

# 100% NATURAL YUCA FOOD PRODUCTS

FROZEN • READY-TO-HEAT & SERVE



Micfood®



## 100% NATURAL YUCA



### What is Yuca?

**Yuca, commonly known as cassava, tapioca or manioc** (not to be confused with yucca), is one of the world's most versatile root vegetables. Yuca is a nutty-flavored starch white tuber native to South America. It is widely-used in South American, Caribbean, Asian and African meals. Together with other tropical root vegetables like yam, taro, and most notably the potato, it is an indispensable part of the carbohydrate diet for many and is considered a main food staple for millions.

### How to Cook with Yuca

**Just like Potato! It can be boiled, fried, roasted and baked.** Great as a side dish, in appetizers, as an ingredient with savory flavors and great for Paleo and Gluten-free baking. Powdered yuca can be used to make tapioca flour & tapioca noodles. The starch extracted from yuca root (tapioca) can be used to mimic gluten in thickening foods such as sauces, yogurts and ice cream.



BRINGING  
SINCE  
**CULTURES**  
1987  
TOGETHER™



Shown above: Yuca Steak Fries / Yuca Thin Fries / Yuca Croutons

Micfood®

MICFOOD.COM

Contact us at [info@micfood.com](mailto:info@micfood.com)  
1.800.788.9335 / 786.507.0540  
13595 SW 134 Ave, Suite 201, Miami, FL 33186

## INSTANT STEAMED YUCA Non-GMO / No Oil Used

pure ingredients • simply steamed



**New!** Ready in just 5 minutes  
compared to 30 minutes cooking time for traditional yuca!

### Frozen • Ready-to-Heat & Serve!

MIC Food® provides a variety of yuca products that come peeled and cut, ready-to-heat and serve saving you hours of prep time so you can focus on what matters the most: **making every meal memorable.**

#### AVAILABLE IN:



Long Shelf-Life



No Preservatives



100% Yield



Plant Based



Gluten Free



Kosher



We are helping chefs, restaurants, industrial kitchens, retail brands, delis and others in the industry rethink their menus and increase appeal among ethnic and mainstream consumers alike.

- **Year-Round Availability** – No seasonal sourcing issues
- **Consistent** – Quality and taste you can depend on
- **Easy to Use** – Save on labor costs and prep time

**Tio Jorge® yuca products are available nationwide through your local food distributor.**  
Contact us for ordering information: [info@micfood.com](mailto:info@micfood.com) / 1.800.788.9335



# YUCA FRIES

*Pork Stir Fry with  
Ripe Plantain & Yuca*



*Pizza Crusts made  
with Raw Peeled Yuca*

# RAW PEELED YUCA



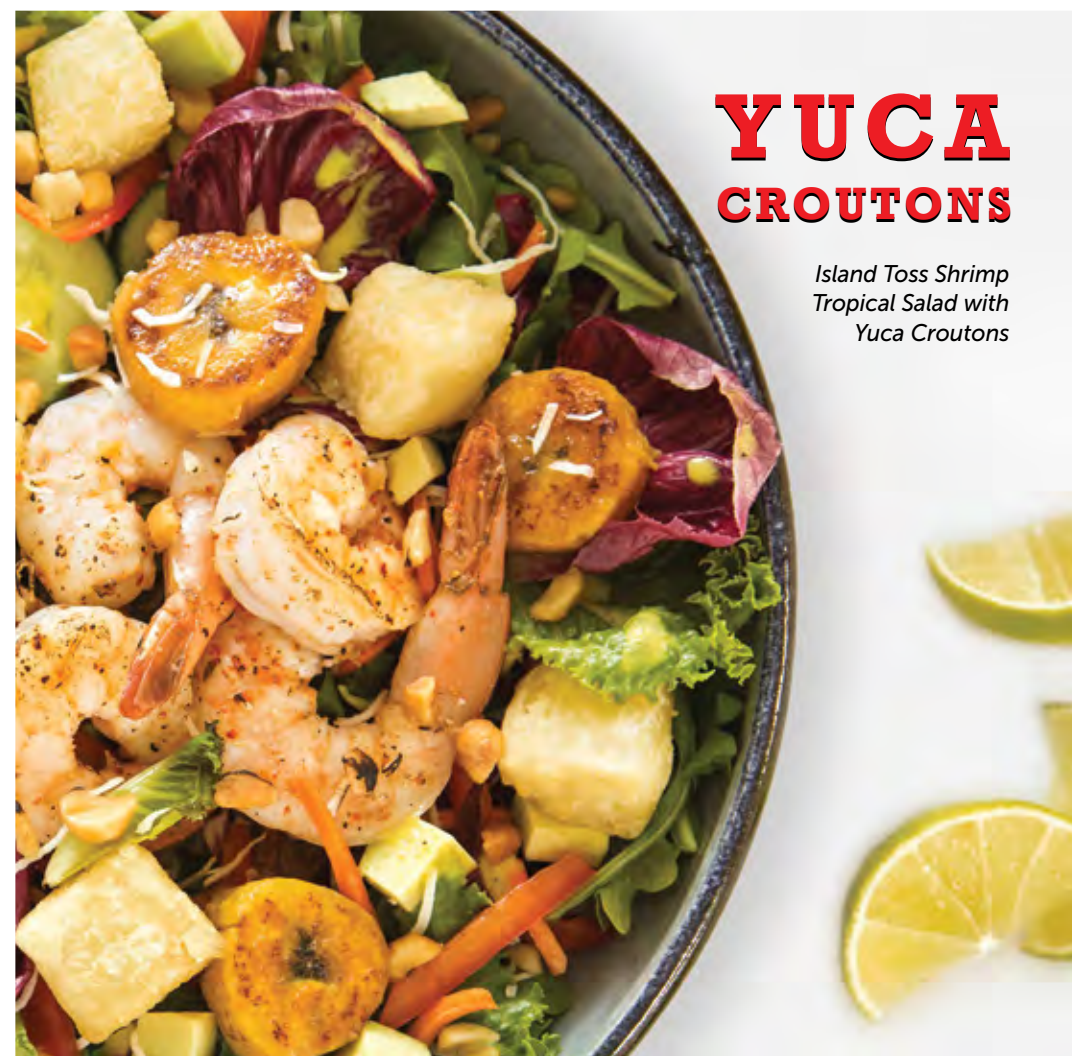
# YUCA GNOCCHI

*Garlic Yuca Gnocchi  
with Braised Ox Tail*



*Yuca Cups with Shredded Beef  
Vaca Frita, Pico de Gallo  
and Cilantro Sauce*

# YUCA CUPS



# YUCA CROUTONS

*Island Toss Shrimp  
Tropical Salad with  
Yuca Croutons*



*Yuca Cheese Bites  
served with Huancaína  
& Rocoto Aji Sauce*

# YUCA CHEESE BITES