

Tribest[®]

GRAIN MILLS

MODEL: MILL-1

OPERATION MANUAL



Read Instructions Before Using

INTRODUCTION

Congratulations and welcome to the Tribest family! Your purchase of the Tribest MILL-1 Grain Mill represents a decision that you made to live a healthier lifestyle. As with every Tribest product, the Tribest MILL-1 Grain Mill's rich features are the result of smart choices that were made to do one thing: Make Healthy Living Easy.

Tribest Grain Mills are hand-crafted with precision German engineering. All of the Tribest mills feature stone mills to create an ultra fine grind without the heat associated with stainless steel mills. The grindstones in Tribest mills are made of natural corundum stone that has been mixed with a special ceramic to create an ultra-hard stone that resists chipping and wearing. Plus they are encased in beautiful beech, birch, or plastic casings that are an elegant addition to your kitchen appliances.

Because you want only the best for you and your family, freshly ground flour made from whole wheat, rice, oats, corn or any other grain is the best way to leverage the maximum nutrition and flavor of these essential foods. With power, beauty, and precision, the Tribest Grain Mills unlock all the nutrients and flavors of grains when you need them. Your favorite breads, pastas, cereals, and desserts will come alive as never before. You insist on fresh juice for its greater taste and nutrition - why settle for less with this equally important food group?

Please take a moment to familiarize yourself with your Tribest MILL-1 Grain Mill and make sure you have received all the parts included with your package. Once you have done so, you are now ready to begin creating scrumptious delights for you and your family. Please take the time to read through the entire operation manual for proper use and care instructions.

If you have any questions, comments, or need any tips, please do not hesitate to contact us at 1-888-254-7336 or via email at service@tribest.com. We are always happy to help.

We graciously ask that you rate the Tribest MILL-1 Grain Mill at www.tribestlife.com. We appreciate your feedback.

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IMPORTANT SAFEGUARDS

The following basic safety precautions apply when using electrical appliances. When using electrical, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. Do not use defective units.
3. If the main cord is damaged, only the manufacturer, its customer service department or a qualified professional may replace it.
4. Only authorized Tribest professionals may perform repairs.
5. Never operate your mill unattended!
6. Never reach into the funnel or flour outlet when the unit is operating – risk of injury!
7. Before opening the housing, be absolutely sure to pull the mains plug to prevent the unit from accidentally activating – risk of injury!
8. Do not use outdoors.
9. This device is not intended for use by persons (including children) with impaired physical, sensory or mental abilities or who lack experience and/or knowledge unless they are supervised by a person responsible for their safety or have been instructed by such a person in how to use the device. Children must be under supervision to ensure that they do not play with the device.
10. Never immerse the device in water.

*Tribest Grain Mills are equipped with an overcurrent circuit breaker that protects the motor from excessive current consumption (e. g. if debris jams the grindstones).

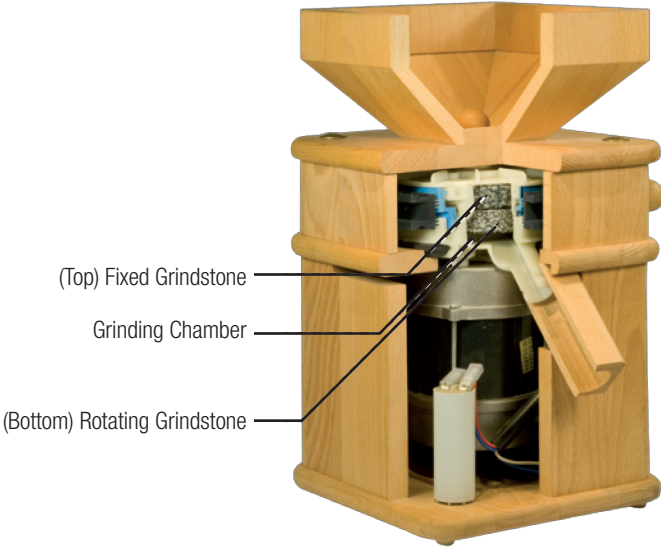
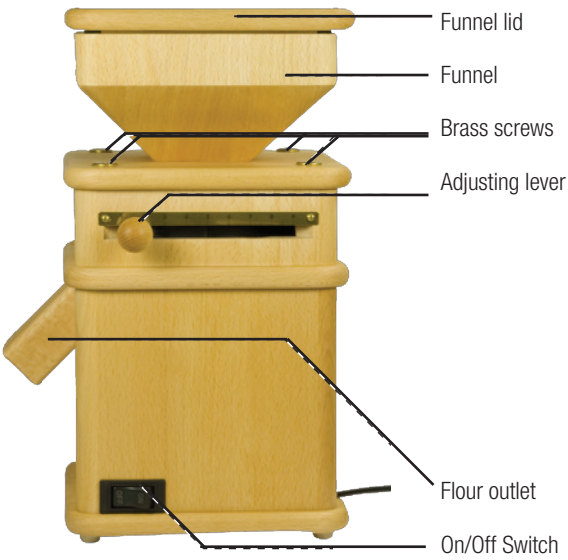
SAVE THESE INSTRUCTIONS

BEFORE FIRST USE

Before you use the device for the first time, please first carefully read through the safety instructions and operating instructions. Only in this way you will be able to use all functions safely and reliably. Hold onto these operating instructions for future reference. Pass these operating instructions on to any subsequent user of the product.

1. **Removing the transport guard** (see page 9 "Start-up")
2. **Mill feed** - Please only use clean and dry grains. You can determine this if the seed crackles distinctly when you crush it against a hard surface with a spoon. Wet grain can be crushed and then looks like an oat flake. Please consult the table of mill feed on page 10 when adjusting the fineness. Please only mill sweet corn for grinding corn. Only process mill feed with the device once.
3. **Power supply** - Only connect the mill to an alternating current source. Check whether the existing mains voltage corresponds to the voltage specified on the base plate.
4. **Location** - The mill housing is made of wood. Wood is a living material that is affected by changes in temperature and humidity, which may cause it to crack. You can best protect and care for the housing by not placing the mill close to radiators and not placing it right next to a stove (steam, moisture).
5. **Setting up the mill** - During use, place the flour mill on a hard, level base (kitchen countertop). The slots on the bottom of the device may not be obstructed so that the motor can be ventilated.

PARTS LIST



START-UP

Please first read through the section “Before First Use” (p. 7) and “Important Safeguards” (p. 6)!

Be absolutely sure to remove the transport guard before first use! You can remove the transport guard by removing the four brass screws (figure 1) on the funnel plate and lifting up the funnel (figure 2). Completely remove the three red screws with a cross-slotted screw driver (figure 3).

Check that the foam rubber gasket is properly seated around the hole in the top grindstone (figure 4). You can now return the funnel to its previous position and secure it with the brass screws.

Milling

Once connected to a power supply, your Tribest Grain Mill is ready for use. Place a bowl under the flour outlet and adjust the fineness (figure 5). Then fill the funnel with grain and turn on the mill.



Figure 1 Remove the four bronze screws with the enclosed Allen wrench.

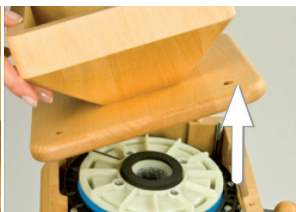


Figure 2 Lift the funnel

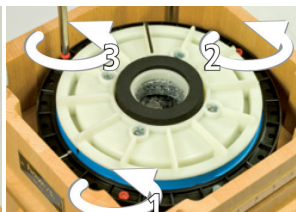


Figure 3 Remove the red transport screws



Figure 4 Make sure the foam rubber gasket is properly seated (arrow). Now return the funnel to its previous position and secure it with the brass screws



Figure 5 Set the fineness: forward for fine, back for coarse

START-UP

Setting the fineness

You can set the fineness of the mill feed steplessly between “1” and “9” using the adjusting lever. When changing the setting from “9” to “1”, the mill should either

- be on
- or the grinder must be empty.

The different types of grain and other mill feed differ considerably with respect to their fat and fibre content, endosperms etc. Our mill feed table is based on this. Tribest Grain mills have undergone extensive testing and this table was compiled accordingly for your reference. However, the values provided are approximate and are dependant on the moisture content of the grain. If you wish to increase the fineness above the level specified in the table, the end result will be super fine. This increases the risk of the grindstones clogging. Pay attention to the milling noise: If it diminishes considerably, then the grindstones are starting to clog. Set the adjusting lever to coarser.

Turn off the mill once all mill feed has been processed. If there is no mill feed in the grinder, you can hear the grindstones rubbing against one another in the fine setting. Cause: Despite a high degree of precision, the threading for the fine setting always has to have a small amount of play. This small amount of play is neutralised when the pressure from milling is exerted on the two grindstones. Grains that by nature have their own unique hardness exert a different milling pressure on the grinder. For this reason, we recommend different settings.

Mill Feed Table

Mill feed	Setting from level
Wheat	1
Rye	1.5-2
Spelt	1.5-2
Barley	2.5
Oats	2.5
Millet	1
Sweet corn	0
Durum wheat	0
Brown rice (not parboiled)	1
Buckwheat	1
Green spelt	1
Flax seed (mix 1:1 with wheat)	2
Chick peas	1.5
Green peas	1.5
Nutritional yeast flakes	1.5
Quinoa	0.5
Amaranth (slowly pour into the funnel)	0

Feel free to also try foods that can be rolled and those that can be poured that are not indicated on the adjacent table, e. g. dry spices. Proceed with care when trying new types and let us know about your results: We are always delighted to learn more.

Oilseeds jam the grinder due to their high fat content. For this reason, mix mill feed with high fat content 1:1 with wheat or another grain.

CLEANING

A brush is integrated in the bottom rotating grindstone of your Tribest MILL-1 Grain Mill, which sweeps out the flour with every rotation, thereby automatically cleaning the mill.

If you don't intend to use your mill for a prolonged period of time, we recommend cleaning any leftover flour out of the grinder. This is very easy with a vacuum cleaner. Set the adjusting lever to "coarse" and then, after having turned off the mill, insert the vacuum cleaner nozzle into its funnel and flour outlet.

Do not in any case clean the housing with abrasive cleaners. Never immerse the unit in water! If necessary, clean the housing with a damp cloth and then rub in a small amount of vegetable oil to preserve the surface.

TROUBLESHOOTING

In the unlikely event of a fault, you can rectify it easily:

The motor doesn't start: Is the mill connected to a power supply? Has the plug been properly connected with a socket?

Solution:

- Check both points and rectify the fault.

The motor hums, but doesn't start running: When turning off the unit, grain may have clogged between the grindstones and may have jammed them.

Solution:

- Set the adjusting lever to "coarse" with the motor turned on until the milling process starts again
- Slowly set the lever back to "fine" (page 9, figure 5).

The mill is on, but no flour is emitted: If the grain is too wet or e. g. if spelt and oats are ground too finely, the grindstones may be "smeared".

Solution:

- Mill approximately 100 g brown rice (semi-coarse setting).
- If necessary, open the grinder and remove any leftovers (see the section "Opening the grinder" for this).

The mill turns off while in use: Debris or clogged grindstones may cause the mill come to a standstill. In such a case, the overcurrent circuit breaker automatically deactivates the mill after approximately 20 seconds.

Solution:

- Remove any debris and/or after the mill has cooled off, mill approximately 100 g brown rice (semi-coarse setting).

The adjusting lever cannot be pushed to the "fine" setting: If an overfilled flour bowl causes e. g. the flour to back up, this may jam the grinder. There is leftover grain or debris in the grinder.

Solution:

- When the mill is running, change to the "coarse" setting and allow the grinder to run without any mill feed.
- If necessary open the grinder and remove any leftover flour and/or debris. If the grindstones are heavily laden, clean them with a dry, hard brush (for this, see the section "Opening the Grinder").

OPENING THE GRINDER

Attention! Turn off the mill with the On/Off switch and then disconnect the mains plug before opening the housing to prevent the unit from accidentally turning on – risk of injury!

- Remove the four brass screws on the top of the mill housing (page 9, figure 1).
- Lift off the funnel (page 9, figure 2).
- Turn the top grindstone on the plastic ring (apply considerable force!) counter-clockwise until it can be removed (figure 6).

In order to reassemble the mill, position the mill so that the flour outlet is pointing towards you.

- Place the top grindstone on the inner plastic ring such that it is completely level.
- The black mark must be at “6 o'clock” over the retainer (figure 7).
- Push the stone down gently from above and screw it back until it locks into place (one complete revolution and then to approximately “10 o'clock”). For this, see figure 8.

Make sure the foam rubber ring is properly seated. You can now return the funnel to its previous position and secure it with the four brass screws (figure 9).



Figure 6 Remove the top grindstone by turning it counter-clockwise

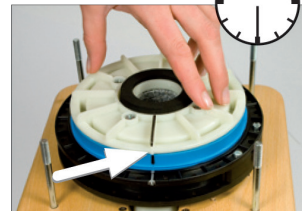


Figure 7 The black marks must be located over one another

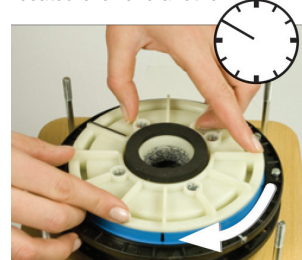


Figure 8 When screwing the grindstone back into place, make sure that it does not tilt



Figure 9 Make sure the foam rubber gasket is properly seated (arrow). Return the funnel to its previous position and secure it with the brass screws

WARRANTY

Register your product online at: **USA:** www.tribest.com/registration, **Europe:** www.tribest.eu/registration

1. We warrant to you, the end-user customer, who has properly registered for warranty upon purchasing a new Tribest[®] MILL-1 Grain Mill that the new Tribest[®] MILL-1 Grain Mill will be free from defects in materials and workmanship for a period of 3 years from the date of purchase.
2. Upon Tribest's receipt of a written notice of defects from you during the warranty period, Tribest, at its option, will either repair or replace the Tribest[®] MILL-1 Grain Mill that proved to be defective. The replacement of the Tribest[®] MILL-1 Grain Mill may be either new or like new. The Tribest[®] MILL-1 Grain Mill may contain re-manufactured or re-conditioned parts, which is equivalent to new in performance or may have been subjected to incidental use.
3. This warranty does not apply to defects resulting from:
 - a) the failure to operate the Tribest[®] MILL-1 Grain Mill in accordance with the instructions.
 - b) the use of parts or supplies not provided or authorized by Tribest.
 - c) negligent, improper or inadequate maintenance.
 - d) the service performed or attempted by unauthorized service person(s).
 - e) tampering, misuse or unauthorized modification of the Tribest[®] MILL-1 Grain Mill.
4. All warranty and repair services must be performed at a warranty service center, which is located within the country where the Tribest[®] MILL-1 Grain Mill was originally purchased. However, in the event that: [] the machine must be serviced at a service center that is not located within the country where the machine was purchased; or [] there is no service center within the country where the machine is located and must be shipped to a service center in another country, then those service centers are responsible for the parts and service only, and any and all costs relating to the shipping, delivery and handling of the machine to and from those service centers shall be the sole responsibility of the owner.
5. TRIBEST MAKES NO OTHER EXPRESS OR IMPLIED WARRANTY OR CONDITION WHETHER WRITTEN OR ORAL. In the event that such limitation or exclusion on the duration of an implied warranty is not allowed in the states or counties wherein you reside, the above limitation or exclusion will not apply. This warranty gives you specific legal rights and protection, and you might also have other rights that vary from state to state, or county to county.
6. TO THE EXTENT ALLOWED BY LOCAL LAW, THE REMEDIES IN THIS WARRANTY STATEMENT ARE YOUR SOLE AND EXCLUSIVE REMEDIES. EXCEPT AS INDICATED ABOVE, IN NO EVENT WILL TRIBEST BE LIABLE FOR DIRECT, SPECIAL, INCIDENTAL, CONSEQUENTIAL (INCLUDING LOST PROFIT), OR OTHER DAMAGE, WHETHER BASED IN CONTRACT, TORT, OR OTHERWISE. Some states or counties might not allow the exclusion or limitation of incidental or consequential damages. If you reside in such a state or county, the above limitation or exclusion may not be applicable.

In the event that you have any questions concerning the use and care for this product or concerning service, please call us at 888-254-7336, send an e-mail, or write a letter to the following address explaining the nature of your concerns.

Tribest Corporation
P.O. Box 4089 Cerritos, CA 90703
Website: www.tribest.com
E-mail: service@tribest.com
Toll-free: 888-254-7336
Tel: 714-879-7150

WHEN YOU NEED SERVICE

In the unlikely event that you require service on your Tribest MILL-1 Grain Mill, or if it fails to function properly within the warranty period during normal household operation, please contact the Tribest Warranty Service Center.

SERVICE CENTER

For all service inquiries, please contact the Warranty Service Center for a Return Merchandise Authorization (RMA) number and proper routing instructions.

If you need service:

- 1) Call the Warranty Service Center (888-254-7336) to get a Return Merchandise Authorization (RMA) number to send your Tribest MILL-1 Grain Mill to the service center. Returns will NOT be accepted without an RMA number clearly written on the box.
- 2) Pack your Tribest MILL-1 Grain Mill securely in the original shipping box. Make sure all affected parts are enclosed.
- 3) Fill out the service request form, detach it and enclose it in the shipping box.
- 4) Seal the shipping box securely with packing tape.
- 5) Address the box to the warranty service center. Be sure to put your return address on the outside of the package.
- 6) It is always wise to insure the package against possible damages or loss in transit. Ship prepaid.

PRODUCT INFORMATION

ITEM	Tribest MILL-1 Grain Mill
MODEL	#HM-MILL-B
FUNNEL FILL VOLUME	1.3 kg
GRINDING CAPACITY FOR WHEAT	ca. 125 g/min
HOUSING	Solid Beech
MILL	Corundum ceramic grindstone, horizontally positioned, \varnothing 100 mm
ELECTRICITY RATING	360 W / 230 V, 50 Hz
SIZE	8.3" x 8.3" x 15.1" (210 mm x 210 mm x 385 mm)
WEIGHT	21.8 lbs (9.9 kg)

NOTES

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Tribest[®]
making healthy living easy

Tribest Corporation

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