



# Locally Grown Culinary Oils



## RECIPES

*shared by*  
Hawaii's Top Chefs  
& Home Cooks



# Locally Grown Culinary Oils



Hawaii's top chefs and home cooks prefer Maiden Hawaii Naturals premium culinary oils, made with locally grown ingredients including sunflowers we sustainably farm on Maui. 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 at our mill on Hawaii Island. [Learn more at MaidenHawaiiNaturals.com](http://MaidenHawaiiNaturals.com) or Social: [@maidenhawaiinaturals](https://www.instagram.com/maidenhawaiinaturals).

Maiden Hawaii Naturals, LLC was created by Maui's renewable energy pioneers, Bob and Kelly King. Their company Pacific Biodiesel 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!  
[www.biodiesel.com](http://www.biodiesel.com)





# Hawaiian Macadamia Premium Culinary Oil



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

- 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."***



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FREE recipes at  
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# Maui Sunflower Premium Culinary Oil

- Made from sunflowers we sustainably farm on Maui with no pesticides, no herbicides and no GMO crops
- 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 12 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](#).



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# 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.



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Recipe compliments of Chef Taylor Ponte  
Tag @taylor\_ponte and @kamadomaui  
and @maidenhawaiinaturals



# Macadamia Dressing

## Featuring Hawaiian Macadamia Oil

Compliments of Executive Chef Taylor Ponte

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

1/4 cup Macadamia nuts  
1ea avocado, Peeled  
1ea egg  
2ea garlic cloves  
1 bunch cilantro  
1 cup Maiden Hawaii Naturals 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).

– **Executive Chef Taylor Ponte**  
‘Aipono Chef of the Year, 2020  
Co-Founder,  
Kamado Private Dinners & Pop Ups



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# Fruity Brunch Salad

## Featuring Hawaiian Macadamia Oil

Recipe provided by Lee of The Rogue Brussel Sprout

### Ingredients:

- 3 tbsp fresh-squeezed tangerine juice
- 1 tbsp Maiden Hawaii Naturals Macadamia Oil
- 1 tbsp maple syrup
- Very generous flaky sea salt and freshly ground black pepper
- Small head of radicchio
- Romaine heart
- Cup or two of baby spinach
- Various fruit of choice (shown here: mango, green kiwi, red kiwi, Ojai pixie tangerines, kumquats, mandarinquats, dragonfruit, and blueberries)
- Handful of sunflower sprouts

### Directions:

- In a large mixing bowl, combine the dressing ingredients (tangerine juice, macadamia oil, maple syrup, salt, and pepper) and mix well.
- Cut the radicchio into thin ribbons and add it to the dressing. Toss well. Let the radicchio sit in the dressing while you cut up the fruit; this will help it to tenderize and mellow. Don't add the other greens yet since you don't want them to get soggy!
- Prepare your fruit as needed by peeling, slicing, removing seeds, etc.
- When you're ready to serve, cut the romaine into thin ribbons and add it to the radicchio. Add the spinach and toss.
- Transfer the greens to a serving platter and top with your sliced fruit.
- Finish it off with a handful of sprouts scattered across the top.



This salad is a light, versatile, show-stopping brunch dish that celebrates the magic of fresh produce. An abundance of fruit (choose what you love most!) is complemented by bitter radicchio and luscious Maiden Hawaii Naturals Macadamia Oil for a well-rounded dish that would be a welcome addition to any spring or summer brunch spread.

This recipe was developed by Lee of The Rogue Brussel Sprout recipe blog. You can find her on Instagram (@TheRogueBrusselSprout) and visit her blog at [www.TheRogueBrusselSprout.com](http://www.TheRogueBrusselSprout.com)

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# Sunflower Tortilla Strips

## Featuring Maui Sunflower Oil

Recipe provided by Lee of The Rogue Brussel Sprout

- Cut several corn tortillas into long strips using a sharp knife or pizza slicer
- Using Maui Sunflower Oil, toast strips in a very generously-oiled skillet over medium/high heat until crisp and browned
- Flip and toast the other side
- As soon as the strips are done, salt both sides generously
- Work in batches as needed, since each chip needs full contact with the skillet
- Set completed chips on a cooling rack so they stay crisp
- Use them to top your favorite salads; they add great crunch



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# Fruity & Nutty Spring Kale Salad

## Featuring Hawaiian Macadamia Oil

Recipe provided by Lee of The Rogue Brussel Sprout

### Ingredients:

- 2 tbsp fresh-squeezed orange juice
- 1 tbsp Maiden Hawaii Naturals Macadamia Oil
- Generous flaky sea salt, like fleur de sel
- Two bunches of Lacinato (or “dinosaur”) kale
- Half a head of radicchio
- Large handful of kumquats and/or mandarinquots
- Large handful of blackberries
- 1-2 avocados
- Handful of roasted salted pistachios

### Directions:

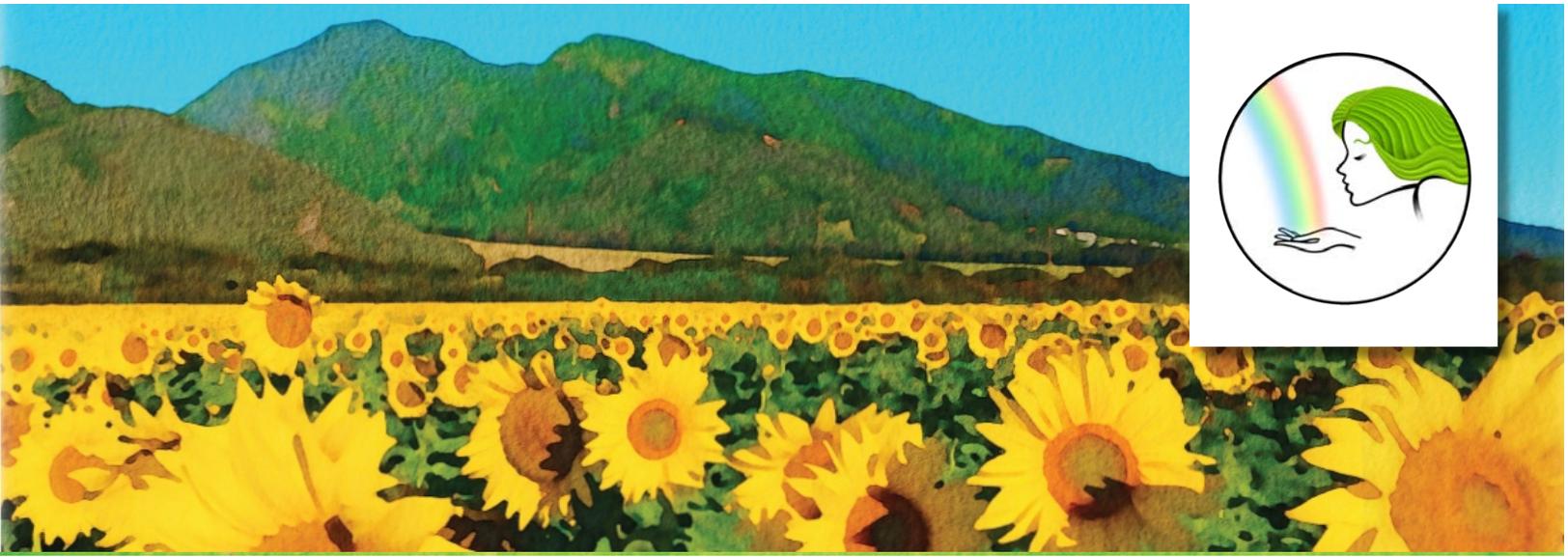
- In a large mixing bowl, whisk together the orange juice, macadamia oil, and a generous sprinkling of salt.
- Remove the ribs from the kale and cut the leaves into thin ribbons.
- Add the kale ribbons to the mixing bowl and give them a vigorous massage in the dressing.
- Slice the radicchio into thin ribbons, making sure not to include the stem. Add the radicchio to the kale and toss well.
- Let it all sit for five minutes to let the kale and radicchio marinate in the dressing.
- Meanwhile, slice the kumquats, mandarinquots, and avocado.
- Transfer the kale and radicchio to a serving platter. Top with the sliced citrus and avocado, as well as blackberries and pistachios. Finish it off with another sprinkle of flaky salt and serve immediately.



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# Fast Kine (what you got in the fridge kine) Lau Lau

## Featuring Maui Sunflower Oil

Compliments of our customer Mele Kalama-Kingma

### INGREDIENTS:

- Five lau from @hookuaaina
- 3oz local/organic protein of choice
- Handful pa'akai
- 1 tsp local sunflower oil from @maidenhawaiinaturals
- 1 tbsp coconut milk or coconut cream
- Local Kalo, 'uala @hookuaaina
- Organic Carrots, 1 garlic clove (+ whatever else you like)

### DIRECTIONS:

- Lay lau flat in your hand
- Place protein, salt and oil
- Add the rest of the ingredients
- Coconut milk over all
- Wrap it up like a burrito
- Ti leaf wrap (or less ideal aluminum foil)
- Steam until cooked (3-4 Hours)
- Enjoy!



**maidenhawaiinaturals** That looks delicious!! Thanks for featuring our @maidenhawaiinaturals Maui Sunflower Culinary Oil in this dish, Mele! You're inspiring all of us to eat local 🌈



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# Lasagna Style Luau Stew

## Featuring Hawaiian Macadamia Oil

Compliments of our customer Mele Kalama-Kingma

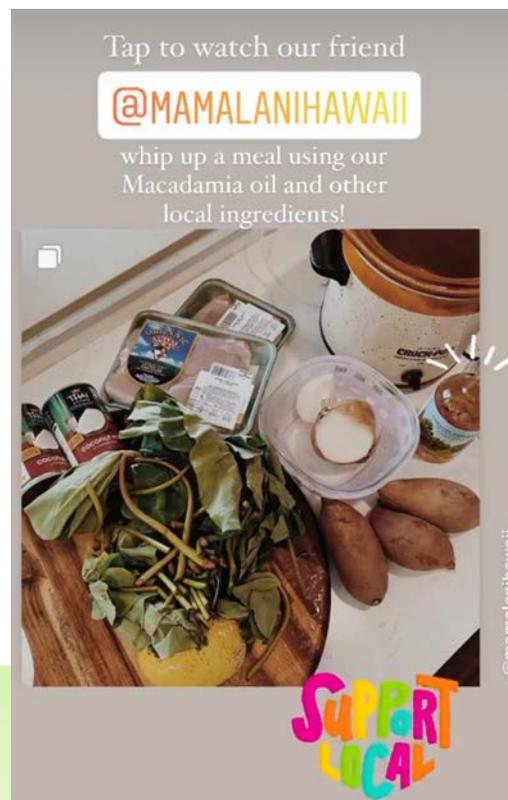
- Coat bottom of crockpot with local macadamia nut oil by @maidenhawaiinaturals
- Protein of choice; preferably Organic + local
- Aloha Tofu (local)
- Pa'akai - Salt the protein or tofu
- Can add in half chopped onion
- Cut luau leaves (one bag - find these at Foodland) and add on top protein
- Cube sweet potatoes, ulu, carrots or whatever you want on top luau leaves
- Cover with two cans coconut milk
- Scoop of local bone broth by @foragehawaii or organic bouillon to taste

“If we want to help Hawai’i, if we want to see independence from foreign control - start with what we eat. Eating local supports farmers, encourages land preservation and provides jobs that can actually FEED people. It won’t be perfect, and it won’t be convenient. It may cost more, it may take time to plan. It will be slow, like a slow cooker that increases in flavor and ages well with time. That’s the future for Hawai’i.”

– Mele Kalama-Kingma  
Founder of Mamalani

Set crockpot to high for 6 hours... I heard instapot can do in 1 hour 😊 but for some reason this process reminds of da imu style cooking in which flavor ages with time and I like watching em cook.

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# Sunflower Tortilla Chips

## Featuring Maui Sunflower Oil

Recipe provided by Lee of The Rogue Brussel Sprout

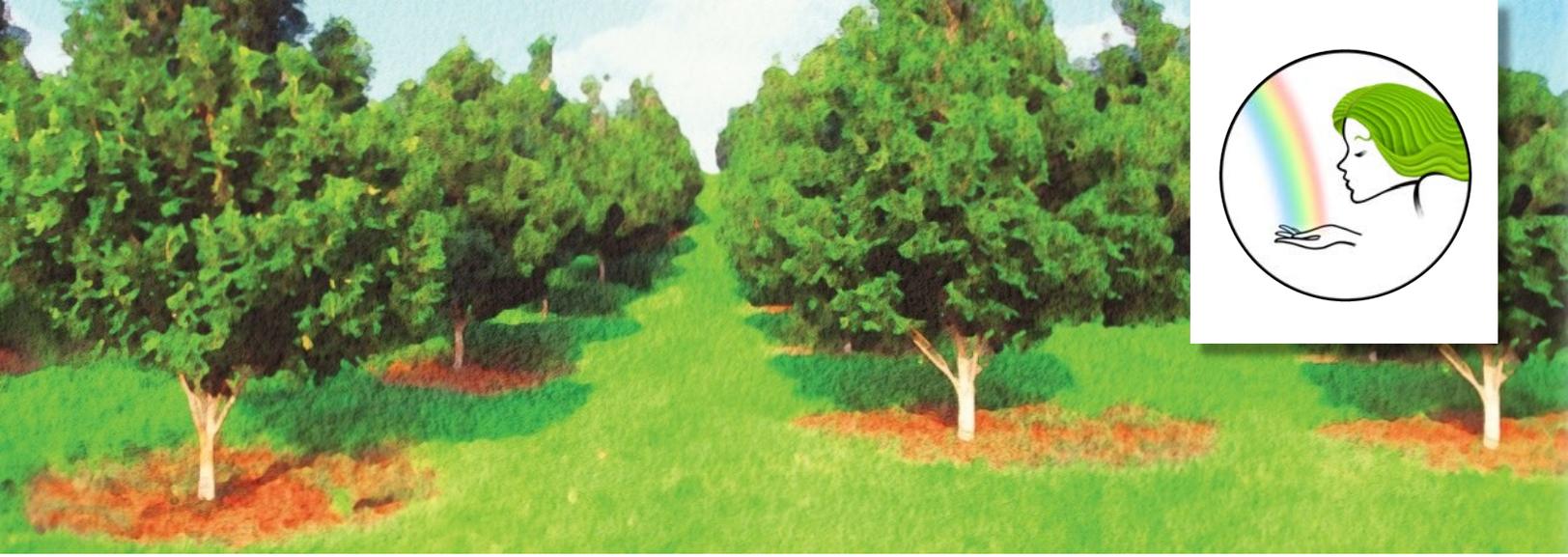
- Cut several corn tortillas into 6-8 wedges each, using a sharp knife or pizza slicer
- Using Maui Sunflower Oil, toast the chips in a very generously-oiled skillet over medium/high heat until crisp and browned
- Flip and toast the other side
- As soon as the chips are done, salt both sides generously
- Work in batches as needed, since each chip needs full contact with the skillet
- Set completed chips on a cooling rack so they stay crisp
- Enjoy while they're still hot! Ideally with a very large bowl of guacamole!



This recipe was developed by Lee of The Rogue Brussel Sprout recipe blog. You can find her on Instagram (@TheRogueBrusselSprout) and visit her blog at [www.TheRogueBrusselSprout.com](http://www.TheRogueBrusselSprout.com)

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# Macadamia Nut Pesto Sauce

## Featuring Hawaiian Macadamia Oil

Recipe provided by our customer, Chimiko Fukui

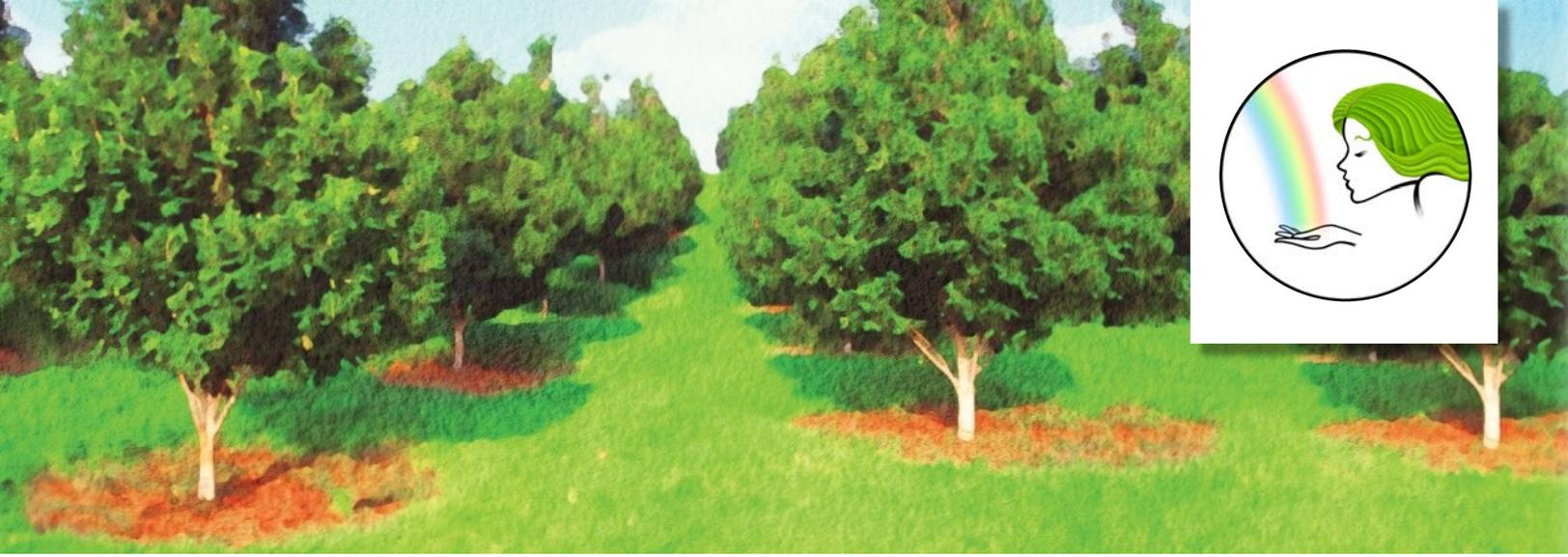
- 3 Cups fresh basil
- 2-3 cloves of garlic
- 1 Cup Macadamia nuts
- 1 Cup parmesan cheese
- 1 Cup Maiden Hawaii Naturals Hawaiian Macadamia oil
- ½ tsp sea salt
- Hint of soy sauce

- Blend all ingredients together until smooth.



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# Macadamia Ice Cream & Brittle

## Featuring Hawaiian Macadamia Oil

Recipe provided by Chef Carol Wallack

### ICE CREAM

- 6 egg yolks
- 2 cups whole milk
- 1 cup heavy cream
- 1/2 cup sugar
- 1/2 cup. Maiden Hawaii Naturals Hawaiian Macadamia oil
- 1/4 cup honey
- 1/2 tsp salt
- 1/2 tsp vanilla extract

Heat the milk, cream, 1/4 cup of the sugar, salt and the honey in a sauce pan. In a separate bowl, combine egg yolks and the remaining 1/4 cup of sugar. Once milk mixture is hot, ladle a small amount into the egg mixture and whisk it in to incorporate so the eggs don't cook. Add some more to continue to temper the eggs. Then return the egg mixture to the sauce pan with the rest of cream mixture and turn flame down to low. Continue to stir until it gets thicker and coats the back of a spoon.

Remove from heat and add the macadamia nut oil and the vanilla. Strain and cool over night in the refrigerator.

Make the brittle and set aside to cool (*see recipe next page*). Once cooled, chop it up into small bite size pieces to be added to the ice cream.

Place a bowl in the refrigerator to be used for folding in the brittle.

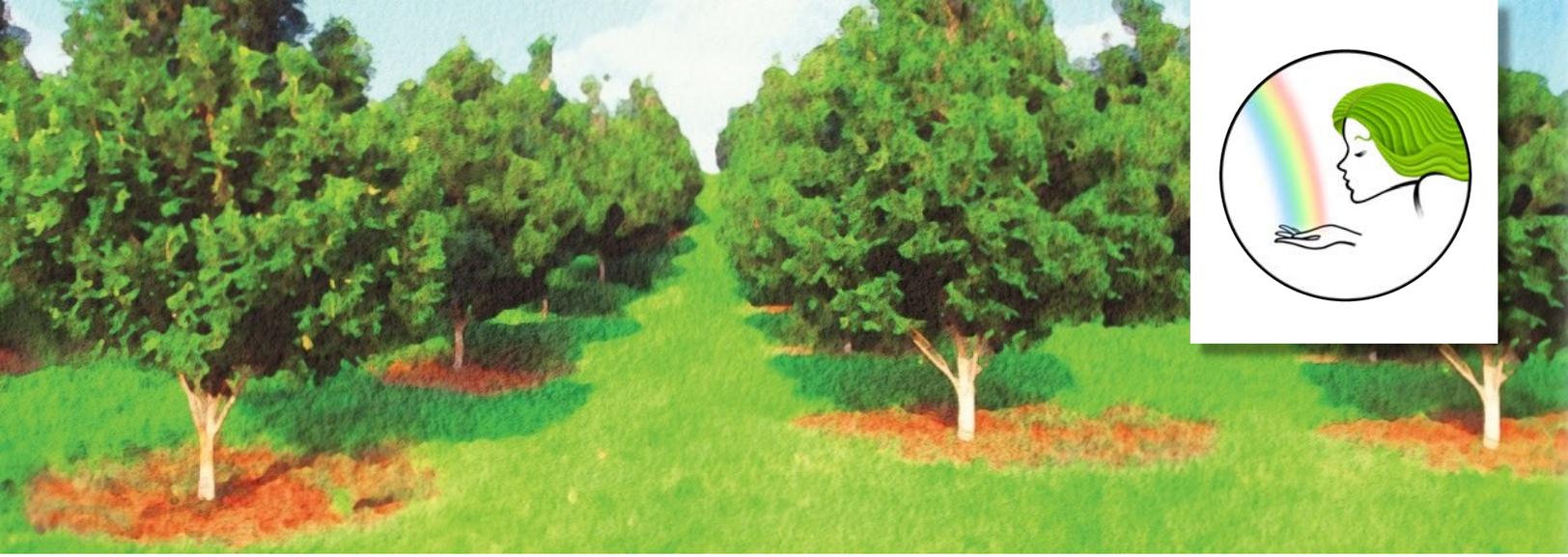
Give the base mix a good stir, as the oil may have separated a little bit. Spin the ice cream according to manufacturers instructions. It should take 20-25 minutes. The ice cream will be thickened and moving from the sides of the bowl.

Put chopped brittle into the chilled bowl. Add the ice cream as it's finished in the ice cream maker and fold in the brittle.

Put into a freezer safe container to freeze for at least 4 hours before serving.



**CONTINUED on next page**



# Macadamia Ice Cream & Brittle

## Featuring Hawaiian Macadamia Oil

Recipe provided by Chef Carol Wallack

CONTINUED from previous page

### MACADAMIA NUT BRITTLE

- 1/2 cup granulated sugar
- 1/4 cup hot water
- 1/4 cup light corn syrup
- 3/4 cup roasted macadamia nuts
- 1 tbsp butter, at room temperature
- 1/2 tsp salt
- 1/4 tsp baking soda
- 1/4 tsp vanilla extract

Line a half sheet pan with a silpat (nonstick silicone baking mat).

In a 3 quart heavy saucepan over medium heat, dissolve sugar, water and corn syrup. Stir in macadamias with a wooden spoon and stir over heat until a light caramel forms, approximately 4 minutes.

Meanwhile, put butter, salt vanilla and baking soda in a bowl. When the syrup reaches the light caramel stage, pour the contents of the bowl into the pot. Remove from the heat and stir. The baking soda will darken the caramel. Spread the caramel on a silpat. Let it harden and cool. Once it does, cut into chunks for the ice cream. Set aside.



Carol Wallack was the owner and executive chef of Sola restaurant in Chicago, garnering awards as one of Chicago's best new restaurants (2007) and best chefs (2009) among many other culinary industry accolades. Her cuisine at Sola featured Hawaiian flavors and traditions with midwestern sensibility, expressing her love of the Hawaiian islands. Now retired on Maui, she enjoys creating ice cream flavors (a passion she discovered at Sola), making cookies, an occasional catering job, enjoying beach life and raising her pup, Edie. She also serves on the Board of Maui Huliau Foundation.

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# Ulu Kim Chee Korean Pancake

## Featuring Maui Sunflower Oil

Recipe provided by @GardenOfAloha

### INGREDIENTS:

- 1/3 c @napiliflofarm kim chee
- 1/4 c kim chee juices
- 1/3 c heaping @nohoanafarm ulu flour
- 2 homegrown eggs
- Between 1 teaspoon and 1 tablespoon @maidenhawaii naturals sunflower oil (depending on size and type of skillet)

### DIRECTIONS:

- Cut up kim chee in small pieces.
- Mix together ulu flour, eggs & kim chee juices. Add cut up kim chee.
- Add the oil to the bottom of a skillet, pour kim chee mixture into hot pan.
- Flip when it starts to bubble. Serve warm with green onions.

*Note: Feel free to use cut up stir fried veggies or just green onions if kim chee isn't your jam. Replace kim chee juices with water.*



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Recipe compliments of Kauai and Ash on Instagram  
@gardenofaloha  
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# Sunflower Popcorn

## Featuring Maui Sunflower Oil

Recipe provided by Lee of The Rogue Brussel Sprout

- Add a generous tbsp of Maiden Hawaii Naturals Maui Sunflower Oil to a large pot with a lid.
- Heat the pot over high heat for a few minutes until the oil shimmers.
- Add 1/2 c popcorn kernels and put the lid on the pot.
- Allow the popcorn to pop, shaking the pot every 30 seconds so that the kernels get even access to heat.
- Take the pot off the stove once there are more than a few seconds between pops.
- Put the popcorn in a large bowl and toss immediately with 1/2 tsp flaky sea salt like fleur de sel.



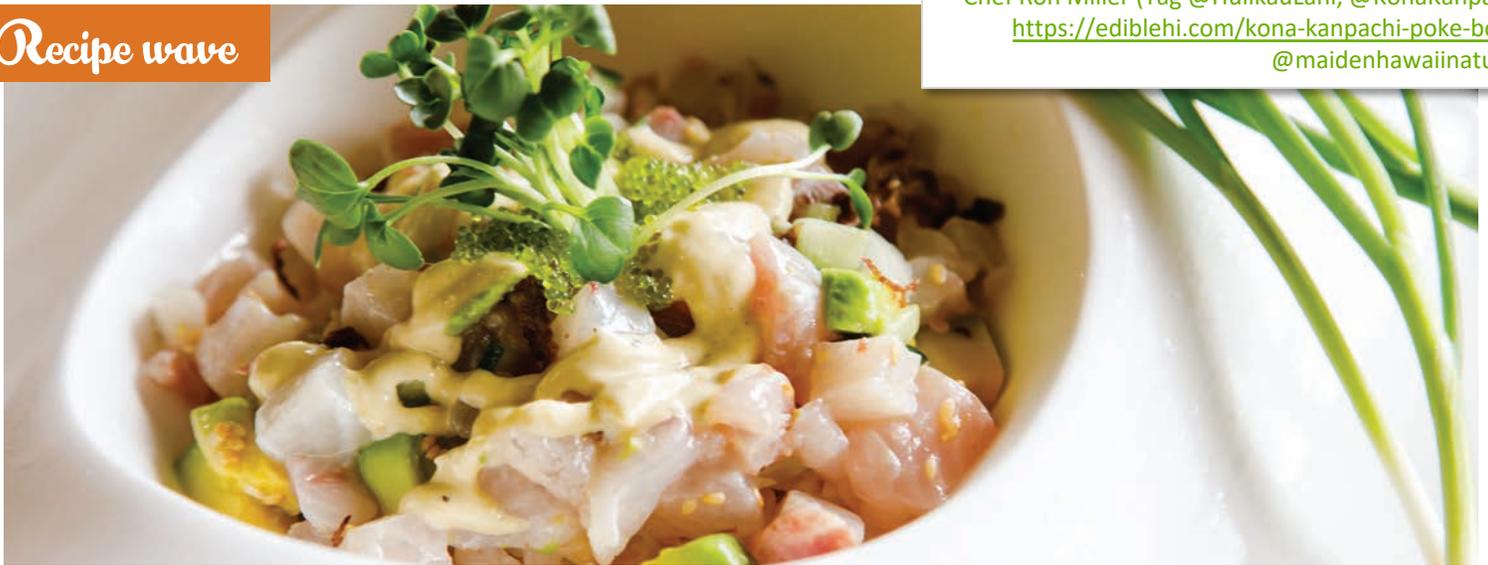
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## Recipe wave



## 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.

## 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.



B3 "A Beach Bunny Bakery"  
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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 Aquavit before playing an integral role in the opening of Jean Georges Vongrighthen'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.

**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.



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.



# 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.

 Maiden Hawaii Naturals



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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**

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### 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.

SHARING? PLEASE CREDIT:

Recipe compliments of

Chef Steven Nakata and

Kauai Community College Culinary Arts

Tag @kauaicommunitycollege and @maidenhawaiinaturals



HAWAII GAS  
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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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Chef Steven Nakata and

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HAWAII GAS  
THE CLEAN ENERGY COMPANY

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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



## 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

SHARING? PLEASE CREDIT:

Recipe compliments of

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

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

### 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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Award-winning Hawaiian-inspired cuisine in the intimacy of Maui's breathtaking scenery.

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