

KoMo Fidibus XL-PLUS, Stone Mill



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Rating: Not Rated Yet

Price

Normal price: R 18900

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Description

Unique Features

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The KoMo XL grain mill: The Fidibus XL mill can be thought of as a “supersized” version of the KoMo Classic mill. It combines the Classic’s attractive construction of solid native Beachwood and finger jointed corner with a larger motor. Cabinet size is also a bit larger.

Power & Capacity: All KoMo mills are equipped with specially developed electric motors that provide reliable and efficient, yet extremely quiet power. The grinding stones of the XL are designed for particularly aggressive grain feeding and with its high strength 600 watt motor, this mill produces 200gram of flour per minute at the finest setting. Its large solid beech hopper holds 1.2 kg of grain, and as with all KoMo mills, the XL can run continuously so you can refill and keep grinding for whatever quantity of flour you need.

Easy Care: As with all KoMo grinders, clean-up of the Fidibus XL is minimal and easy, and full access to the milling stones takes just ten seconds, without tools. A sealed wooden lid keeps everything clean between uses.

A Lifetime Mill: The excellence of engineering and construction that goes into every KoMo mill means that your mill can be expected to last a lifetime in normal use. Only the finest materials are used to make KoMo grain mills.

Grains

This grain mill will grind wheat (both hard and soft), oat groats (dehulled oats), rice, maize, sorghum, triticale, kamut, spelt, buckwheat, barley, rye, millet, teff, quinoa, and amaranth. It will also grind spices, lentils and dry beans, (pinto, red, garbanzo, kidney, etc.). It isn't suitable for herbs, or dry fibrous materials.

Specifications:

- Grinding capacity at finest level: ±200grams/min
- Funnel capacity (Wheat): Approximately 1200 gram
- Grinding Mechanism: Ceramic / Corundum
- Motor: 600 W, Industrial motor
- Weight: 9.5 kg
- Housing: SolidBeech Wood treated with natural vegetable oils.
- Millstone Diameter: 100mm
- Outer dimensions (H x D x W): 366x165x165 mm
- Guarantee: 6 year. Guarantee for household use only

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

KoMo's 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 KoMo's 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 Natural's range of stone mills and grain rollers.

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

Reviews

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your review.