

## Notes on Milling Grain

### The Hand Mill

You can purchase the mill on display from Brow Farm [www.browfarm.co.uk](http://www.browfarm.co.uk)

**For care and assembly of mill, see leaflet included in package.**

***Take care not to lose the small plastic washer which is inserted in the shaft in front of the handle.***

#### Using the mill

- Assemble the mill and clamp firmly to a sturdy table
- Fill the hopper just over half way and do not grind when it is empty as this will wear out the mechanism
- *The mill must be turned clockwise, otherwise the grooves wear out.*
- *Take care not to turn the handle very fast, ideally 2 seconds per turn, otherwise the mill will heat up too much for the flour and the mill will wear out*
- If the mill is clogged, a quick turn anti-clockwise can release the grains. Otherwise, empty the hopper and take mill apart to clean.

#### To clean the mill:

- Take the mill apart as far as possible
- Use a stiff clean paint brush to remove all traces of flour or meal from the grooves in both parts of the grinding mechanism
- The mill can be washed in very hot water, taking care not to scratch the surfaces
- Make sure the mill is completely dry before storing - use a dry cloth or paper towels and then leave in a warm dry place before storage.

### The Cereals

- The grains sent with the mill should be stored in tightly fitting containers to keep them fresh.
- Whole grains store better than flour or meal – the freshness is sealed in the whole grain.
- Once you have ground the grains into meal or flour, use as soon as possible to ensure freshness.

The mill comes with 1 kg. organic whole-wheat grains and 1 kg organic oat groats ready for milling.

#### Wheat grains

The flour can be sieved after milling for a finer, but still very nutritious product.

The bran can be saved to sprinkle on the top of bread before baking, or sprinkled on breakfast cereals for extra fibre in the diet.

The handle on the grinder can be adjusted to produce finer or coarser flours.

#### Oat groats

The oat groats sent with the mills are very soft and sometimes stick to the grooves of the mill. Take care to clean the mill thoroughly after use – see above

For a harder meal, you can dry the groats out very slowly in a slow (defrost) oven or warming cupboard. Take care not to overheat the outer husk, as this will make it hard to mill the groats.

The mill can be adjusted to produce finer or coarser meal – the soft groats produce a texture which is floury or flaky.