



GRAIN MILLS

Why BUY a grain mill?

- More control over the finished product
- Enhanced flavor
- Save money
- Higher nutritional value
- Peace of mind – self reliance

What to look for in a grain mill

- **Type of Mill** – do you want an electric or hand powered mill? Are you going to do cracked wheat or just grind wheat?
- **Cost** – Quality and convenience will increase the cost. Hand crank mills will most likely be a cheaper option, but your arm may tire quickly
- **Convenience & usability** – Find a mill or grinder that is simple to use, easy to assemble and clean.

Different types of grains that you grind in a Grain Mill

- Hard White Wheat—contains a high gluten content. It has a sweeter, lighter flavor than other similar wheat.
- Hard Red Wheat—produces a denser bread.
- Soft White Wheat—great for pastries and other things that don't need a strong gluten structure.
- Barley, beans, buckwheat, chickpeas, corn kernels (dried), lentils, millet, oats, peas (dried), quinoa, rice, rye,

Most Popular Grain Mills (not in any specific order)

1. NutriMill Classic

- 1.8 horsepower
- 1200 - watt motor
- processes up to 5 cups of grain per minute

2. Kitchen Mill

- 1.8 horsepower
- 1000 - watt motor
- processes up to 3 cups of grain per minute

3. Wondermill - Electric Grain Mill

- 1.75 horsepower
- 1250 - watt motor
- processes up to 3 cups of grain per minute

WHOLE WHEAT BREAD (Yummy Recipe)

2-1/2 cups of warm water

1 TBS salt

1/3 cup applesauce

1/3 cup of honey

2 cups of flour

2 TBS yeast

Add everything above but the yeast in a mixing bowl using the bread hook. Stir and mix and then add the yeast. Mix. Let it sit until it's a little bit bubbly. Then add up to 4 more cups of flour (to desired consistency you want). Mix for 15 minutes. Make your loaves and put in bread tins. Cover with cloth and put under light on your stove until they have doubled in size. Bake at 350 for 40 minutes. Remove and butter the top. Makes 2 loaves of bread.

WHITE BREAD (Yummy Recipe)

4 cups of warm water

2/3 cup of oil

3/4 cup of sugar

3-4 tsps salt

3 TBS of yeast

10 cups of flour

Add all ingredients together in a bowl and mix with the bread hook for 15 minutes. Make your loaves and put in bread tins. Cover with cloth and put under the lights on your stove until they have doubled in size. Bake at 350 for 40 minutes. Remove and butter the top. Makes 4 loaves of bread.