



# NutriMill Classic

Multi-Grain Grinders

Fresh Flour Mill

## Owner's Manual & User Guide



**L'Chef LLC**

188 N Bluff Street  
Suite 100

St George, UT 84770

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Made in Korea

## CONGRATULATIONS

Welcome to the Family! Congratulations on your purchase of the NutriMill Classic. 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 NutriMill.

### Benefits of Milling:

Eating whole grains on a regular basis helps prevent cardiovascular disease, stroke, heart attacks and clogged arteries. Freshly ground flours offer the most nutritional value. The fresher the flour, the more nutritious and better tasting your food will be.



## Warranty Information



Motor, Milling Heads, Electronics      - Limited Lifetime  
Parts and Plastics                              - 10 Years

For additional service or operational information visit us at  
**www.lchef.com**  
or call us at 877.267.2434

### KEEP DATED SALES RECEIPT FOR WARRANTY SERVICE

We suggest you staple your dated sales receipt to this booklet so you may have information available should you need warranty service.

Purchase Receipt Date: \_\_\_\_\_

Place of Purchase: \_\_\_\_\_

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

**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**  
Contains No User Serviceable Parts

## Popular Accessories

### Flour Bagger

Exclusively for the NutriMill Classic Grain Mill (Nutrimill Sold Separately)  
Mill directly into the bag!



Item # 760280

- Nutrimill milling module easily attaches directly to the flour bagger
- Mill grains directly into supplied freezer safe bags without the mess
- BPA Free
- Saves time
- Easy solution for gifting

**Accessory includes:**

- Mill Adapter
- Bagging Ring
- Sample Bags
- Bag Support / Pail



**BOSCH**

Invented for life

### Universal Plus®

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

**Features:**

- 800 Watts
- 6 ½ quart bowl
- 4 speed settings and momentary switch
- 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 FS4  
flour sifter



MUZ 6 DB2  
batter whisks



MUZ 6 CP 2  
cookie paddles



MUZ 6 ZP 1  
citrus juicer



MUZ 6 ER2  
stainless bowl



MUZ 6 BS1  
bowl scraper

### 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 CLASSIC SAFETY INSTRUCTIONS

1. Always be sure the separator cup is properly attached before milling.
2. Always be sure the air filter is in place before milling.
3. Always be sure your flour bowl is positioned correctly before milling.
4. 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.
5. Do not over-fill the hopper, it is easy to empty the flour canister and continue milling.
6. Do not mill damp, wet or oily grains.
7. Always clean the filter after milling by tapping out excess flour.
8. All service and repairs must be done by an authorized service center. For service information, see the warranty information on the last page of this manual.

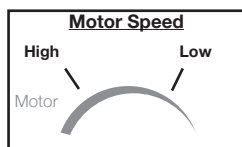
## THE FIRST TIME YOU USE YOUR NUTRIMILL

**Take the hopper extension ring out of the flour bowl.** The hopper extension ring must never be stored in the flour bowl while milling. Mill at least 2 cups of wheat or other hard grain, then discard the flour and clean the bowl. This will eliminate any contaminants the mill may have obtained in the manufacturing process. Make sure you use clean grain. 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 ensure a reliable milling experience for many years to come.

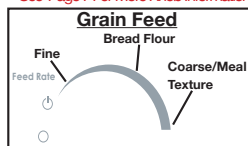
## KNOW YOUR NUTRIMILL

If you want to mill at a coarse meal consistency, never turn the upper and lower knobs directly to the right when starting to mill. Always allow grain to start flowing for 15-20 seconds before turning knobs to the right.

The upper knob controls motor speed. This allows you to have greater control of the texture. For most grains leave the knob turned all the way to the left, (high speed). For coarse flour, start running the mill with the knob turned all the way to the left for 15-20 seconds, then turn the knob all the way to the right. Turning the knob to the right slows motor speed.



See Page 7 For More Knob Information



The lower knob controls grain feed/flow and turns the mill on and off. When you start milling, always turn the feed rate knob all the way to the right for 15 seconds to allow the grain to start flowing freely. NOTE: This is particularly important when milling larger grains or legumes. Turning all the way to the right will allow the larger grains to start flowing freely. You may then turn the knob to your desired setting. The feed rate will affect the fineness of the grind. Turning the knob to the right will feed grain faster and produce coarser flour.\* **Turning the feed rate knob all the way left will turn the machine off.**

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

1. Unplug mill so motor does not turn on while adjusting grain feed (lower) knob.
2. With hopper empty, look under grain inlet cover (located at bottom of hopper). A flashlight may be helpful. Do not touch or disassemble the inlet cover.
3. When knob is set to OFF, most grains cannot flow through the inlet.
4. Turn lower knob back and forth. You will see the size of the opening into the milling chamber gradually changing.
5. As you turn the knob further to the right, inlet size increases. This allows grain to feed and flow more rapidly.
6. Depending on size of grain in the hopper, knob setting has a point at which grain begins to flow. (For example, barley or millet will begin to flow into the mill at a setting much further to the left than corn or beans because they are smaller in size.)
7. When you find the point where grain begins to flow, turn the knob 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 knob a little further to the right for a steady flow. The point where grain begins to flow will vary depending on grain kernel size.

## 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
- ½ cup sugar
- ½ cup powdered milk
- ½ 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 ½ 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.

### WHOLE WHEAT PEANUT BUTTER COOKIES

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

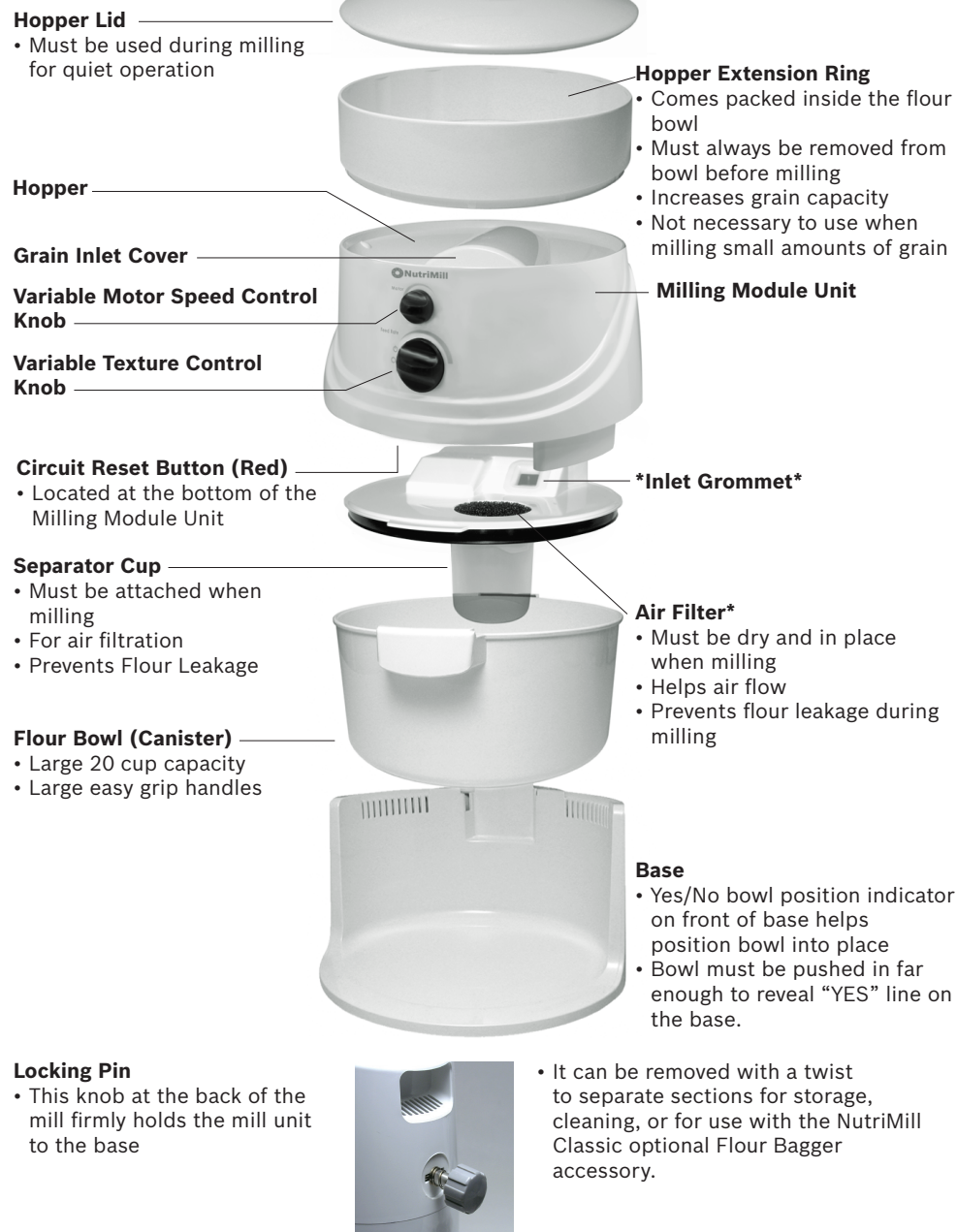
- 1 ½ cups soft butter
- 4 cups raw or regular sugar
- 2 ½ cups natural peanut butter (unsweetened or sweetened)
- 1 Tbsp. vanilla
- 4 large eggs
- 5 cups soft whole wheat pastry flour
- 2 tsp. baking soda
- 1 tsp. salt (only if using unsalted butter)

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
- ¼ cup cornstarch
- 2 ¼ cups powdered sugar
- ¾ cup whole wheat flour
- ½ tsp. salt
- 1 tsp. vanilla or almond extract
- 1 ½ tsp. cream of tartar

First mix 1 ¼ 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 ½ 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.



\*Inlet grommet and filter should be replaced every 2 years or as needed.

## OPERATING INSTRUCTIONS

1. Attach the Separator Cup - **Must be attached when milling.** Align handle on cup with the handle guide on the bowl lid and snap securely into place. This cup collects the finest flour. Flour in the cup is useable. After milling either empty the separator cup and add to the flour in the bowl or save and use as pastry flour.



2. Insert air filter into place on top of bowl lid - **Must be attached when milling.** Clean filter and cavity it fits into after each milling session. Filter can be cleaned by tapping out flour that has collected. Be sure there is no flour in filter if you wish to wash it.



**NOTE: Make sure the filter is thoroughly dry before using.**

3. Attach bowl lid to top of flour bowl. Lids twists to lock into place. Bowl lid has a durable rubber gasket that creates a seal and prevents flour leakage. On new mills gasket will have a tight grip, this also happens sometimes during regular use. For tight gaskets, we suggest lubricating the gasket by rubbing on either flour, cornstarch or non-stick cooking spray. NOTE: Never spray directly on the gasket. Spray only a little on a rag or paper towel and wipe on gasket. You will periodically need to reapply one of the above lubricants, especially after washing.

4. Lock on hopper extension ring - (not necessary to use when milling small amounts) The hopper extension ring comes packed in the flour bowl and **must never be left in the bowl when milling.** Extension ring has 3 locking tabs to secure it to the mill. It is best to insert/remove the tabs one at a time. To attach: With mill facing you, insert tab at the front right then move clockwise and insert the next two tabs. To remove: With mill facing you begin with front right tab and move counterclockwise to remove next two tabs.

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 by turning lower knob.  
NOTE: It is not necessary to start the motor before adding grain. Always start the mill on high speed. Never turn the knobs directly to the far right. Always allow your grain to start flowing for 15-20 seconds before adjusting knob to coarsest setting. 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.

We recommend hand-washing the plastic bowl and lid. High-heat dishwashers can warp the plastics. The gasket on the bowl lid will need to be relubricated after washing.

## OVERNIGHT DOUGHNUTS (No knead)

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

- 1 quart milk
- ¾ cup butter
- ½ cup honey
- 1 Tbsp. SAF instant yeast
- 2 tsp. salt
- ½ tsp. freshly grated nutmeg (optional)
- ¼ 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 ½ - ¾ 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 ¾ cups flour (rye, wheat, white, etc.)
- 1 tsp. baking soda
- ½ 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.)

## RECIPES

### 100% WHOLE WHEAT BREAD in a BOSCH Universal Kitchen Machine

- 6 cups warm water
- ½ cup oil
- ½ 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.

- ¾ cups soft whole wheat pastry flour, kamut, or white flour
- 1 tsp. sea salt
- ½ 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.

### 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. 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 ⅓ to ¾ full of soft grains to avoid overfilling the flour bowl!

### TEXTURE CONTROL KNOB GUIDE

The Motor Speed Control Knob (Upper Knob):

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

- For most flour, upper knob should remain to the left.
- For very coarse flour and medium fine corn meal, knob should be set to the right.
- For heavy flour & dense textured breads, select a middle setting. Adjust for desired results in the future based on your experience.
- **NOTE: Always allow the mill to run for 15 to 20 seconds with the knob turned all the way to the left before adjusting the knob to your desired setting in the middle or the right.**



The Grain Feed Rate Knob (Lower Knob):

This is the ON-OFF switch and a valve that controls how quickly grains can flow into the mill. (You can look under the inlet cover and see how this valve opens and closes. Instructions for better understanding how your mill works are on page 4).

- For finer flour set the knob towards 11:00 – 12:00. (Most grains will not flow at less than a 10:00 position on the knob.)
- For coarse flour turn the knob toward the right.
- Large items (like beans) won't begin to flow until the knob 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.
- Larger grains such as legumes or rice will mill slowly while small grains like wheat or millet will mill quickly.
- **NOTE: For optimum milling turn the knob all the way to the right for 15 seconds, so grain will start to flow freely. Then turn the knob back left to your desired setting.**

**NOTE: PERIODICALLY MILL 3 CUPS OF WHITE RICE ON A COARSE SETTING TO CLEAN THE MILLING HEADS AND REMOVE ANY POSSIBLE LEFT OVER PARTICLES.**

## 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.

## GRAIN INFORMATION

**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.

## THE NUTRIMILL WILL MILL THE FOLLOWING

### GLUTEN-FREE BEANS & PEAS

- Yellow lentils
- Red lentils
- Chickpeas (garbanzo beans)
- Lima beans
- Soybeans
- Anasazi beans
- Mung beans
- Black beans
- Kidney beans
- Navy beans
- Green split peas
- Yellow split peas

### GLUTEN-FREE GRAINS

- Popcorn
- blue corn
- Oat groats
- White rice
- Brown rice
- Wild rice
- Sorghum
- Millet
- Buckwheat
- Red quinoa
- Quinoa
- Amaranth

### WHOLE GRAINS

- Kamut
- Hard red wheat
- Hard white wheat
- Spelt
- Barley
- Farro
- Soft wheat
- Rye
- Bulgur Wheat

## USE CAUTION WHEN MILLING THE FOLLOWING

Fill the hopper no more than  $\frac{2}{3}$  to  $\frac{3}{4}$  with these as they produce more flour volume.

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

## DO NOT MILL ANY OF THE FOLLOWING

- |   |   |                    |
|---|---|--------------------|
| • Oatmeal                                     | • Rolled or Steel Cut Oats                          | • Chocolate        |
| • Seeds (flax, sesame, chia, sunflower, etc.) | • Herbs   | • Sprouted Legumes |
| • Nuts Of Any Kind                            | • Hemp  | • Sprouted Grains  |
| • Coffee Beans                                | • Sugars (white & brown)                            | • Sprouted Seeds   |
| • Spices                                      | • Dried Fruits or vegetables (dates, raisins, etc.) | • Goji Berries     |
|   |   | • Tapioca          |

Avoid grains, beans and seeds that have high oil or moisture content. Noncommercially dried products may cause plugging.

For any grains not listed above that you have a question about, mill only 1/4 cup, then test the flour by pinching a small amount between your thumb and finger. If it holds the shape of a pinch and does not fall apart, it contains too much moisture. Do not mill this grain.