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dream • discover • explore



Eat Exmoor

Your Guide to the very best food
and drink in the local area



Find out where it comes
from and how, where and
when to enjoy it.

The Taste of Exmoor



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Bountiful Exmoor

Our Exmoor landscape is both breath-taking and bountiful. From top 'A' classification oysters straight from the sea at Porlock to Red Ruby Devon cows and Exmoor lambs that graze our nutritious farmland. Deer roam freely across the high moors and the bees gather pollen from our heather-clad hills. We've noticed a growing number of talented Chefs being drawn to the area recently, enticed by the delicious local produce available. We hope you'll be tempted too.

We've included some of our favourite places to visit and enjoy good food here. Keep up to date with foodie events and more at www.Visit-Exmoor.co.uk/eatexmoor

Jennette

Visit Exmoor



Eat Exmoor Guide

Eat Exmoor Guide Copywriting: Jennette Baxter (www.Visit-Exmoor.co.uk)

Selected Food Photography: Julia Amies-Green (www.Flymonkeys.co.uk)

Design & Production: Tim Baigent (www.glyder.org)

With Support from Exmoor National Park Authority.

Field to Fork

The beautiful and diverse landscape of Exmoor is inextricably linked to its farming past.

Today's Exmoor farming families care deeply for the environment in which they live and work, and they cooperate closely with partners to protect and sustain it.

At least 200,000 lambs and 10,000 calves are reared annually on Exmoor providing quality beef, lamb, mutton and veal direct to the food chain. Many Exmoor farms produce high quality local food on a large

and small scale, helping to shape our vibrant and characterful countryside. One such farmer is Victoria Eveleigh. Devon cattle and Exmoor horn sheep have been bred at her farm in an unbroken line for well over a century. Her aim is to blend modern knowledge with sustainable farming methods, using local breeds that are suited to the area.

Exmoor's Landscape – A Farmer's Perspective

Exmoor's unspoilt landscape is a major reason why it became a national park, but even its ancient woods and moors have been created by centuries of human activity. The woodlands have been managed for fuel, timber and game cover, while the moorlands have been maintained through regular grazing and swaling.

About 80% of Exmoor is farmland, which has been shaped by the area's challenging topography, poor soils, high rainfall and inaccessibility. Most of the land isn't suited to arable crops, especially with modern farming methods, so Exmoor's farmers tend to specialise in breeding grass-fed sheep and cattle for meat production.

of livestock, hence the characteristic patchworks of grassy fields bounded by high hedges. These provide shelter in winter and shade in summer for farm animals, plus benefits for wildlife and a sustainable source of fuel for farmers. Traditional hedge-laying skills are passed down the generations.

Some farmers still remain faithful to the traditional Exmoor breeds: 'red ruby' Devon cattle (prized for their top-quality beef) and Exmoor horn and Devon closewool sheep (which provide both meat and wool).

If you eat locally produced meat you really will eat Exmoor. You will also help to conserve our traditional landscape and culture.

Stockproof, sheltered fields are essential for the good management

Victoria Eveleigh
West Ilkerton Farm





WEST ILKERTON FARM RED RUBY DEVON BEEF & EXMOOR LAMB



Beef and lamb boxes straight from the farm.
Delivery by courier available.

Devon cattle and Exmoor horn sheep have been bred here for well over a century, and we are proud to help conserve these traditional Exmoor breeds.

Our cattle and sheep are born and raised on the farm, grass-fed and given a high standard of care throughout their lives.

NEW FOR 2019: Enjoy a guided tour around our farm in a tractor-drawn trailer with cushioned seats and a weatherproof canopy. Suitable for all ages. Groups of up to 20 people welcome.

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For further details, please contact
The Eveleigh Family, West Ilkerton Farm,
Barbrook, Lynton, Devon EX35 6QA
Telephone (01598) 752310

www.westilkerton.co.uk



Facebook: West Ilkerton Farm Twitter: @westilkerton

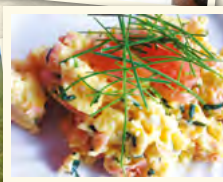
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Foodie Experiences



Ever wondered exactly how your honey is made? The fascinating **Quince Honey Farm** in South Molton runs daily guided tours and talks every day throughout the summer months. They'll walk you through the whole honey process from hive to jar and talk you through all aspects of the life of a bee. There are bee-keeping tips, honey tasting, a well-stocked farm shop and a brand new restaurant opening Easter 2019 too. www.quincehoneyfarm.co.uk

Shaun Bryant from **Farm and Food Tours** (www.westcountry-farmandfood-tours.co.uk) has created a bespoke experience that demonstrates the links from field to fork. "I've lived on Exmoor for over 25 years and always been interested in farming. I wanted to bring visitors and food together at the source." Providing farm visits across Exmoor, Shaun believes this connection enables guests to make informed choices in the future, reducing negative impacts on the environment.

You will leave full of ideas and new skills following a cookery course run by Ian at **Streamcombe Cookery** (www.streamcombecookery.co.uk) The setting, in an ancient, heated stone barn on the borders of Exmoor National Park, is as inspiring as his teaching. Here's one of Ian's favourite recipes using local Exmoor venison.

Venison alla cacciatora

A good hearty dish for 4. Serve with fettuccine, potatoes or even just cannellini beans dressed with garlic butter.

600g of venison shoulder – on the bone if possible.

6 cloves of garlic (2 sliced and 4 finely chopped).

3 anchovy fillets (chopped).

A dozen black olives.

1 tin chopped tomatoes.

½ bottle rich red wine.

A couple of big sprigs of rosemary (finely chopped).

6 bay leaves. Salt, pepper and plain flour. Olive oil.

- Dust the meat in flour and fry hot in a little oil until nicely browned then remove to a casserole dish.
- Add more oil to the pan and add the sliced garlic and fry until just turning golden.
- Add the rest of the garlic and anchovies and fry for 30 seconds then add the wine. Cook down for 3-4 minutes, scraping the pan. Pour into the casserole.
- Add the tinned tomatoes, herbs and olives to the casserole, along with enough water to cover the meat. Cover and place in an oven at 140 Celsius.
- Cooked for at least 4 hours, stirring occasionally. Top up with water if drying out (the sauce should be thick). It is done when the meat is falling off the bone. Adjust the seasoning at the end of cooking.



WEST COUNTRY FARM TOURS

“A real ‘memory’ day” *“Totally unique experience”*

“A really interesting and informative trip”

Join one of our tours for a memorable day out, come with us beyond the farm gate onto real working farms. Meet the farmers and experience the wide diversity of farming on Exmoor – from traditional cattle and sheep farms producing succulent beef and lamb to the fascinating world of fish farming, rare breed pigs producing the tastiest sausages, bacon and pork to goats and even alpaca farming. There are often tastings of the delicious food produced on the farms.



Tours arranged especially to suit you. Bespoke tours 2 – 14 people. Dogs are welcome on selected farms. All year round, full day, half day, summer evenings.

So that we can arrange your unique, bespoke tour. Please phone Shaun on 01643 863002 www.westcountry-farmandfood-tours.co.uk to arrange your unique bespoke tour.

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Dulverton Somerset TA22 9SA



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Catch of the Day

Reviving a tradition that died out in the 1890's due to overfishing, a small community group on Exmoor are now growing the finest Pacific Oysters you can get. Porlock Bay Oysters (www.porlockbayoysters.co.uk) have attained the top 'A' classification from the food standards agency and were the first site in England and Wales to have this accreditation.

High in protein, vitamin C, omega 3 fatty acids, calcium, zinc and iron, yet low in cholesterol, fat, and calories, Pacific Oysters are one of the most natural, healthy and nutritional foods you can eat. They just grow, without food or additives, in the fresh clear sea water of Porlock Bay. Local Chef John Bradley from Dunkery Beacon Country House and Restaurant shares his most popular oyster recipe.

Porlock Bay Oysters with Wicked Wolf Gin

Ingredients:

- 12 fresh oysters, shucked
- 2 Tablespoons salted butter
- 1 Small shallot, minced
- 3 Cloves garlic, minced
- 3 Tablespoons Wicked Wolf Gin
- 4 Cups spinach, rough chopped salt & pepper to taste
- ¾ Cup Pecorino Romano cheese, grated
- ½ Teaspoon Chopped Thyme
- ½ Cup Dried Breadcrumbs

Instructions:

Arrange shucked oysters on a baking tray while you prepare the topping.

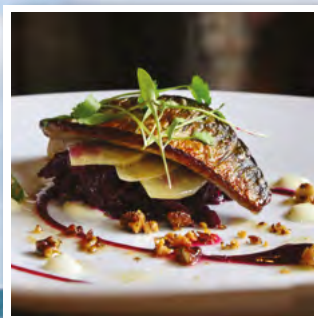
In a medium sauté pan melt the butter over medium heat. Add shallots, thyme and garlic and sauté until translucent.

Turn off the flame and add the Gin. Turn the heat back on and simmer until most of the alcohol is evaporated. (If you're feeling bold you can flambé it but stay safe!)

Toss in the spinach and cook until wilted.

Spoon a tablespoon of the mixture over each oyster. Top with the cheese mixed with the breadcrumb.

Turn your grill to low heat and cook for about 3 minutes until cheese/crumb is golden brown and the oysters are cooked through.





The Coleridge Restaurant at Dunkery Beacon Country House

Wootton Courtenay TA24 8RH
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ONE OF THE UNIQUE TASTES OF EXMOOR

Porlock Bay has top A
classification for water quality
from the Food Standards Agency

Find local outlets & restaurants
serving oysters at
www.porlockbayoysters.co.uk

Photo courtesy of
Exmoor National
Park Authority

Exmoor Food Map

See overleaf for contact details

The Bristol Channel



Please note the map is intended as a guide only. For more details on where to go see www.Visit-Exmoor.co.uk

Exmoor Food Map

These are our Featured Listings where you can find great local food.

- 1 7theBistro**
Lynmouth 01598 752159 www.7thebistro.com
- 2 Ancient Mariner**
Lynmouth 01598 752238 www.bathhotellynmouth.co.uk
- 3 Beach Hotel**
Minehead 01643 704765 www.thebeachhotel.org
- 4 Chapel House Tea Room**
Dunster 01643 822343 www.chapelhousedunster.co.uk
- 5 Cliff Top Café**
Lynton 01598 753486 www.clifftrainwaylynton.co.uk
- 6 Duende**
Wiveliscombe 01984 624650 www.duenderestaurant.co.uk
- 7 Dunkery Beacon Hotel & Restaurant**
01643 841241 www.dunkerybeaconaccommodation.co.uk
- 8 Exmoor Owl & Hawk Tea Gardens**
Allerford 01643 862816 www.exmoorfalconry.co.uk
- 9 Hindon Organic Farm**
01643 705244 www.hindonfarm.co.uk
- 10 Hunters Inn Heddon Valley**
01598 763230 www.thehuntersinnexmoor.co.uk
- 11 Jubilee Inn**
West Anstey 01398 341401 www.jubileeinn.co.uk
- 12 Locanda on the Weir**
Porlock Weir 01643 863300 www.locandaontheweir.co.uk
- 13 Luttrell Arms**
Dunster 01643 821555 www.luttrellarms.co.uk
- 14 Periwinkle Cottage Tea Rooms**
Selworthy 01643 829111 www.periwinkletearooms.co.uk
- 15 Quince Honey Farm**
South Molton 01769 572401 www.quincehoneyfarm.co.uk



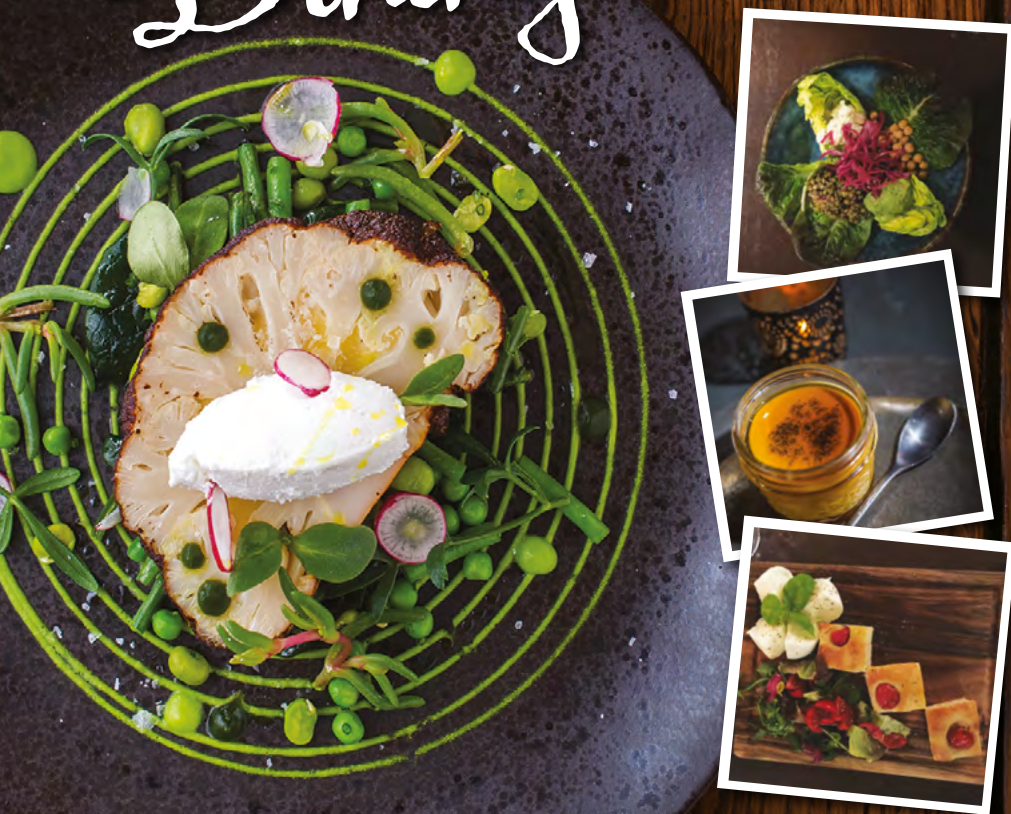
= More great food & drink found here.



- 16 Rest & Be Thankful**
Wheddon Cross 01643 841222 www.restandbethankful.co.uk
- 17 Streamcombe Cookery School**
01398 322873 www.streamcombecookery.co.uk
- 18 Tarr Farm Inn**
01643 851507 www.tarrfarm.co.uk
- 19 Wellhayes Vineyard**
01398 361612 www.wellhayesvineyard.co.uk
- 20 West Somerset Garden Centre**
01643 703612 www.westsomersetgardencentre.co.uk
- 21 White Horse Inn**
Exford 01643 831229 www.exmoor-whitehorse.co.uk
- 22 Withypool Tea Rooms**
01643 831279 www.withypoollexmoor.co.uk
- 23 Yarn Market Hotel**
01643 821425 www.yarnmarkethotel.co.uk



Dining News



Duende arrived in Wiveliscombe in late 2017, fresh from its origins as a pop-up restaurant in the Chilterns. Having already won Best Restaurant 2018 from Somerset Life, and a Gold Award from Taste of the West, this is a great addition to the local dining scene.

The restaurant's ethos is innovative modern dishes, in an unpretentious

and welcoming atmosphere. Chef Patron Tim Zekki has always had a passion for working with local produce - he was a London finalist in Gary Rhodes Local Food Heroes on TV.

Duende runs seasonal tasting menus in the evenings, with optional wine pairing flights, and an a la carte menu at lunchtime. www.duenderestaurant.co.uk

New restaurant **Locanda on the Weir** brings a dash of continental flair to the pretty harbour hamlet of Porlock Weir this year. Chef Patron Pio and his partner Cindy are revelling in their new location beside the sea, where Pio applies his extensive knowledge of food to our local Exmoor produce. "It's important to understand the provenance of our food," says Pio. "I use the very best ingredients from producers as close to us as possible."

The passionate kitchen team are able to cater for most dietary requirements as all meals are cooked from fresh. Look out for the remarkably delicious pizzas too.

Locanda is open for lunch and dinner, and if you want to linger long over the wine, there are 5 sumptuously furnished guest rooms, most with sea views. www.LocandaontheWeir.co.uk

The iconic **Hunters Inn** has been welcoming guests to the Heddon Valley since 1823. A true Exmoor icon, this historic country inn has recently been taken over by the National Trust. Offering a wide selection of Exmoor gins and ales, Exmoor-farmed beef and local dairy produce, the Inn also has ten guest rooms and a S/C apartment. www.thehuntersinnexmoor.co.uk



The team behind **The Luttrell Arms** in Dunster (and other award-winning hotels) have signed the contract to take over the old Millers hotel down at Porlock Weir. Work on refurbishment has started, and the hotel is hoping to open its doors by Easter.

For delicious home-cooked meals served right to your door, new venture **Croft and Cottage** offer a hassle-free service, just what you need on holiday if you don't feel like going out. All you have to do is order, pop in the oven and enjoy. www.croftandcottage.co.uk





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WWW.LOCANDAONTHEWEIR.CO.UK

Cheers!



Back in 2008, the new owners of Wellhayes Vineyard planted 150 vines by hand to test the suitability of the soil. Set just outside Exmoor, on the edge of the Brendon Hills, the Vineyard occupies an ideal location on a south facing slope where the red Devonian soil is deep and well-drained. Having expanded to 2,500 vines, Simon and Alison Routh's first full harvest, resulting in 2,000 bottles of Sparkling English Wine, was launched in September 2016. They now also make brandy on site.

Visits to Wellhayes Vineyard, including wine tasting are available, by appointment, on Sundays and Wednesdays from May to September, from £10pp (£14 with cream tea). www.wellhayesvineyard.co.uk



Gin is having a moment and we are very fortunate in having a choice of Exmoor gins to choose from.

Wicked Wolf

Husband and wife team Julie and Pat are delighted with the enormous success of Wicked Wolf Gin (www.wickedwolfgin.com). From their home on the picturesque banks of the River Lyn, the couple blend a carefully chosen combination of pure botanicals to create a complex and award-winning spirit, equally delicious over ice or in a cocktail....

(Wicked) Wolf Negroni

45ml Wicked Wolf Exmoor Gin

25ml Campari

25ml Sweet Vermouth

(Lillet Blanc, Cinzano, or Noilly Prat)

Stir all three ingredients with ice into a glass, then strain into a cocktail glass over ice and garnish with an orange twist.



The Exmoor Distillery

After sampling many of the world's gins on their extensive travels, John and Nicola Smith settled in Dulverton and opened the Exmoor Distillery (www.exmoordistillery.co.uk) last year. Customers absolutely love the complex flavours of the juniper and other botanicals that give their Northmoor Gin a decidedly country taste and smooth texture. Exmoor Distillery is a small family run distillery, where you are welcome to pop in, meet the owners and discover the process for yourself too.

You can sample both Northmoor and Wicked Wolf Gin at a whole host of local hostleries, or order online to remind you of Exmoor when you are far away.

Miles Better

What's your morning ritual? If you are anything like us the first thing you do is put the kettle on. Local company Miles (www.milesteaandcoffee.com) have been at the forefront of the tea and coffee industry since 1888 and know a thing or two about our daily cuppa. Very proud to offer a great range of fine tea and coffee blends, as well as a delicious hot chocolate, you can sample Miles in a many of our local hospitality businesses here on Exmoor. Check out their website too, where you'll find lots of detail about their tea blends and coffee roasts and can of course order for delivery when you get home.



Enjoy a moment with Miles

Wake up with Miles,
whatever you spoon
into your cup

Immerse yourself in West Country
sunshine with every sip of Miles fine
teas, perfectly blended coffees and
warming hot chocolate.

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FINE TEAS & COFFEES
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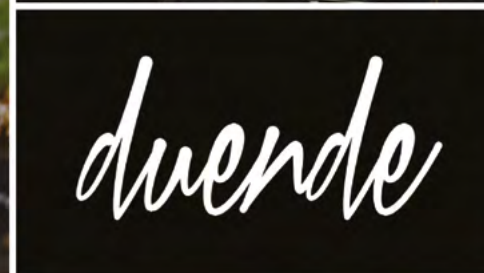
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Fancy a vintage train ride,
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our famous Exmoor ponies,
explore the rocky shoreline
or marvel at our dark skies.

From boutique B&Bs,
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RESTAURANT OF THE YEAR
2018 SOMERSET LIFE



Buy Local

Here on Exmoor we have some excellent Farmers Markets and Farm Shops where you are assured of the very freshest produce.

Look out for the popular Minehead Farmers Market (www.mineheadfarmersmarket.co.uk) in the centre of town every Friday between 8:30am and 2pm. Or visit Stuart Lowen, family-run Butchers and Farm Shop, also in Minehead, who sources meat and other local produce of the highest quality (www.stuartlowen.co.uk)

In Lynton, pop along to say hello to Dominic at The Moorland Pantry. Here you'll find a selection of organic meats from local farms, fair-trade fruit, organic veg, groceries, dairy and hand-made breads and pies. Occasionally you may pick up some Lynmouth Bay Lobster.

The Dulverton Farmers Market (www.dulvertonfarmersmarket.co.uk), takes place, often with local music, on the last Saturday of the month from April to September. If you are visiting Dulverton look out for 'Frank the Fish' who brings his van here on Tuesday & Thursday mornings. Farthings Farm Shop doubles up as a café serving breakfast from 8am and lunches every day until 3pm, all year round.

Every Thursday and Saturday between 9am and 2pm in the South Molton Pannier Market (www.visitsouthmolton.co.uk) you'll find a wide range of locally produced, reared and grown foods, as well as plants, quality antiques, and an array of talented Artisans. And if you love cheese, look no further than The Cheese Larder (www.thecheeselarder.co.uk), also in South Molton, who specialise in West Country cheeses, but also have a great selection from across the UK and the Continent.



CareMoor for Exmoor Dining Club

Celebrating beautifully cooked Exmoor produce

Join us for a CareMoor for Exmoor Dining Club event at various great venues during 2019.

Enjoy a special meal prepared with the best Exmoor produce, meet the chefs and hear a local food story.

The price includes a contribution to CareMoor - raising funds to keep Exmoor special.

More information on CareMoor and general Dining Club enquiries at:
www.exmoor-nationalpark.gov.uk/caremoor
 or call 01398 323665

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www.thecheeselarder.co.uk

Just Desserts

Justly famous for its superb cream teas, no visit to the West Country would be complete without a mouth-wateringly soft scone, a dollop of clotted cream (always cream first hereabouts!) and a spoonful of our delicious local Exmoor speciality; whortleberry jam.

We've some fabulous tea rooms to choose from. Try award-winning Periwinkle Tea Rooms in the picture-postcard village of Selworthy, the Exford Bridge Tea Rooms or the lovely Withypool Tea Room beside the River Barle. There's also the wonderful Tarr Farm Inn and Watersmeet House both appealingly set on the banks of a river. If you are in Dunster, look for Chapel House Tea Room, whose friendly proprietors have kindly revealed the recipe for their popular Mixed Berry Oatie.



Mixed Berry Oatie

(From Chapel House Tea Room)

200g Dunster Mill oats

250g plain flour

250g sunflower spread

75g golden syrup

150g Dunster Mill

jumbo oats

5 tbsp soft light brown sugar

1/2 tsp bicarbonate soda

1kg frozen summer berries

Preheat the oven to 170 degrees fan assisted/190 degrees/gas mark 4

Place the frozen fruit in a bowl, cover and microwave on full for 6-8 minutes. Drain off the excess juice. Add all ingredients - apart from the jumbo oats and fruit - to a bowl. Mix well until all ingredients have come together.

Spoon three quarters of the mixture into a greased & lined 20cm tin and press down evenly. Add the fruit to the tin and spread evenly across the oat base.

Add the jumbo oats to the remaining oat mixture. Rub the jumbo oats in until you get a crumble topping. Now sprinkle over the fruit evenly.

Cook for 30-35 minutes. Leave to cool. Only cut when the Oatie is completely cold.



Chapel House



Tea Room

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Locally sourced ingredients

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Craft Shop

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Unique gifts
Craft gins & elder brandy

chapelhousedunster.co.uk

WITHYPOOL TEAROOM

- + Located in the heart of this picturesque Village beside the River Barle
- + Freshly made on the premises; cakes, light lunches, soups and FREE FROM options available
- + Licensed premises, serving local Ales, Ciders and a good selection of wine
- + Why not come along and enjoy a cup of freshly ground coffee or our local tea
- + Open daily Spring till Winter
- + Now accepting all major Credit and debit cards



tripadvisor

Tel: 01643 831279

www.withypoollexmoor.co.uk





DISCOVER YOUR QUINCE HONEY FARM

A HIVE OF ACTIVITY FOR EVERYONE!

VISIT OUR FARM SHOP OR BUY ONLINE!

VISIT OUR BRAND NEW ATTRACTION

Quince Honey Farm is located in South Molton 'The Gateway to Exmoor'.

A working honey farm & tourist attraction offering a full day out.

Our farm restaurant offers a brand new menu full of delicious homemade & locally sourced ingredients.

Visit the farm shop where you will find products from our own hives that are located all over North Devon & Exmoor. During your visit you may wish to take a tractor tour and be guided through the acres of wildflowers to visit our apiaries before attending one of the daily honey tasting sessions.



PURE NATURAL LOCAL

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