

The Dowfold House Breakfast

Some Facts and Background Material



Jill & Rupert Richardson
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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 is 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 using oils and other lactose/gluten-free substitutes – just try our gluten- and lactose-free take on potato bread..
- 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	Thanks to bird flu, we're reduced to getting supermarket free range eggs at present. We use medium eggs; they poach better than large ones
Best Back Bacon	Coates Butchers supply locally sourced organic pork, dry-cured and smoked by their own fair hands
Breakfast Pork Sausages	Again, Coates Butcher are our preferred supplier.
Vegan sausages	We usually use Linda McCartney's vegan sausages, which guests like. Note: they are NOT gluten-free.
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	From Castle Bank butchers in Crook, and produced in North Shields. The best we've found
Irish Potato Bread	Rupert makes it (well, he IS of Irish extraction).
Home-Baked Bread	Rupert bakes it, using 50% unbleached white, and 50% stone-ground wholemeal flour, grown in Northumberland and milled by Gilchesters Mill, in Northumberland.
Home-Baked Gluten-Free Bread *	Rupert bakes it, using gluten-free flour mixes from Doves Farms.
Kippers	This may sound heretical, but the ones our guests like best are frozen kipper fillets from Port of Lancaster Smokehouse Lancashire Kipper Fillets.
Smoked Salmon	Tasty Scottish salmon smoked by Swallow Fish of Seahouses in Northumberland. Expensive, but really worth it.

Where We Get it all From

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Bramley Apples (for apple compôte)	Almost entirely from our own venerable Bramley Apple tree, which Jill gathers and prepares.
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
Jams	All made with fruit from the garden, tended by Jill, and turned into delicious jam
Marmalade	Jill makes it, of course, but the oranges DO come from Spain.
Yoghurts	We either make our own or offer plain Greek style yogurt from local supermarkets. Let us know if you'd prefer low-fat, fruity or other options.
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.
Specialist tisanes	Mainly Clipper organic – but we do grow our own mint and others.
Apple juice	We send our apples to be turned into juice to New Warlands Farm, a community venture run by the North-Eastern Autism Society (NEAS), who produce delicious apple juice from fruit collected throughout County Durham. They, in turn, provide us with juice to offer to our guests.
Butter	We use standard supermarket butter; we've tried lots and, frankly, can't tell the difference.

Where We Get it all From

Item	Source(s) (see suppliers section for contact details)
Fresh Fruit – for the fruit bowl and for fruit salads	Jill is growing an increasing number of apples and pears, but, out of season, they come from either Cunninghams in Crook, or from local supermarkets.
Milk	We source Lanchester skimmed and semi-skimmed milk (when we can) from local shops and supermarkets.
Croissanterie	We buy these from Bako Northern in Langley Moor. 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, dairy- gluten- 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.

Note: we can supply most of these in Gluten-free form, but need notice to lay in the relevant supplies

Details of Key Suppliers

Supplier	Contact details We've included full details for direct suppliers and website information for others
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
Castle Bank Butchers	13 Church Street, Crook, County Durham, DL15 9BG. Tel. 01388 762298 www: http://www.castlebankbutchers.co.uk/ email: william.peat@aol.co.uk
Coates Butchers	Coates Butchers, 19 Church Street, Coxhoe, Durham DH6 4DD Tel: 0191 377 2613 www: http://www.bakehouse.co.uk/ email: info@bakehouse.co.uk
Dorset Cereals	www: http://www.dorsetcereals.co.uk/
Doves Farm Foods	Salisbury Road, Hungerford, Berkshire, RG17 0R Tel: +44 (0)1488 684 880 www: http://www.bakehouse.co.uk/ email: mailto:mail@dovesfarm.co.uk
Gilchesters Organics	Gilchesters Organics, Gilchesters, Stamfordham, Northumberland NE18 0QL Tel: +44 (0)1661 886 119 email: info@gilchesters.com www: https://gilchesters.com/
Lanchester Dairies	www: http://www.lanchesterdairies.co.uk/

Details of Key Suppliers

Supplier	Contact details We've included full details for direct suppliers and website information for others
Mornflake Oats	www: http://www.mornflake.com/
New Warlands Farm	Burnhope, Durham DH7 6EX tel: 0191 371 3010 www: https://www.ne-as.org.uk/new-warlands-farm email: Grainger.Simpson@ne-as.org.uk
SwallowFish Smokery	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, Plum or Gooseberry Jam (particularly
good...)* Seville Orange Marmalade 290g jar £3.00

**Made from home-grown fruit*

Other good stuff. Choose from:

Home-made Irish Potato Bread, 6 pack: £3.00
(frozen)

Home-baked bread (475gm loaf): £3.00
(order the day before; available frozen or fresh)

Dowfold House apple juice, processed for us
by NE-AS at New Warlands Farm (75cl bottle): £4.00

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

Subject to availability

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