

zestdental for life.

Telephone: 9870 6312
Cnr McKay Court & Wantirna Road, Ringwood 3134

WELCOME TO OUR AUTUMN 2022 IN-HOUSE NEWSLETTER

HOURS OF PRACTICE:

Monday

9.00am—6.00pm

Tuesday

9.00am—6.00pm

Wednesday

9.10am—6.00pm

Thursday

9.00am—7.00pm

Friday

9.00am—5.00pm

Cancellation Policy

If you are unable to make your next appointment, please call us to reschedule ASAP.

We know that sometimes it is out of your control, but please try to give at least 48 hours notice so that the practice can run efficiently. Thank you.

Welcome to the Autumn edition of the Zest Dental Newsletter.

We are now back to full operation with the lifting of Covid restrictions, and can provide the full range of dental services to our patients again. Remember to still wear a mask when you attend the practice.

Our OHT Karina is now on maternity leave, but all your hygiene requirements can be attended to by our dentists here at Zest. We continue to take all precautions to keep our patients and our team safe.

We will be celebrating our Autumn birthdays with Megan and Ratchy's birthdays in March and Dr. Linda Do's birthday in May. To our patients with birthdays coming up, we extend a warm 'happy birthday' greeting too!



Please note: We will be closed for the Easter break on Good Friday, 15th April and Easter Monday, 18th April, as well as Anzac day on Monday 25th April.

Kind regards,
Zest Dental Team



Complimentary orthodontic consultation

Zest Dental offers free, complimentary orthodontic consultations for appliances, braces and aligners. Contrary to popular belief, there are no restrictions or contraindications for orthodontic treatment with age.

More and more adults are seeking to correct their malocclusion, and straighten their teeth, either with traditional braces or more modern clear aligners.

If you have always wanted straighter teeth and a more beautiful smile, call our friendly receptionist to book an obligation free consultation to discover what is best suited for you. We provide Invisalign and Suresmile aligners, as well as traditional and clear braces.



Introducing Dr. LINDA DO

Welcome to Dr. LINDA DO Dr. Do completed her Bachelor of Health Science/Master of Dentistry from Latrobe University in 2016.

Linda has an interest in Oral Surgery/Dental implants, and had done volunteer work in the Soloman Islands, Vietnam, and Kathmandu providing much needed dental care to the under privileged of these countries. Linda is also famous as a motion capture animation actress for NBC/Peacock during her time in Canada. Patients warm quickly to her bubbly personality, and caring and empathetic nature. Linda will be on duty every Monday, Thursday and Friday so make an appointment today.



Google Review

Our Team at Zest Dental is continually trying to improve the services we deliver to all our patients. If you think we have done an amazing job and provided exceptional service for you, please leave us a 5 star Google review so the whole World will know we go above and beyond in patient care at our practice. Simply scan the QR code to link to our Google review site.



Pease take note of the “No Standing” signs in McKay Court.

We suggest that our patients use our on site car parking—we don’t want you to receive a parking fine next time you visit us!

Please Note: Zest now offers **After Pay** to make it more convenient for our patients.



And you can still use your American Express Card to pay your account.

Pastel De Nata Recipe (Portuguese Custard Tarts)

These Portuguese custard tarts are dangerously delicious. You might think that one would be enough, but only if you've never tried one. Because there's something addictive about the combo of blistered, caramelized custard and flaky golden brown puff pastry. The version below gives you as close a taste of the original as possible. For a real classic taste, serve warm, dusted with cinnamon.

Dr. Swann Lam is a master Nata tart baker, and the team at Zest have been fortunate enough to be the recipients of some wonderful tarts in the past!

Ingredients: 1 /3 cup all-purpose flour; (40 g) 1/4 teaspoon salt; 1 1/2 cups of whole milk (350 ml); 1 1/3 cups white sugar (265 g); 1/3 cup water (80 ml); 6 large egg yolks; 1 teaspoon vanilla extract (5 ml); 1 cinnamon stick; 1 lemon peel only, cut into Strips; 1 sheet pre-rolled puff pastry (about 300g or 10 oz) - Optional ground cinnamon for dusting on top.

Instructions:

1. Preheat your oven to 290°C, and grease a 12-cup muffin tin. 2. In a saucepan, bring to a boil the sugar, water, vanilla extract, lemon zest, and cinnamon stick. Cook until a thermometer reads a temperature of 220°F (100°C). Resist the urge to stir!
3. Separately, whisk the milk, flour, and salt together very thoroughly. Cook over medium heat, whisking constantly, for about 5 minutes until milk is thickened. Take off the heat and let cool for 10 minutes. 4. Once cooled, whisk in the egg yolks. Then add the sugar syrup (removing the cinnamon stick), and mix until everything is well-combined. Strain into a measuring jug. 5. Meanwhile, cut the puff pastry sheet into two pieces and place them on top of each other. Tightly roll the sheets into a log, from the short side. Next, cut the log into 12 evenly sized pieces. 6. Place one piece in each of the 12 wells of the muffin tin. Dipping your thumb in cold water first, press your thumb down into the centre of the dough piece and press outwards to form a cup with the pastry. The pastry cup should have its top edge just above the top of the well of the muffin tin. 7. Fill each pastry cup 3/4 of the way to the top with custard. 8. Put the tray in the oven and bake until the custard starts to caramelize and blister and the pastry goes golden brown (roughly 10-12 minutes).
9. Serve warm, with powdered sugar and ground cinnamon (both optional, but delicious)!

