L'EQUIP®
Life In Healthy Balance

NutriMill

Owner's Manual
& User Guide

CONGRATULATIONS

Congratulations on your purchase of the L'EQUIP NutriMill. This product is superbly engineered, innovatively designed, and built with lasting quality. Thank you for your decision to utilize this high speed flour mill. We know you will enjoy it for years to come. After all, it's a L'EQUIP.

IMPORTANT SAFEGUARDS

The following safety precautions apply when using electrical appliances:

1. Read all instructions.
2. To protect against electrical shock do not immerse cord, plugs, portable appliances or milling unit in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Remove plug from outlet when the appliance is not in use, before putting on/taking off parts and before cleaning.
5. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or electrical or mechanical adjustment.
6. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
7. Do not use outdoors.
8. Do not let cord hang over edge of table or counter or touch hot surfaces.
9. Do not place on or near a hot gas or electric burner or in a heated oven.
10. Do not use appliance for other than intended use.
11. Avoid contacting moving parts.
12. Save these instructions.

NUTRIMILL SAFETY INSTRUCTIONS

1. Always be sure the separator cup is properly attached before milling.
2. Always check your grain for foreign objects before milling. Do not use grain that has not been cleaned. We recommend purchasing and using grain from a reliable source.
3. Do not over-fill the hopper, it is easy to empty the flour canister and continue milling.
4. Do not mill damp or wet grains.
5. Always clean the filter after milling by tapping out excess flour.
6. All service and repairs must be done by an authorized service center. For service information, see the warranty on the last page of this manual.

THE FIRST TIME YOU USE YOUR NUTRIMILL

Take the hopper extension ring out of the flour bowl. Mill at least 2 cups of wheat or other hard grain, then discard the flour and clean the flour bowl. This will eliminate any contaminates the mill may have obtained in the manufacturing process. Make sure the grain you use is clean. 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.

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 (to the left). Turn toward the right for coarser flour.

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. Turning the dial to the right will feed grain faster and produce coarser flour.

Turning the feed rate dial all the way left will turn the machine off.

To better understand how your mill works follow these simple steps:

1. Unplug the mill so the motor does not turn on while adjusting the grain control dial.
2. 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.
3. When the dial is set to OFF, most grains cannot flow through the inlet.
4. Turn the dial back and forth. You will see the size of the opening into the milling chamber gradually changing.
5. As you turn the dial further to the right, the inlet size increases.
6. 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 into the mill much further to the left than corn or beans because they are smaller in size.)
7. After you find the point at which grain begins to flow, turn the dial another 1/4” to the right.

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

HOPPER LID

- Quieter Milling

HOPPER EXTENSION RING

- Refer to grain to flour ration section for more info (see note on pg 7).

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

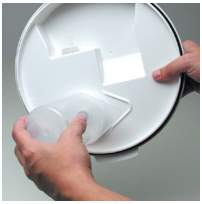
- TruTrack™
- Guides bowl into place
- Increases airflow

LOCKING PIN

- This knob in the back of the mill firmly holds the mill unit to the base.

- It can be removed with a twist to separate sections for storage, cleaning, or to use an approved attachment with the mill.

OPERATING INSTRUCTIONS



1. Attach the Separator Cup
The separator cup is for air filtration. 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 MUST 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 cornstarch will make it easier to open and close.

4. Put on hopper extension ring (stored in the flour bowl). The hopper ring should be "locked" into place before milling.

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.

The flour in the separator cup is usable.

We recommend hand-washing the plastic bowl and lid. High-heat dishwashers can warp the plastics.

GRAIN TO FLOUR RATIO

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

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. This texture is 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 will produce a greater volume of flour. *With the hopper extension ring in place only fill hopper 2/3 to 3/4 full of soft grains to avoid overfilling the flour bowl!*

TEXTURE CONTROL GUIDE

The Motor Speed Control Knob (Upper Knob)

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

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

The Feed Rate Knob (Lower Knob)

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 11:00 – 12:00. (Most grains will not flow at less than a 10:00 position on the dial.)
- For coarse flour turn the dial toward the right.
- Large items such as beans won't begin to flow until the dial is turned far to the right.
- 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

1. 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.
2. 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.
3. Check the moisture content. Make sure your grains are dry. Wet or damp grains may cause your mill to plug up.
4. 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)
- Buckwheat
- Split Peas
- Popcorn
- Sorghum (milo)
- Triticale
- Rye
- Rice
- Millet

USE CAUTION WHEN MILLING THE FOLLOWING

Fill the hopper no more than 2/3 to 3/4 with these as they produce more flour volume.

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

DO NOT MILL ANY OF THE FOLLOWING

- Oatmeal
- Flax Seed
- Sunflower Seeds
- Nuts Of Any Kind
- Coffee Beans
- Spices
- Rolled or Steel Cut Oats
- Sugar
- Dried Fruits
- Dates or Raisins
- Sesame Seeds
- Sprouted Legumes
- Sprouted Grains
- Sprouted Seeds

Avoid grains, beans and seeds that have high oil or moisture content. Noncommercially 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.

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 cannot be milled)

RYE - An excellent supplementary grain to wheat or in 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.

RECIPES

100% WHOLE WHEAT BREAD in a BOSCH Universal Kitchen Machine

6 cups warm water
2/3 cup oil
2/3 cup honey
2 Tbsp. salt
2 Tbsp. L'EQUIP tofu drink mix (optional)
2 Tbsp. SAF instant yeast
2 Tbsp. L'EQUIP Vital Wheat Gluten
2 Tbsp. L'EQUIP Dough Enhancer
20-22 cups freshly milled wheat flour

In your BOSCH mixing bowl, put water, 7 cups of wheat flour, oil, honey, yeast, gluten, dough enhancer, and tofu. Mix on speed 1 until combined. Then add approximately 7 more cups of flour and salt. Mix, and continue to add flour 1 cup at a time until the dough pulls away from the sides of the bowl. Then knead for another 6-7 min. The dough should feel soft not grainy. Form it into loaves and place in pans. Let rise until double in size. Bake at 350° for 30 minutes or until the top is golden brown. (Makes 5-6 1.5 lb. loaves.)

WHOLE WHEAT TORTILLAS

Taken from "Wild Flour" by Denise Fidler, the Country Baker.

3-4 cups soft whole wheat pastry flour, kamut, or white flour
1 tsp. sea salt
1/3 cup oil
1 cup warm water

In your BOSCH bowl with batter whips, mix dry ingredients.
Add all wet ingredients in a slow and steady stream. Mix and knead adding more water or flour as needed to produce a smooth dough for 1-2 minutes. Form into 12-18 balls. Cover and rest 30 minutes. Press in electric or manual tortilla maker and cook. The secret to a great tortilla is a soft and moist dough.

NOTE - Warm tortillas with butter, cinnamon and sugar sprinkled on top are delicious.

NOTE - Tortillas freeze great. Just seal in heavy-duty freezer bag with layers of waxed paper between them.

OVERNIGHT DOUGHNUTS (No knead)

Taken from “Wild Flour” by Denise Fidler, the Country Baker.

1 quart milk
3/4 cup butter
1/2 cup honey
1 Tbsp. SAF instant yeast
2 tsp. salt
1/2 tsp. freshly grated nutmeg (optional)
1/4 tsp. mace (optional)
9 cups fresh milled soft pastry or hard Montana Spring white wheat

First, scald milk. Add butter and honey, and stir until melted. Cool and set aside, temperature should be between 115°-130° In separate bowl, mix yeast, salt, nutmeg, mace, and freshly milled flour. Mix all together in mixer or by hand until dough is a smooth “wet batter like consistency.” Cover and set in refrigerator to firm up overnight or add a little more flour to make a smooth and silky dough and knead until gluten is developed (approximately 5 minutes in a mixer or 10-12 minutes by hand). Roll dough out approximately 1/2 - 3/4 inch thick and cut into doughnut shapes using a doughnut cutter or large glass and smaller glass. Cover with plastic wrap and rise until double. Fry in hot oil (375°) approximately 3 - 4 minutes, turning once. Dust with confectioner’s sugar or glaze with a powdered sugar glaze. Can add sprinkles also.

OATMEAL CHOCOLATE CHIP COOKIES

2 cups packed brown sugar
2 eggs
1 tsp. vanilla
1 cup shortening
1 3/4 cups flour (rye, wheat, white, etc.)
1 tsp. baking soda
1/2 teaspoon salt
3 cups quick-cooking rolled oats
1 cup chocolate chips

Cream the brown sugar, shortening, eggs, and vanilla with cookie paddles in a BOSCH bowl. Blend in the flour, baking soda, and salt. Stir in the rolled oats and chocolate chips. Then drop by spoonfuls onto greased baking sheets. Bake at 350° for 8-10 minutes. (Makes 5 dozen.)

WHOLE WHEAT PEANUT BUTTER COOKIES

Taken from “Wild Flour” by Denise Fidler, the Country Baker.

- 1 1/2 cups soft butter
- 4 cups raw or regular sugar
- 2 1/2 cups natural peanut butter (unsweetened or sweetened)
- 1 Tbsp. vanilla
- 4 large eggs
- 5 cups soft whole wheat pastry flour
- 2 tsp. baking soda
- 1 tsp. salt (only if using unsalted butter)

Mix pastry flour, baking soda and salt in bowl and set aside. In BOSCH mixing bowl, cream together butter, sugar and peanut butter. Then add vanilla and eggs and cream for 3 minutes. Mix dry ingredients into the creamed mixture. Place by spoonful onto greased cookie sheets 2 inches apart and flatten with a fork dipped in flour. Bake at 350° for 15 minutes. Cool for 1 minute and place on wire racks to cool. (Makes about 8 dozen)

LIGHT ANGEL FOOD CAKE

- 12 large egg whites
- 1/4 cup cornstarch
- 2 1/4 cups powdered sugar
- 3/4 cup whole wheat flour
- 1/2 tsp. salt
- 1 tsp. vanilla or almond extract
- 1 1/2 tsp. cream of tartar

First mix 1 1/4 cups of the powdered sugar with the wheat flour and cornstarch in a small bowl and set aside. Then separate the egg whites completely, add salt and cream of tartar to them and whip on high speed until egg whites stand in peaks. Switch mixer to low speed and gradually add 1 cup powdered sugar plus flavoring. Then stop the mixer and sprinkle in 1/3 cup of the flour mixture. Blend lightly again adding the remaining flour mixture. Blend only until mixed. Pour into angel food cake pan. Bake on 375° for 30-35 minutes or until done.

CHEF BRAD RECIPES

Taken from “Cooking with Chef Brad - Those Wonderful Grains” by Brad E. Petersen. All rights reserved. Use by permission only.

OLD FASHIONED CORN BREAD

- 2 cups freshly milled popcorn
- 2 cups freshly milled high gluten flour
- 1/2 cup sugar
- 1/3 cup powdered milk
- 1/2 cup canola oil
- 1 tsp. salt
- 2 Tbsp. baking powder
- 2 cups water
- 2 eggs
- 2 Tbsp. bacon grease, or other grease substitute

Mix all ingredients in BOSCH mixing bowl for 2 minutes. Preheat oven to 400°. Place large cast-iron skillet in oven with 2 Tbsp bacon drippings. When skillet is very hot, remove from oven and pour in batter. Place back in oven and bake for 15-20 minutes.

APPLESAUCE MASON JAR CAKE

- 3 1/2 cups multi-grain flour (wheat, millet, rye, spelt, etc.)
- 2 cups raisins
- 2 cups nuts
- 1 tsp. salt
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp. cloves
- 2 cups white sugar or brown, packed
- 1 cup butter (softened)
- 1 egg
- 2 cups thick applesauce

Sift a little flour over the raisins and nuts. Resift the remaining flour with the salt, baking soda, cinnamon and cloves. Sift flour mixture with sugar. Cream butter, adding sugar gradually until light. Beat in egg. Stir flour mixture gradually into the butter mixture until the batter is smooth. Add raisins, nuts and applesauce. Grease widemouth tapered mason jars and fill barely over half full. Bake at 350° for about 45 minutes. As soon as baking is done, place sterile lid and ring on hot jar to preserve for later use. Can also be baked in small greased bread pans.

BOSCH

Invented for life

Universal Plus

The world's finest kitchen machine is the perfect companion for the NutriMill. Both offer unequaled performance and craftsmanship making food preparation more enjoyable.

Features:

- 800 Watts
- 6 ½ quart bowl
- 4 speed settings and momentary switch
- Cord storage
- Suction feet for greater stability
- Wide range of optional accessories
- Overload and start motor protection
- 3 year motor / transmission warranty

MUZ 6 MX3
plastic blender

MUZ 6 TS 5
slicer shredder

MUZ 6 MM 3
food processor

MUZ 6 FW4
meat grinder

MUZ 6 DB2
batter whisks

MUZ 6 CP 2
cookie paddles

MUZ 6 ZP 1
citrus juicer

MUZ 6 ER1 or MUZ 6 ER2
stainless bowl

Please see the warranty information sheet included in the product box for warranty details and information.

For additional service or operational information visit us at

www.lequip.com

or call us at 877-267-2434

KEEP DATED SALES RECEIPT FOR WARRANTY SERVICE

Circuit breaker protection: if the mill is overloaded, the built-in circuit breaker may trip to protect against overheating. The breaker is located on the bottom of the milling unit. Push the button to reset.

If your mill is not functioning properly, contact our customer service department at the number above.

HOUSEHOLD USE ONLY

Please Recycle

L'EQUIP
Life In Healthy Balance

NutriMill
180 W 500 N
North Salt Lake, UT 84054

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