



# CHEF'S TABLE

thoughts, talk & tips around...

## Sustainability

### FOOD

The sustainability of our **food** is not just a major issue for many consumers, it's a major issue for the planet. The resources needed to produce food must be balanced by the cost of production and that's more than financial. Our philosophy is to create the menu and the dishes based around sustainable UK ingredients. We don't expose yourself to anything outside the UK and we train junior members to think outside the box and work with indigenous ingredients such as tangerine root and elderberries; ingredients that can be foraged.

It takes a period of 5 years to change the mindset of a trainee, so by educating young people in this way we are training the next generation to be more sustainable and to think about the carbon footprint of ingredients and the cost of production in environmental terms. Wester Ross salmon is truly sustainable as well as being ethically farmed. Choosing foods that fit this criteria is the way forward.

### SKILLS


Without a good grounding in training, the **skills** gap will get wider. These days it's very easy for kitchens to buy everything in, already prepped so the art of food preparation can be lost. Consequently, it's really important to keep skills alive with proper training in butchery, fishmongery and food preparation, as well as developing the understanding of provenance, what fresh produce looks like and what it should taste like.

### PEOPLE

We are constantly looking hard to recruit talented **people**. Post covid and post Brexit the world is chaotic and we've lost a huge amount of European and worldwide talent from the shores of the UK. There simply is not enough to fill the roles available so we consider ourselves fortunate to be working with local colleges to find those diamonds who are the potential superstars of the future.

### Shaun Rankin

*Michelin Starred Chef  
& Brand Ambassador for Wester Ross Salmon*



*“We need to think about sustainability from a number of different perspectives”*

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