

Bountiful Breads, Spreads and Grinders

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By Debbie Kent: avfoodstorarage@gmail.com



(Gen. 47:12) And Joseph nourished his father, and his brethren, and all his father's household, with bread.

Jed and Stuart were best friends and next-door neighbors. They did everything together. They even had the chicken pox at the same time. When school was in session ate lunch together. They always tried to eat lunch very quickly so that they could play soccer. However, there was a little problem; Jed's sandwich was always so big that he couldn't finish it very fast. After waiting for him about a thousand times, Stuart finally figured out why it took Jed so long to eat. "It's your bread!" he announced. "Your bread is weird. It's not like regular bread, it's strange looking. Where do you get it?"

"My mom makes it." "What for? You can just go to the store and buy it, and it tastes great—all soft and squishy. Yours looks kind of stiff." "My mom makes it for a lot of reasons," Jed answered. "For one thing, we have a lot of flour in our year's supply, and she doesn't want it to get old."

"What's a year's supply?" "Come over after school, and I'll show you."

After school, Stuart saw the storeroom Jed's father had built. There were shelves full of cans and jars and boxes and barrels, Stuart couldn't believe his eyes. "It's like your own grocery store!" he exclaimed. "Why do you have so much stuff? Can't you just buy more when you run out?"

"We keep extra food in our house in case something happens and we can't get to the store. The leaders of our church have taught us to be prepared in case anything bad happens," Jed explained. "It's not just food we store. We have blankets, candles, toilet paper, soap, matches, a first-aid kit, and lots of other things." "When are you ever going to need all this stuff?" asked Stuart. "We hope we never have to use some of the other stuff, but our church leaders have told us that we need to be ready, just in case."

Late in March, there was a terrible storm. It snowed for days and days, and the roads into town were blocked. No trucks could bring in food, and soon the stores were running out of things. People were getting worried that they wouldn't have enough to eat if the storm didn't quit soon. Things were getting pretty scary. One day Stuart told Jed that there wasn't much left to eat at his house. That night, Jed's mom invited Stuart and his family over for dinner. They had a nice big meal, and Stuart's family wondered where all the food came from. "It's from their year's supply," Stuart explained. He told his family all about Jed's family's "grocery store."

The following day, Jed took a big, warm loaf of homemade bread next door. Stuart's family was very happy to have it. Until the roads were cleared and things were back to normal, the two families shared all they had and made it through the hard time. One day not long afterward, Stuart and Jed were having lunch with some other boys. They were all trying to hurry so that they could get the soccer ball. One of the boys noticed Jed's giant sandwich. "What kind of weird sandwich is that?" he asked. Before Jed could answer, Stuart stood up tall and told the boy, "That's made with year's-supply bread, and it's the best bread in the whole wide world!" Then he sat down and took a bite from his very own giant year's-supply-bread sandwich. Danielle Zane Wilkinson, "Year's-Supply Bread," *Friend*, Apr 1994, 8

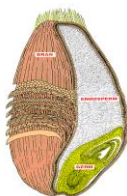
Ezra Taft Benson "For over 100 years we have been admonished to store up grain. 'Remember the counsel that is given, 'Store up all your grain, and take care of it!... And I tell you it is almost as necessary to have bread to sustain the body as it is to have food for the spirit.' (Quoting Orsen Hyde, Journal of Discourses, Vol. 5, p. 17)

- Grains are the foundation of our long term storage.
- The new guidelines are for 400+ pounds per person.
- Having several kinds of grains adds variety and nutrition to your diets.
- Grains can include: red or white wheat; oats; rice; pasta, corn; barley; spelt; millet; triticale; buckwheat; kamut; quinoa and rye.

Wheat is the foundation of our Long Term Food Storage Programs.

It is cheap and stores a VERY LONG TIME (Did you know they have sprouted wheat found in the Pyramids thousands of years ago?). The rule of thumb is 400 lbs of grain per person with about 220 of that being wheat. The bigger variety of grains you have in your storage the better. It is: healthier, makes fantastic bread and helps elevate appetite fatigue. I don't know about you, but I LOVE bread! I prefer it over boiled wheat or wheat meat about a million to one. So if you would like to eat your wheat in the form of bread you will need to know how to make it and what other ingredients and supplies you will need besides the wheat. A few of these other items might be: yeast; salt; bread pans; pizza stone; wheat gluten; dough enhancer, lemon juice or vitamin C; oil and don't forget the GRINDER!!! With this class I hope to give you some tried and true ideas to make your bread making fun and bread so delicious and EASY you will want to make it every day. Thereby, feeding your family healthy, no preservative bread; which gets your bodies used to whole grains; helps rotate your food storage; and will give you BIG satisfaction.

Parts of Grain:



Bran: outer covering, high in vitamins, minerals and protein

Endosperm: inner part where cellulose, starch and gluten are found, little vitamin and minerals found. White flour is mostly made from this.

Germ: high B and E: also protein, fat and mineral, phosphates(brain/nerve food), calcium

All Wheat is NOT created equal, if you want to make bread it has to be high in gluten & protein. Wheat is either grown in the winter or spring and is either red or white.

Hard Winter: high in gluten, good for breads, low in moisture, stores 30+ years

Soft Spring: low in protein gluten (cake, pastries, crackers, etc), stores 5 years

and

Red Wheat: kind found in pyramids, most widely grown (hard or soft)

White Wheat: makes lighter, sweeter bread, easier to digest than red wheat (hard or soft)

HINT: For those of you with family members that are **gluten intolerant** NOW is the time to experiment with alternative grains from which you can make wheat-there are several non-gluten bread making books on the market. Try these websites to get you started. They are full of recipes, helps and support.

glutenfreemommy.com

glutenfreecookingschool.com

glutenfree.com

glutenfreebreadrecipeblog.com

BOUNTIFUL BREADS

Adapted from breadinfo.com

The first bread was made by grinding grain between stones and then adding water and cooking it over a fire. This made a kind of cracker which would last for days. Later, yeast was accidentally added to the dough and they had the first raised breads. Then it was realized that if they saved some of the dough from the previous day, they could use it as a basis for more raised bread the next day, the first sour dough breads. Later, around 1000 BC, they figured out how to isolate yeast and were able to quickly create raised breads.

Thought of as the "staff of life", for centuries bread has been used in religious ceremonies. Even the lord's prayer requests of God to "Give us this day our daily bread" - meaning not merely loaves, but moral sustenance.

Throughout history a person's social status was attributed to the kind of bread they ate. In days foregone, the rich people ate the highly refined, more expensive white breads and the poor the dark brown breads. Now this situation is mostly reversed with the darker, whole grain breads being the most expensive.

Bread is still a staple of the family diet. It is found prominently displayed at markets and is found in our homes and even in how we speak as in money being called "bread". Bread is a healthy and nutritious food that fills the stomach as well as the soul. Whether you make it by hand, mixer or machine the result is the same. Nothing beats the smell or taste of homemade bread.



There are many different kinds of breads: All made from same basic ingredients.

Flat bread: quick and easy; no kneading or rising; quickly baked or stovetop.
(biscuits, pancakes, **tortillas**, crepes, fry bread, and crackers)

Quick breads: Easy to mix; usually sweet; no kneading or rising, long bake time
(Amish, applesauce, banana, cinnamon, cornbread, nut, pumpkin, soda and zucchini, muffins)

Batter Bread: Easy to mix; rising; no kneading; baked
(Ezekial; WW; WW Raisin; Rice bread and donuts)

No Knead Bread: Easy; yeast; long rise time; no kneading; baked, chewy texture
(French, artisan; wheat; focaccia pretzel; and more)

Sourdough: No yeast, uses starter for rising, stovetop to baked.
(French, pancakes, biscuits, WW, pretzel)

Kneaded Bread: Easy to mix; requires kneading and rising; baked and stovetop.
(brown, potato, multi-grain, WW, French, flaxseed, buns, pita rye, and bread maker)

Use your imagination and have fun!



One Loaf of Bread per Day

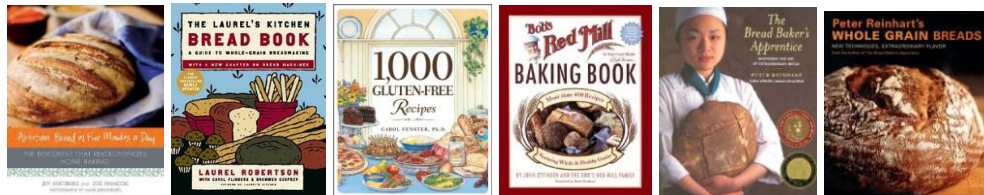
If you eat one loaf of bread a day, you will need: 275 lbs of wheat, 4 gallons of oil, 46 lb of honey or sugar, 8 lb of yeast, and 8 lbs of salt.

“If you are without bread, how much wisdom can you boast and of what real utility are your talents, if you cannot procure for yourselves and save against a day of scarcity those substances designed to sustain your natural lives?”

Brigham Young *Deseret News*, July 18, 1860, 153.

Best Bread Baking Books and Links

* On Chef Mike Lawrence’s MUST HAVE list.



* **Artisan Bread in Five Minutes a Day** By Jeff Hertzberg and Zoe Francois

* **The Laurel's Kitchen Bread Book** By Laurel Robertson

* **1000 Gluten-Free Recipes** by Carol Fenster (for Gluten Free Diets)

Bob's Red Mill Baking Book: 400+ Recipes Whole & Healthy Grains by John Ettinger

Bread Baker's Apprentice: Mastering the Art of Extraordinary Bread by Peter Reinhart

Whole Grain Breads: New Techniques, Extraordinary Flavor by Peter Reinhart

Links: Breadtopia.com (full of recipes and great videos on breadmaking)

TheFreshLoaf.com (lessons; handbook; videos and blogs on breadmaking)

[YouTube.com](https://www.youtube.com/watch?v=...) ___ Artisan Bread in 5 minutes a Day (lulugoh)

[YouTube.com](https://www.youtube.com/watch?v=...) ___ Making No-Knead Bread (New York Times)

TIPS

- Large flat loaves will bake rapidly. Large, high-domed loaves will require dramatically longer baking times.
- A loaf will sound hollow when tapped with finger when done.
- Cover with a foil tent if crust becomes too brown.
- Let dough rise in draft-free place with a temp. of 85-90°. The pilot light in a gas oven warms it to an ideal temperature. If room is cool, put upside-down bowl over dough.
- Water Temperature is crucial to yeast rising. If it is dissolved in liquid with sugar or honey, the temperature must be 110-115°. When the yeast is combined with dry ingredients, the liquid should be 120-130°. If using a bread machine water temp. should be 80°. Use thermometer.

MOST COMMON MISTAKES FOR BREADS

- Too much or too little water: spongy or dry and crumbly
- Water is wrong temperature: won't rise
- Old yeast: won't rise (see yeast for how to test)
- Letting dough rise too fast or too long: bread will be coarse or may fall
- Not letting rise long enough: flat, heavy bread.

Bread Baking Equipment



Baking Stone (artisan breads): For best results, you'll want a high-quality, half-inch-thick baking stone. The porous stone absorbs excess moisture from your wet dough, allowing a thin, crackling, crisp crust to form. You can bake wet dough on a cookie sheet or other nonporous surface, but the crust won't be the same.

Bread Knife: A serrated bread knife is very helpful, because it does a great job cutting through fresh bread without tearing or compressing, and also because it's the best implement for slashing loaves just before baking the bread.



Broiler tray or other pan to hold boiling water for steam: This is essential for breads intended to achieve a crackling crust and nice color. **OR** cover dough with a lasagna pan to contain the moisture that escapes the bread.

Bucket or large plastic storage container with a lid (no knead bread): You can mix and store the dough in the same vessel and save on cleanup. You'll need at least a five quart container for one batch. Not washing the container between batches and will increase "sourdough" flavor.



Cookie Sheets (no knead or artisan breads): You may opt to bake your first bread on the cookie sheet that you already have in the house. You can line your cookie sheet with parchment paper, which also provides a nice non-stick surface and easy cleanup. This option gives respectable results, but don't expect a crackling crust.

Cooling Rack: These are very helpful in preventing the soggy bottom crust that results from cooling on a plate or other nonporous surface.



Dough Scraper: A rigid steel scraper helps detach the dough when it sticks to your work surface. It is useful for cutting wet dough into equal portions prior to making "ropes" for braided loaves. It's also the only easy way to scrape excess flour and cornmeal off your hot stone.

Loaf Pans: Pans with dimensions of 9 X 4 X 3 work best. Fill the pan a little more than half full. None stick or stoneware work best.

Measuring Cups: Avoid 2-cup measuring cups, because they overestimate the flour quantity when using the scoop and sweep method.

Measuring Spoons: These recipes call for one and one-half tablespoons of salt and yeast. If you can't find a half-tablespoon measure, just measure out 1 ½ teaspoons.

Oven thermometer: Home ovens are often off by up to 75°. A hot oven drives excess water out of a wet dough, but if it's too high you'll burn the crust before fully baking the interior.



Pastry brushes: They look like small paintbrushes. Used to paint water or egg wash on surface of loaves.

Pizza Peel: This is a flat board with a long handle used to slide bread and pizzas onto a hot stone. Coat liberally with cornmeal before putting wet dough loaves on it or they will stick. If you don't have a peel, you can place the dough on parchment paper on a cookie sheet with no sides and slide the parchment onto your hot stone.



Quick Read Thermometer: When just starting with bread making, it's sometimes hard to tell if it is done or not. A thermometer inserted into the center of the bread should read 195-200° for loaf breads and 200-205° for artisan and sourdough loaves.

BREAD MAKING TERMS AND DESCRIPTIONS



paper bag (2 days-stays crunchy); plastic bag (3 days- soft).

CRUSTY BREAD: Use baking stone/dutch oven or cast iron and steam. Place stone or dutch oven on the bottom shelf of the oven before preheating. To get really hot, preheat in oven for 30 minutes. To check if ready, drop some water on top of the stone, and if it dances, it's ready -- never touch the hot stone directly. Place the bread dough on top of the stone to bake. **Steaming** during the first 5-10 minutes of baking makes a crispier crust. To do this, fill heated pie pan with 1/2-inch of water. This will cause an immediate burst of steam. Quickly close the oven door to trap the steam, and do not open for at least 10 min. Leave the pan in the oven and remove when the oven has cooled. Store bread in

DOUGH ENHANCER: It alters the pH of the dough (among other things) so that it enhances the growth of the yeast and it makes the dough rise more, 1T. to 1c. flour. Can sub. lemon juice.



EGGS: add richness, color, and flavor to the dough and resulting bread

FATS, oils, butter and shortening: add tenderness, moistness and flavor to bread. Don't use whipped butter or margarine or low-fat products or your loaf will fail.

FLOUR: Use flour with 10-14% protein. Whole wheat flour (WW) is heavier than all-purpose and needs a little more leavening therefore needs a little more leavening to achieve the same results.. It also absorbs liquid slower. When substituting white flour with WW flour in recipe, reduce each cup of flour by 2 T. Keep extra WW flour in frig or freezer.

LIQUID: The type of liquid you use will change the bread characteristics. Water will make a loaf that has more wheat flavor and a crisper crust. Milk breads are richer, with a finer texture. These breads brown more quickly because of the additional sugar and butterfat. Whatever amount of water the recipe calls for start out with less. Humidity in the air will affect the amount of water needed. It is easier to fix dry dough than to fix wet dough.

MIXED GRAIN FLOUR: For healthier bread, you can grind any grains (barley, oats, rice, millet, etc) or beans (navy, lima, pinto, lentil, white) into flour and use replace up to 25% of the wheat flour to any bread recipe.



Ezekiel Mix- A mixture of: 20 parts wheat, 12 parts Spelt, 4 parts Hulled Barley, 2 parts Hulled Millet, 2 parts lentils, 2 parts Pinto Beans, 1 part Great Northern Beans, 1 part Kidney Beans. Modern food scientists have found that Ezekiel Bread is surprisingly complete in nutrients, containing all 8 essential Amino Acids. You can make your own Ezekiel Mix, or purchase the mix from Walton Feed.

SALT: is essential to every bread recipe. It helps control yeast development, and prevents the bread from over rising. This contributes to good texture. Salt also adds flavor to the bread.

SUGAR: is the fuel that feeds yeast so it ferments, producing carbon dioxide that makes the bread rise. Some bread recipes depend on sugars in the flour to provide food for the yeast.

VITAL WHEAT GLUTEN makes a superior bread. It is higher in protein content and this is what gives bread its unique texture. Gluten forms a network of proteins that stretch through the dough like a web, trapping air bubbles that form as the yeast ferments. This creates the characteristic air holes of perfect bread.



YEAST: Yeast is a living organism. The gases expelled by the growing yeast are what leavens the bread. Use fresh active yeast (SAF-good brand) Adding 50% more yeast will cause bread to rise faster and make lighter bread. Stores 10+ yrs in freezer-1 year frig. **Hint: 2 1/4 t = 1 pkg**
Yeast Test: Place 2 1/4 tsp yeast in a glass measuring cup with 1 t. sugar and 1/2 cup warm water (115°), wait 10 minutes, Yeast should absorb water and bubble up to the one-cup mark forming a foamy crown. If you get close to one-cup mark the yeast is good and active.

No Knead Whole Grain Artisan Free-Form Loaf

Makes 4 one pound loaves. Recipe may be doubled or halved.

Ingredients:

5½ c. whole wheat flour

1½ T. granulated yeast (2 pkg)

¼ c. vital wheat gluten

Cornmeal or parchment paper for the pizza peel

1-2 T. of whole seed mixture for sprinkling: sesame, flaxseed, caraway, raw sunflower, poppy, and anise (optional)

2 c. unbleached all-purpose flour

1 T. coarse kosher salt (like Morton's)

4 c. lukewarm water (about 100° F)

Mixing And Storing The Dough:

1. Whisk ingredients together in a 6-quart bucket or bowl. This prevents the wheat gluten from forming clumps once liquids are added.



2. Next add the water all at once and mix using a wooden spoon, until all ingredients are uniformly moist, producing a loose and very wet dough.

3. Cover loosely (leave lid open a crack) and allow to rise for two hours at room temperature. NEVER PUNCH DOWN or intentionally deflate. The dough will rise and then begin to collapse. Refrigerate and use over the next 10 days, tearing off one-pound loaves as you need them. The dough will be easier to work with after at least 3 hours refrigeration.

On Baking Day:

4. Prepare a pizza peel by sprinkling it liberally with cornmeal to prevent your loaf from sticking to it when you slide it into the oven. Uncover the dough and sprinkle the surface with flour. Pull up and cut off a 1-pound (grapefruit-size) piece of dough (serrated knives or kitchen shears are best).



5. Now, gently shape a loaf. DON'T KNEAD or you will knock all of the gas out of the loaf. Gently stretch the surface of the dough around to the bottom on all four sides, rotating the dough a quarter-turn as you go to form a ball. Most of the dusting flour will fall off; it's not intended to be incorporated into the dough. The bottom of the ball may appear to be a collection of bunched ends, but it will flatten out and adhere during resting and baking.

6. The correctly shaped final product will be smooth and cohesive. The entire process should take no more than 20 to 40 seconds. If you work the dough longer than this it may make your loaf dense.



7. Cover the loaf loosely with plastic wrap and let it rest on a pizza peel covered with cornmeal or parchment for 40-90 minutes, until it is slightly wobbly. Depending on the age of the dough, you may not see much rise; these loaves depend more on “oven spring.”

8. About 20 minutes before baking, preheat the oven to 450° F with a baking stone placed on a middle rack. Place an empty broiler tray for holding water on bottom rack.



9. Just before baking, dust with flour or use a pastry brush to paint the top with water and sprinkle with seed mixture. Slash the loaf with 1/4-inch deep parallel cuts across the top (or a single lengthwise cut). Use a serrated bread knife held perpendicularly to the loaf:

10. Quickly slide onto the hot stone... (if you used parchment, it slides right along with the loaf into the oven).



...and quickly but carefully pour 1 cup of hot tap water into the broiler tray and close door quickly to keep steam in (this is essential for creating a great crust):

Bake for 30 minutes, until crust is browned and firm, cool completely on a cooling rack before slicing.



BREAD SPREADS



A spread is defined as anything that can be distributed over a surface, thus a Bread Spread can be anything that you can spread on bread. This can include things such as: butters, peanut butter and jelly, tuna, avocado and even beans. They can be smooth or chunky, sweet or bland. They can be whatever your imagination wants them to be. The examples I've used are but a small sampling of things to spread on bread. I've tried to use things that can be included in your food storage program.

GREAT GRINDERS



Historically, the process of milling grain to flour was accomplished by passing the grain through a set of grinding stones. Flour from these mills contained all parts of the grain. In the 1800s, commercial flour mills changed to a roller milling system (still used today) that allows the miller to separate the wheat grain into separate components – primarily bran, endosperm, and wheat germ. Removing the bran produces a lighter flour with less roughage. Removing the germ, which is about 10% fat, significantly reduces staleness problems in the flour. This makes a lighter, longer storing, but not as healthy bread.

Because the cost and complexity of commercial roller mills are beyond the reach of typical households, many types of home mills have been developed and used very successfully over the past century. These home mills have allowed families to significantly improve the quality of the food in their diet and have provided a higher level of self-sufficiency.

Grain grinders come in many shapes and sizes. Some are large and bulky and some can be picked up with one finger. Some take a lot of work and others require only the flick of a switch. The earliest home flour mills used the same technology that was employed historically: grinding grain between two stones or metal burrs and producing flour that has all of the components of the grain. New technology has evolved for home flour mills. This new technology, developed in the past 30 years, centers around the discovery that if grain is hit hard enough and with enough speed, the grain explodes into flour. These use less power and produce less heat. The resulting flour still contains the bran, the wheat germ, and the endosperm, but the flour is finer than that produced by older technology. This flour is a fresh product that should be either used within a few weeks or stored in freezer bags in a freezer.

There are 3 types of grinders: Burr, Stone and Impact (e=electric / h=hand-powered)



Burrs are similar to stones except their grinding wheels are made out of hardened steel. These burrs are sometimes referred to as teeth in grinder advertisements.

Advantages: will not gum up, adjustable for cracked to fine, safer if grain not clean, lasts long time, turns easier than stone grinders(manual).

Disadvantages: not quite as fine of flour as stone ground.

Examples: Golden Grain(e/h), Back-2 Basics(h), Wonder Mill Jr (h); Country Living Mill(e/h), Daimant (e/h)



Stone Grinders are the oldest type of grinder and was the only kind until only a few years ago. Stone grinders have two circular grinding stones. One stone turns against a stationary stone. Grooves are cut, radiating out from the center of the stone. These grooves diminish until they disappear towards the outer edges. When grain is ground, it falls through a channel into the center of the two stones. As the rotating stone turns, it pulls the grain out through the channels and is ground, with the flour falling out the outer edges of the two stones. The stones are no longer made from rock but from very hard synthetic materials. They can last a lifetime.

Advantages: adjustable from cracked to fine flour, lasts life time, fast.

Disadvantages: large, heavy and bulky, will gum up with beans or seeds, expensive.

Examples: Magic Mill; Country Living Mill



Impact grinders use 'blades' placed in circular rows on metal wheels. One wheel turns and the other wheel is stationary like the manual grinders. But this is where the similarities end. When the two wheels are put together the rows of blades intermesh, running microscopically close, yet never touching the blades from the opposite wheel. The rotating wheel turns at several thousand RPM. As grain is fed into the center of the fixed wheel, the interaction between the two wheels 'impacts' the grain and literally pulverizes it into a fine powder as the grain works its way to the outside of the wheels. **Advantages:** very compact and light weight, grinds very fast, makes very fine flour, cheapest electric grinder.

Disadvantages: blades can break with rocks or metal, noisy, no cracked wheat, needs electricity.

Examples: Blendtec Kitchen Mill(e) , WhisperMill (e), Nutri-Mill(e), VitalMill (e),

Electric vs Hand Grinder that is a good question. This all depends on what your present circumstances are and any preparations you may want to make for the future. Powered grinders are nice, but the most high speed grinder won't do much good if you find yourself in a power outage. Hand operated mills come in the stone and burr varieties. They are a lot of work, but important to have when there is no power. You might consider a nice electric grinder for every day use, and a hand grinder for emergencies. There are many that can work with electricity or by hand. They are usually much more expensive than if bought separately.

Electric Grinder Considerations

1. **Adjustability:** Can it adjust from cracked to fine flour, what will you use it for?
2. **What type is it:** stone, burr or impact
3. **Speed:** Most electric are fast, grinding a cup of flour in 26-51 seconds.
4. **Noise:** How sensitive are you to noise (K-Tec/ high loud pitched vs whisper mill/quiet)
5. **Size:** Range from compact to bulky; How easy will it be for you to store?
6. **Weight:** Range from 8-51 pounds. Will you be able easily move it or need two people?
7. **Hopper Size:** Range from 3-7 cups. Not really important.
8. **Cost:** They range from \$175-\$400.

Hand Grinder Considerations

1. **Flour Fineness:** The most important thing about a hand grinder is how finely it grinds. If it doesn't grind at least a little bit fine, you will not be able to make good bread. Sometime you will have to put the grain through two times to get it fine enough.
2. **Grinding Speed:** There is a huge difference in how fast the different grinders process wheat into flour. Of course, the shorter the time, the better.
3. **Pressure Required to Crank the Grinder:** There is also a huge difference in how hard it is to turn the grinders.
4. **Durability:** How well made is it, how long will it last?
5. **Cost:** The range from \$40-\$550.

Unimportant Hand Grinder Considerations

1. **Hopper Size:** It takes so long to grind a cup of wheat into flour that the amount of time it takes to add more wheat to the hopper amounts to nothing.
2. **The Way It Looks:** There are pretty grinders and ugly ones. What matters is how easy it works.

Grain Mill Summary, all Sizes & Styles

Following Information from nutritionlifestyles.com



[The NUTRIMILL Multi Texture Mill](#) (electric) \$270

It's the first high-speed stoneless flour mill that has multi-texture capability. The Nutrimill has special TruGrind™ milling heads to mill grain into flour. The difference is that unlike other grain mills, the Nutrimill can produce a coarser grind texture as well, that can be used for corn meal. Grinds all dry grains and beans. Hopper and bowl hold 20 cups grain/flour. Grinds 1 cup in 30 seconds. Grinds grain medium-extra fine. 82 decibels and 1200 watts. It weighs 14 lb. Lifetime warranty.

<http://www.youtube.com/watch?v=7gDJr3r5c5A> (to see it in action)

[The Wonder Mill \(Whisper Mill\)](#) (electric) \$270

The world's first and finest ultra-quiet, high-speed flour mill. The powerful Wonder Mill is one of the quieter mills. This remarkable flour mill is made of the highest quality materials by trained master craftsmen. The Wonder Mill is the most advanced way to mill grain today and has a patented, surgical quality, stainless steel Microburst milling chamber. It grinds all dry grains and beans. Has an 8 c. hopper and 12 c. canister. It grinds 1 c. in 22 seconds. Grinds fine to extra fine flour. It is 85 decibels and 1250 watts. It weighs 12 lbs. It carries a limited Lifetime warranty.



[The K-Tec Kitchen Mill](#) (electric) \$180

It's the first high speed stoneless flour mill small enough to easily store, big enough to do the job. It's a better way to make flour. The heart of The Kitchen Mill is its micronetic milling chamber. This new technology uses surgical quality stainless steel instead of stones to instantly turn any grain in to flour. It grinds all dry grains and beans. The hopper hold 8 c, canister holds 20 c. It grinds from fine to extra fine. 1 c in 45 seconds. It is 96 decibels and 1250 watts.

Full 5 year limited warranty and lifetime warranty on the milling heads.

Recommended by LDS Church

[The Vital Mill](#) (electric) \$130

It had an air filter, a separator cup, a mill lid for wide access, hopper extension, is very quiet, has a clog free-air flow design that eliminates gumming, jamming and plugging, grinds very flour, a self-cleaning milling chamber, it has stainless steel milling heads, a large hopper and a life-time warranty on the entire mill. It grinds all dry grains and beans. Canister holds 20 cups. Grinds 1 c. 35 seconds. It has a 10 year warranty.





The Deluxe Golden Grain Wheat Grinder (electric/hand) \$519

Can be easily hand powered with an optional attachable handle.

3/4 Horse Motor. Early American Bi-centennial design, beautifully created by quality craftsmen with years of experience in wood products. Light Walnut finish.

The new improved, self-cleaning stones with razor sharp stainless steel cutting edges crack the kernel of grain; eliminating grit in the flour and wear on the stone. Our unique design actually places the steel burr inserts inside the stones. As the Grain passes into the grinding wheels, it's cracked by the stainless steel burrs then passes out into the stones where it is finely ground.

Grinds up to 10x more wheat than other electric's when using back-up power sources.

The Country Living Mill (hand/can be motorized) \$395

Designed to last for many lifetimes. Now a fine hand mill that can actually out grinds many of the electric mills by 10 to 15% and then out grind ALL electric mills by 100% when it really counts! Will grind virtually all dry grains, including wheat, corn, beans, peas, amaranth, etc. Designed to be quickly and simply motorized - no adapter kit necessary. It grinds from cracked to extra fine. And grinds 1 c. in 1 ¼ minutes. Must be mounted. It weighs 15 lbs and has a lifetime warranty.



The Wonder Junior Stone Grain Mill (hand) \$179-\$219

It's a pretty big claim to call your product "The World's Best." But we know that after you have used the Wonder Junior Hand Grain Mill that you will agree. For years hand grain mills have either been really cheap or really expensive. And unfortunately their ability to perform has been directly related to their cost. The cheap ones perform poorly and the expensive ones perform great. And we wanted the versatility and high quality of the most expensive mills in a price range that was affordable to the homemaker. We found the perfect storm with the Wonder Junior Hand Grain Mill.



Back to Basics Hand Grinder (hand) \$65



The secret of the Back-to-Basics Grain Grinder is in it's milling mechanism. The cone-shaped grinding burrs are self-aligning and made of hardened steel alloy, precision machined to insure long life and smooth, even milling. It's adjustable for any desired flour texture from fine to coarse. It easily grinds grains and beans and even oily things like nuts and also herbs and spices. It is small and compact. Grinds up to 1/2 c flour per minute. It weighs 3 lbs. It has a 2 year warranty.
