



LITTLE TREE FOOD FOREST

Publications

www.littletreefoodforest.com

Instructions for Making Homemade Filmjök

Here's how you can make your own filmjök using mesophilic starter culture, with a few easy-to-follow steps. For best results, the first three batches should be cultured back-to-back before allowing the culture to rest in the fridge.

Prepare Your Container and Ingredients

1. **Choose a clean jar or container** with a capacity of at least 1 pint (16 oz).
2. Measure **1 cup of fresh, room-temperature milk** (around 70°F). Whole milk will create a creamier filmjök, but you can also use lighter milk for a lighter texture.

Add the Filmjök Starter

1. Pour the milk into the clean container.
2. Sprinkle **½ teaspoon of dehydrated mesophilic filmjök starter culture** (or skyr starter, if you prefer) evenly over the surface of the milk.
3. Stir gently to fully incorporate the culture into the milk.

Cover and Culture

1. Cover the jar loosely with a lid or breathable cloth to allow for air circulation.
2. Place the jar in a warm, stable environment (around 70°F). Let it culture undisturbed for **24–48 hours**, or until the milk has thickened and developed a mild tang. The longer it cultures, the thicker and more flavorful it will become.

Chill to Set

1. Once your filmjök has thickened to your liking, transfer the jar to the refrigerator and chill for at least **6 hours**. This helps the filmjök set to the right texture and flavor. Use a yogurt strainer to strain whey and achieve a thicker yogurt.

Save for the Next Batch

1. Before you enjoy your filmjök, set aside **1 tablespoon of the cultured filmjök** in a separate container. This will be used as the starter culture for your next batch.
2. **Repeat the culturing process for the first three batches** by combining the reserved 1 tablespoon of filmjök with **1 cup of fresh milk** and following the same steps. This helps to strengthen and stabilize the culture.
3. After completing three back-to-back batches, you can rest the culture in the refrigerator between batches. Use the reserved starter within **7 days** for best results.

Tips for Making Great Filmjök

- **Room Temperature:** Keep your milk at around 70°F for optimal culturing. Cooler temperatures will slow fermentation, while warmer temperatures may speed it up too much.
 - **Use Whole Milk for Creaminess:** For the best texture and flavor, use whole milk. However, you can experiment with other milk types for lighter results.
 - **First Three Batches:** For the best flavor and consistency, try culturing the first three batches back-to-back. This builds a stronger, more consistent culture.
-

Enjoying Your Filmjök

Once chilled and ready, enjoy your homemade filmjök plain or with your favorite toppings. It's perfect for breakfast with fresh fruit, honey, or granola, or as a snack on its own. Homemade filmjök not only offers a delicious treat but also supports gut health with its beneficial bacteria.

By following these easy steps, you can enjoy fresh, homemade filmjök whenever you like!