



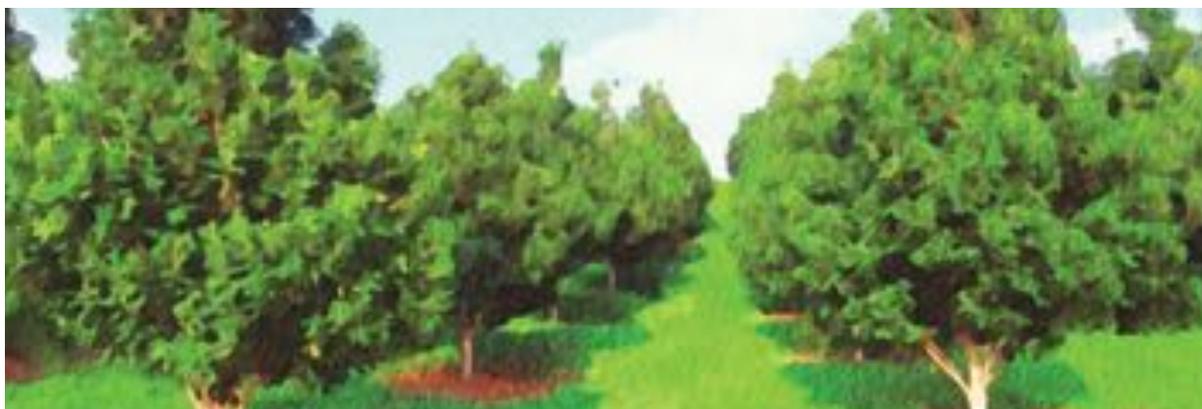
Locally Grown Culinary Oils



Preferred by Hawaii's Top Chefs!

The following [recipes](#) featuring our premium Hawaiian Macadamia and Maui Sunflower Culinary Oils were created by some of Hawaii's top chefs and graciously shared for you to enjoy. If you share the recipes with your social media followers, please include credit and tag us, the chefs and/or publications as highlighted on each recipe page. Follow us and share feedback [@maidenhawaiinaturals](#).

More about our premium oils: Most conventional oils are heavily processed at high temperatures and with harsh chemicals to extract the oil and extend the shelf life; those refined oils are clear, odorless and depleted of nutrients. Our oils are produced naturally: we mechanically crush the nuts and seeds with no additives or preservatives, retaining the oil's nutrients, flavor, aroma and color. Our oils are produced, filtered and bottled on Hawaii Island. Our company was created by Maui's Pacific Biodiesel, which recycles waste cooking oils from restaurants statewide for use in the production of clean biodiesel. Now our locally made culinary oils are offered to Hawaii's chefs and the used cooking oil will be recycled to produce a 100% renewable fuel for a cleaner, greener Hawaii – that's full circle sustainability! [Learn more at MaidenHawaiiNaturals.com](#)



Hawaiian Macadamia Premium Culinary Oil



- Made with Macadamia nuts from Hawaii Island
- Expeller-pressed oil with no additives or preservatives
- Excellent as a flavorful finishing oil or in dressings
- Ideal for baking, high-heat cooking and frying; can be heated up to 420° F
- High in Omega 7 and Omega 9; good source of Vitamin E
- Vegan and free of sodium, sugar, gluten, and cholesterol
- Extremely shelf stable; use within 24 months

Chef Rave Reviews: "Neat toasted nutty cacao flavor; delightfully complex; crazy flavorful; very impressive; I love it in vinaigrettes; delicious with fish as it's light with a fresh nutty flavor."

Watch a video of chef comments [here](#).



Learn more at MaidenHawaiiNaturals.com



Maui Sunflower Premium Culinary Oil



- Made from sunflowers sustainably farmed by our company on Maui without pesticides or herbicides
- Cold-pressed, unrefined oil with no additives or preservatives
- Excellent versatility; for high-heat cooking, baking or as a flavorful finishing oil or in dressings; heat up to 420° F
- A good source of Vitamin E (antioxidant) and Omega 9
- Vegan and free of sodium, sugar, gluten, and cholesterol
- Use this fresh oil within 6 months

Chef Rave Reviews: "Light and flavorful without masking other ingredient flavors; it tastes like Spring; a light flavor that finishes nice; best sunflower oil I've ever tasted."

Watch a video of chef comments [here](#).



Learn more at
MaidenHawaiiNaturals.com



Sunflower Pesto

Featuring Maui Sunflower Oil

Compliments of Executive Chef Taylor Ponte

- 1 cup sunflower seeds
- 3 TBS white balsamic vinegar
- 2 ea garlic clove
- 1 cup basil
- 1 cup parsley
- 1/2 cup Maiden Hawaii Naturals Maui Sunflower oil
- 1/2 cup parmesan cheese

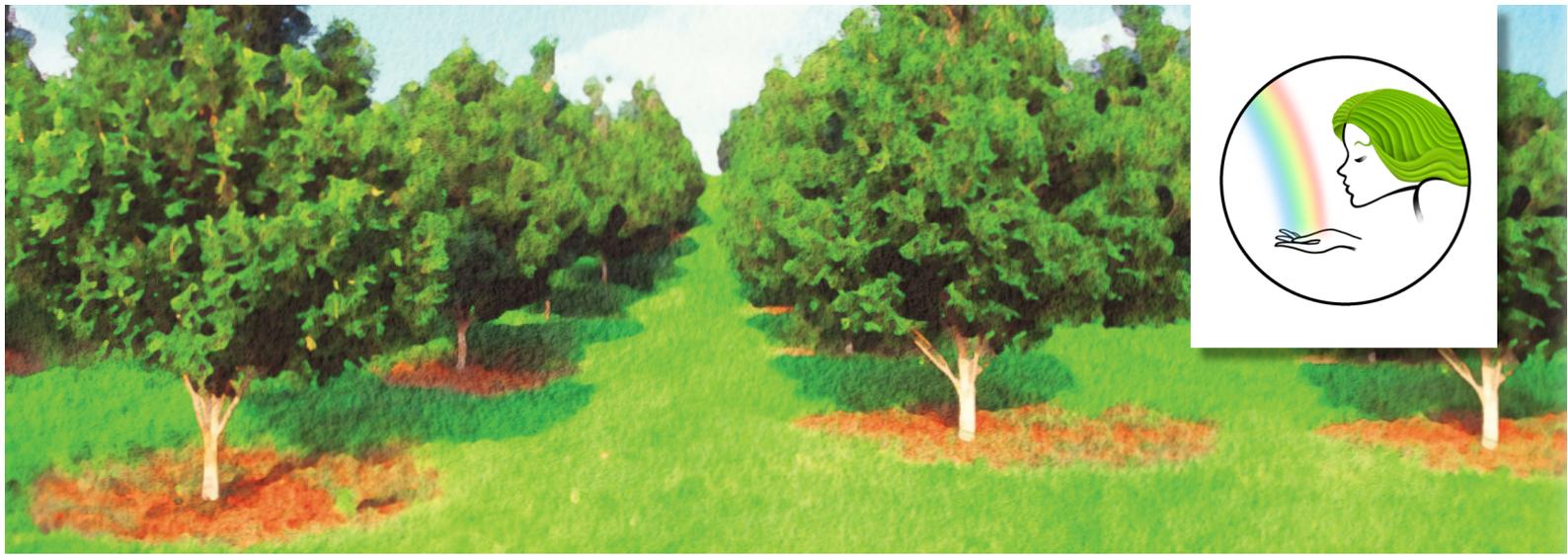
- Combine all in blender until smooth.

“This oil reminds me of Spring. It has a nutty flavor, finishes nice and round with high aromatic notes of alfalfa. It has a great smoke point and is versatile to cook with. I love that it’s from Maui and it’s sustainable.” – Chef Taylor Ponte

Executive Chef Taylor Ponte was named Maui’s 2020 Chef of the Year by Maui No Ka Oi Magazine at the ‘Aipono Awards. A graduate of Maui Culinary Academy, he worked alongside Chef Alan Wong, Chef Jonathan Mizukami, and Chef Jeff Scheer prior to becoming the Executive Chef at The Mill House. He is also the chef/owner of Kamado Maui, offering private and pop-up culinary events. Ponte grew up on the island of Maui, alongside farmers he now works with, and showcases locally sourced ingredients that make his food so uniquely Maui.



SHARING? PLEASE CREDIT:
Recipe compliments of Chef Taylor Ponte
Tag @taylor_ponte and @kamadomaui



Macadamia Dressing

Featuring Hawaiian Macadamia Oil

Compliments of Executive Chef Taylor Ponte

1/4 cup Macadamia nuts
1ea avocado, Peeled
1ea egg
2ea garlic cloves
1 bunch cilantro
1 cup Hawaiian Macadamia oil
1 cup canola oil
Lime
Salt

- Combine avocado, egg, garlic, cilantro, and Macadamia nuts; puree until smooth. Slowly add oil and puree until desired consistency. Season with lime juice and salt to taste (if you prefer a thinner dressing, add some water and adjust seasoning).

“The Hawaiian Macadamia oil by Maiden Hawaii Naturals is rich and nutty; it’s great as a marinade or in a vinaigrette.”

– Executive Chef Taylor Ponte

‘Aipono Chef of the Year, 2020

Co-Founder,

Kamado Private Dinners & Pop Ups



SHARING? PLEASE CREDIT:
Recipe compliments of Chef Taylor Ponte
Tag @taylor_ponte and @kamadomaui



KONA KANPACHI POKE BOWL

RECIPE COURTESY OF CHEF RON MILLER
 PHOTOGRAPHY BY KERI COOPER

INGREDIENTS:

- 3 ounces Kona Kanpachi, diced
- 2 tablespoons avocado, diced
- 1 tablespoon cucumber, diced
- 1 teaspoon green onion, chopped
- pinch Hawaiian salt
- 1 tablespoon yuzu limu vinaigrette (recipe below)
- 2 ounces macadamia nut rice (recipe below)
- Yuzu Kosho ailoli (recipe below)
- Wasabi tobiko

METHOD:

To marinate the Kanpachi combine with avocado, cucumber, green onion, and one tablespoon yuzu limu vinaigrette.

Assemble the poke bowl by placing half a cup of rice in a serving bowl. Top with marinated fish mixture, and garnish with yuzu Kosho ailoli and wasabi tobiko.

YUZU LIMU VINAIGRETTE INGREDIENTS:

- 1 teaspoon limu, diced
- 1/4 cup sunflower oil
- 1/4 cup white soy sauce
- 1/4 cup rice vinegar
- 1/4 cup yuzu

VINAIGRETTE METHOD:

Combine all ingredients in a bowl and whisk. Stir well before each use.

MACADAMIA NUT RICE INGREDIENTS:

- 1 cup cooked white rice
- 1 tablespoon toasted macadamia nuts, diced
- 1 teaspoon macadamia nut oil

MACADAMIA NUT RICE METHOD:

Cook white rice in a rice pot - 1 cup rice to 1 1/4 cups water - making sure to rinse rice thoroughly before cooking. Once cooked, add the toasted macadamia nuts, the macadamia nut oil and a pinch of salt. Mix well. Store at room temperature.

YUZU KOSHO AIOLI INGREDIENTS:

- 1 each egg
- 3/4 cup sunflower oil
- 1/2 teaspoon garlic
- 1/2 teaspoon dijon mustard
- 2 teaspoons yuzu juice
- pinch salt
- 1/4 teaspoon yuzu Kosho



Chef/Owner Ron Miller began his Hukilau Lanai journey as Executive Chef in 2002 when the restaurant opened. At that time, Ron began searching for interesting local products to serve. Exciting new partnerships were formed, many of whom still contribute to the menu today. Sixteen years later the small produce farmers and local artisans abound, and the possibilities seem endless. Local fisher-people have always played a starring role on the Hukilau Lanai menu. The restaurant is a certified member of the Monterey Aquarium Seafood Watch Program, which helps guide consumers and buyers to sustainable seafood buying choices. When choosing a product, Chef Ron strives to source Kauai first, neighbor island second, and mainland last. Hukilau Lanai has always been a collaborative effort, and a talented and dedicated kitchen staff help keep consistent quality at the forefront. Most nights, Ron can be found where he likes it best, working the line in the kitchen.

SHARING? PLEASE CREDIT:

Recipe compliments of

Chef Ron Miller (Tag @HulikauLani, @KonaKanpachi)

<https://ediblehi.com/kona-kanpachi-poke-bowl/>

@maidenhawaiinaturals

RON MILLER, HUKILAU LANAI

1. How important is sourcing locally made oil to your business for self sustainability factor?

We work hard to find and use local products at Hukilau Lanai. Produce, fish and meats are all pretty easy to get our hands on. This is the first cooking oil produced in Hawaii that I have used. Each year (we're 16 years old this month) there seems to be more products available. Of course quality trumps all, so we can't use a local product unless it is of high quality. I believe we have it with both oils.

2. How did you use the oil? Be specific to sunflower oil or macadamia nut oil.

I made a Kona Kanpachi Poke Bowl using both oils. The Kanpachi poke was tossed with avocado, cucumber, onion, limu and a yuzu, white soy & sunflower oil vinaigrette. It was served on a bed of macadamia nut rice which was infused with the macadamia nut oil. The raw fish was topped with a yuzu kosho aioli made with the sunflower oil.

3. Please describe the macadamia nut oil and sunflower oil's appearance, scent, texture, and taste, both raw and cooked. One or two word descriptions are fine. If a certain quality stands out, please elaborate.

The macadamia nut oil is crazy flavorful. It does to macadamia nuts what sesame oil does to sesame seeds. Neat toasted nutty cacao flavor really comes through. The macadamia nut oil is a great flavor enhancer. I added a tablespoon of oil to two cups cooked (warm) rice with toasted diced macadamia nuts and a pinch of salt. This was the bed for the poke bowl. The clear oil has a brown hue and is slightly viscous similar to sesame oil. Cooking the macadamia nut oil broke it down rapidly. I see it being a finishing oil more than a cooking oil.

The sunflower oil is a pretty yellowish green color. It has a similar viscosity to olive oil. It has a rich somewhat green flavor that I would compare to some California olive oils. The rich green earthy flavor was really accentuated when I used it to make the aioli. The oil stood up well to heat. I seared some fresh fish in it and was really pleased with the result. I can see using this oil as a cooking medium.

4. Did you find anything surprising about the oils?

I was surprised at the complex flavors of both oils. They couldn't be more different from one another. The macadamia nut oil has so much going on. I shared a blind taste with several sous chefs and cooks. I wish you could have seen their expressions. They lit up, smiled, and said, "Wow! What is that?" They too were impressed.



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ROASTED CABBAGE

RECIPE COURTESY OF LEE ANNE WONG

PHOTOGRAPHY BY BARRY FRANKEL

Serves 4-6

INGREDIENTS:

½ head green cabbage, cut in quarters, core still attached

2 tablespoons macadamia nut oil, plus one teaspoon fine Hawaiian sea salt

¼ cup macadamia nuts, freshly toasted

½ cup cilantro leaves, minced

1 tablespoon fresh lemon juice

METHOD:

Use a pastry brush to coat both sides of the cut cabbage with the 2 tablespoons of macadamia nut oil. Sprinkle the cabbage generously with the sea salt and roast on a parchment lined baking tray at 425F for 15-20 minutes, until the cabbage begins to color at the edges and is tender when cut.

In a food processor or using a mortar and pestle, pulse the toasted macadamia nuts until they begin to resemble crumbs and add in the cilantro until well combined. Then add the lemon juice, 1 teaspoon of macadamia nut oil and salt to taste. Sprinkle the mixture atop of the roasted cabbage. Serve immediately.

*Alternatively, you can add a Hawaiian chili pepper and some chopped green onion whites (1/4 cup) to the macadamia nuts, cilantro, lemon juice, macadamia nut oil and salt. Pulse together in a food processor or muddle in a mortar and pestle.



Lee Anne Wong is the chef and owner of Koko Head Cafe in Honolulu, Hawaii. A native of Troy, New York, Wong graduated from the International Culinary Center (ICC) and began her culinary training at Marcus Samuelsson's Aquaviv before playing an integral role in the opening of Jean Georges Vongrigheten's Chinese concept, Restaurant 66. Wong went on to work as the Executive Chef of Event Operations at ICC, during which time she was prominently featured on Season One of Bravo's Flagship Series "Top Chef", and subsequently was hired as the series' Supervising Culinary Producer for the next 6 seasons. Wong has also been featured on numerous food television series in addition to starring in her own web series The Wong Way to Cook on bravotv.com.

In 2013, Wong moved from New York City to Honolulu where she debuted Koko Head Cafe to popular acclaim. Wong released her first cookbook, *Dumplings All Day Wong*, in August 2014. Chef Wong continues to expand her brand across the globe, joining the culinary team for Hawaiian Airlines in 2015, and debuting Sweetcatch Poke in NYC in the fall of 2016. She was most recently named Hawaiian Airline's new Executive Chef, with her menus set to debut in June 2018.

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Recipe compliments of
Chef Lee Anne Wong (Tag @ediblehi @LeeAnneWong)
<https://ediblehi.com/roasted-cabbage/>
@maidenhawaiinaturals

CHEF LEE ANNE WONG

1. How important is sourcing locally made oil to your business for self sustainability factor?

At Koko Head Cafe, we strive to showcase as many local ingredients as possible. The reality is there is always a cost factor, with local product sometimes being more expensive than imported commodity goods. Understand that not only are you getting the freshest product possible, you are also supporting a community member and business. Sustainability and food security start with the community working together to create a dynamic and intricate web of relationships. I love discovering new products made here in Hawaii, and getting to meet the people behind them. The fact that these oils are high quality and have multiple health and beauty benefits makes their value inherent.

2. How did you use the oil? Be specific to sunflower oil or macadamia nut oil.

I used the sunflower oil for sautéing sliced leeks. Traditionally, I use butter, haha, but I loved the result when using the sunflower oil; the leek flavor came through cleanly. I used the macadamia nut oil for roasting cabbage in the oven. The result was simple but stunning.

3. Please describe the macadamia nut oil and sunflower oil's appearance, scent, texture, and taste, both raw and cooked. One or two word descriptions are fine. If a certain quality stands out, please elaborate.

The macadamia nut oil is delightfully complex. Medium viscosity, fresh aroma of coffee and cacao mixed with the essence of a blonde raw nut. When it cooks it deepens in flavor as a macadamia nut would, becoming nuttier, more roasty.

The sunflower oil is very similar to a fresh young olive oil with plenty of grassy and green notes. It stands up well to heat and allows whatever you are cooking to shine through flavor wise.

I would use both for raw and cooked applications.

4. Did you find anything surprising about the oils?

After doing some research, discovering the health benefits of both oils makes me reconsider utilizing these in my fats wheelhouse at home. I already use macadamia nut oil at the restaurant but this particular oil was less refined and had more character and flavor. The sunflower oil is an everyday use type for me so I'm excited to cook with it more.

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High Protein Bread with Mac Nut oil
Use organic ingredients if possible
Makes 2 loaves

Mix 2 x 2 1/4t packets (standard packet size) of yeast with warm water

blend 2 ¼ C water with
1 C vital wheat gluten
2 T organic cane sugar
1/2 C mac nuts

Add to the yeast water mix and stir

Gather in mixing bowl
2.5 C wheat flour
4 C all-purpose flour
1/2 C hemp seeds
1 C oats
1/4 C chia seeds
1/2 C mac nuts
1.5 T salt
1/4 C Maiden Hawaii Naturals Macadamia Nut oil

-Knead by hand or in bread mixer with hook for 10 minutes, add additional water or flour if necessary.
-Oil the dough ball and cover and let rise in bowl for 1 hour somewhere warm or until doubled
- Cut dough into 2 equal pieces and roll so the seam disappears
- Flatten into well-oiled bread pans and let rise again somewhere warm until doubled
Bake at 300 for 35-40 minutes with convection fan on. If you don't have a convection oven, they might require an additional 10-15 minutes.

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Recipe compliments of
Chef Matthew Egami and Leeward Community College
Tag @leewardcc
and @maidenhawaiinaturals



MAC NUT CHAMPAGNE VINAIGRETTE

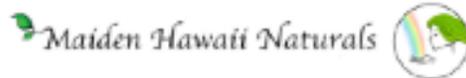
MAKES 2 CUPS

Ingredients

1 Tbsp	Shallots, minced
1 Tbsp	Mustard, Dijon
2 Tbsp	Sugar, Granulated
1 Tsp	Garlic, minced
.5 cup	Vinegar, Champagne
1 Tsp	Salt, Kosher
.5 Tsp	Pepper, White
1.5 cup	Maiden Hawaii Naturals Macadamia Nut Oil

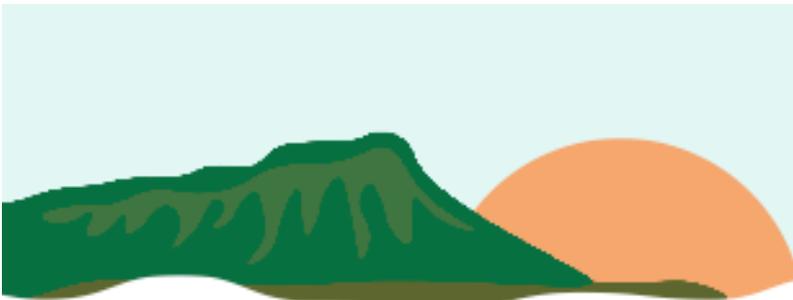
Preparation

1. Place all ingredients except for macadamia oil in robo-coupe. Pulse until thoroughly combined.
2. While robo-coupe is running, slowly drizzle in macadamia oil until fully emulsified.



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MAUI TROUT AND SHRIMP SATE WITH KAFFIR LIME AND TURMERIC MAUI MAC NUT OIL AIOLI WITH SPICY RED CHILI AND TOASTED COCONUT FLAKES

MAKES 15-20 1.5 OZ PCS

Fish and Shrimp Sate

Ingredients

10 oz / 250 grams shrimp, cleaned and deveined
10 oz / 250 grams Maui Trout or any firm white
fish fillet
2 tablespoons palm sugar
2 egg whites
1 tsp salt depending on shrimp and fish.
10-12 pieces kaffir lime leaves, thinly sliced and
finely chopped
2 oz / 50 grams desiccated toasted coconut
Blend proteins with egg whites, sugar and salt
until smooth. Fold in kaffir leaves and coconut.

Flavoring Ingredients

4 finely chopped shallots
2 cloves minced garlic
1/2 inch fresh turmeric
1/2 inch peeled ginger
1 teaspoon toasted and coarsely ground coriander seeds
Mince all ingredients in mortar & pestle into a smooth paste.

For Garnish - Mac Nut Oil Aioli with Red Chile

Ingredients

2 egg yolks
2 oz lemon juice
2-4 pcs minced garlic
8-12 oz Mac Nut Oil to thicken
1 oz finely chopped basil or green onion
6 Red Chilies (optional)
1 TBSP Tomato Paste for color (optional)
Salt and sugar to taste

Preparation

Wooden popsicle sticks, bamboo skewers, or fresh lemongrass for skewers
2 oz / 50 grams desiccated toasted coconut

Add cold processed flavoring ingredients to smooth blended forcemeat until
sticky and emulsified.

Hint: Use the pulse feature on a food processor and scrape sides frequently to
incorporate.

Cook small sample to taste and adjust seasoning. Keep mixture ice cold.
Process Aioli into fine thick consistency. Adjust for seasoning. (Chiles and
tomato paste are optional.)

Form and fasten 1 oz portion of fish/shrimp paste on one end of dampened
skewers using wet hands.

Cook quickly over hot BBQ charcoal grill or sauté until browned to cook: 2-3
minutes.

Service: Dab with 1/2 tsp aioli and garnish with toasted coconut.



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Recipe compliments of

Chef Steven Nakata and

Kauai Community College Culinary Arts

Tag @kauaicomunitycollege and @maidenhawaiinaturals

Open-faced Kaua'i Beef with "Ulu Mana"
'Ulu Beet Hummus &
"Maiden Hawai'i Naturals"
Macadamia Nut Oil Chimichurri

Roast Kaua'i Beef, Season with Salt,
Pepper, and Rosemary, Sliced Thin

'Ulu Mana Beet Hummus, Flavored with Horseradish

"Maiden Hawai'i Naturals" Macadamia Nut Oil Chimichurri

1 Cup Macadamia Nut Oil
3 Tbl Shallot Chopped
1 Tbl Jalapeno Chopped
1/2 Cup Parsley Chopped
1/2 Cup Cilantro Chopped
4 ea. Garlic Cloves Minced
2 Tbl Fresh Oregano Chopped
1/3 Cup Red wine vinegar
Salt and Pepper to taste

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Kauai Community College Culinary Arts
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Herb Crusted Kaua'i Shrimp Over Quinoa Salad

- 12 ea Head on Kaua'i Shrimp
- 2Tbl Fresh Parsley Chopped
- 2 tsp Fresh Basil Chopped
- 2tsp Fresh Oregano Chopped
- 1/4 Cup "Maiden Hawai'i Naturals" Macadamia Nut Oil
- Salt and Pepper to taste

Quinoa Salad

- 1lb Quinoa Cooked
- 1/2 Cup Dried Cranberries
- 1/2 Cup Edamame
- 1/2 Cup Roasted Pumpkin Seeds
- 1/2 Cup Red Onion Small Diced
- 1/4 Cup Parsley Chopped
- 3/4 Cup Macadamia Nut Oil Calamanci Dressing

Macadamia Nut Oil Calamanci Dressing

- 1/2 Cup "Maiden Hawai'i Naturals" Macadamia Nut Oil
- 1/4 Cup Calamanci Juice
- 2 Tbl Honey

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Recipe compliments of
Chef Taylor Ponte and The Mill House Restaurant
at Maui Tropical Plantation
Tag @millhousemaui @taylor_ponte
@mauitropicalplantation @maidenhawaiinaturals



The Mill House at Maui Tropical Plantation

MACADAMIA NUT CREME PUFF

Macadamia Nut Creme made with Maiden Hawaii Naturals Macadamia Nut Oil and Candied Macadamia Nuts

Pastry cream

2 cups milk
4 tbs cream
5 ea egg yolks
1 cup sugar
6 tbs cornstarch sifted
1 1/2 tbs butter, unsalted
2 tbs Macadamia nut oil

-Boil the milk and heavy cream together.

-In another bowl, scale the sugar and pastry powder and combine. Add the egg yolks.

-Pour less than half of the boiled milk mixture into the sugar and pastry powder mixture. Mix to combine.

-Pour the bowl of sugar mixture into the pot with the rest of the boiled milk. Stir the mixture as it boils until it gets sticky.

-Remove from the stove.

-Add the butter and Mac nut oil, mix well.

-Store in the refrigerator.

Pate Choux

1/2 cup butter
1 tsp sugar
1 1/4 cup flour
4 ea large eggs
1/2 tsp salt

-In saucepan melt butter, salt and sugar bring to boil. Stir in sifted flour and cook on medium heat till dough pulls away from the pan. 3-4minutes or so.

- transfer to a mixer and mix on low speed pouring 1 egg in at a time until incorporated.

- transfer to piping bag and portion on a non-stick sheet tray.

- bake 375f for 12 min.



The Mill House at Maui Tropical Plantation

GARDEN SALAD

Spicy, Pickled Cucumber and Carrots, Cherry Tomato, Smoked Avocado, Preserved Lemon, Shaved Radish, Sunflower Sprouts, Thai Basil Buds, Rosemary Mayonnaise Dressing made with Maiden Hawaii Naturals Maui Sunflower Oil

Sliced items

Cherry tomato
Avocado
Radish
Sunflower sprouts

Dressing

1 cup Maui Sunflower oil
2 tbs chopped Thai basil
3 tbs lemon juice
Salt to taste

Process- mix well in bowl, this is a broken dressing so it will not emulsify.

Rosemary Mayo

1 egg yolk
2 tbs champagne vinegar
1 tbs chopped rosemary
1 cup Maui Sunflower oil

Process- in blender puree yolk on low speed. Slowly pour oil until desired consistency is required. Remove from blender and in bowl fold in remaining items. Season with salt to taste.

Garnish

Sunflower seeds
Thai basil blossom

Pickled Cucumbers and carrots

1 ea carrot
1 ea cucumber

Pickled liquid

1 cup of apple cider vinegar
1/2 cup sugar
2 tbs salt
1 ea Hawaiian pepper, smashed.
1/4 cup water

Process- cut cucumbers and carrots to desired size. Combine all pickling liquid items and bring to a boil. Once boiling pour over cut veggies. Let steep in in pickle liquid for 2 day minimum.

Toss the sliced items in the dressing. To serve, smear each plate with rosemary mayo. Place a serving of the dressed sliced ingredients and pickled items. Top with garnish.

Recipe wave



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Recipe compliments of

Chef Jana McMahon (tag @janamc @janaeats @mauiprivatechef)

<https://ediblehi.com/chef-jana-mcmahon/>

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BAKED MOLOKAI PURPLE SWEET POTATO CHIPS

RECIPE COURTESY OF CHEF JANA MCMAHON

PHOTOGRAPHY BY CHEF JANA MCMAHON

INGREDIENTS:

**2 Molokai purple sweet potatoes, scrubbed and sliced 1/8" thick
(if you can't find these potatoes, orange ones work too)**

2 tablespoons sunflower oil

1/2 teaspoon sea salt

METHOD:

Preheat the oven to 400F.

Line 2 sheet pans with parchment. Divide sweet potato slices between 2 sheet pans.

Drizzle sunflower oil, toss and arrange the sweet potato slices in a single layer on each baking sheet.

Bake for 20-25 minutes. Flip chips once, 10 minutes into baking time.

Sprinkle with sea salt and serve.



Chef Jana McMahon has owned a Maui-based private chef business for 15 years, specializing in locally sourced Hawaiian ingredients and food restricted diets. Jana's food philosophy is quality ingredients make good food. Simply beautiful meals are created from fresh beautiful ingredients which allows the food to sing.

Chef Jana also works at a non-profit which teaches and advocates for people touched by autism by creating 365 days of healthy whole food-based menus. Obesity rates went from 80% to 18% within 20 months of implementing the menus.

Jana's YouTube Channel, Jana Eats, debuts June 2018. The cooking show will showcase delicious, healthy gluten and dairy free foods for people with auto-immune issues and autism. Jana currently has a live streaming TV show, Cooking with Jana, on The Autism Channel and co-stars with her autistic sidekick, Jason Brummett. Cooking with Jana was recently selected by Royal Caribbean Cruise Lines to be included on the ship's in-cabin video feed.

Chef Jana is a degreed horticulturalist, a Hawaii Master Gardener, a beekeeper, and grows organic produce and herbs for her clients' meals. She also has her own laying hens. She is a founding member of Slow Food Maui, and a member of the Women Chefs & Restaurateurs Association.

CHEF JANA MCMAHON

1. How important is sourcing locally made oil to your business for self sustainability factor?

Excited to have a locally made oil. Enjoy sharing all locally produced product with clients.

Concerned about the high omega 6 fats in the sunflower oil, but can off set that by consciously combining the food prepared with the high omega 6 oil with a high omega 3 ingredient.

2. How did you use the oil? Be specific to sunflower oil or macadamia nut oil.

Sunflower oil made some super delicious Molokai purple sweet potato chips. Complimented them with a high omega 3 dip with walnuts, sardines, olive oil, lemon, garlic and salt.

Macadamia nut oil made a beautiful salad dressing. Paired the macadamia nut oil with fresh passionfruit juice, rice wine vinegar, honey and sea salt. Also made a really good simple sherry vinaigrette with the macadamia nut oil.

3. Please describe the macadamia nut oil and sunflower oil's appearance, scent, texture, and taste, both raw and cooked. One or two word descriptions are fine. If acertain quality stands out, please elaborate.

Sunflower oil: clean taste, subtle sunflower seed scent and flavor.

Macadamia Nut oil: more viscous, umami scent and flavor from nut flavor profile.

Both oils have a predominate nut like flavor.

4. Did you find anything surprising about the oils?

No surprises. Sunflower oil is very versatile.



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