



# CHEF'S TABLE

thoughts, talk & tips around...



*“With the finest quality ingredients all we need to do is allow that naturally amazing flavour to be released”*

**Wester Ross Fisheries Ltd.**  
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## Quality

### WORK WITH THE BEST

For me, there is a pride in working with the finest of everything. That commitment to do or be the best, and deliver fantastic results to savour and enjoy can only become reality if you're using first rate ingredients. Choosing quality is essential if you want to create amazing food.

### LESS IS MORE

As somebody preparing food and creating meals or dishes, with the freshest and best quality ingredients you need to do very little with them. Grown, reared and selected at the right time, quality ingredients will be bursting with flavour. All we need to do is to bring that flavour out and remember not to overwork with seasoning.

### CHOOSE CAREFULLY

I always consider carefully where I source my ingredients. Before first using Wester Ross salmon I went up to the West Highlands to visit the farms and see for myself their farming operations, because I wanted to understand and look in detail at the rearing practices. I was genuinely surprised with the scale of the hand feeding and their low stocking density. The use of wrasse as a natural alternative to medicines for fish health really is ingenious. The Wester Ross precision of technique and the incredible attention to detail is truly impressive.

### QUALITY REQUIRES COMMITMENT

There are no short cuts with food production. Quality ingredients are the result of good management, and no compromising on standards. Wester Ross produce a fish that has low fat, and is lean and flavoursome. The salmon flakes are tight knit which shows the fish have enjoyed a healthy diet. Wester Ross salmon is second to none, as a result of consistent and dedicated husbandry over time.

### **Shaun Rankin**

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