

The Dowfold House Breakfast

Some Facts and Background Material



Jill & Rupert Richardson
Dowfold House Bed & Breakfast
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Welcome to the Dowfold House Breakfast

We take your breakfast VERY seriously (but not SO seriously that you can't just enjoy it...). This sounds a bit corny, but we really do seek out the best quality produce, and prepare and present it as well and as carefully as we know how. We're always looking for new ideas and better ways of doing things; home-made bread one manifestation of this, but if you have any thoughts do let us know.

Indeed, don't feel you have to stick to the menu. As long as we've got it or you give us a bit of notice, we'll have a go! We like a challenge!

Rules for Supplies to Dowfold House

- We HATE Food Miles with a passion
- We LOVE local, good quality produce, especially if it's organic
- We grow our own where possible - tomatoes, herbs, summer berries, apples, pears, plums, rhubarb - we've even got a lemon tree and are starting on our own grapes!
- We go FIRST for quality, then for local, then for organic, then for Fair Trade (Only for non-local stuff, obviously)

Where We Get it all From

Item	Source(s) (see suppliers section for contact details)
Free-range Eggs @	Clarks Free Range Eggs – perfect poached – or fried, or scrambled
Best Back Bacon	Broom Mill Farm supplies this from their own pigs – and delicious it is!
Gold Pork sausages@	Broom Mill Farm supplies this from their own pigs – and delicious it is!
Tomatoes (in season)	From Jill’s greenhouse at the end of the garden
Tomatoes (not in season)	From local greengrocers or local supermarkets
Mushrooms	From local greengrocers or local supermarkets
Heinz Baked Beans	(we ONLY do Heinz) local supermarkets
Tyneside Black Pudding @	From the Freezer Shop, in Crook
Irish Potato Bread @	Rupert makes it (well, he IS of Irish extraction) using (when possible) Bradley Burn potatoes from Bradley Burn Farm a few miles away
Home-Baked Bread @	Rupert bakes it, using 50% unbleached white Northumberland, and 50% stone-ground wholemeal flour, flour from Gilchester Organics.
Kippers @	We use lovely kippers from Swallow Fish of Seahouses in Cumbria.
Smoked Salmon @	We use lovely smoked salmon from Swallow Fish of Seahouses in Cumbria. Expensive, but worth it.
Bramley Apples (for apple compôte)	Almost entirely from our own venerable Bramley Apple trees, which Jill gathers and prepares.

Where We Get it all From

Item	Source(s) (see suppliers section for contact details)
Summer fruits – strawberries, raspberries, redcurrants, blackcurrants, gooseberries	All grown by Jill with her green fingers, and uses them for jam and to enhance her splendid compôtes and fresh fruit salads
Blackberries for compôtes and fresh fruit salads	STOLEN! – usually by Jill – from local hedgerows (quite legally), or donated by a neighbour
Jams	All made with fruit from the garden, tended by Jill, and turned into delicious jam
Marmalades	Jill makes them, of course, but the oranges DO come from Spain.
Honey	We keep finding local suppliers – who then stop. We plan to have our own bees... soon...
Yoghurts @	We keep a wide selection of popular makes, from local supermarkets, including local ones from Longley Farm and/or Embleton Farm.
Cereals @	We keep a wide selection of popular makes, from local supermarkets. These often include Dorset Cereals' Mueslis.
Granola	Jill makes her own –and it's delicious.
Porridge @	We like Mornflake porridge oats – just that little bit creamier
Teas & Coffees	They come from Ringtons, a Newcastle-based business in the business for over 100 years, who still have delivery rounds. How quaint!
Specialist tisanes	They come from almost anywhere – even the garden!
Apple juice	It's our own! Processed for us by Fruitful Durham, a local co-operative.

Where We Get it all From

Item	Source(s) (see suppliers section for contact details)
Butter @	We use standard supermarket butter; we've tried lots and, frankly, can't tell the difference.
Fresh Fruit – for the fruit bowl and for fruit salads	Jill is growing an increasing number of apples and pears, but most come either from Cunninghams in Crook, or from local supermarkets.
Milk @	We source Lanchester skimmed and semi-skimmed milk (when we can) from local shops and supermarkets.
Croissants	We buy these from Bako Northern in Langley Moor – who source them from Bakehouse, in Surrey... We get them uncooked and frozen, and & bake them off in the morning – delicious!
Other	We are always happy to accommodate special diets – soya or goats milk, or wheat-free, for example – and these come from, frankly, wherever we can get them.
Home-made Biscuits @	These come from the pastry board of Jill herself

Details of Key Suppliers

Supplier	Contact details We've included full details for direct suppliers and website information for others
Bakehouse.co.uk (croissants etc.)	Bakehouse Limited, 3 Tanners Yard, London Road, Bagshot, Surrey, GU19 5HD Tel: 01276 850500; Fax: 01276 850200 www: http://www.bakehouse.co.uk/ email: info@bakehouse.co.uk
Bako Northern (suppliers of Bakehouse products)	Mill Road, Littleburn Industrial Estate, Langley Moor, Durham, DH7 8HR. Tel: 0191 378 0088 www: www.bakonorthern.co.uk email: sales@bakonorthern.co.uk
Broom Mill Farm	West Auckland, Bishop Auckland DL14 9PJ tel: 01388 834564 www: http://www.broommillfarm.co.uk/
Clarks Eggs	Lands Road, Cockfield DL13 5HZ Tel: 01388 718259 www: http://www.clarkseggs.co.uk
Dorset Cereals	www: http://www.dorsetcereals.co.uk/
Fruitful Durham	www: http://www.fruitfuldurham.co.uk/
Gilchesters Organics	Gilchesters Organic Farm, Hawkwell, Northumberland, NE18 0QL tel: 01661 886 119 www: http://www.gilchesters.com/ :
Lanchester Dairies	www: http://www.lanchesterdairies.co.uk/
Mornflake Oats	www: http://www.mornflake.com/
Ringtons Tea & Coffee	Tel: 0800 052 2440 www: http://www.ringtons.co.uk/

Details of Key Suppliers

Supplier	Contact details We've included full details for direct suppliers and website information for others
SwallowFish	2 South Street, Seahouses, Northumberland NE68 7RB Tel: 01665 721052 www: http://swallowfish.co.uk/ email: wilkin@swallowfish.co.uk

NOTE: If you want to print this out as an 8-page, double-sided, A5 booklet, then print it at 2 pages per A4 sheet, in the following order:

8,1, then 2,7 (on back of 8,1),6,3, then 4,5 (on back of 6,3)

Good Things from Dowfold House

We are pleased to offer for sale some of the high-quality products we serve to you during your stay here. All are home-made with the best ingredients, home-grown where possible, or locally sourced and/or Fairtrade and/or organic where appropriate. No preservatives or other nastinesses are used in our products.

Jams and Preserves - £3 per 290g jar. Choose from:

Strawberry, Raspberry, Raspberry & Redcurrant
Blackcurrant or Gooseberry Jam (particularly good...)*
Seville Orange Marmalade

**Made from home-grown fruit*

Other good stuff. Choose from:

Home-made Irish Potato Bread, 5 pack: £1.50 (frozen)
Home-baked bread: £2.50 (order the day before; available frozen or fresh)
Dowfold House apple juice, processed for us by Fruitful Durham: £3.50/75cl bottle

If you'd like any of these, just ask.

- Subject to seasonality and availability.

PRINT ORDER

Print 2-pages to a sheet & scale to A4. Each completed print run gives 2 copies. The print order is for my printer (EpsonSX610FW). Yours might have differences

1. 8,1,2,7,6,3,4,5
2. 2,7,8,1,4,5,6,3