

MASTER COOK ORIGINS

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All the tribes have gathered for the Master Cook competition. You oversee your prehistoric tribe's kitchen tent. Harvest ingredients, hire helpers, and cook your best dishes quickly to discover the Origins of the legendary

Master Cook!

1-5 Players -- Duration: 45 - 120 minutes -- Ages: 10+ -- Competitive

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Contents:



1 x Feast Board / 12 x Common / 4 x Fire Victory Tokens per player
Goals



5 x Cutting Boards (1 in each player colour)



60 Taster cards / 18 x Side dish cards / 12 x Gourmet cards
(12 in each player colour)



2 Player aids per player / Harvest Marker / First Player Marker

16 x Field tiles

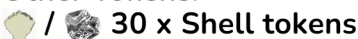


4 x Blueberry / 4 x Fig / 4 x Mushroom / 4 x Wheat









Ingredient tokens:












Other Tokens:


















Ingredients

Ingredient(s): The main resource of the game. There are 4 types of ingredients: blueberry  / , fig  / , mushroom  /  and wheat  / 

 Any Ingredient of your choice (any of     or    )

Tokens representing ingredients (= symbol printed on cards):

Ingredient	Token	Storage space (Also part of the cost)
Blueberry		
Fig		
Mushroom		
Wheat		
Shell		
Any Ingredient		 Conditional storage (Must have a card tucked here before it is active)
Shell		 Conditional storage (Must have a card tucked here before it is active)


Shell token:  this game component is similar to money in other games. Shells are used to hire helpers, cook Gourmet Recipes and buy cards.

Fields

Field / Field Tile: Game tile that holds the ingredient tokens.
4 types of field game tiles:



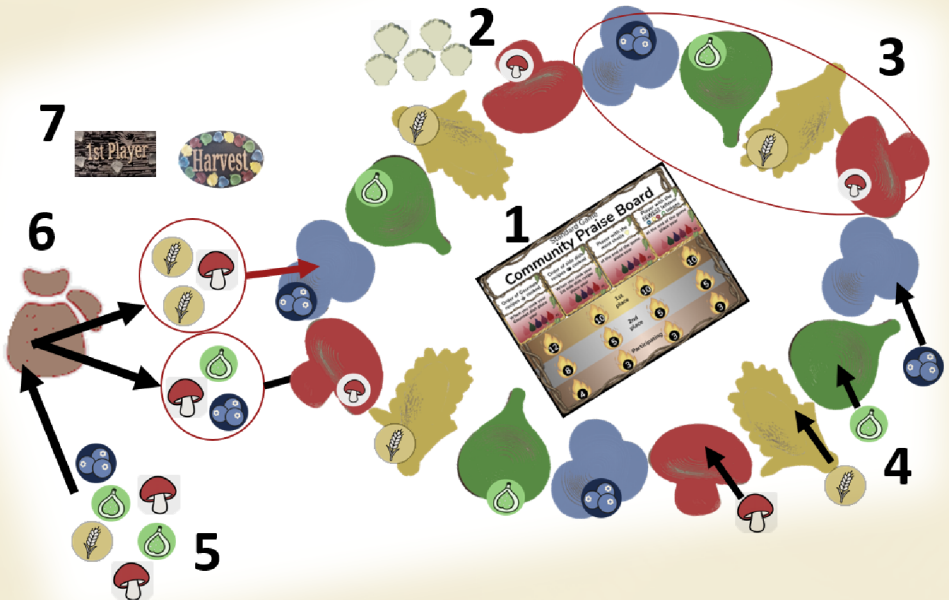
Setup:

1. Place the Feast Board in the middle of the table Standard Game side up if playing with new a player.
2. Place the shells to the side and in reach of everyone.
3. Arrange the 16 field tiles in the same pattern (Blueberry, Fig, Mushroom, Wheat, repeat) in a circle around the Judges Table.
4. Place **one** ingredient matching matching the field's colour on each of the 16 fields.
5. Add the remaining Blueberry (🫐), Fig(🍈), Mushroom(🍄) and Wheat (🌾) to the bag.
6. Refill the fields: Draw ingredients from the bag to fill all the field tiles until each field contains **exactly 4 ingredients**.
7. Give the first player marker  and the harvest marker



to the last player who cooked a recipe or a random player

Field Circle setup:



Player Setup

8. In their player colour each player takes:

- 1 x Cutting board
- 4 x Fire Victory Point Markers
- 1 x Player Aid
- 12 x Helper cards (#1 to #12)

9. From the Side Dish and Gourmet cards find all the cards marked with the 🍄 in the top-left corner. Shuffle each type separately. From these, each player takes 2 random side dishes and 1 random gourmet dish. Return all remaining cards marked with 🍄 to the box.

10. From side dish cards without the 🍄, take 2 cards per player and shuffle them into a side dish deck.

11. From the gourmet dish cards without the 🍄, take 1 per player and shuffle them into a gourmet dish deck.

12. From the Taster cards find the Blueberry-, Fig-, Mushroom- and Wheat Helper cards (#1, #2, #3, #4, marked with 🍄 in the top left):



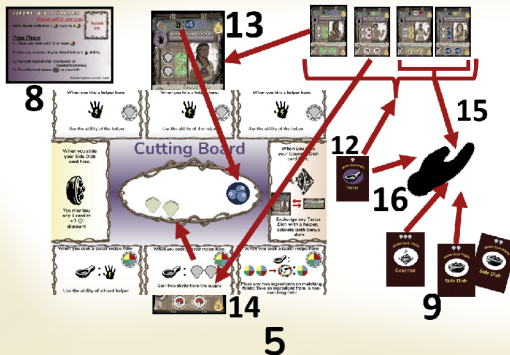
13. Choose one of these starter cards. Slide it behind your cutting board at the top of any of the helper slots leaving the helper picture showing. Use the helper's ability immediately to take an ingredient from a non-matching field.

Example: 🍷🍷🍷 Immediately take a fig 🍷 from any non-fig field 🍷

14. Choose another one of the 3 remaining starting cards and slide behind your cutting board at the bottom in the middle slot. The taster recipe must be visible. Take 🍷🍷 now.

15. Take the remaining 2 starting helper cards into your hand, Then shuffle the rest of the helper cards and place them face down next to your cutting board.

This is now your taster deck.



Player Setup - continued

16. Draw a card from the taster deck.

At the end of setup, each player's hand contains exactly:
3 x Taster Dishes, 2 x Side Dish 1x Gourmet Dish



17. You are ready to start the game. The player with the first player token takes their turn.

Two-player setup example:



Overview and Goal

In **Master Cook – Origins**, you're a prehistoric chef competing in the **Grand Summer Festival**. Harvest ingredients, hire clever helpers, and cook mouth-watering recipes to receive praise from the community.

Outcook your rivals, rack up the most victory points, and claim the title of Legendary Master Cook!

Gameplay

Your turn has **3 phases**.

Prep phase to **clear fields**, **harvest** ingredients and **use helpers**.

Kitchen phase to **cook** dishes and **hire** more helpers.

Clean-up phase to **check** public **goals**, **buy** new **cards** and **store/discard** ingredients and shells.

The **game ends** when any of the decks runs out.

Turn Structure

1. Prep Phase

- A. **Clear** any overgrown **field** with 8 or more ingredients
- B. **Use** the ability of any hired helper (optional)
- C. **Harvest** ingredients
- D. Pass the harvest token left

2. Kitchen Phase

- A. **Cook** dishes
and
- B. **Hire** helpers

3. Clean-up Phase

- A. Check for **Public Goals**
- B. **Buy Cards**
- C. **Discard** any un-stored **ingredients** and **shells**

Refill depleted fields (0/1 ingredients) back up to 4 at any time

Turn Structure in Detail:

Start your turn when you receive the harvest token.



Refill rule - Always Active:

In any step or phase, whenever any field only has 1 or 0 ingredients, it is depleted.

Immediately refill the depleted tile back to 4 ingredients from the bag.

1. Prep Phase

During this Phase, you will be preparing for your Kitchen Phase by following these steps:

- A: Clear Overgrown Fields
- B: Use any of the helpers' abilities
- C: Harvest Ingredients
- D: **Pass the Harvest Token**  after you harvested

Prep Phase Priority (Kitchen Requests)

While a player is in their **Prep Phase**, they may **refuse any request** from another player to take an ingredient from a field.

If two or more players in their **Kitchen Phase** request the **same ingredient from the same field**, resolve the conflict in order of **Kitchen Phase start-time**: the first player to enter Kitchen Phase chooses first.

A. Clear Overgrown Fields

If any field contains 8 or more ingredient tokens, return all tokens on that field to the bag.


Helpers



In the Prep Phase you will use **previously hired** helpers. (Don't hire helpers in the prep phase but during your Kitchen Phase) (p17).


During the prep phase you can use as many of the hired helper's abilities as you choose. They are optional.

Anatomy of a Taster card:



 : The helper's ability is on the top at the taster card

 /  : The helpers / expert helper is in the middle of the taster card

 : Taster Dish is at the bottom of the Taster card

B. Use any of the Helpers' abilities

- a. The **helper's** ability is printed on the top of the taster card (Example: 🖐️:🍏🍏). To use the ability, take the ingredient printed here ((Example: 🍏) from a non-matching field and place it in your personal supply.
- b. The helper's abilities are all optional. You can use the ability of **any number of hired helpers** in your prep phase.
- c. You may **only use each ability once** during your turn, except when a Support Helper allows you to use another helper's ability again.
- d. When using a helper's ability, you may only harvest the ingredient from a field that does NOT share a colour with the ingredient. The symbols 🍏🍏🍏🍏🍏 are used to indicate that a helper may not Harvest an ingredient from this type of field.
- e. Expert Helpers 🖐️ harvest two ingredients. The ingredients are taken one at a time. They can be taken from the same or different fields that does NOT share a colour with the ingredient.

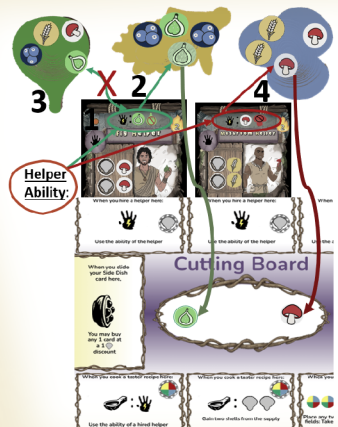
If you are unable to harvest an ingredient when using a **helper's** ability take a shell (🍳) instead. Expert Helpers take their ingredients one at a time. In rare cases you could take the last ingredient of the type and take a shell instead of the last ingredient with an expert helper's ability.

Example:

The Fig Harvester (1) has the ability 🖐️:🍏🍏

In the Prep Phase you may take a 🍏 from any 🍏 non-fig field (like the wheat field 2), but NOT the fig field (3).

You may also use the Mushroom Harvester (4) in the same Prep Phase to take a 🍄 from any non-mushroom field 🍏



What is the mancala mechanism?

Mancala is one of the oldest known board game systems, dating back thousands of years to ancient Africa and the Middle East. It was played with seeds moved between pits carved into the ground. The mancala mechanism involves picking up a group of seeds (or tokens) from one spot and dropping them one by one into a series of connected spaces, often in a circle or a line.



C. Harvest ingredients

In this action, you'll Harvest ingredients using a fun **mancala-style move**.

First, choose the **end field** where you want to harvest ingredients.
(End field).

Then choose any **other field to start** from and **scoop up** all its **tokens**.

Drop one token next to each field going clockwise or counterclockwise.

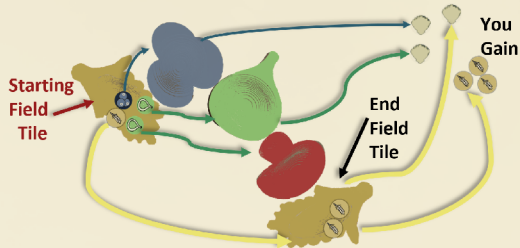
Stop when you reach the **End Field**. Place any ingredients still in your hand in the rubbish bin on your player aid.

Place **each token** from beside a field **onto that field**. If the **token's** ingredient type **matches the field's type**, take **1 shell**.

Then take all the ingredients **matching** the **End Field's type**.

Finally, pass the Harvest Token to the player on your left.

Harvest ingredients in detail



1. Choose an End Field Tile:

- Pick a field that has the type and colour of the ingredient tokens you want to collect. This is your End Field Tile.




2. Choose a Start tile and Scoop:

- Choose any other field to start from.
 - The starting field tile should have at least enough tokens to drop one token next to every tile between the starting- and end field tiles.
- Take all the tokens from that field into your hand.

3. Distribute tokens:

- Moving around the circle (in either direction), drop one token next to each field as you go.
- Stop when you reach the End Field.
- Any tokens not used are placed in the rubbish bin on your player aid. Each token here is worth -1 VP at the end of the game.

4. Take Shells:

- Place each token onto the field next to it.
- For each token placed into a matching field, take 1 shell.
(A fig token  into a fig field  takes one shell )









5. Harvest Ingredients:





- Collect all tokens from the End Field that match its type and colour (*all wheat tokens from a wheat field*) and add them to your cutting board.

D. Pass the harvest token to the left

Finally, **pass the Harvest Token**  to the player on the left. That player can now start their turn.

Harvesting Example

Alaine, the red player, wants to cook a Taster Dish (1), this costs   (2). To take  , Alaine plans to end her Harvesting step at the Wheat Field (3). The tile where you end your Harvest step is known as the End Field Tile. This Wheat Field Tile (3) contains   along with other resources ( ).

Next, Alaine picks a Starting Field Tile (4) (the wheat field) containing four ingredients (   ). Between the Starting Field Tile and the End Field Tile, there are four tiles (including the End Field Tile). The four ingredients in Starting Field should at least be the same or more than the number of field tiles between Starting Field and Ending Field. So, 4 ingredients = 4 field tiles.

Then, Alaine scoops up all the ingredients from the starting field tile and places each of the ingredient, one at a time, next to each of the field tiles between the starting and ending field tile (the starting tile does not get an ingredient):

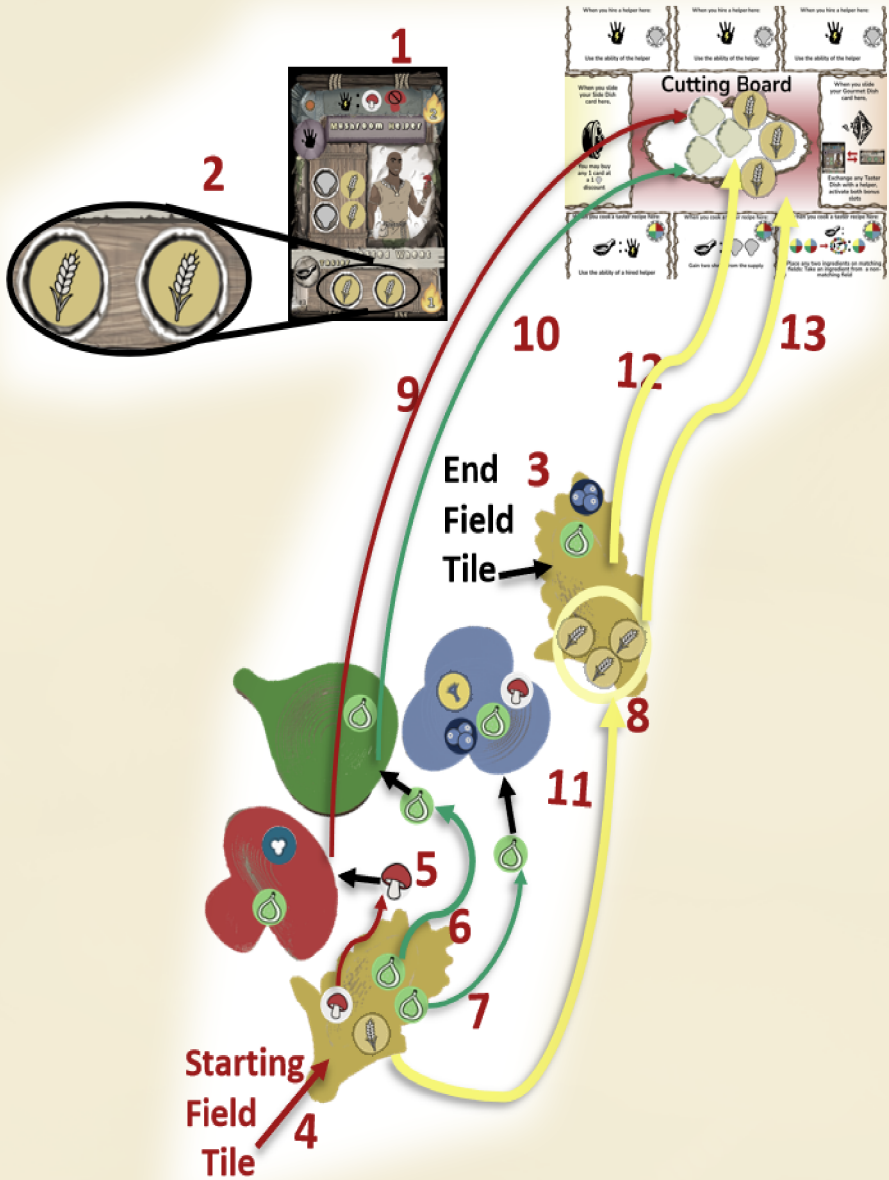
- Alaine places the **mushroom** (5) from the Starting Field Tile next to the mushroom field tile moving clockwise.
- She places one **fig** (6) next to the fig field and the other **fig** (7) from the Starting Field Tile next to the Blueberry Field.
- Finally, she places the **wheat** (8) next to the Wheat Field (End Field Tile, 3).

Now Alaine adds each of the ingredients next to the fields into that field and takes:

- **1 shell token** (9) from the Mushroom Field, where she added a mushroom token (5).
- Another **1 shell token** (10) from the Fig Field, where she placed a fig token (6).
- And **1 shell token** (12) from the End Field Tile where she placed a wheat token
- **All the wheat tokens** (13), (three wheat tokens, the two there already plus the one just added) from the End Field Tile.

However, Alaine does not take a shell from her Blueberry Field (11) because she added a fig token (7) to the blueberry field.

Harvesting Example:



Kitchen Phase

A. Cook Dishes

One of the actions you can choose during the kitchen phase, is to cook a dish. You cook a dish by choosing a dish card (taster, side, gourmet) in your hand to cook (play), and pay all the ingredients listed in the recipe cost from ingredients in your personal supply. You will then gain a bonus when you tuck this card under your cutting board.

Cook as many dishes as you can afford with your available ingredients








To cook (play) a dish:

1. Pay the recipe cost
2. Slide the card under the cutting board
3. Take the bonus

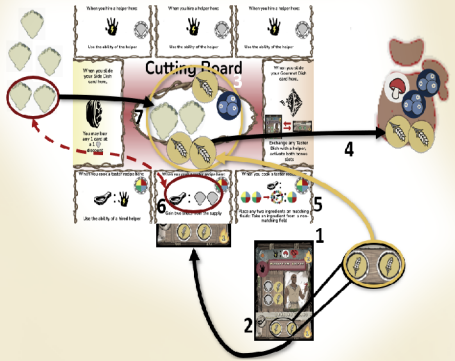
1. Pay the recipe cost:

Choose a card in your hand and pay the recipe cost from your ingredients in your personal supply by placing the ingredients required back in the bag and the shells in the general supply.

A cost of  is paid by any one of    or 

A cost of  =  =  =  =  can only be paid with 5 of the same ingredient. **Example:** 

Example: Paying the cost printed (2) on a taster dish card (1) by paying the exact type and number of ingredients (🌾🌾) (2) from your personal supply (3). Ingredients are placed in the bag (4). After you cook a dish, **slide** it behind your cutting board into the **taster dish slot** (5) and take the reward (6). (🍷🍷, this example) (7)



Bottom: Taster slots (🍷) for taster dishes.

for taster dishes.

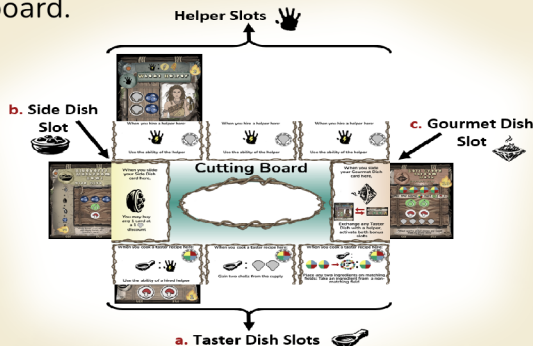
Left side: Side Dish slot (🍲) for side dishes.

Right side: Gourmet dish slot (🍷) for your gourmet dish.

2. Slide the card under your cutting board:

Slide the cooked dish card behind the cutting board under the slot associated with the type of recipe:

- Taster dish (🍷) card slots are on the bottom of the cutting board. Slide the card behind the cutting board **in any of the slots you choose**, up to the orange line, leaving the cost and everything below revealed.
- Side dish (🍲) card slot is on the left, players slide the side dish card behind the cutting board.
- Gourmet dish (🍷) card slot is on the right. Slide the gourmet recipe under the cutting board.



3. Bonus from cooking a dish:

Gain a bonus from the cooked dish. You gain the bonus every time you cook a dish, even more than once a round. A bonus can be gained multiple times. The bonus is always optional.

Bonuses for dishes are listed below: A: Taster, B: Side, C: Gourmet.

Example: You cook 2 taster dishes in one turn and slide both under the second Taster card slot.

You take  for each,  in total.


A. Taster dish bonus:

Allows the player to activate the ability listed on the Taster dish slot.


- All taster recipe abilities are optional

Taster recipe slot ability:











Use the  ability of any **one** of your hired helpers.




Take two shells () from the general supply








Return any two ingredients to the fields they share a colour with. Then take 1 non-matching ingredient from either of those fields.



Example: Place a  on a  and a  on a . Then you may take a ,  or  from a the field 

B. Side dish bonus:

Buy a card for a discount of  (-1 shell):

You can get a taster card () for free, a side dish card () for  and a gourmet dish () card for . You can't use more than one discount for a single card.

C. Gourmet dish bonus:










Swap a cooked taster () dish with a hired helper (). They swap places and you activate both the helper slot and taster slot bonuses immediately.


B. Hire helpers


Helpers are in the middle of the helper cards, with details printed on the middle section, below their name.

You may hire as many helpers as you can afford.

How to hire a helper

- Choose a helper card from your hand (1).
- Pay the hire cost shown on the left of the card (2) by returning the specified number of ingredients and shells from your supply (3) to the general supply or bag (4). A cost of  is paid by any one of    or .
- Any   is part of the hire cost. It is paid in full with shells   from your supply.
- Slide the card under any of the slots at the top of the cutting board and use the helper ability immediately. (6)

(A) Hire a Non-Expert helper ( = Non-Expert)

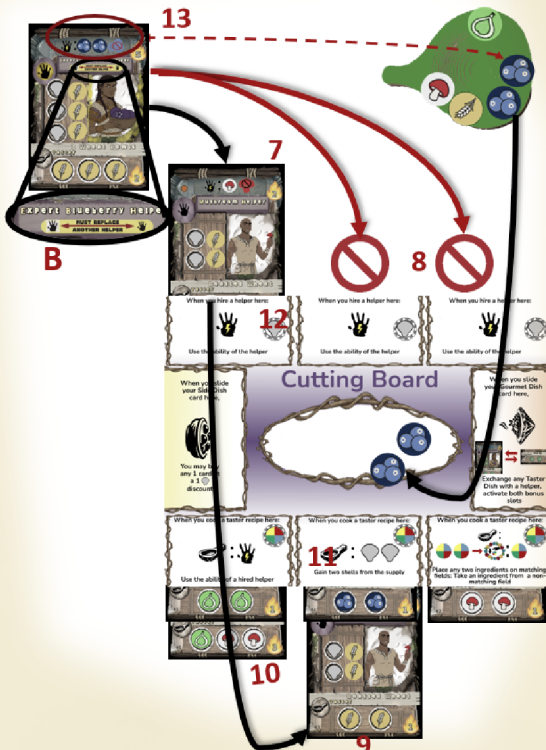
- If the selected helper is non-expert () (A), you can tuck the card into any helper slot at the top of the cutting board (5).
- Use their helper ability immediately.



Hire an Expert Helper (👤 **MUST REPLACE ANOTHER HELPER**)

- Expert Helpers cannot be hired in an open helper slot and **MUST** replace a previously hired helper (7).
- Any of the none of the open helper slots (8) can be used.
- After paying the cost, move any helper to the bottom of the cutting board (9), slotting it into any taster recipe slot (10). take the the taster dish slot bonus (11)
- Slide the expert helper into the helper slot you just opened at the top of the cutting board (12).
- Use the helper ability immediately. (13).

Expert helper example:



Remember to Gain the Taster Slot bonus:

- The helper that occupied the expert helper's slot now becomes a cooked taster dish. Slide it into any slot at the bottom of your cutting board and gain the taster bonus (see page 16)

3. Clean-up Phase

A. Check for public goals (🔥🌿🍷)

- If you are the first player to score a public goal in this round, place your chef hat on the topmost row that does not already have a chef hat under the goal.
- If you are not the first player to score a public goal this round, place your chef hat next to the first player who scored this goal this round. Ties are friendly.

B. Buy Cards:

Your maximum hand size is exactly:

3 Helpers, 2 Side Dishes, 1 Gourmet card.

You may only buy cards until you reach the hand limit for each type of card

Use your 🧑 icons to **buy cards** at these costs:

🧑 for each helper card from your deck

🧑🧑 for each side dish card from the shared deck

🧑🧑🧑 for each gourmet dish from the shared deck

C. Place ingredients and shells on storage spaces: 🍷🌿🍷🌿🍷🌿🍷🌿🍷🌿🍷🌿🍷🌿

Storage space symbols printed on a card is also part of the cost.

Any ingredients and shells left over after your Kitchen Phase must be placed on storage spaces or discarded.

Ingredients must be stored on a space of their type (only 🍷 on 🍷) or a general storage space 🌿. Shells must be stored on 🍷 or 🧑.

🌿 can take any ingredient (🍷🌿🍷🌿) BUT **only** available if a helper is hired in that slot on the cutting board. Shells can not be placed here.

Example: 🍷 can only be stored on 🍷 or 🌿.

🍷 can not be stored on 🍷

🌿 and 🧑 can only be used if if you already have a card slid under you cuttingboard at that spot.

Discard all 🍷🌿🍷🌿 and 🧑 **not placed on** 🍷🌿🍷🌿🍷🌿🍷🌿 **or** 🧑

The next player in clockwise order should already be busy with their turn.
Remember to pass the harvest token when you are done with your harvest step.

End of Game

The end of the game is triggered when anyone draws the last card from any deck

When anyone draws the last card from any one of either their helper deck, the common side dish OR the common gourmet dish then:

1. Finish the current round so all players have had the **same number of turns**.
2. Then, everyone **has one final turn** before the game ends and players score their victory points.

Scoring

Players score victory points (🔥) for the following:

1. Victory points printed on the **cooked taster dishes** cards.
2. Victory points printed on the **hired helpers**.
3. Victory points on each of the **cooked side dishes** they score either:
 - a. Separately count the two printed ingredients on this side dish plus the same ingredient on each of your other cooked recipes (other side dishes, gourmet dish and taster dishes). Victory points = the smallest number of the two ingredients.
 - OR
 - b. 1 victory point for each of the printed ingredients on each of your cooked dishes including this and other side dishes, gourmet dish and taster dishes.
4. Victory points on your **Gourmet Dishes**
5. Victory points for each of the **Public Goals**
 - a. You score the points printed on the space where your scoring marker is placed, based on the rank you achieved on of the public goal.
 - b. If you did not have any of the listed criteria, you score no points for that goal and do not place a marker.
6. **Minus** -1 Victory point for each ingredient in your Rubish Bin
7. The player with the **most points** is declared the Ultimate Master Cook.
8. **If there is a tie**, the player with the most shells win. If there is still a tie the player with the most taster dishes cooked wins. If there is still a tie, players share the title of Legendary Master Cook.

Scoring example







VP on Cooked Taster Dishes (1)


Victory points on the 5 cooked taster dishes below the cutting board
(2+2+1+1=) **6 VP**

VP on Hired Helpers (2)

Victory points on the 3 hired tasters above the cutting board
(3+4+3=) **10 VP**





VP on Side Dish #1 (3)

 1 x ( =  +  + ): Add together all the  on taster-, side-, and gourmet dishes

(12  x 1 =) **12 VP**

VP on Side Dish #2 (4)

 1 x ((  =  +  + ): 1 VP for each pair of   on taster-, side-, and gourmet dishes

 = 12 >  = 8: 8 pairs of   **8 VP**

VP Gourmet Dish (5) 15 VP

VP for Public Goal #1 (Gourmet Dish) (6)

(Stuart cooked his Gourmet recipe after Tiaan, 2nd place =) **8 VP**

VP for Public Goal #2 (7)

(Tiaan (Blue) had cooked his side dish first =) **10 VP**

VP for Public Goal #3 (8)

(Stuart had no shells left and did not place a marker but, Tiaan had the most shells left =) **10 VP**

VP for Public Goal #4 (9)

Both players had 5 ingredients left = **10 VP**

-1 VP for Each ingredient in your Rubish Bin (10)

Tiaan has 2 ingredients in his rubish bin on his player aid = **-2 VP**

Total = 70

2

3

2

When you hire a helper here:

Use the ability of the helper

When you slide your Side Dish card here:

You may buy any 1 card at a 1 discount

Cutting Board

When you slide your Gourmet Dish card here:

Exchange any Taster Dish with a helper, activate both bonus slots

1

2

5

When you cook a taster recipe here:

Use the ability of a hired helper

When you cook a taster recipe here:

Gain two shells from the supply

When you cook a taster recipe here:

Place any two ingredients on matching fields. Take an ingredient from a non-matching field

3

2

5

Player Aid - PHASES
Always refill in any step

Refill fields with 0 or 1 back to 4

Prep Phase

- Clear any field with 8 or more
- Use any number of your hired helpers' ability
- Harvest ingredients (clockwise or counterclockwise)
- Pass Harvest token to your left

Kitchen phase on the back

Standard Game


Community Praise Board

Order of Gourmet recipes cooked	Order of side dish recipes cooked	Player with the most shells	Player with the FEWEST leftover tokens
When you cook your Gourmet dish place your	When you cook your 1st side dish recipe place your	at the end of the game place your	at the end of the game place your
12	10	10	10
8	5	5	5
4	3	3	3
Participating			

6 7 8 9


Icons and symbols

 = Blueberry (p. 3)





 = Fig (p. 3)





 = Mushroom (p. 3)



 = Wheat (p. 3)


 = Any one of , ,  or  (p. 3)

 = Shell (p. 3)


    = Field / Field Tile(s) - Blueberry, Fig, Mushroom, Wheat (p. 3)

    = ingredient matching this field's colour cannot be taken from this field (p. 3)


    = Storage areas - taster dishes (p. 20)


 = Storage area only active if helper in that slot (p. 20)

 = Shell storage on helpers (p. 20)

 = Storage area only active if taster in that slot (p. 20)

 = Helper (p. 9)

 = Helper's ability used during the Prep Phase (p. 10)

 = Expert Helper. Exchange this expert helper with a hired helper (p. 19)

 **MUST REPLACE ANOTHER HELPER**

 = Gourmet Dish (p. 15-17)

 = Side Dish (p. 15-17)

 = Taster Dish (p. 15-17)