



BICYCLE KIT

OWNER'S MANUAL

*Train
Maker*



THERE WAS A TIME

There was a time when time wasn't such a bother. When right and wrong were distinguishable. When we did things the right way not because it was trendy or artisanal or in vogue. But because it was the right way. We needed no reason other than that. It was the right way. And the right way made food taste better. Made machines run smoother. Made buildings stand stronger. Made clothing more durable. And made people more accountable. The right way.

It took a little more time perhaps. It took more effort. It might have even demanded a bit of backbone. But it was the right way, and so it was right.

Then the world decided to cut corners. To make it faster. To make it cheaper. To sacrifice quality and character and virtue for speed. For efficiency. For a price. Suddenly, a loaf of bread could last a month while a car couldn't. Suddenly, marriages lasted a year while grudges persisted forever. Pens, razors, relationships, everything became disposable. Nothing lasted anymore. And to us, that was not the right way. And never would be.

So we started GrainMaker. It was our way of saying, enough. Our way of declaring war on corner cutters

and efficiency experts and all those consultants who brought us faster, cheaper, tasteless products. It was our little contribution to stopping the madness. But more than that. It was the right way to do it.

It was the right way to build a machine. To make bread. To craft foods in a way that was better for our hearts. And better for our souls. It was our way of getting back in touch with the earth. Of getting the most out of what we've been given. Of realizing that fulfillment is a greater virtue than fast. Of understanding that life goes by so quickly that it makes more sense to slow things down than to rush them along. That's the right way.

And we make GrainMaker in the right place. In America. But not just in America. In Montana. That part of America that has no use for anything dainty or darling or fragile. In Montana. Where strength of character meets strength of purpose, and where there's precious little time for anything too precious. And that's why we do what we do the way we do it. And when you do things the right way, you don't look to change. You look to change those who don't.

GRAINMAKER. WE'LL NEVER CHANGE.

SET-UP

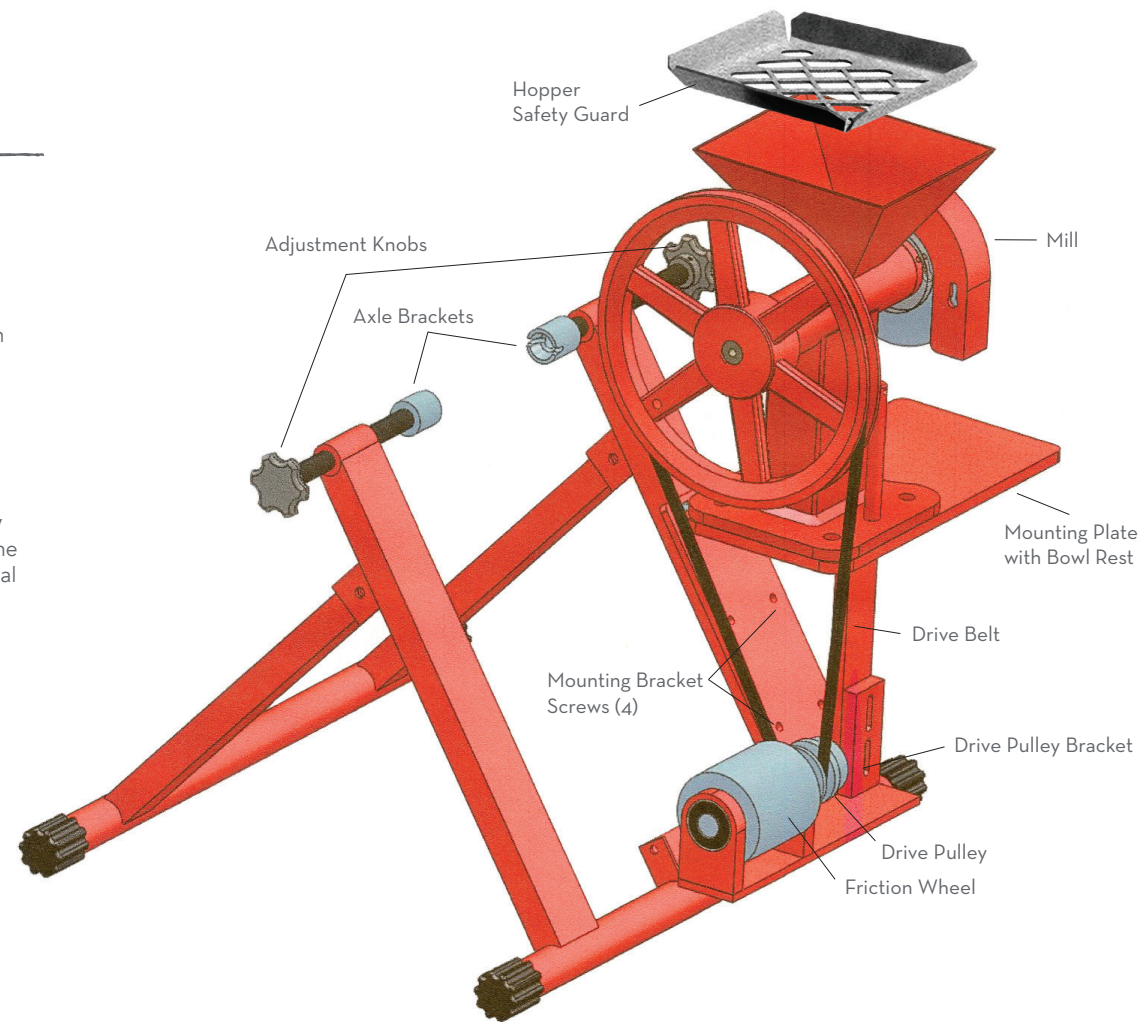
ASSEMBLY INSTRUCTIONS:

1. Your GrainMaker® Bike Kit is pre-assembled. When you open the stand, rotate the mounting plate 180°. Next you will need to mount the GrainMaker® on the stand and adjust the tension on the belt.
2. Align the bicycle's rear axle with the Axle Brackets on the bicycle frame. Please Note: You may need to deflate air in rear tire, and re-inflate after assembly.
3. Adjust axle clamp Adjustment Knobs until bicycle tire is in approximate center of Friction Wheel.
4. Tighten Adjustment Knobs until bicycle is held firmly in place.
5. Adjust Mounting Bracket up or down accordingly. This is accomplished by loosening the 4 Mounting Bracket Screws on the inside of the bicycle frame.
6. Raise or lower the Drive Pulley Bracket to contact with the bicycle tire. Re-tighten screws. Use only enough pressure to prevent tire slippage.
7. Remove GrainMaker® extended handle.
8. Place GrainMaker® on Mounting Plate with Bowl Rest with front of GrainMaker® facing away from the bicycle tire.

9. Drive Belt to GrainMaker® and Drive Pulley aligning visually until the belt is straight.
10. Fasten GrainMaker® to the Mounting Plate with Bowl Rest using the 4 provided 3/8" cap nuts and nylon washers. **DO NOT OVER TIGHTEN!**
11. Insert Hopper Safety Guard. This guard **MUST** be in place before operation to ensure safety.
12. Operator assumes all responsibility and liability for safety guarding, removal of handle, using the provided safety guard and any other operational risks and responsibilities.

THE MILL SHOULD NEVER BE OPERATED WITHOUT PROTECTIVE FINGER GUARD IN PLACE. CONSUMER ASSUMES ALL RISK AND RESPONSIBILITY.

PLEASE CALL 1-406-777-7096 OR 1-855-777-7096 IF YOU HAVE ANY QUESTIONS.



USING WHOLE GRAINS

The quality of the product you make is never any better than the raw material you start with. Always buy the highest quality grains and seeds you can afford. Remember to use grains with low moisture and high protein content for the best results.

WHEAT: Six classes bring order to about 30,000 varieties of wheat. They include: Hard Red Winter, Hard Red Spring, Hard White, Soft White and Durum. White Wheat does not make white flour as purchased in stores. You should purchase food grade, Non-GMO and chemical free wheat.

PRAIRIE GOLD: This is a hard-white spring wheat. It contains 15-17% protein and 9.5-10% moisture content.

BRONZE CHIEF: This is a hard-red spring wheat. It contains 15-17% protein and 9.5-10% moisture content.

KAMUT KHORASAN: An ancient heritage grain with a buttery rich, nutty flavor. It is higher in protein, essential lipids and amino acids and lower in gluten. It is sometimes called "Egyptian Wheat".

SPELT: Another ancient grain that is a cousin to wheat. It does contain gluten, but does not seem to cause sensitivities in many people who are intolerant of wheat.

HINT: Whole grain breads are more likely to turn out well with extras such as dough enhancer or oatmeal. Water for dissolving yeast should not exceed 125 degrees. Whole grain breads should rise to just vary double in size; if they rise too long they will collapse in the oven.

BARLEY, BUCKWHEAT, QUINOA AND MILLET: These are other grains you may consider grinding and adding to your recipes. Buckwheat and Millet do not contain gluten.

FLAXSEED: One of the best sources of omega-3 fatty acids, which is beneficial in reducing cholesterol and lowering the risk of stroke and heart disease and about 1/3 of the fiber in flax is soluble and 2/3 is insoluble, which is an important component in aiding digestion. Flaxseed is the best source of lignin, which may play a role in fighting certain types of cancer.

RYE: It contains gluten, but it is much lower than that of wheat. It is an excellent source of dietary fiber as well as vitamin E, calcium, iron, thiamin, phosphorus and potassium. Rye breads are usually made with at least half wheat flour.

OAT GROATS: One of the most nutritious grains and a good source of the soluble fiber beta glucan, which helps decrease cholesterol in the blood. Oats may contain gluten and there is some debate in this area. Oat flour helps bread to rise properly.



CORN: A good source of vitamin A, manganese and potassium. Popcorn makes "the best cornmeal/flour" according to many folks because it is very dry and hard. You can use either auger when grinding popcorn.

BEANS: Bean flour makes a great gluten-free substitute. Adding bean flour to wheat flour helps to aid in digestion and should be started slowly, working up to a 4/1 ratio. Be sure to use the GrainBreaker auger for beans.

NUTS: Make your own nut butters! Use fresh, salted or unsalted nuts that have been lightly toasted in a warm oven being sure you are using your GrainBreaker auger. Lightly toasting the nuts in a warm oven helps

soften the natural oils in the nuts which allows the mill to produce nut butters faster and with more ease.

COFFEE: Using the GrainBreaker auger you can make any type grind for the way you like to brew coffee.

RICE: Worldwide there are more than 40,000 varieties of rice. Rice flour is also used as a thickening agent in recipes that are refrigerated or frozen since it inhibits liquid separation.

These are just some of the many items being ground in the GrainMaker Mill. You may choose to grind dehydrated tomatoes, potatoes and other vegetables. We would love to hear about what you are grinding!

BONNIE'S RECIPES

EZEKIEL BREAD

This recipe is based on a verse from the Bible, using four grains and flour legumes. This bread is nutritionally complete, containing all eight essential amino acids.

- 2 1/2 Cups Hard Wheat
- 1 1/2 Cup Spelt
- 1/2 Cup Barley – can use pearl
- 1/4 Cup Millet
- 1/4 Cup Lentils
- 2 Tbsp. Great Northern Beans
- 2 Tbsp. Red Kidney Beans
- 2 Tbsp. Pinto Beans

Mix all grains and beans in a large bowl, and use your GrainMaker to grind into a fine flour and set aside.

Measure into a large bowl, mix and set aside for 5 minutes to proof:

- 4 Cups Warm Water
- 1 Cup Honey (Molasses or Stevia Brown Sugar can also be used; add extra water if using dry sweetener)
- 1/2 Cup Oil – Coconut, Peanut, Corn or Olive
- 2 Tbsp. Dry Yeast

Add 2-3 tsp. salt to the flour mixture, then add dry ingredients to the liquids. Mix with a strong wooden spoon until stretchy and elastic – about 7 minutes.

This is a batter bread that will not form a smooth ball. Pour equal amounts into three oiled bread pans. Place pans in oven on lowest heat (170 degrees) and let rise to within 1/2" of tops of pans and no more or it will overflow. This will take approximately 15-20 minutes. Once risen, without opening the oven door, turn the heat up to 350 degrees, and bake for 25-30 minutes until nicely browned on top. Remember, this is a cake-like batter bread, not like regular yeast breads. You may have to experiment with cooking times. Enjoy!



DILLY BREAD

- 1/8 Heaping Cup Active Dry Yeast
- 4 Cups Lukewarm Water
- 1/4 Cup Sugar
- Approximately 2 lbs. 5 oz. Milled Flour
- 1 Onion, Chopped
- 8 Tbsp. Oil, Divided
- 1 Large Bunch Dill, Chopped Fine
- 4 Eggs
- 1 1/3 Cup Cottage Cheese
- 8 tsp. Salt
- Milk for Glazing

Mix Yeast, Water and Sugar together in large bowl and let stand for 15 minutes to dissolve. Stir in about half the Flour, cover and let rise in a warm place for 45 minutes. Meanwhile, in a frying pan, cook the Onion in 1 Tbsp. of Oil until transparent, and set aside to cool. Stir the Dill, Eggs, Cottage Cheese, Salt and remaining oil into the Yeast mixture. Gradually add the remaining flour until too stiff to stir. Transfer dough to a floured surface, and knead until smooth and elastic. Place in a bowl, cover, and let rise until doubled in volume, approximately 1-1.5 hours. Divide the dough in half, and shape into rounds on a large greased baking sheet. Let rise in a warm place for 30 minutes. Preheat oven to 375 degrees. Score the top of the loaves, brush with milk and bake until browned, 30-45 minutes. Set on rack to cool. Enjoy!



HEIRLOOM GUARANTEE

Wild West Machine LLC. guarantees this GrainMaker mill to be free from defects in materials and workmanship under normal household use and conditions for a Lifetime. This Lifetime Heirloom Guarantee covers all parts including the burrs and excluding the finish. This Heirloom Guarantee is void if the mill is used commercially, or in any way other than recommended.

Wild West Machine LLC. will repair, or at its discretion, replace the mill or mill parts free of charge less shipping if in the opinion of the company it has been proven that the problem is related to defective parts or an error in workmanship.

MONEY-BACK GUARANTEE: Your mill comes with a 30-day money-back guarantee. Contact Wild West Machine LLC. immediately to arrange return and full refund of purchase price less shipping if you are not satisfied with your purchase. Mill must be securely packaged and returned in new condition.

REGISTRATION: The Lifetime Heirloom Guarantee registration card must be completed and mailed to Wild West Machine LLC., PO Box 130, Stevensville, MT 59870, within 60 days of receipt of merchandise. This proof of purchase must be on file with the company when requesting Guarantee service. If you purchase a mill without a Lifetime Heirloom Guarantee card, please contact Wild West Machine LLC.

SHIPPING DAMAGE: Damage due to shipping should be reported immediately to Wild West Machine LLC. Limitations: The Lifetime Heirloom Guarantee is void if the product is used for any other purpose than that for which it is designed or intended. The product must not be altered, repaired or serviced by anyone other than Wild West Machine LLC. The product must not have been subject to accident or damage in transit, or while in the owner's possession misused, abused or operated contrary to the instructions contained in the instruction manual. This Lifetime Heirloom Guarantee is valid in all countries. The consumer will pay postage for repairs.

EXPRESSED OR IMPLIED WARRANTIES: Except to the extent prohibited by law, no other warranties whether expressed or implied, including warranty merchantability and fitness for a particular purpose, shall apply to this product. Under no circumstances shall Wild West Machine LLC. be liable for consequential damages sustained in connection with said product. Wild West Machine LLC. neither assumes nor authorizes any representative or other person to assume for it any obligation or liability other than such as is expressly set forth. This Lifetime Heirloom Guarantee covers only the GrainMaker and its specific parts, not the food or other products processed in it.

Heirloom Guarantee No.: _____

Authorized by: _____

Date: _____

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PROUDLY MADE IN STEVENSVILLE, MONTANA