



Ruby Hill, Owner/Distributor
Phone 403-327-3529 or toll-free 1-866-327-3559
e-mail: ruby@hillsmills.ca
website: www.hillsmills.ca

USING THE WONDER/WHISPER GRAIN MILL or NUTRI-MILL:

MILLING INSTRUCTIONS:

8 cups of Hard Red Spring Wheat (which you have carefully examined for rocks, etc)

1. Measure exactly 8 cups clean wheat
2. Start mill, with hopper empty, and run for about 8 seconds to blow the arm out and reach top speed (1 3/4 horsepower). Pour wheat or grains into hopper.
3. When grain has run through, allow mill to continue to run for another 5 to 8 seconds to blow arm out again.
4. Wait until motor stops completely and then open flour canister.

Within 3 days of grinding, almost all of the Vitamin E from your grains and ground flax seed has oxidized into the air, so grind fresh for best nutrition, and store any left-overs in the freezer, and remember to never grind flax seed in your grain mill.

Concerning bean flours, when added to boiling water, bean flours thicken in only one minute, and are ready to eat in only three minutes. When you add bean flours to baked goods, you dramatically increase the vitamin and mineral content, and turn your baked goods into a complete protein. Bean flours cost only pennies and contain no fat.

Do you have beans in your home storage or cupboards? Old beans that take forever to cook? Your Modern/Whisper Grain Mill or Nutrimill will turn them instantly into wonderful bean flour. Just be sure to take the larger beans like Garbanzo, Pinto Beans, Large Red Kidney Beans, Lima Beans, put them into your blender and pre-crack them before you put them through your grain mill.

FLAX SEED is one of the nutritional wonders of the world, I believe. Ground Flax Seed is very high in Omega-3 fatty acids, and also has a generous amount of soluble and insoluble fibre. It is a protector against chronic illnesses such as heart disease and cancer and helps to lower blood sugar and cholesterol levels, and when ingested on a regular basis, it greatly enhances the skin and hair. People would benefit greatly from adding at least ¼ cup (about 4 tbsp) of crushed flaxseed in their daily diet. Crushed flax seed also is an excellent replacement for some of the fat or oil in baking. Just add 3 times as much flax as the amount of fat or oil called for, measuring before crushing.

I do hope that you enjoy the recipes contained in this handout. They have been provided by Ruby & Friends. Please submit your favorite recipes for inclusion in the next revision. Just phone or email me. People are especially requesting Gluten-Free Bread Recipes, it seems.

Hope to hear from you. Thank you so much for shopping at Hill's Mills & Mixers.
Sincerely, Ruby

~RUBY & FRIENDS RECIPE COLLECTION~

RUBY'S BEST FLAX BREAD (fresh-ground flour) Recommended for Diabetics

5 cups lukewarm water
1 tbsp sea salt
2 rounded tbsp dough enhancer
¾ cup whey powder (sugar-water left from making hard cheese) or Tofu Drink

Mix

¼ cup sugar or honey
1 tbsp Vital Wheat Gluten
1 ¼ cups flax seed, measured and then ground in a coffee mill
¾ cup raisins (optional)
2 rounded tbsp Saf yeast
13 to 14 cups freshly milled flour

METHOD:

- In Bosch mixer white bowl, place water, salt, dough enhancer, whey powder, sugar, vital wheat gluten, and ground flax seed.
- Pour a little over half the flour on top of mixture
- Add yeast on top of flour
- Jog or pulse the entire mixture 6 or 7 times, just to mix
- Turn machine to Number One speed and continue to add flour until the mixture begins to clean the inside of the bowl

- Add raisins
- Jog just to mix, then turn speed up to Number 2, and knead for 8 minutes for fresh wheat flour
- Pull dough out onto greased counter, form into square and with sharp knife cut across dough (now you have two halves), then cut evenly across the dough halves (now you have four pieces of dough).
- Pound air out of one piece of dough at a time, form into a loaf and place into a greased one and one-half pound loaf pan.
- Continue putting the rest of the dough into greased pans.
- Will make four large loaves of bread. You may prefer to use five smaller pans
- Let bread rise until double
- Bake at 350 for 30 to 35 mins or until done. Bread will sound hollow when patted on bottom of loaf.

MILLING INSTRUCTIONS:

8 cups of Hard Red Spring Wheat (which you have carefully examined for rocks, etc)

1/2 cup Soy Beans

Using Nutri-Mill, Whisper Grain Mill or Wonder Grain Mill ,

1. Measure 8 cups clean wheat and add 1/2 cup clean Soy Beans,
2. Start mill and run for about 8 seconds to blow the arm out and reach top speed (1 3/4 horsepower)
then pour wheat and beans into mill
3. When grain has run through, allow mill to continue to run for another 5 to 8 seconds to blow arm out again.
4. Shut mill off and do not disconnect flour canister until mill has completely stopped.

DO NOT USE MORE THAN 8 CUPS OF WHEAT (& the soybeans) FOR EACH CANISTER LOAD

RUBY'S SWEET DINNER ROLLS **(using commercial Best for Bread Flour)**

4 eggs

3/4 cup sugar or 1/2 cup honey

5 cups warm water

1 cup tofu powder, or whey powder, or milk powder, or part tofu and part whey
(tofu makes bread a finer grain, adds calcium and protein)

(whey powder is the sugar-water from making hard cheese, adds calcium and protein)

1 1/2 tbsp sea salt
1/2 cup butter or canola oil
3 rounded tbsp Dough Enhancer
Optional: 1/2 cup flax seed crushed in Blender or Bosch Coffee
Grinder(Measure flax before crushing)
2 tbsp Saf Yeast
14 to 16 c flour (half fresh-ground wheat flour and half Best For Bread White
Flour
1/2 cup flax seed

Method:

With whips in place in Bosch or White Bowl, add all ingredients except flour, and jog with pulse button until mixed well.

Remove whips, put dough hook in place

Add half the flour, mix for 1 minute on #1 speed

Let sit for 5 minutes to sponge

On #1 speed, add the rest of the flour until mixture cleans the inside bottom round of the bowl.

Mixture should be sticky

With machine on #2,(and dough hook in place) mix for 5 minutes

Cover bowl with clean dish towel and let dough rest for 20 minutes

Jog mixture with pulse button to remove air

Let mixture sit for 20 minutes more

Jog down once more

With lightly oiled hands, form buns and place on lightly greased cookie sheets

Let rise double and bake in 350 F oven for approximately 10 to 15 minutes or until light golden brown.

This makes a beautiful braided loaf on a cookie sheet. Ten minutes before the loaf is finished baking, remove from oven, brush with beaten whole egg and sprinkle with sesame seeds. Return to oven until golden brown.

WHAT HAPPENED TO MY BREAD?

a collection by Ruby Hill

CRUST IS TOO THICK

1. Too much flour
2. Insufficient rising
3. Oven temperature too low

TOPS OF BREAD LOAVES CRACK

1. Bread cooled too rapidly, probably in a draft
2. Dough too stiff
3. Dough not well mixed

BAKED LOAF CRUMBLES EASILY

1. Dough not well mixed
2. Too much flour added
3. Rising place too warm
4. Dough allowed to rise too long
5. Oven temperature too low

BREAD HAS A SOUR TASTE

1. Rising place too warm and dough rose too fast
2. Dough rose too long before being baked

DOUGH DOES NOT RISE

1. Too cool water temperature used for dissolving yeast
2. Too stiff a dough
3. Too cool a rising place

BREAD HAS DARK STREAKS

1. Uneven mixing or kneading
2. Bowl greased too heavily
3. Dough not covered during rising
4. Oven temperature too low

BREAD HAS HOLES IN IT

1. Air not completely pressed out of loaves during shaping
2. Dough rose too long before baking

BREAD IS DOUGHY ON BOTTOM

1. Bread not removed from pans and allowed to cool on racks after baking

BREAD HAS EXCESSIVE BREAK ON SIDE

1. Oven too hot
2. Insufficient rising
3. Improper shaping

BREAD DOESN'T RISE IN OVEN

1. Rising place too warm
2. Dough allowed to rise too long

BREAD IS HEAVY AND COMPACT

1. Too much flour added
2. Dough not allowed to rise long enough
3. Certain flours create heavier products than all white flour (example: whole wheat, rye)

BREAD IS WET INSIDE AND COARSE GRAINED

1. Loaf under baked
2. Insufficient rising

BREAD IS DRY AND HAS A COARSE GRAIN

1. Too much flour added
2. Dough not kneaded enough
3. Rising period too long

BREAD FALLS IN OVEN

1. Dough rose too much and got too light

BREAD DOES NOT BROWN ON SIDES

1. Pans too bright and reflect heat away from sides
2. Poor pan placement – overcrowding

BREAD SMELLS AND TASTES OF YEAST

1. Rising times too long
2. Too warm a rising place

OTHER COMMON PROBLEMS IN BREADMAKING:

- Using flour with less than 13.5% Protein. (Gluten is the Protein found in flour. If your wheat Protein is too low, you may add Gluten Flour. Add by the Tablespoon, but the amount needed depends upon how low the particular grain protein is.)
- Using All Purpose White Flour. Use the higher protein Best For Bread Flour.
- Cutting down on salt in recipe.
- Having yeast and salt come in direct contact. Salt inhibits yeast
- Overmixing dough
- Using too warm water
- Letting dough rise in too warm an oven

Common Problems in Bread making: using flour with less than 13.5% Protein, using all purpose white flour, cutting down salt in recipe, overmixing dough, and using too warm water.

FAST REFRIED BEANS

2 ½ c water	¾ c pinto
½ t. sea salt	¼ t. cumin
tiny pinch garlic powder (opt)	½ t. chili powder

Bring water to a boil in a small saucepan. Whisk in dry ingredients.

Cook, while stirring, over medium heat for 1 minute, until mixture thickens. Don't worry about lumps –they taste great too!!

Reduce heat to low, cover pan and cook 4 minutes. Add ½ c. Picante sauce (or to taste), if desired.

Mixture thickens as it cools and will stay thick even after heating.

Hint. It is a good idea to whizz your Large Pinto beans in your Bosch Blender a couple of times to break them up before you put them through your Wonder Mill or your Nutrimill, just to be sure they will not get lodged because they are too large.

“INSTANT” REFRIED BEAN MIX

1 ½ c pinto	½ t. cumin
1 ½ t. chili powder	1 t. sea salt
18 t. garlic powder (opt)	1 t. instant minced onions (opt)

Mix and store in airtight container. I label this jar and keep in my fridge freezer.

To prepare, whisk ¾ c. above mixture into 2 ½ c boiling water. Cook as above, adding

your favorite salsa after cooking.

I like to make up several batches of this mixture and have an almost “instant” meal ready in just a few minutes. Cook up some hamburger and open a jar of your favorite salsa. Enjoy.

Note: Excellent for tacos, dips, or burritos, and makes a great present for a friend packaged in a decorated glass jar.

Ruby

Hill's Mills & Mixers

www.hillsmixers.ca

rubyhill@telusplanet.net