

# NutriMill Usage Suggestions and Ideas

## Quick Tips for Successful Milling

Here at L’Chef, **flour is our business** and we have spent years researching the best kinds of flour for different types of baked goods. We have also done significant research on dozens of different kinds of grains and how to effectively convert them into flour.

With this in mind, we have designed your NutriMill to be extremely versatile and handle a wide range of grains from tiny grains like millet to larger grains like popcorn for making cornmeal.

Because of this versatility, milling time will vary significantly depending on the type of grain being milled and the texture setting you select. This means that each grain has its own unique, recommended settings.

We have received the following inquiry, “My mill takes a long time to do just one batch of flour, is this normal?”

To ensure you the finest quality baking experience, we have done extensive testing and conducted consumer surveys to determine the best settings, for the best results.

Here is a suggested chart for successfully milling **wheat**.

<b>Milling Times at Three Standard Texture Settings*</b>			
	<b>11:00 O’clock</b>	<b>1:00 O’clock</b>	<b>3:00 O’clock</b>
<b>3 Cups</b>	4 Min 45 Sec	1 Min 30 Sec	35 Sec
<b>6 Cups</b>	9 Min 30 Sec	3 Min 30 Sec	1 Min 12 Sec
<b>12 Cups</b>	22 Min	6 Min	2 Min 12 Sec

\*NOTE: Speed and texture settings are listed as positions on a clock.

**CAUTION:** The 10:00 texture position is not recommended for wheat or brown rice. For successful milling and required airflow, the grain must be able to flow easily into the milling chamber. This setting restricts the flow of wheat or brown rice and curbs airflow. This may cause excessive grinding times, which could result in possible motor damage.

One final note: **Fresh, home ground flour will never be as fine as store bought white flour. It’s not supposed to be!** Commercial mills that process flour sold in stores remove over 44 essential nutrients, including vitamins, minerals, and fiber! When you mill grains with your NutriMill you retain 100% of the original grain, all of the bran, germ and endosperm making it truly whole grain flour. The rich flavor and texture of homemade bread comes out only when you use fresh-ground whole grain flour.

If you’re like most of our customers, you’re looking for exceptional, healthy flours, produced right in your home, so you can make nutritious, delicious, homemade foods. If that’s the case, your NutriMill is the best tool for the job.

After all, isn’t that why you own a NutriMill? Fresh is always better!

NutriMill – Giving you Superior Equipment for Healthy Meals™.

L’Chef Service Department