

Cooking

Skill	Recipes	Level	Additional Effect	Components	Creates	Notes
1	Herb Baked Egg 61 health/18 sec	1	Eat for 10 sec: +2 Stam/Spir for 15 min	1x Small Egg 1x Mild Spices	1	Trainer
1	Gingerbread Cookie 61 health/18 sec	1	Eat for 10 sec: +2 Stam/Spir for 15 min	1x Small Egg 1x Holiday Spices	1	Holiday Vendor
1	Charred Wolf Meat 61 health/18 sec	1		1x Stringy Wolf Meat	1	Trainer
1	Roasted Boar Meat 61 health/18 sec	1		1x Chunk of Boar Meat	1	Trainer
1	Brilliant Smallfish 61 health/18 sec	1		1x Raw Brilliant Smallfish	1	Vendor
1	Slitherskin Mackerel 61 health/18 sec	1		1x Raw Slitherskin Mackerel	1	Vendor
1	Crispy Bat Wing 61 health/18 sec	1	Eat for 10 sec: +2 Stam/Spir for 15 min	1x Meaty Bat Wing 1x Mild Spices	1	Vendor
10	Kaldorei Spider Kabob 61 health/18 sec	1	Eat for 10 sec: +2 Stam/Spir for 15 min	1x Small Spider Leg	1	Quest
10	Spiced Wolf Meat 61 health/18 sec	1	Eat for 10 sec: +2 Stam/Spir for 15 min	1x Stringy Wolf Meat 1x Mild Spices	1	Trainer
20	Scorpid Surprise 294 health/21 sec	1	Might bite into a poison sac	1x Scorpid Stinger	1	Vendor
25	Beer Basted Boar Ribs 61 health/18 sec	1	Eat for 10 sec: +2 Stam/Spir for 15 min	1x Crag Boar Rib 1x Rhapsody Malt	1	Quest / Vendor
35	Egg Nog 61 health/18 sec	1	Eat for 10 sec: +2 Stam/Spir for 15 min	1x Small Egg 1x Ice Cold Milk 1x Holiday Spirits 1x Holiday Spices	1	Holiday Vendor
35	Roasted Kodo Meat 61 health/18 sec	1	Eat for 10 sec: +2 Stam/Spir for 15 min	1x Kodo Meat 1x Mild Spices	2	Vendor
40	Smoked Bear Meat 243 health/21 sec	5		1x Bear Meat	1	Vendor
50	Journeyman Cook	10	Development Skills	Allows for 150 max skill		
50	Goretusk Liver Pie 243 health/21 sec	5	Eat for 10 sec: +4 Stam/Spir for 15 min	1x Goretusk Liver 1x Mild Spices	1	Quest / Vendor
50	Loch Frenzy Delight 243 health/21 sec	5		1x Raw Loch Frenzy 1x Mild Spices	1	Vendor
50	Rainbow Fin Albacore 243 health/21 sec	5		1x Raw Rainbow Fin Albacore	1	Vendor
50	Fillet of Frenzy 243 health/21 sec	5	Eat for 10 sec: +4 Stam/Spir for 15 min	1x Soft Frenzy Flesh 1x Mild Spices	2	Vendor
50	Longjaw Mud Snapper 243 health/21 sec	5		1x Raw Longjaw Mud Snapper	1	Vendor
50	Coyote Steak 243 health/21 sec	5	Eat for 10 sec: +4 Stam/Spir for 15 min	1x Coyote Meat	1	Trainer
50	Boiled Clams 243 health/21 sec	5	Eat for 10 sec: +4 Stam/Spir for 15 min	1x Clam Meat 1x Refreshing Spring Water	1	Trainer
50	Strider Stew 243 health/21 sec	5	Eat for 10 sec: +4 Stam/Spir for 15 min	1x Strider Meat 1x Shiny Red Apple	2	Quest / Vendor
60	Blood Sausage 243 health/21 sec	5	Eat for 10 sec: +4 Stam/Spir for 15 min	1x Bear Meat 1x Boar Intestines 1x Spider Ichor	2	Quest / Vendor
60	Thistle Tea Instantly restores 100 enrgy	5 (Rogue)	5 min cooldown	1x Swiftthistle 1x Refreshing Spring Water	1	Quest
75	Crab Cake 243 health/21 sec	5	Eat for 10 sec: +4 Stam/Spir for 15 min	1x Crawler Meat 1x Mild Spices	1	Trainer
75	Westfall Stew 552 health/24 sec	5		1x Stringy Vulture Meat 1x Murloc Eye 1x Goretusk Snout	1	Quest / Vendor
80	Crocolisk Steak 243 health/21 sec	5	Eat for 10 sec: +4 Stam/Spir for 15 min	1x Crocolisk Meat 1x Mild Spices	1	Quest / Vendor
80	Dry Pork Ribs 243 health/21 sec	5	Eat for 10 sec: +4 Stam/Spir for 15 min	1x Boar Ribs 1x Mild Spices	1	Trainer

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85	Cooked Crab Claw	5		1x Crawler Claw	1	Drop / Vendor
	294 health and mana/21 sec			1x Mild Spices		
85	Savory Deviate Delight	1	7 sec cooldown	1x Deviate Fish	1	Barrens Drop
	Eat me (Random Effect)			1x Mild Spices		
90	Dig Rat Stew	10		1x Dig Rat	2	Quest
	552 health/24 sec					
90	Clam Chowder	10		1x Clam Meat	1	Vendor
				1x Ice Cold Milk		
	552 health/24 sec			1x Mild Spices		
90	Murloc Fin Soup	15	Eat for 10 sec: +6 Stam/Spir for 15 min	2x Murloc Fin	1	Quest / Vendor
	552 health/24 sec			1x Hot Spices		
100	Bristle Whisker Catfish	15		1x Raw Bristle Whisker Catfish	1	Vendor
	552 health/24 sec					
100	Seasoned Wolf Kabob	15	Eat for 10 sec: +6 Stam/Spir for 15 min	2x Lean Wolf Flank	3	Quest / Vendor
	552 health/24 sec			1x Stormwind Seasoning Herbs		
100	Redridge Goulash	10	Eat for 10 sec: +6 Stam/Spir for 15 min	1x Crisp Spider Meat	1	Quest / Vendor
	552 health/24 sec			1x Tough Condor Meat		
100	Crispy Lizard Tail	12	Eat for 10 sec: +6 Stam/Spir for 15 min	1x Thunder Lizard Tail	2	Vendor
	552 health/24 sec			1x Hot Spices		
110	Big Bear Steak	15	Eat for 10 sec: +6 Stam/Spir for 15 min	1x Big Bear Meat	1	Quest / Vendor
	552 health/24 sec			1x Hot Spices		
110	Succulent Pork Ribs	10		2x Boar Ribs	1	Drop / Vendor
	552 health/24 sec			1x Hot Spices		
110	Goosey Spider Cake	15	Eat for 10 sec: +6 Stam/Spir for 15 min	2x Goosey Spider Leg	1	Vendor
	552 health/24 sec			1x Hot Spices		
110	Lean Venison	15	Eat for 10 sec: +6 Stam/Spir for 15 min	1x Stag Meat	2	Vendor
	552 health/24 sec			4x Mild Spices		
120	Crocolisk Gumbo	15	Eat for 10 sec: +6 Stam/Spir for 15 min	1x Tender Crocolisk Meat	1	Quest / Vendor
	552 health/24 sec			1x Hot Spices		
125	Hot Lion Chops	15	Eat for 10 sec: +6 Stam/Spir for 15 min	1x Lion Meat	1	Quest / Vendor
	552 health/24 sec			1x Hot Spices		
125	Goblin Deviled Clams	15	Eat for 10 sec: +6 Stam/Spir for 15 min	1x Tangy Clam Meat	1	Trainer
	552 health/24 sec			1x Hot Spices		
125	Lean Wolf Steak	15	Eat for 10 sec: +6 Stam/Spir for 15 min	1x Lean Wolf Flank	1	Vendor
	552 health/24 sec			1x Mild Spices		
130	Curiously Tasty Omelet	15	Eat for 10 sec: +6 Stam/Spir for 15 min	1x Raptor Egg	1	Quest / Vendor
	552 health/24 sec			1x Hot Spices		
150	Heavy Crocolisk Stew	20	Eat for 10 sec: +8 Stam/Spir for 15 min	2x Tender Crocolisk Meat	1	Vendor
	874 health/27 sec			1x Soothing Spices		
150	Tasty Lion Steak	20	Eat for 10 sec: +8 Stam/Spir for 15 min	2x Lion Meat	1	Quest
	874 health/27 sec			1x Soothing Spices		
175	Hot Wolf Ribs	25	Eat for 10 sec: +8 Stam/Spir for 15 min	1x Red Wolf Meat	1	Vendor
	874 health/27 sec			1x Hot Spices		
175	Jungle Stew	25	Eat for 10 sec: +8 Stam/Spir for 15 min	1x Tiger Meat	2	Vendor
				1x Refreshing Spring Water		
	874 health/27 sec			2x Shiny Red Apple		
175	Mithril Head Trout	25		1x Raw Mithril Head Trout	1	Vendor
	874 health/27 sec					
175	Soothing Turtle Bisque	25	Eat for 10 sec: +8 Stam/Spir for 15 min	1x Turtle Meat	1	Quest
	874 health/27 sec			1x Soothing Spices		
175	Mystery Stew	25	Eat for 10 sec: +8 Stam/Spir for 15 min	1x Mystery Meat	1	Vendor
	874 health/27 sec			1x Skin of Dwarven Stout		
175	Roast Raptor	25	Eat for 10 sec: +8 Stam/Spir for 15 min	1x Raptor Flesh	1	Vendor
	874 health/27 sec			1x Hot Spices		
175	Barbecued Buzzard Wing	25	Eat for 10 sec: +8 Stam/Spir for 15 min	1x Buzzard Wing	1	Quest / Vendor
	874 health/27 sec			1x Hot Spices		
175	Rockscale Cod	25		1x Raw Rockscale Cod	1	Vendor
	874 health/27 sec					
175	Carrion Surprise	25	Eat for 10 sec: +8 Stam/Spir for 15 min	1x Mystery Meat	1	Vendor
	874 health/27 sec			1x Hot Spices		
175	Giant Clam Scorcho	25	Eat for 10 sec: +8 Stam/Spir for 15 min	1x Giant Clam Meat	1	Vendor
	874 health/27 sec			1x Hot Spices		

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?	Goldthorn Tea	25		1x Goldthorn	4	Razorfen Downs NPC
	1344 mana/27 sec			1x Refreshing Spring Water		
200	Heavy Kodo Stew	35	Eat for 10 sec: +10 Stam/Spir for 15 min	2x Heavy Kodo Meat	2	Vendor
	1392 health/30 sec			1x Soothing Spices		
200	Dragonbreath Chilli	35	Isn't firebreathing enough?	1x Refreshing Spring Water	1	Vendor
	Occasionally belch flame at enemies struck in melee for 10 min			1x Mystery Meat		
200	Spider Sausage	35	Eat for 10 sec: +12 Stam/Spir for 15 min	1x Small Flame Sac	1	Trainer
	1392 health/30 sec			1x Hot Spices		
225	Filet of Redgill	35		2x White Spider Meat	1	Vendor
	1392 health/30 sec			1x Raw Redgill		
225	Undermine Clam Chowder	35		2x Zesty Clam Meat	2	Vendor
	1392 health/30 sec			1x Hot Spices		
225	Monster Omlette	40	Eat for 10 sec: +12 Stam/Spir for 15 min	1x Ice Cold Milk	1	Vendor
	1392 health/30 sec			1x Giant Egg		
225	Cooked Glossy Mightfish	35	+10 Stamina for 10 minutes	2x Soothing Spices	1	Vendor
	874 health/27 sec			1x Raw Glossy Mightfish		
225	Spiced Chilli Crab	40	Eat for 10 sec: +12 Stam/Spir for 15 min	1x Soothing Spices	1	Vendor
	1392 health/30 sec			1x Tender Crab Meat		
225	Spotted Yellowtail	35		2x Hot Spices	1	Vendor
	1392 health/30 sec			1x Raw Spotted Yellowtail		
225	Tender Wolf Steak	40	Eat for 10 sec: +12 Stam/Spir for 15 min	1x Tender Wolf Meat	1	Vendor
	1392 health/30 sec			1x Soothing Spices		
240	Grilled Squid	35	Eat for 10 sec: +10 Agility for 10 min	1x Winter Squid	1	Vendor
	874 health/27 sec			1x Soothing Spices		
240	Hot Smoked Bass	35	+10 Spirit for 10 min	1x Raw Summer Bass	1	Vendor
	874 health/27 sec			2x Hot Spices		
250	Poached Sunscale Salmon	35	Regen 6 health/5 sec for 10 min	1x Raw Sunscale Salmon	1	Vendor
	874 health/27 sec			1x Raw Nightfin Snapper		
250	Nightfin Soup	35	Regen 8 mana/5 sec for 10 min	1x Refreshing Spring Water	1	Vendor
	874 health/27 sec			1x Raw Whitescale Salmon		
275	Baked Salmon	45		1x Soothing Spices	1	Vendor
	2148 health/30 sec			1x Large Raw Mightfish		
275	Mightfish Steak	45	+10 Stamina for 10 minutes	1x Hot Spices	1	Vendor
	1933 health/27 sec			1x Soothing Spices		
275	Lobster Stew	45		1x Darkclaw Lobster	1	Vendor
	2148 health/30 sec			1x Refreshing Spring Water		
275	Runn Tun Tuber Surprise	45	+10 Intellect for 10 minutes	1x Runn Tum Tuber	1	Dire Maul Drop (BoP)
	1933 health/27 sec			1x Soothing Spices		
300	Dirge's Kickin' Chimaerok Chops	55	Eat for 10 sec: +25 Stamina for 15 min	1x Hot Spices	5	Sillithus Quest
	2550 health/30 sec			1x Goblin Rocket Fuel		
				1x Deeprock Salt		
				1x Chimaerok Tenderloin		

Special thanks to Thottbot where I got most of this info from