



# Mycryo®

“With Mycryo®, I discovered the  
promise of perfect frying results.”

Jonathan Garnier - Chef propriétaire à la Guilde Culinare



# What can Mycryo® do for your cuisine?

## Perfect frying results

for meat, fish, shellfish, vegetables...

"Mycryo® easily resists frying temperatures of 200°C and more. Where other fats such as dairy butter and olive oil already burn in the pan, Mycryo® allows quick and perfect sealing."

"The frying crust, the texture, the colour and the taste are amazing with Mycryo®."

*Thierry Maurer - Indépendant Chef*



## The natural and true taste

even of the most delicate ingredients

"Mycryo® is odourless and has a neutral taste. In other words: Mycryo® does not mask the natural, fresh taste of the ingredients like dairy butter or olive oil do. It reveals their authentic and natural taste better than any other frying fat."



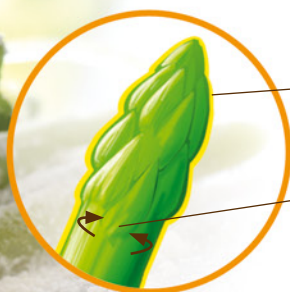
"Mycryo® has no taste on itself. It reveals the authentic natural taste of the ingredients."

*Éric Gonzalez - Auberge St-Gabriel*

## Unrivalled juiciness

and a tender, juicy and natural end result

"When fried in butter or oil, many ingredients lose a lot of their juices. Due to its fine texture Mycryo® envelopes the ingredients with a thin impermeable film, like a second skin. It keeps all the natural juices in the ingredients and prevents them from being lost during frying. The difference is amazing – even with delicate vegetables like mushrooms or spinach."



Mycryo® envelopes the ingredients with an impermeable film.

All the juices stay inside the ingredients.



# What is Mycryo®?

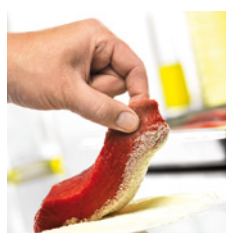
Mycryo® is 100% pure cocoa butter in powder form.  
It is a noble fat – 100% vegetable – ideal for frying.

- Pure vegetable – 100% natural!
- Mycryo® is obtained through the cryogenisation of cocoa butter (freezing at very low temperature), an entirely natural process.
- Resists high temperatures perfectly (up to 200°C).
- Gives better and healthier frying results than other frying fats such as olive oil, butter...
- Can be applied in a wide variety of frying techniques: frying, sautéing, Teppan, wok, grilling, BBQ'ing.



## How to use Mycryo®?

1. Sprinkle Mycryo® on the working surface or in a bowl (mixed with seasoning if desired).  
You can also keep it in a sprinkler (mixed with seasoning).
2. Coat the uncooked ingredients (meat, fish or vegetables) with Mycryo®.  
You can keep the ingredients in the fridge until you need them.
3. Fry in a dry, hot pan without addition of other baking fat.
4. Ready to serve!



# What can Mycryo® do for your cuisine?

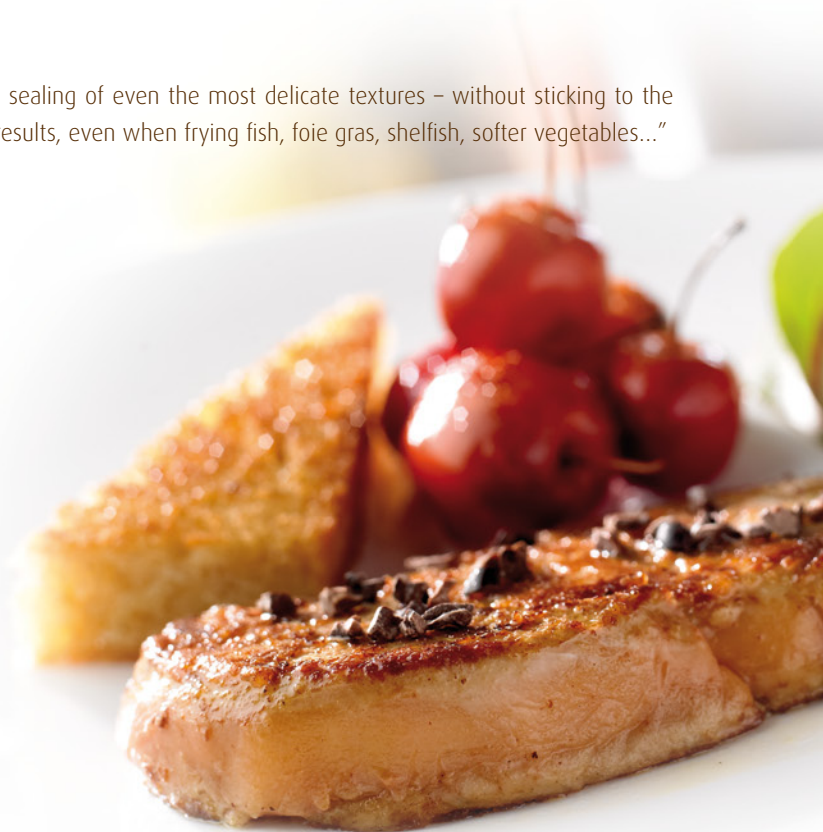
## Respect for the natural textures

even of the most delicate ingredients

"Due to its heat resistant capacities, Mycryo® allows the quick sealing of even the most delicate textures – without sticking to the pan, without falling into pieces. Mycryo® guarantees excellent results, even when frying fish, foie gras, shellfish, softer vegetables..."

"Even for frying fish with a very delicate texture – such as cod, sole or megrim – Mycryo® gives me excellent end results. Textures remains completely intact, without falling apart during frying."

*Jonathan Garnier - Chef-propriétaire à la Guilde Culinaire*



## A more economical cuisine

"You only have to use very little of Mycryo®: about 2 to 3 times less than compared to other fats. That's how Mycryo® contributes to a more economical way of frying too."

	Mycryo®		Dairy butter		Olive oil	
	Low (g)	High (g)	Low (g)	High (g)	Low (g)	High (g)
Fresh steak	15	20	30	50	45	60
Fresh skinned sea bream	20	25	40	60	60	80
Whole mushrooms	30	40	80	90	100	120
Raw diced potatoes	35	40	70	90	60	80

Tested 10 times in the same conditions.



# A healthier cuisine

"Mycryo® is 100% vegetable and has a neutral effect on cholesterol levels. Using Mycryo® in your dishes reduces the calories by 50% to 70%, compared to using other fats in cuisine. That's how Mycryo® contributes to a lighter cuisine too, lower in fats."

## Nutritional value of the frying fat for frying a 1 kg-steak

	Mycryo®	Groundnut oil	Dairy butter	Olive oil
Energy (kcal/kg)	157	472	301	472
Lipid (g)	17.5	52.5	40 (33 pure fat)	52.5
Saturated lipid (g/100g)	10.5	10.5	20	6.8
Cholesterol (mg)	0	0	96	0

## Nutritional value of the frying fat for frying 1 kg of mushrooms

	Mycryo®	Groundnut oil	Dairy butter	Olive oil
Energy (kcal/kg)	315	989	639	989
Lipid (g)	35	110	85 (70 pure fat)	110
Saturated lipid (g/100g)	21	22	42.4	14.3
Cholesterol (mg)	0	0	204	0

"Due to its resistance to high frying temperatures, Mycryo® is perfect for classic frying, sautéing, teppan, wok, grilling and even BBQ."

*Roberto Petrella - Chef propriétaire de La Buona Forchetta*



# More convenient and hygienic frying

"The powder form of Mycryo® facilitates working. Dosing and manipulating go fast and easy. Furthermore, there's no spatter during frying. There are no frying residus to stick to the pan. So cleaning afterwards goes fast and easy."



"Mixed with Mycryo®, the seasoning attaches better to the ingredients and their flavours will get in better."

*Jean-Pierre Challet - Restaurant ICI*





## A time saving solution

"It is ideal to mix Mycryo® with the seasoning, coat the ingredients with this mix beforehand and put them away in a cool place until you need them. That allows chefs to manage peak times in the kitchen better."



## Technical specifications

- 100% deodorized cocoa butter
- Cool storage recommended: 12-18°C
- Maximum shelf life: 1 year

Check out the Mycryo®  
demo films, recipes and  
technical info on  
[www.mycryo.com](http://www.mycryo.com)

Name	Type	Description %	Cocoa butter	Packaging
Mycryo®	Cocoa butter in powder form	A new fat for frying	100%	550 g bottle



 [mycryo.ca](http://mycryo.ca)  
 MycryoCanada  
 @Mycryo

Find out what Mycryo® can do for your cuisine on [www.mycryo.ca](http://www.mycryo.ca)

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