

Skill	Player Level	Best Recipes	Recipe Vendor	Faction	Location
1	1	Recipe: Brilliant Smallfish	Catherine Leland	A	The Canals, Stormwind City
			Tharynn Bouden	A	Goldshire, Elwynn Forest
			Gretta Ganter	A	Iceflow Lake, Dun Morogh
			Khara Deepwater	A	The Loch, Loch Modan
			Nyoma	A	Dolanaar, Teldrassil
			Lizbeth Cromwell	H	Magic Quarter, Undercity
			Martine Trambly	H	Tirisfal Glades
			Sewa Mistrunner	H	Thunder Bluff
			Harn Longcast	H	Bloodhoof Village, Mulgore
1	1	Recipe: Slitherskin Mackerel	Tansy Puddlefizz	A	The Forlorn Cavern, Ironforge
			Kriggon Talsone	A	Longshore, Westfall
			Nessa Shadowsong	A	Rut'theran Village, Teldrassil
			Martine Trambly	H	Tirisfal Glades
			Zansoa	H	Sen'jin Village, Durotar
50	5	Recipe: Longjaw Mud Snapper	Tharynn Bouden	A	Goldshire, Elwynn Forest
			Tansy Puddlefizz	A	The Forlorn Cavern, Ironforge
			Khara Deepwater	A	The Loch, Loch Modan
			Nyoma	A	Dolanaar, Teldrassil
			Lizbeth Cromwell	H	Magic Quarter, Undercity
			Killian Sanatha	H	North Tide's Run, Silverpine Forest
			Naal Mistrunner	H	Thunder Bluff
			Harn Longcast	H	Bloodhoof Village, Mulgore
50	5	Recipe: Rainbow Fin Albacore	Catherine Leland	A	The Canals, Stormwind City
			Kriggon Talsone	A	Longshore, Westfall
			Stuart Fleming	A	Menethil Harbor, Wetlands
			Nessa Shadowsong	A	Rut'theran Village, Teldrassil
			Heldan Galesong	A	The Long Wash, Darkshore
			Ronald Burch	H	Trade Quarter, Undercity
			Killian Sanatha	H	North Tide's Run, Silverpine Forest
			Shankys	H	Valley of Honor, Orgrimmar
			Zansoa	H	Sen'jin Village, Durotar
			Kilxx	N	Ratchet, The Barrens
			100	15	Bristle Whisker Catfish
Lindea Rabonne	A	Southshore, Hillsbrad Foothills			
Derak Nightfall	H	Tarren Mill, Hillsbrad Foothills			
Ronald Burch	H	Trade Quarter, Undercity			
Naal Mistrunner	H	Thunder Bluff			
Sewa Mistrunner	H	Thunder Bluff			
Kilxx	N	Ratchet, The Barrens			
175	25	Recipe: Rockscale Cod	Tansy Puddlefizz	A	The Forlorn Cavern, Ironforge
			Stuart Fleming	A	Menethil Harbor, Wetlands
			Lindea Rabonne	A	Southshore, Hillsbrad Foothills
			Heldan Galesong	A	The Long Wash, Darkshore
			Lizbeth Cromwell	H	Magic Quarter, Undercity
			Shankys	H	Valley of Honor, Orgrimmar
			Wik'Tar	H	Zoram'gar Outpost, Ashenvale
			Wulan	H	Shadowprey Village, Desolace
			Kelsey Yance	N	The Old Port Authority, Booty Bay, STV

Many fishing vendors and creatures also DROP these recipes

These recipes have several advantages over most others

- These fish are the most common catch in most of the lower-level zones, unlike meat, which is an unpredictable creature-specific drop
- None of these recipes have other ingredients
- Preparing these recipes will improve your fishing AND cooking skills
- Fish, unlike meat, can be eaten raw for (albeit lesser) recuperative benefits

Smoked Sagefish is also a good low-level recipe because of its mana regeneration - buy recipe from most vendors above