

## WHAT YOU NEED

### Ingredients

- 1 packet yogurt starter  
store extras in the freezer
- Pasteurized whole milk  
(avoid ultra-pasteurized or UHT)
- ¼ rennet tablet

### Equipment

- Glass jar or other container with a lid
- Coffee filter or tight-weave cloth
- Rubber band
- Mixing utensil

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## ACTIVATING YOUR STARTER

1. Pour 1 cup of cold milk into a glass container. Add 1 packet yogurt starter; mix thoroughly.
2. Cover the container with coffee filter or tight weave cloth, secure with a rubber band, and culture in a warm spot (70°-77°F).
3. Check after 12 hours to see if it has set. You'll see a change in the milk's texture and it will pull away from the sides of the container when it's tilted. If your starter has not set, culture for up to 48 hours, checking every few hours.

**PRO TIP!**

If the yogurt doesn't set after 48 hours, repeat steps 1 - 3 using 1 Tbsp. of your previous batch in 1 cup of milk.

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## ACTIVATING YOUR STARTER

4. Once your yogurt has set, cover the container with a tight lid and refrigerate for at least 6 hours.
5. After 6 hours, the yogurt is ready to eat! Don't forget to reserve at least ½ cup for future batches!

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## MAKING SKYR

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1. Slowly heat 2 quarts of milk to 90°F.
2. In a separate container, mix ¼ rennet tablet into ¼ cup cold water and stir to dissolve. Move on to step 3 within 5 minutes.
3. Mix the rennet into the milk thoroughly, using an up-and-down motion rather than a stirring motion. Do not mix longer than 15 seconds.
4. Gently pour the milk into a food grade glass, ceramic, or stainless steel container. Gently stir in ½ cup of yogurt from the last batch.

**PRO  
TIP!**

Don't forget to reserve 1/2 cup of yogurt for your next batch!

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## MAKING SKYR

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5. Cover the container with tight weave cloth, secure with a rubber band, and culture in a warm spot (70°-77°F) for 12-18 hours (until it has set).
  6. Cover the container with a tight lid and refrigerate for at least 6 hours. After 6 hours, it's ready to eat!
- Optional - strain through a cheesecloth to achieve the thickest consistency.

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# ICELANDIC SKYR

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TIPS, TRICKS, AND EVERYTHING  
YOU NEED TO MAKE IT YOURS!