



ST ANDREWS DAY LAUNCH FOR NEW SHORTBREAD FROM HISTORIC MILL

Flour stoneground over traditional mill stones is at the heart of a new product launched by Golspie Mill this weekend.

Rustic Bites are a range of Highland shortbread biscuits made using wholemeal flour from one of Scotland's last remaining water-powered mills.

Michael Shaw, who's been running the historic Sutherland mill since 2001, said

“We're really excited about this launch. We've worked with our friends at Reids of Caithness, an award-winning family bakery, to perfect distinctive wholemeal shortbread.

We have a really tasty plain shortbread and a cranachan one, combining toasted oatmeal and raspberries to reflect the traditional summer dessert.

We aren't aware of any other wholemeal shortbread products on the market, and certainly none that are made from flour ground in small batches using water power.”

The initial idea for a product made with Golspie Mill flour was encouraged by the judges in the BBC Food and Farming Awards when the Mill was a finalist in the Best Producer Category a few years ago.

Michael Shaw again, “Like everything else at Golspie Mill, where it takes 7 days to grind a tonne of flour, it's been quite a slow process but we got there eventually and we've ended up with a product that we're delighted with.

We're grateful for advice and assistance from Business Gateway Sutherland and Hazel Gordon from FINDS and we've got a really good relationship with Reids of Caithness and with Dufi Design in Tain, who've done a great job on the packaging.”

Rustic Bites are already available from good food outlets across the Highlands and Islands and distribution is underway to make sure that they end up on shelves far and wide.