

KitchenAid® GRAIN MILL



GMA

**This attachment has been approved for use with
all KitchenAid® household stand mixers**



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. To protect against risk of electrical shock, do not put mixer in water or other liquid.
3. Close supervision is necessary when any appliance is used near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts. Keep fingers out of discharge opening.
6. Do not operate the mixer with a damaged cord or plug or after the mixer malfunctions, or is dropped or damaged in any manner. Return the mixer to the nearest Authorized Service Center for examination, repair or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by KitchenAid may cause fire, electric shock or injury.
8. Do not use the mixer outdoors.
9. Do not let the cord hang over the edge of table or counter.
10. Do not let cord contact hot surface, including the stove.
11. Check hopper for presence of foreign objects before using.
12. This product is designed for household use only.

SAVE THESE INSTRUCTIONS

Your safety and the safety of others is very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to hazards that can kill or hurt you and others.

All safety messages will be preceded by the safety alert symbol and the word "DANGER" or "WARNING." These words mean:

 **DANGER**

You will be killed or seriously injured if you don't follow instructions.

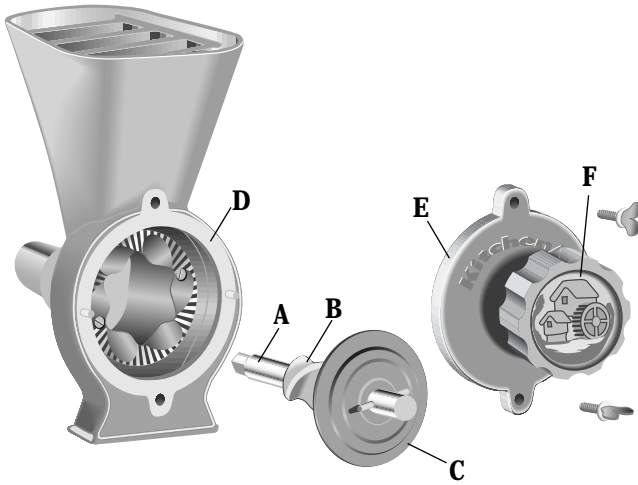
 **WARNING**

You can be killed or seriously injured if you don't follow instructions.

All safety messages will identify the hazard, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.



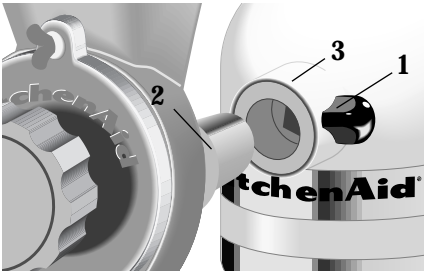
TO ASSEMBLE:



Insert the attachment power shaft (A) with the grind worm (B) and movable burr (C) into the grain mill body (D). Mount the front plate (E) with adjustment knob (F) onto the front of the shaft.

Note: Turn adjustment knob two or three full turns in a counterclockwise direction to ensure a flush fit. Turn and tighten screws into place.

TO ATTACH:



Before attaching accessory, turn off and unplug unit.

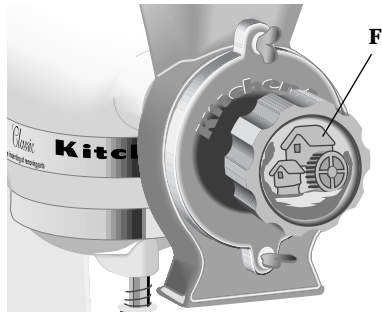
Loosen attachment knob (1) by turning it counterclockwise. Remove attachment hub cover. Insert attachment shaft housing (2) into attachment hub (3), making certain that attachment power shaft fits into square hub socket.

Note: Do not run mill continuously with burrs rubbing together. Damage to mill may result.

Rotate attachment back and forth if necessary. When attachment is in proper position, the pin on the attachment will fit into the notch on the hub rim. Tighten attachment knob until attachment is completely secured to the mixer.

TO USE:

Adjust fineness of grind **without** grain in mill. To adjust for grinding, turn adjustment knob (F) counterclockwise two turns and start mixer at Speed 10.





Note: Do not grind more than 10 cups of flour at one time. Allow mixer to cool at least 45 minutes before using again, damage to mixer may result.

Turn adjustment knob (F) clockwise until grinding burrs just make contact — burr contact will be indicated by a change in motor speed and sound.

Immediately turn adjustment knob (F) back (counterclockwise) three clicks.

Stop mixer and fill hopper with grain.

Turn mixer to Speed 10 after grain is added. If grind is too fine, turn adjustment knob counterclockwise one click at a time until desired coarseness is obtained.

Note: Flour ground with the Grain Mill will have a coarser texture than commercially ground flour. The Grain Mill grinds, and you receive, all parts of the berry; commercial grinders sift out some parts of the berry before marketing the flour.

Continue to replenish grain in hopper until desired amount of grain is ground.

It is not necessary to press grain into hopper with hands or any utensil. The moving grind worm will feed the grain into the burrs.

If you grind more flour than your recipe requires, store it in the refrigerator or freezer to prevent rancidity, since this natural product contains no preservatives.

All these low-moisture, non-oily grains may be ground in your KitchenAid Grain Mill:

WHEAT – Many different types of wheat are grown in the United States. Hard wheat, with a high percentage of protein, is generally considered best for bread flour; soft wheats are preferred for cakes, cookies and other baked goods. Mix hard and soft wheats for all-purpose flour.

CORN – Grind fine for baking, coarse for corn meal mush.

RYE – Combine rye flour with wheat flour for best results with rye bread; rye does not contain enough gluten for good rising.

OATS – Oats must be hulled before grinding for flour or use rolled oats. (Oat hulls prevent proper feeding of grain into grinding burrs.) In most recipes you can substitute oat flour for up to 1/3 of the all-purpose flour.

RICE – White and brown rice grind equally well.

BUCKWHEAT – For best results, buckwheat should be hulled before grinding. Raw and toasted buckwheat grind equally well.

BARLEY – For best results, barley should be hulled before grinding.

MILLET – Toast millet in a heavy, dry skillet before grinding to bring out this very small grain's unique flavor. Stir constantly to prevent burning.

Your local library or health food store can provide more information on grains.

Grains suitable for grinding can be obtained from Walnut Acres, telephone 1-717-837-0601.

DO NOT grind peanuts or coffee beans in your Grain Mill. Their high oil content can damage the grinding mechanism.



TO CLEAN:

Clean burrs and other mill parts with brush furnished. Mill does not necessarily need to be cleaned after every use, but should be brushed when changing types of grains. If needed, a toothpick may be used to clean the burr grooves.

DO NOT wash Grain Mill or any of its parts in an automatic dishwasher.

If Grain Mill must be washed, wash by hand with a mild detergent and warm water. Dry thoroughly with a towel. Allow to air dry afterwards. Do not reassemble until next use. (If burrs are not completely dry, grain may clog mill.) If the unit is to be stored for a long time, lightly coat burrs with mineral oil. Hand wash, as stated above, to remove mineral oil before using again.



JALAPEÑO CORN MUFFINS

- 1 cup corn or 1½ cups cornmeal
- ¾ cup wheat berries or 1 cup whole wheat flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup low-fat milk
- ¼ cup oil
- 3 tablespoons honey
- 1 egg
- 2 tablespoons canned diced jalapeño peppers

Assemble Grain Mill and attach to mixer. Set mill on Click 3. Turn to Speed 10 and grind corn into mixer bowl placed under mill. Repeat with wheat berries.

Add baking powder and salt to mixer bowl; mix well. Add all remaining ingredients. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 15 seconds. Stop and scrape bowl. Turn to Stir Speed and mix about 15 seconds.

Spoon batter into greased muffin pans. (Do not use cupcake liners.) Bake at 400°F for 15 to 18 minutes, or until toothpick inserted in center comes out clean. Remove from pans immediately. Serve warm.

Yield: 12 servings (1 muffin per serving).

Per serving: About 121 cal, 3 g pro, 16 g carb, 6 g fat, 19 mg chol, 191 mg sod.



HONEY-WHOLE WHEAT PANCAKES

- 1 cup wheat berries or
1½ cups whole wheat
flour*
- 1 teaspoon baking soda*
- ¼ teaspoon salt*
- ¼ teaspoon nutmeg*
- 1½ cups buttermilk*
- ½ cup fat-free egg
substitute or 2 eggs*
- 3 tablespoons honey*

Assemble Grain Mill and attach to mixer. Set mill on Click 3. Turn to Speed 10 and grind berries into mixer bowl placed under mill.

Add baking soda, salt, and nutmeg to mixer bowl; mix well. Add all remaining ingredients. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 15 seconds. Stop and scrape bowl. Turn to Speed 2 and mix about 15 seconds, or until smooth.

Spray griddle or heavy skillet with no-stick cooking spray. Heat griddle to medium-high heat. Pour about ¼ cup batter for each pancake onto griddle. Cook 1 to 2 minutes, or until bubbles form on surface and edges become dry. Turn and cook about 1 to 2 minutes longer, or until golden brown on underside.

Yield: 6 servings (2 pancakes per serving).

Per serving: About 170 cal, 9 g pro, 34 g carb, 1 g fat, 2 mg chol, 402 mg sod.

TOTAL REPLACEMENT WARRANTY

We're so confident the quality of our products meets the exacting standards of KitchenAid that, if your attachment/accessory should fail within the first year of ownership, KitchenAid will arrange to deliver a replacement attachment/accessory to your door free of charge and arrange to have your "failed" attachment/accessory returned to us. Your replacement unit is covered by our one year full warranty. Please follow these instructions to receive this quality service.


If you reside in the United States and your KitchenAid attachment/accessory

should fail within the first year of ownership, simply call our toll-free Customer Satisfaction Center at **1-800-541-6390**. Give the consultant your complete shipping address. (No P.O. Box Numbers, please.)

KitchenAid will arrange to deliver a replacement attachment/accessory and have your "failed" attachment/accessory returned to us.

Put your "failed" attachment/accessory in the original shipping carton along with a sheet of paper with your name and address on it, and proof of purchase (register receipt, credit card charge slip, etc.)

WARRANTY

Length of Warranty:	KitchenAid Will Pay For:	KitchenAid Will Not Pay For:
<p>One Year Full warranty from date of purchase.</p>	<p>Replacement parts and repair labor costs to correct defects in materials or workmanship. Service must be provided by an Authorized KitchenAid Service Center.</p> <p>OR</p> <p>Total Replacement Warranty.</p> <div style="text-align: center;">  </div>	<p>A. Repairs when attachment/accessory is used in other than normal home use.</p> <p>B. Damage resulting from accident, alteration, misuse or abuse.</p> <p>C. Any incidental shipping or handling costs to deliver your attachment/accessory to an Authorized KitchenAid Service Center.</p> <p>D. Replacement parts or repair labor costs for attachments/accessories operated outside the United States.</p>
<p>Missing a part? Call 1-800-541-6390 for immediate handling of your problem.</p>		

KITCHENAID DOES NOT ASSUME ANY RESPONSIBILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion or limitation may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

HOW TO ARRANGE FOR SERVICE

To arrange for service, call the KitchenAid Customer Satisfaction Center, toll-free at 1-800-541-6390.

KitchenAid®

St. Joseph, Michigan 49085 U.S.A.