THE WONDER MILL

Grinding:

1. Be sure to turn on the Wonder Mill before pouring in the grain.
2. Be sure you never overfill the grain hopper.
3. The hopper holds 8 cups of grain.
4. The canister holds 12 cups of flour.
   **Remember: 1 cup of grain mills into 1 ½ cups of flour.**
5. If you are milling large grains like corn or beans, you must grind on the coarsest setting, however, you still get fine soft flour.

Cleaning:

1. Once the grain has finished running through the Wonder Mill, let it continue to run for about 5-10 seconds and then turn it off. This allows the milling heads to clean themselves.
2. **DO NOT** wash the Mill or the canister lid. Note: You can just dust it out with a pastry brush or dry cloth.
3. The canister can be washed, but make sure it is completely dry before grinding again. Moisture in the canister lid and canister can cause the mill to clog.

Cobbler

- 4 cups fruit
- 1 cup honey granules
- ½ cup water

Mix together well in a sauce pan, bring to boil, then let simmer for 10 minutes.

- 8 Tbsp. butter
- 2 cups soft wheat (or 1½ cups hard white)
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 cup honey granules
- 1½ cups milk

Preheat oven to 350. Put the butter in the bottom of a 9X13 pan and place in preheating oven to melt. Mix all other ingredients together until blended. Pour the batter over the melted butter, but do not stir them together. Then spoon the fruit mixture throughout. Bake 30-45 minutes.
Zojirushi Home Bakery

Basic 2lb. Bread Machine Dough

- 1 1/2 cups hot water
- 1/3 cup oil
- 1/3 cup
- 2 tsp. salt
- 1 egg (optional)
- 2 Tbs. Rice Bran extract
- 1 tsp. gluten (optional)
- 4-4½ cups freshly milled flour
- 1 Tbsp. yeast

Place ingredients in bread machine pan in order given. Make a small well in the flour and place yeast in the well. Follow manufacturer’s instructions.

The Zojirushi Bread Machine has a “Homemade” setting which allows you to alter the settings to suit your taste. We found the factory settings baked too long making the crust very dark and the bread dry. Our “Homemade” settings work beautifully and we get delicious bread every time. The instructions for changing the settings are in the back of your owner’s manual. Once set, this Homemade Cycle will have these settings unless you change it again.

Our settings are as follows:

Preheat: 18 min. Rise 3: off
Knead: 20 min. Bake: 45 min.
Rise 1: 45 min. Keep warm: off

*Rise 2: 20 - 30 min. (This will vary depending on your kitchen’s temperature, etc. Start at 30 minutes; If your bread falls, reduce the 2nd rise time a little more.)

Completion time is about 2 hrs. and 40 min.

The Zojirushi Bread Machine also has a “Timed” and “Dough” cycle. The “Dough” cycle does just the kneading allowing you to remove the dough and shape as desired. The “Timed” cycle allows you to prepare the ingredients, delay the start time to have a completed loaf or dough ready up to 13 hours later.
Ankarsrum Original Kitchen Machine

Making Basic Dough in the Ankarsrum

Follow basic steps for preparing dough – mixing liquids, eggs, salt, rice bran extract, and gluten on low speed using the Roller and Scraper with the roller resting against the side of the bowl. Continue mixing on low speed adding half the flour, 1 cup at a time. Sprinkle with the yeast. Turn speed to high and move the arm/roller far enough away from the side of the bowl to prevent the dough from pushing up and out of the bowl. Lock the arm into place. The arm will still be able to move towards the center of the bowl, but cannot move back to the side. It is necessary at this point to determine how much more flour will need to be added. Continue adding the flour 1/2-2 cups at a time.

- Small recipes using 4-5 cups of flour, add the flour ½ cup at a time.
- Medium recipes using 6-9 cups of flour, add the flour 1 cup at a time.
- Large recipes using more than 9 cups of flour, add the flour 2 cups at a time

Pull the arm/roller to the center of the bowl after every addition of flour. Hold the arm/roller in the center and check to see if the dough pulls away from the side of the bowl forming a “doughnut” around the roller. If the dough does not immediately pull away from the side of the bowl, release the arm, make another addition of flour and recheck. If the dough pulls away slightly or slowly add only 1/2 cup of flour and recheck. Once the dough pulls away from the side of the bowl, forming a “doughnut” around the roller, you now have enough flour. DO NOT ADD ANYMORE FLOUR, no matter what the dough looks like. You will probably use 1-3 cups less flour than called for in the recipe. The dough may look very soft and sticky but will get less sticky as the dough is kneaded. Set the timer to the appropriate kneading time. Kneading times will vary depending on the size of the recipe used.

- Small recipes knead 4-5 minutes
- Medium recipes 6-8 minutes
- Large recipes 12 minutes

When fully kneaded the dough should look smooth and shiny. The Ankarsrum Mixer will turn off when the time has expired. The dough may be allowed to rise right in the bowl.
CI N N A M O N  R O L L S

Filling:
- 1 1/2 cups Sucanat
- 1 Tbs. cinnamon
- dash of nutmeg (as desired)
- 6 Tbsp. melted butter

Combine dry ingredients, then add butter. Stir with whisk.

Dough:
Prepare 1 recipe of Basic Dough. Roll dough into a rectangle. Spread with cinnamon filling. Roll up, trim ends and discard. Cut into 1 inch slices. Place cut side up on a greased cookie sheet. Let rise until double. Bake at 350° for 15 minutes (or internal temperature is 170 degrees). Ice with Cream Cheese Icing.

Icing:
- 8 oz. cream cheese (softened)
- ¼ cup powdered honey granules
- 1 Tbsp. vanilla

Whip cream cheese adding honey granules and vanilla to taste. Whip until smooth. (Always make sure cream cheese is softened to at least room temperature when using the double whisk bowl.)

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