

Intelligence Division • Case File

COOKING MASTERY

A Field Guide to Efficient 1-99 Training - Kitchen Efficiency Protocol



SUBJECT	Old School RuneScape - Cooking skill	SCOPE	Core route is F2P & P2P identical; live game version, 2026.
ENTRY POINT	Level 1 Cooking	TARGET	Level 99 Cooking

Briefing. Cooking's reputation as one of the fastest 1-99s is only half true. **Jug of Wine cannot fail from level 68 onward** and nets roughly **470,000-490,000 xp/hr** - among the fastest reliable rates of any skill - but it cannot be attempted at all below level 35, and below 68 a failed attempt produces a 0-xp "bad wine" at a fail rate that climbs the lower the level. That makes **levels 35-68 the real bottleneck**, not the endgame. **Total time to 99: roughly 45-70 hours** via cheap fish through 68 then Jug of Wine to 99 - a route that is entirely F2P-legal. Members who complete Tai Bwo Wannai Trio can cut the 30-99 span dramatically with 1-tick Cooked Karambwan, the game's technically fastest Cooking method.

PROGRESSION LADDER



ICON	TIER	LEVEL RANGE	METHOD	KEY REQUIREMENT
	I	1-30	Shrimps/Sardines/Trout at a range	None
	II	30-68	Cook Fish (bridge tier); 1-tick Karambwan (P2P, advanced)	Tai Bwo Wannai Trio (Karambwan only)
	III	68-99	Jug of Wine - cannot fail from 68	GP for jugs of wine

Reading The Access Tags

F2P

Free-to-Play - no membership required for this method.

P2P

Pay-to-Play - requires an active OSRS membership.

F2P & P2P

Identical method works on either account type.



Free-to-Play Status

Cooking's core route is fully F2P-legal end to end: neither cooking fish nor the grapes-and-water Jug of Wine recipe are members-gated, and F2P accounts can buy every ingredient off the Grand Exchange. The only P2P-exclusive piece is **1-tick Cooked Karambwan**, an advanced alternative inside Tier II that needs the Tai Bwo Wannai Trio quest (members-only) - it is optional, not required, to reach 99.

Myth-Busting - Wine Can Fail, and Gauntlets Don't Help It

Two common claims about this skill don't hold up: Jug of Wine is **not** failure-proof at every level - below level 68 a failed ferment produces a 0-xp jug of bad wine, with the fail chance shrinking as level rises until it hits zero at 68. And **Cooking Gauntlets don't touch Jug of Wine at all** - the Family Crest quest reward only reduces burn on lobster, swordfish, monkfish, shark, and anglerfish, a separate mid-tier fish-cooking method not used on this route.

TIER I - SHRIMPS / SARDINES / TROUT AT A RANGE

F2P & P2P

1 → 30



METHOD

Cook whatever's cheap and available at a nearby range

LOCATION

Lumbridge / Al Kharid range

EST. TIME (THIS TIER)

~1-2 hrs

REQUIREMENTS

None

RATE

~10,000-20,000 xp/hr

Reaching level 30 needs under 15,000 xp total - a rounding error against the ~13,020,000 xp still needed for 99 - so this tier is over almost immediately regardless of pace.

THE REAL BOTTLENECK

TIER II - THE BRIDGE: COOKING FISH (OR 1-TICK KARAMBWAN, P2P)

F2P & P2P

30 → 68



METHOD

Continue cooking cheap fish at a range - the only reliable option before level 68



LOCATION

Any range

EST. TIME (THIS TIER)

~20-40 hrs via fish

REQUIREMENTS

None for fish; Tai Bwo Wannai Trio quest (P2P) to unlock the Karambwan alternative below

RATE

~15,000-25,000 xp/hr (fish, F2P & P2P)

Jug of Wine can technically be attempted from level 35, but a fail below 68 wastes the grapes and jug of water for 0 xp, so most players just cook fish through this whole stretch instead. This is the actual slow part of Cooking, not the endgame - budget for it honestly. **P2P alternative:** once Tai Bwo Wannai Trio is complete, 1-tick Cooked Karambwan (level 30+, precise manual clicking) reaches roughly 150,000-500,000+ xp/hr depending on skill level at the technique, cutting this tier to as little as ~1-4 hrs for players who can sustain it - but it is genuinely difficult to hold for hours and is not required.

FLAGSHIP ROUTE

TIER III - JUG OF WINE (CANNOT FAIL FROM 68)

F2P & P2P

68 → 99



METHOD

Buy Jugs of Wine off the Grand Exchange, cook at any range

LOCATION

Any range, GE-adjacent for restocking

EST. TIME (THIS TIER)

~25-26 hrs

REQUIREMENTS

GP for jugs of wine (roughly 62,000 jugs needed 68→99)

RATE

~470,000-490,000 xp/hr

Fermentation **stops failing entirely at level 68**, and each jug is worth 200 xp with a full inventory of 14 wines made roughly every 17 seconds - the best pure xp/hr in the skill at any level once reliable. Cooking Gauntlets do **not** apply here; see the myth-busting callout above.



QUICK-REFERENCE RECAP

Combined Estimate

End to end, a full 1-99 Cooking grind via the reliable no-tick-manipulation route (fish 1-68, then Jug of Wine 68-99) runs roughly **45-70 hours** - math: ~1-2 hrs (Tier I, ~13k xp) + ~20-40 hrs (Tier II, ~592,000 xp at 15-25k/hr) + ~25-26 hrs (Tier III, ~12,429,000 xp at 470-490k/hr). This holds for **both F2P and P2P accounts**. Experienced P2P players using 1-tick Karambwan throughout Tier II can cut the total closer to **25-30 hours**, but that demands an advanced clicking technique, not just membership - don't treat it as the default expectation.

ICON	TIER	LEVEL RANGE	REQUIREMENT	LOCATION	RATE (XP/HR)	EST. TIME
	I - Shrimps/Sardines/Trout (F2P & P2P)	1-30	None	Lumbridge / Al Kharid range	~10k-20k	~1-2 hrs
	II - Cook Fish, bridge tier (F2P & P2P) / 1-tick Karambwan (P2P, advanced)	30-68	None / Tai Bwo Wannai Trio	Any range	~15k-25k (fish)	~20-40 hrs
	III - Jug of Wine, cannot fail from 68 (F2P & P2P)	68-99	GP	Any range	~470k-490k	~25-26 hrs

All figures approximate. In-game xp rates, minigame rewards, and item prices fluctuate and were sourced from the OSRS Wiki current as of early September 2026. This dossier assumes full game access unless noted otherwise. Always confirm current mechanics in-game before committing to a specific method.

- OSRS Wiki - Pay-to-play Cooking training
- OSRS Wiki - Jug of wine
- OSRS Wiki - Jug of bad wine
- OSRS Wiki - Cooking gauntlets
- OSRS Wiki - Cooked karambwan
- OSRS Wiki - Family Crest
- OSRS Wiki - Tai Bwo Wannai Trio

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