KoMo PK1, Stone Mill

The internal workings of the PK 1 are identical to the Classic stone mill, with large 3.35 inch diameter, self sharpening corundum-ceramic burrs and high efficiency 360 watt motor. Its exterior is beautifully crafted entirely of solid beechwood.

Rating: Not Rated Yet
Price
Normal price: R 11200

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Ask a question

ManufacturerKoMo

Description

With its unique hexagonal cabinet, the KoMo PK 1 is the perfect centerpiece of a healthy diet and lifestyle. The internal workings of the PK 1 are identical to the Classic mill, with large 3.35 inch diameter, self sharpening corundum-ceramic burrs and high efficiency 360 watt motor. Its exterior is beautifully crafted entirely of solid beechwood.

All KoMo mills are equipped with specially developed electric motors that are highly reliable and efficient, yet extremely quiet. The PK 1's 360

watt motor enables it to produce 8-9 ounces per minute for bread flour texture. Its solid beech hopper holds 2 lb., 4 oz. of grain.

The PK1 will grind a wide array of grains including soft or hard wheat, oat groats (dehulled oats), rice, triticale, kamut, spelt, buckwheat, barley, rye, millet, teff, quinoa, amaranth, sorghum and dent (field) corn. It will also grind lentils, dry beans (pinto, red, garbanzo, kidney & more), and dried, non-oily spices. It isn't suitable for herbs, oilseeds like flax or sesame, popcorn, or fibrous materials.

Dent (field) corn and soybeans can be ground to any texture from cracked to meal to very fine flour. For these very large-kerneled grains, grind first with the stones opened widely to produce cracked grain, then a second time if you want flour. The KoMo PK 1 will grind oats to a wonderfully soft, fine textured flour, but open the stones about five clicks (or so) wider than you would for a hard grain like wheat, otherwise the soft oat flour will fill the stones' furrows and in-feeding will stop. Opening the stones further will give you a cereal grind for porridge, or coarser yet for cracked oats, similar to steel-cut.

The grind of the PK 1 Mill is continuously adjustable from fine flour to coarse meal and cracked grain, just by turning the hopper bowl. As with all KoMo grinders, cleanup is minimal and easy. Access to the milling chamber takes just a moment and requires no tools.

If you prepare food for someone with a food allergy, see KoMo's optional interchangeable insert system. This ingenious solution lets you grind different types of grain in the same mill while keeping food types completely separate.

Choose from 110V or 230V models: The PK 1 is available in the standard 110V version for use on U.S. power, or a 230V version for use overseas. Mills with 230V power are equipped with a Euro plug. For more details about the PK1 grinder, please see the specs tab, above.

At Pleasant Hill Grain, our experience spans the milling spectrum from home-use to commercial. As the exclusive U.S. importer of KoMo mills, Pleasant Hill Grain is proud to represent their fine European craftsmanship to our customers. We'd be delighted to visit with you about a KoMo mill or any aspect of your milling needs. We'd appreciate your business, and we look forward to serving you in any way we can!

The Rationale of having a Stone mill
The Grain

Grain seeds can be seen as a condensed and sleeping plant. It contains all the genes, nutrients/building blocks necessary to reproduce. Grains are an extremely nutrient dense food for its size. Whole grain is rich in vitamins, bio-available minerals, essential fatty acids, amino acids, enzymes, phytochemicals, antioxidants, carbohydrates and aromatic elements. It is preferable to store your whole grain, which stores well, and to mill or roll only your daily flour/grain requirements. This will ensure that the flour or rolled grain is completely fresh, optimally nutritious and deliciously palatable.

As you can see
Nutrition lies in nothing but the whole grain!

The Flour

Any milling or rolling process kills the grain, and oxygen is introduced into the equation. After the processing of grains, spoiling, oxidation and decomposition is a natural and inevitable process, similar to that of grated apple which oxidizes and turns brown. Freshly stone-milled flour is packed with nutrients, but has a limited shelf life of only a couple of days, as the essential fatty acids, amino acids and antioxidants in the germ start to oxidize and turn rancid once milled/rolled. In fact, the essential fatty acids turn into a toxic trans-fatty acid. You can store conventional white and brown flour for much longer, since the germ with its spoiling qualities were removed, but these flours are almost totally devoid of nutrition. In most conventionally milled flours, the germ which contains almost all of the essential nutrients, is discarded due to its spoiling qualities. Sadly even some commercial stone millers use the process of de-germing to separate and remove the germ from the flour in order to enhance shelf life. However, with a stone mill in your house, you can take full control by milling grain only on demand. Home stone milling ensure no oxidization or nutrient loss which in turn offers numerous health benefits. When previously wheat- or gluten-intolerant individuals start to enjoy freshly milled organic whole grain, it has been found that the intolerance disappears almost immediately and consumers gain the added benefits of losing weight while gaining vitality.

The Mill Meisters

KoMos stone mills bring the talents and resources of Wolfgang Mock and Peter Koidl, with their combined experience of nearly half a century of designing and manufacturing household stone mills, into your home environment. Their shared vision is a reliable mill in every kitchen, making healthy living available, affordable and practical for every household. Go Natural has been distributing KoMos products for the last 8 years, with exceptional feedback from and benefits to the public.

Summary

You too can experience the true taste, nutrition and health benefits of grain products just as our ancestors once enjoyed it. Take control of your health and enjoy and process grain products with Go Naturals range of stone mills and grain rollers.

A stone mill and/or a grain roller is a must for every kitchen!

Reviews

Write a review for this product & receive a free discount coupon as well as access to exclusive member content. Please register or login to write your review.