



LITTLE TREE FOOD FOREST

Publications

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Mesophilic Icelandic Skyr Instructions

To activate ½ teaspoon of dehydrated mesophilic Icelandic skyr starter culture, follow these steps to create a thick, tangy skyr. For best results, it's recommended to culture the first three batches back-to-back before allowing the skyr to rest in the fridge. This will help strengthen the culture and yield a consistent, creamy skyr.

Instructions

Prepare Your Container and Ingredients

1. Use a clean glass jar or container with a capacity of at least 1 pint (16 oz).
2. Measure 1 cup of fresh, room-temperature milk (about 70°F). Whole milk will yield a thicker, creamier skyr, but any milk can be used.

Add the Starter to the Milk

1. Pour the milk into the container, then sprinkle the ½ teaspoon of dehydrated skyr starter culture over the surface of the milk.
2. Stir gently until the culture is fully incorporated into the milk.

Cover and Culture

1. Cover the jar loosely with a lid or breathable cloth to allow air circulation.
2. Place the jar in a warm, stable environment (around 70°F) and let it culture undisturbed for 24-48 hours, or until the milk has thickened to a yogurt-like consistency. The longer it cultures, the thicker and tangier it will become.

Chill to Set

1. Once your skyr has thickened to your liking, move the container to the refrigerator and chill it for at least 6 hours. This will help it set and develop a creamier texture. Use a yogurt strainer to strain whey and achieve a thicker yogurt.

Save for the Next Batch

1. Before enjoying your skyr, set aside 1 tablespoon of the cultured skyr in a separate container. This portion can be used as the starter for your next batch.
2. To strengthen the culture, repeat the culturing process immediately for the first three batches. Combine the reserved 1 tablespoon of skyr with 1 cup of fresh milk and follow the same steps above.
3. After three back-to-back culturing rounds, you can store the skyr culture in the refrigerator between batches. Use the starter within 7 days for the freshest results.

Your homemade skyr is now ready! Enjoy it plain or with your favorite toppings.