



TRAILS
IN THE SKY 1st
CHAPTER

————— RECIPE BOOK

RECIPE LIST



1 SEAFOOD PAELLA & SIDE SALAD

2 ROASTED BASIL CHICKEN & ONION SOUP GRATIN



3 SUNSHINE STRAWBERRY MILLE CRÊPE



CHEFS



ISSAGRILL
(**NADINE ESTERO**)



CHEFPK



KOJIMOCHI

In Trails in the Sky 1st Chapter, sharing a meal is more than just nourishment—it's a celebration of friendship, family, and heartfelt connections. Whether it's preparing a hometown-inspired treat for companions, enjoying a picnic bento with someone special, or gathering around for a hearty family dinner, food plays a role in deepening the bonds between characters.

This recipe book is a small tribute to those meaningful moments, featuring a curated selection of dishes from the game that capture its warmth and charm.

Enjoy the journey—and the flavors!



1 SEAFOOD PAELLA



CHEF: ISSAGRILL (NADINE ESTERO)

INGREDIENTS

- 6 raw large shrimp, head and shell on
- 6 raw mussels
- 2 tablespoons (30 ml) olive oil, divided
- 2 teaspoons salt, divided
- ¼ cup (50 g) red bell pepper, small diced
- ¼ cup (50 g) onion, small diced
- 2 large garlic cloves, chopped
- ½ teaspoon smoked paprika
- ¼ cup (60 ml) tomato sauce
- 1 ¾ cup (420 ml) fish stock
- 10-15 saffron threads
- ¾ cup (140 g) paella rice
- 2 pinches black pepper
- ¼ cup (31 g) frozen peas
- 6 lemon wedges
- 1 tablespoon Italian flat leaf parsley, chopped



SPECIAL TOOLS

- SCISSORS • BUTTER KNIFE
- 10" PAELLA PAN OR FRYING PAN



RECIPE

PREP TIME	15 MINUTES
COOK TIME	30 MINUTES
SERVINGS	2

1| To clean the shrimp: Prepare a tray lined with paper towels. With scissors, carefully cut along the shrimp's back by piercing through the shell and flesh to devein. Be careful not to fully remove its shell. Trim antennae using scissors, then rinse the shrimp under cold running water. Once clean, pat dry with a paper towel, then set aside on the tray.

2| To clean the mussels: Discard spoiled mussels that are damaged and open. Rinse remaining mussels under cold running water, and carefully pull and discard hanging fibrous threads. Use a butter knife to gently scrape barnacles attached to the shell for a better presentation. Set aside along with the shrimp.

3| To make the paella: Heat a paella pan over medium-high heat, add 1 ½ tablespoon of olive oil, cleaned shrimp, and a pinch of salt. Sear until both sides of the shrimp turn orange, around 2 to 3 minutes total. At this point the shrimp does not have to be fully cooked, but is seared to season the oil. Transfer shrimp onto a clean plate. (cont.)



1 SEAFOOD PAELLA



4| Decrease the heat to medium, add the remaining olive oil, red bell pepper, onion, a pinch of salt, and saute until softened and fragrant, around 2 minutes. Then add garlic and smoked paprika, and continue to cook for another minute.

5| Add tomato sauce and cook until thickened and reduced to half, around 3 minutes. Then add fish stock, saffron threads, paella rice, ½ teaspoon of salt and 2 pinches of black pepper.

6| Spread the rice into a thin even layer, then increase the heat to medium-high. Once boiling, decrease the heat to medium-low to achieve a low simmer. Cover the pan with a lid, or aluminum foil, and cook for 15 minutes. (cont.)



7| Remove the cover, evenly spread frozen green peas, arrange cleaned mussels and seared shrimp on top, and pour in any shrimp drippings from the plate. Cover for another 5 to 6 minutes, until the rice has been fully cooked, and the mussels have opened.



8| Once the rice and seafood are ready, remove the cover. At this point you may check if your paella has achieved socarrat: the caramelized, golden brown, crispy rice layer at the bottom of the pan. Check by spooning a small amount from the center and flipping over. If achieved, remove from heat, if not then continue cooking uncovered, and check for coloration every 30 seconds. Be diligent in checking, as socarrat is a mandatory characteristic of a good paella.

9| Garnish with lemon wedges, a sprinkle of parsley, and serve immediately.



1 SEAFOOD PAELLA



1 SIDE SALAD



CHEF: ISSAGRILL (NADINE ESTERO)

INGREDIENTS

Seasoned Sausage & Potatoes

- 1 small yellow potato, cut into 1 inch wedges
- ½ tablespoon salt
- 2 tablespoon (30 ml) olive oil, divided
- 2 small pork sausages, sliced in half lengthwise
- 2 pinches of garlic powder
- Pinch of black pepper
- Pinch of thyme
- Pinch of rosemary

Side Salad

- Mixed salad greens
- Seasoned sausage and potatoes
- 6 cherry tomatoes
- Dressing, of your choice

SPECIAL TOOLS

- SMALL POT • MEAT THERMOMETER
- MEDIUM-SIZED FRYING PAN



RECIPE

PREP TIME | 5 MINUTES
 COOK TIME | 25 MINUTES
 SERVINGS | 2

1 | To make the seasoned sausage and potatoes: In a small pot, add potato, salt, and enough water to cover the potatoes. Heat the pot on medium-high to boil the potatoes until fork tender, around 10 minutes. Once the potatoes have cooked, drain the water and set aside.

2 | Heat a medium-sized frying pan on medium-high heat. Add 1 ½ tablespoons of olive oil, then gently add the potatoes to prevent them from breaking. Season with garlic powder, black pepper, thyme, and rosemary. Pan fry the potatoes on both sides until golden brown, around 3 minutes per side. Set the cooked potatoes aside.

3 | Decrease the heat to medium, add the sausages and the rest of the olive oil. Cook the sausages until the sides turn brown and toasted, and internal temperature reaches 145°F (63°C) on a meat thermometer, around 6-8 minutes total. Set the cooked sausages aside along with the cooked potatoes.

4 | To assemble the side salad: Place mixed salad greens into a serving container, followed by the seasoned sausage and potatoes, cherry tomatoes, drizzle with the dressing of your choice, and serve immediately.



2 BASIL ROASTED CHICKEN WITH VEGETABLES



CHEF: CHEFPK

INGREDIENTS

- 1 whole chicken (about 4–5 lb)
- 1 gallon water (divided)
- ½ cup kosher salt
- ¼ cup granulated sugar
- 1 lemon, halved
- 2 tbsp black peppercorns
- 4 tbsp unsalted butter
- ¼ cup fresh basil, finely chopped
- Kitchen twine (for trussing)

For the Sides

- 1 head broccoli, cut into florets
- 1 pint cherry tomatoes
- 2 tbsp olive oil
- Salt, to taste
- Extra fresh basil, for garnish

BRINE TIME | 24 HOURS
 PREP TIME | 20 MINUTES
 COOK TIME | 1.5 HOURS
 SERVINGS | 4-6

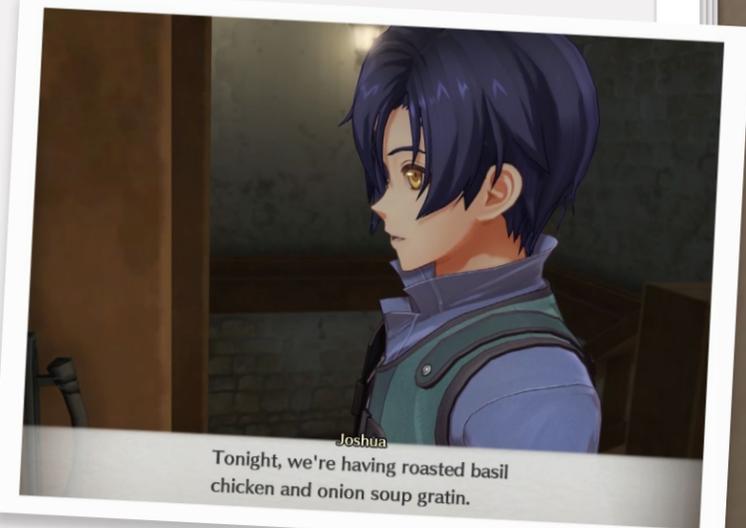
RECIPE

1 | Make the brine: Heat 32 oz (about 4 cups) water until lukewarm. Stir in sugar until dissolved, then add salt. Pour into a large container.

2 | Add flavor: Squeeze juice of 1 lemon into brine, then place lemon halves inside chicken cavity. Add peppercorns. Top off with remaining water until you have 1 gallon total.

3 | Brine: Submerge chicken breast-side down. Cover and refrigerate 24 hours.

(cont.)



Joshua
 Tonight, we're having roasted basil chicken and onion soup gratin.

2 *BASIL ROASTED CHICKEN WITH VEGETABLES*

4| **Prepare the chicken:** Remove chicken from brine. Discard lemon halves. Pat dry. Gently separate skin from breast to make a pocket.

5| **Stuff with flavor:** Tuck butter under skin, then add chopped basil.

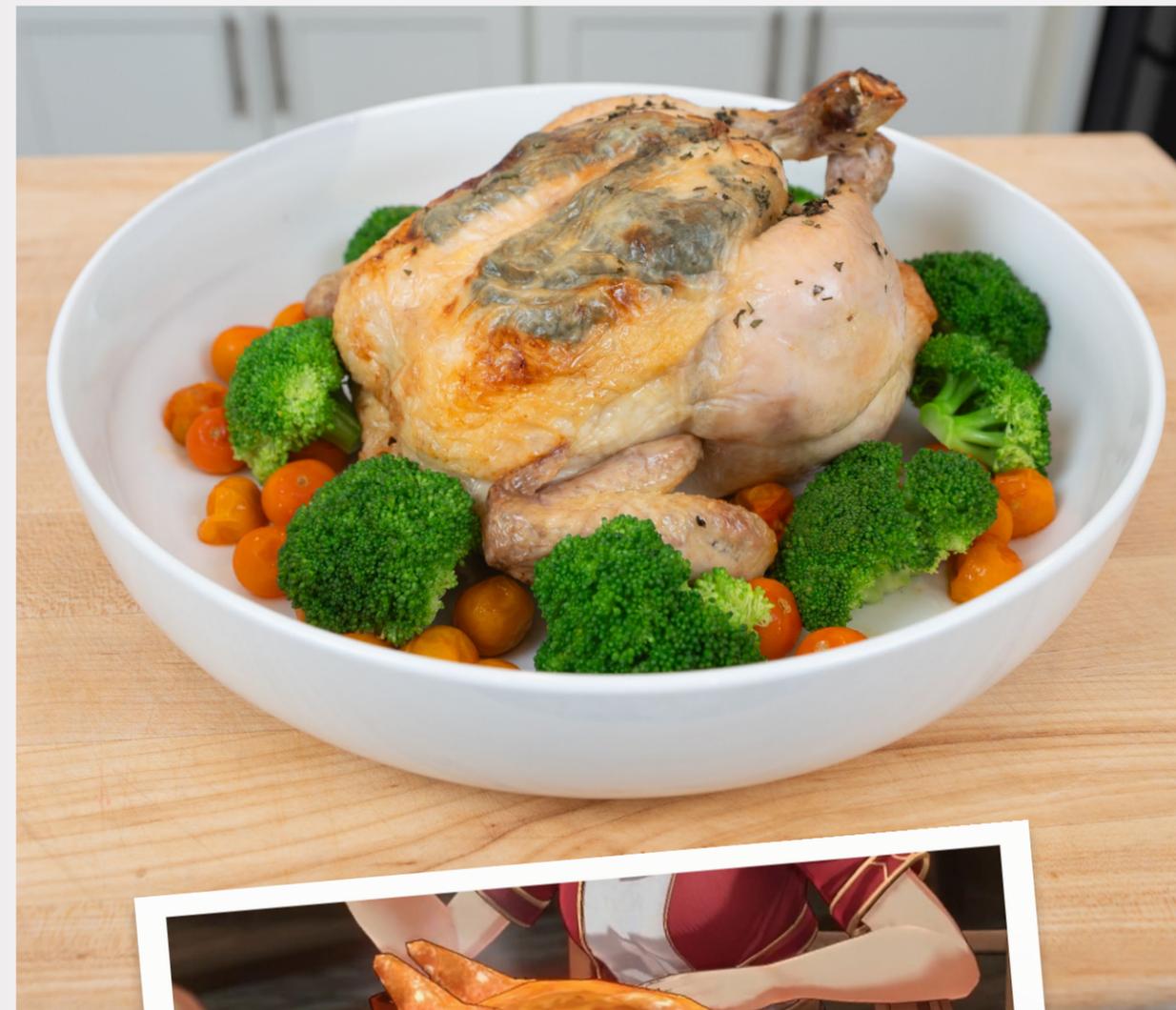
6| **Truss the chicken:** Tie legs together with kitchen twine and tuck in wings.

7| **Roast:** Preheat oven to 350°F. Roast until the breast reaches 158°F, about 1- 1½ hours. Rest 10 minutes before carving. (cont.)



8| **Prepare the vegetables:** Blanch broccoli in salted boiling water for 30 seconds, then shock in ice water. Drain quickly to prevent soginess. Heat olive oil in a skillet over high heat. Sear cherry tomatoes for 1 minute, seasoning lightly with salt, until blistered.

9| **Plate:** Arrange sliced chicken with broccoli and blistered cherry tomatoes. Garnish with fresh basil.



2 ONION GRATIN SOUP



CHEF: CHEPK

INGREDIENTS

- 5 large yellow onions, thinly sliced
- 3 tbsp olive oil
- 2 teaspoons salt, divided
- 2 tbsp granulated sugar
- 1 cup sherry wine
- ½ cup Shaoxing wine (Chinese cooking wine)
- 1 tbsp dried thyme (or 2–3 sprigs fresh thyme)
- 32 oz beef stock
- 32 oz chicken stock
- 1 tbsp vegetable, beef, or chicken bouillon (to taste)
- 3 tbsp soy sauce
- Salt and black pepper, to taste

For the Topping

- 1 loaf French bread, sliced into thick rounds
- Butter, for toasting
- Provolone cheese slices (or Gruyère for a more traditional finish)



RECIPE

PREP TIME	15 MINUTES
COOK TIME	1.5 HOURS
SERVINGS	6-8

1 | Caramelize onions: Heat olive oil in a large pot over medium-low. Add onions. Cook 60–70 minutes, stirring often. About halfway through, season with salt and sugar and continue cooking until deeply caramelized.

2 | De-glaze: Stir in cherry wine and Shaoxing wine. Simmer 5 minutes. (cont.)

3 | Build the broth: Add bouillon, thyme, beef stock, chicken stock, and soy sauce. Cover and simmer 45 minutes. Taste and adjust seasoning. Cool if making ahead, or keep warm for serving.

4 | Prepare the bread: Butter one side of each bread slice. Toast in a skillet until golden. Flip, then add cheese on top. Let the cheese melt before serving.

5 | Assemble: Ladle hot soup into bowls and top each with cheesy bread. Broil briefly or torch the cheese until bubbling and golden.

6 | Serve: Soup should be loaded with onions and topped with cheesy, broth-soaked bread for every bite.



3 SUNSHINE STRAWBERRY MILLE CRÊPE



CHEF: KOJIMOCHI

INGREDIENTS

For the Crêpes

- 3 eggs
- 40 g maple sugar
- 200 g cake flour
- 40 g unsalted butter (melted)
- 500 ml milk
- 1 tsp vanilla extract
- 2 cups strawberries (sliced)

For the Cream

- 400 ml whipping cream
- Red / pink food dye (or strawberry puree for natural color)

For the Topping

- 6 whole strawberries
- Fresh mint leaves



RECIPE

PREP TIME	20 MINUTES
COOK TIME	2 HOURS
SERVINGS	6-8

1| **Crêpe:** Whisk together 3 eggs, 40 g maple sugar, and 40 g melted butter. Sift in 200 g cake flour and mix until smooth.

2| Slowly add 400 ml milk, whisking well. Strain the batter to remove any clumps. Let the batter rest for 30 minutes.



3| Heat a nonstick pan on low-medium heat. Cook each crêpe until the edges turn golden and it's firm enough to flip (about 1-2 min per side).

4| You'll need 14 crêpes. For a neat stack, trim the edges with a lid or bowl.



3 *SUNSHINE STRAWBERRY MILLE CRÊPE*

5 | **Layering:** Start with one crêpe, and add a thin layer of white whipped cream.

6 | With the next crêpe, add pink whipped cream and sliced strawberries.

7 | Repeat this alternating pattern between steps 5 and 6 until you have 6 layers with strawberries.



8 | Top with the final crêpe, then decorate with 6 cream spirals, 6 strawberry slices, and mint leaves.



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