

# The Dowfold House Breakfast

Some Facts and Background Material



Jill & Rupert Richardson  
Dowfold House Bed & Breakfast  
Dowfold House  
Low Jobs Hill  
Crook  
DL15 9AB

Tel: +44(0)1388 762473

email: [enquiries@dowfoldhouse.co.uk](mailto:enquiries@dowfoldhouse.co.uk)

www: <http://www.dowfoldhouse.co.uk>

**Durham Local Food**

The online resource for local food in County Durham, England



# **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 our own grapevines!
- We go FIRST for quality, then for local, then for organic, then for Fair Trade (only for non-local stuff, obviously)
- Note that we can cater for a variety of particular dietary requirements, so if you want gluten-free, lactose free, or other special requests, just let us know – ideally when you book. We like a challenge, and we've become quite accomplished at baking with gluten-free flours and cooking with lactose-free oils and other substitutes.
- Our menus are marked where any of the 14 statutory allergens are present. Let us know if you have any special requirements.

## 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	Coates Butchers supply locally sourced organic pork, dry-cured by their own fair hands
Ushaw Garden Walled Garden Pork sausages *	Reared by a friend of ours to the highest standards, these pampered pigs produce perfect sausages
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
Black Pudding, White Pudding, and gluten-free* Black Pudding	From the Fruit Pig company – made with real fresh pigs blood, and the best we've ever tasted.
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, and 50% stone-ground wholemeal flour, from Gilchester Organics
Home-Baked Gluten-Free Bread *	Rupert bakes it, using gluten-free flour mixes from Doves Farms
Kippers	We serve lovely kipper fillets from Swallow Fish of Seahouses in Northumberland
Smoked Salmon	Tasty Scottish salmon smoked by Swallow Fish of Seahouses in Northumberland. Expensive, but worth it
Bramley Apples (for apple compôte)	Almost entirely from our own venerable Bramley Apple trees, which Jill gathers and prepares.

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Summer fruits – strawberries, raspberries, redcurrants, blackcurrants, gooseberries, grapes	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 – or rather our 100,000 bees – make our own honey right here.
Yoghurts	Where we can we offer local yoghurts, mainly from Longley Farm and/or Embleton Farm.
Cereals *	Jill makes the most toothsome granola. And we keep a wide selection of popular cereals – including gluten-free - from local supermarkets. These often include Dorset Cereals' Mueslis.
Porridge*	We like Mornflake porridge oats – just that little bit creamier
Teas & Coffees	They come mainly from Ringtons, a Newcastle-based business in the business for over 100 years, who still have delivery rounds. How quaint!
Specialist tisanes	Mainly Clipper organic – but we do grow mint and others.
Apple juice	It's our own! Processed for us by Fruitful Durham, a local co-operative, from our own apples.
Butter	We use standard supermarket butter; we've tried lots and, frankly, can't tell the difference.

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<b>Item</b>	<b>Source(s)</b> <b>(see suppliers section for contact details)</b>
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 and Pains au Chocolat	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

\* Available in Gluten-free form

## 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: <a href="http://www.bakehouse.co.uk/">http://www.bakehouse.co.uk/</a> email: <a href="mailto:info@bakehouse.co.uk">info@bakehouse.co.uk</a>
Bako Northern (suppliers of Bakehouse products)	Mill Road, Littleburn Industrial Estate, Langley Moor, Durham, DH7 8HR Tel: 0191 378 0088 www: <a href="http://www.bakonorthern.co.uk">www.bakonorthern.co.uk</a> email: <a href="mailto:sales@bakonorthern.co.uk">sales@bakonorthern.co.uk</a>
Bradley Burn Farm Shop	Wolsingham, Weardale, Co. Durham DL13 3JH Tel: 01388 529 488 www: <a href="http://www.bradleyburn.co.uk/farmshop.html">http://www.bradleyburn.co.uk/farmshop.html</a> email: <a href="mailto:shop@bradleyburn.co.uk">shop@bradleyburn.co.uk</a>
Clarks Eggs	Lands Road, Cockfield DL13 5HZ Tel: 01388 718259 www: <a href="http://www.clarkseggs.co.uk">http://www.clarkseggs.co.uk</a>
Coates Butchers	Coates Butchers, 19 Church Street, Coxhoe, Durham DH6 4DD Tel: 0191 377 2613 www: <a href="http://www.bakehouse.co.uk/">http://www.bakehouse.co.uk/</a> email: <a href="mailto:info@bakehouse.co.uk">info@bakehouse.co.uk</a>
Dorset Cereals	www: <a href="http://www.dorsetcereals.co.uk/">http://www.dorsetcereals.co.uk/</a>

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Supplier	Contact details We've included full details for direct suppliers and website information for others
Doves Farm Foods	Salisbury Road, Hungerford, Berkshire, RG17 0R Tel: +44 (0)1488 684 880 www: <a href="http://www.bakehouse.co.uk/">http://www.bakehouse.co.uk/</a> email: <a href="mailto:mail@dovesfarm.co.uk">mailto:mail@dovesfarm.co.uk</a>
Fruitful Durham	www: <a href="http://www.fruitfuldurham.co.uk/">http://www.fruitfuldurham.co.uk/</a>
Fruit Pig Company	6 Anglia Way, Wisbech, Cambs PE13 2TY Tel: 0845 548 0046 www: <a href="https://www.fruitpigcompany.com">https://www.fruitpigcompany.com</a> email: <a href="mailto:menquiries@fruitpig.co.uk">mailto:menquiries@fruitpig.co.uk</a>
Gilchesters Organics	Gilchesters Organic Farm, Hawkwell, Northumberland, NE18 0QL tel: 01661 886 119 www: <a href="http://www.gilchesters.com/">http://www.gilchesters.com/</a> :
Lanchester Dairies	www: <a href="http://www.lanchesterdairies.co.uk/">http://www.lanchesterdairies.co.uk/</a>
Mornflake Oats	www: <a href="http://www.mornflake.com/">http://www.mornflake.com/</a>
Ringtons Tea & Coffee	Tel: 0800 052 2440 www: <a href="http://www.ringtons.co.uk/">http://www.ringtons.co.uk/</a>
SwallowFish Smokery	2 South Street, Seahouses, Northumberland NE68 7RB Tel: 01665 721052 www: <a href="http://swallowfish.co.uk/">http://swallowfish.co.uk/</a> email: <a href="mailto:wilkin@swallowfish.co.uk">wilkin@swallowfish.co.uk</a>

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:

Dowfold House Honey: £5/227ml jar

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

Fruit Pig Black, Pudding (Black, White or gluten-free):

£3.00 for 4 slices (supplied frozen; will keep for 28  
days in refrigerator)

£3.75 for a “chunk” – at least 300gm

Ushaw Walled Garden Sausages – pack of 9, supplied  
frozen: £4.50

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



## PRINT ORDER

Print 2-pages to a sheet & scale to A4. Each completed print run gives 1 copies. The print order is for my automatic double-sided printer (Brother MFC-J5625DW0. Yours might have differences

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