

Media Release

IMMEDIATE RELEASE
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Katie Otto cooks at Tasting Australia

ACH Group chef Katie Otto shared a recipe suitable for people with dementia at Maggie Beer's Food in Aged Care Think Session at Tasting Australia in Adelaide yesterday (Wednesday May 4).

Katie told onlookers her chocolate, prune and pistachio bliss balls were tasty and packed with protein and energy.

"They're quite simple to make and something you could make as a group activity," she said. "They can be picked up and eaten with hands easily and they are really nutritious."

Katie's session was part of 'Creating an Appetite for Life', a day hosted by the Maggie Beer Foundation that explored a range of topics around food in aged care, including training and education, food and nutrition, mental stimulation and sustainability.

She was joined by chef Peter Morgan-Jones who spoke about his latest book 'It's All About the Food, Not The Fork', highlighting the importance of high-protein, high-energy 'finger foods' and ready snacks for people with dementia.

"Protein helps to maintain muscle mass and help muscle healing, so it's very important," Peter said. "And we need to start to spread the message that it's okay to eat with your hands. All the young ones are doing it; we need to dispel those myths around the way we eat."

Katie spoke about her new role as an instructor of a new TAFE course aimed at enhancing cookery skills and nutrition knowledge in aged care, set to begin in June and July.

"I have learnt a world of knowledge from my time as a chef at ACH Group and I'm looking forward to sharing that knowledge with others," said.

The course will cover innovative techniques including texture modified food, the importance of religious and cultural dietary needs and optimising nutrition, all practices employed at ACH Group.

Katie won the 'Every Dollar Counts' competition against five other chefs from aged care organisations at the 2014 Tasting Australia event.

For more information about the TAFE SA course visit www.tafesa.edu.au

RECIPE:

Katie Otto's Chocolate Prune & Pistachio Bliss Balls

Makes about 30

INGREDIENTS:

400 g dark compound chocolate

175 ml double cream
20 chopped prunes
250g ground pistachios
100ml golden syrup
Ginger powder
Boiling water (if required).

METHOD:

1. Place chocolate and cream in a bowl and melt over a double boiler.
2. In a food processor, blitz half the pistachio kernels to a coarse crumble, then the remainder to a fine crumb that resembles almond meal.
3. Remove nuts from the blender. Set aside a quarter of the nut mixture. Add the rest of the nut mixture to the chopped prunes and golden syrup. Some water may need to be added to help puree the prunes.
4. When the chocolate has melted, add all the ingredients together. Mix well, ensuring all ingredients are well combined.
5. Allow the mixture to cool. Cover and refrigerate if required.
6. One mixture is cool, roll into balls and then roll balls in the remaining ground pistachios.

End Media Release

About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952.

As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

For further information or comment, please contact Anna Randell on (08) 8159 3632, 0417 856 361 or ARandell@ach.org.au.

