

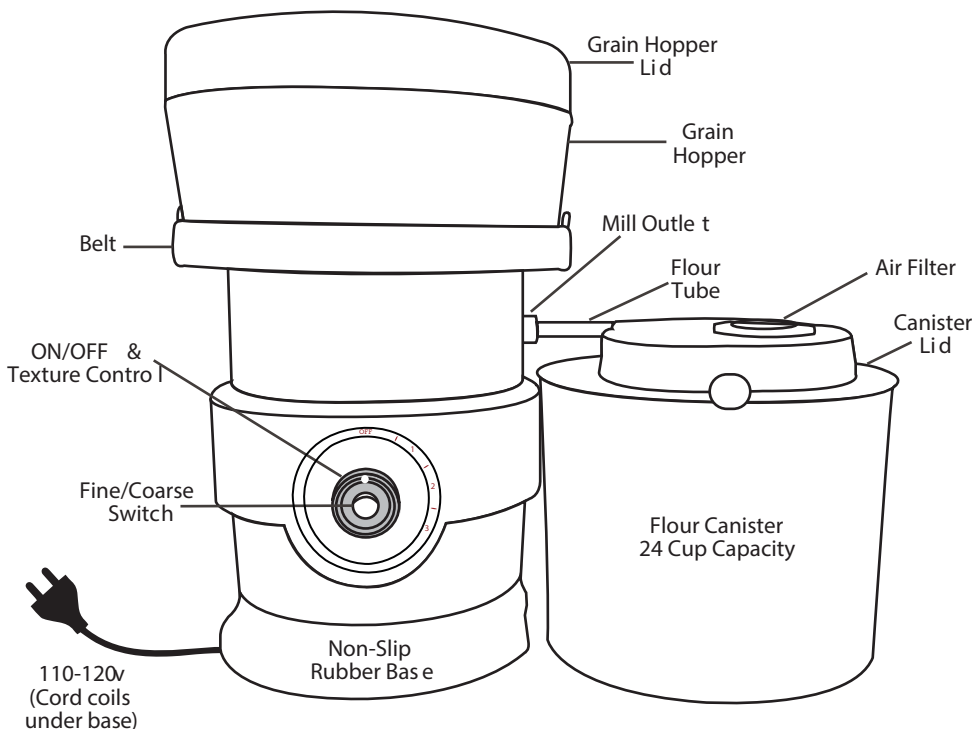


NutriMill®

Plus

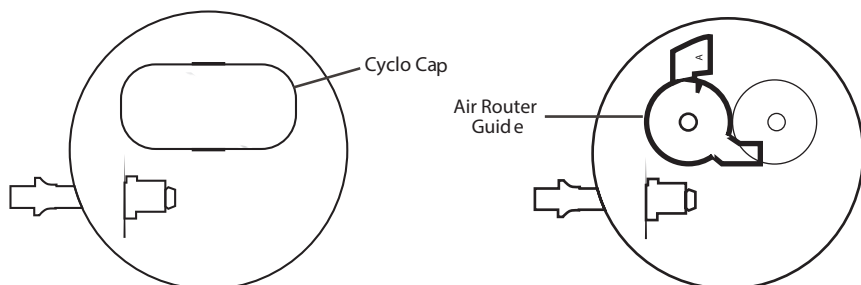


Owner's Manual



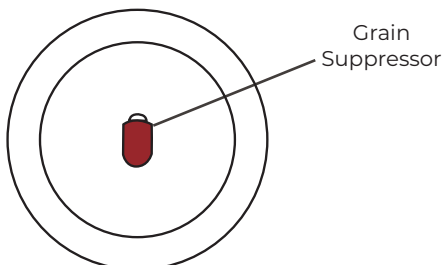
Flour canister lid

birds eye view



Grain hopper

birds eye view



Congratulations

on your purchase of the NutriMill® Plus. This product is superbly engineered, innovatively designed, and built with lasting quality. Thanks for choosing this well crafted high speed flour mill. We know you will enjoy it for years to come. After all, it is a NutriMill®.

Welcome to the NutriMill® Family.

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.

NutriMill® – Giving you Superior Equipment for Healthy Meals™.
Fresh is always better!

Technical Information:

Milling Heads: Stainless Steel

Motor: 10 Amps; 1200 W

Weight: 12 lbs

Hopper Capacity: 13 cups

Housing: ABS Appliance Grade Plastic

Measurements: 9.5" W x 9.5" D x 13" H

Flour Fineness: Adjustable - Pastry Fine to Medium Coarse

HOUSEHOLD USE ONLY

IMPORTANT SAFEGUARDS

Please read all of these instructions thoroughly.

When using electrical appliances, basic safety precautions should always be followed including the following:

- Read all instructions.
- To protect against risk of electrical shock **DO NOT** put motor base or power cord in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
- Avoid contacting moving parts.
- 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.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter.
- Do not let cord or unit contact hot surface, including the stove.
- Do not unplug from electrical outlet by pulling on the cord. To unplug, grasp the plug and pull.
- Do not put your fingers or other foreign objects into any of the mill's openings while it is in operation.
- Do not leave mill unattended while in use.
- Do not clean mill by inserting pointed objects into milling chamber or using running water.
- This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

SAVE THESE INSTRUCTIONS

NUTRIMILL® PLUS SAFETY INSTRUCTIONS

- Always be sure the air router guide and the cyclo-cap are properly attached before milling.
- Always be sure the air filter is in place before milling.
- Always be sure your flour canister is connected and positioned correctly and that the lid is tight before milling.
- Always check your grain for foreign objects before milling. Do not use grain that has not been cleaned during the manufacturing process. We recommend purchasing and using grain from a reliable source.
- Do not let the flour canister become over-filled. It is easy to empty the canister and continue milling.
- Do not mill damp, wet, or oily grains. Do not mill any seeds, nuts, sugars, or spices.
- Always clean the filter, air router guide, and cyclo-cap after milling by tapping out excess flour. Wipe out any remaining flour particles with a cloth or small brush.
- 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.

KNOW YOUR NUTRIMILL®

- The control knob is both the on-off switch and the grain flow control gate.
- Make sure the knob indicator is straight up (off position) before you plug into the electrical outlet. Turning the knob to the right will turn on the mill motor. As you continue to turn the knob to the right, you will hear grain begin to drop into the milling chamber. This position is the slowest feed rate possible and usually does not feed smoothly. Open the gate a little more for smooth grain flow.
- A slower feed rate usually results in a finer flour, depending on the motor speed. A faster feed rate will result in a coarser flour. As a guideline: a full hopper of wheat will mill into wonderful bread flour in about 5 to 6 minutes.
- The feed gate will need to be wide open (set dial all the way to the right) to mill the largest legumes.
- The motor speed control is the switch in the center of the control knob. Press the top of the switch for high speed to yield finer flour. When the switch is down for low speed, flour texture will be more coarse. When turning on the mill, start with the motor switch in the down position, then turn it to high after the mill has started.

FIRST TIME YOU USE YOUR NUTRIMILL®

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

OPERATING INSTRUCTIONS

1. Push in clip on each side of the canister and lift milling unit out of canister.
2. Uncoil the plug from underneath base (Note: ensure the bottom of the mill is clean so the base grips the counter).
3. Open the hopper lid and remove the flour canister lid. Ensure the air router guide and cyclo cap are in place.
4. Attach the lid to the top of flour canister. Press down to seat the lid seal and lock the lid into place. The lid has a unique rubber gasket that creates the seal and prevents flour leakage (patent pending).
5. Lift the grain hopper into the milling position. Twist the hopper to unlock from the storage position, lift it and twist it back to lock it in the milling position.
6. Extend the flour canister tube and connect to the mill outlet.
7. Fill the hopper with grain. See the 'grain to flour' ratio guide on page 8 to help you understand how much grain you should start with.
8. Plug in machine and turn on by turning the control knob. **NOTE: It is not necessary to start the motor before adding grain.** You may stop the milling mid-cycle if necessary. Turning the control knob to the left will close the grain feed gate, then turn off the motor.
9. Put the hopper lid down and let it run. The NutriMill® is designed to operate with the lid down for quieter milling.
10. When milling is complete, let mill run for an additional 5 seconds. This eliminates any flour left in the self-cleaning milling chamber. Tapping the canister lid a few times before opening will help settle the flour in the canister and release flour from the bottom of the lid. Unplug the machine and wipe or brush away any flour residue from the mill. Always thoroughly clean and dry canister before stacking and storing.
11. Wrap cord carefully, keeping as straight as possible for proper storing.

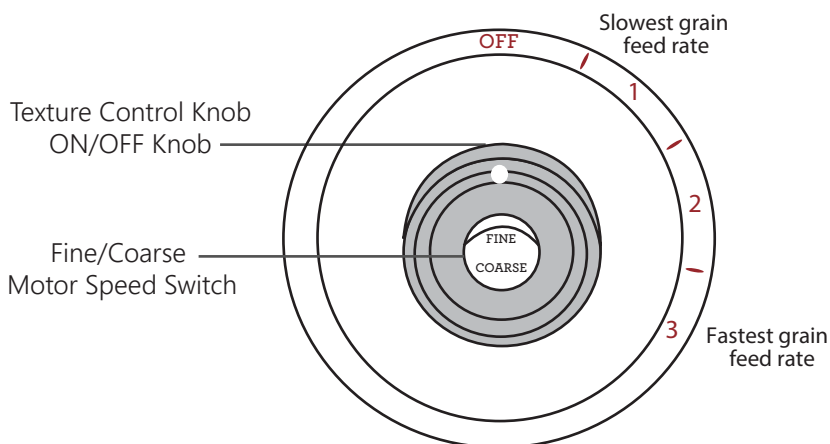
NOTE: IF YOU WISH, YOU MAY PERIODICALLY MILL 3 CUPS OF WHITE RICE ON A COARSE SETTING TO CLEAN THE MILLING HEADS AND REMOVE ANY POSSIBLE LEFTOVER PARTICLES.

TEXTURE CONTROL

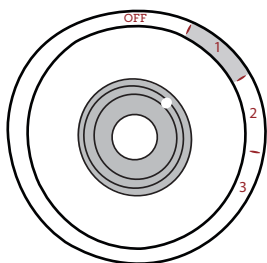
NOTE: The instructions below are a general rule, results will vary depending on the size of the grain. The texture of your flour is managed by the flow rate of the grain and the motor speed. The lower the motor speed and the more open the feed gate (the more grains going in at a time), the coarser the flour will be.

- For most flour, motor speed switch should remain on "FINE" (up).
- For coarse flour and medium fine corn meal, the motor speed can be on "COARSE" (down).
- Adjust for desired results based on your experience.
- The control knob is the ON-OFF switch and a gate that controls how quickly grains can flow into the mill.
- For finer flour, set the knob to feed slowly (setting 1-2).
- For coarse flour, turn the knob toward the right to feed grain more quickly (setting 3).
- Large items (like beans) won't begin to flow until the knob is set to setting 3.
- 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 items, such as legumes, will feed slowly while small grains, like amaranth or millet, will flow into the mill quickly.

FEED CONTROL KNOB



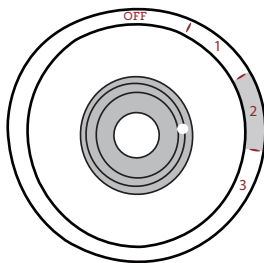
CONTROL KNOB SETTINGS



Setting 1

Use for small grains
and pastry fine flour

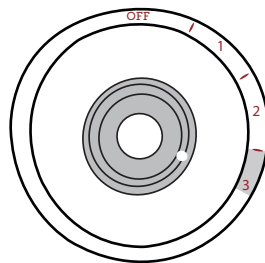
*Examples: Amaranth,
Millet, Quinoa*



Setting 2

Use for medium sized
grains and fine flour

*Examples: Wheat, Rye,
Barley*



Setting 3

Use for large legumes
and coarse flour

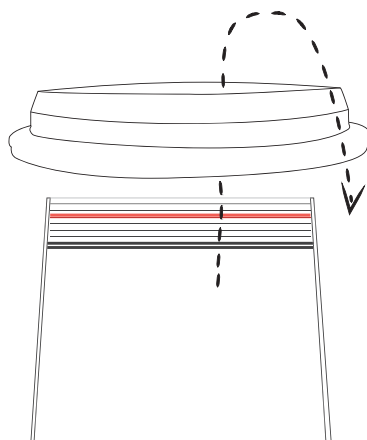
*Examples: Garbanzo Beans,
Soybeans, Anasazi Beans*

FLOUR BAGGER ATTACHMENT

With the flour bagger attachment, you can mill fresh flour directly into a sealable storage bag (to properly fit over flour bagger, bag should have a minimum width of 13 inches and maximum height of 15 inches). Fresh flour is best used the day it's made; however, leftovers can be stored in the refrigerator for up to a few days and in the freezer for up to a few months.

1. Hold flour bagger so the piece reads "this side up."
2. Pull an opened bag through the flour bagger ring. Wrap mouth of plastic bag over the edge of the flour bagger.
3. Place the bag and flour bagger on the small tabs inside the Plus flour canister.
4. Replace Plus canister lid and mill as usual.

Any flour will mill directly into the bag. When finished, remove the bag, seal it and store for later use. In addition to the flour bagger, the Plus includes 10 free flour bags, and additional bags can be purchased from your NutriMill® retailer.



Flour Bagger

This attachment is included in your package. Use it to mill flour directly into a bag.

CLEANING YOUR MILL

1. Remove flour canister lid. Remove cyclo cap and lift up air router guide (at tab "A"). Tap out excess flour. Flour that is on the canister lid and that collects in the dual cyclone chambers is perfectly usable. It is usually very fine flour. Use a dry brush to

clean out any remaining particles. For best results, clean after every use.

2. Clean the air filter by tapping out flour. 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. Hand wash flour canister and lid, DO NOT put them in the dishwasher. High heat dishwashers can warp the plastics.
4. Wipe down plastic housing with a damp cloth.
5. Always thoroughly clean and dry canister before stacking and storing.

DO NOT IMMERSE MILLING UNIT IN WATER

PURCHASE QUALITY GRAIN

- Know the source of your grain. Purchase your grain through a reputable dealer. The grain should have been thoroughly cleaned and packaged. We recommend double or triple cleaned grains.
- 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 balance this, so bread rises properly.
- Make sure your grains are dry and do not have a high moisture content. Wet or damp grains may cause your mill to plug up.
- Rotation and use of grains is as important as the rotation and use of your other perishable food items.

GRAIN INFORMATION

- You will want to adjust the amount of grain you add to the hopper so the flour bowl does not overfill. One full hopper of hard white wheat will yield one full canister of flour.
- Soft grains, like oats and beans, will produce a greater volume of flour.
- Only fill the hopper $\frac{2}{3}$ full of soft grains to avoid overfilling the flour canister.
- Overfilling the flour canister may cause the mill to clog. The canister will hold 23 to 24 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.
- **WHEAT** - 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 that can be used in cereal, cookies, breads, pancakes and waffles. (**NOTE: rolled oats will NOT feed into the NutriMill® Plus**).

- **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.
- **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® PLUS 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

GRAINS

CONTAINING GLUTEN

- 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 | • Spices | • Sugar | • Sprouted Grains, |
| • Sesame Seeds | • Goji Beans | • Dried Fruit or | Beans, or Seeds |
| • Flax Seeds | • Rolled Oats | Vegetables | <i>(if not thoroughly</i> |
| • Sunflower Seeds | • Steel Cut Oats | • Tapioca | <i>dried)</i> |
| • Nuts | • Herbs | • Chocolate | |
| • Coffee Beans | • Hemp | | |

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

For any grains not listed above that you have a question about, mill only $\frac{1}{4}$ 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.

WARRANTY INFORMATION

L'Chef, LLC warrants the NutriMill® Plus mill to be free of manufacturing defects in materials and workmanship for a period of 7 years for parts and plastics and limited lifetime on motor and milling heads. Defective product will be repaired or replaced with a comparable model at our sole discretion upon receiving the defective product. L'Chef will not refund purchase price or provide any other remedy. This warranty applies to the original noncommercial purchaser.

Warranty does not cover 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 mill.

YOU MUST keep a dated sales receipt for warranty service.

To ensure full warranty, return the mill, securely packed, to:

L'CHEF
Attn: Service Dept.
4196 South 950 East
St. George, UT 84790

Include a copy of dated sales receipt, name, address information, phone number, email address and a statement giving specific reason for return.

For your convenience, there is a Request for Warranty Service Form located at www.boschkitchencenters.com. Click on the warranty button. For more information call customer service at 1.877.267.2434 or email service@lchef.com.



Contact us at:

1-800-692-6724 | service@lchefs.com

with any questions or concerns you may
have with your product.

4196 South 950 East
St. George, Utah 84790



Visit **NUTRIMILL.COM** to find recipes,
accessories, and so much more!