

# L'EQUIP®



Life In **Healthy** Balance

## NUTRIMILL

Instant Fresh Flour

Owner's Manual  
User Guide



THE WORLD'S FIRST  
VARIABLE HIGH SPEED  
GRAIN MILL

**L'EQUIP** | **NUTRIMILL**  
Variable High Speed Grain Mill



**DEAR CUSTOMER,**

**Congratulations** on your decision to buy the  
**L'EQUIP NutriMill**, a product of superb  
quality and innovative design.

We trust this unique appliance will simplify  
and expand your milling options and  
do so with delicious results.

## IMPORTANT SAFEGUARDS

The following safety precautions apply when using electrical appliances:

- a. Read all instructions.
- b. To protect against electrical shock do not immerse cord, plugs, portable appliances or milling unit in water or other liquid.
- c. Close supervision is necessary when any appliance is used by or near children.
  - a. Remove plug from outlet when the appliance is not in use, before putting on/taking off parts and before cleaning. Allow to cool before handling.
- d. 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.
- e. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- f. Do not use outdoors.
- g. Do not let cord hang over edge of table or counter or touch hot surfaces.
- h. Do not place on or near a hot gas or electric burner or in a heated oven.
- i. Do not use appliance for other than intended use.
- j. Avoid contacting moving parts.
- k. Save these instructions.

## NUTRIMILL SAFETY INSTRUCTIONS

- ❶ Always be sure the separator cup is properly attached before milling.
- ❷ Always check your grain for foreign objects before milling. Do not use grain that has not been cleaned. We recommend purchasing and using grain from a reliable source.
- ❸ Do not over-fill the hopper, it is easy to empty the flour canister and continue milling.
- ❹ Do not mill damp or wet grains.
- ❺ Always clean the filter after milling by tapping out excess flour.
- ❻ All service and repairs must be done by an authorized service center. For service info, see bottom of warranty on last page of manual.

## THE FIRST TIME YOU USE YOUR NUTRIMILL

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

## KNOW YOUR NUTRIMILL

**THE UPPER DIAL CONTROLS MOTOR SPEED.** This allows you to have greater control of the texture. For most flours it should remain on "HIGH". Turn toward "LOW" for coarser flour.

**THE LOWER DIAL TURNS THE MILL ON AND OFF, AND CONTROLS THE RATE AT WHICH GRAIN FEEDS INTO THE MILL.** The feed rate will affect the fineness of the grind. Turning the dial to the right will feed grain faster and produce coarser flour.

**TURNING THE DIAL ALL THE WAY LEFT WILL TURN THE MACHINE OFF.**

## TO BETTER UNDERSTAND HOW YOUR MILL WORKS FOLLOW THESE SIMPLE STEPS...

- 1 Unplug the mill so the motor does not turn on while adjusting the grain control dial.
- 2 With the hopper empty, look under the **grain inlet cover** (located at the bottom of the hopper). A flashlight may be helpful.  
**Do not disassemble the inlet cover.**
- 3 When the dial is set to **OFF**...no grain can flow through the inlet.
- 4 Then, turn the dial back and forth. You will see the size of the opening into the milling chamber gradually changing.
- 5 As you turn the dial further to the right, the inlet size increases.
- 6 Depending on the size of grain in the hopper, the dial setting has a point at which grain will begin to flow. ( For example, barley or millet will begin to flow much sooner than wheat or beans at a finer setting because they are smaller in size. )

**NOTE** - At the very finest setting ( the point where grain first begins to flow ), the flow may fluctuate - this is normal. Turn the dial further to the right if the flow stops completely. The point where flow stops will vary depending on grain kernel size.

## MILL COMPONENTS

### HOPPER LID

- Quieter Milling



### HOPPER EXTENSION

- Refer to grain to flour ratio section ( pg. 5 ) for more info



### MILL UNIT

- Variable Speed
- Texture Control
- 3xAirFlow
- ForceFlow air chamber
- TruGrind™ milling heads
- TruFeed™ grain control



### BOWL LID

- TwistLock
- Twist = lock onto bowl



### SEPARATOR CUP

- Separates exhaust air from flour for clean milling



### WASHABLE FILTER

- For clean air exhaust
- Must be dry before milling



### FLOUR BOWL

- Over 20 cup capacity
- Large easy grip handles



### BASE

- TruTrack™
- Guides bowl into place
- Increases airflow



### LOCKING PIN

- This knob in the back of the mill holds the lower sections firmly together.



- It can be twisted to separate sections for storage or for a more thorough cleaning.

[ FOR HOUSEHOLD USE ONLY ]



## OPERATING INSTRUCTIONS

### 1 **Attach separator cup.**

The separator cup is for proper air flow. Align handle on cup with the handle guide on the bowl lid and snap securely into place.



### 2 **Insert air filter into place on top of bowl lid.**

This filter helps the machine breathe and should be cleaned along with the cavity it fits into after each milling session. Clean by tapping out the flour that collects in the filter.



**THE FILTER SHOULD BE DRY BEFORE USING.**

### 3 **Attach bowl lid to the top of bowl and twist into place.**

The durable rubber seal on the lid can be sticky the first few times it is used. Dusting it with a little fine flour or corn starch will make it easier to open and close.

### 4 **Put on hopper extension ( located in the flour bowl ).**

### 5 **Fill with grain.**

See the 'grain to flour' ratio guide on the next page to help you understand how much grain you should start with.



### 6 **Plug in machine and turn on.**

NOTE: It is not necessary to start the motor before adding grain. You may also stop the milling mid cycle if necessary.

### 7 **Put on lid and let run.**

The Nutrimill is designed to operate with the lid on for quieter milling.

### 8 **WHEN MILLING IS COMPLETE...let mill run for 5 seconds.**

This eliminates any flour left in the self-cleaning milling chamber. Tapping the bowl lid a few times after milling will help settle the flour in the bowl and release flour from the bottom of the lid. Unplug the machine and wipe or brush away any flour residue from the mill.

**Flour in the separator cup is usable.**

## GRAIN TO FLOUR RATIO

You will want to adjust the amount of grain you add to the hopper so the flour bowl does not overfill.

Overfilling the flour bowl may cause the mill to clog. The bowl will hold 21 to 22 cups of flour. You will get about 21 cups of flour from 13 cups of hard wheat when milled at a medium texture, 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.

**NOTE** Soft grains like oats and beans ( or milling on fine settings ) will produce a greater volume of flour. **ONLY FILL HOPPER 2/3 TO 3/4 FULL TO AVOID OVERFILLING THE FLOUR BOWL!**

## TEXTURE CONTROL GUIDE

### THE HIGH-LOW KNOB = SPEED CONTROL

The motor speed helps determine the texture of your flour or meal.

- For most flour, turn dial to high.
- For very coarse flour and medium fine corn meal, turn dial to low.
- For heavy flour & dense textured breads, select a middle setting. Adjust for desired results in the future based on your experience.



### THE FINE-COARSE KNOB = TEXTURE CONTROL

This is the **ON-OFF** switch and a valve that controls how quickly the grains can flow into the mill. ( You can look under the inlet cover and see how this valve opens and closes. )

- For finer flour set the dial towards **FINER**. ( Most grains will not flow at less than a 10:00 position on the dial. )
- For coarse flour turn the dial towards **COARSER**.
- Large items such as beans won't begin to flow until the dial is set quite far to the right of center.
- 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.

## QUALITY OF GRAIN TO PURCHASE

- 1 Know the source of your grain. Purchase your grain through a reputable dealer. The grain should have been thoroughly cleaned and bagged. We recommend double or triple cleaned grains.
- 2 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 counteract this so bread rises properly.
- 3 Check the moisture content. Make sure your grains are dry. Wet or damp grains may cause your mill to plug up.
- 4 Rotation and use of grains is as important as the rotation and use of your other perishable food items.

## THE NUTRIMILL WILL MILL THE FOLLOWING...

Wheat (hard and soft)	Triticale
Buckwheat	Rye
Split Peas	Rice
Popcorn	Millet
Sorghum (milo)	

## USE CAUTION WHEN MILLING THE FOLLOWING... FILL THE HOPPER NO MORE THAN 2/3 TO 3/4 WITH GRAIN AS THEY PRODUCE MORE FLOUR VOLUME. (SEE GUIDE ON PG. 5)

Dried Lentils	Quinoa
Dried Sweet Corn	Oat Groats
Dried Pinto Beans	Spelt
Dried Green Beans	Barley
Dried Mung Beans	Soybeans
Legumes (generally)	Chick Peas
Dried Garbanzo Beans	Kamut

## DO NOT MILL ANY OF THE FOLLOWING...

Oatmeal	Sugar
Flax Seed	Dried Fruits
Sunflower Seeds	Dates or Raisins
Nuts Of Any Kind	Sesame Seeds
Coffee Beans	Spices

**AVOID GRAINS, BEANS AND SEEDS THAT HAVE HIGH OIL OR MOISTURE CONTENT. NONCOMMERCIAL DRIED PRODUCTS MAY CAUSE PLUGGING.**



## INFORMATION ON GRAINS

**WHEAT** - Contains 26 vitamins and minerals. An excellent source of Vitamins E, B, and others. 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. The gluten in wheat can be removed from the rest of the grain.

**WHOLE OAT GROATS** - Oats are rich in high quality protein, calcium, fiber, unsaturated fats, and seven B vitamins. A versatile grain, it can be used in cereal, cookies, breads, pancakes and waffles. ( Rolled Oats may not be milled )

**RYE** - An excellent supplementary grain to wheat or 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.**

**POPCORN** - Contains less starch than other types of corn and makes the best cornbread. Use also in pancakes, waffles, breads, and as dusting flour.

**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.**

## RECIPES

### 100% WHOLE WHEAT BREAD in a BOSCH Kitchen Machine

---

5 cups warm water  
2/3 cup oil  
2/3 cup honey  
2 Tbsp. salt  
2 Tbsp. tofu drink mix (optional)  
2 Tbsp. SAF instant yeast  
2 Tbsp. Vital Wheat Gluten  
2 Tbsp. Dough Enhancer  
10-12 cups freshly milled wheat flour

In your BOSCH mixing bowl, put water, 5 cups of wheat flour, oil, honey, yeast, gluten, dough enhancer, and tofu. Mix on speed 1 until combined. Then add approximately 5 more cups of flour and salt. Mix, and continue to add flour 1/4 cup at a time until the dough pulls away from the sides of the bowl. Then knead for another 4-5 min. The dough should feel soft not grainy. Form it into loaves and place in pans. Let rise until double in size. Bake at 350° for 30 minutes or until the top is golden brown. ( Makes 6-8 1 lb. loaves.)

### WHOLE WHEAT TORTILLAS

Taken from "Wild Flour" by Denise Fidler, the Country Baker.

---

3-4 cups soft whole wheat pastry flour, kamut, or white flour  
1 tsp. sea salt  
1/3 cup oil  
1 cup warm water

In your Bosch bowl with batter whips, mix dry ingredients. Add all wet ingredients in a slow and steady stream. Mix and knead adding more water or flour as needed to produce a smooth dough for 1-2 minutes. Form into 12-18 balls. Cover and rest 30 minutes. Press in electric or manual tortilla maker and cook. The secret to a great tortilla is a soft and moist dough.  
Note: Warm tortillas with butter, cinnamon and sugar sprinkled on top are delicious.  
Note: Tortillas freeze great. Just seal in heavy-duty freezer bag with layers of waxed paper between them.

## OVERNIGHT DOUGHNUTS ( No knead )

Taken from "Wild Flour" by Denise Fidler, the Country Baker.

---

- 1 quart milk
- 3/4 cup butter
- 1/2 cup honey
- 1 Tbsp. SAF instant yeast
- 2 tsp. salt
- 1/2 tsp. freshly grated nutmeg (optional)
- 1/4 tsp. mace (optional)
- 9 cups fresh milled soft pastry or hard Montana Spring white wheat

First, scald milk. Add butter and honey, and stir until melted. Cool and set aside, temperature should be between 115°-130°. In separate bowl, mix yeast, salt, nutmeg, mace, and freshly milled flour. Mix all together in mixer or by hand until dough is a smooth "wet batter like consistency". Cover and set in refrigerator to firm up overnight or add a little more flour to make a smooth and silky dough and knead until gluten is developed (approximately 5 minutes in a mixer or 10-12 minutes by hand). Roll dough out approximately 1/2 - 3/4 inch thick and cut into doughnut shapes using a doughnut cutter or large glass and smaller glass. Cover with plastic wrap and rise until double. Fry in hot oil (375°) approximately 3 - 4 minutes, turning once. Dust with confectioner's sugar or glaze with a powdered sugar glaze. Can add sprinkles also.

## OATMEAL CHOCOLATE CHIP COOKIES

---

- 2 cups packed brown sugar
- 2 eggs
- 1 tsp. vanilla
- 1 cup shortening
- 1 3/4 cups flour (rye, wheat, white, etc.)
- 1 tsp. baking soda
- 1/2 teaspoon salt
- 3 cups quick-cooking rolled oats
- 1 cup chocolate chips

Cream the brown sugar, shortening, eggs, and vanilla in a BOSCH bowl. Switch to the dough hook and blend in the flour, baking soda, and salt. Stir in the rolled oats and chocolate chips. Then drop by spoonfuls onto greased baking sheets. Bake at 350° for 8-10 minutes. ( Makes 5 dozen.)

## WHOLE WHEAT PEANUT BUTTER COOKIES

Taken from "Wild Flour" by Denise Fidler, the Country Baker.

---

- 1 1/2 cups soft butter
- 4 cups raw or regular sugar
- 2 1/2 cups natural peanut butter (unsweetened or sweetened)
- 1 Tbsp. vanilla
- 4 large eggs
- 5 cups soft whole wheat pastry flour
- 2 tsp. baking soda
- 1 tsp. salt (only if using unsalted butter)

Mix pastry flour, baking soda and salt in bowl and set aside. In Bosch mixing bowl, cream together butter, sugar and peanut butter. Then add vanilla and eggs and cream for 3 minutes. Mix dry ingredients into the creamed mixture. Place by spoonful onto greased cookie sheets 2 inches apart and flatten with a fork dipped in flour. Bake at 350° for 15 minutes. Cool for 1 minute and place on wire racks to cool. (Makes about 8 dozen)

## LIGHT ANGEL FOOD CAKE

---

- 12 large egg whites
- 1/4 cup cornstarch
- 2 1/4 cups powdered sugar
- 3/4 cup whole wheat flour
- 1/2 tsp. salt
- 1 tsp. vanilla or almond extract
- 1 1/2 tsp. cream of tartar

First mix 1 1/4 cups of the powdered sugar with the wheat flour and cornstarch in a small bowl and set aside. Then separate the egg whites completely, add salt and cream of tartar to them and whip on high speed until egg whites stand in peaks. Switch mixer to low speed and gradually add 1 cup powdered sugar plus flavoring. Then stop the mixer and sprinkle in 1/3 cup of the flour mixture. Blend lightly again adding the remaining flour mixture. Blend only until mixed. Pour into angel food cake pan. Bake on 375° for 30-35 minutes or until done.



## CHEF BRAD RECIPES

Taken from "Cooking with Chef Brad - Those Wonderful Grains", by Brad E. Petersen. All rights reserved. Use by permission only.

### OLD FASHIONED CORN BREAD

---

- 2 cups freshly milled popcorn
- 2 cups freshly milled high gluten flour
- 1/2 cup sugar
- 1/3 cup powdered milk
- 1/2 cup canola oil
- 1 tsp. salt
- 2 Tbsp. baking powder
- 2 cups water
- 2 eggs
- 2 Tbsp. bacon grease, or other grease substitute

Mix all ingredients in BOSCH mixing bowl for 2 minutes. Preheat oven to 400°. Place large cast-iron skillet in oven with 2 tablespoons bacon drippings. When skillet is very hot, remove from oven and pour in batter. Place back in oven and bake for 15-20 minutes.

### APPLESAUCE MASON JAR CAKE

---

- 3 1/2 cups multi-grain flour (wheat, millet, rye, spelt, etc.)
- 2 cups raisins
- 2 cups nuts
- 1 tsp. salt
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp. cloves
- 2 cups white sugar or brown, packed
- 1 cup butter
- 1 egg
- 2 cups thick applesauce

Sift a little flour over the raisins and nuts. Resift the remaining flour with the salt, baking soda, cinnamon and cloves. Sift flour mixture with sugar. Cream butter, adding sugar gradually until light. Beat in egg. Stir flour mixture gradually into the butter mixture until the batter is smooth. Add raisins, nuts and applesauce. Grease wide-mouth tapered mason jars and fill barely over half full. Bake at 350° for about 45 minutes. As soon as baking is done, place sterile lid and ring on hot jar to preserve for later use. Can also be baked in small greased bread pans.



# BOSCH UNIVERSAL PLUS

The world's finest kitchen machine is the perfect companion for the Nutrimill. Both offer unequalled performance and craftsmanship making food preparation more enjoyable.

## Features:

- + 800 Watts
- + 6 ½ quart bowl
- + 4 speed settings + momentary switch
- + Cord storage
- + Suction feet for a secure standing
- + Wide range of optional accessories
- + Overload and start motor protection
- + 3 year motor / transmission warranty



## OPTIONAL EQUIPMENT INCLUDES



**MUZ 6 MX 2**  
plastic blender



**MUZ 6 TS 5**  
slicer shredder



**MUZ 6 MM 3**  
food processor



**MUZ 6 FW4**  
meat grinder



**MUZ 6 DB2**  
batter whisks



**MUZ 7 NV1**  
pasta attachments



**MUZ J 5V 1**  
fancy cookie attachment



**MUZ 6 ZP 1**  
citrus juicer



**MUZ 6 SB 4**  
stainless steel bowl  
w/removable ctr post



**MUZ 7 LS 2**  
2mm & 6mm steel  
meat grinding discs



**MUZ 7 LS 3**  
3mm & 8mm steel  
meat grinding discs



**MUZ 6 CP 1**  
cookie paddles

## **NUTRIMILL LIMITED LIFETIME WARRANTY**

Kitchen Resource L.L.C., warrants the Nutrimill, to the original purchaser, to be free of manufacturing defects in materials and workmanship. Defective product will be repaired or replaced with a comparable model at our discretion, upon receiving the defective product.

This warranty applies only to the original noncommercial purchaser. Since an unauthorized dealer is an original purchaser, the warranty does not apply to consumers purchasing from unauthorized dealers. It also does not apply to 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 appliance.

Implied warranties of merchantability and fitness for a particular purpose and all other warranties express or implied, other than the limited warranty described on this page, are excluded. The only remedy for damage covered by the limited warranty is repair or replacement. Kitchen Resource will not refund the purchase price or provide any other remedy.

This warranty applies to products purchased and operated in the U.S.A. or Canada. Transportation, handling, and/or shipping costs are not included in this warranty.

Read the instructions before attempting to use the product.

This product contains no user serviceable parts. Any attempt to repair it will void the warranty. If you have a problem with your Nutrimill and to obtain performance of this warranty, return it securely packed, along with a dated proof of purchase, to where you purchased it, or to:

Kitchen Resource / 180 West 500 North / North Salt Lake, UT 84054

Or call customer service at 1.877.267.2434

or email [service@kitchenresource.com](mailto:service@kitchenresource.com)

To insure prompt service, include a statement with the product, giving specific reasons for the return, along with your information.

**KEEP DATED SALES RECEIPT FOR WARRANTY SERVICE.**

**[ FOR HOUSEHOLD USE ONLY ]**

**Kitchen Resource**

Exclusive Brand Distribution

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