



KITCHEN RESOURCE

NUTRIMILL™

Variable High Speed Home Mill

Owners Manual / User Guide



CONGRATULATIONS
on your decision to buy the Nutrimill,
a product of superb quality and
innovative design.

We trust this unique appliance
will simplify and expand your milling options,
with delicious results.

— **KNOW YOUR NUTRIMILL**

THE UPPER DIAL CONTROLS MOTOR SPEED. This allows you to have greater control of the texture. For most flours it should remain on "HIGH". Set it on "LOW" when you want to make coarse meal. (The most common use would be corn meal.)

THE LOWER DIAL TURNS THE MILL ON AND OFF, AND CONTROLS THE RATE AT WHICH GRAIN FEEDS INTO THE MILL. The feed rate will affect the fineness of the grind. Turn the dial to the left to slow the rate at which grain feeds into your mill. Turning the dial to the right will feed grain faster and produce coarser flour.

TURNING THE DIAL ALL THE WAY LEFT WILL TURN THE MACHINE OFF.

— **TO BETTER UNDERSTAND HOW YOUR MILL WORKS FOLLOW THESE SIMPLE STEPS...**

- ❶ Unplug the mill so the motor does not turn on while adjusting the grain control dial.
- ❷ With the hopper empty, look under the **grain inlet cover** (located at the bottom of the hopper). A flashlight may be helpful. **Do not disassemble the inlet cover.**
- ❸ When the dial is set to **OFF**...no grain can flow through the inlet.
- ❹ Then, turn the dial back and forth. You will see the size of the opening into the milling chamber gradually changing.
- ❺ As you turn the dial further to the right, the inlet size increases.
- ❻ Depending on the size of grain in the hopper, the dial setting has a point at which grain will begin to flow. (For example, barley or millet will begin to flow much sooner than wheat or beans at a finer setting because they are smaller in size.)

NOTE - At the very finest setting (the point where grain first begins to flow), the flow may fluctuate -this is normal. Turn the dial further to the right if the flow stops completely. The point where flow stops will vary depending on grain kernel size.

THE FIRST TIME YOU USE YOUR NUTRIMILL

Mill at least 2 cups of wheat or other hard grain, then discard the flour and clean the flour bowl. This will eliminate any contaminants the mill may have obtained in the manufacturing process. Make sure the grain you use is clean as your warranty does not cover foreign object damage from plastics, metals, rocks or any other materials that could get into and damage the milling heads. Proper care of your mill will help to ensure a reliable milling experience for many years to come.

NUTRIMILL SAFETY INSTRUCTIONS

- ❶ Always be sure the separator cup is properly attached before milling.
- ❷ Always check your grain for foreign objects before milling.
- ❸ Do not use grain that has not been cleaned. We recommend purchasing and using grain from a reliable source.
- ❹ Do not over fill the hopper, it is easy to empty the flour canister and continue milling.
- ❺ Do not mill damp or wet grains.
- ❻ Clean the filter after each milling session, by tapping out excess flour.
- ❼ All service and repairs must be done by an authorized service center. For service info, see bottom of warranty on last page of manual.

WHEN USING ANY ELECTRIC APPLIANCE

- ❶ Read all instructions before using the appliance.
- ❷ To protect against shock, do not put appliances in water or any liquid.
- ❸ Close supervision is necessary when using appliances around children.
- ❹ Unplug from outlet before putting on or taking off parts, before cleaning the appliance, and when not in use.
- ❺ Avoid contact with moving parts.
- ❻ Do not operate with a damaged cord or plug, nor after a malfunction or damage of any kind. Return appliance to nearest authorized service center for an examination, and any needed repairs or adjustments.
- ❼ The use of attachments not recommended or sold by the manufacturer may cause fire, electrical shock or other injury.
- ❸ Do not use outdoors.
- ❹ Do not let power cords hang over edges or contact hot surfaces.

MILL COMPONENTS

HOPPER LID

- Quieter Milling

HOPPER EXTENSION

- Refer to grain to flour ratio section (pg. 5) for more info

MILL UNIT

- Variable Speed
- Texture Control
- 3xAirFlow™
- ForceFlow™ air chamber
- TruGrind™ milling heads
- TruFeed™ grain control

BOWL LID

- TwistLock™
- Twist = lock onto bowl

SEPARATOR CUP

- Separates exhaust air from flour for clean milling

WASHABLE FILTER

- For clean air exhaust
- Must be dry before milling

FLOUR BOWL

- Over 20 cup capacity
- Large easy grip handles

BASE

- TruTrack™
- Guides bowl into place
- Increases airflow

LOCKING PIN

- This knob in the back of the mill holds the lower sections firmly together.



- It can be twisted to separate sections for storage or for a more thorough cleaning.

[FOR HOUSEHOLD USE ONLY]

OPERATING INSTRUCTIONS

1 Attach separator cup.

The separator cup is for proper air flow. Align handle on cup with the handle guide on the bowl lid and snap securely into place.



2 Insert air filter into place on top of bowl lid.

This filter helps the machine breathe and should be cleaned along with the cavity it fits into after each milling session. Clean by tapping out the flour that collects in the filter.

THE FILTER SHOULD BE DRY BEFORE USING.



3 Attach bowl lid to the top of bowl and twist into place.

The durable rubber seal on the lid can be sticky the first few times it is used. Dusting it with a little fine flour or corn starch will make it easier to open and close.

4 Put on hopper extension (located in the flour bowl).

5 Fill with grain.

See the 'grain to flour' ratio guide on the next page to help you understand how much grain you should start with.



6 Plug in machine and turn on.

NOTE: It is not necessary to start the motor before adding grain. You may also stop the milling mid cycle if necessary.

7 Put on lid and let run.

The Nutrimill is designed to operate with the lid on for quieter milling.

8 WHEN MILLING IS COMPLETE...let mill run for 5 seconds.

This eliminates any flour left in the self-cleaning milling chamber. Tapping the bowl lid a few times after milling will help settle the flour in the bowl and release flour from the bottom of the lid. Unplug the machine and wipe or brush away any flour residue from the mill.

Flour in the separator cup is usable.

— GRAIN TO FLOUR RATIO

You will want to adjust the amount of grain you add to the hopper so the flour bowl does not overflow.

Overfilling the flour bowl may cause the mill to clog. The bowl will hold 21 to 22 cups of flour. You will get about 21 cups of flour from 13 cups of hard wheat when milled at a medium texture, ideal for most breads.

The amount of flour you get from a cup of grain varies with the type of grain and how finely it is milled. Fine milling produces a greater volume of flour than coarse milling.

NOTE Soft grains like oats and beans (or milling on fine settings) will produce a greater volume of flour. ONLY FILL HOPPER 2/3 TO 3/4 FULL TO AVOID OVERFILLING THE FLOUR BOWL!

— TEXTURE CONTROL GUIDE

— THE HIGH-LOW KNOB = SPEED CONTROL

The motor speed helps determine the texture of your flour or meal.

- For most flour, turn dial to high.
- For very coarse flour and medium fine corn meal, turn dial to low.
- For heavy flour & dense textured breads, select a middle setting. Adjust for desired results in the future based on your experience.



— THE FINE-COARSE KNOB = TEXTURE CONTROL

This is the **ON-OFF** switch and a valve that controls how quickly the grains can flow into the mill. (You can look under the inlet cover and see how this valve opens and closes.)

- For finer flour set the dial towards **FINER**. (Most grains will not flow at less than a 10:00 position on the dial.)
- For coarse flour turn the dial towards **COARSER**.
- Large items such as beans won't begin to flow until the dial is set quite far to the right of center.
- Texture results also vary with the kind of grain being milled. soft grains such as oats, mill much finer than hard grains. Hard wheat mills more coarsely than soft wheat.

— QUALITY OF GRAIN TO PURCHASE

- ❶ Know the source of your grain. Purchase your grain through a reputable dealer. The grain should have been thoroughly cleaned and bagged. We recommend double or triple cleaned grains.
- ❷ The quality of your grain will affect the quality of your bread . The bran and wheat germ contained in wheat have a tendency to make bread heavy and unresponsive to yeast. A high protein wheat will counteract this so bread rises properly.
- ❸ Check the moisture content. Make sure your grains are dry. Wet or damp grains may cause your mill to plug up.
- ❹ Rotation and use of grains is as important as the rotation and use of your other perishable food items.

— THE NUTRIMILL WILL MILL THE FOLLOWING...

Wheat (hard and soft)	Triticale
Buckwheat	Rye
Split Peas	Rice
Popcorn	Millet
Sorghum (milo)	

— USE CAUTION WHEN MILLING THE FOLLOWING...

FILL THE HOPPER NO MORE THAN 2/3 TO 3/4 WITH GRAIN AS THEY PRODUCE MORE FLOUR VOLUME. (SEE GUIDE ON PG. 5)

Dried Lentils	Quinoa
Dried Sweet Corn	Oat Groats
Dried Pinto Beans	Spelt
Dried Green Beans	Barley
Dried Mung Beans	Soybeans
Legumes (generally)	Chick Peas
Dried Garbanzo Beans	Kamut

— DO NOT MILL ANY OF THE FOLLOWING...

Oatmeal	Sugar
Flax Seed	Dried Fruits
Sunflower Seeds	Dates or Raisins
Nuts Of Any Kind	Sesame Seeds
Coffee Beans	Spices

AVOID GRAINS, BEANS AND SEEDS THAT HAVE HIGH OIL OR MOISTURE CONTENT. NONCOMMERCIAL DRIED PRODUCTS MAY CAUSE PLUGGING.

— INFORMATION ON GRAINS

WHEAT - Contains 26 vitamins and minerals. An excellent source of Vitamins E, B, and others. Wheat contains the highest gluten amounts of any grain. Gluten provides the elasticity in dough and holds the air bubbles in the yeast causing the bread to rise. The gluten in wheat can be removed from the rest of the grain.

WHOLE OAT GROATS - Oats are rich in high quality protein, calcium, fiber, unsaturated fats, and seven B vitamins. A versatile grain, it can be used in cereal, cookies, breads, pancakes and waffles. (Rolled Oats may not be milled)

RYE - An excellent supplementary grain to wheat or recipes that call for corn or oatmeal as part of the flour. Bread made entirely from rye makes a moist, dense loaf. 2 parts rye to 5 parts wheat will make a great light bread. It has less gluten than wheat and can be milled alone or with other grains.

RICE - Low in both fat and sodium, high in carbohydrates and rich in iron and many of the B vitamins. Rice is wonderful in cereals, casseroles, side dishes and soups. It also makes delicious breads with a cake like texture.

BARLEY - A great addition to soups, casseroles, and doughs when making pastries. It's a good rice substitute. Try it as a supplement in wheat bread at 1 part barley to 5 parts wheat. It's especially good pan browned on medium heat using 2 tablespoons of oil and stirred constantly until browned.
DO NOT MILL BARLEY AFTER BROWNING.

POPCORN - Contains less starch than other types of corn and makes the best cornbread. Use also in pancakes, waffles, breads, and as dusting flour.

MILLET - Used in soups, puddings, casseroles, and breads. Its effect and flavor in bread is similar to corn. 1 part millet to 5 parts wheat is ideal. Too much will make dense bread that separates from its crust. At the right amount it adds crunchiness.

SOY - Containing the highest protein amount of any vegetable, it is very versatile. Soy milk, tofu cheese, TVP meat substitute, casseroles and bread are all ways of using soy. It has a higher oil content, but can easily be ground to flour by itself.

NOTE - SOY, KAMUT, QUINOA AND SPELT MUST BE DRY BEFORE MILLING.

NUTRIMILL LIMITED LIFETIME WARRANTY

Kitchen Resource L.L.C., warrants the Nutrimill, to the original purchaser, to be free of manufacturing defects in materials and workmanship. Defective product will be repaired or replaced with a comparable model at our discretion, upon receiving the defective product.

This warranty applies only to the original noncommercial purchaser. Since an unauthorized dealer is an original purchaser, the warranty does not apply to consumers purchasing from unauthorized dealers. It also does not apply to damage resulting from accident, misuse, shipping, normal wear, commercial use, neglect, incidental or consequential damages, or from damage caused by any foreign objects getting into the appliance.

Implied warranties of merchantability and fitness for a particular purpose and all other warranties express or implied, other than the limited warranty described on this page, are excluded. The only remedy for damage covered by the limited warranty is repair or replacement. Kitchen Resource will not refund the purchase price or provide any other remedy.

This warranty applies to products purchased and operated in the U.S.A. or Canada. Transportation, handling, and/or shipping costs are not included in this warranty.

Read the instructions before attempting to use the product.

This product contains no user serviceable parts. Any attempt to repair it will void the warranty. If you have a problem with your Nutrimill and to obtain performance of this warranty, return it securely packed, along with a dated proof of purchase, to where you purchased it, or to:

Kitchen Resource / 3767 South 150 East / Salt Lake City, UT. 84115

Or call customer service at 1.801.261.3222 / 1.800.692.6724. To insure prompt service, include a statement with the product, giving specific reasons for the return, along with your information.

KEEP DATED SALES RECEIPT FOR WARRANTY SERVICE.



[FOR HOUSEHOLD USE ONLY]