

Alliance Trainers	Title / Training	Building	Locale	Zone/City
Stephen Ryback	Cooking Trainer	Pig and Whistle Tavern	Old Town	Stormwind
Thomas	Cook	Lion's Pride Inn	Goldshire	Elwynn Forest
Crystal Boughman	Cooking Trainer	(far northwest cottage)	Lakeshire	Redridge Mountains
Daryl Riknussun	Cooking Trainer (starts Artisan Quest)	the Bronze Kettle	the Great Forge	Ironforge
Gremlock Pilsnor	Cooking Trainer	Thunderbrew Distillery	Kharanos	Dun Morogh
Cook Ghilm	Cooking Trainer	(upper plateau)	Gol'Bolar Quarry	Dun Morogh
Alegorn	Cooking Trainer	Restaurant	Craftsman's Terrace	Darnassus
Shandrina	<Trade Goods> "Expert Cookbook" (Manual)	(west wing)	Silverwind Refuge	Ashenvale
Craig Nollward	Cook	(the inn)	Theramore Isle	Dustwallow Marsh
Zarrin	Cook	(outside SW cottage)	Dolanaar	Teldrassil

Horde Trainers	Title / Training	Building	Locale	Zone/City
Eunice Burch	Cooking Trainer	Cooking	Trade Quarter	Undercity
Zamja	Cooking Trainer (starts artisan Quest)	Borstan's Firepit	the Drag	Orgrimmar
Duhng	Cook	(small outpost east of:)	Crossroads	the Barrens
Aska Mistrunner	Cooking Trainer	Aska's Kitchen	Top Level	Thunder Bluff
Pyall Silentstride	Cook	(main hall)	Bloodhoof Village	Mulgore
Wulan	<Cooking Supplies> "Expert Cookbook" (Manual)	(southeast building)	Shadowprey Village	Desolace
Derak Nightfall	Cook	(north of derelict church)	Tarren Mill	Hillsbrad Foothills
Mudduk	Superior Cook	(northern hut)	Grom'gol Base Camp	Stranglethorn Vale

Neutral Trainers	Title / Training	Building	Locale	Zone/City
Kelsey Yance	Cook	the Emporium	Booty Bay	Stranglethorn Vale
Dirge Quikcleave	Artisan Quest - "Clamette Surprise"	(the Inn)	Gadgetzan	Tanaris

All cooking trainers offer Apprentice and Journeyman training, as well as some lower-level Recipes
 Expert training is only obtained by "using" the book, "Expert Cookbook"
 Artisan Cooking training is only available by completing the "Clamette Surprise" quest.
 Recipes are sold by various vendors, including <Trade Supplies>, <Fishing Supplies> and <Cooking Supplies>

Alliance Trainers	Title / Training	Building	Locale	Zone/City
Arnold Leland	Fishing Trainer	(west canal area)	Trade District	Stormwind
Lee Brown	Fisherman	(SW shore)	Crystal Lake (Goldshire)	Elwynn Forest
Matthew Hooper	Fishing Trainer	(on the pier)	Lakeshire	Redridge Mountains
Grimnur Stonebrand	Fishing Trainer	Traveling Fisherman	Forlorn Cavern	Ironforge
Paxton Ganter	Fisherman	(water's edge)	Iceflow Lake	Dun Morogh
Warg Deepwater	Fisherman	(near the shore)	the Loch	Loch Modan
Harold Riggs	Fishing Trainer	(on the pier)	Menethil Harbor	Wetlands
Donald Rabonne	Fisherman	(on the pier)	Southshore	Hillsbrad Foothills
Astaia	Fishing Trainer	(pier on SE island)	Temple Gardens	Darnassus
Androl Oakhand	Fisherman		Rut'theran Village	Teldrassil
Nat Pagle	Fishing Trainer	(small island off mainland)	Tidefury Cove	Dustwallow Marsh
Brannock	Fisherman		Feathermoon Stronghold	Feralas

Horde Trainers	Title / Training	Building	Locale	Zone/City
Armand Cromwell	Fishing Trainer	Fishing Pier, Canals	Magic Quarter	Undercity
Clyde Kellen	Fisherman	(SW shore)	Brightwater Lake	Tirisfal Glades
Killian Sanatha	Fisherman	(north coast)	North Tide's Run	Silverwind Forest
Katoom the Angler	Fishing Trainer & Supplies		Revantusk Village	the Hinterlands
Lumak	Fishing Trainer	Lumak's Fishing	Valley of Honor	Orgrimmar
Lau'Tiki	Fisherman	(coast south of Sen'jin)	Darkspear Strand	Durotar
Kil'Hiwana	Fisherman	Zoram'gar Outpost	Zoram Strand	Ashenvale
Lui'Mala	Fisherman		Shadowprey Village	Desolace
Kah Mistrunner	Fishing Trainer	Mountaintop Bait & Tackle	Top Level	Thunder Bluff
Uthan Stillwater	Fisherman	(shore west of village)	Bloodhoof Village	Mulgore

Neutral Trainers	Title / Training	Building	Locale	Zone/City
Myizz Luckycatch	Superior Fisherman	(fishing supplier?)	Booty Bay	Stranglethorn Vale
Old Man Heming	Manual: " Expert Fishing - The Bass and You"	the Happy Bobber	Booty Bay	Stranglethorn Vale
Gikkix	Fisherman	(northern building)	Steamwheedle Port	Tanaris
Nat Pagle	Artisan Fishing Quest - "Nat Pagle, Angler Extreme"	(small island off mainland, WSW of Theramore)	Tidefury Cove	Dustwallow Marsh

All "Fishing Trainers" offer Apprentice and Journeyman training
 Expert training is only obtained by "using" the book, " Expert Fishing - The Bass and You", from Old Man Heming
 Artisan Fishing training is only available by completing the "Nat Pagle, Angler Extreme" quest.
 There are no specific fishing recipes/patterns (but see: Cooking)

Alliance Trainers	Title / Training	Building	Locale	Zone/City
Shaina Fuller	First Aid Trainer	Cathedral of Light	Cathedral District	Stormwind
Michelle Belle	Physician	Lion's Pride Inn	Goldshire	Elwynn Forest
Dannelor	First Aid Trainer	First Aid	Craftsman's Terrace	Darnassus
Byancie	First Aid Trainer	(treehouse at North)	Dolanaar	Teldrassil
Thamner Pol	Physician	Thunderbrew Distillery	Kharanos	Dun Morogh
Fremal Doohickey	First Aid Trainer	Deepwater Tavern	Menethil Harbor	Wetlands
Nissa Firestone	First Aid Trainer Quest - Artisan First Aid	Ironforge Physician	The Great Forge	Ironforge
Deneb Walker	(Manual) "Expert First Aid - Under Wraps" "Manual - Heavy Silk Bandage" "Manual - Mageweave Bandage"	The Sanctum	Stromgarde Keep	Arathi Highlands
Doctor Gustaf VanHowzen	"Triage" Quest - Artisan First Aid Trainer - Heavy Mageweave Bandage Trainer - Runecloth Bandage Trainer - Heavy Runecloth Bandage	Foothold Citadel	Theramore Isle	Dustwallow Marsh

Horde Trainers	Title / Training	Building	Locale	Zone/City
Mary Edras	First Aid Trainer	First Aid	Rogue's Quarter	Undercity
Nurse Neela	First Aid Trainer	Gallow's End Tavern	Brill	Tirisfal Glades
Pand Stonebinder	First Aid Trainer	Spiritual Healing	Spirit Rise	Thunder Bluff
Rawrk	First Aid Trainer	Razor Hill Barracks	Razor Hill	Durotar
Arnok	First Aid Trainer	Survival of the Fittest	Valley of Spirits	Orgrimmar
Vira Younghoof	First Aid Trainer	(the Inn)	Bloodhoof Village	Mulgore
Balai Lok'Wein	(Manual) "Expert First Aid - Under Wraps" "Manual - Heavy Silk Bandage" "Manual - Mageweave Bandage"	N.N.E. of bonfire	Brackenwall Village	Dustwallow Marsh
Doctor Gregory Victor	"Triage" Quest - Artisan First Aid Trainer - Heavy Mageweave Bandage Trainer - Runecloth Bandage Trainer - Heavy Runecloth Bandage	(southwest building)	Hammerfall	Arathi Highlands

Neutral Trainers	Title / Training	Building	Locale	Zone/City
Argent Quartermaster Hasana	Formula: Powerful Anti-venom	(north end of camp)	the Bulwark	Tirisfal Glades
Argent Quartermaster Lightspark	Formula: Powerful Anti-venom		Chillwind Camp	West'n Plaguelands
Quartermaster Miranda Breechlock	Formula: Powerful Anti-venom		Light's Hope Chapel	Eastern Plaguelands

All "First Aid Trainers" offer Apprentice and Journeyman training, as well as all lower-level First Aid recipes
 Expert training is only obtained by "using" the book, "Expert First Aid - Under Wraps"
 Artisan First Aid training is only available by completing the "Triage" quest.
 Advanced First Aid recipes are trained by reading Manuals or by training from one of the Doctors
 Note that the Doctors do not offer each specific advanced training until your First Aid skill level is high enough
 Powerful Anti-venom training requires skill level 300 and Honoured Reputation with Argent Dawn

First Aid Essentials

Skill To:		Vendor					First Aid Skill Difficulty						
Lvl	Make	Use	Recipe	Source	Materials	Restores	Pays	red	orange	yellow	green	grey	Recipe/Training from (Alliance / Horde)
5	0	0	Apprentice First Aid Linen Bandage	Trainer Initial	1 Linen Cloth	66/6s	10c	0	1 - 29	30 - 44	45 - 59	60 - 300	any First Aid Trainer (see list: First Aid Trainers)
	1	1	Heavy Linen Bandage	Trainer	2 Linen Cloth	114/6s	20c	1 - 39	40 - 49	50 - 74	75 - 99	100 - 300	any First Aid Trainer
	50	50	Journeyman First Aid Anti-venom	Trainer	Small Venom Sac	poisons up to L25	28c	1 - 79	never	80 - 114	115 - 149	150 - 300	any First Aid Trainer
	80	n/a	Wool Bandage	Trainer	1 Wool Cloth	161/7s	28c	1 - 79	never	80 - 114	115 - 149	150 - 300	any First Aid Trainer
	115	75	Heavy Wool Bandage	Trainer	2 Wool Cloth	301/7s	57c	1 - 114	never	115 - 149	150 - 184	185 - 300	any First Aid Trainer
	125	125	Expert First Aid	Manual			buy for 1gp						Deneb Walker, Arathi Highlands (A); Balai Lok'Wein, Dustwallow Marsh (H)
	130	n/a	Strong Anti-venom	Manual	Large Venom Sac	poisons up to L35	62c	1 - 129	never	130 - 164	165 - 199	200 - 300	Loot: Various Chests esp. Sollic Chest (mob level approx. 40-50); Loot: Various Creatures (levels approx 20-35)
	150	100	Silk Bandage	Trainer	1 Silk Cloth	400/8s	2s	1 - 149	never	150 - 179	180 - 209	210 - 300	any First Aid Trainer
	180	125	Heavy Silk Bandage	Manual	2 Silk Cloth	640/8s	4s	1 - 179	never	180 - 209	210 - 239	240 - 300	Deneb Walker, Arathi Highlands (A); Balai Lok'Wein, Dustwallow Marsh (H)
35	200	200	Artisan First Aid	"Triage" Quest									Doctor Gustaf VanHowzen, Theramore (A); Doctor Gregory Victor, Hammerfall, Arathi Highlands (H)
	210	150	Mageweave Bandage	Manual	1 Mageweave Cloth	800/8s	4s	1 - 209	never	210 - 239	240 - 269	270 - 300	Deneb Walker, Arathi Highlands (A); Balai Lok'Wein, Dustwallow Marsh (H)
	240	175	Heavy Mageweave Bandage	Trainer	2 Mageweave Cloth	1104/8s	6s	1 - 239	never	240 - 269	270 - 299	300	Doctor Gustaf VanHowzen, Theramore (A); Doctor Gregory Victor, Hammerfall, Arathi Highlands (H)
	260	200	Runecloth Bandage	Trainer	1 Runecloth	1360/8s	5s	1 - 259	never	260 - 289	290 - 300	never	Doctor Gustaf VanHowzen, Theramore (A); Doctor Gregory Victor, Hammerfall, Arathi Highlands (H)
	290	225	Heavy Runecloth Bandage	Trainer	2 Runecloth	2000/8s	10s	1 - 289	never	290 - 300	never	never	Doctor Gustaf VanHowzen, Theramore (A); Doctor Gregory Victor, Hammerfall, Arathi Highlands (H)
	300	n/a	Powerful Anti-venom*	Formula	Huge Venom Sac	poisons up to L60	5s	1 - 299	never	300	never	never	Argent Quartermaster Hasana, Trisfal Glades; Argent Quartermaster Lightspark, W. Plaguelands; Quartermaster Miranda Breechlock, Eastern Plaguelands

*Powerful Anti-venom training requires Honoured reputation with Argent Dawn

Skill	P L	Recipe	Meat	Other Ingredients	Restores	Bufs
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	Herb Baked Egg	Small Egg	Mild Spices	61 h / 18 s	2Spi 2Sta / 10m
1	1	Roasted Boar Meat	Chunk of Boar Meat	-	61 h / 18 s	-
1	1	Slitherskin Mackerel	Raw Slitherskin Mackerel	-	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	Roasted Kodo Meat	Kodo Meat	Mild Spices	61 h / 18 s	2Spi 2Sta / 10m
40	5	Smoked Bear Meat	Bear Meat	-	244 h / 21 s	-
50	5	Boiled Clams	Clam Meat	Refreshing Spring Water	244 h / 21 s	4Spi 4Sta / 10m
50	5	Coyote Steak	Coyote Meat	-	244 h / 21 s	4Spi 4Sta / 10m
50	5	Fillet of Frenzy	Soft Frenzy Flesh	Mild Spices	244 h / 21 s	4Spi 4Sta / 10m
50	5	Goretusk Liver Pie	Goretusk Liver	Mild Spices	244 h / 21 s	4Spi 4Sta / 10m
50	5	Loch Frenzy Delight	Raw Loch Frenzy	Mild Spices	244 h / 21 s	-
50	5	Longjaw Mud Snapper	Raw Longjaw Mud Snapper	-	244 h / 21 s	-
50	5	Rainbow Fin Albacore	Raw Rainbow Fin Albacore	-	244 h / 21 s	-
50	5	Strider Stew	Strider Meat	Shiny Red Apple	244 h / 21 s	4Spi 4Sta / 10m
60	5	Blood Sausage	Boar Meat, Boar Intestines	Spider Ichor	244 h / 21 s	4Spi 4Sta / 10m
60	5	Thistle Tea (Rogue)	Swifthistle (herbalism)	Refreshing Spring Water	100 Energy	-
75	5	Crab Cake	Crawler Meat	Mild Spices	244 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	-	244 h / 21 s	4Spi 4Sta / 10m
80	5	Dry Pork Ribs	Boar Ribs	Mild Spices	244 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	244 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
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
Skill	P L	Recipe	Meat	Other Ingredients	Restores	Bufs
175	25	Rockscale Cod	Raw Rockscale Cod	-	875 h / 27 s	8Spi 8Sta / 10m
175	25	Soothing Turtle Bisque	Turtle Meat	Soothing Spices	875 h / 27 s	8Spi 8Sta / 10m

175	30	Sagefish Delight	Raw Greater Sagefish	Hot Spices	840h + 1260m	6 mana / 5s / 15m
200	35	Dragonbreath Chilli	Mystery Meat	Small Flame Sac, Hot Spices	ance of dragon	breath on hit / 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 / 27 s	
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
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	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

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

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" trade. (see Cooking Recipes)

Meat that can be used in a Cooking Recipe	
Meat	Recipe (Cook Level / Char Level)
Bear Meat	Smoked Bear Meat (40/5)
Bear Meat	Blood Sausage (60/5)
Big Bear Meat	Big Bear Steak (110/15)
Boar Ribs	Dry Pork Ribs (80/5)
Boar Ribs	Succulent Pork Ribs (110/10)
Boar Intestines	Blood Sausage (60/5)
Buzzard Wing	Barbecued Buzzard Wing (175/25)
Chunk of Boar Meat	Roasted Boar Meat (1/1)
Clam Meat	Boiled Clams (50/5)
Clam Meat	Clam Chowder (90/10)
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)
Crisp Spider Meat	Redridge Goulash (100/10)
Crocolisk Meat	Crocolisk Steak (80/5)
Darkclaw Lobster	Lobster Stew (275/45)
Deviate Fish	Savory Deviate Delight (85/5)
Dig Rat	Dig Rat Stew (90/10)
Giant Clam Meat	Giant Clam Scorcho (175/25)
Giant Egg	Monster Omelette (225/40)
Gooney Spider Leg	Gooney 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)
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)
Lion Meat	Hot Lion Chops (125/15)
Lion Meat	Tasty Lion Steak (150/20)
Meaty Bat Wing	Crispy Bat Wing (1/1)
Murloc Fin	Murloc Fin Soup (90/15)
Murloc Eye	Westfall Stew (75/5)
Mystery Meat	Carrion Surprise (175/25)
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)
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)

Meat (cont'd)	Recipe (Cook Level / Char Level)
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)
Small Egg	Herb Baked Egg (1/1)
Small Spider Leg	Kadorei Spider Kabob (10/1)
Soft Frenzy Flesh	Filet of Frenzy (50/5)
Stag Meat	Lean Venison (110/15)
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)
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)
White Spider Meat	Spider Sausage (200/35)
Winter Squid	Grilled Squid (240/35)
Zesty Clam Meat	Undermine Clam Chowder (225/35)