

Tales of Symphonia Recipe Locations

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F.A.Q- Recipe Locations

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Updates:

- July 21, 2004: I finally got enough recipes to start a list that's big enough, so I guess I started the list on this day, YaY!! I'll add more ingredients/recipes as I come to them, I'm not very far yet in the game.

Basic Controls:

-About the game-

During the game you control Lloyd and his friends on their quest to save two worlds at once, Sylvarant and Tethysalla(sp?). Colette, Lloyd's childhood friend, is the Chosen who will regenerate the world. To do that you must quest to unlock all the seals and go to the Tower of Salvation. On your way you meet up to 8 playable characters(of course with Lloyd as default) which all have their own feelings and background story. During the game you have very much dialogue(some is voiced) and several side-quests and optional events. There are also many plot twists and tragic events.

-About recipes and ingredients-

During the game, the Mysterious Wonder Chef appears in various towns and dungeons. If you find a weirdly shaped object, that's him. Just press A, and he'll appear to you and teach you a recipe. What are recipes for? Well, some restore HP, some restore TP, or cure status ailments. It depends on which type of recipe you use. Ingredients are food items in which you need to make the recipe. The Wonder Chef gives you the items to begin with, but just in case, buy some more at any town, and some food items are obtained after battle, being dropped by the monsters.

Recipes

-List of Ingredients-

Beef: Meat this tasty only comes from cows raised on wide, green pastures.

Beef Strips: It's cheap, but tasty. Excellent for adventures with little pocket money.

Chicken: all natural meat from healthy chickens. No additives or preservatives.

Juicy Meat: Tender and Juicy, this is the best meat that you can buy.

Pork: The secret to good pork is to have just the right balance of fat and meat.

Cod: A white fish with mild flavor.

Octopus: An 8- legged mollusk that is sometimes referred to as the Sea Devil.

Shrimp: A sea creature with a hard shell and a tender body.

Snapper: It's often called King of the Sea. Very tasty.

Squid: A ten-legged mollusk that tastes better than it looks.

Tuna: A very popular fish. Especially tasty when caught during winter.

Cabbage: A very versatile vegetable. It's delicious raw or steamed.

Carrot: A vegetable with a cute shape and color. It tastes sweet when boiled.

Lettuce: Vegetable for all types of dishes. The undisputed King of Salad.

Mushroom: A fungus. Some are poisonous.

Onion: A popular vegetable grown in many places.

Potato: There are many ways to prepare it. Try it steamed and salted.

Radish: One of many ingredients used in a stew.

Tomato: A tasty vegetable either hot or cold. It can also be made into juice or sauce.

Kirima: A refreshing fruit with a sweet and sour flavor.

Melon: A delicious fruit with many varieties.

Barley Rice: Steamed barley mixed with rice. Cheaper than plain rice.

Bread: Its aroma is excellent when baked well.

Panyan: Ethnic dish prepared by drying noodles that are marinated in broth.

Pasta: A general term for spaghetti, macaroni, etc.

Rice: Cooked rice. Steaming it to perfection can be difficult.

Black Satay: A mysterious spice that adds a bitter flavor.

Cheese: Made from fermented milk. Not everyone likes it's smell.

Egg: An ingredient in various dishes. Also a high source of protein.

Kelp: A type of seaweed that contains lots of minerals. Good for your hair.

Milk: Milked from a cow. A good source of calcium and good for the bones!

Seaweed: Dried seaweed that's been cut into rectangles.

White Satay: A mysterious spice that adds a little sweetness.

-Recipes and Locations-

Sandwich: A lunchtime classic. Restores a small amount of HP.

Required Ingredients: Bread.

Additional Ingredients: Beef, Greens, Lemon, Cucumber.

Location of Recipe: You get this recipe by default.

Cabbage Rolls: Juicy morsels of meat wrapped in tender cabbage leaves. Restores a small amount of TP.

Required Ingredients: Cabbage, Pork.

Additional Ingredients: Onion, mushroom.

Location of Recipe: 2nd floor of the Inn in Triet. It's past Colette's room, just press A at the end of the hallway.

Rice ball: A ball of rice wrapped in seaweed. Simple yet delicious! Restores a small amount of HP/ TP.

Required Ingredients: Rice

Additional Ingredients: Beef, Seaweed.

Location of Recipe: The house in Izoold. It's the house with the cat-person on top of the roof. It should be in the northeast corner of the room.

Meat Stew: A combo of tender meat and heavenly broth. Restores a small amount of HP. Temporarily increases attack.

Required Ingredients: Meat, Kelp.

Additional Ingredients: Radish, Tofu, Carrot.

Location of Recipe: In Aisha's house, 2nd floor, in Asgard Ruins.

Seafood Stew: Succulent stew packed with flavor and nutrition. Restores a small amount of TP. Temporarily increases defense.

Required Ingredients: Fish, Kelp.

Additional Ingredients: Radish, Tofu.

Location of Recipe: The Inn at Luin, before it gets destroyed.

Risotto: A melodic harmony of rice and cheese. Restores a small amount of HP.

Required Ingredients: Rice, Cheese.

Additional Ingredients: Milk, Onion, Mushroom.

Location of Recipe: Inn at Hima.

Steak: A classic comfort food dish. Don't be shy on the gravy. Cures Paralysis for the party.

Required Ingredients: Meat, Onion.

Additional Ingredients: Carrot, Cheese, Rice.

Location of Recipe: Meltokio. Go up the stairs from the entrance, on the second floor, head to your left. It's the Weapons shop, not Armor shop.

Fruit Cocktail: An assortment of sweet, succulent fruit in light syrup. Restores a small amount of TP.

Required Ingredients: All fruits.

Additional Ingredients: All fruits.

Location of Recipe: Meltokio. 2nd building from the "Nobles Quarters". It's Zelos' house. Go to the 2nd floor, and at the end of the hallway where two chairs are, it should be there.

Fried Rice: Rice stir-fried with egg and various vegetables. Restores a small amount of HP/ TP.

Required Ingredients: Rice, Egg.

Additional Ingredients: Beef, Bell pepper, Carrot.

Location of Recipe: The Research Academy (Or library) in Sybak. It's edged in between the bookcases, and looks like a bunch of magazines.

Ramen: An exotic broth-based noodle dish. Restores a moderate amount of HP.

Required Ingredients: Panyan, Black satay, Seaweed.

Additional Ingredients: Beef.

Location of Recipe: Mizuho.

Tenderloin: Steak pan-fried to perfection. Restores a moderate amount of TP.

Required Ingredients: Meat, Onion, Tomato.

Additional Ingredients: None.

Location of Recipe: The inn at Ozette, it's to the right of the inn-keeper.

Shortcake: Cake topped with a tantalizing array of fruits. Restores a large amount of TP.

Required Ingredients: All fruits, Egg, Milk.

Additional Ingredients: None.

Location of Recipe: The Inn at Exire. From the top of the inn, it'll be the 2nd floor down, bunched in with a bunch of other junk.

Curry: The spicy sauce titillates the taste buds! Restores moderate amount of HP/ TP.

Required Ingredients: Rice, Onion, Red Satay.

Additional Ingredients: Beef, Potato.

Location of Recipe: Altessa's house. After you visit the Temple of Earth, a gnome will ask you to find spicy food. Fly to Altessa's house on the Rheairds, and talk to Tabatha. She'll give you the recipe for Curry. (talk to her afterwards to get some other goodies as well)

Frequently Asked Questions:

Q. I can't find tofu!! Where's tofu!?

A. To be truthful, I haven't encountered the ingredient for Tofu either, sorry. Check back soon and maybe I'll have it up.

(I haven't gotten many questions as of yet because I just made this today. Surprisingly one of my friends asked the above question, hehe)

ENDING

-Why did I start a recipe location list?-

Same reason I started a monster list. It's for people who need help, and actually want to find everything in the game. I thought it'd be fun to list all the recipes so everyone can collect them all, and laugh as Raine never successfully prepares a meal. Just kidding. Basically, just to build peoples' cooking skills without the same old recipe for 'sandwich'. And plus, on the Tales of Symphonia forum boards, people have been complaining for recipe locations.

-Things to do-

Ahhh, there are MANY things to do?

-Need to finish playing the game so I can find all the recipes.

-Make sure I haven't MISSED any recipes

-Find some more ingredients. My list of ingredients isn't complete. I was too lazy to add some of the ingredients I just recently found as well, such as Red Satay. Have to do that soon.

-CREDITS-

I wrote this document myself. I bought the ingredients to cook the recipes, I took the time to go into each town and make sure I found each recipe (sometimes towns have two recipes), and I hand wrote all of the recipes as I came across them, and the new ingredients as soon as I saw new ones appear in the Item Shop. Currently I haven't had any websites help me, but I'll look into it soon, since my list is far from complete.

I currently have no help from other people as well, except for Tarepon. She helped me find Cabbage Rolls in Triet, I missed that, I had to go all the way back, haha.

-CONTACT-

If you have any questions, or would like to help with recipes you've attained, or notify me on any errors in this document please contact me here:

Email me at OrangeAngelX13@aol.com, or give me an IM at OrangeAngelX13. You can also PM me on neoseeker at Angel Blade27. That's basically all the ways you can contact me really? Oh well. If I'm not on and you're in dire need of a recipe o.O Email me, or IM me at TheAntiDepressant. It's my working account, so it's always free. All help will be appreciated!

Hope this helped!!

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Made by the hard work and sweat of Kristina Barnes :P

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