

## Peugeot 34535

# Peugeot Isen Manual Flax Seed Mill (Model 34535) User Manual

Your guide to optimal use and care.

## INTRODUCTION

Thank you for choosing the Peugeot Isen Manual Flax Seed Mill. This mill is specifically designed to grind flax seeds, allowing you to fully benefit from their nutritional properties. Its unique mechanism ensures efficient grinding without heating the seeds, preserving their delicate oils. This manual provides essential information for the proper setup, operation, maintenance, and care of your mill.

## PRODUCT OVERVIEW

The Peugeot Isen Flax Seed Mill features a cylindrical beech wood body and an elegant metal handle. It is engineered for easy grinding of flax seeds, which is crucial for the body to assimilate their rich fiber and Omega-3 content. The mill's design prevents clumping by avoiding heat generation during grinding. It also includes a unique, easily detachable mechanism for convenient cleaning.



*Image: The Peugeot Isen Manual Flax Seed Mill, showcasing its beech wood body, stainless steel top and handle, alongside a pile of flax seeds, a metal measuring spoon, and a cleaning brush. This image illustrates all components included with the mill.*



*Image: The Peugeot Isen Manual Flax Seed Mill positioned on a dining table, ready for use. A bowl of cereal with fruit and a spoon containing flax seeds are visible in the background, demonstrating the mill's practical application in a breakfast setting.*

**Included Components:**

- Peugeot Isen Manual Flax Seed Mill (Beech Wood / Stainless Steel)
- Metal Measuring Spoon (5g capacity)

- Cleaning Brush

## SETUP

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1. **Unpacking:** Carefully remove all components from the packaging.
2. **Initial Cleaning:** Before first use, wipe the exterior of the mill with a dry, soft cloth. The grinding mechanism should be cleaned with the provided brush. Do not use water.
3. **Filling the Mill:**
  - Gently open the hopper located on the top of the mill.
  - Fill the hopper with whole flax seeds. Do not overfill.
  - Close the hopper securely.

**Note:** This mill is designed exclusively for flax seeds and sesame seeds. Do not use it for other seeds or spices, as this may damage the mechanism.

## OPERATING INSTRUCTIONS

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The Peugeot Isen mill is designed for immediate grinding, ensuring the freshness and nutritional integrity of your flax seeds.

1. **Positioning:** Place the mill directly over your food (e.g., salad, yogurt, cereal) or a small container to collect the ground seeds.
2. **Grinding:** Hold the mill firmly with one hand. With the other hand, turn the metal handle clockwise. Apply steady, moderate pressure. The seeds will be ground and dispensed from the bottom of the mill.
3. **Quantity:** The included 5g measuring spoon helps you dispense the recommended daily amount of flax seeds (5g to 10g). Grind only the amount you need for immediate consumption to prevent rancidity.

**Important:** Grinding flax seeds requires some effort due to their oily nature. This is normal for the specialized mechanism.

## MAINTENANCE AND CLEANING

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Regular cleaning is essential to maintain the performance and longevity of your mill. The unique design allows for easy disassembly for thorough cleaning.

1. **Disassembly:**
  - Remove the metal handle by pulling it upwards.
  - Grasp the protruding mechanism from the bottom of the mill. Turn it clockwise to unlock and remove the entire grinding mechanism. This may require a firm twist.
2. **Cleaning the Mechanism:** Use the provided cleaning brush to remove any residual ground seeds or oily buildup from the grinding mechanism. Ensure all parts are thoroughly cleaned.
3. **Cleaning the Hopper:** Use the cleaning brush to clean the inside of the hopper. For the wooden body, wipe with a dry, soft cloth.
4. **Reassembly:**
  - Insert the grinding mechanism back into the mill from the bottom.
  - Turn it counter-clockwise until it clicks into place, securing it firmly.
  - Reattach the metal handle to the top.

**Caution:** Do not wash the mill or its components with water. The mill is not dishwasher safe. Water can damage the wood and the mechanism.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Mill is difficult to turn or jams.	<ul style="list-style-type: none"><li>• Mechanism clogged with oily residue.</li><li>• Incorrect type of seeds used.</li><li>• Overfilling the hopper.</li></ul>	<ul style="list-style-type: none"><li>• Disassemble and thoroughly clean the grinding mechanism with the brush.</li><li>• Ensure only flax or sesame seeds are used.</li><li>• Do not overfill the hopper.</li></ul>
Seeds are not grinding or coming out.	<ul style="list-style-type: none"><li>• Mechanism not properly reassembled.</li><li>• Hopper is empty.</li><li>• Mechanism is severely clogged.</li></ul>	<ul style="list-style-type: none"><li>• Check that the grinding mechanism is securely locked in place.</li><li>• Refill the hopper with flax seeds.</li><li>• Perform a thorough cleaning as described in the Maintenance section.</li></ul>
Handle feels loose or detached.	<ul style="list-style-type: none"><li>• Handle not fully seated.</li><li>• Internal component wear (less common).</li></ul>	<ul style="list-style-type: none"><li>• Ensure the handle is pushed down firmly onto the shaft.</li><li>• If the issue persists, contact Peugeot customer support for warranty service.</li></ul>

## SPECIFICATIONS

- **Model Number:** 34535
- **Material:** Beech Wood body, Stainless Steel handle and top
- **Dimensions:** Approximately 13 cm (Height) x 7 cm (Diameter)
- **Operation:** Manual
- **Recommended Use:** Grinding flax seeds and sesame seeds only.
- **Care:** Dry cleaning only. Not dishwasher safe.
- **Included:** Mill, 5g measuring spoon, cleaning brush.
- **Made in:** France
- **Wood Certification:** PEFC certified wood.







## WARRANTY AND SUPPORT

Peugeot stands by the quality of its products.

- **Grinding Mechanism:** Guaranteed without limitation of duration (lifetime warranty).
- **Mill Body:** Guaranteed for 5 years.

For warranty claims or technical support, please contact Peugeot customer service. Refer to the contact information provided with your product packaging or visit the official Peugeot website.

## Related Documents - 34535

	<p><a href="#">Peugeot Dry Salt Mill: Instruments for Taste, Features, and Care</a></p> <p>Discover the Peugeot dry salt mill, a testament to over 200 years of French culinary innovation. Learn about its design, precision grind adjustment systems (Classic and U'Select), refill mechanisms (Traditional and Daman), usage tips, and warranty information. Peugeot's commitment to flavor and quality is highlighted, along with its recognition with the Entreprise du Patrimoine Vivant label.</p>
	<p><a href="#">Peugeot EnergyGrind-150P Twisting Bench Grinder User Manual</a></p> <p>Comprehensive user manual for the Peugeot EnergyGrind-150P twisting bench grinder, covering assembly, operation, maintenance, and safety instructions.</p>
	<p><a href="#">PEUGEOT EnergySaw-254SB Sliding Electric Mitre Saw - User Manual &amp; Specifications</a></p> <p>Comprehensive user manual and technical specifications for the PEUGEOT EnergySaw-254SB sliding electric mitre saw. Learn about its features, operation, safety guidelines, maintenance, and technical data.</p>
	<p><a href="#">Peugeot 5008 Handbook: User Manual and Guide</a></p> <p>Comprehensive handbook for the Peugeot 5008, covering user instructions, controls, safety features, eco-driving tips, and technical information. Access online resources for detailed guidance.</p>
	<p><a href="#">Peugeot 3008 &amp; 5008 Owner's Handbook: Comprehensive Vehicle Guide</a></p> <p>Access essential information, safety recommendations, and operating guides for your Peugeot 3008, E-3008, 5008, or E-5008 vehicle with this official owner's handbook.</p>
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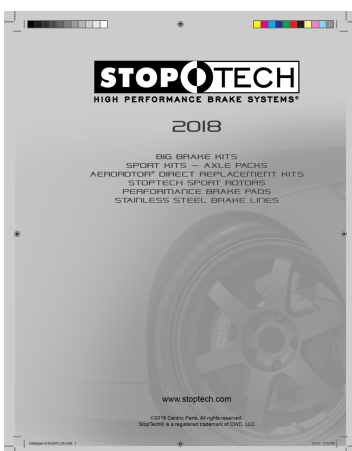


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