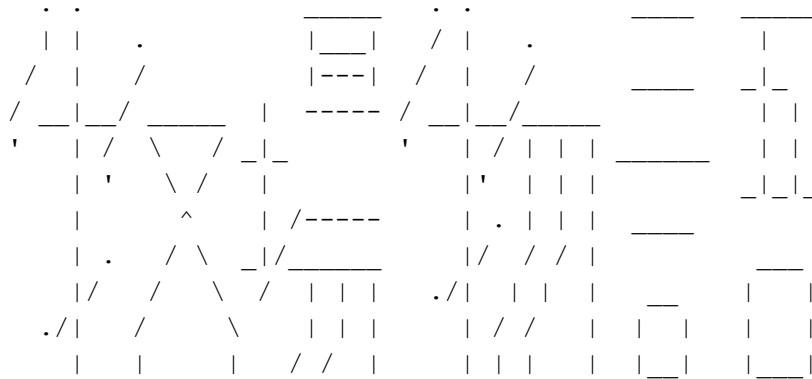


# Harvest Moon: Hero of Leaf Valley Cooking/Recipe Guide

by clara\_lin

Updated to v1.00 on May 16, 2010



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Bokujou Monogatari ~ Sugar Miura Minna no Negai (JP)  
Harvest Moon ~ Sugar Town (JP)  
Harvest Moon ~ Hero of Leaf Valley (EN)

Cooking/Recipes Guide  
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#####  
1. Introduction [Intro]  
#####

Welcome to my 2nd guide for Harvest Moon: Hero of Leaf Valley or Harvest Moon: Sugar Town (JP). The guide contains basic information about cooking and the Recipe available in the game.

NOTE: The recipe list is based from my playthrough in the JP version and translated by me. There might be name some differences on the name of the dish or the ingredients.

#####  
2. Version History [Version]  
#####

Version 1.00 - Full version of the Guide.

#####  
3. Cooking Basics [C-Basic]  
#####

=== How to Unlock ===

To unlock the kitchen you must have at least upgraded one of your buildings (Barn, Chicken Coop, or Dog house). After that the Kitchen upgrades will be listed on the shop list in the Carpenter's house.

To upgrade Kitchen you'll need 50 lumbers and 10,000G.

You'll also be given a fridge, so from that moment you can keep any food type item in there.

You'll start off with a frying pan and a pot. You noticed that you can only put one ingredients only unlike what you did for your part time job in Clove Villa. The reason is because you have a small basic kitchen utensils.

In order to get be able to put more ingredients you need to upgrade your kitchenware.

=== Kitchen Utensils ===

- Frying Pan (S) -- you start off with this
- Pot (S) -- you start off with this
- Mixer -- buy from Louis Item shop for 2000G
- Oven -- buy from Loius Item shop for 1500G
- Pot(M) -- upgrade it in Louis Item shop for 1500G + 1 silver ore
- Pot(L) -- upgrade it in Louis Item shop for 3000G + 1 gold ore
- Frying Pan(M) -- upgrade it in Louis Item shop for 1500G + 1 silver ore
- Frying Pan(L) -- upgrade it in Louis Item shop for 3000G + 1 gold ore

=== How to Cook ===

Assuming that all of you already have your kitchen, go to the kitchen utensils you want to use, then you'll see a small window asking for the ingredients you want to use.

Note: You can only put max 3 ingredients.

Then press START button to cook, wait a while and DING!

The dish is ready if you put the correct ingredients and use correct utensils

#####  
4. Recipe List [C-Recipe]  
#####

NOTE: names might different in English version since this is what I've record down during my playthrough in japanese version. And there are some dishes that I dont what it is, so I'll leave the names in japanese. I will update them once I've got the english copy. This is the list of the Recipes that I've collected, and its not complete. So if anyone find any recipes missing, please do tell me and I'll add the recipe to the guide.

Format:

Name ( Selling Price)

Ingredients:

\*\*\*\*\*  
4.1. Pot [C-R-Pot]  
\*\*\*\*\*

Strawberry Jam (160G)

Ingredients: Strawberry x3.

Cranberry Jam (100G)

Ingredients: Cranberry x3.

Blueberry Jam (100G)

Ingredients:Blueberry x3.

Veryberry Jam (140G)

Ingredients: Veryberry x3.

Mixed Jam (110G)

Ingredients: Veryberry, Bluerberry, Cranberry.

Orange Marmalede (130G)

Ingredients:Orange x3.

Apple Jam (120G)

Ingredients: Apple x3.

Cheese (500G)

Ingredients: Milk Sx3 or Milk Mx2 or Milk Lx1.

Cheese Risotto (600G)

Ingredients: Rice, Olive Oil, Cheese.

Hot Milk (180G)

Ingredients: Milk S.

Yogurt (350G)

Ingredients: Milk Sx2 or Milk Mx1

Fine Cheese (600G)

Ingredients: Milk G.

Onion Soup (100G)

Ingredients: Onion

Gazpacho (200G)

Ingredients: Tomato, Onion, Olive Oil.

Note: Gazpacho is spanish tomato-based raw vegetable soup.

Cream of Mushroom Soup (250G)

Ingredients: Mushroom (any type), Milk (any size)

Mushroom and Rice (330G)

Ingredients: Mushroom (any type), Rice

Carrot Soup (230G)

Ingredients: Carrot, Milk (any size)

Chestnut and Rice (220G)

Ingredients: Rice, Chestnut.

Cream of Corn Soup (190G)

Ingredients: Corn, Milk(any size).

Tomato Cream Soup (180G)

Ingredients: Tomato, Milk (any size)

Porridge (210G)

Ingredients: Potato, Milk (any size).

Stew (300G)

Ingredients: Milk(any size),Butter.

Croquette (250G)

Ingredients: Potato, Olive Oil, Breadfruit.

Buttered Potato (260G)

Ingredients: Potato, Butter.

Tomato Risotto (280G)

Ingredients: Tomato, Rice, Olive Oil.

Pumpkin Soup (240G)

Ingredients: Pumpkin, Milk(any size).

Steamed Gold Potato (210G)

Ingredients: Gold Potato

Spinach Risotto (310G)

Ingredients: Rice,Spinach, Olive Oil.

French Fries (360G)

Ingredients: Potato, Olive Oil.

Mashed Potato (90G)

Ingredients: Potato.

Minestrone (200G)

Ingredients: Tomato, Onion.

Note: Minestrone soup is an Italian dish.

Boiled Corn (80G)

Ingredients: Corn.

Egg Custard (290G)

Ingredients: Mushroom, Fullmoon berry,Egg

Monkfish Stwe (310G)

Ingredients:Angler, Carrot/Potato/Corn/Pumpkin/Tomato/Spinach.

Fried Squid (180G)

Ingredients: Squid, Breadfruit.

Squid Rice (220G)

Ingredients: Squid, Rice.

Chicken Grunt Vinegar (330G)

Ingredients: Chicken Grunt (fish), Miso, Herb.

Fried Hunchen (350G)

Ingredients: Hunchen, Breadfruit , Olive Oil.

Marinated Sardines (290G)

Ingredients: Sardine, Olive Oil.

Pickled Char (200G)

Ingredients: Char, Rice.

Porgy and Rice (270G)

Ingredients: Porgy, Rice.

Fried Shrimp (330G)

Ingredients: Prawn, Breadfruit, Olive Oil.

Canh Chua (280G)

Ingredients: Blotched Snakehead, Tomato, G.Herb

Note: Apparently this is Vietnam Dish >\_< something like clear fish soup.

Fried Leatherfish (200G)

Ingredients: Leatherfish, Breadfruit.

Grouper Stew (340G)

Ingredients: Kelp Bass, Potato, Vegetable, Carrot (pick one vegetable)

Clam Chowder (280G)

Ingredients: Clam, Milk (any size).

Marinated Salmon (280G)

Ingredients: Salmon, Olive Oil.

Salmon Cream Stew (330G)

Ingredients: Milk (any size), Butter, Salmon.

Miso Mackerel (280G)

Ingredients: Miso, Mackerel.

Spanish Mackerel (360G)

Ingredients: Mackerel, Spinach, Prawn

Pike Rice (?)

Ingredients: Pike(fish) , Rice.

Seafood Stew (350G)

Ingredients: Milk(any size), butter, Fish (any type)

Seafood Risotto (360G)

Ingredients: Rice, Olive Oil, Fish (any type)

Marinated Octopus (360G)

Ingredients: Octopus, Olive Oil

Cod Soup (340G)

Ingredients: Cod, Miso, Carrot.

Dark Sleeper Stew (320G) <Donko Fish Stew>

Ingredients: Vegetable, Miso, Dark Sleeper Fish.

Note: Apparently Donko is Japanese water fish, I tried to google it but cant find the english name for it.

Marinated Herring (270G)

Ingredients: Herring, Olive Oil.

Tiger Globefish Stew (340G)

Ingredients: Globefish, Vegetable(any type)

Stewed Masu Salmon (240G)

Ingredients: Salmon, Honey.

Boiled Octopus (90G)

Ingredients: Octopus

Boiled Egg (80G)

Ingredients: Egg

Boiled Lobster (140G)

Ingredients: Lobster.

Marinated Smelt (230G)

Ingredients: Smelt(fish), Olive Oil

Fried Smelt (180G)

Ingredients: Smelt(fish), Onion.

Stewed Fish (120G)

Ingredients: Salmon/Rainbow Trout.

Triangle Soup (240G) <Sanpei Soup>

Ingredients: Salmon, Vegetable (any type like spinach)

\* Sanpei Soup is a fish soup from Hokkaido

Loach Stew (260G)

Ingredients: Loach(Fish), Egg.

Bouillabaisse (240G)

Ingredients: Tomato, Fish (any type)

Note: Apparently this is a name of one mediteranian soup

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4.2. Frying Pan

[C-R-Pan]

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Sandwich (400G)

Ingredients: Bread, Cheese, Boiled Egg, Tomato.

Jam Sandwich (300G)

Ingredients: Bread(bought from the shop), Jam (any jam except mixed jam)

Baked Apple (60G)  
Ingredients: Apple

Assorted Platter (480G)  
Ingredients: Cheesex3

Tomato Salad (340G)  
Ingredients: Tomatox3.

Pancake (240G)  
Ingredients: Breadfriort, Milk(any size), Egg.

Load Omellet (300G)  
Ingredients: Egg, Mushroom, Nut, Vegetable (pick any)

Cheese Omellete (400G)  
Ingredients: Cheese, Egg.

Fruit Omellete (290G)  
Ingredients: Egg, Fruit (Apple/Orange/Grape)

Plain Omellete (250G)  
Ingredients: Egg, Milk(any size).

Fried Egg (80G)  
Ingredients: Egg.

French Toast (350G)  
Ingredients: Bread, Egg, Milk(any size).

Omellet Rice (280G)  
Ingredients: Egg, Rice, Tomato.

Fried Rice (250G)  
Ingredients: Rice, Egg.

Sauteed Mushrooms (350G)  
Ingredients: Mushroom(any type), Butter.

Fried Mushroom (80G)  
Ingredients:Mushroom (any type)

Gourmet Mushroom Saute (400G)  
Ingredients: Mushroom x2, Butter.

Sauteed Spinach (280G)  
Ingredients: Spinach, Butter.

Buttered Corn (220G)  
Ingredients: Corn, Butter.

Popcorn (240G)  
Ingredients: Corn, Olive Oil.

Roasted Corn (80G)  
Ingredients: Corn.

Fish Meal (300G)  
Ingredients: Fish (any type),Vegetable(any type) or Mushroom or Nut or Herb.

Broiled Eel (130G)

Ingredients: Eel.

Pillaf (250G)

Ingredients: Rice, Butter.

Seafood Pillaf (410G)

Ingredients: Seafood, Butter, Rice.

Shrimp Pillaf (390G)

Ingredients: Shrimp, Rice, Butter.

Grilled Chub (60G)

Ingredients: Chub fish.

Teriyaki Swordfish (180G)

Ingredients: Swordfish

Butter-Fried Salmon (280G)

Ingredients: Salmon, butter.

Fish Cream Saute (550G)

Ingredients: Butter, Milk, Salmon

Porgy Carpaccio (280G)

Ingredients: Sea-bream, Olive Oil.

Broiled Broach (70G)

Ingredients: Broach (type of a fish)

Broiled Catfish (110G)

Ingredients: Catfish

Grilled Horse Mackerel (300G)

Ingredients: Mackerel, Mushroom.

Broiled Squid (90G)

Ingredients: Squid.

Rainbow Trout Kebab (290G)

Ingredients: Rainbow Trout, Miso.

Teriyaki Amberjack (120G)

Ingredients: Amberjack.

Fried Lobster (230G)

Ingredients: Lobster, Butter.

Sauteed Clam (240G)

Ingredients: Clam, butter.

Fish Meuniere (350G)

Ingredients: Fish (any type), Butter, breadfruit.

Flounder Meuniere (370G)

Ingredients: Flounder, Breadfruit, Butter.

Tuna Carpaccio (260G)

Ingredients: Tuna, Olive Oil.



Tuna Steak (200G)  
Ingredients: Tuna.

Stewed Rockfish (60G)  
Ingredients: Rockfish(Red/Black)

Broiled Fish (120G)  
Ingredients: Fish (any type)

\*\*\*\*\*  
4.3. Oven [C-R-Oven]  
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Cookies (220G)  
Ingredients: Breadfruit, Butter, Egg.

Orange Cookies (270G)  
Ingredients: Breadfruit, Egg, Orange.

Herb Cookie (200G)  
Ingredients: Breadfruit, Egg, Herb.

Cake (240G)  
Ingredients: Breadfruit, Milk(any size), Egg

Carrot Cake (370G)  
Ingredients: Carrot, Breadfruit, Milk(any size)

Strawberry Shortcake (340G)  
Ingredients: Breadfruit, Milk(any size), Strawberry.

Cheesecake (340G)  
Ingredients: Breadfruit, Milk(any size), Cheese.

Honey Cake (400G)  
Ingredients: Breadfruit, Egg, Honey.

Fruitcake (320G)  
Ingredients: Breadfruit, Milk (any size), Berry(any type)

Pumpkin Cake (330G)  
Ingredients: Breadfruit, Milk(any size), Pumpkin.

Special cheesecake (400G)  
Ingredients: Special cheese, Milk(any size), Breadfruit.

Muffin (180G)  
Ingredients: Breadfruit, Very Berry, any fruits (apple/orange/grape)

Mont Blanc (350G)  
Ingredients: Breadfruit, Milk(any size), Chestnut.

Onion Bread (260G)  
Ingredients: Onion, Breadfruit.

Herb Bread (120G)  
Ingredients: Breadfruit, Herb.

Walnut Bread (210G)

Ingredients: Breadfruit, Walnut.

Butter Roll/ Bread Roll (170G)

Ingredients: Breadfruit, Butter.

Pudding (250G)

Ingredients: Egg, Milk(any size).

Fruit Pudding (280G)

Ingredients: Egg, Milk(any size), Berry (any berry).

Pumpkin Pudding (240G)

Ingredients: Egg, Milk(any size), Pumpkin.

Cornflakes (190G)

Ingredients: Corn, Milk(any size).

Cheese Potato (410G)

Ingredients: Cheese, Potato.

Pizza (520G)

Ingredients: Cheese, Tomato, Breadfruit.

Mushroom Gratin (440G)

Ingredients: Mushroom(any type), Milk(any size), Cheese.

Potato Gratin (460G)

Ingredients: Potato, Milk(any size), Cheese

Seafood Gratin (450G)

Ingredients: Milk(any size), Cheese(any type), Seafood.

Corn Bread (180G)

Ingredients: Corn, Breadfruit.

Doria

Ingredients: Rice, Milk(any size), Cheese.

Mushroom Doria (440G)

Ingredients: Mushroom(any type), Milk(any size), Rice.

Roasted Lobster (480G)

Ingredients: Lobster, Butter, Olive Oil.

Herb Grilled Fish and Mushrooms (320G)

Ingredients: Fish(Any type), Mushroom(any type), Herb.

Mediterranean Fish and Tomato (350G)

Ingredients: Olive Oil, Tomato, and Fish (salmon/flounder).

Roasted Fish (fish fry) (300G)

Ingredients: Salmon, Olive Oil, Breadfruit.

Foil Grilled Fish (130G)

Ingredients: Trout, Salmon, and one other fish.

Herb Grilled Fish (280G)

Ingredients: Rainbow Trout, Salmon, Herb.

Broiled Clam (60G)

Ingredients: Clam.

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4.4. Mixer [C-R-Mixer]

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Apple Juice (120G)
Ingredients:Apple x3

Orange Juice (140G)
Ingredients: Orangex3

Grape Juice (170G)
Ingredients:Grape x3

Tomato Juice (120G)
Ingredients: Tomatox3

Mix Juice (130G)
Ingredients:Apple, Orange, Grape

Vegetable Juice (180G)
Ingredients:Potatoes, tomatoes, carrot

Strawberry Milk (100G)
Ingredients:Strawberry, Milk

Butter (450G)
Ingredients: Milk Sx3 or MIlk Mx2, or Milk Lx1

Ainame Miso (360 G)
Ingredients:Ainame Miso

\*Mince Fish (210G)
Ingredients: Sardine(?) and Spinach

\*Heaven wrapped dolphin ? (250G)
Ingredients:Dolphin fish (?), herb

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5. Contact Info [Contact]

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Before emailing me please make sure that you write the subject with this format "HM:HoLV - (topic)". By doing so you'll make my life easier when I sorted it out. I will accept emails both in English and Indonesian.

Please do not flame me through email because of my horrible english or mistakes I made, sending viruses or spam mails.

Any suggestions, questions , missing recipes , English names for the recipe, tips or tricks you found and want me to add to my guide or asking permission to host my guide are all welcomed to my inbox.

Email : its\_claraish@yahoo.com

You can add me in YahooMessenger, the email is the same with the above, and please do give a note on who you are so I dont decline your request. Do this if you wish to get quick answers.

#####

6. Credits & Thanks [CreditThanks]

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I'd like to give my thanks to the following:

- GameFAQs, for hosting this guide and having such a great website in the first place which provide us with a very useful information.
- Everyone that helped me to improve the guide by giving suggestions, pointing errors or providing info I didn't know. (Its you guys, HM: HoLV board memerbs)
- You \*points\* reader of this guide. This guide is made for you and I am happy because you're reading it right now.
- Marvelous Interactive and Natsume. Thank you for making Harvest Moon and translates them to English (though I play JP version too XD )
- Credit to GameFAQs board members epecially LunarAngel, LostYoshi and huyxx, for helping me with confirming the English names used in the game and pointing out my mistakes and typo.

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7. Legal Disclaimer [Legal]

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This guide is written by me, Clara Andari (clara\_lin aka Karaish). This guide is copyrighted by me. Reposting of the guide without my permission beforehand is forbidden and cannot be reproduced by any circumstances other than for personal private use only. It's specifically made for GameFAQs and and it's not authorized to be placed on any other website than GameFAQs and the ones listed below without our previous consent.

Besides GameFAQS, I also allow the following websites to publish this Cooking/Recipe Guide are:

- Harvest Moon Paradise (<http://harvestmoonparadise.com>)
- Rinlenlaririn (<http://rinlenlaririn.blog128.fc2.com>)
- Neoseeker (<http://neoseeker.com>)
- Super Cheats (<http://www.supercheats.com>)
- Gamershell (<http://gamershell.com>)
- Cheat Code Central (<http://www.cheatcc.com/>)

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