



You're AMAZING, David Martin!

OSCAR Care Group is delighted to introduce Chef **David Martin** from **Japara The Regent**, recipient of **The OSCARS** Recognition of Excellence program.

We recognise David's fantastic dedication to the pursuit of perfection in creating memorable meals that appeal to all 5 senses for his residents at Japara's The Regent facility in Mount Waverley.

According to David, "For too long, people have held the long prevailing view that food in Aged Care is bland and uninspiring. For a significant part of my career, I have dared to challenge this view."

David works tirelessly to:

- Encourage people to rethink what food in Aged Care might look like
- Demonstrate how innovation, passion, creativity and commitment to a cause can change this prevailing view
- Improve the quality of life & experience of his residents

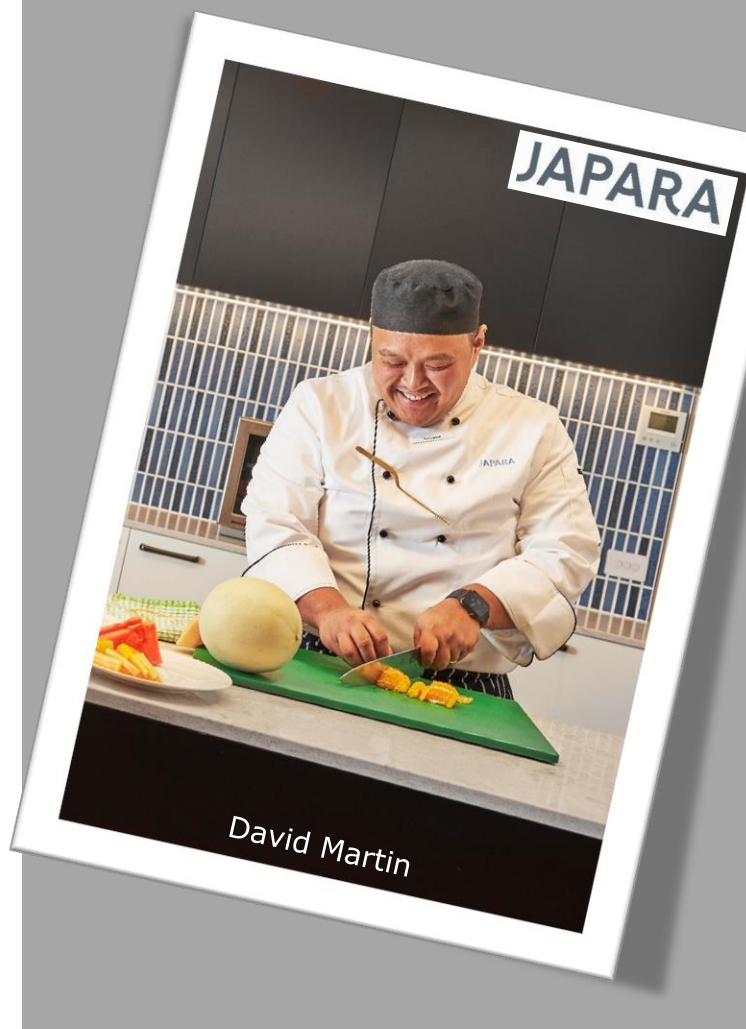
David trained in bistro & fine dining restaurants, and graduated in the top 3 of his William Angliss Institute of Hospitality Class. He made his national television cooking debut on Dippers Backyard Barbecue Wars on Channel 7Mate, where he scored Ten out of Ten!

Following: David's Inspirations and Tips for Aged Care. He shares two of his Award-winning Recipes.

Facility: **The Regent**
a JAPARA home

Position: Head Chef

Excellence: Innovative, talented, dedicated & jovial Chef, who with his loyal team create memorable, nutritious meals that appeal to all 5 senses for his Aged Care residents.





"I want my home to set the bar for Aged Care food!"

David's Inspirations

David shares, "I am truly blessed to have an **Amazing Team** at The Regent. Maura George (Regional Hospitality Manager) and Liz De Abreu (Home Manager) believe in my food and leadership, and truly would like to see me innovate further at The Regent in the future. I want my home to set the bar for Aged Care food!"

David's cultural background has played a significant impact on his menu and food at The Regent. "I grew up with an **incredibly talented cook as a mother**. I ate Filipino food, and also had the great fortune of growing up in one of Melbourne's melting pot suburbs. As a result, I was exposed to many different cuisines together with the food from my own ethnic background. I draw on these experiences in order to design and innovate with my menu at my home."

David's father inspired his pursuit of excellence in cooking. "**My father always said if you love what you do, you must put all your heart and soul into that endeavour and to devote yourself to your craft**. I have tried to live by that my whole career. Hard work to me means taking daily consistent steps to improve my craft in the pursuit of my passion."

David's Tips on Improving Meal Experiences in Aged Care

David believes that it is hard work, but it is incredibly rewarding to know that he makes a positive and meaningful impact on the life of older Australians.

He often tries to do things that have never been seen in aged care before that are on par with food trends. "I like to innovate, create and design new food and processes. From 1.5m chocolate fountains and themed food experiences to wood fire pizza lunches cooked fresh onsite."

David manages difficult dietary requirements and allergies by speaking to and getting to know his residents and their next of kin and by also having a close working relationship with their care team. "This helps me to provide the best dietary outcome for our residents."

To improve care and help with dietary needs David keeps on top of all of the dietitian and speech pathologist's notes. When a new resident arrives, he makes an effort to speak to them to gauge their meal expectations moving forward.

David's Award-Winning Savoury Recipe



This Recipe is a fusion of Filipino food techniques with Chinese heritage influence.

It featured on Dippers Backyard Barbecue Wars on Channel 7Mate, where he scored the first ever Ten out of Ten!

Twice-cooked Apple Smoked Pork Belly with Chilli Caramel Jam & Green Apple Slaw Salad

Ingredients

Pork belly

1kg piece pork belly, boneless
1L water
200ml light soy sauce
100ml sweet soy sauce
7 whole star anise
300g rice starch
10g five-spice powder
1tsp salt
1.5L vegetable oil for deep frying
Black vinegar to serve

Chilli caramel jam

700g castor sugar
300ml water
2 small red chillies, chopped
15 whole star anise
150ml fish sauce

Apple slaw

100g finely shredded wombok
50g coriander micro
2g Vietnamese mint leaves
2g shiso leaves, finely sliced
30g micro mint
1 small green apple

Dressing

30ml lime juice
20ml fish sauce
1 tbsp castor sugar

Method

Prepare pork belly

- Preheat the smoker to 275C.
- In a baking tray pour in the water, both soy sauces and the star anise. Place the pork belly into the tray, cover with baking paper then cover the tray with foil.
- Place the tray into the oven and cook for around 6 hours, checking occasionally to make sure that the liquid doesn't reduce too much. Add a little more water if required.
- Pour off the liquid (set aside for later use) and refrigerate the pork until completely cold, overnight if possible.

Chilli caramel sauce

- Combine the sugar & water in a large saucepan. Place on to the heat & bring to the boil without stirring. Brush the sides of the saucepan occasionally with a wet pastry brush to stop crystals from forming. Add the chilli and star anise then continue to boil until the syrup turns a light tan colour.
- Add the fish sauce. To avoid splattering you, turn heat down to a simmer and continue to cook for a further 5 minutes. Strain and set aside for later.

Apple Slaw

- Place all the ingredients apart from the apple into a bowl and set aside for later use.

Dressing

- Place all the ingredients into a small bowl, mix together thoroughly and set aside.

To serve

- Cut the pork into squares around 90g each, place in a bowl and pour in around 100ml of the reserved cooking liquid. Stir to coat.
- Combine the tapioca starch, five-spice powder and salt in a large bowl and mix together thoroughly.
- Place the pork pieces into the starch and stir to coat them thoroughly. Remove the pork from the starch, shaking off any excess, and set aside on a tray for around 30 minutes to help the starch mix stick to the pork.
- Heat the oil in a wok to about 170C, which should start to colour almost immediately and float to the top.
- Cook the pork in two batches, being careful not to overcrowd the wok. Cook the pieces for around 5 minutes, or until the outside is crisp and golden.
- Place the pork into a serving bowl then pour over the chilli caramel. Cut the apple into matchsticks, add to the slaw and pour over the dressing, stirring to coat. Place the slaw on top of the pork.

Preparation Time: 1 hr

Cooking Time: 4hrs

David's Award-Winning Dessert Recipe



This Recipe is an insight of the on trend, flavoursome food you can produce in Aged Care. It can be produced with regular texture, or easily modified for an IDDSI diet, using moulding techniques.

White Chocolate & Thyme Raspberry Mirror-Glazed Mousse Cake

Ingredients

White Chocolate Thyme mousse

240g White chocolate melted
100g cream
150g cream
80g yolks
300g whites
100g sugar
5g thyme leaves

Strawberry Soft Centre

50ml water
100g Fresh or Frozen Strawberry
50g sugar
20g Agar

Orange jelly & Mango Compote

1ltr mandarin purée
10g agar
50g Fresh Mango fine diced

Red Shiny Mirror Glaze

50mL Water
70g Condensed Milk
100g Glucose Syrup
100g White Chocolate
100g Caster Sugar
3 Tsp Gelatine bloomed in 60mL cold water
Red Gel Colour

Chocolate soil

125g ground almonds
125g sugar
125g coco powder
75g plain flour
65g butter

To finish

Meringue Kisses
Popping Candy
Edible Flowers
Lemon balm
Nasturtium leaves
Edible Gold
Pre Cooked Base for base of mousse cake

Method

Prepare Chocolate Mousse

- In a medium saucepan – mix together cream half the sugar, white chocolate, thyme leaves .
- Cover with cling wrap and let cool completely.
- In a clean mixer bowl with a whisk attachment.
- Whip cream with the remaining sugar and vanilla until soft peaks.
- Gently fold the whipped cream to the cooled chocolate pastry cream.
- Next whip the remaining Cream to shift peaks fold in and set aside zest in some fresh orange zest

Mirror Glaze

- Have all your ingredients ready, so you do not leave out anything.
- Divide the water into two, place gelatin in one half and let sit for 3 to 5 minutes to bloom.
- In a heavy-based saucepan – add glucose, sugar, condensed milk, and remaining water.
- Let come to a boil over low to medium heat.
- Once all the sugar has dissolved – and the mixture has come to a nice slow boil.
- Take it off the heat. Let rest for a minute before you add the white chocolate.
- The heat in the mixture should be enough to melt the white chocolate.
- Next, add the soaked/bloomed gelatin – Let it melt.
- If you want to strain the mixture to remove any undissolved gelatin or unmelted chocolate.
- Divide glaze for a second or third color as you need.
- Color glaze and let come to room temperature.

Orange jelly

- Bring all ingredients together to boil & set in greased tray

Chocolate soil

- Melt butter, mix well with other ingredients, bake on tray 180c 4mins

Assemble Cake

- Spray hemisphere Chocolate mould with oil spray.
- Pour the White chocolate mousse into the Moulds.
- Cut the sheet cake to the same size as moulds and place in the moulds as the base
- Slightly press take cake into mousse
- Wrap the Moulds in cling wrap and place in the Blast freezer for a couple of hours or until completely frozen.

Glaze the Cake

- Colour glaze using gel red food colour.
- Ensure the glaze is at room temperature
- Pour glaze over the cake alternating between the colours you want.

Plate the dish

- Have your Mis en pls ready
- Place Mousse cake in the centre of the plate
- Mix Chocolate soil with popping Candy
- Spread Soil around the dish
- Place the Orange and Mango Compote around the dish
- In the centre add the kisses
- Place the edible flower, Nasturtium leaves, lemon balm around dish
- Dust with Edible Gold dust

Preparation Time: 4-5hrs