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Why not make a weekend of visiting the Lancashire milk fields? With a fishing lake, golf course, touring caravan park and good quality B&B accommodation also in the area. To assist navigation the route is "why" marked the "Tasty Lancashire Cheese Trail". A more detailed route description can be found on www.foresofbowland.com, look for the walking section.



A six mile route using footpaths, tracks and a little road walking. The Tasty Lancashire Cheese Trail is located at Inglewhite and nestles underneath Beacon Fell. This is the heart of Lancashire cheese country and the walk passes close to Mrs Kirkhams, Butlers and Greenfield Dairies. Beacon Fell is the name of the traditional Lancashire cheese made by Singleton's which has EU protected origin status. In order to qualify the milk must be sourced from a designated area around Beacon Fell and the product made to a traditional recipe. Mrs Kirkhams at Beesleys Farm may develop a small factory shop.

TASTY LANCASHIRE CHEESE TRAIL

TASTY LANCASHIRE

The recipe for traditional Lancashire cheese (*Creamy & Tasty*) is unique in Britain in that it blends the curds from different milkings which creates a cheese with depth of flavour, added complexity and a texture that gives an ideal melting consistency.

Tasty Lancashire is our oldest cheese both in heritage terms and the time taken to develop its full flavour. The reputation of fine cheesemaking in Lancashire was largely built upon its success. It is a cheese with a light open texture that's matured for at least three months and has a "nutty" bite with a creamy buttery finish.

Tasty Lancashire is a real favourite for a traditional ploughman's lunch, as part of a cheese board or in a cheese and onion pie.



Award winning chef **Nigel Haworth's** recipe for *Tasty Lancashire Cheese & Garden Herb Risotto* (Serves four)

INGREDIENTS

- 250g Risotto rice
- 50g Chopped shallots
- 1 Roasted garlic clove
- 100ml White wine
- 400ml Chicken or vegetable stock
- 50g Tasty Lancashire Cheese
- 50g Butter
- 20g Mixed fresh fine herbs

METHOD

1. Sweat off the chopped shallots in olive oil until they become translucent.
2. Add the white wine and reduce until almost evaporated.
3. Add the rice and slowly pour in the chicken stock about 100ml at a time. Cook until the rice has almost absorbed all the stock.
4. Season carefully and do not overcook the rice.
5. Finish with the butter and grated Lancashire Cheese.

This risotto can vary according to the season we are in, for example a good combination in Spring is nettle and wild garlic.

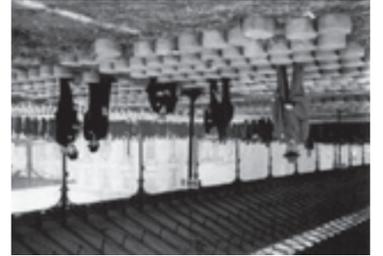
Thanks to the Lancashire Cheesemakers Association and The Three Fishes, Mitton for use of photography.



Stone cheese presses were once an integral part of the Lancashire cheese making process. More than 300 cheese stones can still be found in the Lancashire landscape, often lying close to the farm where they were originally used.

CHEESE STONES

In 1892 Joseph Gornall, a County Council employee, invented a patented cheese-maker which helped standardise the method of making Lancashire cheese. These techniques have been used for Lancashire cheese to the present day, helping to protect and maintain the quality and heritage of this distinctive local product.



Around the 1790s the Lancashire tradition of cheesemaking began to resemble the Tasty Lancashire of today. The method involved breaking the curd and blending it with curds from the previous day's milking. The mixed curds were pressed using a stone cheese press, turned, clothed and salted to make a cheese. The unique method of mixing curds gives Lancashire cheese its distinctive flavour.

Cheesemaking can be traced back as far as the 12th century when in 1199 King John granted Preston a Royal Charter to host an annual cheese fair. By the 1300s records show Lancashire cheese being shipped to London from Liverpool.



Lancashire cheesemaking country is renowned for its rich grassland which leads to high quality milk and inevitably the Lancashire cheesemakers are all located within a few square miles on the edge of the Forest of Bowland Area of Outstanding Natural Beauty, and the history of cheesemaking in the area can be traced back through the ages. Bowland itself derives from the Norse "Bu land" meaning cattle land. Once a royal hunting ground it is now a paradise for walkers and cyclists.

LANCASHIRE CHEESE DOWN THE AGES

TASTY LANCASHIRE CHEESE TRAIL



Lancashire is the only county to have its name linked with three types of cheese...

Creamy, Crumbly & Tasty Lancashire

Inglewhite & Beacon Fell - This walk explores the area around Lancashire's artisan cheesemakers, known as "the Lancashire milk fields"

LANCASHIRE CHEESE MAKERS

LANCASHIRE CHEESE MAKERS ASSOCIATION

There are 7 Lancashire Cheese Makers all situated within a 10 mile radius in and around the Forest of Bowland Area of Outstanding Natural Beauty. All 7 cheese makers make Lancashire Cheese in the traditional method using Lancashire milk. In most cases they are family businesses and are 2nd, 3rd and 4th generation.

Butlers Farmhouse Cheeses



The Butler family first began making farmhouse cheese in 1932. Run by the third generation of Butlers, the company has become one of the best known names among Lancashire cheese. Based on recipes handed down through the family, Butlers Farmhouse Cheeses are made from milk sourced from local farms and all cheeses continue to be made and turned by hand.

Dew-Lay



Established in 1957 by George Kenyon and now run by his sons Neil and John, Dew-Lay has won many accolades for its fine cheese, including the 2005 Supreme Champion title in the North West Food Producer of the Year Awards for their Garstang Blue Lancashire. This amazing cheese has a soft, delicate flavour and smooth, creamy texture.

Greenfields Dairy



The Procter family – Peter, his wife Grace and their son Steven – combine the cheese-making expertise from two Lancashire farming families. They produce a wide range of cheeses from Greenfields Dairy including several distinctly flavoured cheeses including a Lancashire Creamy with Black Pepper.

Mrs Kirkhams



Mrs Kirkhams have been making cheese on their farm for more than 30 years. Using only unpasteurised milk from their own herd, this unique cheese is made by blending curd from 6 milkings and maturing in cloth for up to 6 months. Each evening, without fail, Ruth Kirkham still makes the all-important culture using the heat from the dying embers of the farmhouse kitchen fire.

Leagram Organic Dairy



Owner Bob Kitching has spent 30 years making Lancashire Cheese and is now based near the picturesque village of Chipping. A passionate exponent of artisan cheese-making, Bob Kitching produces a range of cheese using milk sourced from herds run on organic farms close to the dairy. Leagram's range includes all 3 styles of Lancashire.

JJ Sandham Ltd

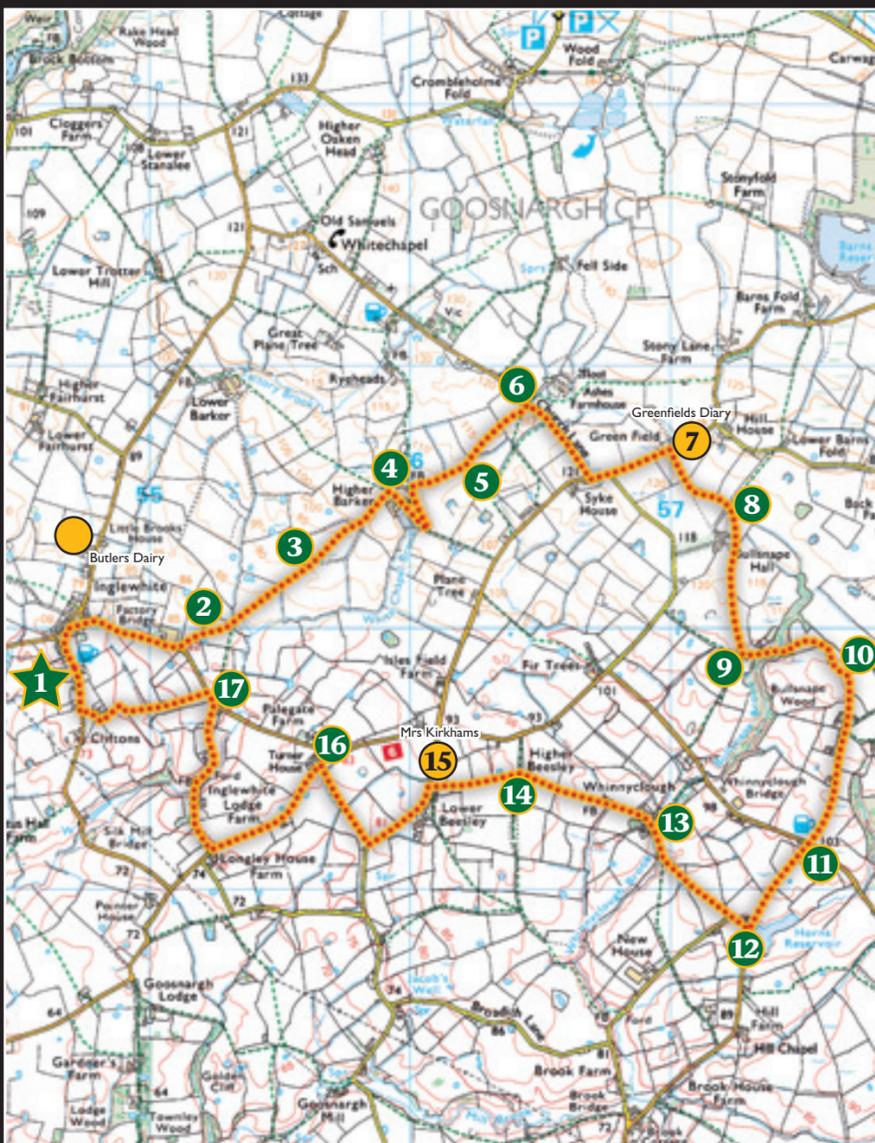


Founded in 1929 by John James Sandham, cheese produced by Sandhams stays true to its original recipe. Now in the hands of Chris Sandham, grandson of the company's founder, cheese is still produced from the site where Chris' great grandfather first built the family house in 1894. JJ Sandham's range of hand made cheese includes the delicious smoked Lancashire.

Singleton's Dairy



With the reputation for producing the strongest tasting of the county's cheeses, Singleton's Dairy began making cheese on their farm near Beacon Fell over 80 years ago. Their range includes the famous Beacon Fell Traditional Lancashire which has EU protection. Bill Riding is the fourth generation of cheese makers in the family, collecting many major awards including the Queen's Award for Enterprise.



Start Point: The Green Man, Inglewhite SD 5468 3991
Parking available in roadside lay-bys
Distance/Time: 6 miles/3hrs
Terrain: Lanes, tracks, fields
OS Explorer: OL41 Forest of Bowland and Ribblesdale plus OL286 Blackpool and Preston

Walk Description

- 1 Walk up to the village green and turn right out of the village along Inglewhite Road.
- 2 Take the first footpath on your left and cross the field to a gateway. In the distance you'll see a group of red brick buildings (Higher Barker). Head for these until you reach a track.
- 3 Follow this track to Higher Barker.
- 4 Over the stile on your right and out through the yard. As you leave the yard go left through a set of double metal gates and right through another gate. Follow the stream to the field corner.
- 5 Over a stile and follow the field path to Church Lane.
- 6 Go right, down Church Lane to the T-junction and turn left.
- 7 Greenfields Dairy. Take the footpath on your right opposite the dairy and follow the stream until you reach 2 field gates.
- 8 Go through the wooden gate ahead and pass Bullsnape Hall keeping it on your right. Continue until you reach a stile that takes you down to the woodland near a cottage.
- 9 Over this stile and pass through the garden/woodland and out along the drive to the road.
- 10 Turn right and walk to the Horns Inn crossroads. An excellent opportunity to stop for a break or perhaps a little further to The Cottage restaurant/tearoom.
- 11 Straight across.
- 12 Take the first right towards The Cottage. If you're not stopping, before you reach it take the first footpath on your right. Walk diagonally across two fields until you reach Whinnyclough Brook. Take the path to the right into Whinnyclough Farmyard.
- 13 Go straight through the yard and out onto the golf course. Passing the small wooden hut on your right keep on the track through the golf course and out just to the right of Higher Beesley buildings.
- 14 Continue straight on towards Lower Beesley.
- 15 Mrs Kirkhams Dairy. After passing the dairy, turn left onto the road until you reach the first footpath on your right that takes you to Turner House Farm.
- 16 Left along the road until you reach the first bridleway on your right. Take this track past Inglewhite Lodge and out onto Inglewhite Road.
- 17 Turn left and take the first footpath on your left and follow this over several fields until you exit onto Silk Mill Lane. Turn right to walk back into Inglewhite village and the Green Man for a well earned rest.