

# Use and Care Manual Mockmill

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We're pleased to offer a little collection of advice that has been gathered from lots of happy Mockmill customers as well as from our own experience using the Mockmill to create breads, sweet concoctions, gluten-free treats and more.

This may be considered an addendum to, but is not part of, the Mockmill User's Manual.

## Before you begin...

Please take special care to think of these four things before you start using your Mockmill:

### Load the hopper first!

Before you turn on the mixer, too, load the hopper up. It's simply best practice, as this way the mill is being fed from the moment it starts turning! That protects the stones from wear.

### Start your Mockmill on a not-too-fine setting

When the Mockmill is set all the way at fine, the stones may actually touch. During milling, the grain material forms a buffer between the stones, so that the turning rotor stone is actually "pushed away" a few micrometers. That way the stones don't touch. Therefore, it's best not to start your Mockmill up on "very fine". With the Mockmill set on the second or third smallest "dot", turn on the mill and immediately adjust it downward (if you wish) to the finest setting (see below.) So: remember this: Start out not-too-fine!

### A half-cup of rice!

The Mockmill is delivered with its stones still unused from the factory. There may be a little stone residue left over from the manufacturing process, and so it's important to "flush" the Mockmill by grinding some flour "to throw away." We suggest using rice for this purpose. It's relatively cheap and, being brittle, is a really good stone cleaning agent.

Take about a half-cup of rice, fill the hopper with it, and turn on the mixer. As the mill turns, move the adjustment knob slowly back and forth from coarse to fine. You'll probably see some black particles in the white rice flour at first, and then only fine, white rice flour. The different grades of ground rice being produced each do their part to get your brand-new stones ready for use! (Also, you'll get your first feel for how your new tool works!)

### Go all the way to fine!

Every Mockmill has its own "personality". The stones are man-made into a composite paste, formed in moulds and then baked for days at tremendously high temperatures. Although the manufacturing tolerances are very tight, the fine distance kept between the stones means that every stone set works together in a way particular to that set.

For that reason, it's impossible to provide a precise setting indicator on the adjustment knob. So the "dots" you have are indicators rather than fixed settings. They are indicative of the direction in which you need to turn your mill to go towards the grade you want.

Turning the guide toward On the coarse end – the end with the larger dots, - the knob may stop before you get to the biggest dot. Turn it any further, and you'll release it for disassembly. The stopping point your actual "coarsest point".

On the other end of the scale, you'll find that you can (easily) turn the mill well past the smallest dot. That is the zone in which most people find "the finest spot". As explained earlier, you should only do that once there is grain in the hopper and the mill is turning.

***The "finest spot" will, in fact, be different for each grain. You'll know you've chosen "too fine" a spot when the flow of flour stops while the mill keeps turning.***

*What to do if the flow of flour stops...*

***No problem! Just back the setting off a good way until you see product coming out (it will be coarse) and then move back to a not-as-fine-as-before setting.***

***Why does that happen?***

Grinding "too fine" simply means that the particles being released are small enough to form a film on the millstones. By backing off from the chosen setting, you allow the mill to capture and break up some more grain, creating larger pieces that quickly knock that film off. With a bit more experience, you'll find that you develop a feel for how fine your Mockmill can go for a particular grain. Remember, the finer you mill, the slower your output will be and the harder your mixer will be working. So if you're into "really fine", just be sure to keep an eye on the flow of your flour, and place a hand from time to time on the top of your mixer. If it feels too warm, give it a break to let it cool down. The Mockmill, by the way, never really heats up. For a stone mill, it is turning pretty slowly, and it doesn't have a motor transferring any heat to it.

## **Remember to "tighten-up"**

The Mockmill is attached to your mixer with a time-honored hub design: the Hobart #10 conical attachment hub.

The Hobart hub works beautifully, and allows the Mockmill to turn your mixer into a great home mill.

The normal mixer attachment is already secured with a 5/16" set screw; your Mockmill came with an extra-long screw that makes it easier for you to tighten the assembly.

There are a lot of forces at work during the milling of grains, so you will want to check the screw from time to time for tightness and retighten as needed.

## **Taking Care of your Mockmill (and mixer)**

### **Post-use cleaning**

After each use, you can simply turn the Mockmill upside down over your counter or sink to empty any remaining grains. The Mockmill does not require deep cleaning after every use. You can simply wipe off its exterior surfaces, including the easily removed flour chute.

### **Open your Mockmill for deeper cleaning**

For deeper cleaning, we first recommend simply running a quarter cup of rice through the Mockmill from to refresh the stones.

For a most thorough cleaning, we have made the Mockmill interior easily accessible.

Just open the Mockmill as instructed in the User's Manual and brush off all soft grain residue with an appropriately soft tool such as a basting brush or a dry sponge. . If you find a kernel lodged between any two surfaces, you'll find you can easily pry it out with a sharp tool.

**IMPORTANT NOTE:** Please remember not to get the interior of the mill wet! It would be an unnecessary and possibly damaging cleaning measure.

### **Keep an eye out for driveshaft oil!**

You may see some oil on the driveshaft of your Mockmill as you remove it from the mixer. This comes from the mixer and is normal. The Mixer is packed with food-grade grease that tends to liquefy under load, and sometimes-small amounts sneak past the mixer's seals. You can learn more on this topic on the [KitchenAid Product Help Internet page](#).

To keep the grease from getting on your hands, clothes, or the Mockmill, just wipe the shaft off with a paper towel, and that's that!

### **A quick reminder: Start out not too fine!**

Here we'd like to remind you again to set your Mockmill to "not too fine" every time you start out, immediately adjusting to a finer setting if desired!

## Don't overheat your mixer!

Your mixer is driven by a strong motor and a set of gears that reduce the motor's high speed down to the speed determined by the setting you choose.

When the mixer is used for a long time, the heat of the motor is transferred to the gear box, and the top of the mixer can become quite hot. That's a sign that it's time to give the mixer a little rest, to let it cool down.

We recommend that you not grind more than five pounds of flour at one time. That makes for about 40 minutes of mixer time, after which you should let your mixer cool down for 45 minutes or so before using it again.

We also recommend that you not go to that limit unnecessarily by milling reserve flour to be used much later. Mill only the flour that you need, when you need it. Done that way, and for most household needs, it takes very little time!

## Getting started as a new miller

New millers often ask us: “OK, how do I get started milling?” Here's an off-the-cuff list we've drummed up of suggestions we hope will be fun for everyone...

### Tips and Tricks for New Millers

#### *New Power in Your Hands*

What you now have is the power to reduce grains on the spot, just-in-time, to a variety of flours and meals that you can use to create original, nutritious, delicious whole-grain foods. Rub your hands together, and start thinking about all the ways you can use that new power!

#### *Enjoy the Whole Grain*

Use everything the mill gives you from the grain!

Right away: One of the best things about having your own mill is that you can now eat THE WHOLE THING! Unless they are VERY small-scale, mills can't deliver you a product with 100% of the good stuff left in it. So you should aim to enjoy it, all of it! By the way, you should have no need for sifting, but if you feel that you do need to do it, go right ahead. We heartily recommend, however: whatever you sift out, please add back in at some stage of your process. Because what gets sifted out is generally the *really good stuff*.

### ***Learn about different milling grades***

Make sure you're getting the most out of your Mockmill by experimenting with the mill settings. Have you been milling well past the smallest dot on the scale? If not, give that a try! You might like to try baking with flour that is a little coarser, or to stick strictly with the finer – it is a matter of personal preference, and we encourage you not to be limited by what you read or hear – see what works for you! Read the manual section called "Setting the milling grade". Just five short paragraphs, read carefully, will free up your creativity and extend your baking possibilities.

### ***Start with something simple***

Make something simple. May we suggest pancakes? Use your normal pancake recipe, keeping in mind that your fresh flour may absorb more liquid than store-bought. You may need a bit more milk/water/buttermilk than you would with the commercial flour you are accustomed to using.

### ***Try some variations on your theme***

If you liked those pancakes – who doesn't like pancakes? – Try adding some of the different flours you can make: Buckwheat Pancakes! Millet Pancakes! Corn flour Pancakes! Quinoa Pancakes! Spelt Pancakes! Emmer Pancakes! Rice Pancakes for your gluten-free needs! Mix some flour from these interesting “other grains” in along with your wheat or spelt flour. Try different combinations for taste and texture. "Dad's Pancakes" will never be the same again!

### ***Learn how to do your old tricks with fresh flour. For example, quick breads...***

Dare to experiment! Move on to baking other foods that you love. And ditch mixes *forever*, if you ask us! They are full of ingredients that are at best non-beneficial. Make your own quick breads: biscuits, English Muffins, cornbread, other specialties. Standard recipes for these will work well as you get started, or you can look online where there are lots of recipes for whole meal quick breads. Leavened with baking powder and/or baking soda, these are fast and easy creations that will taste especially good when made with your own flour, Mockmilled just-in-time!

### ***Make pastries with your freshly milled flour***

Mockmill opens great opportunities for the pastry chef! Check out the offerings of white wheat that make great pastry flour. Concerned about sugar? Try cutting back on the sugar in your recipes. Many recipes are too sweet, and you may find a new appreciation for desserts that are more restrained in flavor. You can also redefine the sweetness in your baking by using honey, or agave syrup. Additionally, it may be difficult to taste at first, but the whole grain gives food a special sweetness that is luscious and healthy! Make cakes, pies, muffins, cookies, cupcakes – the range is limited only by your imagination!

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How do you find recipes? Look for whole meal recipes online or just substitute your "real" flour for the flour your recipes call for. Your milled flour will be a bit fluffier than packaged flours, so if you are measuring by volume, use a little more flour than you ordinarily would. Better yet, get a digital scale and start cooking by weight. It's so much easier and more accurate than measuring ingredients by volume! (Tip: a cup of flour weighs about 125 grams, or 4 ounces.)

### ***Try baking fermented doughs***

Try fermented baking: bread, but heck, also sourdough pancakes, rolls, whatever!) Yeast can of course be used, but non-yeast sourdough baking is really "the class of kings". More on that later!

### ***Try making your own bean flour***

Try grinding beans to make flour! Have a look online for a bean dip that calls for black bean flour. Get some beans, make the flour, and follow the recipe. Then go wild and make your own recipe! Try making your own hummus from garbanzo flour you mill! Go wild! (But check the internet first for ideas!)

### ***Try grinding your spices for extra flavor***

Grind your own spices! Cinnamon is a good one. Use a pair of kitchen scissors to cut stick cinnamon down into little pieces that will fit into the mill. Grind it finely. (You may have to use the blunt end of a spoon to help the flakes a bit into the mill. Compare the aroma of that fresh-milled cinnamon with the pre-ground stuff in your pantry. No comparison, right? (If we had a dog's nose, the flour we make from grains would be *that* obviously more pungent!)

When you've finished grinding your spices, run some white rice through the mill to clean it out. Then use that spiced rice flour the next time you cook. YUM! Try grinding black peppercorns this way! Any dry spices you use can be ground in the Mockmill, as long as they are not ***oily*** spices! Soft, oily foods are not candidates for stone milling!

### **Trust your imagination! And love your Mockmill.**

It is really hard to ruin your Mockmill; just remember three rules:

- (1) Don't submerge the Mockmill in water
- (2) Don't grind oily spices, seeds or nuts in your Mockmill. Or popcorn!
- (3) Don't let your mixer get too hot when it's running the Mockmill; give it a break to cool down after 30 minutes (or 40 at the outside if you've got a big job to do).

With just these three rules in mind, you and your Mockmill will be fine, and your new Mockmill/Mixer team will give you years and years of service.

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So definitely trust your imagination!

And if you get creatively rebellious and want to try grinding things we don't recommend – you needn't be overly cautious.

You may wish to try mixing seeds – for example flax - with your wheat, if your recipe calls for both. As long as a typically dry grain makes up at least half of the mixture, it will "clean up" oily residues the flax seed leaves behind.

If you want to try other foods that we don't recommend, nuts, for instance – you can try! We've received positive reports from Mockmill owners who say they have successfully made almond flour and even ground cashews. Here, however, is some important advice:

You'll probably want to hack larger nuts and seeds up before milling them, so that they feed well. Keep the rules on "the finest point for a given grain" in mind; these should probably not be ground at finer than a medium setting. Disassemble your Mockmill when you've finished, and simply remove any accumulations of food material from the stones. Then run a half-cup of rice through your mill, changing the grade from as you did when you first got it. That will, in most cases, do a nice job of removing residues left behind by your experiments! Failure to do so could result in the oils from these foods seeping into the stones. Above all, remember that this should be a minor application of your Mockmill, which is designed for grains and other dry foods. If you have lots of nuts to grind, there are tools made for doing exactly that!

As you experiment, you will begin to find your own style and your own creations. We hope you'll get lots and lots of use out of your Mockmill!

Above all, enjoy yourself! And when you do create something incredible, please share your successes with us on our Facebook page – [www.Facebook.com/Mockmill](http://www.Facebook.com/Mockmill) - and your testimonials at [feedback@WolfgangMock.com](mailto:feedback@WolfgangMock.com).

We are so excited to have you join the MockmillCommunity and experience the joys of fresh milling!

Have fun!

Wolfgang, Paul and the Mockmill Team