) Set the sauce to one side until cooled, then use a blender or food processor to blitz it to a puree. Pass the puree through a sieve into a clean pan and add the cream. Season with salt and fresh-ground black pepper.

- 6) Cook the pasta according to the pack instructions.
- 7) Fry the lobster meat in the remaining butter for a minute or two per side.
- 8) Drain the pasta and return it to the pan. Add the lobster meat, tomatoes, and tarragon, and mix well. Pile into bowls, and pour the sauce over and around the pasta.

VARIATIONS

Gluten—Use thin-sliced zucchini squash (courgette) in place of the linguini.





STARGAZERS



Most Garou of my acquaintance regard the Stargazers as a bit aloof from the rest of us. Which isn't really fair; a Fianna born and raised in Tibet would be just as distracted by thoughts of his tribal homeland. I find Chimera's children fascinating for how they try to focus and channel their Rage.

This sense of discipline comes through in their food. Across the world, the Stargazers I've met preferred simple food that didn't take too long to make but packed some amazing flavors. This recipe comes from Jonathan Shallow-Tracks and is emblematic of the kind of thing Stargazers really go for.

Tuna in Miso Broth

Serves 2

Prep time 5 mins

Cook time 17 mins

Ingredients

4½oz (125g) shitake mushrooms

2x 5oz (150g) tuna steaks

1 tbsp olive oil

4oz (100g) tub tofu

2-3 scallions

3 tbsp miso paste

2 cups (500ml) boiling water

Method

- 1) Preheat the oven to 430°F/220°C
- 2) Chop the mushrooms and place in a roasting tin. Season with salt, and drizzle with olive oil. Put into the oven for 15 minutes.
- 3) Season the tuna with a little salt and olive oil, rubbing the salt and oil into the steaks.
- 4) Heat a heavy-based skillet over a high flame until very hot. Add one of the steaks and sear until lightly browned, then turn and sear the other side (30-35 seconds a side should do it). Remove to a side, and sear the second steak.
- 5) Take the mushrooms out of the oven and reduce the heat to 350°F/180°C. Put the steaks in a roasting tin and stick them in the oven for a minute to warm the inside through. Take them out of the oven and slice with a sharp knife.
- 6) Cut the tofu into ¼ inch (5mm) pieces and slice the spring onions. Mix the miso paste with the water.
- 7) Divide the tofu, mushrooms, and scallions between two large bowls. Pour half the miso broth over each, then top each with one of the seared steaks.

VARIATIONS

Gluten—Check that your miso paste is gluten-free

Vegetarian/Vegan—Replace the tuna and tofu with 12oz (350g) tofu cut into ½ inch (1cm) slices, dredged in cornstarch and fried in 6 tbsp of vegetable oil until golden.





The title 'UKTENA' is rendered in a large, stylized, blue-to-white gradient font with a red outline. Behind the text is a faint, sepia-toned illustration of three figures standing in a desert landscape with mountains in the background. The entire page is framed by a decorative, dark brown border with a repeating pattern.

UKTENA

I've traveled to a number of septs and spoken to the Uktena there, and one thing stands out about every one that I've met: they love street food. Whether it's pastel, empañadas, or a good old New York hot dog, the Uktena can't resist the food available on the street. Turns Many Corners, of the Fire River Sept, told me that the spirit of a place comes through in its street food—it shows what people will eat almost on instinct, when they don't have time to plan. It's also telling about the people who live in a place. New York's street food includes hot dogs and Belgian waffles and felafel, reflecting its multicultural heritage. Asian street food reflects the palate and temperament, whether that's the fresh and light food of Vietnam or the firey and pungent food available in Thailand.

When I asked her for a single recipe, Turns Many Corners fell back on something she loves to this day, the Brazilian pastel.

Pastel

Serves 10-12 pastel

Prep Time 20 mins

Cook Time 30 mins

Ingredients

Filling

- 1 yellow onion
- 2 cloves garlic
- 2 large floury potatoes
- 1 tbsp olive oil
- 1½lb (700g) lean ground beef
- 1 tsp salt

Pastel dough

- 2 cups (300g) all-purpose flour
- ½ tsp baking powder
- 1 tsp salt
- 1 tbsp white rum
- 1 tbsp unsalted butter
- ⅓ cup (80ml) warm water
- 1 egg

Method

- 1) For the filling, finely chop the onion and mince the garlic. Peel and finely dice the potatoes.
- 2) Fill a pan with boiling water and cook the potatoes until tender, 10-15 minutes.
- 3) Fry the onion and garlic in the olive oil for a couple of minutes, until translucent. Add the beef, season with the salt, and fry over a high flame until the meat is browned.
- 4) Drain the potatoes and add to the cooked beef.
- 5) For the dough, sift the flour and baking powder into a large bowl and add the salt. Mix, and form a well in the center.
- 6) Crack the egg into the well, and beat with a fork to break the yolk.
- 7) Soften the butter by mashing with a fork until it's pliable. Add the butter and rum to the egg. Mix well, first with a wooden spoon and then with your hands, until it all comes together into a dough.
- 8) Transfer the dough to a floured work surface, and knead for about 15 minutes.

- 9) Divide the dough in two and roll out into thin strips, about six inches wide. A pasta roller can make this step easier.
- 10) Lay each strip on a floured surface. Evenly distribute full teaspoons of your chosen filling on both strips.
- 11) Fold the strips over, so the long edges touch. Using a cookie cutter or glass, cut around the filling to form half-moon shapes. Crimp the edges with a fork.
- 12) Using a deep fryer at 350°F/180°C (or a large pan filled $\frac{2}{3}$ with grapeseed oil brought to the same temperature), deep-fry the pastel for about 8 minutes, or until golden brown.
- 13) Remove from the fryer, pat dry with kitchen paper, and serve.

VARIATIONS

Vegetarian—Use a piece of your favorite vegetarian-friendly cheese in place of the beef filling.

Vegan—Use vegan mozzarella, or a filling of sweetcorn and boiled potatoes flavored with sriracha or other hot sauce.







WENDIGO

As a Silent Strider, I travel a lot. Because I get around, people—even my pack—assume I know far more than I do. Before I started on this project, I'd never met a Wendigo. To be fair, the UK is pretty far from the Wendigo's traditional hunting grounds. Because I wanted to find out more about the tribe, I took a trip to the Sept of the Fallen Oak in North Dakota. Most of the Garou there were not so much suspicious of me as of the whole idea of sharing their food. It seemed like they were being asked to share part of their heritage that they wanted to remain secret. Fortunately, one of the sept's Ahroun, a homid called John Five Rivers, didn't share his fellow werewolves' reticence. This recipe is a soup that he makes when his pack have hunted deer in order to feed his pack and kinfolk all at once.

Venison and Barley Soup

Serves 12-15

Prep Time 15 mins

Cook Time 1hr

Ingredients

1 tbsp olive oil
1 yellow onion
2lbs (1kg) venison meat, diced
1½ gallons (7L) water
14oz (400g) chopped tomatoes
4 sticks celery
4 large carrots
2 rutabaga (swede)
2½ cups (500g) barley

Method

- 1) Peel and dice the onion, carrots, rutabaga and celery.
- 2) In a large stockpot, fry the onion in the oil until transparent, about 5 minutes. Add the venison in batches, and fry until browned on the outside. Remove each batch from the pan and keep warm.
- 3) Once all the venison is browned, add it to the pot with the carrots, celery, and rutabaga. Cook for about 5 minutes.
- 4) Add the water and tomatoes and bring to the boil. Keep it at a fast simmer for 45 minutes.
- 5) Add the barley and simmer for another 15-20 minutes, until all the ingredients are tender.

VARIATIONS

Vegetarian/Vegan—Replace the venison with seitan.



The Others

BOLI ZHOUISZE

The Boli Zhouisze have a strange place among the Garou—standing apart from the Garou nation, but as far as I can tell also remaining aloof from the Beast Courts. I’ve only met one, and she had no thoughts on any kind of “traditional food.” I did get a chance to talk with her, and she introduced me to her group’s ideas of practicality, simplicity, and a strong tie to their Chinese heritage. I later learned that the Boli Zhouisze have strong ties to the Chinese criminal underworld. In the end, I went with a simple dim sum to represent them, adaptable to many fillings and available almost everywhere across China and beyond. I’m cheating by including pre-made dim sum wrappers—though the recipe is similar to pasta, the precision and attention to detail necessary to work with any dough that thin would send most Garou I know into a frenzy.

Prawn Dim Sum

Serves 6

Prep Time 15 mins

Cook Time 5 mins

Ingredients

Dim Sum

- 12oz (375g) raw king prawns, shells removed
- 1oz (30g) shiitake mushrooms
- 1½oz (40g) cornstarch
- 3 tbsp water
- 3 tbsp sesame oil
- ½tsp caster sugar
- 1 packet dim sum wrappers (available from Chinese supermarkets)

Dips

- 3 tbsp soy sauce
- 2 tbsp sesame oil
- 2 red chilies
- 3 tbsp rice vinegar
- 1 tbsp sugar

Method

- 1) Clean, and chop the prawn meat. Finely chop the mushrooms.
- 2) Mix the cornstarch with the water to make a paste. In a bowl, combine it with the prawns, mushrooms, sesame oil, and sugar to make a paste. Season with salt and pepper.
- 3) Take a dim sum wrapper in the palm of your hand. Brush the edges with water. Place a tablespoon of the mixture into the middle of the wrapper, then fold over to make a half-moon shape. Pinch the edges together.
- 4) Place the dim sum on an oiled plate (any oil; it's to stop them sticking), then into a steamer and cook for 5 minutes.
- 5) Finely chop the chilies, discarding the seeds.
- 6) For the first dip, place the soy sauce, sesame oil, and one chili into a clean bowl, and whisk together.
- 7) For the second dip, heat the rice vinegar, sugar, and remaining chili in a pan over a low heat, until the sugar dissolves. Remove from the heat and allow to cool.

HAKKEN

Rumor has it that the Hakken used to be Shadow Lords, long ago. I'm not sure I can believe that—the Hakken act with an honor and sincerity that I don't often see in any of Grandfather Thunder's tribe. But maybe that's the result of being part of a greater whole among the Beast Courts. I haven't had any direct encounters with the Hakken, but I've met other Silent Striders who have. Three-Tongued Marduk impressed upon me three things that he took away from his meeting with the tribe: their honor, their quest for perfection, and their ties to a specifically Japanese culture, even more so than the other Beast Courts.

This recipe is simple enough for most people to cook it up, and it's packed with the flavors of Japan. Hopefully, it'll be perfect enough to satisfy the Hakken if they ever come across this book.

Agedashi Tofu

Serves 4

Prep Time 5 mins

Cook Time 10 mins

Ingredients

Tofu

12oz (350g) block soft tofu

2 tbsp cornstarch

Vegetable or sunflower oil for deep-frying

Sauce

1 cup (250ml) dashi stock—can be found pre-made in Asian supermarkets

3 tbsp soy sauce

3 tbsp mirin (a sweet rice wine)

Toppings

1 scallion

1 inch (2.5cm) piece daikon (white radish)

Method

- 1) Slice the scallion and grate the daikon
- 2) Drain the tofu, then cut into small pieces, about 1 inch (2.5cm) on a side.
Blot dry with paper towels.
- 3) Coat each piece of tofu in cornstarch.
- 4) Fill a skillet with ½ inch (1cm) vegetable oil and heat.
- 5) Heat the stock, soy sauce, and mirin in a small saucepan, and keep warm.
- 6) Fry the tofu in the oil until golden brown on all sides.
- 7) Place pieces of tofu into a bowl and pour the sauce over. Top with spring onions and daikon.



SIBERAKH

I've heard stories of the Siberakh—strange white wolves of the taiga, Siberian Garou who want nothing to do with anyone else—but I've never seen one face to face. I'm not about to go looking, either. If they do exist, they clearly want nothing to do with the rest of us. And Siberia is a big, desolate place without any good food.

It is, however, home of some groups of Tatars. Culinary legend has it that the steak tartare is named for the Tatars, who would ride all day with lumps of beef or horse under their saddle. While that's not true in a strictly factual sense, it's enough of a link that I can dedicate this recipe to the Siberakh, assuming they exist.

Make sure to get well-aged beef fillet if you can. It costs more, but since you're not cooking it you can really taste the difference.

Steak Tartare

Serves 2

Prep time 20 mins

Cook time none

Ingredients

2x 9oz (250g) fillet steak

1 shallot

4 small pickles (gherkins)

1 tbsp capers

2 salted anchovy fillets

1 tbsp Worcestershire sauce

15 drops Tabasco sauce

2 egg yolks

Method

- 1) Start by preparing the beef. If you're not sure of your knife skills, get it coarsely ground. Otherwise, get a good, sharp knife. Slice very thin—about $\frac{1}{8}$ inch (2mm)—strips, against the grain. Cut across the slices to the same thickness, then cut again at right-angles, leaving you with very finely diced beef. It's well worth taking your time to get this step right.
- 2) Finely dice the shallot, gherkins, anchovies, and capers. You want the pieces to be about the same size as the beef for a uniform texture.
- 3) In a bowl, mix all the dry ingredients together. Add the Worcestershire sauce and tabasco. Taste, and season with salt and pepper. Adjust the sauce levels to your taste.
- 4) Form the mixture into neat mounds on your plates. Make a neat hollow in the center with the back of a tablespoon, and top each mound with an egg yolk.



The Lost



Bunyip

I spent a while trying to come up with a recipe to represent the Bunyip, but it's not easy. The whole tribe no longer exists, and their spirits hate the other Garou for what we did. I tried looking into Aboriginal Australian cooking, but most of the actual traditional recipes rely on seeds and nuts and meat that don't exist outside of Australia. The nearest I could come to a classic recipe is damper bread. It's similar to Irish soda bread, cooked up by swagmen, drovers, and stockmen on the coals of a fire for hundreds of years. It's closely related to bush bread, a type of often unleavened bread made by Aboriginal peoples using native seeds and roots for flour.

Yeah, even the recipe for the Bunyip is more reminiscent of our failure than their heritage. But I think that is itself a powerful lesson.

Damper Bread

Serves 4-6

Prep Time 10 mins

Cook Time 30 mins

Ingredients

3 cups (450g) self-rising flour

½ tsp salt

3oz (80g) unsalted butter, cubed

¾ cup (180ml) milk

Method

- 1) Preheat the oven to 390°F/200°C.
- 2) Put the flour and salt into a bowl. Rub in the butter, until the whole thing looks like breadcrumbs.
- 3) Add the milk, and mix until you've got a soft dough.
- 4) Turn the dough out onto a flat surface and knead for a couple of minutes, until the dough comes together.
- 5) Shape the dough into a disc, and place on a floured baking tray. Use a sharp knife to mark 8 wedges on top.
- 6) Bake for 30 minutes, or until the bread sounds hollow when tapped. Let cool for 10 minutes on a wire rack, then serve.



CROATAN

Researching the Croatan was a little strange for me—I've not had much contact with Native American Garou, and the tale of Middle Brother's fall gets garbled somewhere over the Atlantic. To rectify that, I went with my pack to visit septs near the Croatan's homelands and spoke with the Garou there, of all heritages. I came away with a new understanding of just how bad the second War of Rage actually was. It's actually a little surprising that the Wendigo aren't still killing European Garou on sight. One Native werewolf, who asked not to be named, suggested this recipe as a modern version of a traditional dish eaten by people in the region.

I know bison's not the easiest meat to get hold of; you can get much the same results using a cow's heart. If you're cooking for people not fond of eating heart, chuck steak or shin of beef can work as well, though shin may require another hour's cooking.

Bison Heart

Serves 4

Prep time 15 mins

Cook time 1hr 15 mins

Ingredients

- 1 Bison heart (or beef heart)
- 3 tbsp flour
- 1 tbsp mixed dried Italian herbs
- 1 tsp flaked dried chilies
- 2 tbsp groundnut oil
- 2 carrots
- 2 sticks celery
- 1 pint (500ml) beef stock
- 1oz (25g) unsalted butter
- 7oz (200g) curly kale or spring greens

Method

- 1) Wash and clean the heart. Slice into $\frac{3}{4}$ inch (2cm) strips.
- 2) Peel the carrots, and dice both carrots and celery.
- 2) Mix the flour, Italian herbs, and chili flakes, and season with a little salt and pepper.
- 3) Dredge the heart in flour, and fry in batches in a large pan.
- 4) When the last of the meat is browned, add half the stock to the pan and scrape and stir to loosen the browned flour and scraps of flavor sticking to the bottom of the pan.
- 5) Add the heart, carrots, and celery back to the pan, and cover with the rest of the stock.
- 6) Bring to the boil, cover, and simmer for an hour.
- 7) In a skillet, melt the butter. Stir-fry the kale until it starts to wilt.
- 8) Serve the heart with the kale and optionally some cooked wild rice.

VARIATIONS

Vegetarian/Vegan—Replace the heart with seitan, and cut the cooking time in half.

WHITE HOWLERS

The White Howlers remain a cautionary tale among the Garou, with their pride—or perhaps their overwhelming sense of duty—damning them. Since I've made it my project to investigate all the tribes of the Garou and how they might have ate, I wanted to get a sense of the White Howlers before their fall. To that end, I spent some time at a small sept near Pitlochry in the Scottish Highlands. I'm sure the resident Garou, being mostly Fianna and Get of Fenris, didn't know what to make of me, but they tolerated my curiosity.

I came away with a better appreciation of the kind of things the White Howlers might have eaten. Salmon and trout from the rivers, venison from the wild deer, foraged berries and fruits. That inspired me to create this recipe. While I don't know for sure that the White Howlers would have enjoyed it, it speaks to the land they came from.

If you can't find venison, you can use aged lean beef, or pan-roasted duck breast. Any left-over sauce will keep in the fridge for a couple of weeks.

Venison with Blackberry Sauce

Serves 4

Prep time 10 minutes

Cook time 30 minutes

Ingredients

½ cup (100g) white sugar
2 tbsp water
½ cup (120 ml) red wine vinegar
5oz (150g) blackberries
1 sprig thyme
10oz (300g) thick venison steaks
2 tbsp olive oil
1oz (25g) unsalted butter
7oz (200g) curly kale or spring greens

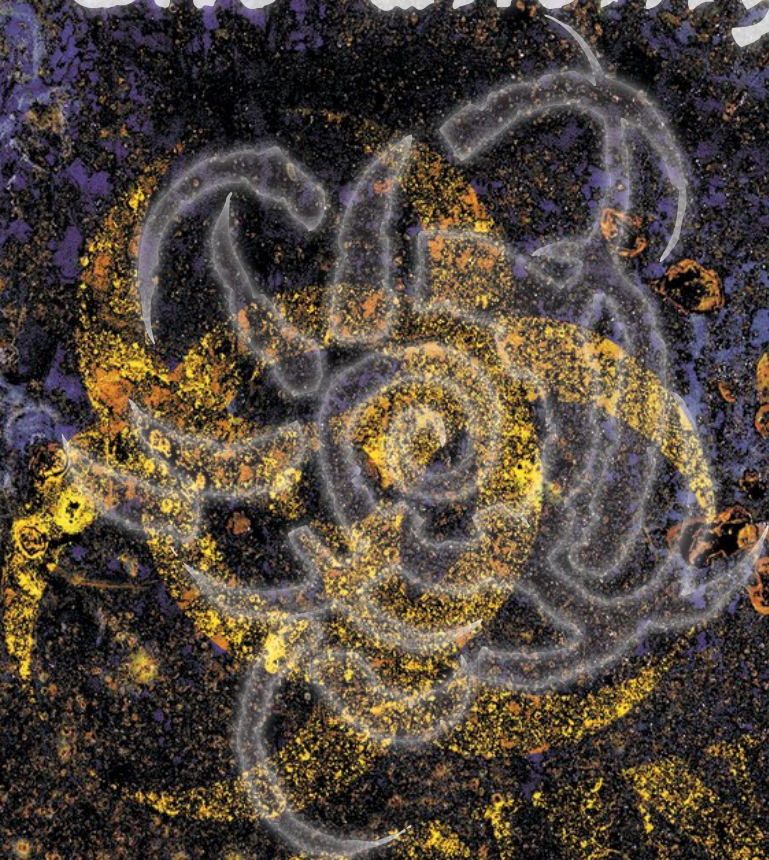
Method

- 1) Put the sugar and water in a small pan over a medium heat. Swirl the pan occasionally until boiling. Keep cooking as it browns, until you have a light-blond caramel (about 5 minutes).
- 2) Blitz the blackberries in a food processor until well processed. Pass through a sieve to recover the juice. Discard the pulp and seeds.
- 3) Add the vinegar to the caramel all at once. Mind your nose, as boiling vinegar is very painful even in Homid. Cook until the sugar is re-dissolved, about three minutes, then add the blackberry juice and thyme. Season, and cook until syrupy in texture, then remove from the heat.
- 4) Heat the oil in a heavy-based skillet over a high flame. Season the venison steaks, then fry for a couple of minutes on each side for rare, 3 minutes per side for medium, 5 minutes for well done. Remove to a plate and rest for ten minutes.
- 5) In another skillet, melt the butter. Stir-fry the kale until it begins to wilt.
- 6) Slice the venison and plate with the kale. Warm the sauce if needed then pour over the meat.

VARIATIONS

Vegetarian—Replace the venison with a similar weight of beef-less tips or seitan. Season and pan-fry for about five minutes.

The Enemy







BLACK SPIRAL DANCERS

I'm many things—especially if you listen to my packmates—but I'm not stupid. I trust the Black Spiral Dancers about as far as I can spit a live lobster, so if you think I'm going to one of them for a recipe you've got another thing coming. No, this dish is a representation of the temptation of the Wurm. It looks good, tastes great, and leaves a lingering sensation that most people won't expect. And if you're not careful, it's addictive.

The first hit is always free.

Apocalypse Cheesecake

Serves 10-12 slices (will refrigerate for up to a week)

Prep time 2 hours

Cook Time None

Ingredients

Base

15 graham crackers (digestive biscuits)

$\frac{2}{3}$ cup (150g) unsalted butter

2 tbsp clear honey

3 packs popping candy

Topping

17oz (500g) mascarpone cheese

10oz (300g) good quality dark chocolate

$\frac{1}{2}$ cup (100ml) single cream

2 tbsp icing sugar

2 tsp hot chili powder

Method

- 1) Melt the butter gently over a low heat. You want it liquid but not bubbling.
- 2) Put the graham crackers in a ziplock bag and beat them with a rolling pin until they're crumbs.
- 3) Put the crumbs in a mixing bowl, add the honey and butter and mix well. Once it's mixed, leave to cool for about 10 minutes.
- 4) Once cool, mix the popping candy through the base, then transfer it to an 8 inch (20cm) cake tin. Work quickly so that you don't lose too much of the "pop." Press it down with the back of a wooden spoon so that it covers all of the base of the cake tin. Refrigerate for at least 20 minutes.
- 5) While that's refrigerating, melt the chocolate in a small bowl, either over a pan of boiling water or in the microwave.
- 6) In a large bowl, mix the mascarpone, icing sugar, and cream together. Once it's incorporated, add the melted chocolate and mix until the topping is a uniform chocolate brown color.
- 7) Mix through the chili powder, half a teaspoon at a time so that it spreads through the topping.
- 8) Spread the topping over the base, smoothing it off with a spatula. Chill for at least an hour before serving.



Appendix

Seitan

Seitan is a vegan meat-replacement that uses gluten flour and nutritional yeast as a base. Wrapped tightly in foil and baked, or simmered in stock, it takes on a texture and flavor equivalent to meat. If you'd rather not make your own, it's available pre-made and canned in Asian grocery stores.

Seitan

Makes enough for about 8 servings

Ingredients

- 1½ cups (225g) gluten flour/vital wheat gluten
- ¼ cup (30g) nutritional yeast
- 1 tsp salt
- 2 tsp paprika
- ½ tsp cinnamon
- ½ tsp cumin
- 2 tsp ground pepper
- ¼ tsp cayenne pepper
- ¼ tsp allspice
- ¾ cup (180ml) water
- 4 tbsp tomato paste
- 1 tbsp tomato ketchup
- 2 tbsp olive oil
- 2 tbsp soy sauce
- 2 cloves garlic

Method

- 1) Preheat the oven to 325°F/160°C
- 2) Mix the dry ingredients together in a large bowl and make a well in the center.
- 3) In another bowl, whisk together the liquid ingredients.
- 4) Add the liquid ingredients to the well, and combine into dough. Turn out onto a work surface and knead for five minutes
- 5) Shape into a 6 inch (15cm) cylinder and wrap tightly in foil, twisting the ends. Bake for 90 minutes.
- 6) Unwrap and leave to cool on a wire rack
- 7) Cut slices to use as required. The seitan can be refrigerated for about a week.

20TH ANNIVERSARY EDITION WEREWOLF THE APOCALYPSE COOKBOOK

The Tribes of Garou

Every werewolf tribe has its traditions, legends, and customs. From the tales of lordly Silver Fangs to the debased Black Spiral Dancers, and from the isolated Siberakh to the long-dead White Howlers, those legends live on. Part of that culture comes across through each tribe's attitude towards food.

One Meal at a Time

This book is a first for the World of Darkness, providing both extra background details on each tribe of Garou and a tasty recipe that's representative of the tribe. Many of them come with variations for feeding those Garou and Kinfolk who hold to vegetarian or vegan diets, or are gluten-intolerant. Storytellers may want to use the W20 Cookbook as an in-character prop, or as inspiration to cook something for their players before the game begins.

The W20 Cookbook contains:

- Twenty recipes for tasty dishes, one for each tribe of the Garou.
- Recipes range from entrees to desserts to snacks to eat on the run.
- Examinations of how each tribe approaches food, and how even the Red Talons can enjoy a cooked meal.

