WHAT IS SKYR?

FERMENTATION’S PROCESS

SKIM MILK + LACTIC ACID BACTERIA

- Needed for good quality skyr: Streptococcus thermophilus and Lactobacillus delbrueckii ssp. bulgaricus (1, 2, 3), as in a classic yogurt

  - Feed on the sugar content of milk (mainly lactose) yielding lactic acid → lowering sugar content, lowering pH that coagulates milk proteins
  - Lactobacilli produce aromatic diacetyl & acetaldehyde (4)

- Occasional in skyr: Lactococcus spp & Lactobacillus casei (5)

CULTURAL ORIGINS

- Skyr is a central part of the Icelandic diet and culture, brought 900 years ago by the Vikings from Norway (1, 6, 7)
- Originally made from ewe’s milk, it is produced from cow’s milk since the 20th century (2, 8)

TASTE*

- Sour
- Sweet
- Bitter
- Cheesy flavor

TEXTURE*

- Liquid
- Creamy
- Fizzy

- Set (as fermentation occurs in the pot)
- Stirred (after fermentation, then packed)

HOW IS IT MADE? (2, 5)

1 l skim milk
~ 1 cup Skyr (~ 250 g)

Stirring
Taste
Texture

CULTURAL ORIGINS

Skyr’s origins
Skyr’s fans

REFERENCES

1. Skyr’s origins
2. Skyr’s fans

FERMENTED MILKS AROUND THE WORLD

For centuries, fermented milks have provided essential nutrients and health benefits in human diets. Milk fermentation is as simple as adding live ferments to milk, leading to dozens of popular recipes around the world. How different are they? Get the science facts about Greek yogurt, lassi, skyr, laban, ayran, kefir... and many more.
NUTRITION & HEALTH BENEFITS

→ HIGH IN PROTEIN
• May benefit weight loss by improving satiety in the long term (9-11)
• A key element of a quality breakfast by avoiding cravings and nibbling (12)
• Contributing to the maintenance of muscle mass (10), particularly interesting for athletes and elderly

→ LOW IN LACTOSE
• As 90% is transformed during fermentation or removed by straining
• Also low in sugars (13)

DID YOU KNOW?
Even though most Icelanders consider it as a fresh dairy, as it is eaten like yogurt (3), Skyr is rather a cheese:
• Intense straining increases concentration as in cheese making (6)
• Rennet – curdling enzymes found in cows stomach - may be added to encourage coagulation, as permitted in Icelandic regulation (1)

SKYR-LIKE PRODUCTS (1)
• Quarg in Germany
• Tvorog in Russia
• Labneh in the Middle East

WHEN TO EAT?
• For breakfast or snacking
• Eaten plain during a meal
• Used for cooking

1001 WAYS TO ENJOY IT
• Locally served cold, in some milk and topped with cream. Icelanders do not stir it together to keep a mouthfeel of the various textures (2,7,14)
• Often flavored with berries and fruits (1,2)
• Crucial for a skyrcake (revisited cheesecake) or a skyramisu (revisited tiramisu)
• As a nonfat alternative to cream when cooking or as a topping (7)

References