

Cooking

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

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80	Smoked Sagefish	10	Eat for 10 sec: Regen 3 mana/5 sec for 15 min	1x Raw Sagefish	1	Vendor
				1x Mild Spices		
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
	552 health/24 sec			1x Ice Cold Milk		
				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	Goopy Spider Cake	15	Eat for 10 sec: +6 Stam/Spir for 15 min	2x Goopy 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
	874 health/27 sec			1x Refreshing Spring Water		
				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		

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175	Giant Clam Scorcho 874 health/27 sec	25	Eat for 10 sec: +8 Stam/Spir for 15 min	1x Giant Clam Meat 1x Hot Spices	1	Vendor
?	Goldthorn Tea 1344 mana/27 sec	25		1x Goldthorn 1x Refreshing Spring Water	4	Razorfen Downs NPC
175	Sagefish Delight	30	Eat for 10 sec: Regen 6 mana/5 sec for 15 min	1x Raw Greater Sagefish 1x Hot Spices	1	Vendor
200	Heavy Kodo Stew 1392 health/30 sec	35	Eat for 10 sec: +10 Stam/Spir for 15 min	2x Heavy Kodo Meat 1x Soothing Spices 1x Refreshing Spring Water	2	Vendor
200	Dragonbreath Chilli Occasionally belch flame at enemies struck in melee for 10 min	35	Isn't firebreathing enough?	1x Mystery Meat 1x Small Flame Sac 1x Hot Spices	1	Vendor
200	Spider Sausage 1392 health/30 sec	35	Eat for 10 sec: +12 Stam/Spir for 15 min	2x White Spider Meat	1	Trainer
225	Filet of Redgill 1392 health/30 sec	35		1x Raw Redgill	1	Vendor
225	Undermine Clam Chowder 1392 health/30 sec	35		2x Zesty Clam Meat 1x Hot Spices 1x Ice Cold Milk	2	Vendor
225	Monster Omlette 1392 health/30 sec	40	Eat for 10 sec: +12 Stam/Spir for 15 min	1x Giant Egg 2x Soothing Spices	1	Vendor
225	Cooked Glossy Mightfish 874 health/27 sec	35	+10 Stamina for 10 minutes	1x Raw Glossy Mightfish 1x Soothing Spices	1	Vendor
225	Spiced Chilli Crab 1392 health/30 sec	40	Eat for 10 sec: +12 Stam/Spir for 15 min	1x Tender Crab Meat 2x Hot Spices	1	Vendor
225	Spotted Yellowtail 1392 health/30 sec	35		1x Raw Spotted Yellowtail	1	Vendor
225	Tender Wolf Steak 1392 health/30 sec	40	Eat for 10 sec: +12 Stam/Spir for 15 min	1x Tender Wolf Meat 1x Soothing Spices	1	Vendor
240	Grilled Squid 874 health/27 sec	35	Eat for 10 sec: +10 Agility for 10 min	1x Winter Squid 1x Soothing Spices	1	Vendor
240	Hot Smoked Bass 874 health/27 sec	35	+10 Spirit for 10 min	1x Raw Summer Bass 2x Hot Spices	1	Vendor
250	Poached Sunscale Salmon 874 health/27 sec	35	Regen 6 health/5 sec for 10 min	1x Raw Sunscale Salmon	1	Vendor
250	Nightfin Soup 874 health/27 sec	35	Regen 8 mana/5 sec for 10 min	1x Raw Nightfin Snapper 1x Refreshing Spring Water	1	Vendor
275	Baked Salmon 2148 health/30 sec	45		1x Raw Whitescale Salmon 1x Soothing Spices	1	Vendor
275	Mightfish Steak 1933 health/27 sec	45	+10 Stamina for 10 minutes	1x Large Raw Mightfish 1x Hot Spices 1x Soothing Spices	1	Vendor
275	Lobster Stew 2148 health/30 sec	45		1x Darkclaw Lobster 1x Refreshing Spring Water	1	Vendor
275	Runn Tun Tuber Surprise 1933 health/27 sec	45	+10 Intellect for 10 minutes	1x Runn Tun Tuber 1x Soothing Spices	1	Dire Maul Drop (BoP)
285	Smoked Desert Dumplings 2148 health/30 sec	45	Eat for 10 sec: +20 Strength for 15 min	1x Sandworm Meat 1x Soothing Spices	1	Silithus Quest
300	Dirge's Kickin' Chimaerok Chops 2550 health/30 sec	55	Eat for 10 sec: +25 Stamina for 15 min	1x Hot Spices 1x Goblin Rocket Fuel 1x Deeprock Salt 1x Chimaerok Tenderloin	5	Silithus Quest

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