

# new world cooking leveling guide

## New World Cooking Leveling Guide

The world of New World offers players a rich and immersive experience filled with exploration, combat, and crafting. Among the myriad of crafting professions available to players, cooking stands out as one of the most rewarding and essential skills to master. Not only does cooking provide players with the ability to create consumables that enhance their abilities and provide buffs, but it also allows for the gathering of resources and trade with other players. This comprehensive guide will walk you through the intricacies of leveling up your cooking skill in New World, providing tips, recipes, and strategies to help you become a master chef in Aeternum.

## Understanding Cooking in New World

Cooking is one of the crafting professions in New World that allows players to prepare food and drinks to consume for various buffs. These consumables can improve health regeneration, increase stats, and even provide unique effects based on the ingredients used. As you progress in your cooking skill, you'll unlock new recipes and higher-quality dishes, culminating in meals that can significantly impact your performance in PvE and PvP scenarios.

## Benefits of Cooking

1. **Health Recovery:** Cooked meals can restore health over time, which is crucial during battles or when exploring dangerous territories.
2. **Stat Buffs:** Many dishes provide temporary boosts to attributes like strength, dexterity, or intelligence, allowing players to tailor their builds for specific activities or encounters.
3. **Sustained Buffs:** Certain recipes offer longer-lasting effects, making it beneficial to prepare meals before engaging in significant activities like expeditions or elite zones.
4. **Resource Management:** Gathering ingredients for cooking can help in resource management, as many cooking ingredients are also used in other crafting professions.
5. **Trade Opportunities:** High-level meals can be sold for a good price in the marketplace, providing an additional revenue stream for players.

## Getting Started with Cooking

To start cooking in New World, you will need the following:

- **Cooking Station:** You can find cooking stations in settlements and some outposts across Aeternum.
- **Ingredients:** Gather various ingredients through harvesting, hunting, and gathering from plants.

## Essential Ingredients for Cooking

Here are some of the primary ingredients you will encounter while cooking:

1. Meats: Obtained from hunting animals like boars, turkeys, and wolves.
2. Vegetables: Gathered from plants and crops like carrots, corn, and potatoes.
3. Fruits: Found by harvesting bushes or trees, including berries and apples.
4. Grains: Such as wheat, which can be harvested from fields.
5. Herbs and Spices: Used to enhance flavors, found in various locations.

## Leveling Your Cooking Skill

Leveling your cooking skill efficiently requires planning and resource management. Here's a step-by-step guide to leveling up your cooking from scratch.

### Steps to Level Up Cooking

1. Gather Ingredients:
  - Start by gathering basic ingredients. Focus on meat, vegetables, and herbs, as these will be the foundation of your early cooking endeavors.
2. Craft Simple Dishes:
  - Use the cooking station to create basic dishes. Recipes such as "Meat Medley" or "Vegetable Stew" are excellent starting points.
  - Always craft in batches to maximize experience gained.
3. Use High Quantity Recipes:
  - Once you reach a certain level (around level 20), switch to recipes that require more ingredients but provide more experience points, like "Savory Fish" or "Hearty Meal."
4. Focus on Specialty Recipes:
  - As you progress further, unlock and focus on specialty recipes that yield more significant buffs and experience. Recipes like "Rations" or "Roasted Foods" can be very beneficial.
5. Experiment with Ingredients:
  - Use different combinations of ingredients to unlock unique recipes. This experimentation not only adds to your cooking repertoire but also helps you gain additional experience points.
6. Complete Cooking Quests:
  - Engage in quests related to cooking. These often provide additional rewards and experience points, helping expedite your leveling process.

## Recommended Recipes for Leveling

Below is a list of recommended recipes categorized by levels to help you maximize your cooking experience:

## Level 0-50

- Meat Medley: Requires 1 meat (any type).
- Vegetable Stew: Requires 1 vegetable (any type).
- Roasted Meat: Requires 1 meat (any type).

## Level 50-100

- Savory Fish: Requires 1 fish and 1 herb.
- Hearty Meal: Requires 1 meat and 1 vegetable.
- Meat Rations: Requires 2 meat and 1 herb.

## Level 100-150

- Fish Filet: Requires 1 fish and 1 herb.
- Roasted Turkey: Requires 1 turkey and 1 herb.
- Vegetable Medley: Requires 2 vegetables and 1 herb.

## Level 150-200

- Spiced Rations: Requires 2 meat, 1 herb, and 1 spice.
- Sweetroll: Requires 1 fruit, 1 grain, and 1 herb.
- Meat Pie: Requires 2 meat and 1 vegetable.

## Tips for Efficient Cooking Leveling

- Plan Your Ingredient Gathering: Focus on gathering ingredients that you need for recipes you plan to craft.
- Trade with Other Players: Sometimes it's more efficient to trade for certain ingredients rather than gather them yourself.
- Use Storage Wisely: Store excess ingredients in settlements for easy access without encumbering yourself while exploring.
- Join a Faction: Faction activities often require cooking, allowing you to gain experience while completing missions.
- Stay Updated on Patch Notes: Game updates may introduce new recipes or change the experience gained from certain dishes.

## Conclusion

Mastering the art of cooking in New World is not just about leveling up a skill; it's about enhancing your gameplay experience. By understanding the benefits of cooking, gathering the right ingredients, and choosing the most effective recipes, you can ensure that you are well-prepared for any challenge that Aeternum throws your way. The journey to becoming a master chef is filled with exploration and adventure, making it a rewarding aspect of your New World experience. So, gather your ingredients, head to the cooking station, and start whipping up delicious dishes as you embark on your

quest to culinary greatness!

## **Frequently Asked Questions**

### **What are the best ingredients to gather for cooking leveling in New World?**

The best ingredients to gather include raw meat, fish, vegetables, and herbs like berries, which can be found in various biomes. Focus on easy-to-access resources like carrots, potatoes, and various types of fish.

### **What is the fastest way to level up cooking in New World?**

The fastest way to level up cooking is to craft simple recipes that require minimal ingredients and to focus on dishes that provide the most experience points, such as meals that use meat and fish, which can be cooked in bulk.

### **Are there any specific recipes that provide more XP for cooking leveling?**

Yes, recipes like 'Pottage' or 'Meat Pie' provide a good amount of experience per crafted item. Additionally, combining ingredients to create meals that give buffs can also yield higher XP.

### **How important are cooking skills for gameplay in New World?**

Cooking skills are crucial for gameplay as they allow players to create food that provides buffs, restores health, and enhances stats, which can be vital for both PvE and PvP encounters.

### **What level should I aim for in cooking to unlock the best recipes?**

Aim for at least level 50 in cooking to unlock a wide range of advanced recipes that provide significant buffs and benefits, making your character much more effective in combat and exploration.

### **Can I level up cooking without engaging in combat?**

Yes, you can level up cooking primarily by gathering ingredients and crafting meals without engaging in combat. Focus on farming crops and fishing to obtain the necessary materials.

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