



Mycryo®

Pure cocoa butter for cooking



100%
natural



*The delicious,
simple and healthy
new way of cooking!*

Pure cocoa butter for healthier cooking

The heart of the cocoa bean

100% pure and natural, for delicious and simple cooking
with less fat and fewer calories!

From the heart of the tropical forest the cocoa pod has not finished revealing its delicious secrets. The most recent discovery is the unique and revolutionary properties of Mycryo® powdered cocoa butter used in cuisine to grill, sauté, sear and fry!

It's a new way of cooking that reveals the authentic taste of your ingredients.

Fewer calories, versatile and practical cooking with Mycryo® cocoa butter will amaze you. Your food is tastier and juicier with a perfect texture.



The cocoa pods contain the beans from which the cocoa butter is extracted.

Cooking with Mycryo®

Pure cocoa butter for cooking

Sprinkle and Cook:

As easy as 1, 2, 3!

1. Sprinkle your food with Mycryo®, coating it well.

Chef's tip: You can mix Mycryo® with seasonings, spices or breadcrumbs.



2. Heat your frying pan, wok or barbecue **without any fat.**



3. Place your coated food directly on the hot surface until cooked as desired. **It's ready to serve!**

100% pure and natural, for a delicious and healthier way of cooking with fewer calories!

Meat, seafood, fish and vegetables reveal their true flavours when cooked with Mycryo® cocoa butter.

- 100% pure and natural
- Healthier cooking and fewer calories
- Neutral effect on blood cholesterol levels
- Easy to use
- Resists high cooking temperatures
- Perfect cooking results: texture and flavour
- No spattering
- Safe cooking
- Easy clean up
- Odorless and neutral taste
- Economical
- Vegan
- Gluten free





Fewer calories and more flavour, made possible with Mycryo®!



You only need a little Mycryo®; use **2 to 3 times less** compared to oil or butter. **Reduce your calorie intake from cooking fats by 50% to 70%** while revealing the authentic taste of your food. **Save money too!**

The new Mycryo® method: *Sprinkle and Cook*

Mycryo® cocoa butter is in powdered form, you only use what sticks to your food. Simply sprinkle your ingredients and that's it!

	Mycryo®	Peanut oil	Butter	Olive oil
Energy (kcal/kg)	157	472	301	472
Lipids (g)	17.5	52.5	40 (33 pure fat)	52.5
Saturated Lipids (g/100g)	10.5	10.5	20	6.8
Cholesterol (mg)	0	0	96	0

Nutritional value of cooking fats for frying 1 kg of steak.

Your food is juicier when cooked with Mycryo®!

Mycryo® cocoa butter sprinkled on your food forms a thin protective layer that quickly caramelizes without burning. Mycryo® prevents ingredients from losing their precious and flavourful juices. The result: your food is tastier and juicier! Mycryo® ensures that your ingredients keep their flavour and their authentic taste.



CHICKEN BREAST	Mycryo®	Olive oil	Canola oil	Butter	Margarine
Weight before cooking (g)	141	141	141	141	141
Cooking time (min)	15	15	15	15	15
Weight after cooking (g)	130	115	115	115	115
Difference after cooking (g)	11	26	26	26	26
Loss of volume (%)	8	19	19	19	19



HADDOCK FILLET	Mycryo®	Olive oil	Canola oil	Butter	Margarine
Weight before cooking (g)	141	141	141	141	141
Cooking time (min)	11	11	11	11	11
Weight after cooking (g)	136	119	119	119	119
Difference after cooking (g)	5	22	22	22	22
Loss of volume (%)	3,5	17	17	17	17

The soul of your recipes

Thai Basil Chicken Breast on Soba Noodles with Mango and Ginger Salsa



Salmon Steaks Flavoured with Honey and Tea on Roasted Garlic Semolina



Zucchini Stuffed with Sautéed Mushrooms and Ricotta



A Fast & Simple Recipe

Mycryo® Crispy Shrimp* Baked in the Oven



Ingredients

12 shrimp
1 egg
80 g all-purpose flour
250 g panko or breadcrumbs
65 ml (1/4 cup) Mycryo® pure cocoa butter

Utensils

3 bowls
1 whisk or fork
1 cookie sheet

Method



Preheat Oven to 400°F

1. Place the shrimp in a bowl of sifted flour. Coat well and remove excess by light tapping.
2. Soak the shrimp in the beaten egg (to which you can add salt and pepper or seasonings). Coat well and leave the excess in the bowl.
3. Mix the panko or breadcrumbs with Mycryo®. Coat the shrimp with the mixture.

Spread shrimp on a cookie sheet lined with parchment paper and bake at 400 °F for about 10 minutes or until desired color.

Enjoy!

Chef's tips:

Repeat steps 2 and 3 if you want a thicker crust on your shrimp.

The breadcrumbs can be replaced partially or totally with other ingredients: ground almonds, sesame seeds, cracked pepper, etc.

* Substitute shrimp with pork strips, chicken or fish fillet if desired!

recipes | blog | tips | videos
where to buy | Mycryo.ca



For the chef in you



Discover the authentic taste of your food!

Odorless and tasteless Mycryo® reveals the natural flavours of food. It is perfect for discovering the authentic flavours of local and seasonal foods!



Protect your ingredients from oxidation!

Mycryo® cocoa butter prevents the oxidation of your food!

- Sprinkle your ingredients with Mycryo® to protect them from browning.
- Save time by preparing your ingredients in advance!



A kitchen essential

Mycryo® is ideal for grilling, searing, frying and cooking all your favorite foods!

- Resists high cooking temperatures
 - Safe and easy to clean
 - *No spattering – for clean stress-free cooking!*
 - *Less residue in the pan.*
- Juicier and tastier food



The perfect spice mix!

Rediscover your spices like never before; simply mix Mycryo® with your spices and sprinkle on your food for the perfect seasoning. Try it on the grill!

Taste what Mycryo® brings to your cuisine!



mycryo.ca

MycryoCanada

@Mycryo