Explore traditional Peak District foods

Peak District band

Lamb is a traditional local specialty. Sheep have grazed the Peak District for over 4,000 years. Traditional foods include black-bread, Derbyshire Grisons, Whitefield Woodlands, Sawkeldales and Mulas. There are many ryes white and brown Jacobins, so Hope Show on August Bank Holiday Monday is the official show of the Derbyshire Grisons Breeders Society and a great place to see local sheep breeds.

Read the landscape for sheep-farming history. Low gaps in walls are sheep creepus to let sheep move between fields. Moorland sheepfields are sturiddle or square walled enclosures for sorting sheep gathered from the moors.

From bees to beers

Peak District flowers create deliciously popular honeys. You can buy honey with the distinctive flavors of White Peak meadow wildflowers or moorland heather blossom.

Check pub hand-pulls for locally brewed beers. There are breweries at Thornbridge Hall, Chatsworth and Baslow Blackwell's Taddington Brewery uses locally grown malting barley and hops.

Cheese and milk

The Old Creamery in Hartington is the center of Peak District cheeses. It has crafted traditional Blue Stilton cheese since 1900. Known as the King of English Cheeses, it has a distinctive tangy taste. They also make strong-flavored Burton Blue and the more creamy Dovedale Blue as well as Smokey Blue and White Stilton.

Look out for fresh local milk, butter and cream from the Peak District Diary at Tideswell.

Mouth-watering puddings

The Peak District is famous for Bakewell puddings. The original Victorian Bakewell pudding emerged from a legendary accident. Today competing ‘originals’ are tightly guarded secrets and puddings are mailed around the world. Local legend says French prisoners of war brought the Bakewell gingerbread recipe over during the Napoleonic Wars.

Lumptyams and Thor Cakes are more oak specialties. Lumptyams are oatballs cooked in boiling milk, served with butter or treacle. A local rhyme claims lumpytums give girls the rosiest cheeks and plumpest bums! Are oatballs cooked in boiling milk, served with butter or treacle. A local rhyme claims lumpytums give girls the rosiest cheeks and plumpest bums!

Game and fish

You might catch the frantic, low-flying flight of a cackling grouse on the moors that surround the Peak District. Estate managers must roost for grouse by turning heather to create a patchwork of heather of different ages – the ideal habitat for grouse. Some ships will locally shot grous.

Peak District rivers teem with abundant trout and freshwater fish. Why not try catching your own? Several reservoirs and rivers around the moorland offer fly fishing licenses.

Savoury or sweet fillings. Slim Staffordshire oatcakes or thick oaths Blue Stilton cheese Hartington is the center of Cheeses, it has a distinctive tangy taste. They also make strong-flavored Burton Blue and the more creamy Dovedale Blue as well as Smokey Blue and White Stilton.

Environmental Quality Mark

The Peak District Environmental Quality Mark is a certification mark for businesses dedicated to protecting the Peak District landscape. It is only awarded to businesses that demonstrate good environmental practices. When you buy a product or service that has been awarded the Mark you can be confident that your purchase directly supports high-quality management of the Peak District’s special environment. The Park is the first environmental award of its kind in England. Look out for the EQM logo when shopping or looking for accommodation. More details are available on www.peakdistrict.gov.uk/eqm.

Rocks, moat and moorland

Stilton Peak Distillery: White Peak Distillery, Castleton. Tel: 01433 680384. Email: info@whitepeakdistillery.co.uk

Fishing

The Peak District is famous for good fishing. The rivers Teal and Derwent are popular. There are many fish farms and lakes with brown trout and salmon. Many local pubs offer fishing licenses.

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WHERE TO EAT

The low-down on beef and sausages

Cows need good grass. English sausages are common in the peak fields in the moors of the Peak District. Local beef is sold in joints, steaks, sausages and pies.

You’ll see many different types of cow in the Peak District. Black and White Friesians are common. Farm breeds include Belted Galloways – black with a white band around their middle, Highlands with their shaggy red coats and long horns, and Gloucesters, reddly-brown with white bellies and tails.

WHERE TO STAY

The Original Farmer’s Market Shop
1 Market Place, Eyam, Derbyshire S32 5QW
Tel: 01433 680384 Email: info@whitepeakdistillery.co.uk

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