

# Mycryo®

Discover the promise of perfect  
frying results



# What is Mycryo®?

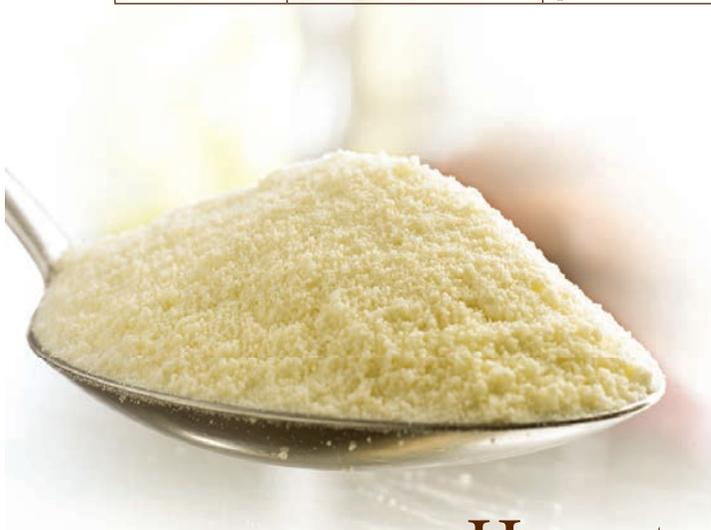
Mycryo® is 100% pure cocoa butter in powder form.

- Pure vegetable – 100% natural! (a noble fat ideal for frying)
- 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)
- Cool storage recommended: 12-18°C
- Gives better and healthier frying results than other frying fats such as olive oil, butter...
- Great for use in: stir fry, wok, grill, etc.
- Maximum shelf life: 1 year



## Technical Specifications

Name	Item Code	Type	Description	Cocoa butter	Packaging
Mycryo®	NCB-HD706-BY-X55	Cocoa butter in powder form	A new fat for frying	100%	550 g bottle



## How to use Mycryo®?

1. Sprinkle Mycryo® on a 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?

## 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

## Respect for the natural textures

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, and softer vegetables...

## A more economical cuisine

You only have to use very little 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

## 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 residues that stick to the pan. So cleaning afterwards goes fast and easy.



# 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 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.

## 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 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.



Find out what Mycryo® can do for your cuisine at [www.cacao-barry.com](http://www.cacao-barry.com)

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