

**SUPPLIER OF THE MONTH:  
BALLYMINANE MILLS**



**Do you know the award winning Bespoke Handcrafted Stone-ground Wholemeal Flour from Ballyminane?**

You can find it here, at La Rousse Foods!

Built around 1790, Ballyminane Mills has been owned by the Murphy family for almost 200 years. It was fed by the River Urrin just like several other local mills. At first, it was used for scotching flax seed. Then, in the 1830's it was turned over for corn production when a second wheel was installed to drive a sawmill.

Currently the timber wheels had to be replaced as they've been damaged, but are still 100% operational. The saw mill is powered by a water turbine, installed in 1949 to replace the old timber wheel. The grain mill was fitted with a new cast iron wheel in 1962 and is currently used to grind locally produced wheat. Ballyminane grain mill uses a traditional water wheel to power its operations. Water from the Urrin River is channelled into the mill race. It is released into the mill pond which feeds through the sluice gate and over the water wheel, causing it to turn. The water wheel then drives the mill engine and slowly grinds the wheat against the mill stone.

The operations of the mill which is powered by the Urrin River have remained the same over the years in the wheat is ground slowly between the rotating French Burr Stones.

This process ensures that the stones do not overheat and the wheat germ produced remains intact and all necessary nutrients are retained.

In using French Burr Stones – believed to be the very best millstone for grinding, we ensure that the authentic flavour of the flour is preserved, and that’s what makes Uncle Aidan’s Authentic Stone Ground Flour the very best around



## AWARD WINNER

This stone-ground wholemeal flour produced at Ireland’s last working water-powered mill is among the winners at the **Euro-Toques Irish Food Awards**.

What makes these awards unique is that the winners are chosen by Ireland’s professional chefs, who work with the produce on a regular basis in their restaurant and cafe kitchens.

Nominations are sought, samples are procured, and the Euro-Toques Food Council, drawn from the food professionals who make up the body’s membership, assesses each finalist on the criteria of taste, how it is made, what goes into it, and its environmental impact.

This year the awards were made in five main categories – water, land, farm, dairy and artisan produce.

The artisan award went to **Ballyminane Mill** in Wexford, where **John Murphy** processes local wheat in his water-powered mill. The mill was set up in 1832 and according to Euro-Toques is the last water-powered flour mill in the country.