



ARLOWE'S CULINARY QUEST

A game of dungeon delving and monster cuisine by Carlos and Molly Peredo

1. CHARACTER CREATION

Roll 3 times to determine your descriptor, your cooking specialty, and your dungeon skills. If you roll the same number as someone else, roll again.

DESCRIPTOR

1. Meticulous
2. Brash
3. Proud
4. Superstitious
5. Cautious
6. Distractable

EXPERTISE

1. Forager
2. Butcher
3. Baker
4. Canner
5. Flame Master
6. Improviser

DUNGEON SKILLS

1. **Explorer:** Secrets? Traps? Tracks? You pick up on the dungeon's secrets before anyone else.
2. **Warrior:** Muscle, might, & instinct. You're the first into danger and the last to back down.
3. **Cleric:** Blessings, prayers, & cures. You mend wounds, steady spirits, and shield allies from harm.
4. **Arcanist:** Fire, illusions, & wards. You're always willing to blast foes and bend reality.
5. **Tinkerer:** Tools, gears, springs, and sprockets. With enough scraps, you can build anything...even a plan!
6. **Naturalist:** Beast & Leaf & Mycellium all come naturally to you. The dungeon is an ecosystem, and you understand it.

Give your chef a name. You'd better hope that's your stomach growling...

2. STATS

You have five flavor stats. Assign one of them a bonus of +2 & two of them a bonus of +1. The remaining flavors get no bonus.

Salty: Use Salty when you rely on grit, endurance, or improvised solutions.

Sweet: Use Sweet for charm, empathy, or delicate, careful work.

Sour: Use Sour for agility, clever tricks, or quick, reactive thinking.

Bitter: Use Bitter when caution, focus, or sharp instincts guide your actions.

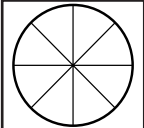
Umami: Use Umami for presence, strength, or the deeper mastery of a task.


NAME _____

DESCRIPTOR _____

EXPERTISE _____

DUNGEON SKILL _____

 HUNGER	SALTY	SWEET
SOUR	BITTER	UMAMI



3. THE ADVENTURE

In order to escape the dungeon, you'll have to complete a perilous quest. Roll 1 die to select a random adventure, or choose one that sounds fun.

1. A rare ingredient needed to cure a sick villager lies deep in the dungeon. Retrieve it before time runs out.
2. An ancient recipe tablet has been stolen by a clever monster. Recover it before the knowledge is lost.
3. A powerful monster has disrupted the dungeon's delicate ecosystem. Track it, study it, and restore balance.
4. A dungeon spirit is furious about reckless explorers. Soothe it with an offering made from ingredients it favors.
5. A magical furnace that powers several floors has gone out. Rekindle it with a dish worthy of its flame.
6. Two rival guilds are on the brink of conflict over foraging rights. Cook them a feast to negotiate peace.



4. TAKING ACTIONS

When an outcome is uncertain, decide which stat applies. Then roll 2 dice and add that stat's bonus to the total.

On a roll of 10+, you achieve it just the way you hoped.

On a roll of 7–9, you manage it, with a cost or complication. Mark 1 point of hunger.

On a roll of 6–, mark 2 points of hunger and prepare for trouble.

5. THE END

The game ends if you accomplish your goal and complete your dungeon quest, securing the ingredients, answers, or allies you came for. Talk about heroes!

Working against you is your rising Hunger, which grows each time danger strikes or a plan goes awry. If the party becomes too hungry to press on, the game ends early. You're forced to retreat, and the dungeon's mysteries remain unsolved.



STORYTELLER'S GUIDE



for Arlowe's Culinary Quest

GUIDING PRINCIPLES

This game is about an unlikely group of adventurers who brave the dungeon in the hopes of filling their bellies and their coffers. Your goal as a guide is to highlight the mysteries and challenges woven into its dangerous depths. Your goal as a storyteller is to build an emotional connection between the characters and the world they explore. The game's mechanics are designed to help you with this.

Remember: good stories (1) establish the stakes; (2) build to a thrilling climax; and (3) illustrate how things change.

THE CORE LOOP

1. The storyteller describes the scene and presents a problem, challenge, or complication
2. The players describe how they react (and roll dice if the outcome is in question)
3. The storyteller narrates the outcome of the players' actions and rolls
4. The Core Loop begins anew

Where possible, the game should be a back-and-forth conversation between the storyteller and the players using the steps listed above.

Neither side gets to interrupt the other: players can't act before the scene has been set, and the storyteller can't change the scene in response to players' plans.

Take turns using the Core Loop to advance the story towards a climax, and then see where the fiction takes you!

GETTING STARTED

To set the scene, you can narrate using an introduction like the one below.

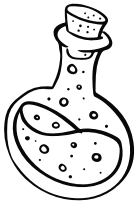
As the torchlight flickers against ancient stone, a band of adventurers gathers at the dungeon's entrance to prepare for the task ahead. [Ask each player to introduce their character]

"The stakes have never been higher. The dungeon grows more dangerous each day, and only you can face its depths. The fate of your quest—and your rumbling stomachs—rests on your shoulders..."

What would you like to do?"

Once you've set the scene, let the players use their imagination. Follow the core loop to keep the story progressing towards a climax. When the story calls for it, present obstacles or complications (use the Additional Tables sheet for inspiration).





ADDITIONAL TABLES

for Arlowe's Culinary Quest



THE DUNGEON

Roll a die to determine what makes this dungeon special:

1. The dungeon is **alive**
2. Home to endangered flora or fauna
3. Experiences magical weather
4. Ruins of a collapsed civilization
5. Partially in an undersea volcano
6. Cursed by a mad warrior-poet

TWISTS

When you need a problem, challenge, or complication, use this list for inspiration:

1. You've been spotted! A dungeon creature takes sudden interest in you.
2. Your stomach growls loudly, giving away your position or breaking your focus.
3. A rival adventurer wants the same ingredients and is getting in your way.
4. A monster reacts strangely—it's territorial, protective, or oddly affectionate.
5. A magical hazard flares up: shifting floors, stray enchantments, or wild weather.
6. You trigger part of the dungeon's ecosystem—a chain reaction follows.

HUNGER

As Hunger rises, the dungeon grows bolder. Roll a die when tension escalates:

1. Creatures become more active
2. Paths narrow or shift unexpectedly
3. Ingredients grow more volatile
4. Hazards intensify
5. Your senses become dulled
6. A new threat stirs further in

DEADLY ECOSYSTEM

If you need to up the tension, roll for or choose an ecosystem encounter:

1. Carnivorous vines
2. Spore clouds
3. Burrowing predators
4. Mimics!
5. Territorial beasts
6. Ambush predators (plant/animal/fungi)

