



## 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 YOGURT (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  
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.



1 Heat the milk to 40°C (105°F).



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



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



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



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



6 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!

**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.



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Mad Millie Kits and equipment are designed to make it fast and simple for you to create beautiful, artisan food in your own home.

For more kits and consumables, along with some helpful tips and how-to videos, visit

[www.madmillie.com](http://www.madmillie.com)

## HOW TO RE-CULTURE YOUR SKYR



Serving suggestion

Your culture can be re-cultured a further two times from the initial skyr 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 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)

### 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

### 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.



Serving suggestion

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

How to make  
your own  
**Skyr**



Serving suggestion



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

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