

Getting Started With Milling Grains

At the very minimum, you'll need **a mill and wheat berries/grains!**

Types of mills

Electric and Manual Stone Mills:

- Capable of milling a wide range of textures. From cracked/coarse grains down to very fine flour from grains, beans, and dent corn. No wet or oily items. Quieter than an Impact mill.

Stainless Steel Burr Mills:

- Wide range of textures like a stone mill. Some stainless steel burr mills can mill wet/oily stuff like masa, peanut butter, and oily spices.

Impact Mills/Micronizers:

- Less variability of texture. Cannot produce cracked grains or very coarse flour. No wet/oily or fibrous textures. Very loud.

There are tons of mills on the market. The ones I list here are simply what I have experience with. If you find something that you are curious about and want input on, post it in the group or send me a dm!

The Mills I use:

- [Komo Duett 200](#): Stone mill with a grain flaker on the side. (Overkill for any normal household. I mill A LOT baking for others...)
- [Komo Hand Grinder](#): I use this one for demonstrations at events. Hand mills are slower but manageable.
- [Wondermill Junior Deluxe](#): Manual mill. Has stone burrs for flour and steel burrs for oily or wet ingredients. I use this one for masa and peanut butter and as a backup for if the power goes out. A drill bit attachment is available to run it from a battery-powered drill.

Mills/Brands with good reputations

Stone mills:

- [Komo](#)
- [Mockmill](#)
- [Nutrimill](#)

Steel Burr Mills:

- [Grainmaker](#), stainless steel burrs. Made in Montana. (long lead time)
- [Country Living](#), carbon steel burrs.

These two options are manual mills, but they can be motorized. They will take up more space if you attach a motor.

Impact Mills:

- [Nutrimill Classic](#)
- [Wondermill Electric](#)

Bread Machines

Consider a **bread machine** if you want to save some time.

- You'll want one that is programable for best results with freshly milled flour. (Many bread machines have only preprogrammed dough cycles that will overproof your loaves.)
- Bread machines are a wonderful tool. Just add the ingredients to the pan, and it will handle the mixing, kneading, rising, and baking for you.
- You can program different "courses" that will allow the machine to do the mixing, kneading, and first rise. Then you take the dough out and form it into other things, like buns, rolls, cinnamon rolls, etc.
- Another great feature is delayed bake. In this mode, you add your ingredients and program the machine to end at a set time. For example, add the ingredients before bed and wake up to a fresh loaf of bread.
- This is the one I have: <https://www.zojirushi.com/app/product/bbpdcc>
 - *Tip: If you are a Kohl's shopper, wait for a 40% off coupon. Or occasionally this model pops up for a good deal on Amazon.*

Mixers

A **mixer** is optional. But very handy to have.

- Be cautious with modern KitchenAid mixers. They are no longer recommending extended dough kneading times due to motor burnout.
- I use an [Ankarsrum](#) mixer.
- [Bosch](#) also makes an excellent mixer that can handle bread dough.

Grains

Hard Wheat

For yeasted and sourdough bread.

- Hard White is milder in flavor.
- Hard Red has a stronger wheat flavor.
- Durum for pasta making.

Soft Wheat

For quick breads, pastry, desserts, flour tortillas

- Soft White is best for quick breads, pastries, biscuits, cookies, etc.
- Soft Red wheat is great for cooked whole-grain salads, soups, and cereals. It can also be used for quick breads and pastries.

Other grains

- Rye
- Barley
- Millet

- Oats (oats are not great for long-term storage. They are higher in oils that are prone to spoilage)
- Spelt
- Buckwheat

Sourcing

Online sources -

(These are sources I have first-hand experience with. There are many other online sources. I will continue to add to the list. Feel free to share with me others you have used and have had a positive experience with. I'll add them!)

- [Janie's Mill](#)
- [Anarchy Acres](#)
- [Belle Valley Ancient Grains](#)
- [Pleasant Hill Grain \(grains, mills and all sorts of baking supplies\)](#)

Local Sources

- If you live in an area that has an Amish community, check their grocery stores.
- Many 'health food stores' that carry bulk foods will have wheat berries in their bulk bins. They may special order wheat berries in bulk for you.
- LDS Supply Stores
- If you live in the wheat belt, check Facebook marketplace.
- [Artisan Grain Collaborative \(central/midwest\)](#)
- [Colorado Grain Chain](#)

Storage

Long-term

- I use mylar bags with oxygen absorbers. The bags are then stored in a bucket, barrel, or metal can with a lid to protect them from rodents. Some people choose to freeze their grains for a period of time before storing them. I have not found that necessary. The oxygen absorbers in mylar bags have been sufficient for me.

Short term

- In food grade buckets with gamma seal lids, glass jars, Tupperware, etc.

Using and Storing freshly milled flour

- Freshly milled flour spoils quickly. It is best to use within 24 hours. If it won't be used within 24 hours, store it in the fridge for a week or in the freezer for up to 6 months
- There is a learning curve with freshly milled flour. The good thing is there are many, many proven recipes available online.
- Because the flour retains all of its bran and germ, water absorbs differently than with sifted store-bought flour. It does not always translate 1:1 in recipes.

- A loaf of fresh bread will last you around 3 days stored in a bread bag or other container. No preservatives equals a shorter shelf life.
- Freezing bread is a good option to reduce the amount of baking sessions. I make a double batch of buns, individually wrap them, and store them in the freezer in a ziploc bag. Take a bun out in the am and it's ready by lunch.
- Slice a loaf of bread and store it in the freezer. Double wrapped. Bread bag inside a ziploc bag. Toasting or grilling works just fine from frozen.

Other Stuff You Need:

Kitchen Scale

- A kitchen scale capable of measuring in grams.
 - This is not 100% necessary but will make your baking more consistent.
 - 1 cup of wheat berries do not equal 1 cup of flour. But 200 grams of wheat berries equals 200 grams of flour. So there's no guessing how much you need to mill to obtain what you need for a recipe.
 - Many modern bread recipes are written in weight rather than cups/volume.

Yeast

- Instant yeast can be added directly into your mix.
- Active Dry should be hydrated/bloomed in the warm liquid you use to mix your dough.

My advice is to start with one or two basic yeast bread recipes. Once you are comfortable there, then move on to sourdough and wild yeast.

(More info about sourdough and wild yeast in upcoming documents)

Sourdough

Wild Yeast

Optional Gadgets

A pasta maker!

- [Phillips pasta makers](#) are great for making extruded pasta in various shapes.
- [Pastidea](#) (Italian Company, products ship from Italy) makes bronze dies as well as plastic dies in hundreds of shapes for the Phillips pasta makers

Milling grains and baking can fit into the busiest lifestyle!

If you want to start milling and have any questions tag me in the group or DM me- Krista B

<https://dangfree.net/profile/kristab/>

Recipes

Links containing some of my recipes and other recipes I use regularly coming soon!