

Your Icelandic Skyr guide

Activation • Later batches • Recipes



A simple first batch. A delicious new kitchen ritual.

Activate with 1 cup of cold pasteurized whole milk and one starter packet. Culture at 70–77°F. Later batches use 2 quarts of milk, rennet and ½ cup of saved Skyr.

Milk check

Use pasteurized whole milk. Avoid ultra-pasteurized or UHT milk. Store extra, unused starter packets in the freezer.

Reminders in the online guide

Set an email, text or calendar reminder at the timed steps. Follow your batch's actual progress: reminders begin when requested, not automatically when culturing begins.

Grab these first

Ingredients and equipment for activation and later batches



- 1 packet Icelandic Skyr starter (store extras in the freezer)
- Pasteurized whole milk: 1 cup for activation; 2 quarts for later batches
- $\frac{1}{4}$ rennet tablet and $\frac{1}{4}$ cup cold water for later batches
- Glass jar or container with a tight lid
- Coffee filter or tight-weave cloth and rubber band
- Mixing utensil; thermometer and pot for later batches
- Optional cheesecloth for straining

Keep the two stages separate: cold milk and one starter packet for activation; warming milk to 90°F and adding rennet for later batches.

Activate your starter

First batch • 1 packet + 1 cup cold milk

STEP 1 / Mix milk and starter



Pour **1 cup of cold pasteurized whole milk** into a glass container. Add **1 packet of Skyr yogurt starter** and mix thoroughly.

STEP 2 / Cover and culture



Cover with a coffee filter or tight-weave cloth and secure with a rubber band. Culture in a warm spot at **70-77°F**.

Reminder: Check in 12 hours.

Activate your starter

First batch • 1 packet + 1 cup cold milk

STEP 3 / Check for a set



Check after **12 hours**. Look for a change in texture: the milk should pull away from the sides of the container when tilted. If it has not set, continue culturing for **up to 48 hours total**, checking every few hours.

Reminder: Recheck in 2, 3, or 4 hours. Keep the original 48-hour maximum.

STEP 4 / Cover and refrigerate



Once the yogurt has set, cover with a tight lid and refrigerate for **at least 6 hours**.

Reminder: Chill for at least 6 hours.

Activate your starter

First batch • 1 packet + 1 cup cold milk

STEP 5 / Enjoy and reserve



After 6 hours of chilling, your yogurt is ready to eat. Reserve **at least ½ cup** for future batches.

If activation has not set after 48 hours

Repeat activation steps 1-3 using 1 Tbsp of your previous batch in 1 cup of milk, as directed in the supplied instructions.

Your Skyr makes Skyr

Reserve at least ½ cup from activation and ½ cup from each later batch. Keep the saved portion plain and follow the next page for later batches.

Need help? Send your batch photo, timing and temperature to info@culturesforhealth.com.

Make your next batch

2 quarts milk • $\frac{1}{4}$ rennet tablet • $\frac{1}{2}$ cup saved Skyr

1 Warm the milk

Slowly heat **2 quarts of pasteurized whole milk to 90°F**.

2 Dissolve the rennet

In a separate container, mix $\frac{1}{4}$ **rennet tablet** into $\frac{1}{4}$ **cup cold water** and stir to dissolve. Move on to step 3 **within 5 minutes**.

3 Add the rennet

Mix the rennet into the milk thoroughly with an **up-and-down motion**, rather than stirring. Mix for **no longer than 15 seconds**.

4 Add your saved Skyr

Gently pour the milk into a food-grade glass, ceramic, or stainless steel container. Gently stir in $\frac{1}{2}$ **cup of yogurt from your last batch**.

5 Cover and culture

Cover with tight-weave cloth, secure with a rubber band, and culture at **70-77°F for 12-18 hours**, until set.

Reminder: Check at 12 hours; 15- and 18-hour options are also available.

6 Refrigerate and enjoy

Cover with a tight lid and refrigerate for **at least 6 hours**. After 6 hours, it is ready to eat. Reserve $\frac{1}{2}$ **cup** for your next batch.

Reminder: Chill for at least 6 hours.

Optional: Strain through cheesecloth for the thickest consistency. Reserve $\frac{1}{2}$ cup for your next batch.

Make it yours

Four recipes to enjoy with your finished plain Skyr



Strawberry Frozen Yogurt →



How to Make Yogurt Salad Dressing at Home →



How to Make Greek Frozen Yogurt →



Yogurt and Mayonnaise Salad Dressing →

First jar in the fridge?

That's homemade Skyr — you made that. Show us, and tell the next first-timer it's easier than it looks. Tag #culturesforhealth on Instagram.

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Need help? Email info@culturesforhealth.com