A MOD FOR SAILWIND

The Vittling Book

Or, the Ship's Cook's Companion: of the Galley, the Oven and the Mill, of Provisions Fresh and Kept, and of Receipts for the Sea



Illustrated with Copper-Plates

MMXXVI

THE VITTLING BOOK:

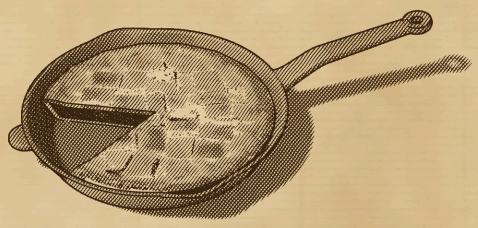
OR, THE

Ship's Cook's Companion.

CONTAINING

Plain and easy Directions for the GALLEY and the HEARTH: How to grind Grain at the Mill, to knead Dough, and to bake Bread, Pies and Puddings in the Oven; to salt BEEF, to keep HENS and their Eggs, and to put up Provisions in Jars against a long Voyage.

WITH RECEIPTS for Sea Pie, Dandyfunk, Plum Duff, Figgy Dowdy, Pease Pudding, Pilaf, Khichri, and many others.
The Whole illustrated with COPPER-PLATES.



Being the MANUAL to the VITTLES Mod for SAILWIND.

By DIXIECAPT, with M.I.D.N.

Printed for the AUTHOR, and sold at the Sign of the Skillet, near the Harbour.

MMXXVI.

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Sailwind is the work of Raw Lion Workshop. Vittles is an unofficial modification and is not affiliated with them.

CHAPTER THE FIRST

Welcome

with what Vittles adds, and what it needs

VITTLES IS BY

DIXIECAPT with M.I.D.N

M.I.D.N ran five full playtests, Playtest 1 to Playtest 5, through November 2026. His heavy-duty testing shaped this mod, and the credit for it is shared with him.

VITTLES TURNS YOUR SHIP'S GALLEY INTO A working kitchen. You can fry, grill, stew, bake, mill, pickle and salt down meat, and every dish you make feeds you better than raw food.

This book is the long version of the Victualling Book you carry in game. It covers the same rules, with more detail, worked recipes and step-by-step methods.

§ 1. What Vittles adds

KIND	WHAT YOU GET
Pans and bowls	A cast-iron skillet, a wok, a baking sheet, and wooden, metal and porcelain bowls
Cooking	Stir-fry, grilling in a pan, cold mixes, soups made with drink, porridge, rice, bread, pies and puddings
Named dishes	Pease soup, lobscouse, ship's chowder, bubble and squeak, sea pie, plum duff and more, each with a bonus

KIND	WHAT YOU GET
New foods	Cabbage, dried peas, limes, sea biscuit, beef, eggs, rice, spices and coconuts
Mills	Grain mills in ten towns that grind oatmeal, flour, rice and spices
Keeping food	Preserving jars, sauerkraut, casks of salt pork and salt beef, nailed-shut crates
Livestock	A chicken coop with three hens that lay eggs
Grog	The navy's drink, mixed in a mug, bottle, bucket, barrel or pot
The Victualling Book	An in-game book with your provisions aboard, the cooking guide and your own cook's log

§ 2. What you need

- Sailwind with BepInEx, the usual mod loader.
- Better Stoves, the companion mod. Its ovens do the baking, and Vittles needs it to run.

This book is written for the early beta: Vittles 1.0.64 with Better Stoves 1.0.20.

§ 3. How to use this Book

Read Getting started first, then cook your first meal. Dip into the cooking chapters as you need them; each one stands on its own.

Where a number can be changed in the F1 settings, this book gives the number the mod starts with. The Settings reference near the end lists every setting.

CHAPTER THE SECOND

Of Getting Started

the Installing and Updating, and your First Meal

INSTALL VITTLES WITH A MOD MANAGER AND IT brings Better Stoves and BepInEx along with it. Then buy a skillet and a bowl, and cook your first stir-fry.

§ 1. Of Installing with a Mod Manager

1. Open Thunderstore or r2modman and choose Sailwind.
2. Find Vittles and install it.
3. The manager also installs Better Stoves and BepInExPack, because Vittles depends on them.
4. Start the game from the mod manager.

§ 2. Of Installing by Hand

1. Install BepInEx 5 for Sailwind, if you have not already, and run the game once so it makes its folders.
2. In your Sailwind folder, open BepInEx\plugins.
3. Make a folder named Vittles. Put Vittles.dll and the vittles bundle file in it, side by side.
4. Make a folder named BetterStoves. Put BetterStoves.dll and its four bundle files in it: tinystove, galleyrange, cabinstove and hearthstoves.
5. Start the game.

Keep each bundle file next to its own DLL. The bundles hold the models and pictures; without them the items cannot be made.

§ 3. Of Updating

1. Quit the game.
2. Update through your mod manager, or copy the new files over the old ones in the same folders.
3. Update Vittles and Better Stoves together when both have a new version.

Your F1 settings are kept in BepInEx's config folder, so an update leaves them as you set them.

§ 4. Of Checking that it Loaded

Press F1 in game. You should see a Vittles section and a Better Stoves section. If one is missing, check that its DLL and bundle files sit together in BepInEx\plugins.

§ 5. Where to buy your Pans and Bowls

ITEM	WHERE IT IS SOLD	PRICE BEFORE THE PORT'S RATE
Skillet	Beside the pots, in every shop that sells pots (not Emerald)	250
Wok	Beside the pots in Emerald's shops, in place of the skillet	Same as the pot beside it
Wooden bowl	Beside the mugs, in Al'Ankh	30
Metal bowl	Beside the mugs, in Aestrin	30
Porcelain bowl	Beside the mugs, in Emerald	30
Baking sheet	Beside the skillets (and the wok)	250 (priced like the skillet)

At Fort Aestrin, Dragon Cliffs and Gold Rock the pan, bowl and baking sheet have their own places on the kitchenware tables.

YOUR FIRST MEAL: A STIR-FRY

IN A SKILLET OR WOK · ON A LIT STOVE

You need a skillet (or wok), a knife, a bowl, a table, a lit stove and some food. Pork and potato make a good start.

I. Lay your food on a table and cut it with the knife into slices.

II. Put the slices into the skillet.

III. Set the skillet on an eye of a lit stove.

IV. Watch it cook. Look at the pan to see how far done it is.

V. When it is done, take the bowl in your hand and click the pan. The bowl takes 3 bites.

VI. Eat with the use key, a bite at a time, as you drink from a mug.

VII. Take the pan off the fire before it burns.

Want to know what you made? Hold Left Alt and press use on the pan with an empty hand. The Victualling Book opens at that dish's page.

CHAPTER THE THIRD

Of Pans, Pots and Bowls

with Soup, the Stir-fry, the Grill and the Cold Mix

A POT MAKES SOUP, A SKILLET OR WOK FRIES AND grills, and a bowl serves both. Cooked food feeds far more than raw, and raw meat feeds little.

Food cooks on a lit stove. Set it on a hot place, or put it in a pot or pan on the stove. Leave it too long and it burns.

§ 1. Of your Galley Kit

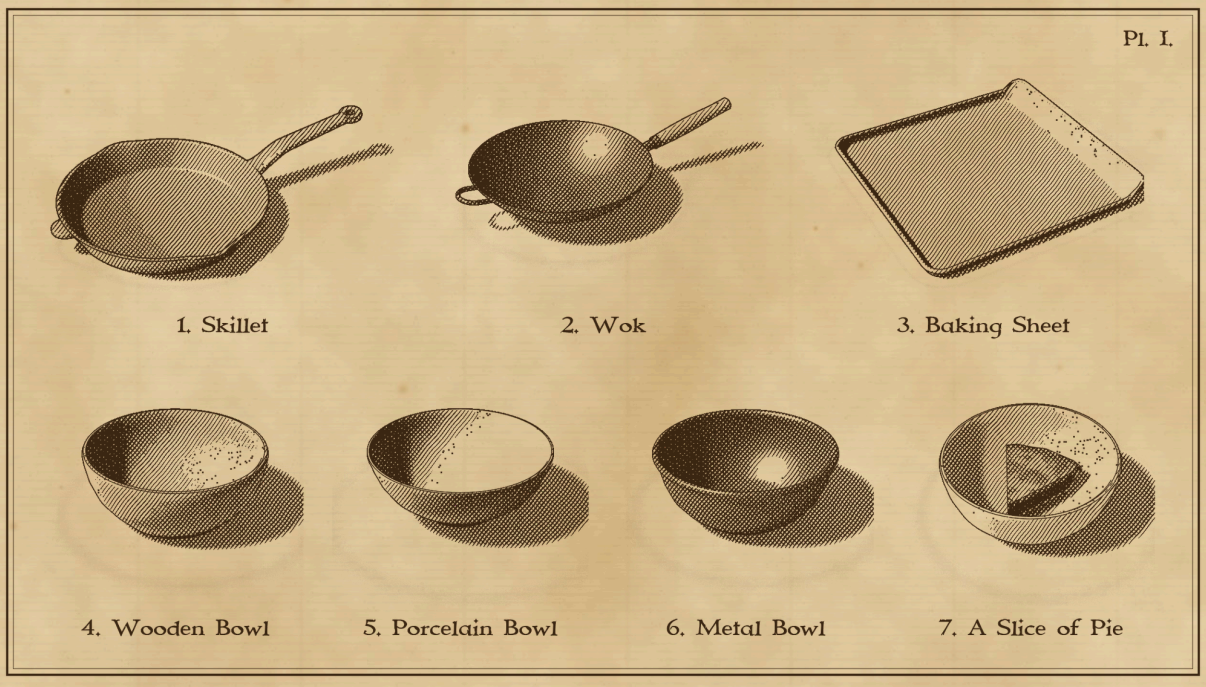

PLATE I. Of Pans and Bowls: the skillet, the wok and the baking sheet; the wooden, porcelain and metal bowls, and a slice of pie served in a bowl.

The skillet, wok, bowls, baking sheet and the slice of sea pie are the Vittles models.

ITEM	WHAT IT DOES	HOLDS
Skillet	Fries a stir-fry, grills one whole piece, mixes cold, bakes in an oven	50 energy of cut food
Wok	The same as a skillet; Emerald sells it in place of the skillet	50 energy of cut food
Baking sheet	Carries dough into the oven	One ball of dough, two halves or four small pieces
Pot (the game's)	Soup, porridge, rice, cold mixes, soaking salt meat	10 units of water; each unit carries 6 food
Big pot (the game's)	The same, twice the size	20 units of water
Copper boiler (Better Stoves)	Big soups in a stove's well	30 units of water
Bowl	Serves 3 bites of stir-fry or 3 sips of soup	3 bites or sips
Mug (the game's)	Takes soup from a pot and keeps it hot longest	A mugful

A pot, a skillet and a wok sit on any stove eye. The stoves of Better Stoves take them too. The Brodie, the Brick Galley and the Camboose have wells for copper boilers.

TO MAKE SOUP IN A POT

I. Fill the pot with water first: pour from a bottle, barrel or bucket.

II. Put food in, whole or cut. A unit of water carries 6 of food.

III. Set the pot on a lit stove and let it cook.

IV. Drink it a sip at a time from the pot, or serve it into a mug or bowl.

Cooked soup feeds up to 1.25 times its food. To drink from the pot itself, hold the use key with the pot in your hand. Tip the pot with the mouse

wheel, as you would a bucket, and it pours out instead.

Beer, cider, wine, mead and rice beer can stand in for water. See Drinks in the cooking under Foods and drinks.

OF THE SKILLET AND THE WOK: TO STIR-FRY

I. Cut food on a table with a knife.

II. Put the slices into a skillet or wok.

III. Set the pan on a hot stove.

IV. When it is cooked, hold a bowl and click the pan to serve.

Any food that cuts and goes into soup goes into a stir-fry. Peas go in by the pile, cabbage by the wedge, sea biscuit as crumbles, and lime as juice.

A cooked stir-fry feeds up to 1.3 times its food, more than soup. It gives no water, and salted food keeps its thirst.

Left on the fire, a stir-fry stays good for half as long again as it took to cook. Then it burns away to nothing over another quarter of that time.

TO GRILL IN A PAN

I. Put one whole piece, such as a fish or a cut of meat, into an empty skillet or wok.

II. Set the pan on the fire. The piece grills there as it would on a bare stove top.

III. Click the pan with an empty hand to take the piece out.

§ 2. Of Cold Mixes

A skillet or wok that has never been on the fire is a mixing bowl. So is a pot with no water in it, off the fire.

I. Put slices in cold.

II. Serve them into bowls.

A cold mix has no cooking bonus, but a named cold dish earns its own (see Recipes and named dishes). A pan still hot from the fire turns any mix into a stir-fry, so let it cool first.

A preserver makes a cold mix keep twice as long: lime, salt (salted food), cider or spices. A named cold dish needs one.

Set a cold mix on the fire and it warms. In a pan it becomes a stir-fry; in a pot it becomes a warm mix, with no soup or stir-fry bonus. Pour water in and it is soup.

§ 3. Of Serving and Eating

- A bowl takes 3 bites of stir-fry or 3 sips of soup, never both, and nothing else.
- Hold the bowl and click the pan or pot to fill it.
- Eat with the use key, as you drink from a mug. A bowl of food says eat; a bowl of soup says drink.
- A bite comes every couple of seconds, as the game eats a piece of food. Soup is sipped faster.
- A bowl of food in your hand never spills, however you hold it. A bowl of soup spills only when tipped nearly over.
- A mug takes soup from a pot too, but never stir-fry.

§ 4. Of Tipping Out

Hold the use key with a skillet or wok in your hand, or turn it over, to tip out what is in it. The game asks first; do it again within 6 seconds and it tips.

§ 5. Of Cooling and Spoiling

Food goes off with time, and faster warm than cold. Rotten food does you harm.

WHERE THE FOOD IS	HOW IT KEEPS
On a hot fire	Does not go off
In a pot, pan, bowl or mug while still hot	Does not go off
Pot or pan off the fire	Stops steaming in about 4 real minutes, then cools and starts to go off
Bowl off the fire	Stops steaming sooner than a pot
Mug of soup	Keeps hot four times as long as a pot or bowl
Asleep	Dishes cool as fast as the clock runs, so a dish left out overnight is cold by morning

The 4 minutes is an F1 setting, Cooling > Minutes to stop steaming, from 1 to 10.

§ 6. Of Looking at a Pan

Look at a skillet, wok or baking sheet on a stove, gridiron or in an oven to see how far it has cooked:

- a bold percentage: 100% done, 125% burning, 150% burnt;
- a thin cooking bar: yellow while raw, green when done, red when burning;
- a thin blue bar for freshness.

If you have the Cooked Info mod, its settings rule this readout. Without it, four F1 switches under Cooking readout do.



CHAPTER THE FOURTH

Of Foods and Drinks

the New Provisions, Grog, and Drink in the Cooking

VITTLES STOCKS THE SHOPS WITH THE FOODS sailors lived on: cabbage, dried peas, limes, sea biscuit and beef. The mills, the hens and your own oven make the rest.

§ 1. Of the New Foods

FOOD	WHERE YOU GET IT	THE KNIFE CUTS IT INTO	GOOD FOR	KEEPS
Cabbage	Beside the carrots	4 wedges	Vitamins; good raw, in soup, stir-fry and sauerkraut	Like a cucumber
Dried peas (a small sack)	Beside the carrots	6 piles	Protein; best cooked, in pease soup and puddings; hen feed	Six times as long as a potato
Lime	Beside the oranges	6 slices	Vitamins, as an orange; grog, ceviche, preserving a cold mix	Like an orange
Sea biscuit	Beside the bread	4 crumbles	Lobscouse, chowder, cracker hash, dandyfunk; hen feed	Never spoils
Beef	Every butcher	4 slices	Protein 50; feeds little raw, a great deal cooked	About 30 hours raw
Egg	Your own hens	Needs no knife	Scrambled eggs, salmagundi, sea pie	Three weeks
Coconut	Grind a crate of coconuts at a mill	4 hunks of flesh	Four sips of coconut water, then the flesh; congee	Two months whole, a day once opened

FOOD	WHERE YOU GET IT	THE KNIFE CUTS IT INTO	GOOD FOR	KEEPS
Oatmeal, flour, rice	A mill, from grain or rice	Poured from the sack	Porridge, dough, rice dishes	See Mills, flour and dough
Spices	A mill, from spices or saffron	Poured a pinch at a time	Any dish; preserves a cold mix	

All the cut pieces go into soup and stir-fry. Cutting shares the whole food out among its pieces, so you neither gain nor lose by it.

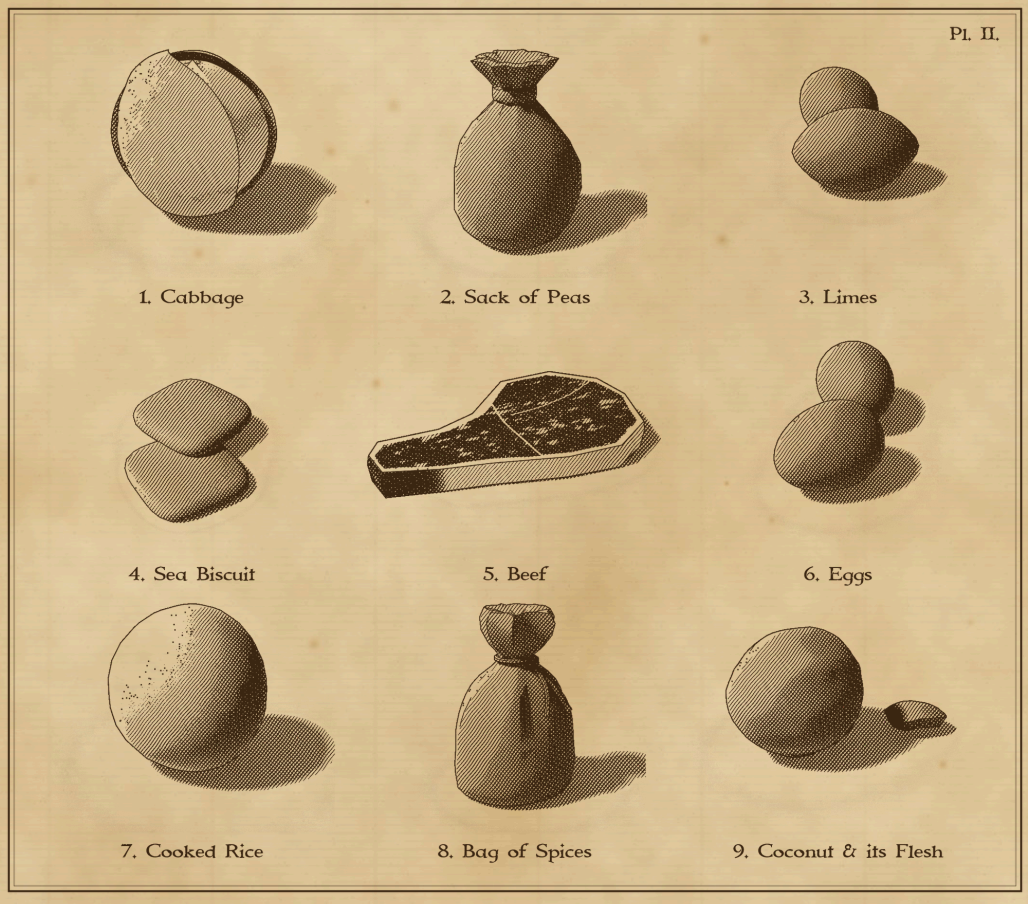

PLATE II. Of the New Provisions: cabbage, a sack of peas, limes, sea biscuit, beef, eggs, cooked rice, a bag of spices, and a coconut with its flesh.

The cabbage is Dixiecapt's model (Sailwind Farming); the sack of peas, the lime and the sea biscuit are made in code; the beef is the game's lamb chop, re-mapped; the egg, coconut, spice bag and cooked rice are the Vittles models.

OF CUTTING ON THE TABLE

I. Lay the food on a table.

II. Hold the knife and cut it.

III. Pick up the pieces and put them in your pot or pan.

A whole sea biscuit is crumbled first before it goes into a dish.

OF THE COCONUT

I. Hold the coconut to your mouth to drink its water: four sips, each like a sip of water with a little vitamin.

II. Once opened, it keeps a day.

III. Cut it with the knife into four hunks of flesh to eat or cook.

A coconut that has gone off does you harm.

§ 2. Of Grog

Grog is the navy's drink: one part rum to three of water, with lime. A sip quenches thirst nearly as well as water, gives a vitamin, and carries a quarter of rum's drink.

WHERE YOU MIX IT	HOW
Mug, bottle or bucket	Pour rum into water: that is watered rum. Add a slice of lime: that is grog.
Barrel	Pour rum into the water, then add a whole lime.
Pot	Fill it three-quarters with water, add rum, then a slice of lime for every ten units.

The Victualling Book calls it watered rum until the lime is in. A pot of grog keeps.

§ 3. Of Drinks in the Cooking

Wine, coconut wine, mead, honey beer, rice beer and cider can all go into a pot, alone or with water.

I. Hold a bottle of the drink and click the pot. Or hold the pot and click a barrel of the drink.

II. It goes in as the soup's liquid.

III. Add your food and cook as usual.

- A raw soup made with drink carries the drink's spirit when sipped from the pot. It cooks off as the soup cooks.
- A pot of drink alone is named for its drink. A sip gives the drink's own thirst and spirit, not water's.
- A splash of up to a mugful goes into a stir-fry and sizzles away. It never turns the stir-fry into soup.
- A drink in the dish gives +0.05 on its bonus, for the flavour.

§ 4. Of Soup in a Mug

Click an empty mug or bottle on any pot of soup and it takes a mugful of hot soup. It steams, and keeps hot four times as long as a pot. Once cool it goes off at the soup's own rate, and rotten soup does you harm.

CHAPTER THE FIFTH

Of Recipes and Named Dishes

with the Bonuses, and the Cook's Log

THERE ARE TWENTY-ONE NAMED DISHES, FROM PEASE soup to plum duff. Make one the right way and it feeds you more than a plain mix of the same food.

§ 1. How a Mix becomes a Named Dish

A mix is a named dish when all three of these are true:

1. Every food the dish needs is in it.
2. The dish's own foods make up half the mix or more.
3. It is made the dish's way: in a pot, in a pan on the fire, cold, baked in the oven, or sealed in a jar.

A named cold dish also needs a preserver: lime, salt, cider or spices. If a mix fits two dishes, it is the one more of it belongs to.

§ 2. Of the Bonuses

Every cooked dish multiplies its food, protein and vitamins. Named, hearty and flavoured dishes add a little more on top.

WHAT	BONUS
Soup, fully cooked	Up to 1.25 times its food
Stir-fry, fully cooked	Up to 1.3 times its food
Plain cooked food	1 times (no bonus)
Cold mix	No cooking bonus

WHAT	BONUS
A named dish	+0.1
A hearty mix: a meat or fish, a starch, and a vegetable or fruit	+0.05
A drink in it: beer, cider or wine in a soup, a splash in a stir-fry	+0.05

Cooked dishes earn the extra as they cook. A cold mix has it at once, except ceviche, which waits for the lime to cure the fish.

What counts as what. Starches are potato, sweet potato, bread, baguette, bun, sea biscuit, rice, oatmeal, flour, dough and rice cake. Vegetables are carrot, cucumber, cabbage, peas and mushrooms. Fruits are apple, banana, orange, lime, mango, dates, figs and coconut.

§ 3. Of Soups
(IN A POT)

Fill the pot with water first (or beer, cider or wine), add the food, and cook it on the fire.

DISH	MUST HAVE	ALSO ITS OWN	COOK'S NOTES
Pease soup	Peas, pork		Salted pork is the sailor's way; water or beer
Lobscouse	Pork or lamb, sea biscuit, potato	Carrot	Salted pork or lamb
Ship's chowder	Any fish, sea biscuit, potato		
Burgoo	Oatmeal		Thick: a unit of oatmeal to two of water or less

DISH	MUST HAVE	ALSO ITS OWN	COOK'S NOTES
Skillygalee	Oatmeal		Thin: more than two of water to a unit of oatmeal, or made with cider
Congee	Rice, any fish, coconut		Cook the rice first, then drop the ball of cooked rice in

The sack pours oatmeal two units at a time. Three pours into a pot of ten water make burgoo; one pour makes skillygalee.

§ 4. Of Stir-fries

(IN A SKILLET OR WOK, ON THE FIRE)

Cut the food on a table, put the slices in the pan, and set it on the fire. Take it off when it is cooked, before it burns.

DISH	MUST HAVE	ALSO ITS OWN	COOK'S NOTES
Bubble and squeak	Pork, cabbage		Cabbage goes in by the wedge
Cracker hash	Sea biscuit, pork or sausage		Sea biscuit as crumbles
Fried fish	Any fish, flour		Fish slices and a pour of flour
Pilaf	Rice, lamb, dates, spices		Dates go in whole; a pinch of spices is enough
Khichri	Rice, peas, spices		A pile of peas and a pinch of spices
Scrambled eggs	Eggs, at least two		Crack them straight in; cut food can join them

In a soup or stir-fry, a ball of cooked rice counts as rice.

§ 5. Of Cold Dishes

(IN A PAN NEVER PUT ON THE FIRE, OR A DRY POT)

Put the slices together cold and serve into bowls. A named cold dish must have a preserver in it.

DISH	MUST HAVE	ALSO ITS OWN	COOK'S NOTES
Salmagundi	Any meat or fish, cheese, cucumber or cabbage	Eggs	Smoked meat is the old way; add lime, salt or cider
Ceviche	Raw fish, lime	Cucumber	The lime cures the fish in about an hour, in the pan, a bowl or a jar; its name shows *(curing 40%)* until done; then it feeds as if cooked

For ceviche, the lime must be at least a tenth of the fish's food.

§ 6. Of Baked Dishes

(IN A SKILLET, IN THE OVEN)

Put the filling in a skillet and the skillet in an oven. Serve it into bowls, a slice at a time. See Baking for the ovens.

DISH	MUST HAVE	ALSO ITS OWN	WHAT IT LOOKS LIKE
Dandyfunk	Sea biscuit crumbles, meat		A pie topped with crumbled sea biscuit
Sea pie	Meat, peas, dough	Eggs	A golden lattice crust with a crimped rim
Shepherd's pie	Meat, potato	Peas, carrot	A mashed-potato top in a crimped crust
Figgy dowdy	Dates, dough	Spices	A round pudding; dates go in whole

DISH	MUST HAVE	ALSO ITS OWN	WHAT IT LOOKS LIKE
Plum duff	Any fruit except lime, dough	Spices	A round pudding
Pease pudding	Flour, peas, pork		A round pudding; salted pork

§ 7. Of Preserved Dishes

(IN A JAR)

DISH	MUST HAVE	COOK'S NOTES
Sauerkraut	Cabbage, with salt	Cabbage wedges in water with salt, sealed in a jar three days. See Keeping food.

§ 8. Of your Own Dishes

Any mix you like will cook. It earns the soup or stir-fry bonus, plus the hearty and flavour bonuses if it has them. Only the named-dish +0.1 needs a recipe from the tables above.

A bake of your own takes its look from what is in it. With dough it is a pie; with potato and no dough, a potato-topped pie; otherwise a pudding.

§ 9. Of Minding your Vittles

Hold Left Alt and press use on a pot, a boiler, a pan or a bowl, with nothing in your hand. The Victualling Book opens at a page for that dish.

The page tells you:

- what the dish is, and what went in;
- how cooked and how fresh it is, and how long it keeps before it is rotten;
- what it gives for hunger, protein, vitamins and thirst;

- which bonuses it has earned, and what it still lacks (a cold mix without a preserver, say).

The vittles key can be changed in F1, under Mind Vittles.

§ 10. Of the Cook's Log

Your book starts with every named dish already written in. You can add your own recipes to it.

I. Mind the dish (Left Alt and use).

II. On its page, choose to write it into the book.

III. Type its name, then choose Keep this name, or press Enter.

The kept page shows the method, what went in and in what shares, and what one bowl gives. If you leave it out, close the book or turn the page, that page is gone; mind the dish again to see it.

To remove a recipe, open its page and delete it. Each save has its own cook's log, and a new game starts a new one.



CHAPTER THE SIXTH

Of Mills, Flour and Dough

with Porridge, Rice and Spices

TEN MILLS STAND IN TOWNS ACROSS THE WORLD, each under its own canvas tent. Bring them grain, rice, spices or coconuts, and they grind them for you.

§ 1. Where the Mills stand

MILL	ISLAND
Fort Aestrin	Fort Aestrin
Mount Malefic	Mount Malefic
Happy Bay	Happy Bay
Dragon Cliffs	Dragon Cliffs
Fire Fish Town	Fire Fish Town, by the lagoon temple
Fey Valley	Fey Valley
Gold Rock City	Gold Rock
Oasis	Al'Ankh's Oasis
Saffron	Saffron
Chronos	Chronos

Each mill is a stone basin with a millstone and a wooden beam, under a canvas tent with sacks of flour and oatmeal around it. The sacks there are for show; you cannot take them.

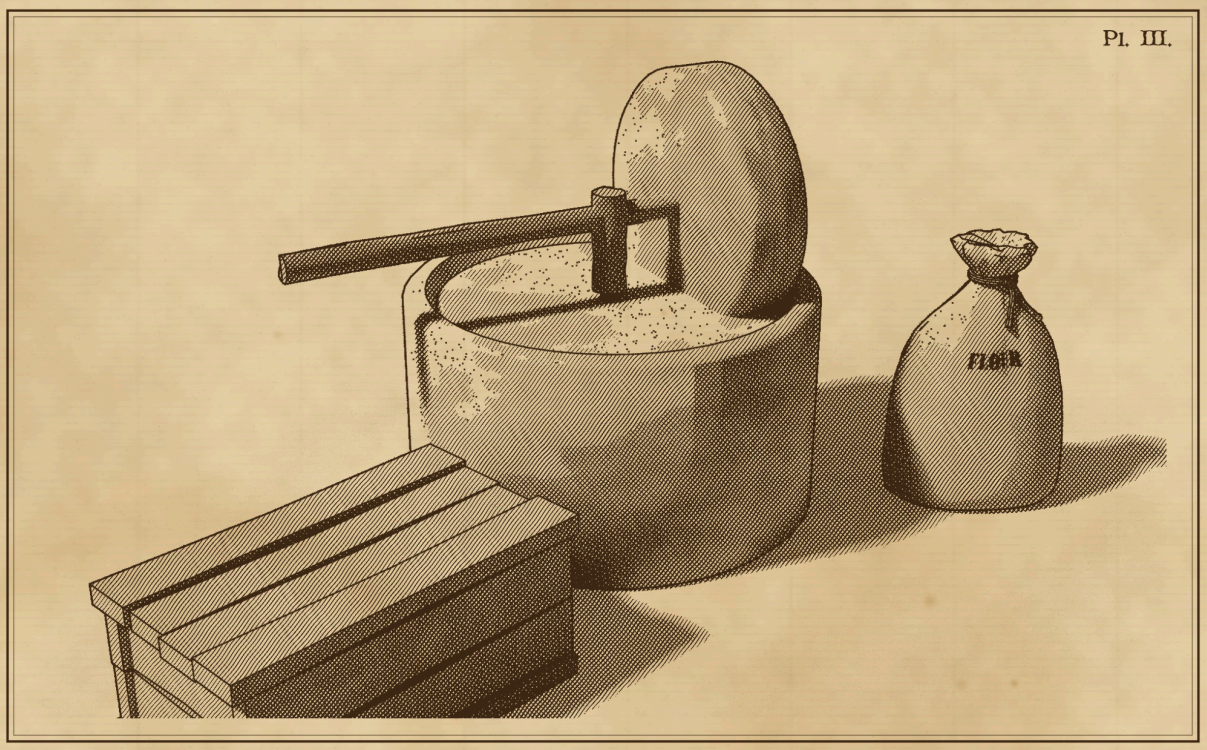

PLATE III. The Mill, with a Sack of Flour and a Crate of Grain.

The mill by ayhancerci (Sketchfab, CC BY 4.0), its basin and stone turned as Vittles makes them; the flour sack is the Vittles model; the crate is Sailwind's own (Raw Lion Workshop).

OF GRINDING

I. Buy a crate of the goods you want ground.

II. Hold the crate and press use on the mill.

III. The stone and the beam turn, and the sack or bag is set down beside the mill.

BRING	YOU GET
A crate of grain	A sack of oatmeal
A sack of oatmeal	A sack of flour
A crate of rice	A sack of rice
A crate of spices, or of saffron	Two bags of spices
A crate of coconuts	A crate of twelve coconuts to eat

Flour takes two trips to the mill: grain to oatmeal, then oatmeal to flour. The mill refuses anything else and tells you why. If an empty sack lies beside the mill, it is filled first.

§ 2. Of Sacks and Bags

A sack holds 50 units of oatmeal, flour or rice. A spice bag holds 10 pinches. A sack is tied full; once opened and used, it rolls down as it empties, and an empty sack or spice bag is thrown away.

POURING FROM	INTO A POT	INTO A SKILLET OR WOK
A sack of flour or rice	5 units a pour	3 units a pour
A sack of oatmeal	2 units a pour	3 units a pour
A bag of spices	A pinch	A pinch
A bowl	All it holds	All it holds

A bowl scoops up to 3 units from a sack or bag. Nothing dry can be drunk.

TO MAKE PORRIDGE

I. Fill a pot with water.

II. Pour oatmeal in from the sack.

III. Cook it on a lit stove.

Thick porridge is burgoo: three pours into a pot of ten water. Thin gruel is skillygalee: one pour into a pot of ten water, or oatmeal cooked in cider.

TO COOK RICE

I. Fill a pot with plain water. Raw rice cooks only in water of its own.

II. Pour rice in from the sack.

III. Cook it on a lit stove. It takes about 3 real minutes, however much is in the pot.

IV. The pot turns white when it is done. Take out a ball of cooked rice with an empty hand.

Each ball is one unit of rice. A ball of cooked rice breaks up into a stir-fry, dissolves into a soup, or bakes on the baking sheet into a rice cake.

§ 3. Of Spices

Spices pour from their bag a pinch at a time, into any dish. They count towards pilaf, khichri, figgy dowdy and plum duff, and they preserve a cold mix. Spices go into a dish, never into an empty pot: water and food first, or a cold mix.

TO MAKE DOUGH

I. Take a clean, empty pot. Dough is flour and water alone.

II. Pour flour in from the sack. A pale mound shows in the pot.

III. Pour water in. One pour of flour and 4 units of water make one ball of dough.

IV. Take out the balls with an empty hand.

Two pours of flour and a bucket of water make two balls. A full sack makes ten loaves.

§ 4. Of Cutting Dough

CUT	YOU GET	IT BAKES INTO
A ball, uncut	1 ball	A loaf of bread
A ball, cut once	2 halves	2 baguettes
A half, cut again	2 small pieces	2 buns

Each piece feeds by its dough, so four buns feed what one loaf does.

§ 5. Of Salted Dough

Hold the dough and click a salt barrel to salt it. Salted dough keeps longer and feeds 15% less. A salted ball bakes into a salted loaf, a salted half into a salted baguette, and a salted small piece into a sea biscuit.

Raw dough feeds little and keeps two days, so bake it soon.

CHAPTER THE SEVENTH

Of Baking

of Bread, Pies and Puddings, and the Stoves that bake them

BREAD, PIES AND PUDDINGS BAKE IN BETTER STOVES' three big stoves. The Brick Galley and the Camboose bake behind their oven doors; the Brodie bakes everything on its open gridiron.

§ 1. Of the Stoves that Bake

STOVE (BETTER STOVES)	BAKES BREAD	BAKES PIES AND PUDDINGS	HOW
Brodie Galley Range	Yes	Yes	On its open gridiron over the coals. It runs so hot that it needs no oven door.
Brick Galley (c. 1750)	Yes	Yes	In its oven, behind the iron door on the left of the front
Camboose (c. 1780)	Yes	Yes	In its oven, behind the left-hand door
Cabin Stove	No	No	Stove top only
Tiny Ship Stove	No	No	Stove top only
The game's own stoves	No	No	Stove top only

Oven doors open and close from Better Stoves 1.0.16 on. A skillet goes into an oven only when you click it into the open oven; clicking it on the stove top sets it on the eye.

§ 2. What bakes in What

PAN	BREAD DOUGH	PIES AND PUDDINGS	RICE CAKES
Skillet	Yes	Yes	Yes
Baking sheet	Yes	No	Yes
Wok	No: a wok never bakes	No	No

The baking sheet is for an oven or the Brodie's gridiron only. It will not sit on a stove eye.

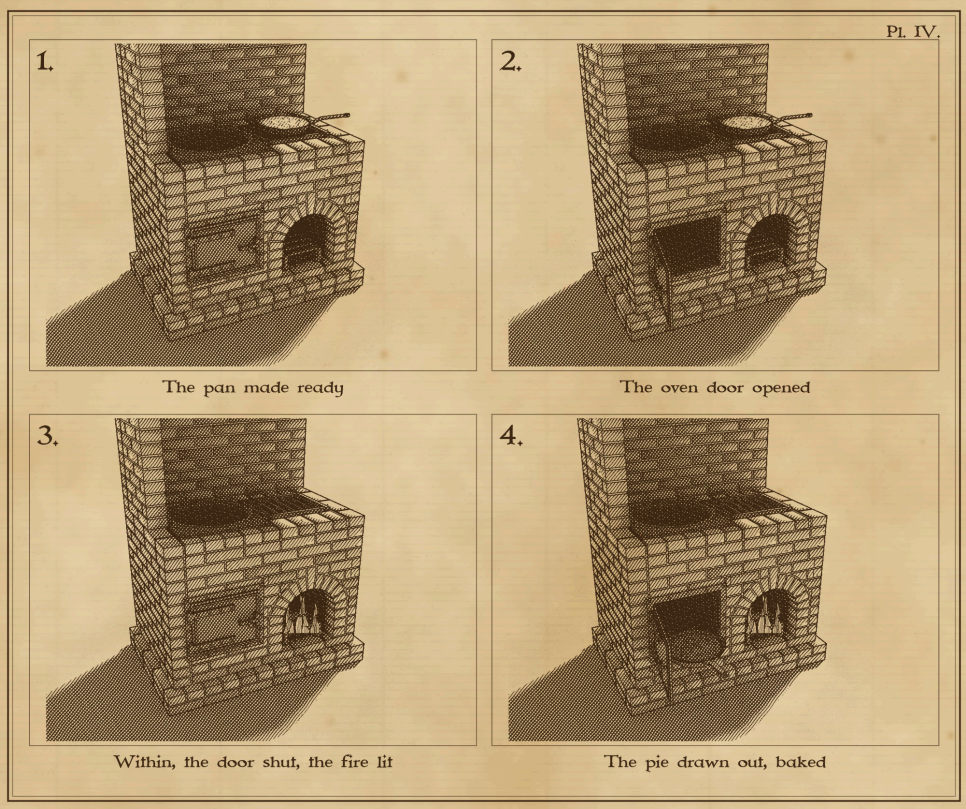

PLATE IV. How to Bake in an Oven: the pan made ready; the oven door opened; the pan within, the door shut and the fire lit; the pie drawn out, baked.

The Brick Galley (Better Stoves); the skillet and the sea pie (Vittles); the logs and flames drawn for the plate.

TO BAKE BREAD

I. Make your dough and cut it as you want it (see Mills, flour and dough).

II. Put the dough in a skillet or on a baking sheet. Each takes one ball, two halves or four small pieces.

III. Light the stove and wait for it to be hot.

IV. Click the oven door to open it, then click the pan into the oven. On the Brodie, set it on the gridiron.

V. Point at the oven door to see how far it has baked.

VI. When it is baked, click the open oven with an empty hand to take the pan out.

VII. Click the pan with an empty hand to take the bread out, one piece at a time.

Bread bakes in about 4 real minutes while the oven is hot. The game tells you when it is baked. Leave it in and it burns after half as long again.

PUT IN	COMES OUT	SALTED, COMES OUT
A ball of dough	A loaf of bread	A salted loaf
Half a ball	A baguette	A salted baguette
A small piece	A bun	A sea biscuit
A ball of cooked rice (baking sheet or skillet)	A rice cake	

Each piece feeds by its dough. Baked bread comes out golden, as the shops sell it, and darkens only if left in. All Vittles bread is drawn at 39% of the game's own size, so a loaf, two baguettes or four buns fit a pan.

Take out dough that has not started baking and it comes back as dough. Once a bake has begun, take it out before adding fresh dough.

TO BAKE A PIE OR A PUDDING

I. Cut the filling on a table and put the slices in a skillet. Add dough, flour, crumbles or peas as the recipe asks.

II. Open the Brick Galley's or Camboose's oven door and click the skillet in, or set it on the Brodie's gridiron.

III. Watch the readout on the pan. Take it out when it reads 100%, before it burns.

IV. Hold a bowl and click the skillet to serve a slice.

Unbaked, a pie's crust is the pale colour of raw dough. Baked, it turns golden; overcooked, it darkens; burnt, it goes dark. Each bowl takes a wedge out of the pie, and the bowl shows the slice.

TO BAKE A SEA PIE

Meat slices, peas and dough, baked in a skillet in the oven. An egg may go in too. It comes out with a golden lattice crust and a crimped rim.

TO BAKE A SHEPHERD'S PIE

Meat slices and potato slices, with peas and carrot if you have them. It comes out with a mashed-potato top in a crimped crust.

TO BAKE DANDYFUNK

Sea biscuit crumbles and meat slices. It comes out as a pie topped with crumbled sea biscuit.

TO BAKE A PLUM DUFF

Fruit slices (any fruit but lime) and dough, with a pinch of spices if you have them. It comes out as a round, dark pudding, domed on top.

TO BAKE A FIGGY DOWDY

Dates, whole, and dough, with spices if you have them. Dates are small, so they go in whole without cutting. It comes out as a round pudding, domed on top.

TO BAKE A PEASE PUDDING

Flour, peas and salted pork. It comes out as a round pudding, domed on top.

§ 3. Of your Own Bakes

Any mix baked in a skillet in the oven is a bake of your own. It takes its look from what is in it:

WHAT IS IN IT	WHAT IT BECOMES
Dough	A pie with a crust
Potato, and no dough	A potato-topped pie
Neither	A pudding

Its filling takes its colour from the foods in it.

CHAPTER THE EIGHTH

Of Keeping Food

of Jars, Crates and Casks, Salt Meat, and Hens

A LONG VOYAGE NEEDS FOOD THAT KEEPS. SEAL dishes in jars, nail crates shut, pack salt meat in casks, and keep hens for fresh eggs.

§ 1. How long Things keep

HOW IT IS KEPT	HOW IT KEEPS
Food on a hot fire, or a dish still hot	Does not go off
Salted food	Keeps longer, but makes you thirsty
Smoked and dried food	Keeps longest of all
A sealed crate, as bought	Never goes off
An opened crate of fruit or mushrooms	Five times as long while it lies in the crate
A crate you nail shut with the hammer	Twenty times as long
A dish in a sealed jar	Twenty times as long
Sauerkraut, sealed	About three months
Sauerkraut, opened	About a month
A sealed cask of salt pork or salt beef	Eighteen months, going by its oldest piece
An opened cask	About a month
A piece of salt meat out of its cask	Ten days
Eggs	Three weeks
Sea biscuit	Never spoils

A crate of smoked fish, meat, cheese or sausage holds smoked food, and it keeps. The Victualling Book tells you how long any dish has before it is rotten.

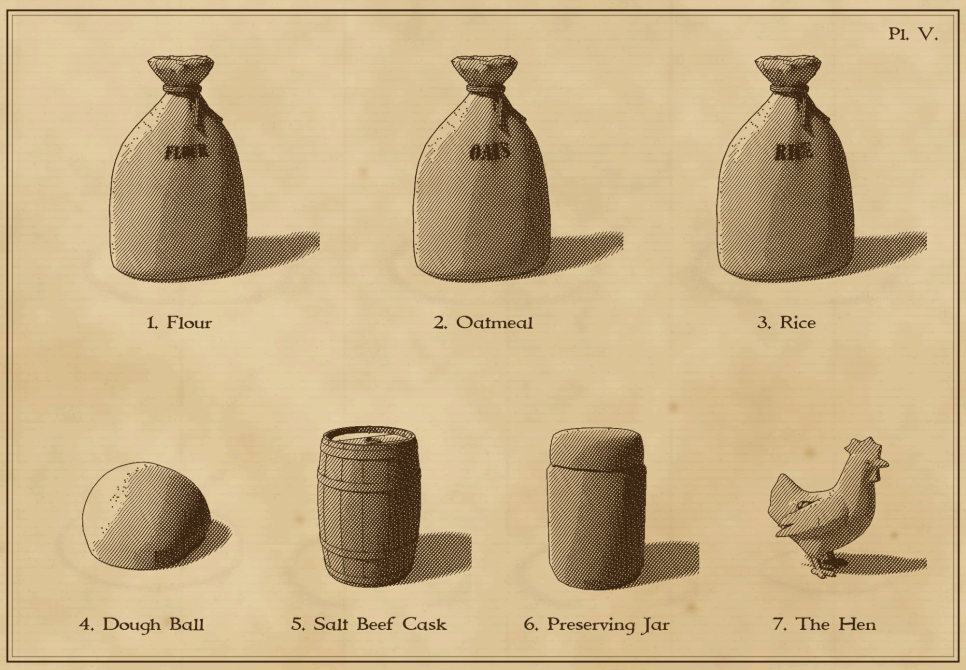

PLATE V. Of Stores and their Keeping: the sacks of flour, oatmeal and rice, the dough ball, the salt beef cask, the preserving jar and the hen.

The sacks, the salt beef cask and the preserving jar are the Vittles models; the dough ball is made in code; the hen by Tiberiu (CGTrader, CC BY 4.0).

§ 2. Of the Preserving Jar

Preserving jars are sold beside the salt barrels. A jar takes one dish: a soup, a stir-fry, a baked dish or a cold mix, never two.

I. Hold the jar and click a pot, a pan or a bowl to fill it.

II. Set a pot of plain water, with no food in it, on a lit stove and bring it to the boil.

III. Hold the jar and click the boiling pot. The jar is sealed with cork and wax.

IV. Sealed, the dish keeps twenty times as long.

V. To open it, hold it to your mouth. The first time, the seal breaks.

VI. Eat from it, or serve it into a bowl, or a mug for soup.

A jar is named for its dish, such as *jar of sea pie*, and you can see the pieces through the glass. It keeps the heat of the dish that filled it: like a pan, it does not go off while it is still hot, and starts to go off once it cools. Seal it before then. If a jar will not seal, it tells you why: the water is not yet boiling, there is too little of it, or the pot has food in it.

Once opened, the dish goes off as any dish does. Bottles need no sealing, since drinks never spoil.

TO PUT UP SAUERKRAUT

I. Cut a cabbage into wedges.

II. Salt the wedges: hold each and click a salt barrel.

III. Put them in a pot of water.

IV. Fill a jar from the pot and seal it in boiling water.

V. Wait three days. The cabbage turns to sauerkraut.

Sauerkraut keeps about three months sealed and a month once opened. It gives steady vitamins.

§ 3. Of Crates nailed Shut

I. Open a crate that holds one kind of food.

II. Hold the hammer and press its key, R, on the crate.

III. It is nailed shut. You need no nails.

Shut, its food keeps twenty times as long and comes out as it went in, not dried. Open it as any crate. A nailed crate sells for its food. Crates of fish are sealed the fisherman's way, with sealing nails.

§ 4. Of Salt Pork and Salt Beef

	SALT PORK	SALT BEEF
Where to buy	Aestrin's butchers only, on the floor beside the table	Aestrin's butchers only
Pieces in a cask	Two dozen	Two dozen
Eaten unsoaked	Yes, with the salt's thirst	No: hard as wood
Cooked unsoaked	Yes	Yes
Soaking time	One day	Two days

It is too hot in Al'Ankh and Emerald to barrel meat, so they smoke it instead. Salt pork costs more than fresh, because it keeps a year and more. The beef cask costs less than the pork.

TO OPEN A CASK

I. Open it as you would a crate. It asks you to break the seal.

II. Its two dozen pieces lie in cubbies, four across and six high.

III. Take out what you need. Out of the cask, a piece keeps ten days.

TO SOAK SALT MEAT

I. Fill a pot with water and keep it off the fire.

II. Click a piece of salt meat on the pot. A pot takes one piece, a big pot three, a copper boiler five.

III. Wait: a day for pork, two days for beef.

IV. The piece is fresh raw meat again, and the water is brine. Tip the brine out.

On a lit stove the piece boils into soup instead. Sailors soaked salt meat in sea water first, then in fresh; some towed it behind the ship on a line.

TO RESEAL A CASK

Hold the hammer and press R on an opened cask. It swings, then seals the cask; it never nails it down. When you open it again it asks to break the seal.

TO SALT DOWN YOUR OWN

I. Salt raw pork or beef: hold it and click a salt barrel.

II. Dry it on the drying rack. It is now cured.

III. Within ten days, pack it into an opened cask through its cubbies.

IV. Reseal the cask with the hammer's R.

Empty Re-Sealable Casks are sold beside the empty crates in every region. A cask takes salted fish too: salt each fish first. Nailed shut again, its fish keep twenty times as long.

§ 5. Of Hens and Eggs

A chicken coop is sold beside the crates of grain. It is furniture, so nail it to the deck. It holds three hens.

I. Feed the hens: hold a bowl of oatmeal, a pile of peas or sea biscuit crumbles, and press use on the coop.

II. Each hen eats once every three days.

III. Fed hens lay an egg a day each, up to twelve waiting in the straw.

IV. Take an egg with an empty hand on the coop.

Unfed hens stop laying, but they never die. The hens spend most of the day on the roost, come down now and then to scratch and peck, and all roost at night.

TO COOK EGGS

Crack eggs straight into a skillet; an egg needs no knife. It goes in as scrambled lumps. Two or more make scrambled eggs, and cut food can join them. Eggs also go into salmagundi and sea pie.

CHAPTER THE NINTH

Of the Victualling Book in Game

the Provisions aboard, the Guide, and the Cook's Log

THE VICTUALLING BOOK IS THE COOK'S BOOK YOU carry in game. It counts the provisions aboard, holds a short cooking guide, and keeps your cook's log.

§ 1. To open the Book

HOW	WHAT IT DOES
The Victualling Book tab in the Tab panel	Opens the book at its first page
Hold Left Alt and press use on a pot, boiler, pan, bowl, jar or coop	Opens the book at that thing's own page
A key of your own	None is set at first; choose one in F1 under Mind Vittles > Victualling Book key

Put down what you are holding before you open it. Tab or Esc closes it.

§ 2. Of the Provisions aboard

The first page counts the water and food on the ship you are on, and in your pockets. Ashore, it tells you that you are not aboard a ship.

- Water: the units aboard, in how many vessels, and about how many days that is for one sailor.
- Other drink and stores: other drinks, and sacks of oatmeal, flour, rice and spices.

- Food: loose pieces, crates and how much is in them, and pots and pans of food.
- Days of food: about how many days the food would feed one sailor.
- Protein and vitamins: the totals aboard.

A sailor needs 72 hunger and about 10 units of water a day, more when working hard. The food is counted as it would be eaten now, so raw meat counts for little until it is cooked. Rotten food and a delivery's cargo are left out.

§ 3. Of the Guide Pages

Twenty short pages carry the rules of Vittles, in brief. This book tells the same things at more length.

GUIDE PAGE	COVERED IN THIS BOOK UNDER
Cooking on a stove, Soup, Stir-fry, Grilling in a pan, Cold mixes, Bowls and mugs	Pans, pots and bowls
Drink in the cooking, Grog, The new foods	Foods and drinks
Named dishes, Mind Vittles	Recipes and named dishes
The mill, Rice, spices, coconuts	Mills, flour and dough
Dough and baking, Puddings and porridge	Baking; Mills, flour and dough
Keeping food, Preserving jars, Salt meat, Salt meat: soaking, keeping, Hens and eggs	Keeping food

§ 4. Of a Dish's own Page

Mind a dish (Left Alt and use) and the book opens at a page for it. It shows what is in it, how cooked and fresh it is, how long it keeps, and what it gives.

The page has two buttons:

- Write it into the book starts a new recipe in your cook's log.
- Leave it out closes the page without keeping it.

§ 5. Of the Cook's Log

The cook's log follows the guide pages, one recipe to a page, numbered. A new book starts with every named dish written in.

I. Mind a dish and choose Write it into the book.

II. Type its name.

III. Choose Keep this name, or press Enter. Esc or Back returns to the page unsaved.

To delete a recipe, open its page and choose Delete this recipe, then click again to be sure. Each save has its own cook's log.



CHAPTER THE TENTH

The Settings Reference

every Setting of Vittles in the F1 Menu

EVERY VITTLES SETTING IS UNDER VITTLES IN THE F1 menu. The numbers below are the ones the mod starts with; most players never need to change them.

§ 1. Skillet and Bowls

SETTING	STARTS AT	WHAT IT DOES
Skillet price	250	What a skillet costs before the port's own rate. 250 is the game's big pot.
Wok price	0	0 means the same as the game's pot beside it. Emerald sells the wok in place of the skillet.
Bowl price	30	What a bowl costs before the port's rate. 30 is the game's mug.
Stir-fry holds	50	How much cut food a skillet takes, in energy (10 to 120). The small pot holds 60.
Stir-fry cook speed	3	How fast a stir-fry cooks, times the speed of soup (0.5 to 10).
Stir-fry bonus	1.3	The most a cooked stir-fry multiplies its food, protein and vitamins by (1 to 2).
Stir-fry burns	On	Off keeps a stir-fry good on the fire for ever.
Grill speed	1	How fast a whole piece grills in a pan, times a bare stove top (0.25 to 4).
Energy a bite	6	How much one bite of a bowl is, in energy (2 to 20). A full pan fills about three bowls.
Slices keep their protein	On	In a stir-fry, slices of cheese, sausage, tuna, firefish, blue bubbler and banana count their share of the whole food's protein.

SETTING	STARTS AT	WHAT IT DOES
Sell skillets beside pots	On	A skillet for sale beside the pots in every shop that sells them; a wok in Emerald.
Sell bowls beside mugs	On	The region's bowl for sale beside the mugs.

§ 2. New Foods for Sale

SETTING	STARTS AT	WHAT IT DOES
Sell peas and cabbage beside carrots	On	A cabbage and a sack of dried peas wherever carrots are sold.
Sell limes beside oranges	On	A lime wherever oranges are sold.
Sell sea biscuits beside bread	On	A sea biscuit wherever bread, baguettes or buns are sold.
Sell the baking sheet, beef, casks, jars and coops	On	The baking sheet, raw beef, the casks, preserving jars and chicken coops in their shops.

§ 3. Baking

SETTING	STARTS AT	WHAT IT DOES
Bake time in minutes	4	Real minutes dough takes to bake in a hot oven or on the Brodie's gridiron (1 to 30). It burns after half as long again.
Rice cook time in minutes	3	Real minutes a pot of rice and water takes to cook on a hot stove (1 to 30).

§ 4. Cooling

SETTING	STARTS AT	WHAT IT DOES
Minutes to stop steaming	4	Real minutes a pot, pan or bowl off the fire takes to stop steaming (1 to 10). A mug of soup keeps hot four times as long.

§ 5. Cooking Readout

These four apply only when the Cooked Info mod is not installed. With Cooked Info, its own settings rule.

SETTING	STARTS AT	WHAT IT DOES
Show the cooking percentage	On	A pan shows how far done it is: up to 100% raw, 100 to 125% done, over 125% burning, 150% burnt.
Show the cooking bar	On	A thin bar under the percentage that fills as the pan cooks.
Show the freshness bar	On	A thin blue bar that empties as the dish goes off.
Colour the readout	On	Yellow while raw, green when done, red when burning; the freshness bar in three blues.

§ 6. Look

SETTING	STARTS AT	WHAT IT DOES
Texture look	Detailed	How Vittles' things are painted. Detailed: our own pictures, as made. Plain: the same pictures, softer and less contrasty. Stock Sailwind: the game's own closest picture for each.

Food, the pies and puddings, the hens, the stencils on the sacks and the book keep their own look in every choice. The change takes effect at once; anything it misses changes on the next load. Sailwind Farming, the Martello Tower and Better Stoves share this setting.

§ 7. Mills

SETTING	STARTS AT	WHAT IT DOES
Mills stand	On	The ten mills stand in their towns. Off takes them away.

§ 8. Mind Vittles

SETTING	STARTS AT	WHAT IT DOES
Mind Vittles	On	Hold the vittles key and press use on a dish to open its page in the book.
Vittles key	Left Alt	The key you hold while pressing use.
Victualling Book key	None	A key that opens and closes the book. None means no key: use the Tab panel or a dish's page.

§ 9. Testing

SETTING	STARTS AT	WHAT IT DOES
Cook what I look at now	Off	For testers in the beta. Look at a pot, boiler or pan on a stove, in an oven or on the gridiron, and switch it on. The dish is cooked through (not burnt), dough is baked, a grilling piece is grilled. The switch turns itself off.

§ 10. Advanced

(FOR BUILDING THE MOD)

The settings under F1 Advanced are for building and setting up the mod, not for play. They mark shop and mill spots, hand out a builder's kit of every ingredient, and write the game's items to the log. Leave them alone.

CHAPTER THE ELEVENTH

Of Things Good to Know

before you remove the Mod, or mix it with Others

READ THIS BEFORE YOU REMOVE THE MOD OR MIX IT with others. The credits and licences are at the end.

§ 1. Of Removing Vittles from a Save

A save that holds any Vittles item will not load without Vittles. That means pans, bowls, the baking sheet, sacks, jars, casks, the coop, and the new foods.

1. Sell, eat or drop every Vittles item in that save.
2. Save the game.
3. Only then remove the mod.

The same is true of Better Stoves and its stoves.

§ 2. What Vittles changes in the Game

CHANGE	WHERE
All bread, baguettes and buns are drawn at 39% of their old size, so a loaf, two baguettes or four buns fit a pan	Everywhere
The kitchenware tables are laid out afresh to make room for the skillet or wok, bowl and baking sheet	Fort Aestrin, Dragon Cliffs and Gold Rock
No raw pork at the butchers	Al'Ankh

CHANGE	WHERE
No raw lamb at the butchers	Emerald
The game's potato, sweet potato, sausage and cheese slices get their proper pictures	Everywhere

§ 3. Of the Game's own Food Scroll

The game's Nutrition & Food Preservation Guide for Sailors, sold by the kitchen goods sellers, carries Vittles' rules. It has nine pages: the game's own pages on drying and smoking, its pages on spoilage, preservation and salting written again for Vittles, and four short new pages on cooking, cold mixes, jars and crates, and salt meat. This book and the Victualling Book give the full detail.

§ 4. Of Other Mods

MOD	HOW IT WORKS WITH VITTLES
Better Stoves	Required. Its ovens bake, its copper boilers make big soups, and its Brodie bakes bread, pies and puddings on its open gridiron.
Sailwind Farming	Carries the same new foods (cabbage, peas, limes, sea biscuit) and grog, and works alongside Vittles.
Cooked Info	Its settings rule the pans' cooking readout when it is installed.
Hooks Hang More	Works alongside; pans and boilers hang on its hooks.

§ 5. Of Reporting a Fault in the Beta

Found something wrong? Post it in the mod's own post on the Sailwind modding Discord, or message Dixiecapt on Discord. Send your log file with it: BepInEx\LogOutput.log. In a mod manager it is under Settings, Browse profile folder, then BepInEx. Say what you did just before it went wrong; a picture helps.

THE APPENDIX

Of Credits and Licences

the Makers of the Mod, its Models and this Book

VITTLES

DIXIECAPT with M.I.D.N

M.I.D.N shares the credit for this mod. He ran five full playtests, Playtest 1 to Playtest 5, through November 2026. His careful, heavy-duty testing found the faults, shaped the rules and made Vittles what it is. Thank you, M.I.D.N.

§ 1. Of the Models and Pictures

ITEM	AUTHOR	SOURCE	LICENCE	WHAT WAS CHANGED
The hen	Tiberiu	CGTrader	CC BY 4.0	Scaled, turned to face forward, and its picture cut to 1024
The mill ("Old flour mill")	ayhancerci	Sketchfab	CC BY 4.0	Since Vittles 1.0.32 its pictures are made in code
The pie and pudding pictures	Dixiecapt	Dixiecapt's own Meshy AI models	MIT, with the mod	Small pictures cut from the models; the models are not shipped

§ 2. Of the Better Stoves Models

STOVE	AUTHOR	LICENCE	WHAT WAS CHANGED
Brodie Galley Range	Uhlan	CC BY-NC 4.0 (non-commercial)	Fitted with wells, eyes, spit, gridiron, hooks, coals and cowl
Tiny Ship Stove	olegiliushov	Open use licence	Cut, glazed, smoothed and fitted for the game
Cabin Stove	olegiliushov, who sent it after seeing the Tiny Stove	Open use licence	Cut, glazed, smoothed and fitted for the game
Brick Galley and Camboose	Dixiecapt	MIT, with the mod	Built from his own research plates: the General Carleton camboose (Parks Canada) and period galley descriptions

Cooking, fire, smoke and sound come from the game's own stoves and pots.

§ 3. About this Mod

Mod	Vittles 1.0.64 (early beta)
Needs	Better Stoves 1.0.20, BepInExPack
Author	Dixiecapt
Co-credit, testing	M.I.D.N
Licence	MIT (Copyright (c) 2026 Dixiecapt); see Licence below
Bug reports	In the mod's own post on the Sailwind modding Discord, or message Dixiecapt on Discord

§ 4. Of the Licence

The code of Vittles and Better Stoves is under the MIT licence, Copyright (c) 2026 Dixiecapt. Its full text is printed at the end of this book.

Models and pictures by others keep their own licences, as listed in the credits tables above:

- Tiberiu's hen: CC BY 4.0.
- ayhancerci's mill: CC BY 4.0.
- Uhlan's Brodie Galley Range: CC BY-NC 4.0, so no commercial use.
- olegiliushov's Tiny Ship Stove and Cabin Stove: open use.

Dixiecapt's own models and pictures, the Brick Galley, the Camboose and the pie pictures, go with the mod under the MIT licence. The crate in Plate III is Sailwind's own, by Raw Lion Workshop, used for the illustration.

§ 5. Of the Plates in this Book

PLATE	DRAWN FROM
The cover	The Brick Galley (Better Stoves); the skillet, sea pie, wooden bowl and slice, flour sack, cask, coconut and egg (Vittles); the hen by Tiberiu (CGTrader, CC BY 4.0); the cabbage (Dixiecapt's model, Sailwind Farming)
The title-page vignette	The skillet and sea pie (Vittles)
I. Of Pans and Bowls	The skillet, wok, wooden, porcelain and metal bowls, baking sheet, and the slice of sea pie (Vittles)
II. Of the New Provisions	The cabbage (Dixiecapt's, Sailwind Farming); the sack of peas, lime and sea biscuit (made in code); the beef (the game's lamb chop, re-mapped); the egg, coconut and its flesh, spice bag and cooked rice (Vittles)
III. The Mill	The mill by ayhancerci (Sketchfab, CC BY 4.0), its basin and stone turned as Vittles makes them; the flour sack (Vittles); the crate is Sailwind's own (Raw Lion Workshop), used for the illustration
IV. How to Bake in an Oven	The Brick Galley (Better Stoves); the skillet and sea pie (Vittles); the logs and flames drawn for the plate
V. Of Stores and their Keeping	The flour, oatmeal and rice sacks, the salt beef cask and the preserving jar (Vittles); the dough ball (made in code); the hen by Tiberiu (CGTrader, CC BY 4.0)

THE APPENDIX, CONTINUED

The Licence

THE MIT LICENCE

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Of the Types

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