

## TASTE YORK



### FOOD AND DRINK IN YORK AND YORKSHIRE

Yorkshire is the largest county in England; it has diverse countryside and farming and provides a rich array of the highest quality produce. Much of this produce never reaches the supermarkets. By buying straight from the farmer, the profitability of the goods is transferred directly to the producer, helping in some small way to sustain the British farming industry. Within ten minutes of leaving York city centre you can be in the beautiful Yorkshire countryside. You can buy their wares at local Farmers' Markets, online or straight from farm shops. Most of what is sold will be grown on the site, harvested daily, and sold in the freshest condition. Everything follows the seasons.

### THINGS TO SEE AND DO

#### **York Brewery**

[www.york-brewery.co.uk](http://www.york-brewery.co.uk)

Established in 1996, York Brewery is both a visitor attraction and a working brewery, providing customers with the finest traditionally brewed ales, brewed within the walls of York. Take a tour of York's award-winning independent brewery, to see each stage of the brewing process from a specially-constructed viewing gallery. The daily guided tours include generous beer sampling – including Stonewall, Centurion Ghost and the stronger Yorkshire Terrier. The Brewery Shop stocks the ales and other brewery merchandise. The 100 person capacity brewery bar is open after the tours to whet your whistle.

#### **Henshelwoods Delicatessen**

[www.deliyork.co.uk](http://www.deliyork.co.uk)

Henshelwoods offers over 60 exceptional cheeses, hand-picked cold meats, air-dried salamis, confectionery, preserves, themed hampers, imported wines from all corners of the globe and traditional 'real ales'. Some of the recipes of their wide range of homemade vegetable preserves date back to medieval times. They are passionate about sourcing fresh produce locally and the essence of their business is to provide traditional home-cooked food, free from artificial colourings and preservatives.

## Rafi's Spicebox



[www.spicebox.co.uk](http://www.spicebox.co.uk)

This isn't your usual kind of take-away. Rafi's Spicebox is a family run Asian delicatessen specialising in hand-blended curry mixes.

The first Spicebox in Sudbury was originally set up in 1989, by Rafi, who, after spending many years teaching Indian cooking, wanted to supply people with the necessary exotic spices and ingredients that were hard to find. The shop soon evolved and today has become a magnet for anyone who loves Indian cooking. With 28 different curry mixes to choose from, you just need to add meat and vegetables and you have an authentic curry at home within minutes. The packs are made while you wait to your own specification and the expert staff are on hand to offer advice, recommendations and serving suggestions.

## York Farmers' Market

Farmers' Markets take place regularly in the city centre. Farmers, growers or producers from within a 40 mile radius of York city centre sell their produce, direct to the public. Advantages include cutting out the "middle man", reducing the distance that the produce has to travel to reach the consumer and giving customers the opportunity to meet with the producer. All goods that are sold on York Farmers' Markets have either been grown, reared, caught, brewed, pickled, baked, smoked or processed by the stallholder. York is proud to hold certification status - adhering to strict criteria issued by the National Association of Farmers Markets.



## Castle Howard Farm Shop

[www.castlehoward.co.uk](http://www.castlehoward.co.uk)

The 18th century Stable Courtyard at Castle Howard has a well stocked farm shop and café. Produce from the estate and surrounding region is showcased and the focal point is a traditional butcher's counter offering the Estate's organic Aberdeen Angus Beef, Lamb and Game. Frequent food sampling tempts visitors to the delicatessen counter which sells cheese, paté, and cooked meats. Other produce includes: seasonal fruit and vegetables; fresh bread; dairy produce; everyday grocery products; wine and beer, plus a range of speciality beverages and gifts.

## The Balloon Tree Farm Shop and Café

[www.theballoontree.co.uk](http://www.theballoontree.co.uk)



This farm shop and café business started mainly on the principle of trying to produce and sell the freshest produce, and in most cases all the food miles have been eliminated by growing and rearing on site. They also specialise in the production of Long Horn Cattle, matured for 3 weeks, and rare breed pigs, as well as fresh poultry and free range eggs. An extensive vegetable range complements this and in many cases, two varieties of a vegetable are grown to provide choice. For those with a sweet tooth, raspberries, strawberries, gooseberries, red, white and blackcurrants and blueberries are also for sale. As well as all the produce grown on site, you'll find locally produced meats and cheese, cakes and confectionery, ice cream and fresh sauces.

## Yorkshire Wensleydale

[www.wensleydale.co.uk](http://www.wensleydale.co.uk)

Yorkshire Wensleydale cheese is made by hand, as it always has been, by a devoted team of master cheese-makers to whom Wensleydale isn't just a cheese – it's a way of life. Visit the Wensleydale Creamery Visitor Centre in the heart of the beautiful Yorkshire Dales to learn more about the its story, and see the cheese-makers in action. There are also plenty of opportunities to taste every Wensleydale cheese variety and see why they've received so many prestigious cheese awards.

## Black Sheep Brewery

[www.blacksheep.co.uk](http://www.blacksheep.co.uk)

This brewery was set up in Masham, North Yorkshire, by Paul Theakston, the fifth son and 'black sheep' of Masham's famous brewing family. Although the first barrels of beer were only delivered in October 1992, this newly established brewery actually looks as if it has been brewing for half a century!

The ingredients used to brew Black Sheep beers are Dales water from the brewery's own well, malted barley, crystal malt, a little wheat and plenty of English whole hops. The beers are also fermented in traditional Yorkshire Stone Squares, which produce very distinctive flavours. The brewery's Best Bitter – a well-hopped, light golden session bitter with a distinctive dry, refreshing taste enjoyed through a rich, creamy head – is already firmly established as a favourite in Yorkshire's pubs, complementing a range that includes the Black Sheep Special, Black Sheep Ale and Riggwelter, not to mention the Holy Grail Ale commissioned to mark the 30th anniversary of Monty Python. Visit the Black Sheep Visitor Centre in Masham for a tour of the brewery.

## Taylor's of Harrogate

[www.taylorsofharrogate.co.uk](http://www.taylorsofharrogate.co.uk)

Born in Yorkshire, Charles Taylor saw his future in tea leaves. Skilled in the art of buying and blending tea, he set up a chain of "kiosks" selling tea for two shillings a pound. Taylor's enthusiasm for tea never faltered and he helped establish Harrogate as one of the most fashionable Spa towns in Europe – and the finest place in England to take tea.

Still a family owned business and one of the few remaining independent tea merchants in England, the company still upholds the time-honoured traditions established by Charles Taylor. Taylor's Speciality Teas are a celebration of his passion for blending and packing the finest teas for customers to enjoy. Indeed, the way the company's tea buyers select teas today would be very familiar to the founder: Taylor's scrutinises over three hundred teas every day in the search for the very best quality. In that respect the company is decidedly – and determinedly – old fashioned.

## Cropton Brewery

[www.croptonbrewery.com](http://www.croptonbrewery.com)

Beer has been brewed in Cropton since 1613. In 1984, the ancient craft of brewing returned to the village when Cropton Brewery was established in the cellars of the New Inn. Customers enjoyed the first brew of 'Two Pints' to such an extent that extra beer was produced to supply outlets further afield. In 1994, the brewery was built at 'Woolcroft', the farmland behind the New Inn. Within a year production had doubled. The same year saw the introduction of their first bottle-conditioned beer.

## Lewis & Cooper

[www.lewisandcooper.co.uk](http://www.lewisandcooper.co.uk)

Lewis & Cooper is a family business established in 1899 and is today a world-class gourmet store renowned for offering a diverse range of globally sourced delights. In 1994 they established a plum pudding business and their puddings have been praised by food lovers around the world. Their handmade plum puddings are prepared in the company's own kitchens to a secret, century-old recipe, and with only the finest ingredients: succulent Chilean raisins, raw cane sugar from the West Indies, oak aged Hereford cider, full bodied Claret and a generous lacing of Hennessy Cognac, all infused with spices from the Orient. Lewis & Cooper also offers an exquisite selection of gourmet food hampers, gift baskets and gift packs for any occasion.

## EXPERIENCES

### Yorkshire Food Finder

[www.yorkshirefoodfinder.org](http://www.yorkshirefoodfinder.org)

Yorkshire Food Finder offers food lovers the chance to “eat behind the scenes” of the city of York. Setting off from Andrew Pern’s The Star Inn the City, the York Trail food lovers can delve into the gourmet nooks and crannies of York, take a peek at its best artisan food producers and get hands-on making chocolate, baking bread and blending coffee. Yorkshire Food Finder’s metropolitan taste trail a visit to Guppy’s Chocolates and Puckett’s Pickles as well as a look at artisan bread making with Phil Clayton, of the Real Bread Campaign, at his Haxby Bakehouse. You’ll also see how coffee is roasted at York Coffee Emporium, Nether Poppleton. The tour culminates in a fabulous feast at the Star Inn the City, using the produce seen during the day.



### York Chocolate Trail



While other northern centres made their wealth from wool, cotton and steel, York went its own sweet way and built a city from chocolate. York is Britain’s home of chocolate and the great tradition of chocolate making continues to this day. All over the city are echoes of York’s chocolate past. Follow the York Chocolate Trail and discover how chocolate shaped York as well as, an array of themed cafés and individual chocolate shops. If you love chocolate, York is the place to

indulge your passion. [www.visitYork.org/chocolate/chocolate-trail.aspx](http://www.visitYork.org/chocolate/chocolate-trail.aspx)

### Bettys Cookery School

Bettys is very fortunate to have a treasure trove of talented bakers and expert chefs. Their tutors will help you to master everything from bread-baking to chocolate-making, one-pot wonders to lavish four-course meals. As well as the wide variety of cooking courses that reflect Bettys Swiss-Yorkshire roots, they also offer a range of technical classes that focus on improving specific abilities, such as perfecting knife skills. [www.bettysandtaylor.co.uk](http://www.bettysandtaylor.co.uk)

## YORKSHIRE SPECIALITIES

### **Yorkshire Pudding**

Originally Called 'Dripping pudding', it was used as an accompaniment to mutton and as a first course filler for poor people who could not afford much meat. When the meat was cooked on a spit or trivet, the batter was put underneath and the fat and meat juice dripped into the batter. During 1747 it was renamed 'Yorkshire Pudding' by Hannah Glasse in her book "The Art of Cookery". She said, "It is an excellent good pudding; the gravy of the meat eats well with it". In Yorkshire it's often served with gravy as a first course, but more generally is popular as a main meal with roast beef.

### **Black Pudding**

Not one for vegetarians or even the slightly squeamish! Often to be found on the menu of a traditional English cooked breakfast in the north of England in particular. Many people find the ingredients of a black pudding enough to put them off – basically they are made with pig's blood, mixed with oatmeal or barley and herbs, tied in a sausage-shaped bag and boiled. In a traditional breakfast it is generally fried in slices.

### **Fat Rascals**

A round, domed teacake with currants and candied peel, dating back to at least mid-nineteenth century, it is good served with a strong cup of Yorkshire Tea. Available widely in Yorkshire bakeries and cafes, the most famous of which is Betty's Café Tea Rooms, where teas and light meals of the highest quality are served and the adjoining shop sells all kinds of mouth-watering bread, cakes, and chocolates.

### **Wensleydale Cheese**

Now famous as the favourite food of Wallace in the animation film Wallace and Gromit, the cheese is thought to have derived from recipes and methods used by Cistercian monks in the area. Visit the Wensleydale Cheese Experience in Hawes, Yorkshire Dales National Park for the cheese shop, tastings and guided tours.

### **Rhubarb**

In a 30-mile area, known as the 'Pink Triangle', between Pontefract, Leeds and Wakefield, farmers grow the country's finest rhubarb and until the 1960s, this same area grew 93% of the world's forced rhubarb. The climate is particularly suitable and the local expertise unrivalled not only for the growing of the perfect rhubarb but also for the wide variety of culinary uses to which it is put. At the Wakefield Festival of Rhubarb, tours of the growing sheds can be taken, and for themed rhubarb meals, talks on cookery and winemaking are all on offer.

## Theakston's Old Peculier

A dark brown, rich, sweet ale. Originated in Masham, North Yorkshire, where it is still brewed, the name derives from the town having its own peculiar, or separate ecclesiastical jurisdiction. Visit the Theakston Brewery at the Black Bull in Paradise in Masham, for a tour of a traditional working brewery. [www.theakstons.co.uk](http://www.theakstons.co.uk).

## Yorkshire Curd Tart

This is a baked cheesecake native to Yorkshire with a long history of about 250 years. This speciality was made in the past with the fresh curds left over from cheese making. It is mild, creamy and sweet, with a granulated texture. It can be made as a single large tart or as individually-sized ones. When it is made into a rectangular shape, it becomes Yorkshire curd slice. The traditional recipe includes rosewater, though the modern version is commonly speckled with currants.

## Liquorice

Yorkshire is also famous for its liquorice, which has been made in the town of Pontefract since medieval times. Liquorice was grown in Pontefract's Priory by the monks for use in alchemy and herbalism. The monks had tried to grow Liquorice in many towns but it was only in Pontefract where it flourished. It is commonly thought that the reason liquorice grows in Pontefract is due to the large amount of clay in the soil.

## YORKSHIRE PRODUCERS

### Yorkshire Honey

Bob Hirst produces honeybee products in his own apiary. The hives are distributed in the local countryside to gather nectar from both the agricultural crops and the wild flowers that are abundant in the Vale of York. All products are taken from the hives – extracted from the comb, filtered and bottled or stored in 32lb buckets until required for sale at the local farmers' markets. Nothing is added or taken away from the honey, ensuring a top quality product with all the goodness of nature sealed in.

### J. Stringer & Sons

[www.jstringerandsons.co.uk](http://www.jstringerandsons.co.uk)

J Stringer & Sons is a family business that has been farming on the Yorkshire Wolds for over 50 years. In 1999 they converted a large proportion of their land to organic farming and today, all their land is fully converted to organic production. They were the first farmers to grow certified seed potatoes on the Yorkshire Wolds and now produce a range of seed potatoes to suit both farmer, grower and gardener, choosing varieties that have good flavour, low susceptibility to disease and keep well. They supply organic table potatoes in several pack sizes. Their potatoes are grown without the use of artificial fertilizers or pesticides.

## Farrah's of Harrogate

[www.farrahs.com](http://www.farrahs.com)

Specialising in gift confectionery and makers of fine confectionery for over 160 years, John Farrah's Harrogate Toffee was established in 1840. John's mother, an assistant in a local bakery, was taught the recipe by her employer and this traditional method was handed down to John, who saw the potential and started to manufacture on a commercial basis to international acclaim. The product became famous for its lemon flavour and its distinctive blue and silver tins. Harrogate Toffee is still manufactured in Harrogate, still made by hand in open copper pans and stirred with wooden paddles. One and a half centuries later and the knowledge and traditions that gave Harrogate Toffee its reputation in Victorian times are still going strong. The company also supplies a range of fudge, chocolates and traditional sweets, all distinctively packaged and in keeping with the company's long-standing traditions.

## LH Fine Foods

Tel: 01423 506400. Email: [info@lucindahyman.co.uk](mailto:info@lucindahyman.co.uk)

LH Fine Foods produce seasonal specialised home-cooked products from high quality, fresh, local Yorkshire suppliers. The range includes special canapés, savoury tarts, ready-made meals and homemade soup, prepared according to a family recipe that has been passed down for generations. LH Fine Foods contain no additives, preservatives or colourings. They also cater for food intolerances.

## Daleside Brewery

[www.dalesidebrewery.co.uk](http://www.dalesidebrewery.co.uk)

Daleside Brewery was founded in the mid-1980s by a family with a brewing tradition stretching back more than 600 years. It is from this long tradition that Daleside Brewery draws its time-tested expertise and methods of brewing quality beers. The brewery is based in Harrogate, a Victorian spa town, famous for its healing waters, on the edge of the beautiful Yorkshire Dales National Park. The beers, both casked real ales and premium bottled beers have achieved wide recognition, repeatedly winning international, national, regional and local awards.

## Just Puds

[www.justpuds.co.uk](http://www.justpuds.co.uk)

This luxury award-winning pudding company began life in a farm kitchen in 1999 and quickly grew into its own premises. The greatest care is taken in choosing local ingredients for these high quality luxurious puddings. Flavours include ginger, sticky toffee and lemon drizzle.



## Mackenzies Traditional Smokehouse

[www.yorkshiresmokehouse.co.uk](http://www.yorkshiresmokehouse.co.uk)

A family owned and managed business with a long and proud tradition of producing and supplying smoked foods of the highest quality. Based in the heart of the magnificent Yorkshire Dales, the large, modern smokehouse is dedicated to producing the finest smoked foods. Visit the factory shop and see first-hand that skill and craftsmanship are the highest priority. Produce include Dry Cured Ham, Smoked Ham, Smoked Chicken, Smoked Duck, Smoked and Hot Smoked Wild Boar, Ostrich, Guinea Fowl and Pheasant, varieties of smoked fish and all manner of smoked Yorkshire cheeses.

## Piercy's Pork

[www.piercys-pork.co.uk](http://www.piercys-pork.co.uk)

A family run business producing high quality dry cured and smoked pork products. All meats are handmade and, unusually, low in fat. Piercy's also produces a range of gluten free sausages, and gammon and bacon with no added water. All products are made locally and sold through local farmers' markets.

## Mounfield Butchers

[www.mounfieldbutchersbubwith.co.uk](http://www.mounfieldbutchersbubwith.co.uk)

This family business is over 100 years old and this is their fifth generation. All stock is bought locally and slaughtered in their own abattoir. They sell good local meat and pork pies are their speciality. They are supreme Yorkshire champions, area winners, and have won various awards with sausages made on the premises. They supply daily to local shops.

## Cryer & Stott Cheesemongers Ltd

[www.cryerandstott.co.uk](http://www.cryerandstott.co.uk)

Specialists in Yorkshire Cheeses, you must try Mr Holmes's Pomfrit-liquorice cheese and Ruby Gold, the world's first Rhubarb Cheese. Operating from market units, Cryer & Stott take pride in only stocking the best quality produce, as well as local cheeses and meats. They also import the finest charcuterie direct from Spain and Italy. Their retail shops can be found in Wakefield, Pontefract and Castleford market halls, as well as in farmers' markets across the country.

## Highgate Farm Meats

Tel: 01405 861929

The Highgate family has farmed in Yorkshire for over four generations, producing livestock and arable crops. Their farm is accredited by ACCS beef & lamb, which means it is independently inspected annually.

Cattle are reared to the highest standards of production and welfare; livestock graze local pastures from spring to autumn and are fed a home-grown diet of non-genetically modified feed, for full traceability and flavour.

## **J H & M Burton**

Tel: 01759 380244, email: properbutchers@hotmail.com.

“Straight from our field to your plate” – the Burton family has been farming at Wilberfoss for more than a century and today Grant and Mark Burton are the fourth generation in the business. The Burton’s herd of outdoor pigs are kept in welfare-friendly conditions with plenty of space and freedom to roam, root and wallow and are fed a balanced diet of high quality non-genetically modified feed. Manor House Farm’s speciality is a range of gourmet sausages, handmade using the best cuts of pork and quality ingredients. Flavours include: Original, Sage, Marjoram, Mustard, Leek, Tomato, Sun Dried Tomato & Basil, Toulouse and Gluten Free. The Burtons will also produce any flavour sausage to order. Also available are Pork Chops, Pork Joints, Pork & Apple Burgers, Chinese Style Spare Ribs, Dry Cured Bacon and Dry Cured Gammon.

## **Round Green Farm Venison Company**

[www.roundgreenfarm.co.uk](http://www.roundgreenfarm.co.uk)

Lean and tender, delicious and nutritious, Round Green Farm’s prime farmed venison is a succulent, low-fat alternative to other meat. Produced according to the guidelines laid down by the British Deer Farmers Association, the venison is guaranteed free from artificial growth promoters or additives. Whether you are entertaining guests or having a family supper, venison will provide you with a memorable meal. There is no mystery in the cooking of young, farmed venison and the flavour is less gamey and more subtle than older wild venison. It can be treated in the same way as any other meat, although because of its low fat content, care should be taken not to let it dry out when roasting. Round Green Farm will advise on cuts and recipes for their venison.

## FESTIVALS

### York Food and Drink Festival – September

[www.yorkfoodfestival.com](http://www.yorkfoodfestival.com)



At the annual York Food and Drink Festival, the city is alive with wine tastings, talks and food tastings, cookery demonstrations and hands on workshops in some of the city's most iconic historic buildings.

Special restaurant offers and menus offer a chance to sample an eclectic mix of foods from Yorkshire and around the world.

This ten day annual festival is the largest food and drink festival in Britain, with more venues than any other. A smaller 'taster' event in June will whet your appetite for what's to come.

For more ideas please see [www.visitYork.org/tasteyork](http://www.visitYork.org/tasteyork)

**For more information and to book your stay in York:**

Visit [www.visitYork.org](http://www.visitYork.org)

Twitter @visityork #yorkadventure #visityork #onlyinyork

**Media contact:** Kay Hyde, Head of PR & Communications.

Tel: 01904 554451 Email: [Kay.Hyde@makeityork.com](mailto:Kay.Hyde@makeityork.com)