

THE ALL-STEEL

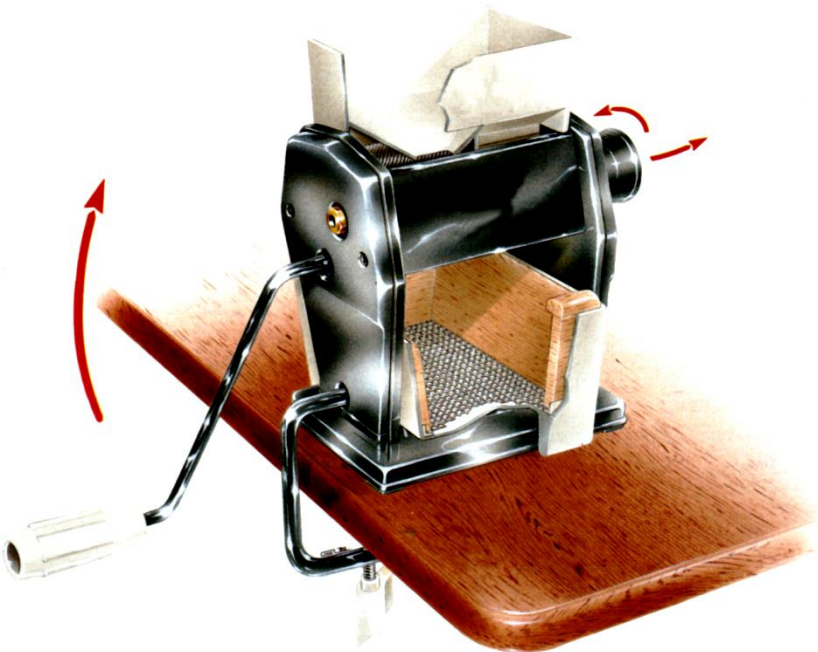
# Oat Mill

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Enjoy hot and healthy whole-grain cereals? In just a few minutes you can be eating your favorite warm cereals or cracked grains. This durable, high-quality roller/flaker easily processes soft grains. The easy-to-turn handle operates three internal rollers, and flakes are deposited in the collection basin.

The distance between the rollers can be changed by using the regulating knob, which has three main positions: 1 – coarse grind; 2 – coarse, old-fashioned flakes; 3 – thinner rolled flakes.

Note: The coarse grind option is not intended to make flour for baking. It crushes the grain, making a meal smaller than flakes. This meal will cook slightly faster than flaked grain. It can be added to bread dough or batter to enhance texture, but is not intended as the main flour ingredient for baking.



## **INSTRUCTIONS FOR USE**

Attach flaker to table or countertop using the accompanying clamp, which fits loosely into the hole near the base of the machine. Insert handle securely into side hole. Set regulating knob to desired position by gently pulling outward and turning. Fill hopper with grain and turn handle. Flakes will fall into the plastic catcher beneath the rollers.

## **CARE AND MAINTENANCE**

This flaker is manufactured using high-quality materials, and is accurately regulated in the factory. It does not need any special maintenance. However, we include some tips and precautions for its use:

- 1) Never wash this machine with water or detergents. After rolling grain, clean rollers using the wooden brush supplied with the unit. If necessary, the plastic hopper and catcher may be removed and washed with soap and water. Dry thoroughly before using again.
- 2) The plastic hopper is easily removed by grasping it firmly with both hands and rocking it backward or forward.
- 3) This machine is to be used for soft grains (oats, rye, barley, buckwheat, soft wheat, and spelt). It is not meant for grinding beans, nuts, seeds, hard grains, or corn.
- 4) The handle should turn easily, do not force it.
- 5) Do not put wet or sprouted grains through the flaker.

# HOW TO USE YOUR OAT MILL

## WHAT TO ROLL

The flaker will flake any soft grain, including oats, rye, barley, buckwheat, soft wheat, and spelt. Try whatever grain you like, but only use soft grains. Harder grains tend to crack instead of flattening into flakes. The flaker will not flake corn or beans, which are much too hard. One batch of grain may be harder than another. Try adjusting the knob to find what works best (there are three main and two intermediate positions).

You might want to test the softness of the grain you plan to flake. Simply place five kernels between your molars and *gently* try chewing them. If they crack or crunch, they are hard grains and will not work well. If they smash, they are soft and should flake well.

## HOW TO COOK FLAKED GRAIN

Flake any soft grain—oats, rye, barley, buckwheat, soft wheat, spelt, etc. The recipes and variations are endless. A basic starting recipe is:

1/3 cup whole oats or other grain  
1 cup water  
Yields 1 cup of oatmeal or grain cereal

Roll the grain through the flaker, add flakes to the water, and heat, stirring until it reaches your desired consistency. You can add all sorts of fruits, dried or fresh. Rye flakes with raisins is excellent. Some people add more water to make a porridge, others add a pinch of salt. The combinations are endless.

Generally, 1/3 cup of whole grain makes 1/2 cup of rolled, uncooked grain.

## WHERE TO GET OATS AND GRAIN

You can purchase whole grains from a whole foods store, co-op, or distributor. Buy clean oat “groats” and soft grains. Feed oats (unhulled) do not work well and are not very palatable because of the hulls.

## MOUNTING YOUR FLAKER

Attach the flaker to a table or countertop using the C-shaped clamp, which fits into the hole near the base of the machine. The clamp should fit loosely through the hole. The small indentation at the top of the clamp will engage into the flaker’s inner sidewall. Then tighten the clamp onto the counter.

## HAVING TROUBLE?



### **DO NOT RETURN THIS PRODUCT TO THE STORE!**

A complete troubleshooting guide is available online at the website below. Please do not adjust, open, or otherwise attempt to repair this machine without first consulting the online troubleshooting guide. Doing so may void your warranty.

## LIMITED WARRANTY

The manufacturer warrants this product to the original purchaser to be free from defects in material and workmanship, under normal use, for a period of three years from the original date of purchase. During this period any part found to be defective will be repaired or replaced. To obtain warranty service, please have your dated sales receipt available and contact us at the website below. This warranty does not cover damage caused by accident, misuse, commercial use, neglect, improper maintenance or normal wear. Manufacturer’s liability under this warranty shall not exceed the purchase price of this product.

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