

Mockmill [®]
MOCK

JOIN THE FOOD REVOLUTION

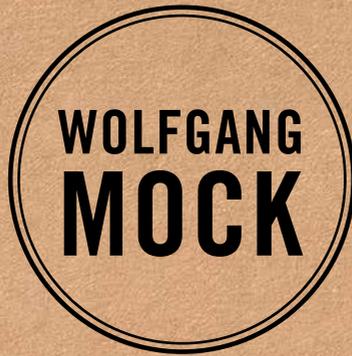
GET THE MOST OUT
OF GRAINS!



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**BRIGHT IDEAS
FOR HEALTHY LIVING**

WHY A REVOLUTION? OFF WE GO!

JOIN THE REVOLUTION

“Yes, a revolution is underway! Awareness is growing of the disadvantages and dangers of engineered elements in the diet, of mass-produced, refined, cheap food. And there’s an awakening to the welcoming reaction our bodies show to fresh, naturally produced and minimally processed foodstuffs. That’s the basis for the Food Revolution. It’s about resetting our taste buds, considering our whole organism, enjoying the magnificence of nature’s own offering. And you can join that revolution today.”

– Wolfgang Mock –

WHAT ARE WE DEVELOPING OUR STRENGTHS FOR?

MISSION

We've given ourselves the mission of "seeing a grain mill placed in every kitchen" over the next 20 years. That's in a world in which today 99% percent of all grains are industrially milled. So as we go about our work, we're aiming to learn, understand, and communicate all the benefits of just-in-time milling.

WHY DO WE DO WHAT WE DO?

OUR APPROACH

Learning to recognize, differentiate, appreciate, process, and savor nature's plethora of grains is eye-opening and empowering. It will allow people to make informed choices in choosing them, based on nutritive composition, flavor profile, and baking characteristics. It always fills us with joy when, after giving just-in-time milling a try, a baker tells us, "Now I understand what flour is."

PUTTING WHOLE
GRAINS IN THE
HANDS OF THE
CONSUMER IS THE
BEGINNING OF A
TRANSFORMATION
THAT WILL FIX
OUR BROKEN FOOD
SYSTEM.

VISION

– Chef Dan Barber –



5 REASONS TO MILL YOUR OWN FLOUR

JOIN THE REVOLUTION

+ GOOD FOR YOU +

Part of living life to the fullest knowing what you eat.

Making sure you insist on goodness in your food.

For example, the tiny living plant that is the essence of each grain kernel. Or the complex, protective, and supportive bran that coats the grain. Or the bountiful minerals and nutrients that can only be retained in full if you mill your grains yourself. That all this can be yours on a daily basis is the sensational story behind freshly home-milled grains.

+ YOU'RE IN CHARGE +

You're empowered to decide just what you'll eat.

From your choice of specific grains, grown where and as you prefer, down to how fine (or coarse!) you grind it. Importantly: You decide when those nutritional treasure chests get opened. Only you can keep down to seconds the time between releasing the grains' goodness and that goodness flowing, practically intact, into the foods you bake and cook. Goodness that's yours to enjoy with friends or family. What could be better?

+ FLAVOR +

Whether you get your food from the grocery, the farmers' market, a trusted neighboring farm, or your own garden, you insist on freshness. And grains, marvelously packaged by nature, are

5 REASONS TO MILL YOUR OWN FLOUR

JOIN THE REVOLUTION

fresh food. So just as foods made with fresh fruits and vegetables taste better, so too do foods made with grains milled just-in-time. Why make compromises? You know exactly what you want. Ask your nose to tell you the difference between your freshly-milled flour and flour out of the bag. You'll be amazed!

+ OUR LIVING CULTURE +

Wheat, oats, rye and other cereals are the cornerstone of our culture. They made the prehistoric hunters and gatherers what today's human is at her best: a social and forward-thinking being. Only as a community, and with good planning, could our ancestors produce, process, and store a bountiful harvest, to the benefit of all. That's why we call the activity *agriculture*.

+ ADVENTURE +

You can't find a more perfect way to enjoy food. Grain for fresh milling is grown all around the world, and certainly near your home. The variety is enormous! But fresh milling is not only for grains. There is an enormous variety of dried beans and peas, spices, and power foods such as amaranth and quinoa at your disposal for milling into luscious flours. Empower yourself to enjoy their full goodness. You'll find yourself discovering foods for milling at every turn!

Mockmill[®]

MOCK



STONE MILLS BY WOLFGANG MOCK

MOCKMILL FOR STAND MIXERS,
MOCKMILL 100 AND MOCKMILL 200

+ SIMPLE TO OPERATE +

Grains become flour at the flip of a switch

+ EASY TO CLEAN +

Milling cleans the chamber,
wiping cleans the outside

+ VARIED MILLING GRADES +

Stepless adjustment from cracked grain
to very fine flour

+ SOLID PERFORMANCE +

Stone Mills by Wolfgang Mock are known
to give decades of service

+ CORUNDUM-CERAMIC MILLING STONES +

Composite stones that use superhard
minerals and never need sharpening

**+ MILLS ALL HARD AND SOFT GRAINS, DRIED
PULSES, HERBS AND SPICES +**

Mockmill [®] **MOCK**

FOR STAND MIXERS

+ FITS VARIOUS STAND MIXERS +

Including KitchenAid, AEG, Electrolux, and Kenmore

POWER REQUIREMENTS AND RATING

Driven by the power hub of the associated mixer

DIMENSIONS

270 x 105 x 178 mm

10.6" x 4.1" x 7"

+ +

Finely crafted, robust metal housing

Produces 50 g fine (wheat) flour per minute

Hopper holds 600 g / 1 lb. 5 oz. (wheat)

Weights 1.2 kg / 2 lbs. 10 oz.

Dismantled in seconds without tools

+ 2-year guarantee +



Mockmill[®] 100



+ CASING +

Arboblend[®] made from renewable raw materials

VOLTAGE / POWER

230 V/360 W, 110 V/360 W

MILLING SPEED

at 50 Hz approx. 1 100 rpm / at 60 Hz approx. 1 300 rpm

DIMENSIONS / WEIGHT

380 x 220 x 190 mm; 15" x 8.7" x 7.5" / 6.6 kg; 14 lbs 9 oz

+ +

approx. 100 g / min; approx. 3.5 oz / min grinding efficiency (wheat)

1 100 g; 2 lbs 7 oz hopper capacity (wheat)

+ 6-YEAR GUARANTEE +

Our Powerful Mills

Mockmill[®] 200



+ CASING +

Arboblend[®] made from renewable raw materials

VOLTAGE / POWER

230 V/600 W, 110 V/600 W

MILLING SPEED

at 50 Hz approx. 1 100 rpm / at 60 Hz approx. 1 300 rpm

DIMENSIONS / WEIGHT

380 x 220 x 190 mm; 15" x 8.7" x 7.5" / 8 kg; 17 lbs 10 oz

+ +

Approx. 200 g / min; Approx. 7 oz / min grinding efficiency (wheat)

1 100 g; 2 lbs 7 oz hopper capacity (wheat)

+ 6-YEAR GUARANTEE +

Our Powerful Mills



CORUNDUM-CERAMIC MILLING STONES

LONG-LASTING, ROBUST, AND SELF-SHARPENING

HOUSING MADE OF RENEWABLE MATERIALS

ARBOBLEND®,
MADE FROM RENEWABLE MATERIALS

Environmental Responsibility is high on our list of Corporate Values. So choosing a modern housing for our new mills meant choosing materials that solve rather than cause environmental problems. Mockmill 100 and Mockmill 200 are built with Arboblend, a vegetal plastic made from wood fibre that would otherwise be burned or go to waste. Robust, attractive, sustainable. Mockmill!

40 YEARS OF INNOVATIONS IN MILLING TECHNOLOGY

THE TEAM

Wolfgang Mock is known around the world for the fine, home-scale stone mills he has developed over the years. In truth, that development has always been the result of teamwork, and in our mill development laboratory, there is a world class team at work.

Every new mill from Wolfgang Mock is the product of thousands of hours of thought, drafting, prototyping, trials, testing and retesting. We believe that the combination of skills necessary for the creation of our products is rare in any small group of individuals, and it's no wonder our team has maintained its passion over the twenty-five years of its existence!





FAMILY, FRIENDS, BAKING UND FRESH COUNTRY AIR

THE MOTHER COMPANY IN OTZBERG

About people and partners who have become friends. About experimentation, life and healthful pleasures.

Wolfgang Mock is a family company. By “family”, we don’t mean “sharing blood lines”, we mean sharing values and being thoroughly comfortable around one another. As such, we’re concerned about every generation, and we’re dedicated to helping each other make the most of our time on this Earth. That means taking care to live well and includes paying attention to the food we eat.

As a company, we’re dedicated to helping people take the opportunity of getting the most out of Nature’s good grains. At the peak moment of recognizing how much grains have to offer comes the realization that grains are best left intact, in their amazing packaging, right up until they’re needed. And then milled into beautiful and luscious flour, simply and effortlessly, just-in-time.

OPENING THE TREASURE CHESTS OF NATURE

WOLFGANG MOCK

Wolfgang's life changed when, for his 29th birthday, he received a loaf of home-baked sourdough rye bread from a friend who had gone so far as to grind the rye grains himself to flour. Now, for more than forty years, he has been campaigning to wake people up to the right they have to be the ones opening those „treasure chests of nature“ – cereal grains – themselves. And he has, for nearly forty years, been providing ever better, ever more imaginative, ever more affordable tools for doing that at home. And he is more and more convinced of how important it is for people to take up that right!



WOLFGANG MOCK

Master Mill Maker – Eminence Grise – Game Changer



PAUL LEBEAU

Missionary – World Networker – Grain Convert

GO FOR IT!

PAUL LEBEAU

Paul had spent 30+ years helping technology startups get off the ground when Wolfgang asked him to hop on board the Mockmill train. A longtime neighbor and sometime consultant for Wolfgang, Paul saw the opportunity to take on a mission he could enthusiastically pursue for years to come – a continuation of Wolfgang’s campaign for just-in-time milling of grains. In his role on the Mockmill team, Paul has become a well-known figure in the international bread scene, posting his home baking successes frequently on social media. He likes to surprise more experienced bakers with the statement that he “has never baked anything with flour he didn’t mill himself.”

PAUL LEBEAU

Missionary – World Networker – Grain Convert

ELFRIEDE MOCK

Artist

PABLO GIET

Bakerist – Food Punk – Bread Whisperer

WOLFGANG MOCK

Master Mill Maker – Eminence Grise – Game Changer

FRESH COUNTRY AIR

Where we live, we like to spend time, year-round, outside enjoying each other's company. Our kids (and we!) are often barefoot, dressed for the weather, and happiest when all generations come together.



MILLING, BAKING, UNDERSTANDING, LEARNING

OUR BREAD LAB

Freshly milled, 100% whole grain flour has all of the grain's goodness in it. But because our modern culinary culture is built on refined, partial flours, there is room to explore the limits of using that full-goodness flour in breads and other foods.

Today's new generation of avant-garde bakers has understood that there's much to be gained by using flour made just-in-time and kept intact. We've invited bakers from around the world to come work with us, applying new techniques in fermentation, dough composition and shaping. And they've often been surprised to learn through their work that there is no limit to what can be done with 100% whole grain flours!

Fluffy and velvety whole grain breads, delicious whole wheat pasta, crispy thin-crust 100% einkorn pizza, snazzy whole-grain croissants, and 100% naturally fermented brioche made with whole-grain flour are among the specialties developed in our bread lab under the leadership of Master Baker Pablo P. Giet.



RECIPES FROM OUR BREAD LAB

JOIN THE REVOLUTION

When proposing that people join a revolution, it's important to be able to lead them along the way. In our bread lab, we're continually testing the limits of creative baking with freshly-milled grains. Because it's all we know how to do, we're surprised that many bakers, professional and hobby, consider baking with fresh flour a formidable challenge. So we work hard to see just how far one can go in creating delicious, wonderfully textured, visually appealing, heaven-scented food with flour straight-out-of-our-mills.

Drawing from our in-house expertise, and from that of Mockmill fans around the world, we'll keep expanding on that collection, which is placed at the disposal of all those who wish to follow us on our mission to Get the Most out of Grains.

See all recipes: mockmill.com

WHOLE WHEAT BREAD LEAVENED WITH YEAST WATER

RECIPE BY PABLO GIET

PPG Baker

This crusty loaf requires no kneading. With your yeast water ready, the breadmaking process takes less than two days.

You  View the process on youtube: <https://goo.gl/DFbc4z>

Ingredients for 1 loaf (approximately 1 kilo/2.2 pounds)

Pre-ferment

120 g (1 cup) whole spelt flour
120 g (1/2 cup) strained yeast
water, at room temperature

Dough

420 g (3 1/2 cups) whole wheat flour
240 g pre-ferment (all of above)
178 g (3/4 cup) strained yeast water
120 g (1/2 cup) filtered tap water
12 g (1 1/2 tbsp) kosher salt
6 g (1 1/4 tsp) lemon juice
25 g (scant 2 tbsp) olive oil, plus more
for oiling container
Cornmeal, for shaping

Plan ahead:

You'll need 12 hours for the pre-ferment, then 45 minutes of hands-on time, 5 hours proofing, and 45 minutes to bake. The yeast water takes 8 days to prepare.

+ DAY 1 +

Mix the spelt flour and yeast water completely in a large bowl. Let stand covered at room temperature for **12 hours**.

+ DAY 2 +

To the pre-ferment (above), add the whole wheat flour, yeast water, tap water, and lemon juice until well incorporated. Cover and let stand for **1 hour**. Mix in the salt, then the oil. Transfer the dough to a large oiled square container. Perform a set of stretch-and-folds (see video). Cover and let rest **1 hour**. Perform two more stretch-and-folds, covering and resting the dough **1 hour between** them. Rest the dough **1 final hour**. + Generously sprinkle a round proofing basket with cornmeal. Sprinkle cornmeal over the dough. Invert the dough onto a floured surface and pat it into a square. Shape the dough into a tight round using the zipper

method (see video). Transfer to the prepared basket, seam-side up. Cover and let rest until it the dough fills in slowly when you poke it with a finger, **1 to 3 hours**. + Position an oven rack and baking stone in the upper third of the oven, and a rack with a cast iron pan at the lowest level. Preheat the oven to 475F/240C during the last 45 minutes of proofing. + Dust the bread's surface with cornmeal and invert it onto a peel; slash decoratively. (Alternatively, bake on parchment paper in a Dutch oven.) Pour 1 cup of hot water into the cast iron pan and shut the door, then use the peel to transfer the bread to the baking stone. + Bake for **30 minutes**, then carefully remove the cast iron pan and bake until the bread is dark brown and makes a hollow sound when tapped on the bottom, **10 to 20 minutes** longer (207F/97C in the center).





YEAST WATER PIZZA DOUGH

PIZZA WITH ARUGULA AND PARMESAN

RECIPE BY PABLO GIET

PPG Baker

This whole grain dough is easy to make and it stretches beautifully. Use the suggested toppings or choose your own.

Makes 1 individual pizza

Dough

53 g (7 tbsp) whole wheat flour
53 g (7 tbsp) whole spelt flour
74 g (5 tbsp) yeast water
2 g (3/4 tsp) salt
7 g (1 1/2 tsp) olive oil

Pizza

Tomato sauce
Grated cheese
Cherry tomatoes, halved
Parma ham
Arugula
Shaved parmesan cheese
Flour and cornmeal, for shaping

+ PROCEDURE DOUGH +

Mix the whole wheat and spelt flours with the yeast water until thoroughly combined. Cover and let stand **20 minutes**. + Mix in the salt, then the olive oil, until fully incorporated. Refrigerate the dough in a covered container for at least **24 hours** and up to **4 days**.

+ PROCEDURE PIZZA +

To make the pizza, preheat the oven to **500F / 260C** with a pizza stone on the second to highest shelf. Have your toppings ready near where you will prepare the pizza. + Roll out the dough on a floured surface, then transfer it to a large sheet of parchment paper coated with cornmeal and continue to roll as thin as possible. + Spread tomato sauce lightly over the crust, leaving the edges bare. Sprinkle with grated cheese and top with tomatoes. Use a peel to transfer the parchment and pizza to the hot stone and bake until the crust is very dark brown and the topping is bubbly, about **8 minutes**. + Use the peel to transfer the pizza from the oven to a work surface. Scatter the ham, arugula, and parmesan over the top. Serve hot.

VEGAN PASTA MADE WITH YEAST WATER

RECIPE BY PABLO GIET

PPG Baker

This pasta is best cooked and enjoyed shortly after preparing it. You may also dry it for future use. Use freshly milled whole grain flour for the best flavor.

Makes 500 grams (generous 1 pound) of pasta

200 g (1 2/3 cup) whole kamut flour
200 g (1 2/3 cup) whole einkorn flour
180 g (3/4 cup) yeast water
0.6 g (1/4 tsp) salt
24 g (2 tbsp) olive oil

Preparation: 30-45 minutes
Fermentation: 12-15 hours
Total dough rest: 43-67 hours
Cooking time: About 4 minutes

+ 1ST DAY +

Mix 40 grams each of the kamut and einkorn flours with 80 grams of the yeast water in a large bowl until thoroughly combined. Cover and let stand **12 to 15 hours** at room temperature.

+ 2ND DAY +

Add the remaining 160 grams each of kamut and einkorn flours, 100 grams of yeast water, and the salt and olive oil. Mix, then knead until thoroughly combined. + Roll out the dough on a floured surface to about 3/8 inch (1 cm) thick. Fold the dough from each end to meet in the middle, then fold in half. Repeat the rolling and folding 6 to 8 times. + Wrap airtight in plastic wrap and let stand at room temperature for **4 hours**, then refrigerate for **24 to (preferably) 48 hours**. + Run the pasta through a pasta machine several times, beginning with the widest setting and changing each time to the next smaller. When the dough is smooth with no cracks, run it through the machine one last time to cut into the desired shape. smooth with no cracks, run it through the machine one last time to cut into the desired shape. + Cook the pasta in plenty of salted boiling water just until it is al dente. (Timing will depend on the pasta shape and thickness.) Drain, sauce and serve.





Get the most out of grains!

taste

FRESHLY
GROUND
FLOUR

TASTES BETTER

feel

HOME-MADE
FOOD IS GOOD
FOR YOU

AND WHOLESOME

explore

ANYONE
CAN BAKE GOOD
BREAD

JUST TRY IT

WHERE TO FIND US

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MOCK

