

# mILK DIVIDED IS MJÓLK PRESERVED

**A class about traditional milk processing. Taught by Reyni-Hrefna (Jennifer Johnson)**  
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Starting with milk, which would go bad rather quickly, Icelanders turned it into four products that not only last well on their own, but can be used to preserve other food. **Mjólk** (milk) can be made into: **skyr** (cheese), **mysa** (whey), **smjör** (butter), and **afr** (buttermilk).

## Mjólk

Straight from the cow, raw and warm, the bucket and the milk would have cultures in them, so some lactobacili would start to grow.



Let sit to cool and separate, the cream (**rjómi**) will rise to the top and the skimmed milk (**undan-renning**) will sink  
Separate the milk from the cream



## undan-renning

Add more culture by adding in a small amount of skyr from a previous batch.

Add a small amount of rennet (**kæsir**). Less then is used in hard cheese making

Let sit for 12-24 hours to develop the culture and let the rennet work.

Using either a slotted spoon or a piece of cloth, separate the curds and the whey.



## skyr (cheese)

Good source of protien, keep in large barrels.

## mysa (whey)

Use to preserve food, and as a drink, mixed with water (**blanda**)

## rjómi

Let sit to develop culture, and to accumulate more cream for several days.

Put in your butter churn(**strokk**) and churn it (**göra til nyt**, to churn milk, **Göra**: work, make, **Nyt**:milk, produce milk, profit or **stokka**)

When it turns to butter ( **það er komit annað hljóð í strokkinn** (metaphor from churning), there is another sound in the churn, of a sudden turn, e. g. from high to low spirits),

Get your block of butter out(**skaka**, u. f. the block of butter from the churn (**smjör-skaka**).)

Buttermilk (**afr**) is the liquid.

If you have it, add salt (**salt**) to the butter (**smjör**)



## smjör (butter)

Spread on your fish!  
Earn a new nick-name!  
Pay your taxes!

## afr (buttermilk)

Does not always seem to be seen as different then mysas, also used as a drink (**blanda**)



**ÁFR** (peril, better *afri*), m. [the *r* belongs to the root, cp. air, f. pl.] 1. *a beverage*, Eg. 204, translated by Magnaeus by *sorbitio avenacea*, a sort of common ale brewed of oats; this explanation is confirmed by the Harbarðsljóð, verse 2, where Thor says, *át ek í hvíld áðr ek heiman for sildr ok afra* (acc. pl.), *saðr em ek enn þess*; the single vellum MS. (Cod. Reg.) here reads *hafra*. In the Eg. 1. c., the Cod. Wolf, reads *afra*, the Cod. A. M. 132 *afri*, acc. sing.: cp. the passage Ls. 3, where *jöll* seems to be the Scot, *yill* (v. Burns' Country Lassie), and *úfo* in Cod. Reg. a false spelling for *áfr*, -- *jöll ok áfr færi tk ása sonum, ok blend ek þeini svá meini mjöð*: *áfr*, pronounced *áir*, now means *buttermilk* (used in Icel. instead of common beer): cp. also *ábrystur*, f. pl. *curds of cow's milk* in the first week after the cow has calved; the milk is cooked and eaten warm and deemed a great dainty; opt eru heitar úbrestur, Snot 299 (Ed. 1865); probably qs. *áfr ystr*.

**blanda**, u, f. *any mixture of two fluids*, Fs. 145 (of watery blood); but esp. *a beverage of hot whey* mixed up with *water*, Vm. 60, Fms. ix. 360. *Blanda* also is the local name of a stream of glacier water in the north of Icel., v. Landn. metaph. the name of *a book, miscellanea*; skal sjá skrá ... heita B., því at saman er blandað skyldu tali ok úskyldu, Rb. 4, v.l., in MS. Am. 625, 4to. **blöndu-horn**, n. *a cup of blanda*, a cognom., Landn. 278.

**MJÓLK**, f., gen. *mjólk*, prop. **mjolk** with a short vowel; [Ulf. *miluks* = GREEK, Cor. ix. 7; A.S. *meolc*; Engl. *milk*; O.H.G. *miluh*; Germ. *milch*; Dan. *melk*; Swed. *mjolk*] :-- *milk*, Fms. iv. 81, Sks. 90, Al. 31, Lv. 62; *mjólk* var heit ok vóru á steinar, 70; *mjólk*-grautr, -hlaup, *milk porridge*; *mjólk*-fata, -skjóla, -flát, -trog, -ketill, etc., *a milk pail, milk trough, milk kettle*, Lv. 61, Korm. 156, Fbr. 213; *nýmjólk*, *new milk*; spenvolg *nýmjólk, milk warm from the cow*; flóuð m., *cooked milk*; kúa-m., *cow's milk*; sauða-m., *sheep's milk*; brjósta-m., *breast-milk* for suckling. COMPDS: **mjólk-á**, f. *a river of milk*, Edda 4. **mjólk-barn**, n. *an infant fed on milk*. **mjólk-hringr**, m. *the milky way*, rendering of Lat. *via lactea*, for the genuine name is *vetrar-braut*, Rb. (1812) 19. **mjólk-kýr**, f. *a milch cow*, Jb. 224. **II.** *the white juice, milk*, of plants or trees; *mjólk* ór selju börk, Pr. 473.

**MYSA**, u, f. [Dan. *my s e*], *whey*, milk when the cheese has been taken from it, Krók., passim in mod. usage. *mysu-ostur*, in. *cheese made of whey or goat's milk*.

**SALT**, n. [a word common to the Teut., as also the class. languages]:-- *salt*, Stj. 609; *salt ok brauð*, Fb. ii. 24, Pr. 470, passim; distinction is made between *hvíta-salt, white salt*, Edda ii. 431, 515, and *svarta-salt, black salt*, from sea-water, N.G.L. i. 39 :-- of salt used for cattle, *salt skal hann eigi meira göra en hann þarf at gefa búfé sínu*, id. :-- the phrase, *leggja sök í salt, to shelve a case*, Bs. i. 690: the saying, *í salti liggir sök ef sækendr duga*; nú stendr skuld tuttugu vetr eða tuttugu vetrum lengr, þá fyrnisk sú skuld fyrir vátum, enn hann má koma honum til eiða at hváru, þvíat í salti liggir sök ef sækendr duga, N.G.L. i. 24 (Gpl. 484, Jb. 351). In Norway and Icel. salt was chiefly procured by burning seaweed, cp. 'brenndum brúk á sandi,'... hinn þríði var upp á berginu ok brenndi þara, Frissb. 255; also from the sea, cp. Þorst. Síðu H. 177, ek þóttumk ganga til sjófar þar sem var saltsviða mikil, ok þóttumk ek eta glóanda salt ok drekka sjáinn við. Such salt works are often mentioned, see the compds below. For salt used in baptism, see geifla. **II.** in local names, **Salt-eyrr** (**Salt-eyrar-óss**), Eb.; of the sea, Eystra-salt, the 'East-sea,' i.e. the *Baltic*, Fins, passim. **B.** COMPDS: **salt-belgr**, m. *a salt-bag*, Vm. 29. **salt-brenna**, u, f. *a salt-burning*, Fas. ii. 91, 94. **salt-búð**, f. *a salt-booth, salt-shed*, Gpl. 378. **salt-eyða**, u, f. a nickname, Sturl. **salt-fat**, n. *a salt-vat*, Dipl. v. 18. **salt-fjara**, u, f. a 'salt-beach,' where salt is burned, recorded as belonging to a church; kirkja á saltfjörö í Gautavík, Vm. 155. **salt-görð**, f. *salt-making, salt-works*, Landn. 131. **salt-hola**, u, f. *a salt-pit*, Sturl. i. 61. **salt-hólmr**, m. a 'salt-holm,' v.l. **salt-karl**, m. *a salt-carle, one who burns salt*, as the humblest and poorest occupation, Eg. 14, Fms. vi. 9, Fas. ii. 499, D.N. ii. 292, v. 286: *a salt-boiler, salt-vat*. Ám. 35 (cp. *jarnkarl, skeggkarl*). **salt-ketill**, m. *a salt-kettle*, Gpl. 378, D.N.; saltketils sát or setr, *salt-works*, D.N. passim, **salt-korn**, n. a 'salt-corn,' grain of salt, Vígl. 63 new Ed. **salt-kross**, m. *a cross-shaped salt-cellar*, used in church at baptisms, Pm. 120. **salt-maðr**, m. = saltkarl, Fms. vi. 7. **salt-sáð**, n. a nickname, Fb. iii. **salt-steinn**, m. *salt-stone*, Stj. 123. **salt-sviða**, u, f. = saltbrenna, Anal.

**SKYR**, a. *skjör-ost* in Fünen in Denmark], *curdled milk, curds*, stored up for food; þeir vóru þyrstir mjök ok supu skyrit, Eg. 204; askar fullir af skyri ... tókn þeir askana ok drukku ákaft skyrit, 548, 549; graut, ost, ok skyr. Korm. 150; Rindill hafði (see hefja A. 2) skyr ok mataðisk skjótt þvíat skyrit var þunnt, ... skyrit sprændi ór honum, Lv. 64; í skyrbúri skyr níu tígir skjólna, Dipl. v. 18, cp. Grett. 107; þeir höfðu skyr ok ost, *curds and cheese* (for supper), Eb. 244; ostr ok skyr var at náttverði, Bjarn. 53; skyr ok rjómi, *curds and cream*; berja-skyr, *blackberries and curds*: the saying, þeir verða að sletta skyrinu sem þat eiga. Skyr is quite a national dish of the Northmen and the Icelanders of the present day, as it was of the Teutons in more ancient times; for it doubtless was the 'lac concretum' of Tacit. Germ. ch. 23, cp. Virg. G. 3. 463. COMPDS: **skyr-askr**, m. a *curd-bowl*, Eg. 204. **skyr-búr**, n. a '*curd-bower*,' *dairy*. Dipl. v. 18, Sturl. iii. 191. **skyr-hnakkr**, m. a nickname, Sturl. iii. 97. **skyr-ker**, n. a *curd-vessel*,

**SMJÖR**, an older form **smör**, esp. in Norse vellums, cp. mod. Dan., Swed., and Norse *smör*; smörs, Gpl. 99, 110, Sks. 123; smær, id., D.N. passim: old dat. smjörvi, 623. 1; gen. pl. smjörva; in western Icel. sounded **smér** (cp. mjöl and mél, kjöt and ket, gör and ger), and rhymed thus, e.g. ef þú étr ekki smér | eða það sem matr er | dugr allr drepst í þér | Danskr Íslendingr, Eggert: again, *smjör* rhymes with *kjör*, Skíða R. 104: [Ulf. *smairþr* = GREEK, Róm. xi. 14; as also A.S. and Hel. *smere*; Engl. *smear*; Dan. *smør*; O.H.G. *smero*; Germ. *schmeer*] :-- prop. *grease (fat, oil)*; þat smjör rennr af þeim hvölum, Sks. 123; við-smjör, '*wood-smear*' = *oil*; smjör-bakr, *smear-back*, a nickname, Fms. ix, but usually, **II. butter**; brauð ok smjör, Eg. 204; Þórólfr kvað drjúpa smjör af hverju stráí á landinu, því er þeir höfðu fundið, því var hann kallaðr Þórólfr 'smjör,' Landn. 31; fraus drykkinn ok smjörít svá at eigi mátti klína brauðit, hann sá at menn sumir bitu annan bita af brauði, en annan af smjöri, hann tók smjörít ok vafði í brauðinu, svá bindu vér nú smjörít, Fms. ix. 241; mjöl ok s., Landn.; smjör ok tin, Fs. 22. The ancients used to store up butter for years, see Debes in his book on the Faroe Islands; hence, þrífornt s. = *butter three years old*, Skíða R. 197; fornt s., súrt s., *sour, old butter*. **III.** local names, **Smjör-hólar**, in Skarð in the west of Icel., '*Butter-hillock*,' where the lady Oluf stored her butter: **Smjör-sund**, **Smjör-vatn**, Landn., map of Icel. **B.** COMPDS: **smjör-askja**, u, f. [Dan. *smøræske*], a *butter-bowl*. **smjör-gilðr**, adj. *payable in butter*, D.N. **smjör-gæði**, n. a *good produce of butter*, Sks. 191 **B.** **smjör-görð**, f. *butter-making*, Sks. 191. **smjör-kaup**, n. *purchase of butter*, Bs. ii. 134. **smjör-kengr**, **-kollr**, **-kringr**, **-magi**, **-reðr**, m. nicknames, Landn. 211, Rd. 260, Fms. viii. 396, ix. 29, 40. **smjör-laupr**, m. a *butter-chest*, Fms. ii. 164. **smjör-lauss**, adj. *short of butter*, Skíða R. 105. **smjör-pund**, n. a '*butter-pound*,' a kind of *weight*, Gpl. 524. **smjör-pundari**, a, m. a *steelyard for weighing butter*, Gpl. 523. **smjör-skip**, n. a *butter-ship, a ship laden with butter*, Ann. 1394. **smjör-spann**, n. a *measure of butter*, Bs. ii. 134. **smjör-trog**, n. a *butter-trough*, Fas. iii. 404. **smjör-tunna**, u, f. [Dan. *smørtønde*], a *butter-cask*, Fms. x. 204. **smjör-svín**, n. '*butter-hog*,' the beggar's scrip, Skíða R. 13. **smjör-valr** or **smjör-valsigill**, m. the name of a little sheep-bone, Ísl. Þjóðs. ii. 554.

**SÝRA**, u, f. [súrr; Germ. *säure*], *sour whey*, stored up and used for drink instead of small beer, Nj. 199, Gísl. 58; sýru-ker, Eg. 701, Bs. i. 120, Sturl. iii. 192, Gísl. 7.