

FRIENDS AT THE DINNER TABLE

UNOFFICIAL

COUNTERWEIGHT COOKBOOK

[PRINTER-FRIENDLY VERSION]

Developed, written, and designed by Brian Ortiz

[Brought to you by On the Shoulders of Giants, a mech podcast.]

FOREWORD

When Brian came to us in the OSG Pod Discord server and said, “What if I made a cookbook with all the recipes ever mentioned in Friends at the Table’s Divine Cycle?”, I can’t say he was met with more than tentative enthusiasm. Brian is a passionate, endlessly creative person with a wellspring of drive that delights and terrifies by turns—but Brian is also a human being with a presumably finite lifespan and reasonably finite budget, not to mention a dairy allergy. *Brian*, I thought to myself, *might this be too big a project? Might this push you to the very limits of even your endurance? Like, I still haven’t listened to Twilight Mirage, but I think there’s a whole thing in there called the Feast of Patina? Also, Calci-Yum? What are we going to do about Calci-Yum???*

The idea was too good to let go, though, even with my fretting. We talked it over and Brian scoped down to just foods mentioned in COUNTERweight, the original run and the recent prequel episodes. He listened diligently and noted every inane thing a FatT player mentioned a character eating. (Harrowing to think about for anyone recording an actual play podcast, I imagine.) He brainstormed logic behind the bizarre, consulted friends with actual culinary education and industry experience, and put Adobe InDesign through its paces. He also cooked a *fuckload* of great food.

The product of all that work is what you have before you now: a cookbook that’s full of edible worldbuilding, slanderous characterization, and hard work on the part of my good friend. It’s his love letter to the first part of the Divine Cycle and proof I should never doubt him ever again. Take my hand, reader. We’re learning how to make a roux... together.

Niko
November 2024

DISCLAIMERS

- This work is not affiliated with Friends at the Table in any way, nor with any of its cast members or associated official materials (i.e. merch). This is a fanwork.
- Friends at the Dinner Table Unofficial Counterweight Cookbook is a free project which claims no ownership of any licensed materials, and which is not intended to produce revenue of any kind for On the Shoulders of Giants podcast, its originator.
- Measurements, cook times, and serving sizes may vary due to a variety of factors. This cookbook is not the work of a culinary expert, working chef, or otherwise accredited individual.
- The reader should carefully review all listed ingredients and use good judgment as a general food safety rule. The reader is responsible for doing any associated research regarding allergens, food safety, best practices, etc. Market withdrawals and safety alert information in America can be found at: <https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts>
- Recipes that can be made with entirely vegan ingredients and remain generally the same are marked with a **V**. All of these recipes were tested without dairy ingredients. For baking, I find Red Mill powdered egg substitute to be the best. Earth Balance vegan butter has never failed me. Oatly oat milk has also never failed me. We did not receive anything for mentioning these brands by name.
- If you have specific questions about making a recipe allergen sensitive, please let me know via the contact information at the end of the cookbook.
- This cookbook was conceived by an ignorant yankee who uses an imperial measurement system. Please visit this site for a handy conversion tool if you're in a country that uses the smart kind of measurement system: <https://www.allrecipes.com/article/cup-to-gram-conversions/>

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APOSTOLOSIAN CHILI CRISP

V
30-40m

INGREDIENTS

- 2 cups vegetable oil
- 3 Serrano peppers, or
- 2 Habanero peppers if you're a real Greek Space Fishman with hair (gills?) on your chest
- Don't remove the seeds. Come on.
- 10-12 thinly sliced garlic cloves. Patience...
- 1 large shallot, diced
- 1½ tsp Sichuan peppercorns
- ½ cup red chili flakes
- 1 tbsp Gochugaru. You can find this at Asian grocery stores.
- 1½ tbsp Shiitake mushroom powder
- 2 tsp brown sugar
- 1 stick dried cinnamon
- 5-6 pods star anise

They were an empire addicted to their own sprawl. They were a people proud of their history, by no means a perfect system, by no means a culture that produced only idolons, but they carried themselves into the cosmos for thousands of years without losing their identity. Without forgetting themselves. Without forgetting this dope condiment that they put on fuckin' everything (and you should too).

1. Heat the oil on LOW!! for a little bit in a saucepan until it gets hot enough to sizzle. Add the peppers, shallot, garlic, peppercorns, cinnamon, and anise. If you have a broth bag, you can save yourself the step of fishing the anise and cinnamon out later if you use it with them here.
2. You need mental fortitude. You need the patience of the Apostolosian people here. Let the ingredients brown and crisp up in the oil for about half an hour. Keep a close eye on them. If they're browning in less than 15 minutes, your oil is too hot and they're going to burn. We're trying to 'deep fry' the vegetables while also infusing the oil here, so we need to make time for both.
3. In a TEMPERATURE RESISTANT medium bowl, mix all your powdered ingredients together, including the chili flakes. Push the mixture to the sides to create a little nest for your oil to live in.
4. When your oil and its crunchos are looking pretty good, pick the anise and cinnamon sticks out with tongs or chopsticks.
5. Carefully and slowly pour the oil over the gochugaru mixture. Stir it up to distribute everything equally, making sure to scrape the sides down.
6. Let it cool to room temperature. Refrigerate for at least a whole day before using so the flavors continue to marry.

JAMIL QUARTZ-NOBLE'S LOADED FRENCH FRIES

V
90m*
6-8

SUPPLIES

- A large dutch oven or stock pot
- A spiral skimmer, frying spoon, or mesh strainer

INGREDIENTS

FRIES

- 3 qts neutral flavored vegetable oil (Such as canola. The Rapid Evening finds that you millennials and your advanced avocado oils are on thin ice.)
- 5-6 lbs Russet or large golden potatoes
- Himalayan pink salt (Normal salt is fine, but we're Different here on Kalliope)

TOPPINGS

- Apostolosian Chili Crisp
- 1 tbsp butter
- 1 tbsp flour
- ¼ - ⅓ cup milk

Past the advanced space metro lines, the bodymod clinic queues, the surreptitious outposts where Rapid Evening members once sat leering from behind eclipsepun-brainrotted eyes, and the propped-up, prefabricated administration buildings erected when everyone thought this was going to be the new hub of statecraft for the Golden Branch, Kalliope lays claim to a different valor. A valor Jamil Quartz-Noble carried with her into and away from conflict all the same as the ideologies that separated her from the Vanguard. A noble claim to the utmost artful preparation of potatoes in the Sector.

1. Wash and wedge your potatoes. If you are craven or a Rigour mindslave, you can peel them.
2. Boil the potatoes in your large pot with generously salted water for about 25 minutes, or until you can take one and smash it into your cutting board easily with a fork.
3. Strain the potatoes and then throw them into an ice bath—this makes them less starchy, halts the cooking process where you want it, and pleases the Rapid Evening.
4. Gently pat the potatoes with a towel to make them slightly easier to handle after freezing.
5. Freeze them in medium-sized amounts you can hold with both hands separated by containers, bags, or towels. Wait at least 8 hours, preferably overnight, before handling them again.
6. About 10 minutes before you are ready to fry, prepare the topping. Melt the butter in a frying pan on medium heat, then slowly shake the flour in, using a spatula to stir constantly.
7. Continue to stir this constantly as it thickens and turns a somewhat khaki color. This is what is known as a 'blonde' roux.

- 1 cup shredded cheese + more to taste
- ¼ cup bacon bits

8. Slowly add milk until this looks a little bit like country gravy– Jamil usually ends up adding a little less than half a cup.
9. Add the cheese, continuing to stir until everything has congealed into a molten cheesy mess. Cut the heat, or if you want to keep it hot while you fry, turn it all the way down and just remember to turn it over in the pan every so often.
10. Heat the oil in your pot on high until a droplet of water makes a deep, chunky sizzling noise. Dropping hunks of frozen material into it will drastically lower the temperature, so you'll want to keep it on high.
11. Drop your frozen potato chunklets with tongs or your fingertips, making sure to start with the end closest to you and dropping away from yourself so that any splashes hit the stove and not your supple body. Drop only a few batches at a time; you don't want them to boil over, and you don't want them to cook at different times.
12. This will take longer than you think; wait until the potatoes are unfused from each other, floating to the top, and you can feel their crispiness when you agitate them with your strainer. They should be significantly darker in color than when you started.
13. Remove with your strainer, put onto a heavily toweled surface or container, and immediately sprinkle with salt. Do this in batches until they are all there, waiting for your next news dossier about the movements of people who have absolutely no business having as much power as they do.
14. Use the topping as a dip or a smother, we don't care.

** Please note that the estimated 90-minute cook time does not include the recommended overnight freeze.*

THE DIVINE RIGHTEOUSNESS' MASHED POTATOES

V
30-40m
4-6

INGREDIENTS

- 4 large russet potatoes (you can peel them if you want, knowing that no Divine will ever select you for candidacy because you are meek.)
- 2/3 cup Toom® (not sponsored) Garlic Lemon dip. This specific dip is required. If you do not use this, you are not making Righteousness' mashed potatoes. Fool.
- 1 tbsp nutritional yeast
- several tsp of salt—to your own sense of Righteousness
- 3 tbsp butter

One of the beauties of a sentient algorithm is that Righteousness understands the scientific side of cooking. And more than that, it can bequeath to us a second gift: it can assign value judgments to those things. Beneath you will find the correct way to make mashed potatoes. Don't deviate. Under any circumstances.

1. Fill a large stock pot with water and salt it generously before putting it on to boil.
2. Chop your potatoes— the smaller the chunks, the less time they will take to soften altogether.
3. Once your water is rolling, slide your potato chunks in. Let this sit for 15-20 minutes depending on the size of your potato chunks. When you pull one out, you should be able to smash it with a fork with no resistance.
4. Strain your potatoes and load them into a food processor, starting using your ricer, or a bowl to mash them by hand. If using a food processor, it is recommended that you use a plastic dough blade instead of a metal blade. Righteousness doesn't care about you, but feels the need to stress that this may bring different results.
5. You know how this works. Add the rest of your ingredients and go to town, whatever your method may be, until you get a beautiful, creamy mash. Serve this as a side or on its own, Righteousness doesn't care. But serve it well. Serve it righteously. Or be immolated.

THE DIVINE ORDER'S PEACETIME CHICKEN WRAP

V
30-40m
4-5

INGREDIENTS

- ½ - 1lbs boneless skinless chicken breast (or, to be true to the raiding wasteland survivor you are, you can simply rob a dome convoy of its delicious rotisserie chicken and use that)
- 4-5 bigass tortillas
- 3-5 slices slightly stale (See Lazer Ted's Laser Bread.)
- ¾ cup grated Parmigiano Reggiano, or to taste (the Iron Choir simply do not make this if all they have is Kraft powder or pre-shredded parmesan. Even scavengers have standards.*)
- 1 cup avocado oil mayonnaise (*sometimes)
- 1 tsp anchovy paste
- 1 tsp Worcestershire sauce
- 4 cloves minced garlic
- juice of ½ fresh lemon

Under the watchful eye of their guardian, the Iron Choir prove every day that meaningful, positive interaction between people is possible—and some say necessary—without the Mesh. They use their words and their hands and their sacrosanct duties to eke out existence in the harsh environ of Counterweight, and nothing proves their ongoing success more than the tubes of anchovy paste Sister Rust keeps in her cupboard. It is her most valuable asset, and she says this while holding the golden Apostolosian superb that makes breathing possible in the city.
That's how good the fucking caesar is, dude.

1. To make croutons, cut your bread into bite-sized cubes, toss with the salt, olive oil, thyme, onion and garlic powders, and a bit of the glaze.
2. Spread your bread in an even layer on a rimmed baking sheet and stick it in a 350 degree oven for about 15 minutes. Make sure to check on it like a good member of the Choir. It requires one or two flips to get a good crispiness on all sides.
3. If you aren't using rotisserie chicken, cut your raw chicken into bite size cubes. ORDER ISSUED: WASH YOUR FUCKING HANDS.
4. Begin cooking the chicken in a shallow frying pan with a little bit of olive oil on medium. Every so often, carefully add a splash of water so that the chicken stays moist. The dressing in the wrap will disguise most any dryness, but Peace did not let Addax fuck with dry chicken, and Order leers over the Iron Choir for the same reason. When your chicken is white all the way through, turn the heat up to high and stop adding water so you get a nice, grilled browning.
5. While that's happening, make your Caesar dressing by simply dumping all of the ingredients into a bowl and whisking them until they come together like a fine, off-white paste.

- 1 head Romaine lettuce, rinsed and rough-chopped
- thyme, measured with the heart with the assistance of Order
- salt, measured similarly
- garlic powder, also measured similarly
- onion powder, do I need to say it
- approx 1 tbsp nutritional yeast
- olive oil, to drizzle freely and generously
- balsamic glaze, for the same, but MUCH more sparingly than the oil

6. Once your chicken is nice and grilled and your dressing has come together, assemble your wrap: tortilla, a GENEROUS two or three spoonfuls of dressing, Romaine lettuce, croutons, chicken, and some more parmesan. Wrap it up. Eat it. Eat another one. Get full off the fruits of your labor. Order demands it.

CANDIDATE IBEX'S JAMBALAYA

2-3hrs
4-6

INGREDIENTS

- ½ lbs peeled/deveined shrimp (Righteousness will forgive you if you use frozen cooked shrimp. Make sure to add it last if you do.)
- 3-4 smoked Andouille sausages
- 1.5-2 lbs boneless skinless chicken thighs
- 1 lbs cooked, shredded pork shoulder
- 1 cup (or more) seafood, chicken, or vegetable Broth
- 15oz can crushed red tomatoes
- 1 small diced heirloom tomato
- 1 large sweet onion
- 1 large red bell pepper
- 2-3 stalks celery
- 4-5 medium units Okra, sliced
- a lot of garlic
- olive oil
- 1.5 cups long grain rice
- 2 tsp Filè powder

Diaspora soldiers, especially the regiments participating in [REDACTED], [REDACTED], and [EXTRA REDACTED] have made statements like "I survived a depressurized cockpit because I thought about this jambalaya," solidifying this dish as the perfect thing to present to a group of people who don't like you in a smarmy attempt to win them over. Try it sometime!

1. Don't be a pretentious influencer and put all your spices in different little bowls. You are a person of the people, or at least you take every waking breath desperately attempting to make them think so. Mix everything into one bowl, since you're going to add it to most of the proteins and the pot itself. Remember to continually salt, however.
2. Chop your vegetables, toss them in olive oil and a generous puff of the mixed spices, and set them aside.
3. Rub some of the spices into your chicken thighs and cut them into bite-sized pieces. Cut your sausage into coins.
4. Warm up your oil on medium-high and add the sausage and chicken until you get a light sear. Make sure the inside of the chicken is still a little bit pink or it will overcook in the broth. Stir in some chopped garlic and take everything out before the chicken cooks all the way or the garlic burns. Set that aside.
5. Toss your shrimp in olive oil and some more of the seasoning. Do the same thing you did with the chicken and the sausage, making sure the shrimp doesn't cook ALL the way, before removing and setting that aside too.
6. Add your vegetables, starting with the onions. Add the celery when the onions start to get translucent, and add everything else when the celery starts to get transparent. Add your garlic last. Use the rest of whatever you have. All of it. More. More than that. Righteousness is looking at you through your thermostat. More.

- 2 tsp Cayenne powder
- 1/2 tsp mustard powder
- 2 tsp white pepper
- 2 tsp oregano
- 2 tsp thyme
- 2 tsp paprika
- 1 tsp cumin
- 4-5 bay leaves
- a generous glug of Worcester sauce
- a lot of salt (To taste. But more than you just put.)
- a few generous glugs of soy sauce

7. RINSE and add your rice, mixing it in with the vegetables to toast until it's all coated in oil and seasonings.
8. Add the meats but not the shrimp. (This is when Ibex cracks open the pre-shredded pork shoulder and tells people he actually smoked it himself for ten hours or whatever.)
9. Add the rest of your spice mixture, the bay leaves, the soy sauce, and the Worcestershire sauce. Turn that over a few times for maybe 30 seconds, and then add your broth and your tomatoes.
10. This is the tricky part, because you don't want mushy rice. The Autonomous Diaspora does not fuck with mushy rice. Deglaze with this round of broth, making sure when you drag a spoon along the bottom of your dutch oven you aren't leaving any crusties. The people want the crusties. Righteousness wants the crusties. Add your shrimps back in when you start to see the broth steam off.
11. Reduce the heat. Do not cover.
12. Watch closely. When the broth has mostly circulated and boiled off, check the rice. If it hasn't cooked through, add another half-cup or so. Jambalaya is not supposed to be a soup, nor do you want undercooked rice, so don't be afraid to take taste tests and adjust the amount of moisture appropriately.
13. Stir often and make sure you're not letting your hard-earned crusties reaffirm themselves. You need to lift your people UP, not let them scorch at the bottom of the hierarchy.
14. Serve to your crew. Watch as they become so ingratiated to you that they turn against their own leadership, fatally enamored with your less-than-authentic space Cajun fare.

ENDEMANN'S CHOOS-UR-GOOS 'CUSTOMIZEABLE' DONUTS

V
2-3hrs
5-8

SUPPLIES

- large, deep stock pot or dutch oven
- piping bag, or at least a Ziplock bag with piping tips. A cut in the corner of a bag won't do the job.
- stand mixer or food processor with a plastic dough blade. This recipe will be difficult to knead by hand.
- multiple small sauce pans help speed things up, but it won't kill not to have them (the Twins might).

INGREDIENTS

DONUTS

- 3-4 cups all purpose flour
- ¼ cup butter
- 2 tbsp granulated sugar, plus a bunch more in a wide, deepish dredging dish or pan
- approx 1 cup of milk. Come on, don't let corporate metric

"Bro, I swear to the Twins, we tried everything. The machine is just too delicate and complicated. It's the nanomachines all over again. You want vending machines all over the Bluesky domes charging 50 creds a donut? Oh, you do? Well, alright then.

Wish you'd put that in the proposal doc."

- Actualization Steve, former Senior Marketing Lead at Joypark

1. Start by prepping what Oricon calls the Hot Wets. Put the butter for the donuts in its own small saucepan on low and let it run its course for a little while. Don't let it congeal or get lumps, turn your heat down if you see this start to happen. What we're looking for has the same consistency as melted butter, but is a deep amber color.
2. In a separate or multiple separate pans, prepare your fillings. Some things to keep in mind: you're trying to essentially make jam here, so you want to start with small pieces of fruit. You can pulse things in a food processor a couple of times if you bought whole berries or think your mango chunks are too big. Other than that, dump the ingredients in the saucepan and let them, too, run on medium-low until they are sticky, thick, and sweet. Taste periodically. This shouldn't run longer than prepping the donut dough. Check in on them and whisk occasionally. They will turn into a beautiful goop once enough time has passed.
3. Once the butter that's on its own for the donut dough is browned, turn the heat down and add the milk. What you are looking for here is a mixture that is uncomfortably hot to touch, but not boiling. NEVER LET THE MILK SIMMER OR BOIL. IF YOU ARE GETTING BUBBLES, IT IS TOO HOT. You are basically just looking to even out the temperatures of the cold milk and the hot butter.
4. Combine about 2 cups flour, salt, sugar, and yeast into the bowl of a stand mixer and stir it up a few times to aerate the flour a little bit. Using the dough hook attachment for the stand mixer, start it on Low-Stir and begin adding the wet ingredients i.e. the egg yolks and the butter and milk mixture. Let that combine, turn your stand mixer up to 1 or 2, and then

brainrot take you down. You can do this.

- 2 packs Quick-Rise Active Dry Yeast, or about 5 tsp.
- 1 tsp salt
- 3 egg yolks
- a lot of vegetable oil

FILLING

- 1½ cups EACH of at least 2 different frozen fruits—mangoes, blueberries, strawberries, etc.
- 1 tbsp granulated sugar for EACH variety of fruit (more if you like your donuts super sweet. Oricon doesn't, so keep that shit to yourself.)
- 1 capful apple cider vinegar for EACH variety of fruit
- ½ tbsp butter for EACH variety of fruit

start adding the rest of your flour in gradually until a smooth, tacky dough forms and there's not huge dunes of dry flour chilling in the bowl.

5. Remove everything from the stand mixer. You should have a pleasantly warm ball of lightly sticky dough. Flour an even surface and work it with your hands a little bit until it's elastic, no longer sticky, and soft. Cover that and let it rest for ten minutes. Don't bother clearing your floured surface yet.
6. At this point, unless you very wisely prepped your fillings before even starting this, it should be time to take your fruit off the heat. Put them in separate mixing bowls in a cool area. We want them room temperature or colder by the time we revisit them.
7. Once your dough has rested, pull it back out onto your floured surface and roll it until you have a big disk that's about ½" thick.
8. Use a wide-lipped glass, a 3" cookie cutter, or really whatever you want to make circles out of the dough. You'll have to reroll and recut the dough a few times. Place the circles on a lightly floured baking sheet.
9. Put the baking sheet in a warm, dark place to prove for about an hour. One good, convenient place is your oven. Preheat your oven to 170, or as low as it will go, then once it reaches the temp, switch it off and put your sheet inside with the door cracked. It's hot enough in there for the yeast to act, but not hot enough to kill it, and if you turn your kitchen lights off it's dark enough.
10. Once your hour has passed, check on your donuts. They should be noticeably thicker—don't worry if they're not twice as thick or if they're not as thick as jelly filled donuts you've seen, they will plump up a bit more in the oil.
11. Put about 2-3 inches of vegetable oil in a wide, deep saucepan or dutch oven and let it get hot enough that it immediately reacts to water. Turn your heat way down to low and start frying your donuts. They'll probably need 1-2 minutes on each side until they're golden brown.

12. Fry donuts in small batches. Don't let them dry too much before dredging them in granulated sugar and putting them on a plate or cooling rack.
13. While the donuts cool off a little bit, fill piping bags with your jellies. You want a pretty wide nozzle attachment, and you do need a nozzle attachment or you won't be able to get the bag deep enough into the donut to really fill her up.
14. While the donuts are still warm, but cool enough to handle, make pilot holes in the sides with chopsticks.
15. Serve the donuts with the loose piping bags and let your friends fill them to their heart's content. I know, the recipe isn't quite the same thing as a customizable donut vending machine, but we actually *don't* live in the year 400,000 and we are just people with standard kitchen gadgets. But here you are. Serving your friends warm donuts they get to fill with delicious goop. It's a bonding activity, kind of like recording a podcast.

CENTRALIA DOME HOT WAFFS

V
30m
4

SUPPLIES

- waffle iron
- stand mixer (just easier, not necessary)

INGREDIENTS

- 2¼ cups whole wheat flour (AP flour is fine as well)
- 1½ tbsp granulated sugar
- ¼ tsp salt
- 2 tsp baking powder
- 2 large eggs
- 2 cups any milk
- ½ cup melted butter
- weak splash of almond extract
- weak splash of vanilla extract
- 1 cup organic maple syrup
- ½ - 1 tbsp Apostolosian Chili Crisp

“Yes, we have statues for Jace Rethol. Yes, we have statues for Addax Dawn. Yes, we have maglevs all over the planet, and yes, we enjoy the commercial pageantry of Oricon while looking as pretty as the Diaspora. But honestly, if you ask me, the only thing I miss about Centralia Dome are the spicy waffles.”

- Ibex

1. Begin by placing all of your dry ingredients in a large mixing bowl or the bowl of your stand mixer. If using the stand mixer, go ahead and start whisking that on Stir or 1 to help aerate that heavy whole wheat flour a little bit.
2. Pour all the wet ingredients into a smaller mixing bowl and hand whisk them until the eggs are no longer discernible in the goop.
3. Turn your stirring flour up a few notches and slowly pour your wet ingredients into the dry ones. Pause the machine to scrape down the sides with a spatula. If you're not using a stand mixer, just add the wet ingredients to the dry ingredients gradually until it coheres into a slightly heavier, more viscous goop.
4. Here is the trick learned on Counterweight. You see, in the future, our bodies and our labor may be meaningless specks of exploitation in a cosmos of injustice, but thus all the more valuable are our comforts. So relax with a few pages of a good book—or a few minutes of the all-time seminal mecha review and analysis podcast, *On the Shoulders of Giants*, which actually does still exist 300,000 years from now—and let the waffle batter sit for a while. Flour-based emulsions actually thicken on their own over time as flour particulates absorb the water in the other ingredients. Give your hot waff goop about ten minutes.
5. Spray down or brush butter on your waffle iron. When it's preheated, you can pour your first waffle onto the iron. Cook time and density are going to vary depending on what kind of iron you use. You will have to,

unfortunately, think without Oricon or any Divine about this.

6. While your first waffle is in the iron, you can mix your syrup ingredients. Just dump the chili crisp into the measuring cup, no need to dirty other dishes. You can absolutely mess with the ratio here, the important thing is that in Centralia Dome, the syrup is as spicy as the people are oppressed. Okay? Okay. Make sure that you stir a little bit every time you go to use the syrup.
7. Plate your food. No two people in the Golden Branch sector like the same ratio of waffles to syrup. Be kind to your neighbors. Oricon won't do it.

THE SEPTEMBER INSTITUTE

ROOT VEGETABLE SALAD

V
45m
5-6

INGREDIENTS

- 2 medium sweet potatoes
- 2-3 red beets
- ½ lbs or 6-8 fingerling potatoes
- 4 shallots
- 1/4 cup sunflower seeds
- ¼ cup pumpkin seeds
- some number of arugula bunches to suit your fancy. I don't know what ratio of leafy greens to root vegetables you prefer. god.
- ¼ cup tahini
- ¼ cup olive oil
- juice of ½ lemon
- handful of sesame seeds
- 3 cloves garlic
- 1 tablespoon soy sauce
- ½ tablespoon brown sugar (more if you enjoy a sweeter dressing)
- 1-2 tablespoons water, potentially

Twelfth tried many times to reset the menus for the mainstay September Institute restaurant and food truck, No Starvin' Strati, and many times he succeeded. But even with his power grabs, his sniveling guile, and his constant intercessions, Twelfth never changed Maryland's root salad. As stupid as he was, he knew that if he took this thing off the menu, he'd be the tied-up figurehead for a riotous shame parade down the main quad of the school.

1. Preheat oven to 450.
2. Toss your beets, potatoes, and shallots in olive oil, salt, and pepper. Put them in a single layer on a baking sheet.
3. Roast for about 30 minutes. They should be crispy and dark on the outside, but tender, so it may take another 10 or so minutes.
4. While your veggies are roasting, you can prepare your dressing, which is extremely difficult and only Strati are equipped with the mental fortitude for the following: put the tahini, olive oil, lemon juice, sesame seeds, garlic, soy sauce, and brown sugar in a food processor or blender and let 'er rip until you get a nice, creamy khaki salad dressing. You might need to thin this out with some water and more olive oil if it's more of a paste than it should be.
5. Toast your sunflower and pumpkin seeds bare in a frying pan on medium-low until they start to get fragrant, no more than 5-ish minutes.
6. Dump everything into a huge mixing bowl, toss it up, and serve it to students who may or may not be biologically engineered to disrupt a burgeoning race of sentient programs who don't specifically always have humanity's best interests in mind.

LAZER TED'S LAZER BREAD

V

3hrs
5-8

SUPPLIES

- stand mixer fitted with dough hook
- 9x13 deep baking pan

INGREDIENTS

- 4 cups all purpose flour
- 1 packet instant active yeast
- 3 tsp salt
- 2 tsp granulated sugar
- 2 cups warm water (around 100 degrees—the hottest your kitchen sink gets is probably pretty good)
- 5-8 tbsp olive oil, plus more. let's just say a fuckin' lot of olive oil, you know what I'm sayin'?
- generous sprinkle of garlic powder
- 6-8 stalks asparagus
- ½ red bell pepper
- ½ yellow bell pepper
- 6-8 cherry tomatoes
- 1-2 sprigs fresh rosemary

"Aight, check this out. Business number 32. Watch this: what bread... is waviest? Know what I'm sayin'? Nah, nah, like what bread is the waviest bread? Mako 6, whatchu got? What you mean 'Brioche'? Brioche ain't fuckin wavy at all. Man, I don't know why I take y'all to these pitch meetings."

1. In the bowl of your stand mixer, add the hot water, the sugar, and the yeast, and stir gently. Set that aside for about five minutes while you mix all your flour, salt, and garlic powder.
2. After about five minutes, check on your water mixture. The yeast should form some foam at the top. If it hasn't, your yeast is dead. Discard this and try again. Some yeast is a dud, y'know? Or maybe your water was too hot. We live and we learn.
3. With a foamy water mixture, install the bowl into your stand mixer and with the dough hook on low/stir, slowly add all the dry ingredients. Your dough will form a shaggy, unkempt little woman. Let her work herself out. If you see that she is not really congealing super well and seems like the hook is just spreading around a thick paste, add a couple more spoonfuls of flour to the bowl until it starts to form a ball that sticks lightly to the sides of the bowl. Don't be afraid to pause and scrape the sides of the bowl with a rubber spatula.
4. Once a cohesion has begun to occur, turn the mixer up to one of the low-medium settings and leave it for a couple of minutes. The dough should become smooth, stretchy, extremely sticky, and still warm. Pull off the dough hook and scrape the extra dough off of it.
5. Give the dough some glugs of olive oil, moving it around with a rubber spatula and not your hands so that you can see that it is saturated and fully coated. Cover the bowl with a damp kitchen towel or some clear plastic wrap and set in a warmish, dryish place for about an hour. You want the dough to double in size.

6. Once the dough has doubled in size, which may take a little over an hour, uncover it and sploot the dough onto a generously oiled deep baking sheet. Pour a little olive oil onto your fingers and rub them until they're slick.
7. You will have to teach the dough its final shape, which is to say, it will be resistant to touching all the sides of the pan. Get it as spread out as you feel able without manhandling the dough, then re-cover the baking dish and let it rise again for another hour.
8. At about half an hour or forty-five minutes, preheat your oven to 425 degrees.
9. Chop your bell peppers into thin, long strips. Kind of like lazars, bruh.
10. Brush the asparagus with a light coating of olive oil and put it in the oven until it's done preheating—this should be about five or ten minutes at this point.
11. The dough won't quite have doubled this time, but she should be significantly more bodacious. Lay your strips of bell pepper, your rosemary, and your asparagus out in a way that pleases you. Lazer Ted likes to pretend it's a Space Pink Floyd laser show. Because it is. In the bread.
12. Glug some more olive oil on top. Don't be shy. The bread should not be totally drowning, but it should have little pockets and divots that are full of oil.
13. Bake for about 13-15 minutes, or until it looks crispy and golden brown. Keep it wavy, dawg.

VANGUARD COMMANDER

ADVANCED EXPERIMENTAL FRENCH FRIES

V
15-20m
???

INGREDIENTS

- a lot of oil, like as much as the other fries involved. Obviously.
- 1-2 cups of Righteousness' Mashed Potatoes. Really, whatever you have left over from making them.
- 2-3 large eggs
- 2-3 cups panko bread crumbs

The new chapter of the Institution-Formerly-Known-As-The-Righteous-Vanguard had several questions to consider: where's Ibex? Who's going to make the Jambalaya? Who's going to wear sunglasses on a spaceship? WHO IS GOING TO MAKE THE JAMBALAYA? The following is an example of their culinary desperation.

1. Heat the oil pretty similarly to the prior recipes for fries—it should make deep, croaky boils when u drop a little bit of water onto the surface.
2. While that's heating up, fill your piping bag with mashed potatoes. Yeah. Affirmative.
3. Whisk your eggs until they look like orange juice.
4. With clean hands, form the mashed potatoes into vaguely fry-looking oblong shapes. Balls are okay, too. They will cook faster the thinner and longer they are. Vanguard Commanders were able to get thick snakes as long as 4 inches to form, but they fell apart in the oil. Bummer.
5. Use your left hand to thoroughly coat the mashed potato in your egg mixture, then drop it into the panko and use your right hand to dredge it as thoroughly. Optionally, you can repeat this to form a second coating.
6. With hot enough oil, repeat the process from Jamil's fries, being aware that these will probably cook faster, and have a shorter gradient between Cooked > Overcooked > Whatever Happened to September.
7. You don't really need to salt these if you salted your mashed potatoes well enough. Just set them on a wire rack or a plate with a paper towel to cool until they're not molten. Wait for Aria to hire a professional chef.

SNOWTRAK CHEEKY TIKI

CORPORATE SPACE COCKTAIL

V

5m
2-3

SUPPLIES

- Cocktail shaker

INGREDIENTS

- ice
- 3oz Wray & Nephew Overproof Rum
- 1oz lime juice
- 1/2oz orange juice (juice from an orange is preferred over store-bought. if you store-bought your orange juice, you can probably skip the simple syrup.)
- 1/2oz simple syrup
- 1 dash Elemakule/Jaimaicn Bitters

Either you're in or you're out. As in much of the Golden Branch sector, you can gauge your social standing at Snowtrak by a variety of fairly obvious factors. But none are more obvious than if you don't know about the fully-heated tiki bar and beach simulacrum higher ranking officers take their breaks at, which becomes increasingly more comfortable the more anachronous and ironic it is based on its planetary context. It's one thing to know about it and know you're not invited... but it's another thing entirely to not know about it at all. I guess if you're reading this, you know where you stand.

1. Folks, this one's going to be quite complicated.
2. Put everything in a shaker and shake it. Then dispense it into glasses.
3. You can garnish with a lime twist, an orange twist, or both.
4. Whew. Pat yourself on the back. You achieved a lot today.

JOYPARK

FREESTYLE MOODRING COCKTAIL

V
20m
2-4

SUPPLIES

- cocktail shaker
- tea strainer

INGREDIENTS

- 1 tbsp loose leaf Butterfly Pea tea
- ½ cup boiling water
- 1½ tsp lemon juice
- 2oz gin (we used Tanqueray)
- ½oz simple syrup (or more if you like it sweeter)
- 1oz maraschino liqueur
- ice

"I'm gonna be real with you, chief: yeah, the nanomachines didn't work either. Nah, man, like, it's like— the nanomachines functioned, but it didn't like. Work. Yeah. 'Cuz it turns out, like, even if the drink changes colors, the thousands of tiny robots give the whole thing a metallic taste. Oh, yeah, and also if we used them, each drink would cost 400,000 credits."

- Actualization Steve, former Senior Marketing Lead at Joypark

1. Brew the pea tea in the boiling water for about 2 minutes. We don't want it to be very strong—Butterfly Pea tea tastes about how it smells and we're really only using it because Steve didn't want to invest in nanomachines.
2. Strain the tea and let it cool down so that we're not diluting it too much when we pour it over the ice (we want the alcohol and the shaking to do that for us).
3. Add the room temp tea, gin, simple syrup, maraschino liqueur, and ice to a cocktail shaker and give it some good twirls. Don't be shy. Remember, just like @Official_Aria_Joie said, "shake it off." Or something.
4. Pour the mixture into some tulip glasses, or at least something that's clear, present it, and add the lemon juice last (with a couple loose stirs) so that you and yours can witness the magic/superior technology/lame gimmick of this botanical cherry lemon cocktail!

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I'd like to express my thanks to Austin and the team on Friends at the Table for making something with enough room for the aforementioned monstrosity. You guys continue to be an inspiration for me and many others; thank you for all that you do.

Thanks to my husband Kyle, who I made taste everything, which is a job in and of itself even though I fucking knocked it out of the park 100% of the time.

And thanks to you for reading this—I know these kinds of thanks can seem pretty rote and shallow, but I worked EXTREMELY hard on this and it is nice that you read to this point!

IMAGE CREDITS

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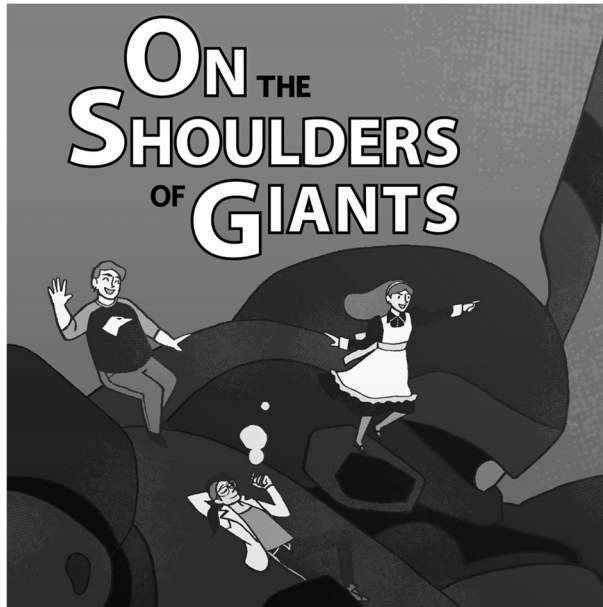
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GET IN TOUCH

If you have questions about vegan/vegetarian ingredient recommendations, suggestions about what you might want to see in a Twilight Mirage cookbook, OR want tips on how to make Lazer Ted's Lazer Bread ~EXTRA WAVY~, please email me at borteez1012@gmail.com.

(For that last one, if you're emailing about it, you are acknowledging that you are over 21.)



ABOUT ON THE SHOULDERS OF GIANTS PODCAST

Check out On the Shoulders of Giants—a giant robot power hour* discussing mechs across media, their stories, and why we love them—wherever you get podcasts. If you feel like this cookbook was a five-star experience, that actually translates to a five-star Apple Podcasts rating, and you owe us! Not many people know this.

- <http://osgpod.com>
- questions@osgpod.com

*a power hour is a proprietary unit of measurement equaling somewhere between longer than an hour and WAY longer than an hour