

Serving suggestion

# How to make your own **Skyr**



Available online at  
[www.madmillie.com](http://www.madmillie.com)

*Mad Millie*  
AS FRESH AS CAN BE



# Let's make some skyr!

Technically skyr is a cheese, however the way it's eaten is more recognisable as a yoghurt. Whatever you want to call it, the culture rich product has the same great nutritional value. When made well, Skyr is so thick and creamy, it won't fall off an upside-down spoon!

## ICELANDIC YOGHURT (SKYR)

Prep time: 30 mins   Ready in: 11 hours

Makes approx. 400 g (14 oz)

### Ingredients

1 L (1 US qt) of skim/low fat milk  
or soy milk

1 sachet Dairy Free Yoghurt Culture

1/2 tablet of vegetarian rennet  
diluted in 2 Tbsp (30 mL) of cool,  
non-chlorinated water.

Note: Rennet won't dissolve fully,  
stir before adding to milk.

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**TIP:** For best results with dairy free, use soy milk made from whole soy beans with no additives (not soy protein isolate).





Heat the milk to 40°C (105°F).



Once milk is at 40°C (105°F) sprinkle in the culture.



Add your diluted rennet and stir gently to ensure it is thoroughly mixed through.



Maintain the milk at 30 - 40°C (86 - 105°F) overnight.



Pour the Skyr into a muslin cloth lined colander to drain the whey.



Pull the corners of the muslin cloth together and hang to drain the Skyr for 2 - 6 hours depending on preferred thickness.



Store in the **refrigerator** for up to 2 weeks in a sealed container.



Enjoy your Skyr at **breakfast, lunch or dinner**. Whether **sweet or savoury** it's always delicious!

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**Ever had trouble  
keeping your skyr at  
the right temperature?**

**Us too!**

To help you get that tangy skyr flavour we've worked with designers and created a Mad Millie double-walled, stainless steel fermenting flask.

This is the easiest way to maintain temperatures of 30 - 40°C (86 - 105°F) overnight and allow cultures to work their magic.

Other options are a warmed up and turned off oven, a warm water bath or wrapping your jar in towels and placing it in a warm spot.



# HOW TO RE-CULTURE YOUR SKYR



Serving suggestion

Your skyr can be re-cultured a further two times from the initial batch. We recommend re-culturing within 7 days of your first batch.

Save 4 Tbsp of skyr from the previous batch and add it to 1 L (1 US qt) of fresh low fat/skim milk or soy milk when instructed to add culture, then follow the rest of the recipe.

# SKYR SPICE DIP

Prep time: 10 mins   Ready in: 10 mins

Makes approx. 300 g (10.5 oz)

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## Ingredients

1 cup (250 mL) Mad Millie Skyr

2 Tbsp Extra Virgin Olive Oil

1/4 tsp ground thyme

1/4 tsp ground coriander

1/4 tsp ground cumin

1/2 tsp toasted sesame seeds

Salt to taste – start with a small sprinkle

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## Method:

Combine all ingredients together and mix well. Enjoy with fresh vegetables, pita chips, or as a spread.

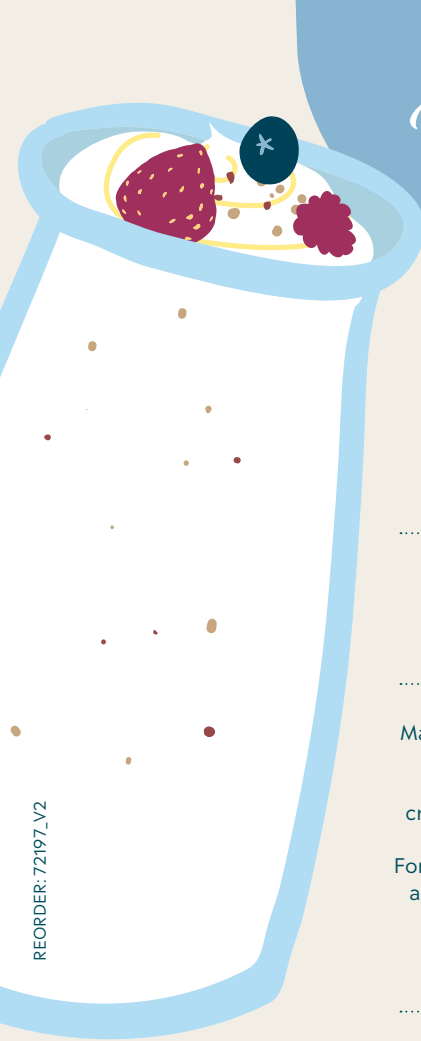
Store in the refrigerator and consume within 2 – 3 days.



Visit [www.madmillie.com](http://www.madmillie.com) for a free Icelandic Blueberry Skyr Cake recipe.

# Mad Millie

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in to win every month!

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