

# Succour & Sustenance

Eat, drink and make the staples that sustained the Pilgrim families on their long journey to the 'New World'



📅 1 to 2 Day itinerary

🚶 Independent traveller

👥 Suitable for groups

📍 Starts in Nottinghamshire

🚆 Rail access to some destinations

East Midlands, Doncaster

✈️ Sheffield Airport, Manchester & all London airports

Find out what the Pilgrim Families ate and drank and why. How did they make their food and drink and what foods did they take with them in order to survive the long journey to the New World? From seasonal foods, meat and vegetable preserving and celebratory meals, discover how the men, women and children used their skills to give them the best chance to survive the Mayflower voyage.

## Tour Highlights:

- Taste and make regional cheeses using traditional recipes from the villages of the Pilgrims.
- Get hands on making the breads and long lasting sourdoughs that were a staple food for the families.
- Learn all about the wild meat featured in the very first Thanksgiving meal in the New World.
- Find out the history of the Raised Pie used by the Pilgrims to preserve their meat and learn how to make your own.
- See the process behind how Small Beer - the table water of the time - is made and sample the product.
- Visit the attractions on the historic Welbeck Estate including The School of Artisan Food, The Harley Gallery, Portland Collection, Welbeck Abbey and the award-winning Welbeck Farm Shop.

1620—2020  
*Mayflower*  
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Steering our future,  
inspired by the past.

[www.mayflower400uk.org](http://www.mayflower400uk.org)

# Day 1

## Bread and Cheese

The School of Artisan Food

Retford is on the main trainline from London, a short distance from the historic Welbeck Estate



The School of Artisan Food offers a warm welcome to everyone looking to explore their culinary heritage and get hands on with classes led by experienced and inspiring professionals. Discover how to transform raw materials of the 17th century into great food, in the beautiful surroundings of an historic country estate in the heart of Sherwood Forest.

### Traditional British Cheeses

The travellers to the 'New World' came from across England and each region has its own style of cheese with its own unique flavour. Some of the recipes used to make cheeses in these regions are still in use today. Experience the tastes of the Pilgrims and uncover the reasons behind the distinct flavours and textures of those cheeses.



Cheesemaking

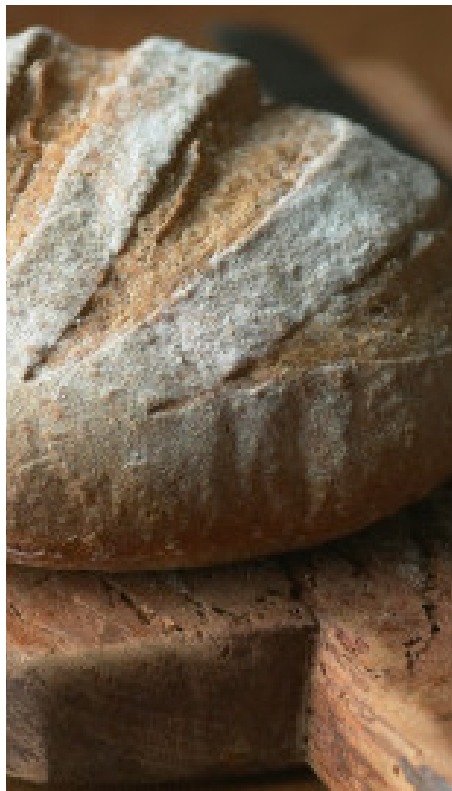
### Hands on Experience

Make butter and soft cheese as they would have done on arrival in the New World. We will show you how to transform milk into a range of delicious dairy products so you will go away with the skills and confidence to create your own soft cheese and butter in your own kitchen.

Allow half a day

Also, why not try

Beer and cheese pairing masterclass.



Baking fresh artisan bread

### Flour to Loaf

Bread was a staple of the 17th century diet and could be made with a variety of flours. When the harvest was good, the Pilgrim families would use flours made with wheat, rye and barley. In harder times, they turned to beans, oats and lentils. Come and taste these different flours and find out more about them.

### Hands on Experience

Discover how to bake fresh artisan bread. Our expert tutors will share the importance of ingredients and take you through the journey from flour to finished loaf. There will be plenty of practice of the kneading, proofing and shaping skills used to make real bread using traditional techniques.

Allow half a day

Also, why not try

How to Make Sourdough.

Find out more at [www.mayflower400uk.org](http://www.mayflower400uk.org)

### Accommodation

#### Ye Olde Bell Hotel & Spa at Barnby Moor

Beautiful 17th century 4 star hotel

[www.yeoldebells-hotel.co.uk](http://www.yeoldebells-hotel.co.uk)

t: 01777 705 121

#### The Best Western Lion Hotel, Worksop

A real gem of a hotel in quaint market town.

[www.bw-lionhotel.co.uk](http://www.bw-lionhotel.co.uk)

t: 01909 477 925

#### Browns B&B, Holbeck

Boutique Bed and Breakfast

[www.browns-holbeck.co.uk](http://www.browns-holbeck.co.uk)

t: 01909 720 659

#### Hodsock Priory

Historic English country house, renowned for its snowdrops in February and bluebells in May

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

t: 01909 591 204

#### Clumber Park Hotel and Spa

Chic, contemporary rooms in a modern hotel on the edge of Clumber Park

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

t: 01623 835 333

#### Thorsby Hall Hotel

Magnificent stately home on the edge of Sherwood Forest Country Park.

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

t: 01623 821 000

#### West Retford Hotel

18th Century Manor House in the historic market town of Retford.

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

t: 01777 706 333

### Lunch & coffee stops

#### The Harley Cafe

Local fine foods and the best ingredients.

From light bites to bigger plates, there's something to satisfy every appetite.

[www.harleygallery.co.uk/visit/cafe](http://www.harleygallery.co.uk/visit/cafe)

t: 01909 512 551



# Day 2

## Venison and Historic Pies

The School of Artisan Food



Students hands on with meat



Hands on experience with Venison

### Venison

The families from Nottinghamshire, Lincolnshire and Yorkshire were living in Sherwood Forest, the old medieval hunting grounds of the King. Venison would have been available but only on special occasions for the average family. This all changed when the Pilgrims arrived in the New World where this meat was readily available. It became an important food course and this wild meat rich in flavour even featured in their first Thanksgiving meal.

### Hands on Experience

Learn all about butchering and cooking with venison, a delicious, lean and sustainable meat. From skinning to salt-curing, this course led by our expert butchers will teach you how to achieve familiar cuts, favourite dishes and classic charcuterie. We will go through the preparation of the meat through to making the final products. You will find out the importance of hanging the carcass, try some simple butchery using knife skills before making venison bresaola and burgers.

Allow half a day.

### Also, why not try

Venison Tasting. Learn about the different cuts of meat and enjoy a seasonal venison lunch.

### Raised Pies

In medieval times, pie crusts were thick and were baked first often around a jam jar or other type of mould, rising to form a pot hence the name 'raised pie'. Contrary to the popular nursery rhyme, the birds were not actually baked in the pie, but placed live under the pie lid after cooking and unveiled at the table. Chefs would compete to create the most spectacular showpiece at feasts, and it was said rabbits, frogs and even dogs have featured. The tradition of pie making was continued by the Pilgrim families.

### Hands on Experience

Learn how to make a traditional handcrafted British pie. You'll leave with the practical skills to create the homemade pastry and the tasty savoury fillings. Our tutors will share their extensive knowledge of the butchery industry and their pastry skills. Have a go at making a variety of pastry from suet and shortcrust to rough puff and hot water crust pastry. Delicious pies include the classic combinations of chicken and mushroom, steak and kidney, steak and ale and a traditional hand-raised pork.

Allow half a day



Raised pie

### Also, why not try

Learn to make a pie crust and enjoy a pie-based lunch.

### Welbeck Artisan Food Producers

#### Welbeck Abbey Brewery

Welbeck Abbey Brewery is a traditional real ale brewery housed in a listed barn at the heart of the estate. Established by head brewer Claire Monk in 2011, the dedicated team produces 15,000 pints a week with only the four quality ingredients necessary for the perfect ale.

[welbeckabbeybrewery.co.uk](http://welbeckabbeybrewery.co.uk)  
t: 01909 512 539

#### Welbeck Bakehouse

Founded in 2008, the Welbeck Bakehouse has grown to become an award winning bakery supplying an array of businesses throughout the area. The bakery, located next door to the School of Artisan Food, prides itself on its dedication to 'real' breadmaking and the production of high quality produce

[www.welbeckbakehouse.co.uk](http://www.welbeckbakehouse.co.uk)  
t: 01909 500 129

#### Welbeck Dairy

Welbeck dairy's happy Holstein cows graze the pastures of the historic estate. Their delicious milk delivered every morning after milking. The freshest milk that you can buy and, as it's not pasteurised, the creamy milk is just as nature intended. Raw milk from the dairy can be bought from the Welbeck Farm Shop and all revenues go back to the farmer.

t: 01909 500 211

#### Stichelton

Stichelton is created by Joe Schneider, who has been producing this award winning raw milk blue cheese at Welbeck since 2006. Using skills and methods drawn from traditional English blue cheese production and milk pumped directly from Welbeck Dairy's milking parlour, Stichelton Dairy produces 30 cheeses a day by hand and sells them at specialist cheese counters throughout Britain and abroad.

[www.stichelton.co.uk](http://www.stichelton.co.uk)  
t: 01623 844 883

Find out more at [www.mayflower400uk.org](http://www.mayflower400uk.org)



## Also nearby...

Explore the Courtyard on the stunning Welbeck Estate, the historic seat of the Dukes of Portland and home to a treasure trove of artisan excellence.

Visit [www.welbeck.co.uk](http://www.welbeck.co.uk) for events, changing exhibitions and seasonal produce.



The Harley Gallery

### Welbeck Farm Shop

Visit the award-winning farm shop stocked with all manner of artisan foods, including many produced on the estate itself, and take home a taste of England.

### Portland Collection

One of the most important aristocratic collections in the UK, it casts a light on family history, art history and history in general, all shown in a spacious purpose-built gallery.



The Portland Collection



Welbeck Farm Shop

### Harley Gallery

Where old and new come together, this gallery is home to a programme of contemporary exhibitions by leading visual artists from textiles to ceramics and photography. Also home to a shop stocked with a carefully curated range of giftware and contemporary art and craft.

### Welbeck Abbey

Welbeck Abbey was founded as a monastery in 1153. Bess of Hardwick's youngest son, Sir Charles Cavendish, acquired Welbeck in 1607, and since then the estate has continued to be handed down through the family. Welbeck Abbey's State Room guided tours are open to the public for 33 days during the summer.



The historic Welbeck estate

## With Extra Time

### Cresswell Crag

Visit Cresswell Crag, home to a beautiful limestone gorge with caves containing Britain's only known Ice Age rock art. Walk in the footsteps of the Ice Age hunter and explore life on the edge of the Ice Age world. Discover a legacy etched in stone with cave art 10,000 years older than the pyramids

### Robin Hood's Sherwood Forest

A new visitor centre provides a modern gateway to this legendary landscape that was once part of a royal hunting forest. Sherwood Forest National Nature Reserve covers 450 acres and incorporates some truly ancient areas of native woodland where slender birch trees grow alongside more than one thousand veteran oaks, most of which are over 500 years old. The largest and most famous - Major Oak - is known throughout the world as the hideout of Sherwood's legendary hero Robin Hood.

