

Norian Food and Drink

THIS WHOLE PAGE NEEDS REDOING

Traditional [Norian](#) food and drink. It is the hope of the Norian people to restore some of these foods by substituting ingredients found in the [Kikyo Sector](#) or restoring plants and animals from their genetic archives in their new home.

Introduction

The Norian diet is simple, keeping them lean and agile. Their brains and bodies are well feed, kept sound by the lack of fats and oils that would potentially do them harm. Only when truly desperate will they eat something that doesn't fall within their normal diet.

Kitchens are large and insanely spotless; one could see their reflection upon the countertops with ease if they looked. The scent was sweet as the fruit was the main food of the Norian diet. With their travels, they had grown accustomed to the fruits that non-Norians would eat, such as grapes, oranges, pineapple, coconut, apples, and even bananas; finding that even these types of fruit were just as beneficial when their own were scarce. However, it was the natural fruit from their homelands that they craved and even savored when eating. Many others are used for their medicinal properties, while others have been found useful during wartime.

Only using the best ingredients that will secure longevity in life and maintain their almost excellent health, Norians bake all of their own bread, rolls, crackers, and pastries; feeling that should any other (Non-Norians) have an attempt at their baking that the food would become tainted with preservatives and eventually interrupt the flow of things for the Norain world.

Baked goods are made daily and in abundance for the Norians eat little to no meat. Eaten with cheese, fruit, jellies, and the occasional stew, these items are made with only the purest of ingredients and chances are good it will be found that it was a man who put his hard work, time, and effort into creating such delights leaving the women to raise the children and take care of their many other duties.

Norian Foods

Foods traditionally consumed by Norians.

Norian Breads, Crackers, and Rolls

- Boggotu - Boggotu appears in an off-white color and is found in either the form of bread loaves or rolls.

- Gaugarnyggg - Gaugarnyggg is a bumpy round cracker.
- Machaquul - Machaquul appears a light brown in color (much like wheat bread) and can be made into bread, rolls, or crackers.
- Othlenath - Much like rye bread, it can be found sold as bread, crackers, or rolls and is most commonly eaten with stews.
- Yigggygoel - A sweet cracker that comes in many different sizes and shapes that is often eaten with cheese.

The above items are baked with a variety of organic materials (Such as fruits, flour ground by hand, and sugars) that are found to be very healthy for the Norians. The Norian men who spend their days baking have found unique ways of creating shapes and different sizes; adding their own personal signature to that which they take pride in.

Norian Pastries

- Ek-hat - Made out of Phomila berries, this pastry is a delicacy and found to be most expensive when topped with Rhon berries
- K'yararta - Made with Hu'aboske berries and commonly eaten with stews as a side dish not a dessert.
- Mathagggg - Sha-rhamile shell is pounded and made into a paste then spread onto one layer of the pastry before another layer is placed atop as a covering. (Much like a pop tart) It can be eaten warm or cold.
- Or-rl - Ingredients unknown as the bakers like to keep secret recipe's to keep people guessing.
- Ugg-ke - Ingredients unknown as the bakers like to keep secret recipe's to keep people guessing.
- Ystlo - Ingredients unknown as the bakers like to keep secret recipe's to keep people guessing.
- Zagatha - Ingredients unknown as the bakers like to keep secret recipe's to keep people guessing.

Norian Fruits

- Borarhona - This lavender fruit is tart, though an acquired taste. The Borarhona is picked from a vine and eaten either right from the vine, or used as a filling in pies or other pastries. There are no known cures and or diseases that are produced by this fruit.
- Dar-achosash - This fruit perhaps one of the rarest of fruits that the Norians savor if they can get their hands on it. The outer shell is brown, hard and course to the touch and the only way to get to the vibrant yellow juicy flesh is to crack it open on a hard jagged edge of a counter, or if outdoors... a rock. The smell far from overbearing and the taste would leave one wanting for more as it melts in ones mouth.

- Ggosho - This fruit best dried and crushed into a powdered form and applied to cuts adds to the healing time and allows no infection to set in; so long as it is applied within minutes of injury. This powder can also be ingested to relieve stomach pains and also helps to keep the urinary tract clean.
- Hu'aboske - Some say that Hu'aboske is a relative, to what humans call, to a fig. Used mostly in baking, the Hu'aboske grows abundantly in relatively humid areas and is picked in the late spring before the wildlife can pick the crops clean.
- Iaru - The Iaru is very sweet and eaten mostly commonly any time of day. This soft fleshy fruit is also given to the young Norians when they first begin to eat as it instantly melts in ones mouth. It has also been said that if the Iaru is shared between lovers that it becomes a stimulant in aiding reproduction. (The effect is only rumored and no research has been done to test it out.)
- Kele - This soft fruit grows on Kele trees and can be found nearly everywhere one would look. Quite common, this pink fruit is about as big as a grown male's fist and is eaten mostly during the early morning hours as the fruit seems to be sweeter then than at any other time.
- Kil-gy- Purple round fruit found in clusters of six (four clusters to a vine) upon their poles. These fruits unlike their cousins are very sweet, and can be eaten. Usually found in salads, sitting in a bowl to compliment a meal, or crushed to create jellies and desserts.
- Krhacho- White round fruit that hangs in clusters of 8 or more upon vines of multi colored leaves. They are very tart, and not for eating. This fruit is found in four clusters to a vine that winds itself up posts, and harvested to create the famous white wine produced by the Allura house. Be it in the spring and fall when the fruit is not growing with its multi colored leaves makes for a great decoration upon the land, but in the summer when the fruit does grow it like white gems have come to grace this stems.
- Lacth-ddh - This milky white fruit with a hard red outer shell is a delicacy and eaten during major functions such as coronations, weddings, births, and masquerade balls. Rare and expensive, Lacth-ddh won't be found in every home save those who can afford it.
- Ma-phu - This fruit almost looks like a potato and grows underground as one does as well. The skin is brown, the flesh inside almost violet in color when ripe. The Ma-phu is grown by many of the farmers; keeping the markets stocked full. Sour in taste, this fruit is often best when eaten with Dar-archosash, cheese, and crackers.
- Otalana - A favorite amongst Norians both young and old for its medical remedies, Otalana is full of vitamins that seem to cure the common cold, a hangover, and even fatigue. Sweet, this green fruit grows only in the fall and spring seasons and is only sold sparingly to make sure they have enough to last through the off seasons.
- Ph'ggno- Red fruit almost a burgundy color like their cousins the Krhacho is very tart, and not for eating. This fruit like the white round ones is harvested, and used for the purpose of creating a rich red wine. Where the white have a multi-colored leaves this fruit has a plain green leaf to its vines with a white line following the veins of the leaf. So in the spring they are a beauty to behold as they turn from the brown color they become in the fall to a light green then a darker one as summer comes with the growth of its red fruit.
- Phomila - A not so rare delicacy, this fruit is used in everything from baking to stews, and some

even like it strait from the vine; everything from the outer skin and the flesh being used while the seeds found within the fleshy core are dried out and used to top breads as they bake or are returned to farmers to be replanted for the next seasons healthy crop.

- R'hotan- Green fruit like emeralds upon a vine of multi-colored leaves if it weren't so dark in color it could easily be mistaken for their tart cousins. This fruit hangs in groups of four upon the clusters of two to each vine, and they are a tasty treat, but be-careful when eating them for inside they hold tiny seeds unlike their cousins. This fruit is more for the eating off the vine or during the meal as an added treat to the feast, but doesn't make good jellies.
- Rhon – This small burgundy colored berry, a topping mostly for baked goods, can also be crushed and the juices turned to a very potent wine with time and a few miscellaneous ingredients.
- Sha-rhamile - This fruit is poisonous only its outer shell, which is good to eat, is kept and pounded into a paste and spread like a jam onto crackers and bread. Sweet to the taste it is full of fiber and iron and used daily. The fleshy fruit itself and the juice are shipped to the military units about the lands in safe containers to be used on tips of arrows and other devices. Once the poison is ingested or enters the skin of the intended target, their organs begin turning to mush. There is no known antidote that the 'enemy' is aware of and so far none have lived once the poison as taken affect (Side note: Seeing as the outer shell is eaten by the Norians, they have oddly been able to produce the antidote needed and have not succumb to the poisons of the fruit.)
- Th-ho – This brilliant blue and oddly shaped fruit (Shaped like a raspberry, though half the size of one's fist) is bitter, often used in cooking of stews or baking of breads; the heat seeming to bring the fruit a different yet sweeter taste.
- U'itholo – This spiked fruit grows from vines in the driest of lands. Unable to be eaten by animals because of the large spikes that grow outward from the skin, this fruit for a long number of years only went to waste. Wearing a special cloth glove with a chain mesh woven between the fibers, the fruit can then be carefully picked from the vine. The peel then must be slowly cut away to keep the spikes from becoming flying projectiles that could embed themselves deep into ones one flesh. Sweet, the bright yellow fruit is most commonly eaten by itself and very filling.
- Zschazhin – Green, this fruit is peeled and the soft pale flesh can be eaten as is or cut, smashed, baked, fed to children. Much like the 'human' banana, this fruit has many uses and is a good source of nutrients.

Norian Soups, Stews, and Broths

- Claboras- Very strange stew made from a variety of fruits that can be chosen by the cook, and added to a pot of boiling water to draw out the juices from the fruit before it will be removed. The juices will be mixed and let to simmer over the fire for part of the day before the fruit is diced, and re-added to the liquid to finish cooking for the evening or lunch time meal.
- Omat- This is considered a rare treat, and only used for special events or on holidays. It's made from the boiling of fruits to draw out their juices that will simmer as the cook thickens the liquid down towards a more solid base before adding the diced fruit back into the mixture. It's very

sweet, and adds a nice touch to any meal as a course or just a nice dessert for its not really a solid like the human jello, and yet not a mixture of liquids and solids like the regular soups it falls in the middle. It can be served cold or hot depending on the request.

- Rshu- This soup is more of a broth made from different fruit juices. It's one of the few soups that is recommended for giving to those who are sick, and not yet ready to eat a more solid based meal. It's a little sweet, but not enough to bother ones stomach but more to sooth. Rshu is also one of the soups a parent might first give their child when they are reaching the age they are begin to eat foods.

Norian Drinks

Over time with travels and many non-Norian visitors that have come to reside with the Norians (Ex: The Xythael) new types of beverages have been brought to the lips of many Norians. However, given the choice Norians will take a traditional drink over the trendier beverages served in other realms.

Norian Hot Drinks

- Dar-achosash Ekel: The warming of the juice from the rare yellow Dar-achosash fruit is a rare treat for any Norian adult or child. Helps to ward off a cold night chill and creates a calm relaxed state. Best time to drink: before a fire and just before bed time.

Norian Cold Drinks

- Borarhona-Holeiqu: From the Borarhona fruit, this juice is tart yet refreshing and usually enjoyed by Norian children on a hot day.
- Kele-lth-rt: From the Kele fruit, this pink juice is normally served at breakfast times and is enjoyed by Norians of all ages.

Norian Alcoholic Drinks

- Chaclle: A very expensive wine that is usually reserved for noble families because of its price, but can be obtained for special occasions to the common people. This wine is a little dry tasting when drank, but has a slightly sweet aftertaste that makes you wish for more. It's made from the Ph'ggno fruit giving it the burgundy red color.
- Rha'pho: A sweet wine that is a light pink color due to the mixture of juices from the Ph'ggno and Krhacho fruit, and a touch of Iaru to give it the sweet taste. This wine is usually only sought after for weddings, and special occasions, and shared between lovers.
- Yuao: A soft white color and very few Krhacho fruits are used in this wine keeping it a mild

tartness and dryness. It's a favored wine amongst all classes for its flavor, and scent which is a flowery scent. This wine is one of the most common that can be found to buy in the market, or in one's wine cellar.

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