

*The Millers Guide – “Money and Time-saving Tips and Delicious Bread Recipes Using Whole Grains”*

# The Millers Guide

**“Quick and Easy”**

Whole Grain Tips and Delicious  
Home-Made Bread Recipes



*25 Delicious Home-Made Bread Recipes that your  
Whole Family will Love.*

*Prepared for you exclusively by:*

Millers Grain House



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## **About the Author:**

### ***Duet 28:17 - "A blessing upon your grain-basket and kneading-bowl."***



Greetings!

It is my sincere hope that you will enjoy 'The Millers Guide'. I certainly have enjoyed preparing it for you, and will look forward to hearing your comments.

Before we get started, I want to share with you a brief history of how our sites, books, videos and delicious recipes came into being. It will give you some insights into why I bake with whole grains, and why I believe it is so important.

My generation and many of those after mine, were products of TV dinners, food in a box and processed goods that were convenient and accessible. At the time we knew nothing of the deficiency of nutritional value, or the dangers of the convenience additives. The short and simple of it is that many time honored cooking/baking techniques were laid aside for speed and ease.

Shortly after my marriage to my wonderful husband began (24 years ago as of this writing) I realized that I was lacking some serious domestic skills. Cooking and baking were my weakest link in the domestic chain of tending to a family, home and husband. While still needing to keep an eye on our budget, eating healthy became a type of quest for me as I learned to create many of our favorite foods from scratch for pennies on the dime to replace those convenience items that were so costly, yet empty.

With much determination, study, practice and prayer, this weak link became a passion for me as I found others who also felt they entered the role of tending to a family lacking those same skills. I soon realized that there were so many other wives and mothers like myself who wanted to learn. It is my hope to save some of the 'learn on your own' feelings and mentor those who have an interest in keeping costs low and nutrition high for their family.

We purchased our first mill, the NutriMill, and soon began my journey. Learning to work with the whole grain flour, fresh out of the mill was a joy. The smell, the taste, the nutrition, all big pay offs!

The most rewarding things have been to hear these statements:

- Hubby: "I like your pizza crust better than the carry out from \_\_\_\_" (interject any name here - we've tried them all!)
- Daughter #1: "I hate when I have to eat a sandwich on store bought bread. It has no taste. I like yours better Mama!"
- Son: "These store bought tortillas taste like I'm eating a napkin. I'll help you make some of yours tomorrow so we don't have those again."
- Daughter #2: "Mama, these banana-nut muffins are the BEST!"
- Myself: "You know, within about two months of not ordering pizza out, we've saved enough money to pay for the NutriMill?"

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As a side note, there are continually more and more food products getting recalled due to contamination. Not only am I more secure with the nutritional value of the home, made-from-scratch goods that are made in my own kitchen, but I know exactly what is IN them and it isn't metal shavings as one of the major bread bakeries recently had for a massive bread recall.

This is not to give myself accolades. It is to encourage you! I felt inadequate in the area of cooking and baking and can now share what I've learned in hopes of inspiring others who may feel the same way to not give up - but forge ahead and keep learning!

Your family will thank you!

Best Blessings!

Donna Miller



*Duet 28:17 - "A blessing upon your grain-basket and kneading-bowl."*

Be sure to visit our site(s), and subscribe to my Monthly Newsletter. Every month I share my favorite baking and milling tips and more delicious recipes:

[www.EatGrains.com](http://www.EatGrains.com)

[www.MillersGrainHouse.com](http://www.MillersGrainHouse.com)

Be sure to Tweet about Us!

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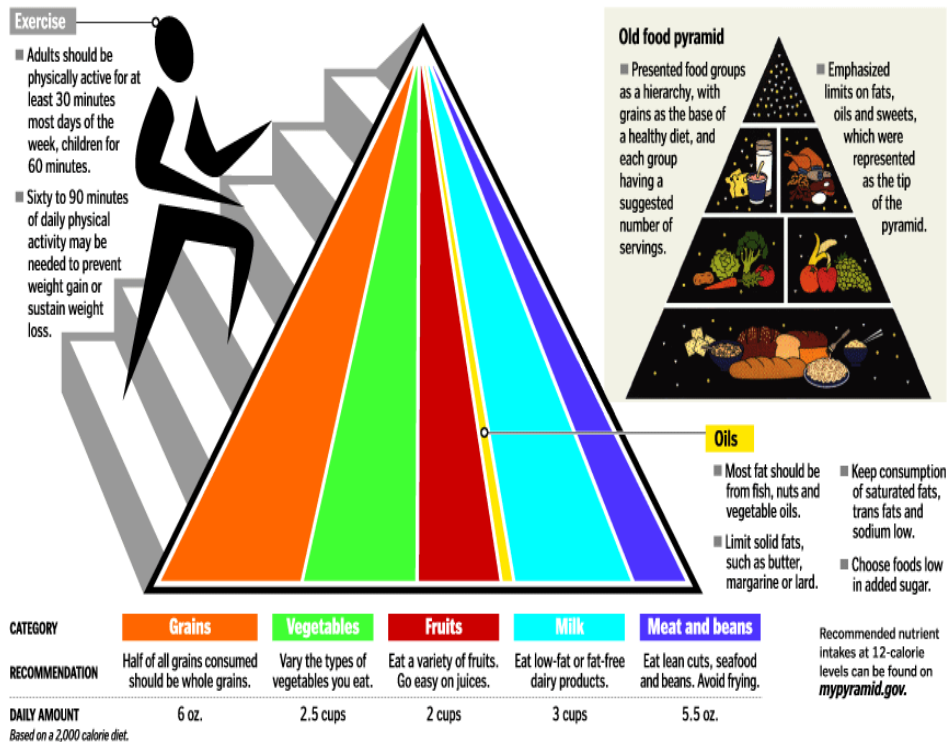
trainings to receive additional information on how to improve on your baking.

## **Why Whole Grains**

At the beginning of each New Year, one of the resolutions for many people is to eat more healthy and take charge of their nutrition. People also start talking about the need to eat healthy, when they face uncertain or difficult health issues. Here's a novel idea – let's NOT wait to make a decision to prepare healthy food for our family!

The FDA has said to make at least half of your grain choices 'whole grains'. This is certainly good advice to follow, but why stop there? Why not make MOST of your grain choices whole grains? Below I will share some suggestions on how easily increase your consumption of healthy grains.

First, let's take look at the food pyramid for a better understanding.



The base of the New Food Pyramid is still grains - but the focus has turned to make sure there are more **WHOLE grains**, not just empty starch. Interestingly enough though you can see that the allowance is for only half of the grains to be whole grain. My personal opinion is that this is still cutting us short of our much needed fiber and vitamins in our diets that we can get from only whole grains.

A diet which consists of virtually all of the grain choices as whole grain is healthier than what is recommended. Remember, however, even if you consume only whole grains as

your base, there still is a limit of how much to consume.

Today I was asked a very simple (yet also could get confusing) question: “How do I eat more whole grains?”

As I considered the question, it occurred to me that many people really just do not know where to start.

**Let me give you some simple suggestions:**

1. Eat brown rice (not par boiled) instead of white rice.
2. Eat only whole wheat bread (or at best home mill your flour from the whole fresh grain!!)
3. Whole rolled oats (also known as 'old fashioned') are a whole grain. Choose them over instant.
4. Ditch the pancake and muffin mixes and use at LEAST half whole wheat for the flour (again home milling means you can use ALL whole grain flour) - see a video I did on 'Make a-head Muffins" [here](#).

These are just a few suggestions to get you started. You can visit my blog at [EatGrains.com](http://EatGrains.com) for more suggestions. I also have a library of training videos that will help you become a baking pro fast. Be sure to subscribe to my Newsletter for monthly ideas and money-saving tips.

Once your diet starts to include more whole grains, you will find more ways everywhere to add them to your menu! (By the way, don't forget the family favorite - POPCORN!)



**Painless and Easy Money-Saving Tips**

Years ago I started increasing my family intake of whole grains and milling fresh flour at our home. The excellent health results have been only ONE of the benefits to this change in lifestyle.

We also have realized a great amount of **money savings on the grocery bill**. Now, with food prices higher than ever in addition to our regular intake of whole grains, we are adding more dried beans to our diet as well. Of course, we still get the same great

health benefits.

Whole dried beans, like whole grains, store for far longer periods of time than most items in the pantry.

The beans can be easily used to extend meat items. Here are some of the great ideas I use for my meal preparations:

1. Add soaked/cooked lentils to ground beef to make 'more' for lasagna or tacos.
2. Use in place of meat in soups
3. Cook and serve with a whole grain to make a healthy low fat protein.
4. Pinto beans and potatoes are a family favorite here for pennies.
5. Hummus (chick peas and/or white bean pure with seasoning) is a great replacement for mayo and meat in a sandwich or dip.
6. Minestrone Soup is mostly beans and quite hardy for the winter.

Easily used dried beans can be soaked overnight and cooked in a crock pot all day with seasoning. Also, they can be soaked, then drained and frozen (the ice crystals soften the bean) in zip lock baggies to use almost instantly!

Both whole grains and beans do also have the added bonus of extra fiber. This helps to create the 'satisfied' filled filling without all the fat and heaviness of many meats.

So in these leaner times - don't rule out beans along with grains. They truly can help stretch the food dollars!



### **Getting Started Tips:**

Let's get ready to begin baking some of our delicious recipes. Ahhh, this is my favorite part. The smell of fresh bread baking in the oven makes everything wonderful!

First General Tip – be sure to read through the recipe completely from start to finish before attempting to start making it. Making sure you know the steps and have all the ingredients on hand will save you both time and stress.

Second most important general tip - If you KNOW your Bread Machine manufacturer's suggested order of ingredients (look at their recipe book that came with the machine if you are not sure) then follow THAT order with the ingredients listed for each recipe. If

you do not know, try first all moist ingredients as written in most of these recipes then dry. If that does not seem to work - try to work from dry to moist. Different machines suggest different order of ingredients.

When using honey in place of a dry sweetener such as sugar or succhanant - decrease water by at least 1/8 of a cup.

When using an egg - eggs should be room temperature unless otherwise noted.

When trying any new recipe (especially but not limited to) check the loaf about 10 minutes in to the kneading process. If it looks too dry or too wet - see troubleshooting tips below.

### **Troubleshooting Tips for BEFORE and WHILE it bakes:**

Make SURE your paddle(s) are securely attached before adding ingredients. If you are baking IN the machine, loose paddles will come off as you remove your loaf.

When changing yeast brands, try to stay within the same 'type' but even then the measurements may differ and you will have to either decrease or increase the amount of yeast.

If the loaf appears too **dry** when you first take a peek (about 10 minutes into the process) you may add 1 tsp of warm water - wait 2 minutes and check again. Repeat until the ball forms (not stuck to the bottom or sides) and looks moist but still has a matte finish.\*

If the loaf appears too **wet** when you first take a peek (about 10 minutes into the process) you may add 1 tsp of flour - wait 2 minutes and check again. Repeat until the ball forms (not stuck to the bottom or sides) and looks moist but still has a matte finish.\*\*



### **Abbreviations:**

HWW - Hard White Winter Wheat

HRW - Hard Red Winter Wheat

HRWHP - Hard Red Winter High Protien

Warm Water - always between 110-115 degrees Fahrenheit - any hotter the yeast will die any colder it won't blossom

Yeast - Active Dry Instant or Fast Acting Yeast - not the type that needs 'proofing'



### **Bread Machine Recipes:**

Below are some excellent Bread Machine Recipes. I hope you enjoy. Please feel free to share these with your friends, and try some new things. I'd love to hear about your adventures in your kitchen, and would be happy to share with my readers.

If you want additional recipes, visit my site and subscribe to my Newsletter. I am always trying new things, and share my findings with my subscribers. I also offer some excellent video tutorials, and my “Supreme Bread Machine Cookbook” is loaded with over 120 recipes that you can easily prepare. [Get the Supreme Cookbook here.](#)



Okay, let's get started...

## **100% Crunch Bread**

-----1 POUND LOAF-----

\*\*\*\*\*

Mill 1.5 Cups of Wheat (HRW, HWW or 3/4 Cups of each)

\*\*\*\*\*

### **Ingredients:**

3/4 cup -- plus 1 tablespoon Warm Water

4 teaspoons Honey

4 teaspoons Molasses

4 teaspoons Olive oil

2 cups Wheat flour

2 teaspoons Gluten

1 teaspoon Salt

1/2 cup Seeds (any kind)

2 teaspoons Yeast (active dry)

Place first four ingredients in Machine pan in this order.

Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well.

Place in machine and bake on Whole Wheat level or Bread Dough to form into your own loaf and oven bake. If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes. Oven temps vary so watch closely the first time baking this loaf!

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