



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





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."



Learn more and download
FREE recipes at
MaidenHawaiiNaturals.com



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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Recipe compliments of Chef Taylor Ponte
Tag @taylor_ponte and @kamadomaui
and @maidenhawaiinaturals



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

Learn more at MaidenHawaiiNaturals.com
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Recipe compliments of The Rogue Brussel Sprout
Tag @TheRogueBrusselSprout and
@maidenhawaiinaturals



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.



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

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Lasagna Style Luau Stew

Featuring Hawaiian Macadamia Oil

Compliments of our customer Mele Kalama-Kingma

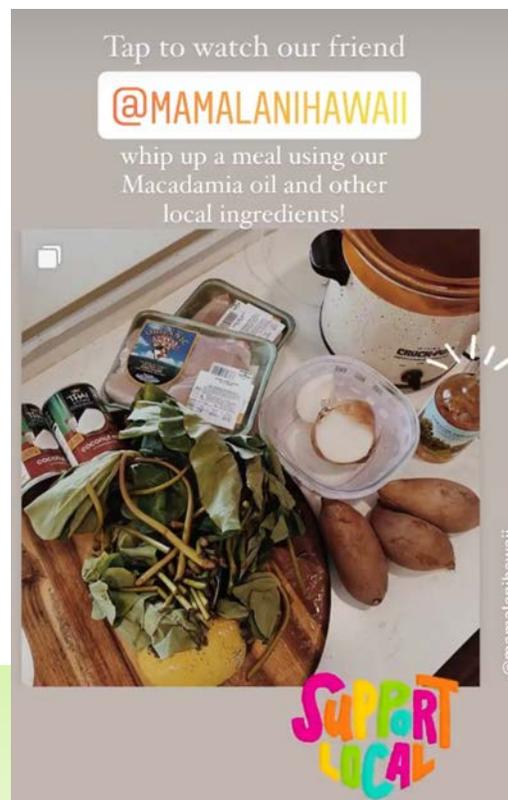
- Coat bottom of crockpot with local macadamia nut oil by @maidenhawaiinaturals
- Protein of choice; preferably Organic + local
- Aloha Tofu (local)
- Pa'akai - Salt the protein or tofu
- Can add in half chopped onion
- Cut luau leaves (one bag - find these at Foodland) and add on top protein
- Cube 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

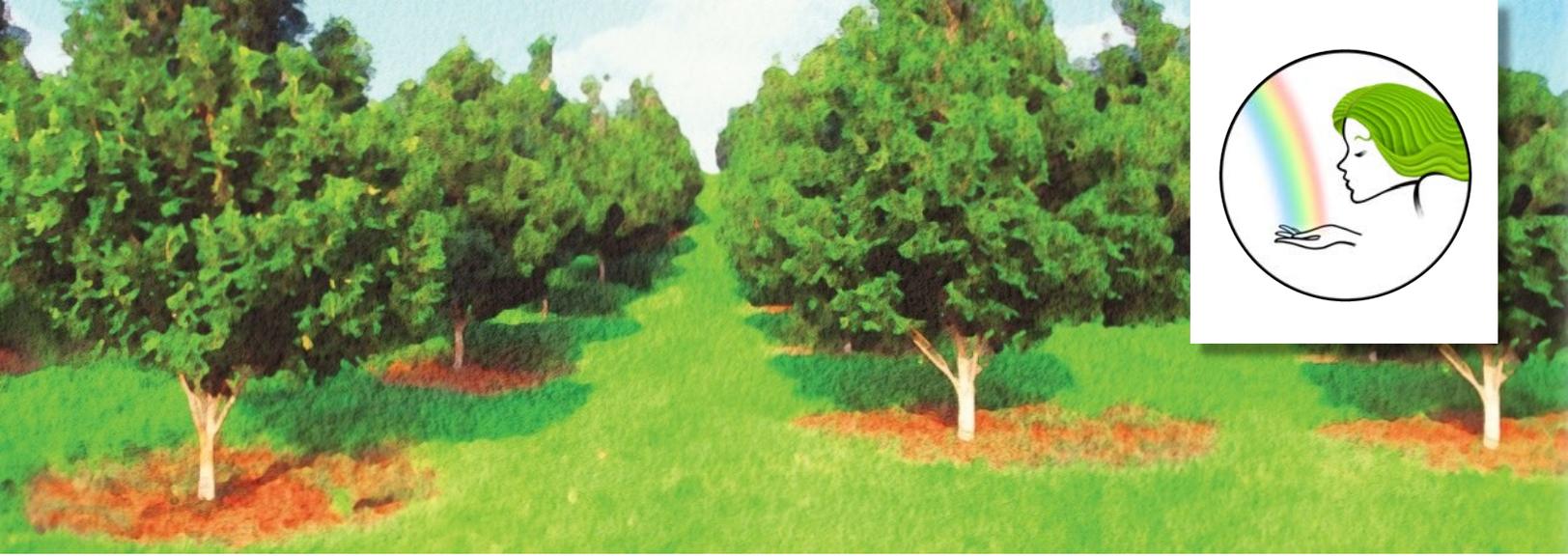
“If we want to help Hawai’i, if we want to see independence from foreign control - start with what we eat. Eating local supports farmers, encourages land preservation and provides jobs that can actually FEED people. It won’t be perfect, and it won’t be convenient. It may cost more, it may take time to 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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Recipe compliments of Mamalani
Tag @mamalanihawaii
and @maidenhawaiinaturals





Macadamia Nut Pesto Sauce

Featuring Hawaiian Macadamia Oil

Recipe provided by our customer, Chimiko Fukui

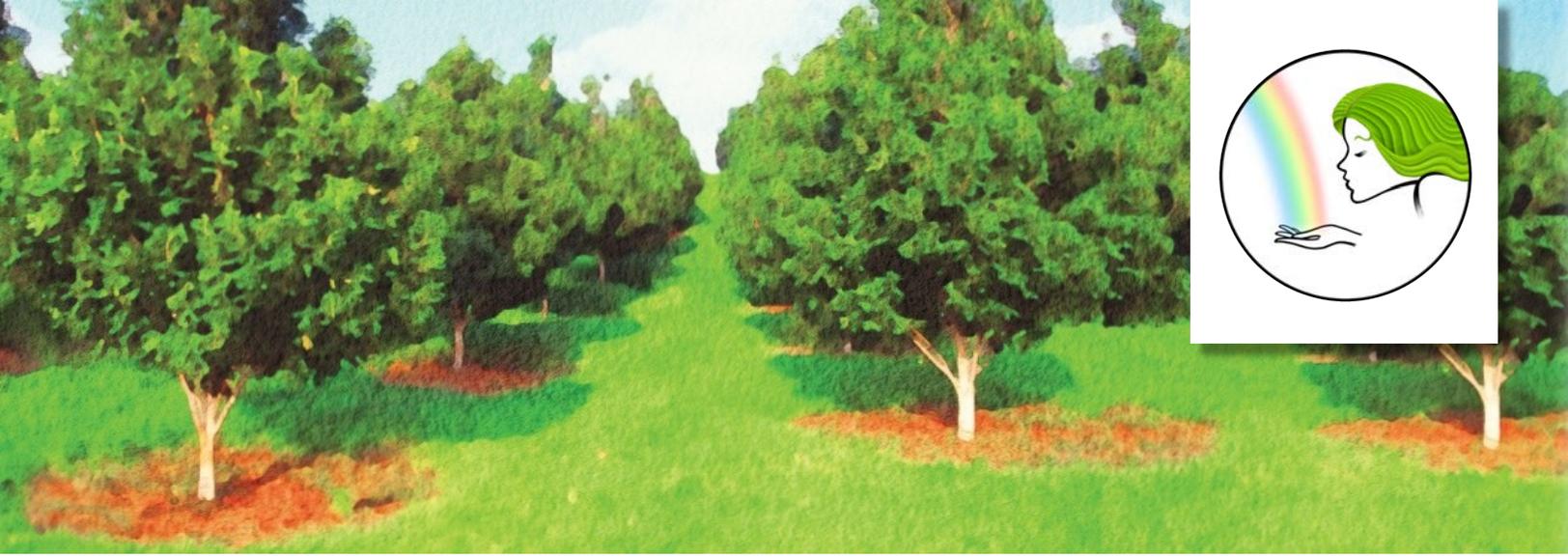
- 3 Cups fresh basil
- 2-3 cloves of garlic
- 1 Cup Macadamia nuts
- 1 Cup parmesan cheese
- 1 Cup Maiden Hawaii Naturals Hawaiian Macadamia oil
- ½ tsp sea salt
- Hint of soy sauce

- Blend all ingredients together until smooth.



Learn more at MaidenHawaiiNaturals.com
Follow us @maidenhawaiinaturals & share your recipe!

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Recipe compliments of Chimiko Fukui
Tag: @chimiko.fukui
and @maidenhawaiinaturals



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.

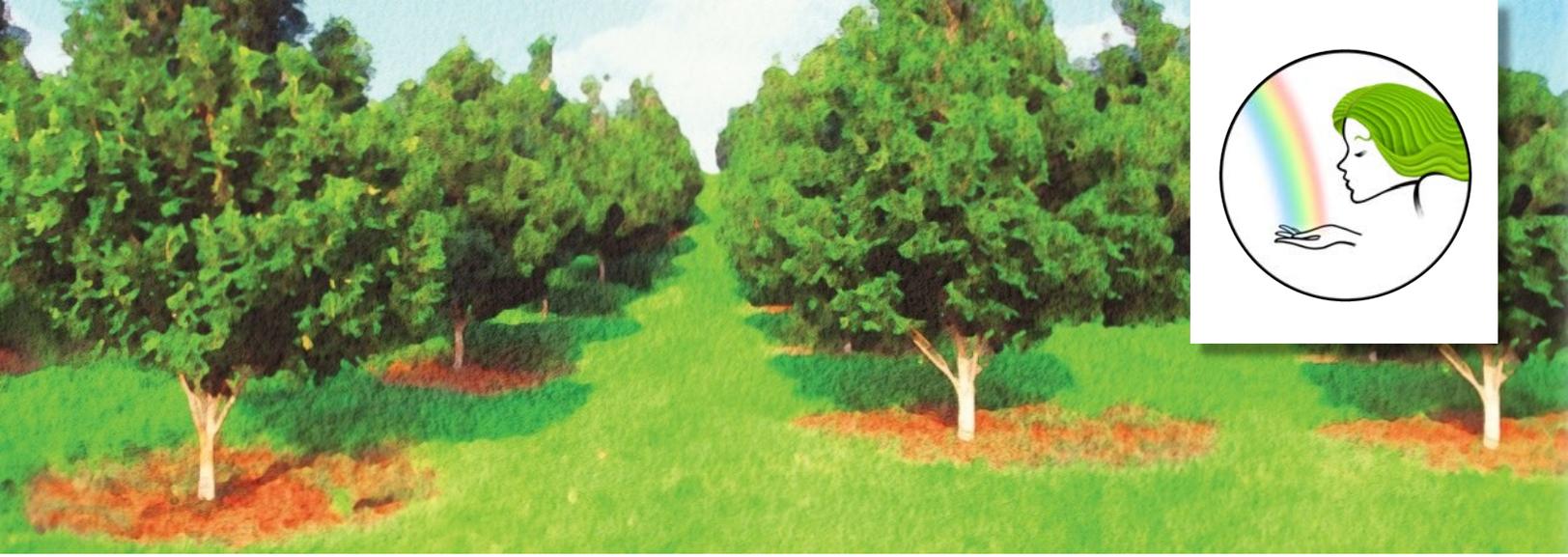
Give the base mix a good stir, as the oil may have separated a little bit. Spin the ice cream according to manufacturers instructions. It should take 20-25 minutes. The ice cream will be thickened and moving from the sides of the bowl.

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.

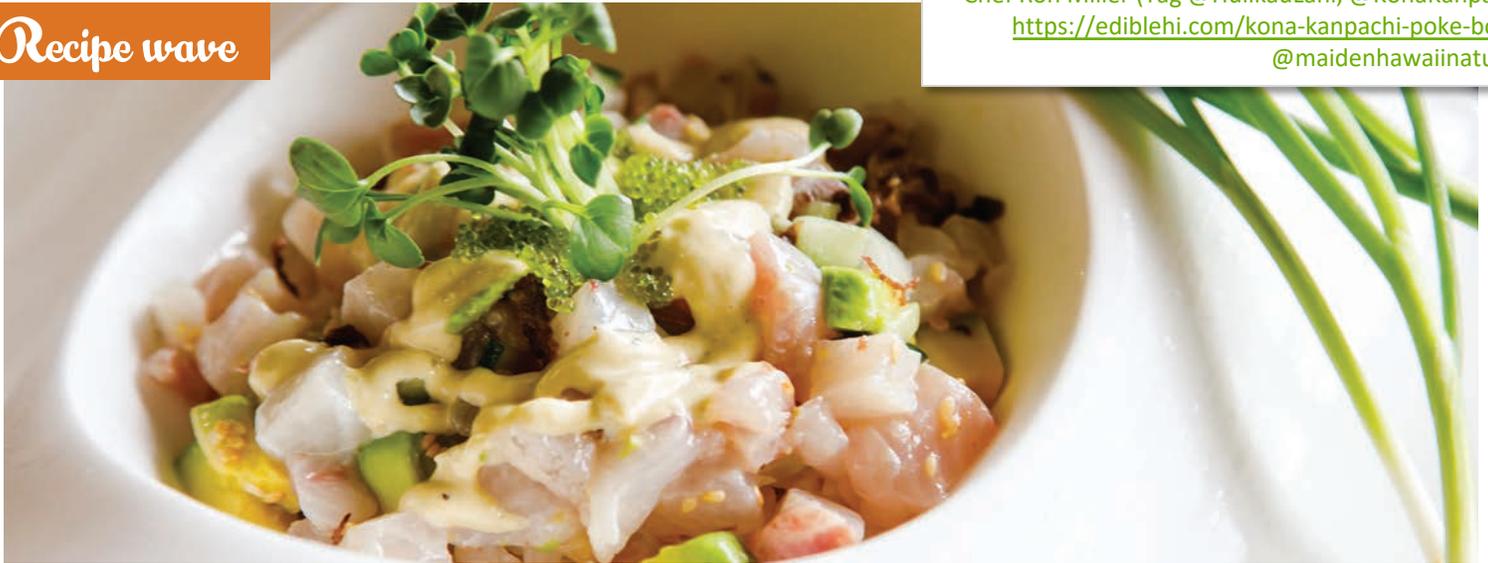


Carol Wallack was the owner and executive chef of Sola restaurant in Chicago, garnering awards as one of Chicago's best new restaurants (2007) and best chefs (2009) among many other culinary industry accolades. Her cuisine at Sola featured Hawaiian flavors and traditions with midwestern sensibility, 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.

Learn more at MaidenHawaiiNaturals.com
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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.



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 Vongrichthen'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.



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

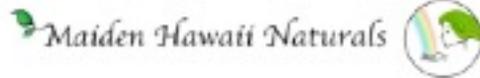
MAKES 2 CUPS

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.





**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.



HAWAII GAS
THE CLEAN ENERGY COMPANY



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Recipe compliments of

Chef Steven Nakata and

Kauai Community College Culinary Arts

Tag @kauaicommunitycollege 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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KAUA‘I
COMMUNITY COLLEGE



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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.