



GRAIN MILLS

Why BUY a grain mill?

- More control over the finished product
- Enhanced flavor
- Save money
- Higher nutritional value
- Peace of mind – self reliance

What to look for in a grain mill

- **Type of Mill** – do you want an electric or hand powered mill? Are you going to do cracked wheat or just grind wheat?
- **Cost** – Quality and convenience will increase the cost. Hand crank mills will most likely be a cheaper option, but your arm may tire quickly
- **Convenience & usability** – Find a mill or grinder that is simple to use, easy to assemble and clean.

Different types of grains that you grind in a Grain Mill

- Hard White Wheat—contains a high gluten content. It has a sweeter, lighter flavor than other similar wheat.
- Hard Red Wheat—produces a denser bread.
- Soft White Wheat—great for pastries and other things that don't need a strong gluten structure.
- Barley, beans, buckwheat, chickpeas, corn kernels (dried), lentils, millet, oats, peas (dried), quinoa, rice, rye,

Most Popular Grain Mills (not in any specific order)

1. NutriMill Classic

- 1.8 horsepower

- 1200 - watt motor
- processes up to 5 cups of grain per minute

2. Kitchen Mill

- 1.8 horsepower
- 1000 - watt motor
- processes up to 3 cups of grain per minute

3. Wondermill - Electric Grain Mill

- 1.75 horsepower
- 1250 - watt motor
- processes up to 3 cups of grain per minute

Whole Wheat Bread (Yummy Recipe)

2-1/2 cups of warm water

1 TBS salt

1/3 cup applesauce

1/3 cup of honey

2 cups of flour 2 TBS yeast

Add everything above but the yeast in a mixing bowl using the bread hook. Stir and mix and then add the yeast. Mix. Let it sit until it's a little bit bubbly. Then add up to 4 more cups of flour (to desired consistency you want). Mix for 15 minutes. Make your loaves and put in bread tins. Cover with cloth and put under light on your stove until they have doubled in size. Bake at 350 for 40 minutes. Remove and butter the top. Makes 2 loaves of bread.

White Bread (Yummy Recipe)

4 cups of warm water

2/3 cup of oil

3/4 cup of sugar

3-4 tsps salt

10 cups of flour

3 TBS of yeast

Add all ingredients together in a bowl and mix with the bread hook for 15 minutes. Make your loaves and put in bread tins. Cover with cloth and put under the lights on your stove until they have doubled in size. Bake at 350 for 40 minutes. Remove and butter the top. Makes 4 loaves of bread.

Amusement Park Cornbread

⅔ cup white sugar

1 teaspoon salt

⅓ cup butter, softened

1 teaspoon vanilla extract

2 eggs

2 cups all-purpose flour

1 tablespoon baking powder

¾ cup cornmeal

1 ⅓ cups milk

1. Preheat oven to 400 degrees. Lightly grease an 8 inch skillet or 8-9 inch square metal baking pan.
2. In a large bowl, beat together sugar, salt, butter and vanilla until creamy. Stir in eggs one at a time, beating well after each addition. In a separate bowl, mix together flour, baking powder and cornmeal. Stir flour mixture into egg mixture alternately with the milk. Beat well until blended.
3. Bake for 20-22 minutes, or until an inserted toothpick comes out clean. Serve warm.

Variations:

- Can use buttermilk instead of milk and for a more corn taste, use ½ cup less flour and ½ cup more cornmeal.
- Food storage friendly substitutions: can use vegetable or canola oil in place of butter, reconstituted powdered milk, and/or unflavored gelatin in place of eggs. Popcorn can be ground in some grain mills to make cornmeal.
- To use gelatin as an egg substitute in baked goods: For each egg put 1 teaspoon gelatin into 2 Tablespoons cold water. Stir to dissolve. Quickly stir in 2 Tablespoons hot water and add immediately in place of eggs for baked goods.

Grain Mill Websites

<https://pleasanthillgrain.com/appliances/grain-mills> - Great source to see, buy and compare most all types and brands of mills (including all KoMo models, Wondermill, NutriMill, Mockmill and Family Grain mills)

<https://pleasanthillgrain.com/resources/grain-mill-comparison-feature-review> - good description of types of milling mechanisms and a comparison of different kinds of mills <https://nutrimill.com/> - NutriMill Classic Mill and Harvest Grain Mill

<https://www.thewondermill.com/> - Wondermill Electric grain mill and Wonder Junior Handmill

<https://grainmill.com/> - Wondermill and Family Grain mills

2024 Prices of Some Popular Grain Mills

Wondermill grain mill: \$299

KoMo Classic: \$549 or KoMo Mio: \$339

Wondermill Junior Deluxe Handmill: \$269

Mockmill 100: \$354

NutriMill Classic grain mill: \$299

Country Living Hand Grain Mill: \$679

NutriMill Harvest Grain Mill: \$429

KitchenAid All Metal Grain Mill attachment: \$149

Family Grain Mill Combos: \$199 - \$499

Back to Basics hand grain mill: \$45 - \$64

Type of Milling Mechanisms

(from <https://pleasanthillgrain.com/resources/grain-mill-comparison-feature-review>.)

The heart of a grain mill is its grinding burrs, and three basic types of burrs are used in home grain mills: Stone burr, impact and steel burr. The type of burrs that a mill uses dictates many of the key characteristics and abilities of the mill.

Stone Burr Grain Mill

Quality stone burr mills are made in every size from small to very large, with output speeds to match. They're quieter than impact mills and have the widest possible texture range; they can produce ultra fine or very fine flour, coarser flour, meal texture, cereal grind, and even cracked grain. The stone burrs in most modern small mills have a synthetic engineered composition for precision, uniformity, efficient grinding, and long burr life. Quality modern mill stones are long lasting, cool-grinding, and never contribute grit to your flour.

Stone burr mills grind all dry grains and beans and some can be used for small quantities of fibrous materials like dried spices. They aren't suitable for wet or oily materials. Some stone burr mill brands include: [KoMo grain mills](#) and [Mockmill grain mills](#).

Impact Grain Mills

Also called micronizers, this popular design offers high speed performance at moderate cost with above-average sound level. Impact mills are electric-only and feature a milling chamber with concentric rings of stainless steel fins. The fins, which never touch each other, spin at tens of thousands of revolutions per minute and burst grain kernels into small pieces as they're impacted. Impact mills produce flour only, typically in a range adjustable from coarser flour to very fine flour; they cannot grind a cereal texture, or coarser cracked grain. They're suitable for dry grains and beans, and cannot grind oily, wet or fibrous materials. Impact mills have become very popular since their introduction about thirty years ago. Mills in this category include the [NutriMill Classic](#) and the [WonderMill](#).

Steel Burr Grain Mills

Like stone burr mills, steel burr mills turn at relatively slow RPMs, are fairly quiet, and have a wide range of adjustability that starts with cracked grain, runs through cereal and meal texture, and all the way to very fine flour. Because their grinding surfaces are nonporous, steel burr mills can grind some materials that are wet, oily or fibrous.

Most steel burr mills are available as hand-crank models, with motor components available to run them on electric power when desired. Two popular ones are the Wonder Junior and the Family Grain Mill. The [Wonder Junior grain mill](#) offers an optional adapter for operation with an electric drill. It also crosses burr-composition categories by coming with both stone and steel burrs. With the quick change head system you can switch from grinding dry grains, beans and legumes to oily or wet grains, nuts, seeds or coffee, in just minutes. The [Family Grain Mill](#) is a modular system that allows quick-change choices of motor or hand drive units, and processing heads that include a flour mill, grain flaker, meat grinder and food processor.