

Lutong Banwa

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Illustrated by Liyo

*When we first
opened our
eyes, we knew not what
hunger was or who we
were.*



The only thing that we understood was the Mother Banana Tree that birthed us all.

Several sunrises passed and we unearthed these empty cities of the “real humans.”



In time, we learned that they had these... Rituals. They planted, they harvested. They kept animals as companions and livestock. They had this thing called “cooking.” They had this thing called “eating together”

The Game

Lutong Banwa is a storygame micro-rpg designed to be rules-lite and easy to hack and modify. It is a game surrounding the homey concept of cooking and eating together.

Gaming tools

You will need the following:

Dice: 2d12, 2d8, 2d6 kag 2d4 per player

A copy of this game for each player and GM

1-2 chosen recipes

4 - 7 players.

Safety tools

Safety tools are necessary for this game to ensure that no personal boundaries are crossed while playing the game. We highly encourage gathering around first and familiarizing yourselves with each other and each other's limits and boundaries through the following tools:

Lines and Veils
Consent & Safety Checklist
X-Card
Open Chair

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Lines and Veils

Lines and Veils is a safety tool that allows players and GM to outline precisely what they are okay with and what they are not okay with in game. Further, it helps put these limits and boundaries into actionable categories. "Lines" are topics that are an absolute no-no. These things are more often than not heavy trigger points for whoever put it forward and can

sometimes be very difficult for the person to come face to face with, possibly due to personal trauma.

Meanwhile, "Veils" are topics that are difficult but not completely off the table. Simply, the players and GM should make sure that when scenes involving Veiled Topics come up, the scene should just fade to black or the scene should not be elaborated.

Consent & Safety Checklist

This safety tool is very similar to L&V except it comes with a pre-meditated list and the options to add to it if necessary. Much like in L&V, topics listed and checked here are often triggering and difficult and if any of them are checked out, they are not allowed to be on the table during play. The

C&S Checklist is particularly helpful for players who sometimes do not even have words for the pain they have experienced or for the triggers that they have.

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X-Card

The X-Card is a safety tool that is used much like an auto-exit button when difficult topics suddenly come up during play. Sometimes, even if L&V or C&S Checklists have been employed, a player will not realize that something is a trigger until they experience it in play for themselves.

The X-Card helps with that, allowing anybody to tap the card at anytime to stop play and rewind or erase anything untoward. No explanation is necessary.

Open Chair

The Open Chair is a safety tool that works towards making characters feel less caged in by the game. At any time that they need to leave the table due to personal emergencies or anxious feelings, the Open Chair tool is like a contract that allows them to disengage and move away from the table and momentarily take

a breather. This helps if topics on the table have become too heavy for the players and a quick break is needed.

Open Chair also requires no explanation from whoever wants to utilize it.

We, the

Tamawo,

We have no concept of hunger, food, or of a nuclear family. We wandered aimlessly for a long time.

Then, we met a Giant Crab. She took us in like her own children. Clothed and sheltered us like we were her kind. We call her Mama Kasag.

She showed us more about the people that came before us. The ones she calls "Humans."



The Attributes



Guhit ni Liyo

The Attributes of the Self

There are three attributes of the self that we, Tamawo, use on our adventures. These three determine how we move and interact with this world. Our health, our skills - all these things depend on these attributes.

Body

The Attribute of the Body determines our physicality. Are we strong? Are we agile? Does our constitution not falter against the world's challenges?

Breath

The Attribute of Breath determines our connection to the Spirits of this world - The Ingredients! They are the ones who grant us the pieces by which to cook, but not if we do not know how to connect with them. How well do you appeal to their sensibilities?

Mind

The Attribute of the Mind tells you how well you remember, understand and perceive the world. The way things work, what obstacles lay ahead - is it easy for you to see a way out, to remember the teachings of the elders and to not repeat the same mistakes all over again?

The World Dice

The World Dice determine how hard or easy it may be to do what we need to do in this world.

Whatever you wish to do, we roll a dice to see how difficult it might be to complete that task.

Conflict Resolution

To do what you need to do, you must roll under the target number determined by the World Dice. The Dice that you roll will then be determined by how skilled you believe your character is at the task.

Example of play:

Maya, one of the players, wants her character, Dalisay, to cross the ditch. She determines that she wishes Dalisay to jump the ditch using her Body Attribute.

The GM says, "The ditch is rather wide, but not impossible. I'll say that it is at moderate difficulty to cross. How strong do you think Dalisay's legs are that she can cross this ditch? What has she been doing allowing her to be that strong?"

Maya responds with, "Dalisay works out a lot. Every other day, in fact, and she never skips leg day. I'd say she's quite Skilled."

Agreeing, the GM says, "Great. I'll roll 2d8, you roll 2d6."

The World Dice is determined and rolled by the GM, according to how difficult the task at hand is. Here are the dice to roll according to difficulty.

Easy [2d12]

Moderate [2d8]

Difficult [2d6]

The Attribute Dice is a conversation between the GM and players. The players tell the GM what makes their character skilled in this task and the GM helps them figure out which dice to roll.

Brilliant [2d4]

Skilled [2d6]

Adept [2d8]

Confused [2d12]

The Golden Attribute

As a Tamawo, there will always be one attribute that you are particularly brilliant at. This is called your Golden Attribute.

When you make your character, try to see what attributes they gravitate towards and what they may be the most Brilliant at. You can only choose one.

Depending on which you choose, there are benefits. For one, you are always considered to be Brilliant for any task that requires your Golden Attribute. For another, it comes with an additional benefit that allows you to change fate just a little bit more towards your favor.

The Benefits of a Golden Body Attribute

If you choose Body, you have what can be considered as “advantage” for all rolls that require the Body Attribute. You can roll twice and take the better result.

The Benefits of a Golden Breath Attribute

If you choose Breath, you can tweak fate just a bit if you roll and realize you don't like what you see. After the first unsatisfactory roll, you can roll one more time. You must take the second result, however.

You can only do this for rolls that use the Breath Attribute.

The Benefits of a Golden Mind Attribute

If you choose Mind, you can alter reality just a little bit to your advantage. After rolling, you can change the result but adding or subtracting up to two points from your result. You cannot change once you declare the change. You can only do this for rolls that use the Mind Attribute.



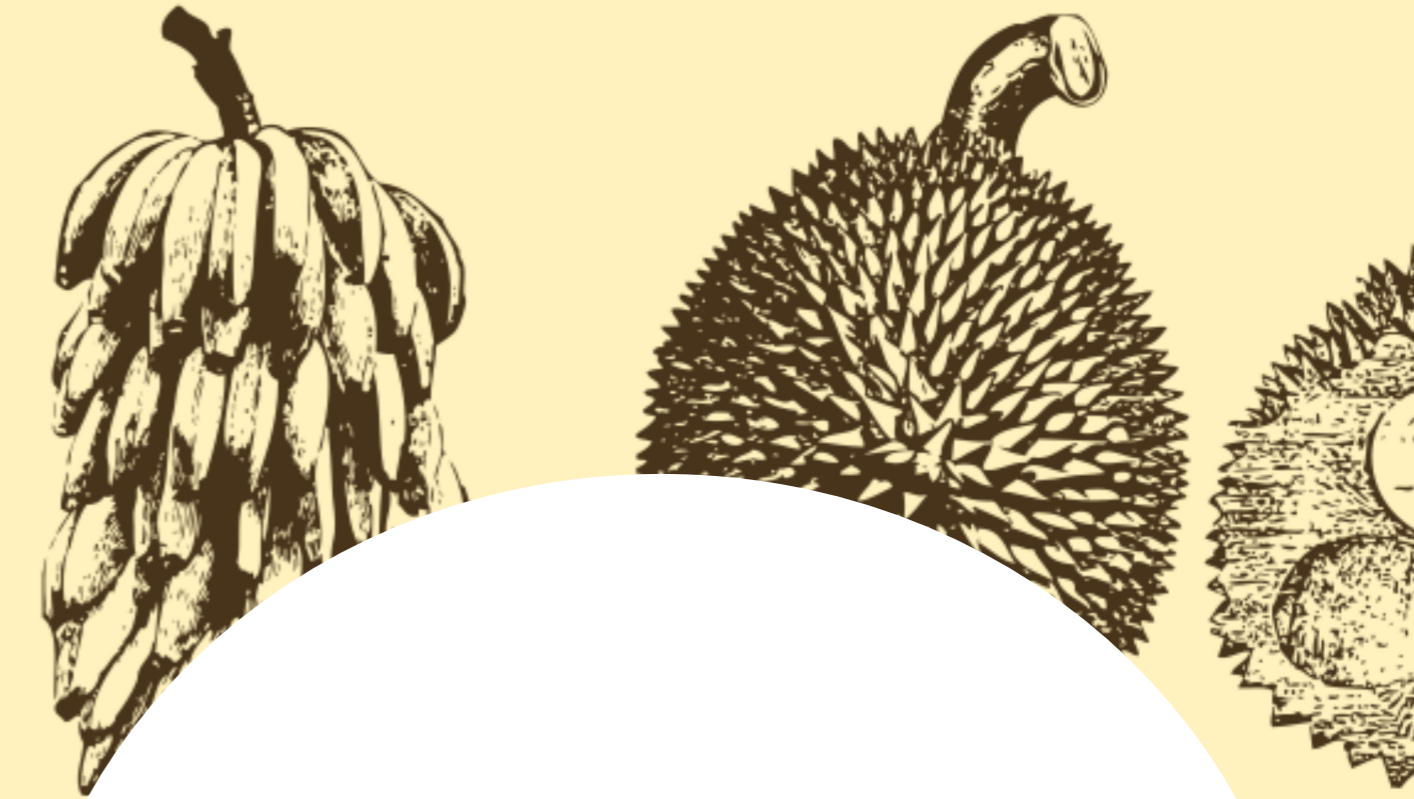
What happens when you fail the roll?

There are four chances per attribute. Treat this like your health points. At any point, if a roll fails, fill in one of the circles. If all circles get filled for one attribute, you can no longer use that attribute until the day ends and you can sleep. All circles replenish after a night's sleep.

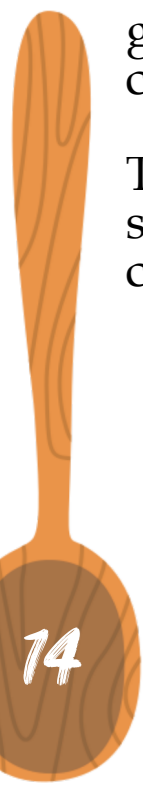
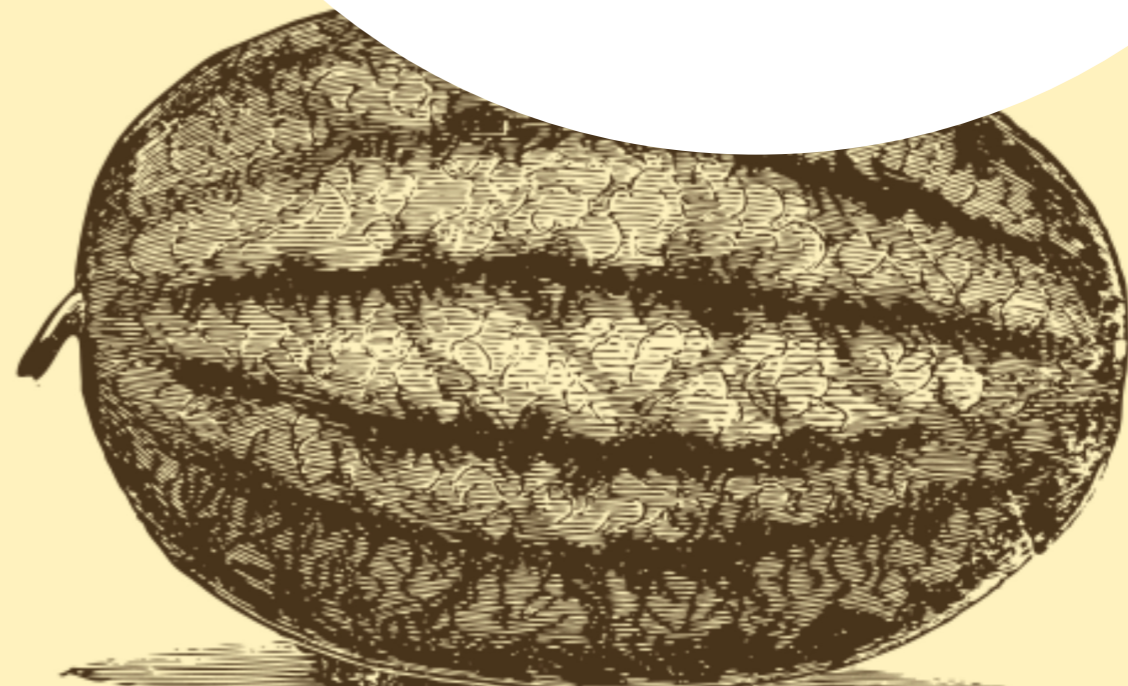
Body: ○ ○ ○ ○
Breath: ○ ○ ○ ○
Mind: ○ ○ ○ ○

There is no other way to refresh the circles other than a good night's rest. If all attributes get filled in, the character will simply fall asleep for a long, long while.

There is no such thing as death for a Tamawo. They simply sleep for a week to regain all circles once completely filled in.



You, is there something that you are looking for in the big, wide world?





*We dared to
Adventure*

*So that we may
understand truly
What life really
means*

Who are you?

We are all Tamawo, Born of the Mother Banana Tree and fostered by the Mama Crab. All of us have similarities with the Humans. Like them, we have eyes, we have ears, legs, arms, hands, a body, a heart.

What sets us apart is the capability to change things in us however we choose. Some of us can change their gender as they please, others decide to not have one at all. Some of us like to paint our hair different colors, some of us wave our hands and our eyes have a different hue. Some have horns, some of us even have wings.

Who are you and how are you different from the Humans that came before us? Why are you here and why do you travel the world? Why do you wish to understand the culinary arts? What do you seek to accomplish?



How to cook
up
a Character



1, a Tamawo

Answer the following questions to find out more about your character.

Who are you?

What is your name? What are your pronouns? Describe yourself to us. What do you look like, how do you dress? What do you always carry with you?

Why are you the way you are?

What do you like to do and why? How do you act around others? How do you react to things found in the wild?

Why do you choose to Voyage and Adventure?

Cooking is something that we, the Tamawo, are yet to understand, but there must be something more personal about why you dare to voyage. What is it? What is it that you seek? How far will you go and how brave can you be?



Guhit ni Liyo

What is your Golden Attribute?

Tell us what you do best. Are you strong and agile? Are you well attuned to the spirits around us? Are you a well of historical information?

What secrets did Nanay Saging give to you before you set out?

The Great Mother Banana Tree whispered a secret to you before you set out. What was it? Do you tell us or do you keep it close to your heart?

What did the Mama Crab tell you to do?

Mama Kasag sometimes sends us on errands out into the world. What errand did she give to you?

What's your favorite food?

All Tamawo, since we learned of Cooking, have developed a taste for a favorite dish here and there. What's yours?

Lutong Banwa Character Sheet



Player Name: _____ Pronouns: _____



Character Name: _____ Pronouns: _____

Short description: _____

Reasons for adventuring:

Secret from Nanay Saging:

Mama Kasag's Errand:

Favorite Food:



Golden Attribute:

Body: ○ ○ ○ ○

Breath: ○ ○ ○ ○

Mind: ○ ○ ○ ○



The Adventure

Roll a d12 per character and choose which adventure seed to follow.

Let's Start!



1	There's a new Human civilization that has been unearthed. It seems there are new recipes to try out.
2	A Merchant has come to the Banwa. With them comes rumors of a new Ingredient Spirit and a Recipe. They will part with it for a good trade.
3	Mama Crab gave you a dream. There is an Ingredient Spirit out in the world that has not been seen for eons.
4	There is talk that a recipe exists for the tastiest dish in the world. Of course we'll go get it, right?
5	An Ingredient Spirit came a whispering in your ear, beckoning you deeper into the forest. Will you follow?
6	After a long, drawn out silence, Mother Saging tells you that she wishes to eat Sinigang. She gives you a recipe to complete.
7	There's a recipe you've been dying to find. You promised a very close friend that you'd cook it for them.
8	An Elder of the Banwa claims that there is an omelette so delicious that it'll knock you right out. They wish to taste it, but they cannot adventure on their own.
9	A Spirit was spotted right outside the Banwa. What could it be?
10	The festival of the Banwa is coming soon. Usually, there is a very serious competition that happens, involving cooking the best adobo. Will you participate or help someone out?
11	An Elder named Manang Kakay has promised to share a secret recipe, but only if you promise to go out to gather the ingredients.
12	A spirit has declared that no rain will come to the Banwa until he manages to taste a dish so good that it'll make their senses remember what home feels like. Will you help appease this spirit?



Recipes

Sin's Sinigang

This is just my way of making Sinigang. Please don't take this seriously.

Ingredients

- | | |
|----------------------------------|------------------------------------|
| 1 red onion, cut into quarters | 2 spoons of ginger, finely chopped |
| 2 tomatoes, cut into quarters | 2 chillis for sigang |
| 3 young corn, cut in half | 1 packet of sinigang mix |
| 1 head of brocolli, sliced. | 2 teaspoons of soy sauce |
| 1/2 kilo of beef, cut into cubes | 3 teaspoons of white vinegar |

- 1) Boil up 2-3 cups of water in a medium sized pot.
- 2) Let the meat boil in the water. With a ladle, remove the scum from the water's surface.
- 3) Gently add the vegetables, starting with the onion, then the tomatoes, then corn, then the chillis, the ginger going in last. Do not put in the brocolli yet.
- 4) Wait for it to boil again before putting in the sinigang mix as well as the soy sauce and vinegar.
- 5) Cover the pot. On low heat, let it boil for 40-50 minutes or until the beef is completely soft.
- 6) At the last 10 minutes, add the brocolli.
- 7) Kill the heat and stir for a short while.
- 8) Serve.

Forest Chicken



I made this one day because the ingredients were all I had in the fridge.

Ingredients

3 cloves of garlic, finely chopped	1 whole chicken, seasoned with salt and pepper
1 white onion sliced into rings	2 cups of mushrooms (shiitake)
1/4 kilo of baby potatoes, cleaned and sliced in half	1 carrot, sliced
4 cups of red wine vinegar	Salt, pepper, thyme and rosemary to taste
	3 cups of butter

- 1) Heat up half a cup of butter and a cup of cooking oil in a large pan.
- 2) Simmer garlic until fragrant. Add in the white onion and cook until tender.
- 3) Add the chicken, cook until brown on sides
- 4) Slowly add the other ingredients, start with the baby potatoes, then the mushroom and then the carrots.
- 5) Add salt, pepper, thyme and rosemary to taste.
- 6) If the mix is too dry, add the rest of the butter. Let sit for 15 minutes.
- 7) Add the red wine vinegar. Cover the pan and let sit on low heat for 40 minutes.
- 8) Serve.

Cottage Core Omelette



This is what I make for my breakfast nearly every morning.

Mga Panakut

4 big eggs	2 teaspoons of rosemary
1 cup of milk	1 teaspoon of salt
2-3 cheese slices of whatever kind you prefer	1 teaspoon of pepper
1 cup of mushrooms of any kind you prefer	1 teaspoon of dry basil
	10 spinach leaves

- 1) Heat up 1/4 a cup of cooking oil on a large pan.
- 2) In a medium bowl, beat some eggs. Slowly add in salt, pepper, rosemary and basil. Add in the milk last.
- 3) If the pan has heated up well enough, pour the egg in and listen to it sizzle. Once it bubbles, lower the heat.
- 4) While the egg mix is still wet, add in a cheese slice. On top of the cheese, add the spinach and the mushrooms. One top of that, add two more cheese slices to cover it completely. Let sit for awhile.
- 5) Once the egg mix has cooked, you can try to fold the omelette so that the cheese, spinach and mushrooms are engulfed in egg.
- 6) Serve.

Thank you very much!

Thank you for your continued support of my work and my games. I deeply appreciate it. Please continue to support me and other designers from #RPGSEA!

Thank you to everyone who continues to support me on Patreon! Your help really goes a long way, no matter how big or small the pledge.

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See you at the next adventure!

Lutong Banwa was designed by Sinta Posadas and Illustrated by Liyo, with some vector assets from vecteezy.com. All assets are edited accordingly and are free for commercial use.

Fonts used in this project are the *James Stroker* font, free for commercial use; and the **Book Antiqua**, free for commercial use.

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If you have any questions, you can find Sin at twitter.com/diwataMANILA or send them an email at diwata.ng.manila@gmail.com



Padayon!