



## **Pinker (in "The Mail on Sunday")**

With stocks dwindling, British wild salmon should only be a rare treat – but there is an alternative, says Tom Parker Bowles.

Where does that leave those of us who want to feast upon poached salmon, with taste buds singing and conscience clear? Wild salmon should be eaten as a very occasional – and admittedly hugely expensive – treat. For more everyday meals, there are a number of sustainable salmon farms that offer a happy solution to the aquaculture problem and produce very palatable fish.

Loch Duart, for example, is an admirable farm: it uses natural tides to ensure clean water and rotates the pens, too. The fish are more muscular, thanks to being allowed more space in which to swim about, and the environmental impact is minimal. The flavour is very decent, too.

The days of endless wild salmon might be over but that doesn't mean we're condemned to a life of the flaccid fatty stuff. Buy your farmed fish carefully and you'll have poached salmon to be proud of