



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





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](#).



Learn more and download
FREE recipes 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
and @maidenhawaiinaturals



Sunflower Tortilla Strips

Featuring Maui Sunflower Oil

Recipe provided by Lee of The Rogue Brussel Sprout

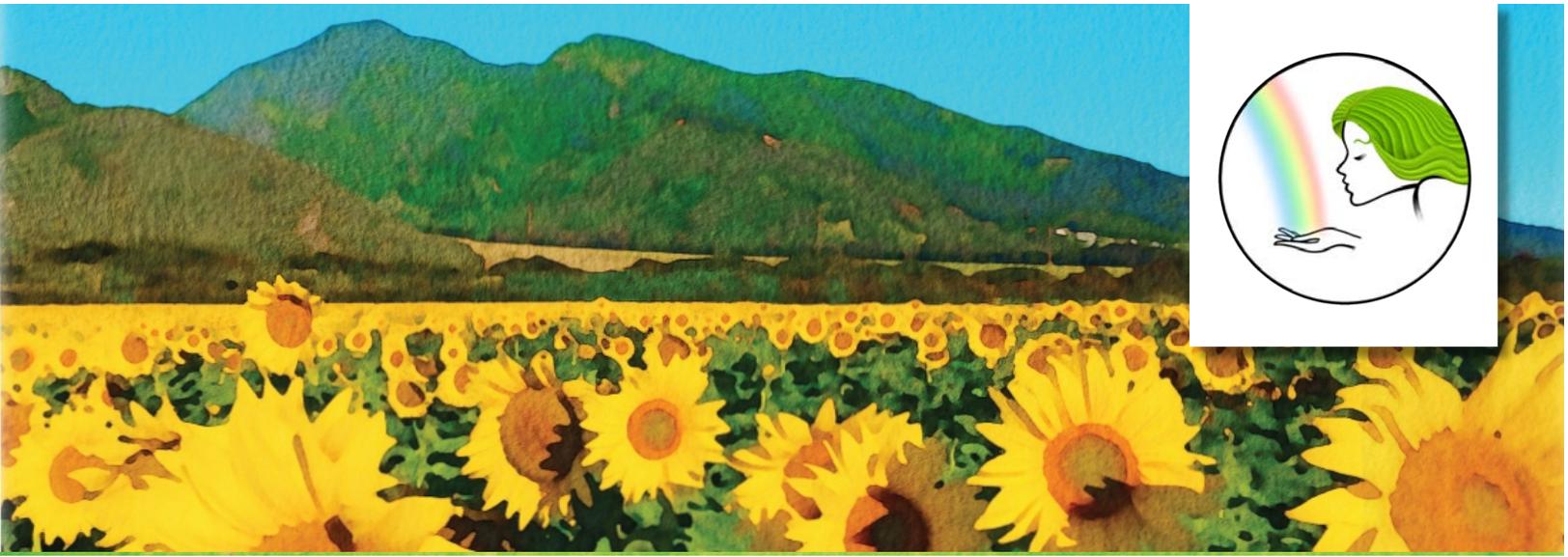
- Cut several corn tortillas into long strips using a sharp knife or pizza slicer
- Using Maui Sunflower Oil, toast strips in a very generously-oiled skillet over medium/high heat until crisp and browned
- Flip and toast the other side
- As soon as the strips are done, salt both sides generously
- Work 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



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
Follow us @maidenhawaiinaturals & share your recipe!

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Recipe compliments of The Rogue Brussel Sprout
Tag @TheRogueBrusselSprout and
@maidenhawaiinaturals



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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Recipe compliments of Mamalani
Tag @mamalanihawaii
and @maidenhawaiinaturals



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!



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Recipe compliments of The Rogue Brussel Sprout
Tag @TheRogueBrusselSprout and
@maidenhawaiinaturals



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 @maidenhawaiinaturals 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.



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

SHARING? PLEASE CREDIT:
Recipe compliments of Kaui and Ash on Instagram
@gardenofaloha
Tag @gardenofaloha and @maidenhawaiinaturals



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.



**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.



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.



THE RESTAURANT at HOTEL WAILEA

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

The Restaurant at Hotel Wailea offers guests a uniquely romantic setting and creative, award-winning cuisine. For that special occasion, treat yourselves to an evening in The Treehouse for a private chef-curated dinner amid a tropical orchard canopy.

"Top 100 Most Romantic Restaurants" - Open Table

