

Meat and Fish, like most other items in WoW, have a white label, rather than grey, if the meat has some use other than for eating. What is that meat good for? If it's on this list, you'll find a recipe under the "Cooking" secondary skill. (see: Cooking Recipes)

Meat (and fish) that can be used in a Cooking Recipe	
Meat / Fish	Recipe (Cook Level / Char Level)
Barbed Gill Trout	Blackened Trout (300/55)
Barbed Gill Trout	Stewed Trout (320/55)
Bat Flesh	Bat Bites (50/5)
Bear Flank (patch 2.4)	Charred Bear Kabobs (250/55)
Bear Flank (patch 2.4)	Juicy Bear Burgers (250/55)
Bear Meat	Smoked Bear Meat (40/5)
Bear Meat	Blood Sausage (60/5)
Big Bear Meat	Big Bear Steak (110/15)
Bloodfin Catfish	Broiled Bloodfin (300/55)
Boar Ribs	Dry Pork Ribs (80/5)
Boar Ribs	Succulent Pork Ribs (110/10)
Boar Intestines	Blood Sausage (60/5)
Buzzard Meat	Buzzard Bites (300/55)
Buzzard Meat	Kibbler's Bits (300/55)
Buzzard Wing	Barbecued Buzzard Wing (175/25)
Cimaerok Tenderloin	Dirge's Kickin' Chim. Chops (300/55)
Chunk of Boar Meat	Roasted Boar Meat (1/1)
Chunk o' Basilisk	Blackened Basilisk (315/55)
Clam Meat	Boiled Clams (50/5)
Clam Meat	Clam Chowder (90/10)
Clefthoof Meat	Roasted Clefthoof (325/55)
Clefthoof Meat	Stormchops (300/55)
Coyote Meat	Coyote Steak (50/5)
Crag Boar Rib	Beer Basted Boar Ribs (25/1)
Crawler Claw	Cooked Crab Claw (85/5)
Crawler Meat	Crab Cake (75/5)
Crescent-Tail Skullfish	Skullfish Soup (325/65)
Crisp Spider Meat	Redridge Goulash (100/10)
Crocolisk Meat	Crocolisk Steak (80/5)
Crunchy Spider Leg	Crunchy Spider Surprise (60/5)
Darkclaw Lobster	Lobster Stew (275/45)
Deviate Fish	Savory Deviate Delight (85/5)
Dig Rat	Dig Rat Stew (90/10)
Enormous Barbed Gill Trout	Hot Buttered Trout (350/65)
Figluster's Mudfish	Grilled Mudfish (320/55)
Furious Crawdad	Spicy Crawdad (350/55)
Giant Clam Meat	Giant Clam Scorcho (175/25)
Giant Egg	Monster Omelette (225/40)
Golden Darter	Golden Fish Sticks (325/55)
Goey Spider Leg	Goey Spider Cake (110/15)
Goretusk Liver	Goretusk Liver Pie (50/5)
Goretusk Snout	Westfall Stew (75/5)
Heavy Kodo Meat	Heavy Kodo Stew (200/35)
Huge Spotted Feltail	Fisherman's Feast (350/65)
Icefin Bluefish	Poached Bluefish (320/55)
Jaggal Clam Meat	Clam Bar (300/55)
Kodo Meat	Roasted Kodo Meat (35/1)
Large Raw Mightfish	Mightfish Steak (275/45)
Lean Wolf Flank	Lean Wolf Steak (125/15)
Lean Wolf Flank	Seasoned Wolf Kabob (100/15)
Lighting Eel (also a reagent)	Stormchops (300/55)
Lion Meat	Hot Lion Chops (125/15)
Lion Meat	Tasty Lion Steak (150/20)
Lynx Meat	Lynx Steak (1/1)
Meaty Bat Wing	Crispy Bat Wing (1/1)
Moongraze Stag Tenderloin	Roasted Moongraze Tenderloin (1/1)
Murloc Fin	Murloc Fin Soup (90/15)
Murloc Eye	Westfall Stew (75/5)
Mystery Meat	Carrion Surprise (175/25)

Meat / Fish (cont'd)	Recipe (Cook Level / Char Level)
Mystery Meat	Mystery Stew (175/25)
Mystery Meat	Dragonbreath Chilli (200/35)
Raptor Egg	Curiously Tasty Omelet (130/15)
Raptor Flesh	Roast Raptor (175/25)
Raptor Ribs	Mok'Nathal Short Ribs (335/55)
Ravager Flesh	Ravager Dog (300/55)
Raw Brilliant Smallfish	Brilliant Smallfish (1/1)
Raw Bristle Whisker Catfish	Bristle Whisker Catfish (100/15)
Raw Glossy Mightfish	Cooked Glossy Mightfish (225/35)
Raw Greater Sagefish	Sagefish Delight (175/30)
Raw Loch Frenzy	Loch Frenzy Delight (50/5)
Raw Longjaw Mud Snapper	Longjaw Mud Snapper (50/5)
Raw Mithril Headed Trout	Mithril Headed Trout (175/25)
Raw Nightfin Snapper	Nightfin Soup (250/35)
Raw Rainbow Fin Albacore	Rainbow Fin Albacore (50/5)
Raw Redgill	Filet of Redgill (225/35)
Raw Rockscale Cod	Rockscales Cod (175/25)
Raw Sagefish	Smoked Sagefish (80/10)
Raw Slitherskin Mackerel	Slitherskin Mackerel (1/1)
Raw Spotted Yellowtail	Spotted Yellowtail (225/35)
Raw Summer Bass	Hot Smoked Bass (240/35)
Raw Sunscale Salmon	Poached Sunscale Salmon (250/35)
Raw Whitescale Salmon	Baked Salmon (275/45)
Red Wolf Meat	Hot Wolf Ribs (175/25)
Runn Tum Tuber	Runn Tum Tuber Surprise (300/45)
Sandworm Meat	Smoked Desert Dumplings (300/45)
Scorpid Stinger	Scorpid Surprise (20/1)
Serpent Flesh	Crunchy Serpent (335/55)
Small Egg	Herb Baked Egg (1/1)
Small Egg	Egg Nog (35/1)
Small Spider Leg	Kadorei Spider Kabob (10/1)
Soft Frenzy Flesh	Fillet of Frenzy (50/5)
Spotted Feltail	Feltail Delight (300/55)
Stag Meat	Lean Venison (110/15)
Strange Spores	Sporeling Snack (310/55)
Strider Meat	Strider Stew (50/5)
Stringy Vulture Meat	Westfall Stew (75/5)
Stringy Wolf Meat	Charred Wolf Meat (1/1)
Stringy Wolf Meat	Spiced Wolf Meat (10/1)
Talbuk Venison	Talbuk Steak (325/55)
Talbuk Venison	Spicy Hot Talbuk (325/65)
Tangy Clam Meat	Goblin Deviled Clams (125/15)
Tender Crab Meat	Spiced Chilli Crab (225/40)
Tender Crocolisk Meat	Crocolisk Gumbo (120/15)
Tender Crocolisk Meat	Heavy Crocolisk Stew (150/20)
Tender Wolf Meat	Tender Wolf Steak (225/40)
Thunder Lizard Tail	Crispy Lizard Tail (100/10)
Tiger Meat	Jungle Stew (175/25)
Tough Condor Meat	Redridge Goulash (100/10)
Turtle Meat	Soothing Turtle Bisque (175/25)
Warped Flesh	Warp Burger (325/55)
White Spider Meat	Spider Sausage (200/35)
Winter Squid	Grilled Squid (240/35)
Zangarian Sporefish	Blackened Sporefish (310/55)
Zesty Clam Meat	Undermine Clam Chowder (225/35)