

THE
UNOFFICIAL
SIMS
COOKBOOK

*From Baked Alaska to Silly Gummy Bear Pancakes,
85+ Recipes to Satisfy the HUNGER NEED*



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Always follow safety and commonsense cooking protocols while using kitchen utensils, operating ovens and stoves, and handling uncooked food. If children are assisting in the preparation of any recipe, they should always be supervised by an adult.

DEDICATION

This book is dedicated to my mother, Sonia, for igniting my love for The Sims; to my sister, Brooke, for keeping it going; and to my fiancé, Chris, for always believing in me. Oh, and to my brother, Justin, for allowing me to always send him to military school in *The Sims 1*.

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INTRODUCTION

Sul sul! Have you ever been playing *The Sims* and thought, “Wow, that Chef’s Salad looks scrumptious,” or “I really need to try Ratatouille someday”? Then *The Unofficial Sims Cookbook* was made for you.

Food has been a huge part of *The Sims* for decades, affecting your Sims’ lives in so many ways, from Ambrosia saving your Sims from death, to a quick Caesar Salad coming to the rescue when your Sims forget to pay their bills and the Landgraabs turn off their power. And whether it be a luscious serving of Lobster Thermidor cooked to impress the private school Headmaster in *The Sims 2*, or some Minty Mocha Cupcakes made on the cupcake machine in *The Sims 4*, Simmers want to create these delicious recipes for themselves.

In *The Unofficial Sims Cookbook*, Sims content creator Taylor O’Halloran and author and recipe developer Kelly Jagers take eighty-eight of your favorite recipes from the game and transform them into something you can make from the comfort of your own kitchen. The best part? You don’t even need to level up your cooking skill to get started. The recipes you’ll see range from quick and simple dishes like Grilled Cheese (Chapter 2) to more involved meals that Bob Pancakes would make if he could ever become the master chef he’s always dreamed of being. (Too bad Eliza always seems to get in the way of his dreams.)

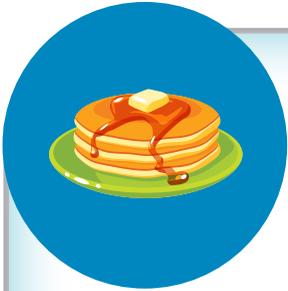
In this cookbook, you’ll find recipes for any occasion in your (or your Sim’s) life, including:

- A delicious **Banana Pancakes** (Chapter 1) recipe for your first day of private school.
- A perfect lunch recipe for **Garlic Noodles** (Chapter 2) to feed your date before attending the Romance Festival.

- A beautiful **Roast Chicken** (Chapter 3) dinner recipe that is sure to impress the Goths at your next dinner party.
- A **Cheese Eyeballs** (Chapter 4) side dish recipe that will scare Vlad when he appears at your doorstep tonight.
- Classic **Black and White Cookies** (Chapter 5) to serve at your Sim's wedding to Johnny Zest.
- A classy **Simsmapolitan** (Chapter 6) beverage recipe for your next night on the town.

You'll also discover fun facts about The Sims franchise that you can share with your loved ones as you feed them your comforting Mac and Cheese (Chapter 2).

These recipes will impress Simmers and non-Simmers alike and are meant to be enjoyed and then created again in-game because, as all Simmers know, you can't keep everything in the real world. These virtual characters are an extension of yourself, and now you can experience many of the dishes your Sims love to eat each and every day you play. You'll be inspired to cook these dishes and eat them while you sit at your computer making your Sims have another baby to try to save their marriage. Happy cooking (and playing)!



CHAPTER ONE

BREAKFAST

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Breakfast is arguably the most important meal of the day. What you have for breakfast can set the tone for the rest of the day. Are you going to be feeling **fine**? **Happy**? **Energized**? Your first meal can have a serious impact on your mood for the day, so having options is very important. Quick meals for breakfast every day (like cereal or toast) will leave both you and your Sims feeling unsatisfied and uncomfortable. Breakfast is also a great place to start if you're just getting into cooking IRL and don't yet have a high level of **cooking** skill. Starting with breakfast can help you gain confidence in the kitchen without having to work with complicated ingredients.

In this chapter, you'll find all sorts of delicious breakfast options for your busy mornings, including nutritious meals like High-Energy Protein Plates and unique treats for your taste buds like Silly Gummy Bear Pancakes. Whatever you choose, you are going to have an awesome morning, so psych yourself up in the mirror, head to your kitchen, and get cooking.



SILLY GUMMY BEAR PANCAKES

The Sims 4

If you ever find yourself with an extra-strong, playful moodlet early in the morning, the only cure may be a serving of Silly Gummy Bear Pancakes. These pancakes will have you and your family smiling all day; just make sure you don't eat too many, or you might get hysterical.

Serves:

4

Prep Time:

10 minutes

Cook Time:

20 minutes

2 cups baking mix, such as Bisquick Pancake and Baking Mix
½ teaspoon baking soda
1 cup buttermilk
2 large eggs
1 tablespoon unsalted butter, melted and cooled
1 teaspoon pure vanilla extract
2 tablespoons vegetable oil
1 cup small gummy bears, divided
4 tablespoons unsalted butter, at room temperature
1 cup pancake syrup

- 1** Preheat oven to 170°F and place a metal cooling rack on a baking sheet in oven to warm up.
- 2** In a medium bowl, whisk together baking mix and baking soda.
- 3** In a separate medium bowl, whisk together buttermilk, eggs, melted butter, and vanilla. Pour wet ingredients into dry ingredients and stir until well mixed and no lumps remain. Set aside.
- 4** Heat a medium nonstick skillet over medium heat. Once hot, dip a paper towel into oil and lightly coat bottom of pan. Use a lightly greased ⅓-cup measuring cup to pour 2–3 pancakes into skillet. Cook 30 seconds, then gently press four or five gummy bears into top of each pancake. Cook 1 minute or until pancake edges appear dry, bubbles begin to form on top, and bottom of pancake is golden brown.
- 5** Flip pancakes and cook another 60–70 seconds until other side is golden brown and pancake springs back when gently pressed in center. Transfer cooked pancakes to prepared baking sheet and keep warm in oven while you repeat with remaining batter and gummy bears.

Continued on next page

- To serve, stack two pancakes on each plate. Top each stack with 1 tablespoon butter and $\frac{1}{4}$ cup syrup. Garnish with remaining gummy bears. Serve immediately.



Did You Know?

In *The Sims 4*, if a Sim gets too many playful moodlets, they have a chance of feeling hysterical—and if you allow your Sims to feel hysterical for too long, they may die from their extreme emotions. You can stop this by having your Sims either calm themselves down in the mirror or do a non-playful task!

FRENCH TOAST

The Sims 3 and The Sims 4

French Toast is a staple breakfast if you have a sweet tooth, and this recipe will not disappoint. Even though the name says “French,” you don’t need to take a trip to Champs Les Sims to create this delicious meal; you can make it in the comfort of your home.

Serves:

4

Prep Time:

5 minutes

Cook Time:

25 minutes

½ cup whole milk

2 large eggs

1 teaspoon ground cinnamon

1 teaspoon pure vanilla extract

2 tablespoons vegetable oil

**8 slices thick-cut bread, such as
Texas toast or brioche**

¼ cup confectioners’ sugar

**1 cup mixed fresh berries,
such as blueberries and
sliced strawberries**

- 1 Preheat oven to 170°F and place a metal cooling rack on a baking sheet in oven to warm.
- 2 In a medium bowl, whisk together milk, eggs, cinnamon, and vanilla. Set aside.
- 3 Heat a medium nonstick skillet over medium heat. Once hot, dip a paper towel into oil and lightly coat bottom of pan.
- 4 Dip 2 slices bread into egg mixture, making sure both sides are evenly coated. Place in prepared skillet and cook 2–3 minutes until golden brown.
- 5 Flip bread and cook another 2–3 minutes until golden brown on other side. Transfer to prepared baking sheet and keep warm in oven while you repeat cooking with remaining 6 slices bread.
- 6 To serve, slice French toast into triangles and arrange on a serving platter. Dust with sugar and garnish with berries. Serve warm.

FRIED PEANUT BUTTER AND BANANA SANDWICH

The Sims 3

If you're a fan of peanut butter and banana sandwiches, you'll die for a fried PB&B. This meal is the perfect breakfast on a gloomy fall morning when you just don't want to get out of bed and would rather spend your day watching *Lost Dog's Journey Home* than going to work. Frying this sandwich melts the peanut butter in such a way that you will be craving this for weeks.

Serves:

1

Prep Time:

5 minutes

Cook Time:

4 minutes

3 tablespoons creamy peanut butter

2 slices white sandwich bread

½ medium banana, peeled and sliced

1 tablespoon unsalted butter

- 1 Heat a medium nonstick pan over medium heat.
- 2 Spread peanut butter evenly on each bread slice. Lay banana slices on one slice and top with second slice, peanut butter-side down.
- 3 Add butter to pan. Once melted and foaming, add sandwich. Cook 2 minutes per side or until each side is crisp and golden brown.
- 4 Transfer sandwich to a large plate and cool 2 minutes before enjoying.

BREAKFAST SCRAMBLE

The Sims 4: Outdoor Retreat

A perfect meal for cooking newbies, even Bob and Betty Newbie could master this simple dish. You can completely customize your scramble with whatever ingredients you enjoy or whichever ones you found in the local gardener's backyard. Even better? This dish is great when cooked in Granite Falls over a nice campfire!

Serves:

2

Prep Time:

10 minutes

Cook Time:

23 minutes

4 large eggs

¼ teaspoon salt

¼ teaspoon ground black pepper

**2–3 dashes (½ teaspoon each)
hot sauce, optional**

**4 ounces bulk pork or turkey
breakfast sausage**

**1 cup Ore-Ida frozen potatoes
with onions and peppers**

1 cup sliced button mushrooms

- 1** Preheat oven to 350°F.
- 2** In a large bowl, combine eggs, salt, and pepper. Add hot sauce, if desired, and stir well. Set aside.
- 3** In a medium nonstick skillet over medium heat, add sausage. Cook, crumbling into ½"-sized pieces, until browned and cooked through, about 8 minutes. Transfer sausage crumbles to a paper towel-lined plate and set aside. Leave drippings in skillet.
- 4** Add potatoes to skillet and cook 4 minutes. Add mushrooms and cook, stirring frequently, until tender and potatoes are golden, about 6–8 minutes.
- 5** Add sausage back to skillet, then add egg mixture and cook, stirring often, until eggs are set, about 3 minutes. Transfer to two plates and serve hot.



A Simple Swap

You can find Ore-Ida's Potatoes O'Brien (potatoes with onion and peppers) in the frozen foods section of your grocery store. If this is not available, you can swap for ¾ cup frozen hash browns with 2 tablespoons chopped onion and 2 tablespoons chopped green bell pepper.

SPINACH FRITTATA

The Sims 4

Sometimes a member of the household is living a junk food fiend lifestyle and it's hard to get them to eat their greens. Well, a Spinach Frittata is a great place to hide some delicious veggies in that Sims breakfast. All of the other ingredients will make this meal so delicious they won't even notice the spinach!

Serves:

6

Prep Time:

5 minutes

Cook Time:

32 minutes

8 large eggs

½ cup half-and-half

½ teaspoon salt

½ teaspoon ground black pepper

½ teaspoon ground nutmeg

1½ cups shredded sharp Cheddar cheese, divided

1 tablespoon unsalted butter

½ medium yellow onion, finely diced (about ½ cup)

4 ounces (about 4 packed cups) fresh baby spinach

- 1** Preheat oven to 350°F.
- 2** In a large bowl, add eggs, half-and-half, salt, pepper, and nutmeg. Whisk until well combined. Stir in 1 cup cheese and set aside.
- 3** In a 10" oven-safe skillet over medium heat, add butter. Once melted and foaming, add onion and cook until just tender, about 2 minutes. Add spinach and cook, stirring often, until wilted, about 2 minutes.
- 4** Arrange vegetables evenly over bottom of skillet. Pour egg and cheese mixture over top, then gently tilt pan to ensure eggs coat pan evenly. Cook 2 minutes without stirring.
- 5** Transfer skillet to oven and bake 18–22 minutes until eggs are set in center.
- 6** Remove skillet from oven and heat broiler to high.
- 7** Sprinkle remaining ½ cup cheese over top of frittata, then broil 2–4 minutes until cheese is melted and turning golden on top.
- 8** To serve, slice frittata into six pieces. Place one slice on each plate. Serve hot or at room temperature.

