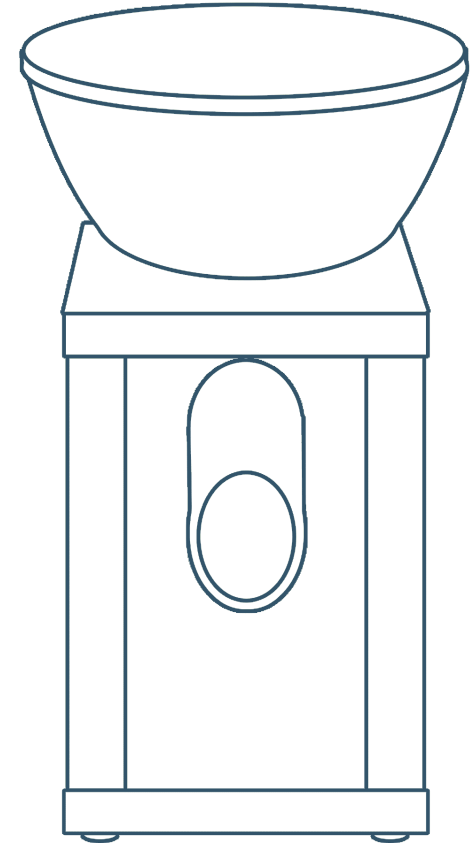


KoMo

USER MANUAL

for Grain Mills and Flakers



Visit our website for further information, sources of supply, and recipes at www.frischmahlen.com

KoMo

www.frischmahlen.com

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and www.informationdesign.de
Photography: Andreas Goinar
Production: Lokaydruck



dealer's stamp



**Handcrafted with love –
Mills for the fine cuisine**

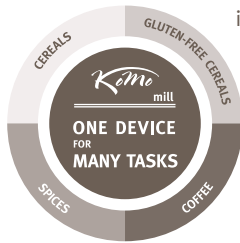
Dear customer,

Congratulations on your decision to use fresh, healthful whole grains – and thank you for choosing a KoMo grain mill or flaker. We handcraft our mills with the highest quality materials and great attention to detail to ensure you of long lasting satisfaction. We would like to note that, should you need it, our mills now provide the ability to add interchangeable mill chambers and stones. This industry-leading innovation allows you to process grains, spices, coffee and even gluten-free cereals in a single mill without cross contamination, for those with food sensitivities. Details of this optional system can be seen on pages 16 and 17.

This User’s Manual will provide the information needed, before first use, for proper and safe operation of your new mill.

Our best wishes for enjoyment of your culinary pursuits!

Yours,
Wolfgang Mock (KoMo Germany)
Peter Koidl (KoMo Austria)



IMPORTANT

KoMo stone burr grain mills can be used to grind dry grains, including wheat (either hard or soft types), oat groats (dehulled oats) rice, triticale, gamut, spelt, buckwheat, barley, rye, millet, teff, quinoa, amaranth, sorghum and field corn (not popcorn). This mill can also grind dry beans (pinto, red, garbanzo, kidney, etc.)

This KoMo grain mill is **NOT** suitable for herbs, spices, oilseeds like flax or sesame, or fibrous materials. It is also NOT suitable for popcorn. Grinding any substance other than dry grains of dry beans is abuse of the mill and will void both the warranty and all return opportunity.

If it fully the responsibility of the mill purchase to ensure that all possible users of the mill are aware of the acceptable-material limitations.

First Use:

Check and remove the 2 cardboard pieces on the underneath vent of the mill.

Run several cups of grain through the mill initially, then discard the flour, to ensure cleanout of the mill, before grinding consumption.

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Imprint

Safety Advice



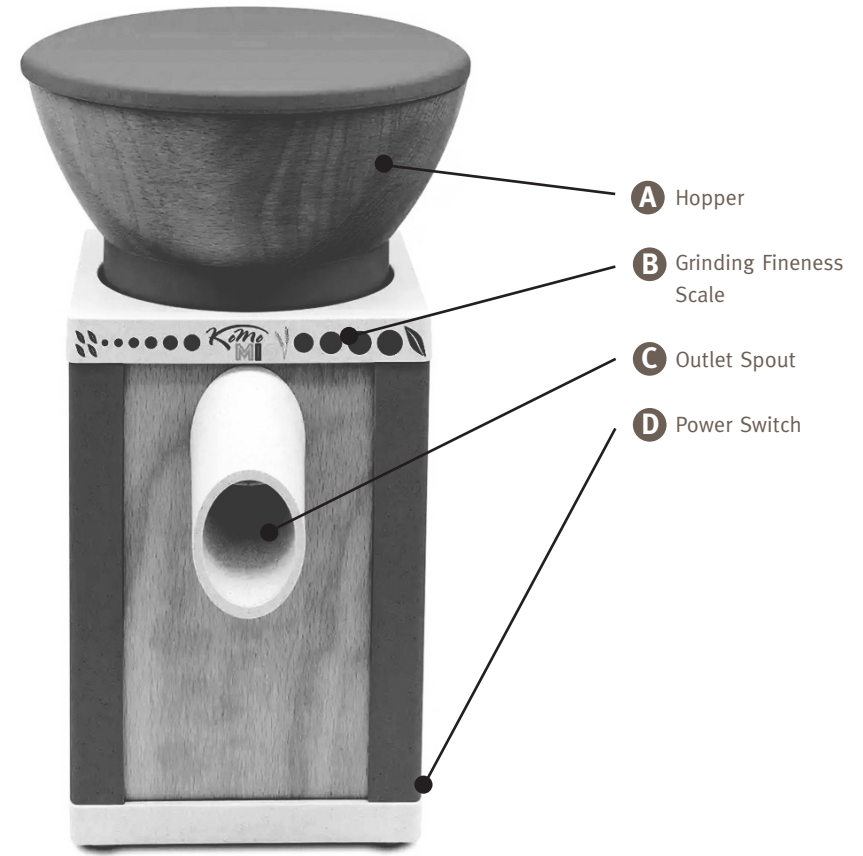
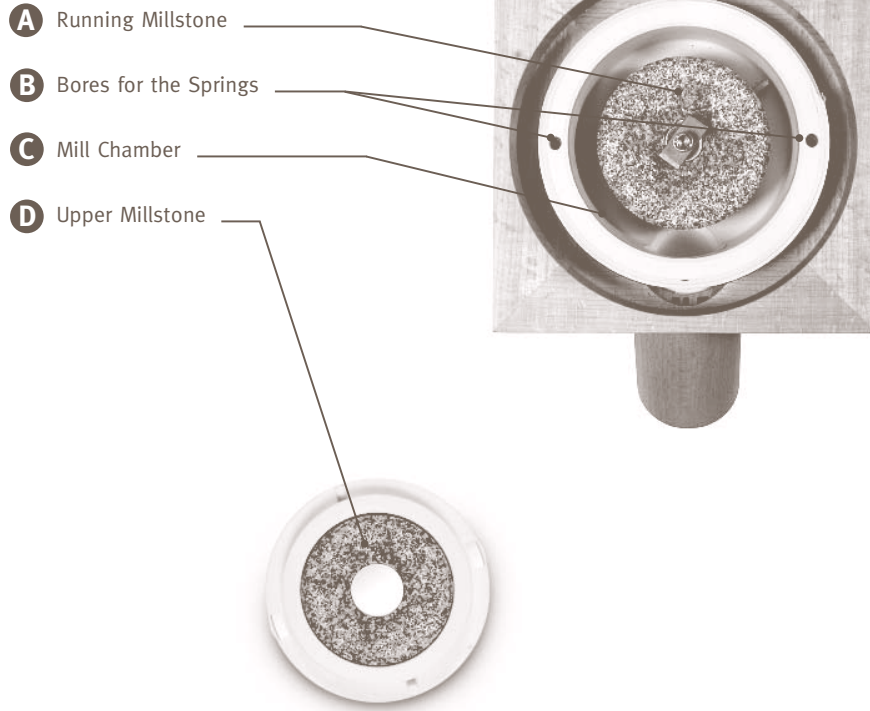
**Prior to using your device:
Please read and follow these important safety
instructions carefully.**

- 1**
Connect the device to an outlet with alternating current (AC) only. Please make sure that your household power supply matches the voltage specifications indicated on the name plate of your device.
- 2**
Our stone grinder mills can process all seven types of cereal (wheat, rye, oats, barley, corn, brown rice, millet and the related subspecies such as spelt). Never, however, grind popcorn in your KoMo-mill. Only standard corn varieties should be used for corn meal and polenta.
- 3**
Use only thoroughly cleaned grain, free of stones and other foreign objects. Otherwise, you will damage the millstones.
- 4**
Always use dry grain in your mill. Wet grain will leave a thick residue on the millstones and thus cause them to require cleaning. You can test whether grain is dry enough for milling by squashing a sample of it with the back of a spoon against a hard surface. If it cracks loudly, the grain is dry. If it flattens under pressure, looking something like a rolled oat, then it is moist (or oily).
- 5**
The housing of your mill is made predominantly of solid wood. Solid wood is an organic material subject to deformation if exposed to significant changes in temperature and/or humidity. You can preserve the beauty of your KoMo product by placing it away from vents and other sources of heat and moisture such as your stove.
- 6**
Your mill is designed for the needs of a normal household. It is not suitable for commercial use.
- 7**
Never leave your mill unattended while it is operating. Keep it out of reach of children at all times.
- 8**
The high performance motors in KoMo products can suffer damage if left running idle. Please switch off your mill or flaker after use.

- 9**
During operation, place your mill on a solid and level surface such as a kitchen counter. The openings on the bottom of the mill must remain open and unobstructed to allow adequate ventilation.
- 10**
Please ensure that the bowl positioned beneath the outlet is large enough to keep the flour or flakes from blocking the spout. Simply turn the bowl a little as soon as the flour begins to pile up against the spout.
- 11**
Oats and soybeans, because of their relatively high fat content, will leave a thick residue on the millstones if ground too finely. Use a slightly coarser setting for these grains than you would for others.
- 12**
Similarly, if yours is a 250-Watt mill, you should first grind corn and chickpeas on a coarse setting, then again at a finer setting.
- 13**
KoMo products are designed to be easily opened for cleaning. Do not disassemble your mill in any way that requires tools, as doing so may render your warranty invalid.
- 14**
Take care to protect your mill's power cord. When removing the plug from the power socket, do so carefully. Do not pull the plug out by the cord, but only directly by the plug itself. Do not lay the cable over sharp edges or corners.
- 15**
If the power cord is damaged, it must be replaced by the manufacturer, its service agent or a qualified craftsman.
- 16**
Never immerse the device in water or other liquids.
- 17**
KoMo products are designed only for their specifically intended use. The manufacturer is not liable for damage caused by incorrect use or use other than that for which the device is intended.

Operating Elements of the Grain Mills

Interior view



Quick Guide

1

Plug in the power cord.

2

Position container or bowl beneath the outlet spout.

3

Switch on the mill.

4

Adjust the grind setting.

5

Pour grain into the hopper to begin milling. Readjust the grind setting as required to produce flour at the desired texture.

6

When finished milling, switch off the mill and unplug the power cord.

Adjusting the fineness of the milled product

To adjust the grind setting, simply rotate the hopper! You can continually adjust the grind setting between coarse and fine, even during the grinding process. To locate the finest setting, turn on the mill with the grain hopper empty, and rotate the hopper clockwise in the 'fine' direction until you hear the mill stones grinding against one another. Then slightly rotate the hopper counterclockwise until the grinding sound stops.

This setting offers the least space between the millstones and is therefore the finest. (For spelt and rye, use about a finger's width towards the direction of 'coarse'. For oats, use even a little more). The scale below the hopper can help you remember your preferred settings, although the point on the scale for a given texture may vary slightly with the changing temperature and humidity in your kitchen.

If the mill is switched off and the hopper still contains grain, do not adjust the setting towards 'fine'. This could jam the remaining flour and grain between the millstones, causing the motor to bind. Adjust to a coarse setting, switch on the mill, and then readjust the setting as desired.

Cleaning the mill

Your mill's grinding stones and the mill chamber are cleaned automatically whenever you grind at the coarse setting. It is a good idea however, to remove flour residue from the millstones from time to time. This is particularly recommended when the mill has been out of use for a longer period of time, for example during an extended holiday. Cleaning can be easily accomplished with the help of a vacuum cleaner. Set the mill on 'coarse', fill the hopper with two or three tablespoons of barley or spelt, switch the mill on, and while it is running, briefly hold the vacuum cleaner nozzle first to the hopper, and then

to the flour spout.

Tip: A tea bag placed in the flour spout prevents the nesting of insect larvae.

If the millstones are smeared with an oily residue, you can clean them by grinding a cup of wheat or rice at the medium setting. This should remove all traces of the residue.

You can also remove the upper millstone to clean the millstones with a brush.



However, it is very important whenever you handle the millstones or the milling chamber, that you first unplug the power cord!

Afterwards, remove the hopper by unscrewing it (counter clockwise). You can remove the upper millstone to clean the millstones with a brush.



Caution: Never use liquids for cleaning!

Assembly

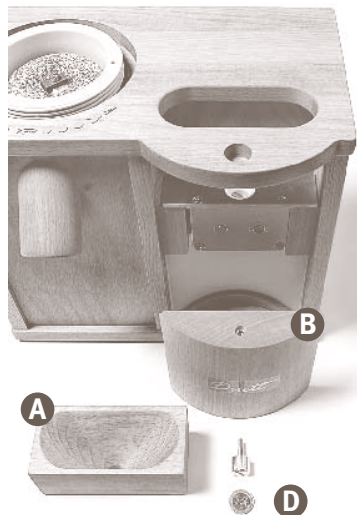
Note: The upper millstone is seated in the mill housing with two pins, each of which is pressed against a small spring. This suspension prevents loud grinding noises from occurring when the grinding process is finished. Thus, the springs protect the stones and your nerves, and should be carefully replaced when reassembling the mill.

Care

The housing of the KoMo-mills is made of beech plywood and solid beech wood, which is treated with organic vegetable oils. The casing requires no special care, but can be treated with linseed oil as needed.

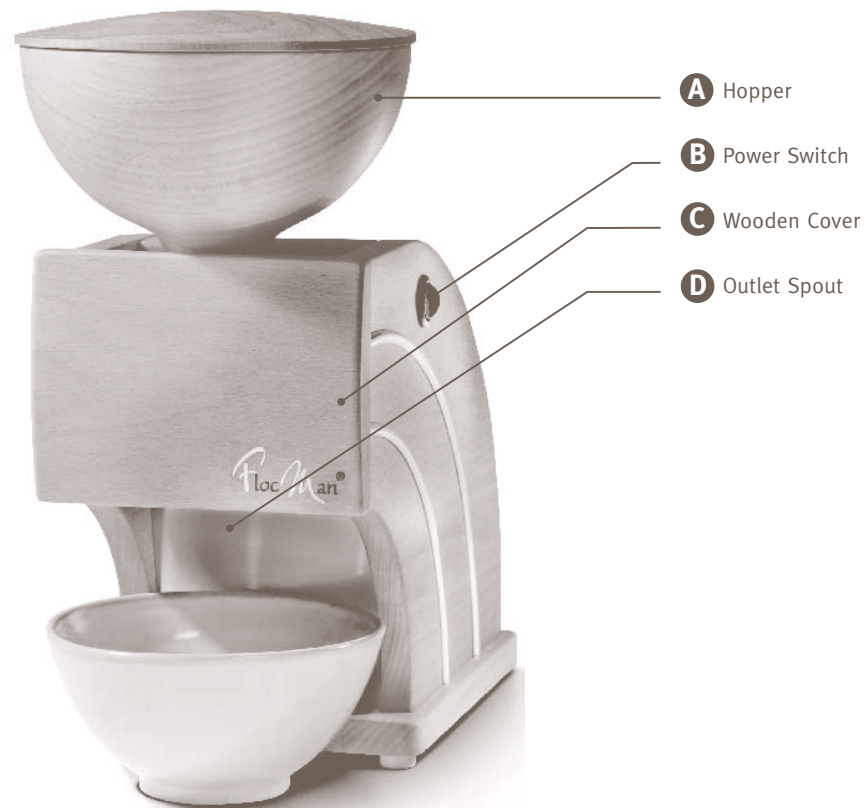
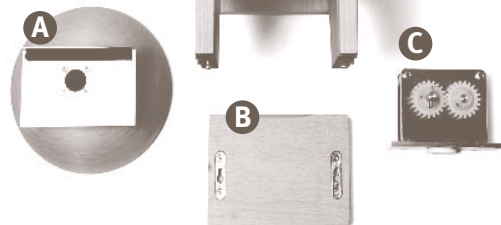
Operating Elements of the Grain rollers

Duett



- A** Hopper
- B** Wooden Cover
- C** Flaker Mechanism
- D** Screw Plug

FlocMan



- A** Hopper
- B** Power Switch
- C** Wooden Cover
- D** Outlet Spout

Quick Guide

1

Plug in the power cord.

2

Place a bowl underneath the funnel outlet.

3

Pour oats or other grain into the hopper.

4

Switch on the unit to initiate the flaking process.

5

Once the process is finished, switch off the flaker and unplug the power cord.

Seeds

- Use only thoroughly cleaned grain, free of stones and other foreign objects.
- Note that only oats and oilseeds (such as flax seed) can be processed immediately without special preparation. Other cereals such as wheat, rye, barley, millet, etc. should be prepared for the rolling process (read 'Preparing the grain for flaking').
- Fresh oats should be consumed within 1-2 hours following flaking. The flaking process initiates an oxidation process which reduces their quality (the flakes become bitter). We recommend huskless, or 'naked' oats for the best flavor. The seed of other oats can be damaged during the

peeling process, reducing its quality and eventually giving the oats a bitter taste.

Preparing the grain for flaking


To prevent the steel rolls of the flaker from shattering dry, brittle grains into small pieces, you can soften the grains with water before flaking. By soaking up water, the grain becomes more elastic, making for better flaking. At the same time, the moisture enables an enzymatic process* that makes the minerals and nutrients in the grain more readily available for metabolism in the human body.

*Enzymatic process: the process during which special proteins (enzymes) contribute to conversion processes (i.e. biochemical reactions).

Moistening the grains: In a strainer, hold the seeds briefly under running water. Then spread the grains on a cloth or towel to let them dry overnight or for at least 3-4 hours. This time will vary depending on the grain used, but a little experimentation will help optimize the process. The softened grain should flatten nicely into flakes, similar to commercially available rolled oats.

Cleaning the flaker

You can easily clean the flaker. It is best to do this once a week and immediately after crushing oilbearing seeds.

 Caution: Pull the plug before cleaning!

To clean the flaker, remove the wooden cover by lifting it up and sliding it forward. To do so, it is best to grip the cover from the front and to hold the thumbs on top of the flaker's wooden body. The cover can then be pushed up using the fingers. Once the wooden cover is taken off, the funnel can be removed together with the metal plate by pulling these forward. Afterwards, the flaker mechanism can be removed and cleaned. Simply brush off both rollers, or rinse them under running water.

With the Flaker 'Duett', the lock screw must be removed first, before the wood cover, the hopper and the flaker can be taken out. The required hex key is provided.

Reassembly of the Flaker

Begin by re-installing the flaker mechanism. Push the upper plate of the flaker into the lower slots of the wooden body. Please make sure that the drive shaft (metal bolt) latches into the notch inside the flaker's body. Now slide the mechanism

into the hopper together with the metal plate, which is aligned with the upper slots of the wooden body. Then put the wooden cover back on: insert the brackets (screw heads) for the wooden cover into the holes and gently push down on the cover. The correct position of the panel can be easily checked by gently pulling on it.

During the assembly of the 'Duett'-flaker, two things need to be observed: First, the hopper must be positioned correctly after the flaker mechanism has been reinstalled. Set the hopper so that its aperture is closer to the front (the lock screw) and the lower slanted edge is further to the back (no longer visible after assembly). Secondly, the wooden cover has sharp edges to the left and right. Caution! Risk of injury! Position the panel and hold from below while fastening the lock screw. The panel is installed correctly when it is held by the lock screw.

Care

The housings of the KoMo-flakers are made of beech plywood or solid beech wood which is treated with organic vegetable oils. The housing requires no special care, but can be treated with linseed oil as needed.

How to remove the hand flaker of your FidiFloc:



For more detailed information about the use of the integrated hand flaker, please consult the attached FlicFloc User's Manual.

Short instructions

A

Rotate the grinder's hopper toward "coarse" until it can be taken off easily.

B

Remove the flaker's rectangular funnel lid (picture A).

C

Shift the housing cover of the flaker towards the crank and take off (picture B).

D

Remove the thin metal cover of the flaker. Insert a knife blade into the lower opening of the housing and hold its back edge between the rollers to prevent them from rotating, while turning the crank handle counter-clockwise to remove it from flaker as in picture C. (The corner of a kitchen towel can substitute for the knife blade.)

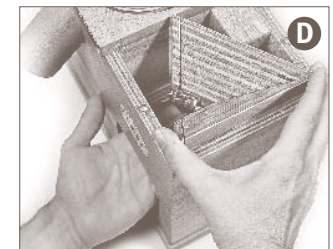
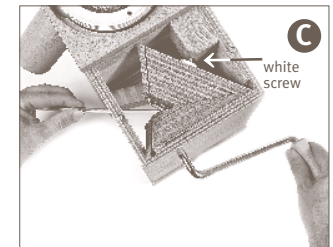
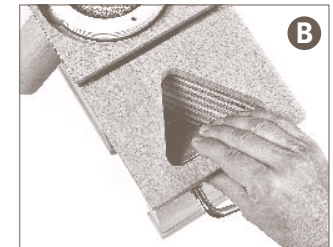
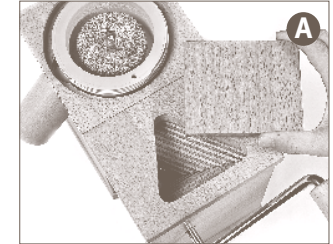
E

Slightly loosen the white screw indicated in picture C.

F

Remove the flaker from the housing in upward direction (picture E).

To reassemble, reverse this procedure except that when reassembling, the rollers do not have to be kept from turning. Simply insert the crank and turn in a clockwise direction.



Interchangeable milling system

For the first time, it is possible to process coffee, spices, gluten-free or gluten-containing cereals in only one mill – the KoMo interchangeable milling system makes it happen. The milling system is composed of an interchangeable milling chamber insert made of silicone and is delivered with an additional pair of milling stones. Within a few steps it can be inserted into the mill and it is absolutely easy to clean after use.



Technical specifications INTERCHANGEABLE MILLING SYSTEM

Included items	1 milling chamber insert, 11 pair of milling stones, 1 brush, 1 4 mm Allen key	Material milling chamber insert	Silicone, dishwasher safe
Weight	750 - 820 g	Material milling stones	Corundum/ceramic
Warranty	2 years		

For every KoMo mill an appropriate interchangeable milling system is available:

Interchangeable milling system 250	For the 250 watt mills Fidibus 21, Fidibus Magic, FidiFloc 21; milling stone diameter: 2.95"
Interchangeable milling system 360	For the 360 watt mills Fidibus Medium, Fidibus Classic, PK1, FidiFloc Medium, Duett 100; milling stone diameter: 3.35"
Interchangeable milling system 600	For the 600 watt mills Fidibus XL, Duett 200; milling stone diameter 3.35"



Change the milling system within only 60 seconds!

A

Unplug power plug. Unscrew the funnel counter-clockwise and lift out the upper stone. Holding the lower stone with one hand, unscrew the screw in the middle of the stone clockwise using the provided 4 mm Allen key

B

Turn the lower stone to align the small brush beneath it with the flour spout tube (see inset-photo in picture A). Then, gripping the milling chamber insert on both left and right sides as shown in picture B, lift it upward, with the stone, from the housing.

C

Clean the flour spout with the provided brush to remove any flour dust which may have entered the flour spout and which also may enter the green milling chamber insert (see next step) when introducing it.

D

When inserting the green milling chamber make

sure to push the flour spout into the housing as far as possible. Then press down the milling chamber insert, working from front to back until its upper lip rests fully on the rim of the lower chamber. Align the holes in the insert's left and right sides with the corresponding holes in the lower milling chamber.

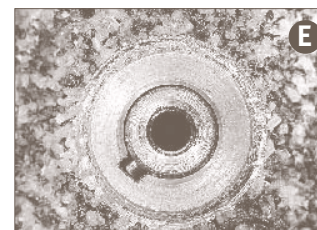
E

Put the new lower stone onto the motor shaft, aligning the slot in its center ring with the pin on the motor shaft, as in picture E. Hold the stone and tighten the screw and the small metal block clockwise using the Allen key.

F

Insert the new upper stone and reattach the hopper, setting the hopper to a proper setting to begin grinding. Your mill is now ready for use again.



After a couple of tries, this exchange is accomplished quickly and easily.



Problem	Action
The motor hums, but the grain is not taken up.	Simply turn the hopper towards 'coarse' until the grinding process begins. Then readjust to the desired texture.
The motor binds during operation.	Binding of the motor is generally caused by overheating due to improper use. A built-in thermal cut-off switch stops the motor to prevent serious damage. Unplug the power cord and allow the mill to cool down for a few minutes. Thereafter, you should be able to resume milling. If the problem reoccurs, look for the cause: Is the grain too moist? Are the millstones or the mill chamber clogged? Is there a foreign object caught between the millstones? Did you turn on the mill with the hopper full and the millstones at the finest grind setting?
The normal grinding noise becomes weaker – the millstones are smeared.	If the grain is too moist then the millstones could be smeared and clogged. In this case, the normal grinding noise becomes more and more quiet, and very little flour exits the flour spout. Simply adjust the hopper to a coarser setting and resume milling with an appropriate grain. The millstones will clean themselves.

If all this does not help, please contact us!

All our grain mills are tested with grain before being delivered.

Technical data*	FIDIBUS 21	FIDIBUS CLASSIC	FIDIBUS MEDIUM	FIDIBUS XL	MAGIC	PK1	FlocMAN	DUETT 100	DUETT 200	KomoMio
Milling rate for finely ground wheat Flaking rate for finely wheat @ 55 – 65 rpm	3.5 oz/min	3.5 oz/min	3.5 oz/min	7 oz/min	3.5 oz/min	3.5 oz/min	2.8 – 3.5 oz/min	3.5 oz/min	7 oz/min	3.5 oz/min
Capacity of hopper with wheat	1 lb, 14 oz	2 lb, 3 oz	1 lb, 14 oz	2 lb, 10 oz	1 lb, 14 oz	2 lb, 3 oz	1 lb, 5 oz	–	–	2 lb, 10 oz
Millstone diameter (inch)	2.95	3.35	3.35	3.35	2.95	3.35	–	3.35	3.35	3.35
Flaking mechanism	–	–	–	–	–	–	Stainless steel tapered rollers & axles	Stainless steel tapered rollers & axles	Stainless steel tapered rollers & axles	Electric Ceramic millstone
Electric motor size	250	360	360	600	250	360	140	360	600	400
Noise level with spelt, finely ground	70 dB	70 dB	70 dB	72 dB	70 dB	70 dB	40 dB	70 dB	72 dB	70 dB
Weight	13 lb, 11 oz	17 lb, 10 oz	13 lb, 11 oz	19 lb, 13.5 oz	14 lb, 9 oz	17 lb, 10 oz	13 lb, 11 oz	34 lb, 3 oz	38 lb, 9 oz	15 lb, 4 oz
Max. height of bowl at spout (inch)	4.7	5.1	4.7	6.3	5.7	5.1	4.7 in	7.1	7.1	4.7 in
Dimensions: H x D x W (inch)	12.6 x 6.3 x 6.1	13 x 6 x 6	13 x 6.3 x 6.1	14.4 x 6.5 x 6.5	13.6 x 6.7 x 6.5	15.7 x 8.3 x 9.4	12.6 x 11.4 x 5.9	15.9 x 8.7 x 13.1	15.9 x 8.7 x 13.1	14.8 x 6.3 x 6.5
Housing material Wooden surfaces treated with organic vegetable oil Hopper lids of solid beech	Beech plywood, hopper solid beech	Solid beech	Beech plywood, hopper solid beech	Solid Beech	Solid beech and brushed stainless steel, stainless steel hopper	Solid beech	Solid beech and stainless steel, hopper solid beech	Beech plywood, hopper solid beech	Beech plywood, hopper solid beech	Solid beech hopper, Arboblend®
Certification										 
Delivery includes	Mill and hopper lid and interchangeable milling chamber	Mill and hopper lid and interchangeable milling chamber	Mill and hopper lid and interchangeable milling chamber	Mill and hopper lid and interchangeable milling chamber	Mill and hopper lid and interchangeable milling chamber	Mill and hopper lid and interchangeable milling chamber	Flaker, hopper lid, ceramic bowl	Combi mill/flaker, mill and hopper lid and interchangeable milling chamber, ceramic bowl	Combi mill/flaker, mill and hopper lid and interchangeable milling chamber, ceramic bowl	Mill and hopper lid and interchangeable milling chamber
Limited warranty	12 years	12 years	12 years	12 years	12 years	12 years	12 years	12 years	12 years	12 years

* Technical modifications reserved

One of the basic foods

For centuries, grain has been a basic element of nutrition for mankind around the globe. Not too long ago, he who was wealthy, owned much land to grow grain and knew how to profitably cultivate it and store it without spoilage. Back then, grain rich in nutrients represented security and life itself. He who had several sacks of grain in his pantry did not have to fear the winter. The fundamental nature of our relationship with grain can be seen in the vast variety of pastries and types of bread that have evolved differently in every country over the years. Quite often, they are typical of a certain region.

With the arrival of modern times, our immediate and vital relationship with grain has changed. In our kitchen cabinets, there is usually only a bag of super fine flour which we have bought already ground. We hardly know how to tell the different types of grain from one another.

Today, grain is plentifully used in industrially manufactured products. However, it is heavily processed so that only a few of the grain's fine qualities remain. In these convenience products, many of the nutrients and vitamins, and much of the fiber contained in fresh grain are lost. Freshly milled, whole grain is different. It has a very special flavor and should not be missing in a gourmet kitchen. Furthermore, freshly processed grain satisfies our hunger in a natural way, letting our body know when it is sufficiently supplied with energy.

Pure life energy

Because of its nutrients and active ingredients, cereal is one of the most valuable foods available to humans. The cereal grain is made up of a seed enveloped in a husk. It is important for the health and vitality of the human body that we consume the entire grain. The husk – the outer part of the grain – is rich in fiber and minerals. The seedling (wheat germ) contains vegetable fat of high quality, polyunsaturated fatty acids and liposoluble vitamins. Finally, the endosperm provides starch, which the body requires as a source of energy. Only when all of the components of the grain are consumed, can the body properly utilize the energy packed in the grain.

Freshly ground flour decays fairly quickly. In order to give flour a longer shelf life, the wheat germ is filtered out of super fine flour after grinding. As



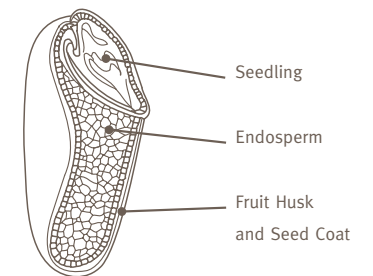
part of this removal process, the outer layers of the kernels, which contain most of the grain's valuable fiber, are also extracted. This is how commercial flour is made.

To obtain all of the ingredients that are important to the human body, flour must be freshly milled and consumed shortly thereafter. Mills that use grinding stones transform the whole grain into fine, loose, full-value flour. This is of great importance for the quality of baked goods and cereal dishes. While natural homogeneous stone and steel mills gradually become blunt, reducing their efficacy and thus the quality of the flour they produce, ceramically bonded corundum stones constantly sharpen themselves producing high quality flour.

Cereal flakes can be freshly flattened with a hand-operated or electrical flaker. In contrast to freshly flattened flakes, industrially manufactured flakes

treated with steam and flattened under heat, do not count as 'fresh food'. Self-made flakes on the other hand, like freshly ground flour, contain the entire complement of nutrients, vitamins and minerals contained in whole grains.

Schematic depiction of a cereal grain

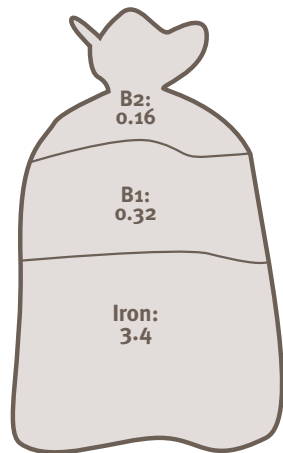


Whole grain for good reasons

- 1 Fresh cereal is rich in fiber and thus promotes healthy bowel function.
- 2 Grain is a major source of healthy carbohydrates.
- 3 Vital nutrients such as B vitamins, iron, magnesium, and precious proteins are abundant in fresh grain.
- 4 Finally, fresh grain is easy on the budget. It's also easy to transport and store.

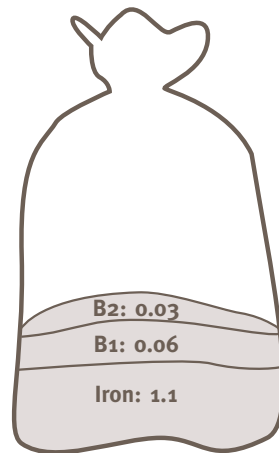
Mineral and Vitamin Content

in mg per 3,5 oz. flour



Whole Grain Flour

Wheat



White Flour

Tips for proper home grain storage

Store grain in dry places

Moisture creates a favorable environment for mold and for insects. Also, it is important that grain must be dry at milling time so as not to clog the millstones.

Store grain in a well aerated place

Store grain where the air is dry and cool. Avoid conditions that could cause moisture condensation, and protect from insect or rodent contact.

KoMo cereal cylinders are excellent protection for grain kept in your kitchen.

Maximum storage temperature: 72° F

Freshly ground grain should be processed or eaten quickly, for only freshly ground flour provides the full flavor and vital nutrients nature intended. If you must store flour, refrigeration is recommended, though oxygen will still degrade nutrients over time.

Why own a grain mill?

- Because commercial flour contains neither the healthy fiber of freshly milled grain, nor the germ of the whole grain which is rich in vitamins.
- Because the essential nutrients of whole-wheat flour begin to decay immediately after milling, and any delay from mill to oven represents a loss in food value.
- Because whole grain has a virtually unlimited shelf life and supplies are easily managed. With your own flour mill you can produce the quantity needed at the grind setting required.
- Because freshly ground flour tastes better due to its aromatic components. These aromatic components are lost over time (as is seen in coffee) with commercial flours.
- Because your own flour mill makes you independent from the market pressures that dictate commercial millers' pricing and availability.
- Because grinding your own flour is cheaper in the long run: Even if you only bake your own bread once a week, a grain mill can typically pay for itself in just one year.
- Because grinding your own flour is fun!
- Because your own flour mill is the foundation for a more food-conscious and healthier way of life.

Whole wheat bread 'easy as pie'!

Preparation for one loaf of bread:

0.25 oz dry yeast
 ½ teaspoon honey
 500 ml lukewarm water
 12.4 oz spelt
 5.3 oz rye
 2 teaspoons sea salt
 2 tablespoons apple cider vinegar
 2.6 oz of mixed seeds (sunflower seeds, sesame seeds, flax seeds, poppy seeds, pumpkin seeds)
 ¼ tsp each ground coriander, cumin and fennel

Dissolve dry yeast and honey in half of the luke warm water and let soak for 10 minutes. Finely grind spelt and rye in your mill, and mix with salt, vinegar, seeds and spices in a bowl. Add yeast-mixture as well as the remaining water and stir to a pasty dough. The dough should not be allowed to sit. Fill it immediately into a greased cake tin lined with sesame seeds. Place the bread into a cold oven and bake at 395 °F (355 °F convection) for about 75 minutes. Remove the loaf from the tin using a knife and let it cool on a wire rack.

Preparation time: About 20 minutes plus 75 minutes baking time.

Tip: Because the dough does not need to sit, the actual preparation time is very short. Therefore, this is a recipe suitable for children or grown-ups who have little time to spare. The result is a fragrant whole grain bread which tastes fantastic spread with butter.

Taken from: Bio-Backen mit Kindern, Gudrun Ambros,
 bio-verlag Schaaflheim
 ISBN 3-934412-10-6

Professional kitchen tip:

How do buckwheat, quinoa and amaranth remain grainy?

The pseudo-cereals buckwheat, quinoa and amaranth belong to a group of grain that need little cooking time and are done after 5 to 15 minutes. Their disadvantage: The grains quickly become mushy and fall apart. This is why the grains should be briefly dry heated in a pan without fat before cooking. Boil 2 – 2 ½ parts salt water or vegetable broth (salt inhibits the absorption of water). Stir in 1 part dry heated grain. Cover with a lid, turn the stove off and do not stir again.

Wolfgang Mock's breakfast cereal

Serving for one person:

1 ripe banana
 ¾ cup very coarsely ground husked oats
 milk
 1 tbsp sesame seeds (unhulled)
 1 small apple
 3 – 4 walnuts

Using a fork, mash the ripe banana in a soup bowl. Set the bowl beneath the mill and grind in the oats. Sprinkle the sesame seeds on top, add milk and stir. Dice the apple and add to the mixture along with coarsely chopped walnuts. Depending on the season, different fruits can be used. Pears are especially delicious, but only if they are truly ripe.

Professional cooking advice

Should spices be ground for baking bread?

For spicy bread, whole spices such as cumin can be directly milled with the grain. Thus, the spice develops the best taste and its full aroma. Storing spices whole has two main advantages: They can be stored longer and they do not lose their aroma.

Should pancake batter with whole grain flour always be allowed to sit?

Yes, because in doing so its consistency becomes smoother and fewer eggs are needed. It is important, however, to add the eggs after the batter has been allowed to sit. If they are stirred in before, the fat contained in the eggs surrounds the flour's starch like an impermeable coat and inhibits the homogenization process. The batter's consistency becomes perfect when the flour is stirred into the liquid, and eggs are added after 10 to 15 minutes of sitting. The dough can then be poured onto the skillet.

Thickening sauces and soups with rice meal:

Sauces and soups can be thickened, without clumping, using finely ground brown rice. Importantly, rice will not add its own taste to your soup or sauce.

Tips by Bernd Trum, whole foods cook and head of the cooking school and cooking consultancy 'Küchenmanagement Trum'

The millstones

Good millstones existed long before our time. Some are still around today, such as the corundummagnesite millstone developed around 1870. These are effective, but very susceptible to damage from unwanted stones often found in grain. And they require too much maintenance for our type of application. We needed a mill-stone that our household customers could really count on, one much more durable and practically maintenance free.

Enter Wolfgang Mock. Twenty five years ago, he first experimented with corundum and ceramic combinations to create a very robust millstone, ideal for near-zero maintenance applications. His corundum/ceramic millstones have an extremely rough surface, which hardly wears down at all after years of use. They

grind coarse grain quickly into fine flour, and are practically indestructible. Simply put: the corundum/ceramic stones are beyond rock hard and – for the time being anyway – state of the art.

Environmentally friendly motors

Compact and powerful, the industrial-strength electrical motors in KoMo mills provide many years of reliable service. And they perform very quietly. They run and run and run for decades.

The mill works

The milling mechanism is more than just millstones and motor. Milling only functions optimally when all the various components work together. One such component in this balanced interplay is another KoMo innovation: the spring action between the millstones. This prevents the

loud grinding noise of the stones when the milling is completed, and the grind setting is 'fine' – conserving both the stones and your nerves. Users who have tested other mills in the marketplace have really come to appreciate this feature, for which KoMo received a patent in 1998.

Solid housing

Hard shell, hard core. For us, the external appearance of KoMo mills is extremely important. We want each mill housing to reflect faithfully the solidity, durability, and integrity of the mill's internal workings. We invest heavily in both engineering and aesthetics for each mill design, working from the assumption that our mills will reside on kitchen countertops for decades; therefore, they must look great.

We use premium quality, native hardwood for

our housings because, quite simply, there is no better material for the application. Wood worked with a craftsman's skill stands up to everything and looks good at the same time. We pretreat the wood with organic vegetable oils, and recommend this treatment be carried out at regular intervals throughout the mill's lifetime.

Effortless operation

We design each KoMo mill to do its job efficiently and completely, without the aid of additions and accessories. It needs to be able to grind both very coarsely and very finely – transitioning between the two settings in an obvious and simple manner. If the user hears an odd sound from the inside, she should be able to access the inside easily to have a look. We have invested countless hours developing solutions to these design and engineering issues.



With a KoMo mill, the user simply rotates the grain hopper along a scale to the desired degree of fineness, continually adjustable from very coarse to very fine. Should the millstones wear down slightly after a decade or so, simply rotate the hopper just a little more in the 'fine' direction. No need for troublesome re-adjustments. You can also access the milling chamber in a flash without a tool. Just rotate the hopper about two full turns in the 'coarse' direction, and the hopper comes off, giving you access to the milling chamber.

Social responsibility

We have worked hand-in-hand for many years with the sheltered workshop program located in the heart of the Austrian Tyrol, providing employment and financial independence to individuals with and without disabilities. This non-profit

organization employs modern management techniques and the latest precision machinery to manufacture our wooden housings. The program, designed and overseen by Peter Koidl, has recently expanded to include the assembly of the bulk of our mills. This allows us to concentrate more on the design, engineering and sales re-quirements of our business.

The folks who assemble our housings and mills take enormous pride in their work. We are proud to offer our support and energy, and to lend our name, to such a worthwhile and successful social project.

Quality control

We work with people we trust, so that our mills run as they should.

Peter Koidl has been closely associated with the

sheltered workshop program in Austria for many years. He advised them in the initial layout and equipping of their production and assembly facilities. He also utilized this company to assemble his earlier line of Penningberger grain mills. He developed highly detailed production sequences for every aspect of the assembly work. This close relationship has continued and expanded on behalf of KoMo. Peter visits the workshop weekly to oversee the quality control and testing procedures.

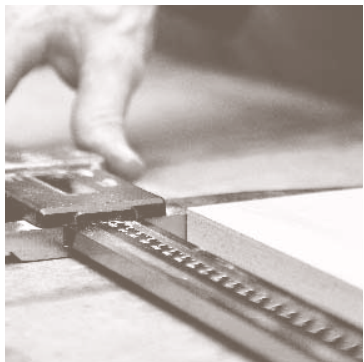
Good design and engineering alone do not ensure a high-value, quality product. Our grain mill pioneer, Peter, knows this from long years of practical experience. Also imperative are a sound, carefully conceived assembly program and well-managed production facilities to make a product that will provide consumer utility and

joy over many years. Workshop employees have come to trust and rely on Peter's advice and involvement in their daily operations.

KoMo advantages at a glance

To highlight and summarize the advantages we have described about KoMo products, we have compiled the following list:

- Simple to use, with a continually adjustable fineness setting
- Easy to clean; mill chamber accessible in a flash
- Compact size fits into every kitchen
- Surprisingly quiet
- Grinds flour as finely as even larger mills
- Patented suspension to protect the millstones and motor
- Sustainable resource utilization
- Socially responsible manufacturing
- 12 years limited warranty on every model





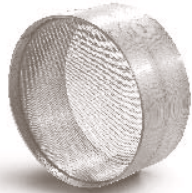
Ceramic bowl

A beautiful, simple bowl from the Hemberger ceramic workshop in Michelstadt, near KoMo's headquarters in Germany. The bowls are created by hand in the small workshop. No one is exactly the same as the next, and each has its own special character. Yet all collect the freshly ground flour or flakes in a stylish manner. An ideal complement to our grain mills and flakers.



Swiss stone pine bowls

Characteristic of these wooden bowls is the natural fragrance of the stone pine, a wood known for its naturally high oil content. Perfectly designed and highly versatile. Turned in a small craftsman's workshop in the Tyrol, with a silky-smooth surface, and available in four sizes: Ø 6.3 in, 7.9 in, 9.8 in, 11.8 in.



Flour sieves

Well sifted flour keeps better. Wholegrain flour without the bran holds together better, an important property in the preparation of fine pastry. Simply sift the bran out of the flour and use it as a healthy additive in breakfast cereals. Our sieves are available in two sizes: 7 in (18 cm) and 8 in (20 cm) diameter.



Rattan rising baskets

Well formed, shapely, and attractively marked with light grooves in the surface – this is how German bakers loaves look – homemade ones too. To obtain this look, flour the basket, put in the dough, cover with a clean cloth, and let the dough rise. Our baskets are of untreated rattan. Available in either round or long shapes, but each is large enough for over 2 pounds (1 kg) of bread dough.



Granaries

The ideal household grain storage solution for every natural foods kitchen. User-friendly KoMo granaries are extremely convenient, easy to maintain, and very attractive. They keep your grain properly aerated, and allow you to remove just the amount of grain you need via the stainless steel slide. The convex viewing panes enable you to see how much grain you have at any time. For its granaries, KoMo uses furniture grade, beech veneer plywood, which is both sustainably harvested and formaldehyde-free. Mounting brackets are provided.



Technical data GRANARY	Two-chamber granary	Three-chamber granary
Capacity in lbs.	approx. 20	approx. 30
Dimensions: height x depth x width in inch	19.9 x 5.6 x 10.8	19.9 x 5.6 x 16
Housing of beechwood multiplex / Plexiglas insert / stainless steel slider 18/10		



the user (including use of undue force), or opening of the unit's cabinet by the user. The 12 year warranty is neither extended nor renewed when repairs covered by it are performed. Any parts replaced under warranty are themselves warranted only for the duration, and to the extent, of the mill's original warranty. The warranty can be claimed only on presentation of the original cash receipt or invoice (proof of purchase).

Millable Substances

KoMo stone burr grain mills are designed for use with, and may be used to grind, only the following substances, which must be under 15% (by weight) water content: Common dry grains including wheat (either hard or soft types), oat groats (dehulled oats), non-oily rice, triticale, kamut, spelt, buckwheat, barley, rye, millet, teff, quinoa, amaranth, sorghum, field corn (not popcorn or sweet corn), dry lentils, dry beans (such as pinto, red, navy and kidney) and dry spices.

Milling of any substance not listed in the paragraph immediately preceding, voids the warranty. The following is a (partial-only) listing of some known non-millable substances, provided for your convenience. Some non-millable substances include: Herbs, oilseeds such as flax or sesame, soybeans, popcorn, tree nuts, peanuts, saw palmetto berries, tapioca pearls, sugar, coarse fibrous materials, any oily substance, or any substance over 15% water content.

KoMo electric grain mills

are warranted by the manufacturer (KoMo GmbH) against material and manufacturing defects for a period of 12 years from the date of purchase, for non-commercial use. The warranty excludes fine cracks in the wood cabinet such as may occur with any genuine wood product, and which do not influence function.

This warranty is rendered null and void by abusive or improper treatment of the equipment by

Dear customer,

If you experience trouble using your mill, please first contact your retailer, or the authorized service center (see contact information below.) Many issues can be resolved by e-mail or phone.

To enter a claim for repairs under the warranty and during the warranty period, please first contact the authorized service center, then ship the defective unit, proof of purchase and a detailed description of the problem to the service center. We will repair the defective unit (or, at the sole discretion of KoMo GmbH, re-

place it.) Shipping of the unit to the service center must be prepaid by the mill owner. KoMo will pay to return the mill to 48-state locations, except shipping to Alaska or Hawaii is at owner's expense. Be sure to package with abundant cushioning on all sides and purchase insurance covering replacement value of your mill, because loss or damage during transit to the service center is at owner's risk.

After the warranty period has expired, repair service is available from the authorized service center for a fee.

Our service addresses and phone numbers:

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