



.....

GETTING STARTED GUIDE FOR
THE FRESH MILLED FAMILY

justmillit.com



Join the group Fresh Milled Flour
Methods on Facebook for videos, tips
and tricks.

Getting Started

Here are a few key articles to get help you get started. These articles will answer all your milling questions, so you can get started easily.



Fresh Milled Baking Essentials List

What is the best grain mill for me?

What is the best mixer for fresh milled flour?

Store-bought flour vs. Fresh Milled **What's the difference?**



How to mill flour using a grain mill?

How to make bread flour and more?

Guide to Grains



<p>PASTA GRAINS</p>	<p>BREAD GRAINS</p>
<ul style="list-style-type: none"> • Durum for highest protein content • Khorasan/Kamut for ancient grain flavor • Emmer as a nutritious pasta option 	<ul style="list-style-type: none"> • Hard White flour is preferred for bread • Hard Red flour for versatility and strength • Einkhorn, Spelt, and Rye for unique flavors
<p>PASTRY GRAINS</p>	<p>ALL PURPOSE FLOUR</p>
<ul style="list-style-type: none"> • Soft White flour for tender pastries • Soft Red flour for lighter textures • Spelt, Barley, or Rye as alternatives for variety 	<ul style="list-style-type: none"> • 50% hard wheat and 50% soft wheat • try Einkhorn anywhere that calls for all purpose flour
<p>WHERE TO FIND GRAINS?</p>	<p>HOW MUCH TO MILL?</p>
<ul style="list-style-type: none"> • local store with bulk food bins • Janie's Mill • Guardian Grains • Bluebird Grains • Barton Springs Mill 	<ul style="list-style-type: none"> • 125 grams per cup of flour • Use a gram scale • the grains and flour weigh the same • 30 g = ¼ cup • 40 g = ⅓ cup • 60 g = ½ cup • 80 g = ⅔ cup • 90 g = ¾ cup • Grand Teton • Grandview Grainery • Great River Organic Milling • Country Life Natural Foods

Sourdough Daily Loaf

INGREDIENTS

- 410 grams hard wheat berries, milled
- 240 grams water (room temp or cold is fine)
- 40 grams BOILING water
- 10 grams sea salt
- 200 grams sourdough starter
- 10 grams lemon juice (optional)

DIRECTIONS

MIXING:

1. Place your mixing bowl on your scale, and press the ZERO or TARE button.
2. Add 20 g of flour to the bowl, and zero out the scale as you did in the last step.
3. Pour 40 g of boiling water into the bowl, and quickly mix the two together to form a paste. Zero out the scale.
4. Add the water from the recipe. This will cool down the yudane, so you can add the starter and remaining ingredients at this point.
5. Knead with the dough hook for 5-7 minutes. Alternative options are to manually do stretch and folds or coil folds as most do with sourdough bread recipes.

FIRST RISE (AKA Bulk Fermentation):

1. Let the dough rise, covered, until risen by 50%. It should come out of the bowl clean, and be jiggly. Timing can vary from 4-12 hours depending on several factors, including dough and room temperature.

SHAPING:

1. Spread your dough out into a rectangle shape. Fold the sides into the middle, and gently roll the dough up and place it into your greased or lined 9" x 5" bread pan. If doing an open bake, place shaped bread on your bench to rest. Tighten up the dough after that.

SECOND RISE (AKA Proofing):

1. For sourdough, I let the dough rise while the oven preheats. If you're looking for more comprehensive methods, this isn't it.

BAKING:

1. Place your bread pan gently into the middle of the oven, and close the oven door. If doing an open bake, bake on a sheet or baking stone/steel.
2. Adjust the temperature to 375 F, and set a timer for 35 minutes.
3. Check the temperature of the absolute middle of the dough by sticking it from the side with an instant read thermometer.
4. Remove the bread from the oven when the dough has reached 190 F. For a loaf this size, it can typically take anywhere from 40-55 minutes.

COOLING & STORING

1. GENTLY remove the bread from the pan, and let it cool fully on a rack with air flow all around the loaf. This generally takes 3 hours. If you slice your hot bread early, it may get dense as the crumb is still solidifying while it cools. I don't blame you if you do, but wait for a truly good loaf.
2. Slice your bread with a serrated bread knife
3. Store on the counter in a plastic bag or beeswax wrap for a few days, in the fridge if you have a very hot and humid environment, or slice and freeze the loaf for bread on the fly.

Our Daily Yeast Loaf

INGREDIENTS

- 510 grams hard wheat berries, milled
- 340 grams water (room temp or tap is fine)
- 40 grams BOILING water
- 10 grams sea salt
- 12 grams yeast (instant or active dry)
- 10 grams lemon juice (optional)



Prepping Time

1 hour 25 Minutes



Baking Time

45 Minutes



Servings

Makes 12 to 20

DIRECTIONS

ACTIVE DRY YEAST:

If using active dry yeast, place 100 g of the water into a cup, along with the yeast and sugar. Let sit until ADD IN YEAST AND SALT. It should be bubbly and active by then.

If the yeast mixture isn't bubbly by then your yeast isn't good - go get some good yeast! Instant yeast is also known as bread machine yeast. Either one will do.

MIXING:

1. Place a small cup on your scale, and press the ZERO or TARE button.
2. Add 20 g of flour to the cup, and zero out the scale as you did in the last step.
3. Pour 40 g of boiling water into the cup, and quickly mix the two together to form a paste.
4. Place your mixing bowl on your scale, and press ZERO / TARE to zero it out.
5. Add everything EXCEPT the yeast and sea salt to your mixing bowl, and mix or knead for 5-7 minutes
6. Let the dough rest for 20 minutes.

ADD IN YEAST AND SALT

1. Sprinkle the yeast (the cup from step one if using active dry yeast) and salt into the dough, and let it mix/knead until a windowpane consistency has been reached.

This is done by turning off the mixer, and gently and slowly stretching the dough to see if light can be seen through it before breaking. If so, you've reached windowpane, and can move on. If your dough looks tough or dry, you can slowly drizzle water in during the mixing until it is a consistency you like.

Our Daily Loaf



DIRECTIONS

FIRST RISE (AKA Fermentation):

1. Let the dough rise, covered, until doubled. When you press your finger into the dough, it should remain pressed in, and not spring back quickly.

PUNCHING DOWN THE DOUGH

1. Punch down the dough doesn't mean literally punch it, but you can if you like. Gently pull up on one side of the dough, and gently press it into the center of the dough ball. Turn the bowl by a quarter, and repeat until you've done this 4 times. This helps ensure a consistent dough temperature, and a more consistent crumb.
2. Preheat your oven to 420 F.

SHAPING:

1. Spread your dough out into a rectangle shape. Fold the sides into the middle, and gently roll the dough up. Throw it down on the counter a few times, then gently tuck in the bottom on all sides, and place it into your greased or lined 9" x 5" bread pan.

SECOND RISE (AKA Proofing):

1. Let the dough rise until your finger pressed gently into the top does not spring back quickly. It should not deflate (if so, you let it rise too long). It should take approximately half the time it took for the first rise.

BAKING:

1. Place your bread pan gently into the middle of the oven, and close the oven door.
2. Adjust the temperature to 375 F, and set a timer for 35 minutes.
3. Check the temperature of the absolute middle of the dough by sticking it from the side with an instant read thermometer.
4. Remove the bread from the oven when the dough has reached 190 F. For a loaf this size, it can typically take anywhere from 40-55 minutes.

COOLING & STORING

1. GENTLY remove the bread from the pan, and let it cool fully on a rack with air flow all around the loaf. This generally takes 3 hours. If you slice your hot bread early, it may get dense as the crumb is still solidifying while it cools. I don't blame you if you do, but wait for a truly good loaf.
2. Slice your bread with a serrated bread knife
3. Store on the counter in a plastic bag or beeswax wrap for a few days, in the fridge if you have a very hot and humid environment, or slice and freeze the loaf for bread on the fly.



Italian Bread

Makes: 1 loaf / 16 slices Prep Time: 1 hour 55minutes(mostlyinactive)Bake Time: 50 minutes Total Time: 2 hours 45 minutes

Recommended pan: 8.5 × 4.5" Loaf Pan

Ingredients

- 400 g wheat berries, hard

YUDANE INGREDIENTS:

- 20 g flour, any (set aside from milled flour)
- 40 g water, boiling

REMAINING INGREDIENTS:

- 310 g water, cold
- 8 g sea salt
- 8 g yeast
- 8 g lemon, juice (or other citrus juice)
- 8 g barley malt syrup (optional)
-

Directions

1. Put your kettle on, or boil some water however you do it.
2. Mill the grain into fine flour.

PREPARE DR. MEL'S QUICK NO-WAIT YUDANE:

4. Place the yudane flour at the bottom of your mixing bowl, and pour the boiling water over it.
5. Quickly mix the flour and boiling water together into a paste.
6. Mixing the Bread:
7. Add the cold water to the mixing bowl, followed by the remaining ingredients. This allows the water to cool the yudane so it doesn't kill your yeast.
8. Knead with your dough hook until the dough looks smooth and shiny and fully cleans the bowl. This will vary greatly depending on the mixer you have. Mixers with bottom motors will need a rest between mixing so dough is not overheated OR the flour and the water must be very cold.
9. Preheat the oven to 450 F. If using a dutch oven, preheat that, too.
10. Transfer the dough into an oiled bowl with plenty of room to rise and a lid.
11. Do your first set of clock stretch and folds in a 2.5 quart mixing bowl to help develop structure in your dough.
12. When the dough rises almost to the top of the bowl, gently stitch the dough together again, and cover it with parchment or a silicone bread sling before turning it out onto the counter or a baking sheet.
13. Optional: dust the top of the loaf with a light coating of flour (I use brown rice), and score the loaf with a very sharp knife or razor at a 45 degree angle, about 1/4" deep.

DUTCH OVEN BAKING PREP:

15. Remove the dutch oven from the oven, closing the door quickly. If not using parchment or silicone bread sling, coat the bottom of the dutch oven with flour before placing the bread inside and adding the dutch oven's lid. Place the dutch oven into the center of the oven and close the door.

OPEN BAKE PREP:

17. Roll up a few ice cubes inside a tea towel. Soak the tea towel with hot water. Grab a few more ice cubes to throw into the bottom of the oven, and have a spray bottle of water handy. Place the bread into the center of the oven on a baking stone or baking sheet. Place the hot, soaked towel next to it, toss ice cubes into the bottom of the oven and spray the loaf quickly and heavily with water before closing the oven door.

BAKING:

19. Bake for 30 minutes in a dutch oven or 25 minutes for an open bake.

20. Check the internal temperature of your bread with an instant read digital thermometer. If it's not 190 F or above (ideally 200 F), lower the temperature of the oven to 400 F, and bake until it does reach that temperature. Cover the loaf with foil if you don't want the loaf much darker. For me, that's 15-20 minutes.

21. When bread has reached the ideal temperature, remove the bread from the oven, and from the pan it baked in (if using a dutch oven).

22. Place the bread gently on a cooling rack with air flow all around the loaf for 3 hours.

Notes

Equipment

[Grain Mill](#)

[Pyrex Bowl set \(with lids\)](#)

[Silicone Spatulas](#)

[Parchment sheets unbleached](#)

[Silicone bread slings](#)

[Lodge Dutch oven / skillet](#)

Tips

- If you are not gentle with the bread dough, it will lose structure
- If you do not let this cool before slicing - for real - it will become dense and gummy inside.
- You must bake to temperature - don't eyeball it or thump test it. That will result in over-baked and crumbly bread that we don't want.
- Do not skip my yudane method - it's quick, easy and essential
- It doesn't matter if the yeast is instant or active dry - both work here
- This can also be baked in a bread pan. just shape it after mixing, and let it rise in the bread pan before baking.
- A second bread pan turned upside down over the first bread pan makes an excellent dutch oven.

Muffin / Cupcake Base



Prep: 10 Mins



Ready in: 30 Mins



Bake: 20 Mins



Serves: 12 Pcs

INGREDIENTS

- 225g soft grains, milled (1 3/4 cup grains)
- 250g milk (1 scant cup)
- 59g butter, melted (1/4 cup)
- 10g baking powder (2 tsp)
- 145g sugar (3/4 cup)
- 1g salt (1/4 tsp)
- 5g vanilla extract (1 tsp)
- 100g eggs, beaten (2 eggs)
- 175g mix-ins

MIX-INS

- chocolate chips
- white chocolate chips & cranberries
- mashed banana and walnuts
- blueberries, raspberries, strawberries
- pecans, pistachios, or other nuts
- dried cherries plus 1 tsp vanilla extract
- replace vanilla extract with citrus extract
- 1 tbsp maca root powder, 1 tbsp hemp seeds, and 2 tbsp raw cacao powder

Chocolate Base:

Lower soft grains to 175g, add 50g cocoa powder
Replace at least half the milk with strong coffee

Muffin Method

1. Preheat oven to 350 F.
2. Combine liquid ingredients, including melted butter in the mixing bowl.
3. Add the dry ingredients.
4. Stir until JUST combined. Over mixing will make for tough muffins.
5. Add any mix-ins, just enough to combine.
6. Fill muffin cups equally.
7. Bake @ 350 F until 200 F in the center of the muffin. Let cool before decorating.

Cupcake (Creaming) Method

1. Combine softened butter and sugar in your mixing bowl and cream together until the mixture looks fluffy and light and you cannot see sugar crystals in the butter any longer.
2. Add the eggs slowly, mixing so they are well combined. This is done so the liquids and the fats can be combined and not separate and is the most important step of this method!
3. Add the dry and wet ingredients to the fat by alternating. Add a little dry, then a little wet, and repeat.
4. Add mix-ins on lowest speed for about 3-5 seconds, then fill muffin cups to the top or put in a greased baking pan and bake as a cake.
5. Bake at 350 F until the middle of the cupcakes or cake reach 200 F. 15-24 minutes for cupcakes, 40 - 50 minutes for cake.

Quick Drop Cookie Base

Prepping Time: 10 Mins

Baking Time: 8-10 Mins

Serving: 24 - 30 cookies

INGREDIENTS

- 112 grams butter, softened (1 stick, 8 tbsp)
- 100 grams sugar
- 50 grams brown sugar
- 100g eggs (2 whole)
- 10g vanilla extract (2 tsp)
- 6g salt
- 6g baking soda
- 300g soft grains
- 1 cup mix-ins

VARIATIONS:

- Sugar Cookies:** Leave out mix-ins.
- Chocolate Chip:** Mix-in: 1 c. chocolate chips
- Oatmeal Raisin:** Mix-in:
 - 1/2 cup raisins
 - 1/2 cup rolled oats
- Peanut Butter:** Mix-in: 1 cup peanut butter
- White Chocolate Macadamia Nut:** Mix-in:
 - 1/2 c. white chocolate chips
 - 1/2 c. macadamia nuts
- Double Chocolate:** Mix-in:
 - 1/4 cup cocoa powder
 - 1 cup chocolate chips
- Lemon Cookies:** Replace vanilla extract with lemon

DIRECTIONS

1. Preheat our oven to 350 F.
2. Cream the butter and the sugar until smooth and lighter in color. If using unrefined sugar, don't wait for the color change.
3. While that is creaming, mill your grains into flour in a separate bowl on the finest setting.
4. Add other dry ingredients to the flour and mix together, setting to the side.
5. While the mixer is still on, slowly add the egg mixture until well mixed, followed by your extract.
6. Turn off the mixer and add the dry ingredients. Mix on LOW and JUST ENOUGH to incorporate the dry ingredients. Do not over mix!
7. Add any mix-ins, mixing on low for 1 to 2 seconds on LOW speed.
8. Scoop the dough into equal portions and bake until center of cookie reaches:
190 F for chewy cookies
200 F for crunchy cookies
9. Let cool several minutes on baking sheet, then transfer to a wire rack.



Brownies - 2 Ways



20 to 30 Minutes



10 Minutes



9 to 12 Servings

INGREDIENTS

- 65g soft grains, milled (1/2 cup)
- 40g cocoa powder (1/3 cup)
- 112g butter (1 stick, 1/2 cup)
- 1g baking powder (1/4 tsp)
- 150g sugar (3/4 cup)
- 1g salt (1/4 tsp)
- 5g vanilla extract (1 tsp)
- 100g eggs, beaten (2 eggs)
- 100g chopped nuts, dried fruit, or other mixins (1/2 cup)

FUDGEY BROWNIES

1. Preheat oven to 350 F.
2. Combine liquid ingredients, including melted butter in the mixing bowl.
3. Add the dry ingredients.
4. Stir until JUST combined.
5. Add any mixins, just enough to combine.
6. Bake at 350 F until brownies are 180 F

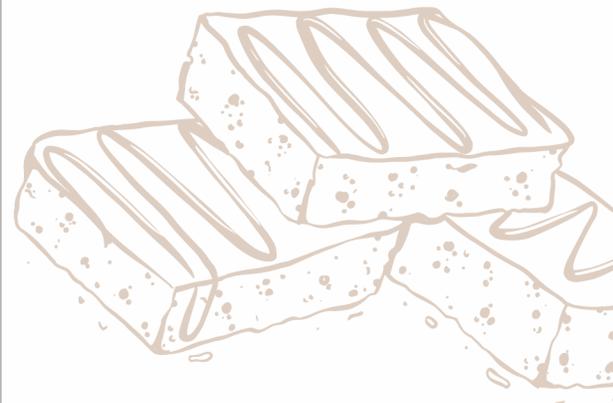
THEY WILL NOT LOOK DONE... THEY ARE!

CAKE BROWNIES

1. Preheat oven to 350 F.
2. Combine softened butter and sugar in your mixing bowl and cream together until the mixture looks fluffy and light and you cannot see sugar crystals in the butter any longer. If using sucanat - this step takes much longer.
3. Add the eggs slowly, mixing so they are well combined. This is done so the liquids and the fats can be combined and not separate and is the most important step of this method!
4. Add the dry and wet ingredients to the fat by alternating. Add a little dry, then a little wet, and repeat.
5. Add mixins, and fill muffin cups to the top or put in a greased baking pan.
6. Bake at 350 F until brownies are 190 F in the middle. Always go by TEMP.

BAKING TIPS:

- Bake in a 9 x 9 dish, or a brownie pan
- Do not overmix, we want tender and light, not tough brownies.
- If using wet ingredients for mix-ins, like strawberries or blueberries - coat them lightly in flour before adding to the mix so they don't discolor the muffin.
- ALWAYS bake to temperature.



Flatbread & Naan Bread

This is my go-to for quick breakfast, lunch, or dinner wins.

INGREDIENTS

- 510 g hard wheat berries (3 cups of whole grain)
- 360 g water (1 1/2 cups)
- 6 g yeast (2 tsp)
- 10 g sea salt (2 tsp)



DIRECTIONS

1. Mix all ingredients EXCEPT salt and yeast with the dough hook for a few minutes to combine.
2. Add yeast, and knead a few more minutes.
3. Let dough rest while you prepare toppings of your choice and preheat a skillet to medium heat.
4. Using WET hands, section dough into the number of flatbread you would like, using a bench scraper your hands or a knife.
5. Roll each portion on a floured surface with flour sprinkled on top to about 1/4" thickness.
6. Cook in the hot, lightly greased skillet as you would a pancake:
 - Cook for about a minute on one side. Bubbles will appear on the surface of the dough. Flip over and repeat before removing from the heat.
 - If topping with pre-cooked items, cook one side, flip and add toppings and a lid on your pan for about several minutes. You may need slightly lower heat as to not burn the bread.

VARIATIONS

Yeast-free:

- use 1 tbsp baking powder instead of yeast OR use the sourdough variation

Naan Bread:

- Use Yeast-free variation
- Replace the water with yogurt

Make it Softer:

- add 2 tbsp extra virgin olive oil, butter, or other fat of choice
- add 1/4 cup mashed potatoes, or mashed sweet potatoes
- replace water with milk or coconut milk

Sourdough:

- replace yeast with 50 - 150 g of stiff sourdough starter and rest (ferment) 6 - 16 hours, till surface bubbles appear and it smells fermented

Pancakes and Waffles



20 to 30 Minutes



5-15 Minutes



varies

PANCAKE INGREDIENTS

- 125g soft grains, milled (1 cup)
- 250g milk (1 cup)
- 10g baking powder (2 tbsp)
- 1g salt (1/4 tsp)
- 24g sugar (2 tbsp) optional
- 5g vanilla extract (1 tsp)
- 100g eggs, beaten (2 eggs)
- 5g lemon juice or apple cider vinegar (1 tsp)

Waffles

- use 1 tbsp of baking powder
- add 2 tbsp melted butter
- leave out the lemon juice and vinegar

DIRECTIONS

1. Whip eggs, then add liquid ingredients and mix in.
2. In a separate bowl, mill the flour, and mix together with dry ingredients using a whisk or a fork.
3. Mix together the wet and dry ingredients.
4. For waffles, follow your waffle maker directions, and let cool on a wire rack or serve immediately. For pancakes continue to step 5.
5. Cook on a pre-heated, and greased skillet over medium heat (approximately 350 F if you can set by temperature).
6. Cook until bubbles form throughout the pancake on top with the edges beginning to dry a little.
7. Flip, and cook the pancake for another minute.

Pro Tip: If the mixture seems too thin, wait 15 minutes! It will thicken considerably. Remember the bran and germ slow this process down versus when working with refined flour.

Pancakes and Waffles freeze well
for quick toaster wins!

Crescent Roll Dough



15 Minutes



10 Minutes



3 - 8 crescent roll "tubes"

INGREDIENTS

- 470 g wheat berries, soft white any soft grains will do
- 250 g water
- 227 g butter (2 sticks or 1 European butter stick)
- 22 g sugar
- 6 g sea salt
- 3 g baking powder
- 12 g yeast (instant) if using active dry, prove it first with some of the water from the recipe)

DIRECTIONS

1. Preheat oven to 375 F.
2. Mix the dough for several minutes in your mixer, by hand, or in a bread machine on the dough cycle.
3. Let the dough rest 30 - 45 minutes to better absorb the fat and liquids.
4. Separate the batch into 3 equal parts (310 grams, give or take).
5. Roll each ball into a 12 x 8" rectangle on floured parchment paper. Using a pastry roller, or dough scraper, divide the rectangle into 4 equal rectangles, and then divide each rectangle on the diagonal (corner to corner) to make triangles.
6. If making crescent rolls, stretch the wide end slightly and roll toward the point of each triangle. If baking flat for veggie pizza, no rolling is required.
7. Bake for 15-20 minutes, or until the dough is 190 F.
8. Cool on a baking rack.

COLD VEGGIE PIZZA

- Bake crust flat on a baking sheet according to step 7 of the instructions.
- Mix sourcream with italian seasoning, sea salt, and freshly cracked pepper to taste. Spread over crust.
- Top with chopped veggies and shredded cheese of choice
- Cut into squares, serve fresh, or keep chilled until serving.



PIGS IN A BLANKET

- Wrap whole or cut up hot dogs or precooked sausages with rolled out crescent roll dough
- Bake in the oven at 350 F until golden, 12-17 minutes depending on your oven.



Fresh Milled Pasta By Hand

Ingredients

- 125 g fresh milled flour (Durum/Kamut/Emmer) or hard wheat (red or white)
- 2 eggs

Einkhorn Pasts

- 125 g fresh milled flour
- 1 egg
- 28 g water
- 3 g EVOO (extra virgin olive oil)

Spelt Pasts

- 125 g fresh milled flour
- 1 egg
- 30 g water
- 4 g EVOO (extra virgin olive oil)

Directions

1. Mill the flour as fine as you can.
2. Add the remaining ingredients.
3. Mix until combined.
4. Let the dough rest at least 30 minutes.
5. Knead the dough a little, then roll out on a floured surface.
6. Dust with flour and cut into desired shapes.
7. Cook immediately for 1 minute or so until al dente, or let the pasta dry and cook as you would dry pasta from the store.



Make it Sourdough

- Add 1 tbsp sourdough starter when mixing the dough
- Let the dough ferment at room temperature for a few hours before rolling and cutting, or let ferment for 1-3 days in the fridge, covered tightly



Fresh Milled Extruder Pasta

Philips Avance/7000

- 500 g fresh milled flour
(Durum/Kamut/Emmer/hard wheat (red or white))
- 190 g liquid (All water or 1 egg, 10 g extra virgin olive oil and water to reach 190 g)
- Einkhorn - use 168 g liquid
- Spelt - use 173 g liquid

Philips Compact (Viva)

- 400 g fresh milled flour
(Durum/Kamut/Emmer/hard wheat (red or white))
- 152 g liquid (All water or 1 egg, 10 g extra virgin olive oil and water to reach 152 g)
- Einkhorn - use 134 g liquid
- Spelt - use 138 g liquid

Make it Sourdough

- Stiff Starter - decrease flour by 62 grams and liquid by 37 grams
- Spelt - decrease flour by 50 grams and water by 50 grams
- Both: Add 100 g starter to liquid, and dissolve it into the mixture.

Cooking Fresh Pasta

- Simmer salted water or broth
- Add noodles and cook for 30 seconds - 1 ½ minutes until al dente.

Directions

1. Mill the flour as fine as you can.
2. Add the flour to the mixing chamber of your machine.
3. Measure your wet ingredients (water, egg, oil) in a wet measuring cup, and whisk well so it's smooth liquid.
4. Turn on your machine, choose the larger batch size and press the play button. The auger will rotate inside the mixing chamber.
5. Slowly pour the liquid into the well on top of the mixing chamber, which has slots inside the well.
6. Let your machine mix the dough (3 minutes for the Avance/7000 and 2 minutes for the compact/viva. For best results turn off the machine, turn it back on and start the cycle over again for a second mixing session. You may also let the dough rest 15-30 minutes between sessions.
7. Check dough consistency before extruding the dough. Pause the machine and pickup some dough. It should be sandy, and hold together when you squeeze it in your hand. If it doesn't, add 1 tsp of water and mix again. If it does hold together, press on it with a finger it should fall back apart. If it doesn't, add 1 tsp flour at a time and re-mix until it does.
8. After the mixing is done, the dough will be extruded (or pressed) through the die shape. Cut the pasta with a sharp knife or bench cutter to the desired length.
9. Once the full cycle is done, you can select the Extrusion only setting and press play to continue extruding any extra dough remaining in the mixing chamber. Repeat this step till all dough is shaped pasta.
10. Pasta is best fresh but can be air dried or frozen. Cook times for dried pasta are long like store bought pasta.

Notes

Handwriting practice area consisting of 18 horizontal dotted lines.

