

Paul Rankin

Quotes

*People, Thinking, Passion, Awards, Joy, Doors, Stars, Commitment, Kitchen,
Cooking, Team, Teacher, Jobs, Trying, Training, Needs, Successful,
Vegetables, Matter, Crafts*

It really helps if you've got something like cycling, walking, running or swimming that can let your body release all that tension and keep your muscles fit.

~Paul Rankin

There's a layer of satisfaction that I get from cooking that is more than the work itself. I think when you're too competitive sometimes you can lose the joy of what you do.

~Paul Rankin

We [chefs] are competitive, although I think you need to be careful with competitiveness as it can become quite negative.

~Paul Rankin

Being a sport star and a chef both require passion, commitment, work and natural ability.

~Paul Rankin

Sometimes I think you can lose the joy in what you do. It becomes a sense of 'I've got to beat him, I've got to beat him,' and you lose your own sense of joy.

~Paul Rankin

Chef means boss and in France you get an office chef and you get a chef on a building site, etc. So I'm a chef de cuisine, chef of the kitchen, and that means that I'm in charge of a team.

~Paul Rankin

The work element comes into it as well - how much you train and how much work you put into your craft, in the same way a carpenter would perhaps work under a great teacher, etc.

~Paul Rankin

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