



## OWNER'S MANUAL

You now own the finest stone ground flour mill that it has been possible to place in your home. Handle this precision machine with due care, and it will give you a lifetime of service.

Unpack it carefully and check for any possible damage incurred in shipping. Report any such damage at once to us and to the carrier.

Your mill was thoroughly inspected and run-in at the factory, and a sample packet of flour produced by this mill is included. It is ready to start working for you.

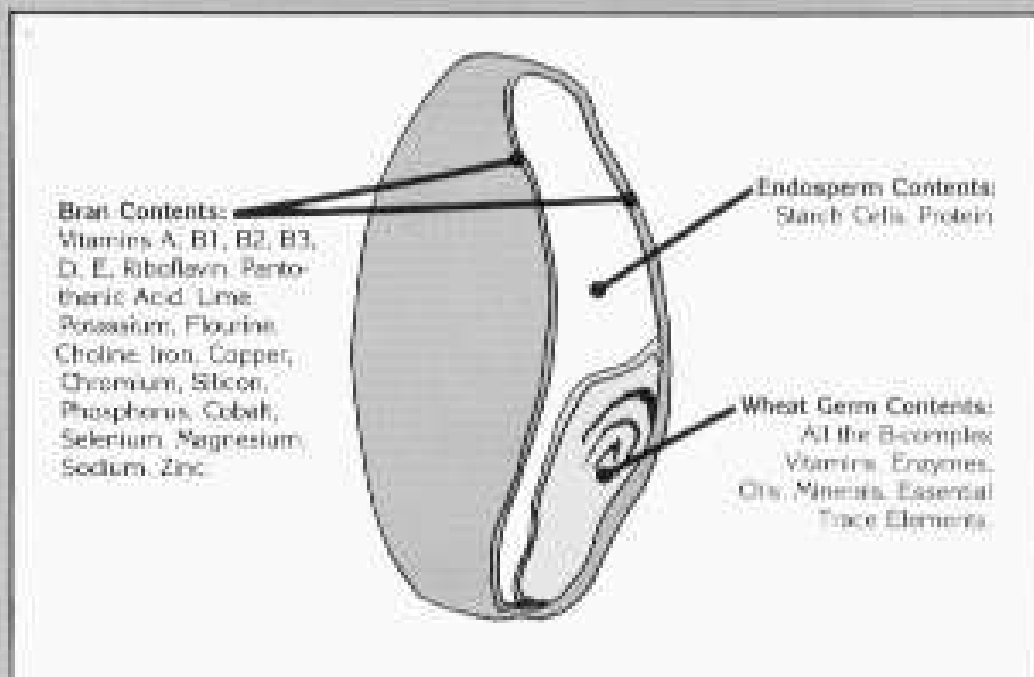
But first, please read this guide to the end. Then prepare for the fun and wonderful benefits your All-Grain Mill has in store. Happy baking!

## WONDERFUL GRAIN

People have relied on wheat and similar grains for nourishment and growth ever since the dawn of agriculture.

Vitamins, minerals, protein, starch, enzymes, trace elements and oils—all vital to good health and nourishment—are concentrated and preserved in grain kernels.

Unfortunately, commercial milling removes about 90% of these nutrients, and leaves only starch and calories in ordinary white flour.



## WONDERFUL ALL-GRAIN FLOUR

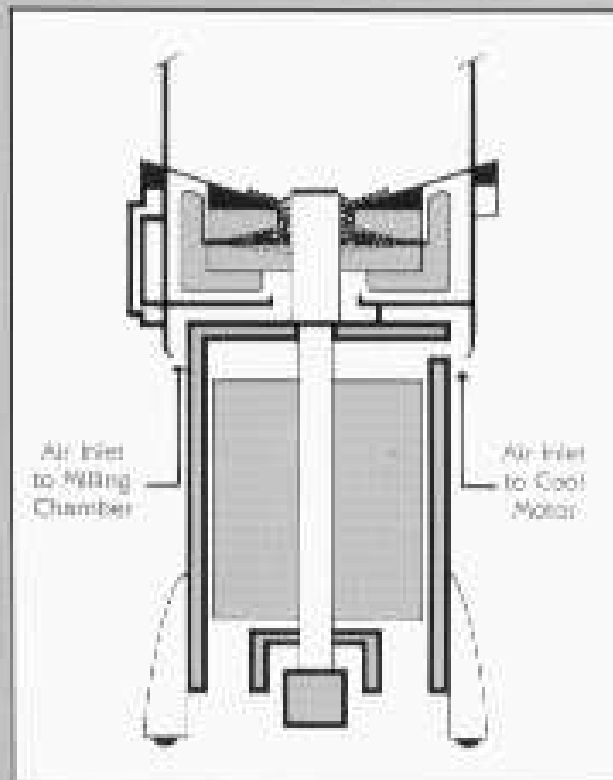
Whole grain flour you mill on your All-Grain retains every nutritional element originally present in the kernel.

### Low Flour Temperature

It is generally recognized that in flour milling, "the lower the temperature the better". All-Grain's patented air flow turbine system continuously cools the stones, the milling chamber and the flour. This results in the lowest bin temperatures available—usually about 105 degrees F or lower under normal room conditions. This is well below

the level at which gluten begins to lose elasticity, and at which oxidation and other undesirable nutrient-damaging changes are induced and accelerated. Natural oils do not turn rancid, heat sensitive vitamins are not damaged, and enzymes are not destroyed.

With freshly-milled All-Grain flour, you can even bake without yeast! And since sugar in bread dough is partly to feed the yeast, you can bake entirely sugar-free, if you like.



Mill must be operated in a non-enclosed area to allow sufficient air flow.

### Milling—A Step Beyond Grinding

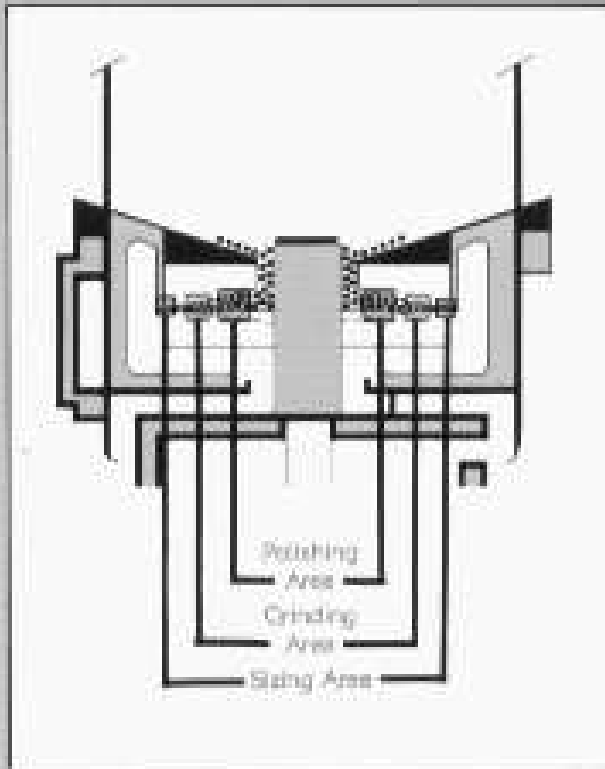
All stone-ground mills can grind. Only All-Grain can mill the grain into the finest flour.

All-Grain stones are precision diamond cut and dressed, which allows them to be set extremely close to each other without touching. Turbine air flow keeps the stones cool and non-expanding, and so avoids the need to change the adjustment or to interrupt the process for "cool-down" periods as milling proceeds.

Further, because of All-Grain's all metal construction, stone alignment will not change under varying conditions of heat, humidity or use as it otherwise might in mills made of wood, particle board or plastic.

### Patented All Grain Milling Action

As grain kernels drop into the milling chamber, they are rapidly and repeatedly rolled against the stationary top stone by the rotating lower stone.



In this way bran is separated from the kernel in small particles, which are then reduced to fine powder as milling proceeds. This is most important because the many valuable components of bran are thus made more readily available for assimilation by the body.

### Continuous Full Adjustment

Your All-Grain Mill is fully and continuously adjustable from coarse grind to the finest of milled flour. The fixed top stone and its relationship to the rotating lower stone is precisely set and permanently aligned at the factory. A patented adjustment lever can be locked into position at any setting; and because all settings are precision controlled, any wanted texture can be duplicated at any time.

With the setting at "fine", the All-Grain Mill will produce the finest of flour, suitable for the most delicate pastry.

### Flour Collection

Milled flour is continuously transported from the milling chamber in a stream of cool air generated by the All-Grain air turbine. In a completely closed circuit, a cyclo-static filtration system (patented) deposits flour in thin layers around the inside walls of a closed receiver, where it is further cooled. A light tap on the outside walls of the receiver drops the flour to the bottom of the container.

The filtered lid of the flour receiver and container is rimmed in soft rubber for a close and convenient fit. All milling dust is totally enclosed; all air is filtered completely free from flour and dust particles before leaving the system.

### Self Cleaning

Your All-Grain Mill is completely self-cleaning. The continuous turbine air flow sweeps all parts of the mill free of flour and dust, avoiding mess and eliminating sites for insect infestation.

### Heavy Duty Motors

All-Grain Mills are powered by highest quality industrial type electric motors, designed and built for long and continuous use. Drive shafts are vertically mounted in double sealed ball bearings, not requiring lubrication. All-Grain's turbine air flow directs cooling air into and through the motor to insure uninterrupted, trouble-free operation, long motor life, and high efficiency. This saves energy and power costs.

### Lifetime Warranty

Each All-Grain Mill is pre-tested and run-in at the factory. Every mill is shipped with a sample packet of the flour actually milled on that machine.

Read the warranty on the back page and mail in your warranty and owner's registration card.

## MILLING ALL-GRAIN FLOUR

Your All-Grain Mill has been designed to work with a wide variety of grains: wheat, corn, rye, barley, rice, oats, triticale, millet, etc. It also handles soy beans, dried peas and dried lima beans.

If your recipe calls for a mixture of grains, you might find it convenient to mix these before grinding so that your flour is milled in the proportions called for. If you are using soy, it is always better to mix it with the other grain because of the high oil content of soy beans.

Just be sure that anything you grind is clean, free from small rocks and other foreign materials—and that it is dry. For proper milling and storage moisture content must not exceed 12%.

By following these simple procedures, you will mill the finest All-Grain flour—and you'll also be able to make cereals, cracked wheat and a host of other exciting variations.

Please read all the operating instructions before you begin milling for the first time. All-Grain milling is convenient and easy—almost automatic, in fact. If you follow these simple steps, you'll get perfect flour every time.

1. Place the All-Grain mill on a stable surface. The work top of a kitchen counter is an ideal spot. Be sure air can circulate freely around the mill. This is important because air is continuously drawn into the mill to cool the milling chamber, the stones, the flour and the motor.
2. Place the cyclo-static filter cover on the flour receiver and press it firmly in place all around. Open the Velcro tab covering the flour inlet on the lid. Line up the flour inlet with the flour exit port on the mill. Press the two Velcro surfaces together.



*Note: The canister shown in this picture is no longer available. The one enclosed with your flour mill functions the same way except the spout inserts into the grommet in the side of the canister instead of connecting with Velcro on the filter lid.*

When the mill is running, cooling air moves through the milling chamber, picks up the flour and deposits it on the inside surface of the receiving canister. Before the air re-enters the room, it is filtered by the canister lid, leaving your kitchen clean and dust-free.

3. Plug the motor cord into a convenient 110 volt outlet. (Do not try to defeat the grounding plug. It is there for your protection.) Switch on the motor.

With the motor running, you can adjust your All-Grain Mill to grind to any degree of fineness. First, push up on the birch adjustment knob. This unlocks it. Then move it from side to



side to any selected setting between fine and coarse. Now, push down on the knob to lock the setting in place.

You can change the setting any time you like, but always be sure the motor is running when you do so. The coarse setting is used for cereals, cracked wheat, etc. When you use cracked wheat for cereals, etc., first sift out the finer flour. With the knob in the fine position, you will get the finest whole wheat flour, perfect for your finest baking—including sponge cake and flaky pie crusts. By noting the position of the adjustment knob, you can always duplicate exactly any desired grind.

4. Now pour the grain into the hopper at the top of the mill. The hopper holds about 2 pounds. The receiving canister holds about 30 cups of flour. If you grind more than one hop-



- per before emptying the canister, tap the top of the filter a few times with your fingertips before each batch is started.
5. When you have finished grinding, let the All-Grain run empty for several seconds. This sweeps your mill clean of all flour, dust and grain particles.



Before opening the canister, tap the top of the filter lid with your fingertips to clear it of flour. Then tap the sides of the canister to settle the flour into the bottom.

If you want to keep some of your All-Grain flour for later use, put the cover back on the canister, cover the flour inlet with the Velcro tab, and store in a cool place. Remember, freshly milled whole grain flour containing wheat germ is somewhat perishable; and if it is to be stored for some time, it should be refrigerated.

### ... AND A FEW FINAL WORDS

Vacuum the filter lid regularly to keep it free of dust. Twice a year, put it in the washing machine, or wash it by hand.

If your grain is too wet, over 12½% moisture, or if you try to grind oily nuts or oily soy beans, the mill stones could become coated with an oily film, and the motor might turn itself off. Always try to use low moisture wheat. You can test wheat quickly by crunching it between your teeth. Dry wheat will crack, and will not immediately become soft and chewy. If your mill stones do need cleaning, run a cup of unpopped popcorn or dry rice through the mill and discard the flour.

Your All-Grain motor never needs lubrication. After running for a while, the motor under the wood-grain finish might become quite warm to the touch. This is normal.

If the motor does overheat because the mill is clogged with a foreign substance, it will shut itself off. If that happens, disconnect the mill from the outlet, let it cool, and then turn it upside down to shake out the obstruction. Never push anything into the discharge outlet. This could injure you and damage the mill.

If your mill has been stored unused for a long time, grind and discard about a pound of wheat before you use it again. This will remove any dust or debris which might have accumulated.

### JUST REMEMBER THESE THREE EASY STEPS

1. Cover, then connect the cyclo-static flour receiver to the mill.
2. Switch on the motor and set the grind adjustment (if necessary).
3. Pour grain into the hopper.

And let the All-Grain clean itself after milling by allowing it to run for several seconds before disconnecting canister.

# RECIPES

These recipes have been selected and carefully tested in our kitchens. When whole wheat flour is called for, set your All-Grain adjustment on fine. Or you may vary the grind to suit your personal preference. When using the coarse setting for cracked grain cereals, etc., first sift out any fine flour.

We will be pleased to hear about your experience with these and other recipes, and to answer any questions you have about milling and baking with All Grain. Happy baking.



## Whole Wheat Bread

$\frac{1}{2}$  C. warm water (about 110 degrees); and 3 T. yeast. Put together and let work.

4  $\frac{1}{4}$  C. warm water

$\frac{1}{2}$  C. Crisco or other shortening (not oil)

$\frac{1}{2}$  C. honey

12-15 C. whole wheat flour

Mix all the other ingredients together in a warm bowl, adding flour slowly until dough is not sticky (12-15 C. in total). Pour out on to floured board and knead until elastic (10-20 min.). Return to bowl, cover with moist towel, and let rise until double in bulk. Punch down. Remove from bowl, shape into 4 loaves and place in greased pans. Let rise in a warm place until double in bulk.

Bake at 400 degrees for 10 minutes, and no less than 375 degrees for 20 to 25 minutes. Yields 4 loaves.

## Whole Wheat Bread

(Mixer Method)

$\frac{1}{2}$  C. warm water, (about 110 degrees), and 3 T. yeast. Put together and let work.

In warmed mixing bowl place:

4  $\frac{1}{4}$  C. warm water

$\frac{1}{2}$  C. Crisco or other shortening (not oil)

$\frac{1}{2}$  C. honey

Blend, and add to this mixture 5 C. flour. Blend, and add yeast. Blend, and add 1 heaping T. salt. Add about 7-8 more cups flour. Blend until gluten is developed.

Remove to oiled board. Divide into 4 loaves and place in greased pans. Let rise until double in bulk.

Bake at 400 degrees for 10 minutes, and no less than 375 degrees for 20 to 25 minutes. Yields 4 loaves.

## Cracked Wheat Cereal

Grind wheat on coarse setting. Sift out flour.

1 C. cracked wheat

$\frac{1}{2}$  T. salt

3 C. water

Combine ingredients in saucepan. Cook over direct heat about 20 minutes, stirring frequently.

## Golden Angel Food Cake (Sponge Cake)

8 egg yolks	½ t. salt
1 C. cold water	½ t. butter flavoring
2 C. sugar	1 t. almond extract
2 C. whole wheat flour	8 egg whites
½ C. cornstarch	1 t. cream of tartar

Beat egg yolks until light colored. Add cold water and beat for 2 more minutes. Add sugar and blend. Combine whole wheat flour, cornstarch and salt and sift 3 or 4 times. Add to egg yolks mixture. Beat for 3 to 4 minutes. Add flavorings. Beat egg whites with cream of tartar until very stiff. Fold into egg yolk mixture. Bake in an angel food pan 1 hour and 15 min. at 325 degrees. Invert on pop bottle to cool.

## Whole Wheat Pancakes

2 C. whole wheat flour	2 t. salt
2 t. baking powder	¼ t. soda
2 T. sugar	2 T. oil
2 eggs	2 C. buttermilk

Mix and fry as usual. Add liquid if thinner pancake is desired. This batter will keep 2-3 days if tightly covered in refrigerator.

For a delicious change try adding 1 - 15 oz. can of blueberries.

## Whole Wheat Piecrust

1 1/2 C. whole wheat flour	1/2 C. Crisco
1/2 t. salt	1/3 C. cold water (approximately)

Mix flour and salt. Cut shortening into flour with pastry blender. Sprinkle cold water over and mix until dough holds together well. Knead a few times in bowl to smooth. Roll out between two sheets of waxed paper. This prevents adding more flour while rolling out, which makes crust less flaky, and also makes dough very easy to handle. Peel off top paper. Invert piepan on dough; flip over, peel off bottom paper and fit dough into pan and flute edge.

Will make single 9 inch or more crust.

For pre-baked crust, prick bottom and sides with fork and bake at 350 degrees for 15 minutes or until barely starts to brown. Whole wheat flour can be successfully used in any favorite crust recipe.

### Wheat Pie (tastes like Pecan Pie)

¾ C. cracked wheat	1 C. dark corn syrup
½ C. warm water	3 T. soft butter
3 eggs	1 t. vanilla
¾ C. brown sugar	¼ t. salt

Sift any loose flour out of cracked wheat.

Combine cracked wheat and water first; let stand until all water is absorbed. Beat eggs well and add sugar. Add syrup, butter, vanilla and salt. Stir in softened wheat, and pour into unbaked pie crust. Bake 350 degrees about 30 min. or until crust is browned.

### Whole Wheat Refrigerator Buns

Dissolve 3 pkg. yeast in ½ C. warm water

Scald 1 ¼ C. milk and add

2 t. salt

8 ½ C. whole wheat flour

¾ C. sugar

3 T. shortening. Cool to lukewarm

Combine milk mixture and 2 C. whole wheat flour. Beat well. Add yeast mixture and beat well. Add 3 eggs and beat well. Add 3 ½ C. whole wheat flour and beat well. Add 3 C. whole wheat flour - beat till dough leaves sides of bowl - stiff dough. Knead lightly until smooth.

Place in greased bowl; turn dough to grease top. Cover and place in refrigerator. Will keep at least 3 days. When you want to bake buns, take dough out of refrigerator and form into desired shapes. Place on greased cookie sheets and allow to rise 3-4 hours or until light and nearly doubled in size. Bake at 375 degrees until golden brown, about 10 min. Brush tops with butter. Makes 30 large hamburger buns or about 4 dozen rolls. Convenient rolls are formed from cold dough directly out of refrigerator so remainder of dough can be used later.

### Baby Cereal

1 C. water

½ t. salt

½ C. whole wheat flour

Bring water and salt almost to a boil. Stir enough water into ½ C. whole wheat flour to make a thin paste. Stir this into the hot water and stir constantly until it boils. Add fruit, honey, or whatever your baby enjoys.

### Seasoned Flour

Delicious and convenient to keep on hand for dredging any meat.  
(Store in refrigerator)

2 C. whole wheat flour	3 T. Accent
2 T. salt	½ t. ginger
1 T. celery salt	½ t. thyme
1 T. pepper	½ t. sweet basil
2 T. dry mustard	½ t. marjoram or oregano
4 T. paprika	

Combine all ingredients and mix well. Can be mixed with equal amount of whole wheat flour for dredging swiss steak, etc., if desired.

**Note:** For delicious chicken, beat together 1 egg and ½ C. milk; dip chicken in liquid then dredge with seasoned flour and cook in deep fat or fry.

### Moist Chocolate Cake

3 ¾ C. whole wheat flour	2 t. vinegar
2 C. sugar	2 t. vanilla
½ C. cocoa (or carob)	1 C. salad oil
2 T. soda	2 C. water
1 t. salt	

Mix well and pour into greased 9 X 13 or 2, 9 inch round layer pans.  
Bake at 350 degrees for 35-40 minutes.

### Cinnamon Rolls

Roll half of the above bun recipe into rectangle about 12 X 18 inches. Spread with butter and sprinkle generously with sugar, cinnamon; and if desired, raisins. Roll jelly roll fashion and cut into 15 slices and place into a 9 X 13 pan (buttered). Before rolling out dough, mix ¾ C. sour cream and ¾ C. brown sugar (thoroughly) and set aside. Now pour this mixture over formed rolls in pan and let rise until light, about 1 ½ hours.

Bake at 375 degrees until done, about 20 minutes. Try to use soured whipping cream or "farm" cream because cultured sour cream does not have as good a flavor in this recipe.

## WARRANTY AND SERVICE

Your All-Grain Mill is carefully designed and built for a lifetime of service. Read the warranty and return the warranty card within 10 days.

If you ever think your mill requires service, write the address for shipping address and instructions.

If possible, the mill should be returned in the original carton, well packed, to avoid damage in transit. Damage resulting from improper packaging by the owner is not covered by the warranty.

First, however, try the following:

1. If mill doesn't start, check for a blown fuse or circuit breaker in the house current.
2. If this is not the cause, grain or an obstruction may be caught between the stones. Set the adjustment lever at coarse. Turn mill upside down and shake. Turn motor on and re-set grind adjustment knob.
3. If mill overheats and stops, your grain may be too moist. Check for excessive moisture as described earlier. After mill cools, clean by running a cup of dry rice or un-popped popcorn through the mill. Also, make sure that there is adequate air flow around the mill. Check to see if the filter lid is clogged or dirty. If so, vacuum it or wash it.

### All-Grain Mill Lifetime Limited Warranty

Horizon Marketing Division warrants this mill, when used by a single family for non-commercial purposes, against defects in material and workmanship during the lifetime of the original purchaser for the use, or of the original user if such be different. During this time we agree to repair, or at our option, to replace, any defective unit without charge for either parts or labor. This warranty also covers normal wear and tear, but does not cover damage resulting from accident, misuse or abuse, lack of reasonable care, affixing of any attachment not provided by us, or subjecting the All-Grain Mill to any but the specified voltage. Warranty does not cover filter lid, receiving canister, electric power cord or switch.

This warranty is void if repairs are performed by any center or agency other than our factory or a service center specifically authorized by us. Shipping expense to the factory or authorized service center to be prepaid by the owner. Mills repaired or replaced under this warranty will be returned freight collect to the owner.

No responsibility is assumed for any special, incidental or consequential damages.

**Note:** No other warranty, written or verbal, is authorized by Horizon Marketing Division.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above exclusion and limitations may not apply to you.

Serial Number: \_\_\_\_\_