

Skill	P	L	Recipe	Meat	Other Ingredients	Restores	Well-fed Buffs
1	1		Brilliant Smallfish	Raw Brilliant Smallfish	-	61 h / 18 s	-
1	1		Charred Wolf Meat	Stringy Wolf Meat	-	61 h / 18 s	-
1	1		Crispy Bat Wing	Meaty Bat Wing	Mild Spices	61 h / 18 s	2Spi 2Sta / 10m
1	1		Gingerbread Cookie	Small Egg	Holiday Spices	61 h / 18 s	2Spi 2Sta / 15m
1	1		Herb Baked Egg	Small Egg	Mild Spices	61 h / 18 s	2Spi 2Sta / 10m
1	1		Lynx Steak	Lynx Meat	-	61 h / 18 s	2Spi 2Sta / 15m
1	1		Roasted Boar Meat	Chunk of Boar Meat	-	61 h / 18 s	-
1	1		Roasted Moongraze Tenderloin	Moongraze Stag Tenderloin	-	61 h / 18 s	2Spi 2Sta / 15m
1	1		Slitherskin Mackerel	Raw Slitherskin Mackerel	-	61 h / 18 s	-
1	1		Spice Bread	Simple Flour	Mild Spices	61 h / 18 s	-
10	1		Kadorei Spider Kabob	Small Spider Leg	-	61 h / 18 s	2Spi 2Sta / 10m
10	1		Spiced Wolf Meat	Stringy Wolf Meat	Mild Spices	61 h / 18 s	2Spi 2Sta / 10m
20	1		Scorpid Surprise	Scorpid Stinger	-	294 h / 21 s	chance of poison
25	1		Beer Basted Boar Ribs	Crag Boar Rib	Rhapsody Malt	61 h / 18 s	2Spi 2Sta / 10m
35	1		Egg Nog	Small Egg, Ice Cold Milk	Holiday Spices & Spirits	61 h / 18 s	2Spi 2Sta / 15m
35	1		Roasted Kodo Meat	Kodo Meat	Mild Spices	61 h / 18 s	2Spi 2Sta / 10m
40	5		Smoked Bear Meat	Bear Meat	-	243 h / 21 s	-
50	5		Bat Bites	Bat Flesh	-	243 h / 21 s	4Spi 4Sta / 10m
50	5		Boiled Clams	Clam Meat	Refreshing Spring Water	243 h / 21 s	4Spi 4Sta / 10m
50	5		Coyote Steak	Coyote Meat	-	243 h / 21 s	4Spi 4Sta / 10m
50	5		Fillet of Frenzy	Soft Frenzy Flesh	Mild Spices	243 h / 21 s	4Spi 4Sta / 10m
50	5		Goretusk Liver Pie	Goretusk Liver	Mild Spices	243 h / 21 s	4Spi 4Sta / 10m
50	5		Loch Frenzy Delight	Raw Loch Frenzy	Mild Spices	243 h / 21 s	-
50	5		Longjaw Mud Snapper	Raw Longjaw Mud Snapper	-	243 h / 21 s	-
50	5		Rainbow Fin Albacore	Raw Rainbow Fin Albacore	-	243 h / 21 s	-
50	5		Strider Stew (2)	Strider Meat	Shiny Red Apple	243 h / 21 s	4Spi 4Sta / 10m
60	5		Blood Sausage (2)	Boar Meat, Boar Intestines	Spider Ichor	243 h / 21 s	4Spi 4Sta / 10m
60	5		Crunchy Spider Surprise	Crunchy Spider Leg	-	243 h / 21 s	4Spi 4Sta / 15m
60	5		Thistle Tea (Rogue)	Swifthistle (herbalism)	Refreshing Spring Water	100 Energy	-
75	5		Crab Cake	Crawler Meat	Mild Spices	243 h / 21 s	4Spi 4Sta / 10m
75	5		Westfall Stew	Stringy Vulture Meat, Murloc Eye, Goretusk Snout	-	552 h / 24 s	-
80	5		Crocolisk Steak	Crocolisk Meat	-	243 h / 21 s	4Spi 4Sta / 10m
80	5		Dry Pork Ribs	Boar Ribs	Mild Spices	243 h / 21 s	4Spi 4Sta / 10m
80	10		Smoked Sagefish	Raw Sagefish	Mild Spices	378h + 557m / 21s	3 mana / 5s /15m
85	5		Cooked Crab Claw	Crawler Claw	Mild Spices	294 h + 294m / 21 s	-
85	5		Savory Deviate Delight	Deviate Fish	Mild Spices	243 h / 21 s	4Spi 4Sta / 10m
90	10		Clam Chowder	Clam Meat	Mild Spices, Ice Cold Milk	552 h / 24 s	-
90	10		Dig Rat Stew	Dig Rat	-	552 h / 24 s	-
90	15		Murloc Fin Soup	Murloc Fin (2)	Hot Spices	552 h / 24 s	6Spi 6Sta / 10m
100	15		Bristle Whisker Catfish	Raw Bristle Whisker Catfish	-	552 h / 24 s	6Spi 6Sta / 10m
100	10		Crispy Lizard Tail	Thunder Lizard Tail	Hot Spices	552 h / 24 s	6Spi 6Sta / 10m
100	10		Redridge Goulash	Crisp Spider Meat, Tough Condor Meat	-	552 h / 24 s	6Spi 6Sta / 10m
100	15		Seasoned Wolf Kabob	Lean Wolf Flank (2)	Stormwind Seasoning Herbs	552 h / 24 s	6Spi 6Sta / 10m
110	15		Big Bear Steak	Big Bear Meat	Hot Spices	552 h / 24 s	6Spi 6Sta / 10m
110	15		Goopy Spider Cake	Goopy Spider Leg (2)	Hot Spices	552 h / 24 s	6Spi 6Sta / 10m
110	15		Lean Venison	Stag Meat	Mild Spices (4)	552 h / 24 s	6Spi 6Sta / 10m
110	10		Succulent Pork Ribs	Boar Ribs (2)	Hot Spices	552 h / 24 s	-
120	15		Crocolisk Gumbo	Tender Crocolisk Meat	Hot Spices	552 h / 24 s	6Spi 6Sta / 10m
125	15		Goblin Deviled Clams	Tangy Clam Meat	Hot Spices	552 h / 24 s	6Spi 6Sta / 10m
125	15		Hot Lion Chops	Lion Meat	Hot Spices	552 h / 24 s	6Spi 6Sta / 10m
125	15		Lean Wolf Steak	Lean Wolf Flank	Mild Spices	552 h / 24 s	6Spi 6Sta / 10m
130	15		Curiously Tasty Omelet	Raptor Egg	Hot Spices	552 h / 24 s	6Spi 6Sta / 10m
150	20		Heavy Crocolisk Stew	Tender Crocolisk Meat (2)	Soothing Spices	875 h / 27 s	8Spi 8Sta / 15m
150	20		Tasty Lion Steak	Lion Meat (2)	Soothing Spices	875 h / 27 s	8Spi 8Sta / 10m
175	25		Barbecued Buzzard Wing	Buzzard Wing	Hot Spices	875 h / 27 s	8Spi 8Sta / 10m
175	25		Carrion Surprise	Mystery Meat	Hot Spices	875 h / 27 s	8Spi 8Sta / 10m
175	25		Giant Clam Scorcho	Giant Clam Meat	Hot Spices	875 h / 27 s	8Spi 8Sta / 10m
175	25		Hot Wolf Ribs	Red Wolf Meat	Hot Spices	875 h / 27 s	8Spi 8Sta / 10m

Skill	P L	Recipe	Meat	Other Ingredients	Restores	Well-fed Buffs
175	25	Jungle Stew (2)	Tiger Meat	Shiny Red Apple (2), Refreshing Spring Water	875 h / 27 s	8Spi 8Sta / 10m
175	25	Mithril Headed Trout	Raw Mithril Head Trout	-	876 h / 27 s	-
175	25	Mystery Stew	Mystery Meat	Skin of Dwarven Stout	875 h / 27 s	8Spi 8Sta / 10m
175	25	Roast Raptor	Raptor Flesh	Hot Spices	875 h / 27 s	8Spi 8Sta / 10m
175	25	Rockscale Cod	Raw Rockscale Cod	-	875 h / 27 s	8Spi 8Sta / 10m
175	30	Sagefish Delight	Raw Greater Sagefish	Hot Spices	840h + 1260m / 21s	6 mana / 5s / 15m
175	25	Soothing Turtle Bisque	Turtle Meat	Soothing Spices	875 h / 27 s	8Spi 8Sta / 10m
200	35	Dragonbreath Chilli	Mystery Meat	Small Flame Sac, Hot Spices	chance of dragon breath / 10m	
200	35	Heavy Kodo Stew	Heavy Kodo Meat (2)	Soothing Spices, Refreshing Spring Water	1392 h / 30 s	12Spi 12Sta / 10m
200	35	Spider Sausage	White Spider Meat	-	1392 h / 30 s	12Spi 12Sta / 10m
225	35	Cooked Glossy Mightfish	Raw Glossy Mightfish	Soothing Spices	875 h / 27 s	10 Sta / 10m
225	35	Filet of Redgill	Raw Redgill	-	1392 h / 30 s	-
225	25	Goldthorn Tea	Goldthorn (herbalism)	Refreshing Spring Water (1)	1344 mana / 27s	
225	40	Monster Omlette	Giant Egg	Soothing Spices (2)	1392 h / 30 s	12Spi 12Sta / 10m
225	40	Spiced Chilli Crab	Tender Crab Meat	Hot Spices (2)	1392 h / 30 s	12Spi 12Sta / 10m
225	35	Spotted Yellowtail	Raw Spotted Yellowtail	-	1392 h / 30 s	-
225	40	Tender Wolf Steak	Tender Wolf Meat	Soothing Spices	1392 h / 30 s	12Spi 12Sta / 10m
225	35	Undermine Clam Chowder	Zesty Clam Meat (2)	Ice Cold Milk, Hot Spices	1392 h / 30 s	-
240	35	Grilled Squid	Winter Squid	Soothing Spices	875 h / 27 s	10 Agi / 10m
240	35	Hot Smoked Bass	Raw Summer Bass	Hot Spices (2)	875 h / 27 s	10 Spi / 10m
250	35	Nightfin Soup	Raw Nightfin Snapper	Refreshing Spring Water	875 h / 27 s	8 mana / 5s / 10m
250	35	Poached Sunscale Salmon	Raw Sunscale Salmon	-	875 h / 27 s	6 h / 5s / 10m
250	55	Charred Bear Kabobs	Bear Flank	(patch 2.4 addition)	1933 / 27 s	24 AP / 15m
250	55	Juicy Bear Burger	Bear Flank	(patch 2.4 addition)	1933 / 27 s	14 D&H / 15m
275	45	Baked Salmon	Raw Whitescale Salmon	Soothing Spices	2148 h / 30 s	-
275	45	Lobster Stew	Darkclaw Lobster	Refreshing Spring Water	2148 h / 30 s	-
275	45	Mightfish Steak	Large Raw Mightfish	Hot Spices, Soothing Spices	1933 h / 27 s	10Sta / 10m
300	55	Blackened Trout	Barbed Gill Trout	-	4320 h / 30 s	-
300	55	Broiled Bloodfin	Bloodfin Catfish	(patch 2.4 change)	4320 h / 30 s	+8 all resist./30m
300	55	Buzzard Bites	Buzzard Meat	-	4320 h / 30 s	20Sta 20Spi / 30m
300	55	Clam Bar	Jagged Clam Meat (2)	Soothing Spices	4320 h / 30 s	20Sta 20Spi / 30m
300	45	Dirge's Kickin' Chimaerok Chops (5)	Chimaerok Tenderloin	Hot Spices, Goblin Rocket Fuel, Deeprock Salt	4320 h / 30 s	25 Sta / 15m
300	55	Feltail Delight	Spotted Feltail	-	4320 h / 30 s	20Sta 20Spi / 30m
300	55	Kibler's Bits	Buzzard Meat	-	Pet: 4320 h / 30 s	20Sta 20Spi / 30m
300	55	Ravager Dog	Ravager Flesh	-	4320 h / 30 s	40AP 20Spi / 30m
300	55	Stormchops	Clefthoof Meat	Lightning Eel	-	possible lightning proc
300	45	Runn Tum Tuber Surprise	Runn Tum Tuber	Soothing Spices	1933 h / 27 s	10 Int / 10m
300	45	Smoked Desert Dumplings	Sandworm Meat	Soothing Spices	2148 h / 30 s	20 Str / 15m
310	55	Blackened Sporefish	Zangarian Sporefish	-	4320 h / 30 s	20Sta 8 mana/5s/30m
310	55	Sporeling Snack	Strange Spores	-	Pet: 4320 h / 30 s	20Sta 20Spi / 30m
315	55	Blackened Basilisk	Chunk o' Basilisk	-	7500 h / 30 s	23SpDmg,23Spi/30m
320	55	Poached Bluefish	Icefin Bluefish	-	7500 h / 30 s	23SpDmg,23Spi/30m
320	55	Roasted Clefthoof	Clefthoof Meat	-	7500 h / 30 s	20Str 20Spi / 30m
320	55	Stewed Trout	Barbed Gill Trout	Flask of Port, Soothing Spices	7500h / 30s	-
325	55	Golden Fish Sticks	Golden Darter	-	7500 h / 30 s	44Heal 20Spi / 30m
325	55	Grilled Mudfish	Figluster's Mudfish	-	7500 h / 30 s	20Agi 20Spi / 30m
325	55	Skullfish Soup	Crescent-Tail Skullfish	-	7200 m / 30 s	20SCSr 20Spi / 30m
325	65	Spicy Hot Talbuk	Talbuk Venison	Hot Spices	7200 m / 30 s	20SCSr 20Spi / 30m
325	55	Talbuk Steak	Talbuk Venison	-	7500 h / 30 s	20Sta 20Spi / 30m
325	55	Warp Burger	Warped Flesh	-	7500 h / 30 s	20Agi 20Spi / 30m
335	55	Crunchy Serpent	Serpent Flesh	-	7500 h / 30 s	20Spi / 23 SD / 30m
335	55	Mok'Nathal Shortribs	Raptor Ribs	-	7500 h / 30 s	20Sta 20Spi / 30m
350	55	Spicy Crawdad	Furious Crawdad	-	7500 h / 30 s	30Sta 20Spi / 30m
350	65	Fisherman's Feast	Huge Spotted Feltail	Goldenbark Apple, Soothing	7500h / 30s	30Sta 20Spi / 30m
350	65	Hot Buttered Trout (2)	Enormous Barbed Gill Trout	Soothing Spices (2)	7500h + 7200m / 30s	-

Wrath of the Lich King recipes						
Skill	P L	Recipe	Meat	Other Ingredients	Restores	Well-fed Buffs
350	70	Baked Manta Ray	Imperial Manta Ray		15k h 13k m / 30s	30Haste 40Sta / 30m
350	70	Dalaran Clam Chowder	Succulent Clam Meat		15k h 13k m / 30s	60AP 35SP 40Sta / 1h
350	70	Grilled Bonescale	Bonescale Snapper		15k h 13k m / 30s	-
350	70	Grilled Sculpin	Musselback Sculpin		15k h 13k m / 30s	60AP 40Sta / 1h
350	70	Mammoth Meal	Chunk o' Mammoth		15k h 13k m / 30s	60AP 30Sta / 1h
350	70	Pickled Fangtooth	Fangtooth Herring		15k h 13k m / 30s	12CSr 40Sta / 1h
350	70	Poached Nettlefish	Nettlefish		15k h 13k m / 30s	30CSr 40Sta / 1h
350	70	Rhino Dogs	Rhino Meat		15k h 13k m / 30s	12MP5 40Sta / 1h
350	70	Roasted Worg	Worg Haunch		15k h 13k m / 30s	30Haste 40Sta / 30m
350	70	Sauteed Goby	Barrelhead Goby		15k h 13k m / 30s	-
350	70	Shoveltusk Steak	Shoveltusk Flank		15k h 13k m / 30s	35SP 30Sta / 1h
350	70	Smoked Rockfin	Rockfin Grouper		15k h 13k m / 30s	-
350	70	Smoked Salmon	Glacial Salmon		15k h 13k m / 30s	35SP 40Sta / 1h
350	70	Wyrms Delight	Wyrms Meat		15k h 13k m / 30s	30CSr 30Sta / 1h
350	70	Shoveltusk Soup (quest)	Shoveltusk Meat		15k h 13k m / 30s	30Haste 30Sta / 1h
350	70	Northern Stew (quest)	Chilled Meat		15k h / 30s	-
350	70	Succulent Orca Stew (quest)	Succulent Orca Blubber		15k h 13k m / 30s	30CSr 30Sta / 1h
375	75	Kungaloosh	2x Tundra Berries, Savory Snowplum		13k mana / 60s alcohol	-
375	70	Feast	Chunk o' Mammoth, Shoveltusk Flank, Wyrms Meat, 4x Chilled Meat	party:	15k h 13k m / 30s	60AP 35SP 40Sta / 1h
400	70	Blackened Dragonfin	2x Dragonfin Angelfish	Northern Spices	15k h 13k m / 30s	40Agi 40Sta / 1h
400	70	Blackened Worg Steak	Worg Haunch	Northern Spices	15k h / 30s	track Humanoids / 1h
400	70	Critter Bites (4)	2x Chilled Meat	Northern Spices	throw a critter bite at a critter to control it	
400	70	Cuttlesteak	Moonglow Cuttlefish	Northern Spices	15k h 13k m / 30s	46Spi 40Sta / 1h
400	70	Dragonfin Filet	Dragonfin Angelfish	Northern Spices	15k h 13k m / 30s	40Str 40Sta / 1h
400	70	Firecracker Salmon	Glacial Salmon	Northern Spices	15k h 13k m / 30s	46SP 40Sta / 1h
400	70	Gigantic Feast	2x Deep Sea Monsterbelly, 2x Chunk o' Mammoth, 2x Rockfin Grouper	Northern Spices party:	15k h 13k m / 30s	feed party/grow larger
400	70	Hearty Rhino	Rhino Meat	Northern Spices	15k h 13k m / 30s	280Pen 40Sta / 1h
400	70	Imperial Manta Steak	Imperial Manta Ray	Northern Spices	15k h 13k m / 30s	40Haste 40Sta / 30m
400	70	Mega Mammoth Meal	2x Chunk o' Mammoth	Northern Spices	15k h 13k m / 30s	80AP 40Sta / 1h
400	70	Mighty Rhino Dogs	2x Rhino Meat	Northern Spices	15k h 13k m / 30s	16MP5 40Sta / 1h
400	70	Poached Northern Sculpin	Musselback Sculpin	Northern Spices	15k h 13k m / 30s	80AP 40Sta / 1h
400	70	Rhinolicious Wyrmssteak	Wyrms Meat, Rhino Meat	Northern Spices	15k h 13k m / 30s	40Expert. 40Sta / 1h
400	70	Small Feast	2x Nettlefish, 2x Rhino Meat, 2x Glacial Salmon	Northern Spices party:	15k h 13k m / 30s	feed party/grow small
400	70	Snapper Extreme	3x Bonescale Snapper	Northern Spices	15k h 13k m / 30s	40HR 40Sta / 1h
400	70	Spiced Mammoth Treats	Chunk o' Mammoth	Northern Spices	-	pet 30Str 30Sta / 1h
400	70	Spiced Wyrms Burger	2x Wyrms Meat	Northern Spices	15k h 13k m / 30s	40CSr 40Sta / 1h
400	70	Spicy Blue Nettlefish	Nettlefish	Northern Spices	15k h 13k m / 30s	40CSr 40Sta / 1h
400	70	Spicy Fried Herring	Fangtooth Herring	Northern Spices	15k h 13k m / 30s	16MP5 40Sta / 1h
400	70	Tender Shoveltusk Steak	2x Shoveltusk Flank	Northern Spices	15k h 13k m / 30s	46SP 40Sta / 1h
400	70	Tracker Snacks	Shoveltusk Flank	Northern Spices	15k h 13k m / 30s	track beasts / 1h
400	70	Very Burnt Worg	2x Worg Haunch	Northern Spices	15k h 13k m / 30s	40Haste 40Sta / 30m
400	70	Worg Tartare	2x Worg Haunch	Northern Spices	15k h 13k m / 30s	40HR 40Sta / 30m
450	70	Fish Feast	2x Musselback Sculpin, 2x Glacial Salmon, 2x Nettlefish	4x Northern Spices party:	15k h 13k m / 30s	80AP 46Sp 40Sta / 1h

**Notes**

Not Listed: Novelty foods (eg: seasonal) that provide no combat / crafting / pet buffs