

THE LIVING ROOM FACT SHEET

Series 8, Episode 7








DECLUTTER WITH PETER WALSH

Kate and her daughter Becky have been residing in Lane Cove for around 9 years. Becky is heading overseas on a gap year, but first wants to help her mother de-clutter their spare bedroom and create a space for family and friends to stay over while she's away. Kate has had a difficult time over the past year and Becky feels that once her mother is rid of the clutter, she can focus on her health and start fresh.









LIVING ROOM FACT SHEET

PRODUCTS AVAILABLE AT BUNNINGS 

IMAGE	PRODUCT	PRICE	ITEM #
	Ryobi One+ 18V Cordless Caulking Gun – Skin Only	\$79	6210421
	Flooring Spotted Gum Metallon Cobalt 134mm 1.463sqm Pk Lt	\$189.50	0012498
	QEP Gold Laminate Floating Floor Underlay	\$55.50	6650149
	Verve Design 40cm 7W Led Aren Touch Lamp	\$49.95	4370896
	Mercator 240V Whitewash Spindle Pendant Light	\$97.20	7072005
	Kaboodle 600mm 2 Drawer Base Cabinet	\$196	2662249
	Kaboodle Gloss White Base End Panel	\$89.19	2665060

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IMAGE	PRODUCT	PRICE	ITEM #
	Kaboodle 500mm Standard Drawer Runners – 1 set	\$27.41	0018757
	Kaboodle 2400 x 600 x 35mm Bamboo Benchtop	\$491	2662191
	305 x 305 x 6mm Natural Cork Tile – 6 pack	\$13.50	6690244
	Zone Interiors 50mm Vermont Timber Venetian Blind – White	\$69.90	0027232
	Parfix 3.2kg Gel Bond Contact Adhesive	\$93.50	1232789
	Cabot's 1L Benchtop Clear Satin Timber Finish	\$47.30	1520590

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ZENEXUS PRODUCTS AVAILABLE AT

BUNNINGS



IMAGE	PRODUCT	PRICE	ITEM #
	Flexi Storage Oak 2 Door Frame Sliding Wardrobe	\$345	2583932
	Flexi Storage Oak Sliding Wardrobe Door	\$75	2583917
	Flexi Storage Oak 2 Sliding Wardrobe Shelves	\$27	2583926
	Flexi Storage Medium Oak Sliding Wardrobe 3 Drawer Unit	\$129	2583927
	Flexi Storage 250 x 250 x 38mm White Matt Floating Shelf	\$16.90	2580883
	Flexi Storage 600 x 240 x 28mm White Matt Floating Shelf	\$25.98	2580884



PAINTS AVAILABLE FROM TAUBMANS



LOCATION	PRODUCT	COLOUR	FINISH
Walls	Endure Interior	Little Lilac	Matt
Ceiling	Endure Interior	Ceiling White	Matt
Doors & Trims	Endure Doors & Trims	White	Semi Gloss

FURNITURE AVAILABLE FROM LOUNGES PLUS



IMAGE	PRODUCT	RRP
	Studio Click Clack Sofa Bed	\$379
	Bath Nested Side Tables	\$199



WEBLINKS

For further information on the materials and products used for this Renovation,
click on the links below.



www.bunnings.com.au



www.ryobi.com.au



www.taubmans.com.au



www.bingoindustries.com.au



FURNITURE AND BEDDING

www.loungesplus.com.au



LIVING ROOM FACT SHEET

DIY WITH KARA - PINBOARD

Kara's DIY pin board is a fun and creative way to display your photos, artworks or even get your inspiration going and create a mood board. This design is so easy, you'll have it knocked up in an afternoon!



THE BUILD

MATERIALS AND TOOLS

Gather all your materials and tools before you start. See Bunnings list below for everything you need.





L-SHAPED SHELF

To create a base for your pinboard and somewhere to store small accessories, you'll need two pieces of pre cut timber from Bunnings.

1. Use a clamp to hold your pieces of timber together while you screw
2. Screw the pieces of timber together using a drill driver

Tool Tip

Before screwing your pieces of timber together, drill in pilot holes. This will stop your timber from splitting.

PINBOARD

Once you've chosen a nice thick piece of felt, you can cut shapes into it to create a pattern on your wall. Kara has gone with hexagons to create a geometric pattern.

1. Make your shape template using a piece of cardboard
2. Trace out your shapes using the template onto the felt
3. Cut out the shapes using a utility knife and use a straight edge to ensure a perfectly straight line

Tool Tip

Place a sheet of cardboard underneath the felt to protect your table while cutting

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ASSEMBLING YOUR PINBOARD



First, fix your shelf to the wall using heavy-duty double-sided tape. This is perfect for lightweight items and also great for renters.

1. Attach two strips of the double-sided tape to the part of the shelf that will go on the wall for extra support.
2. Use a level to make sure your shelf is straight, trace along the wall with a pencil
3. Peel back the double-sided tape and line the shelf up to your marked line and roll it down to stick
4. Attach your felt shapes to the wall using double-sided tape, leaving a small gap between each one to create a cool visual effect


Now it's time to get creative and start your mood board!

PRODUCTS AVAILABLE FROM BUNNINGS



IMAGE	PRODUCT	PURPOSE	PRICE	ITEM #
	Porta 91 x 18mm 2.4m Meranti DAR	L-Shaped Shelf	\$18.57	0090381
	Porta 66 x 18mm x 3.0 Meranti DAR	L-Shaped Shelf	\$16.01	0090402

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IMAGE	PRODUCT	PURPOSE	PRICE	ITEM #
	Gunnensen 1200 x 800 x 9mm Acoustic Pinboard	Pinboard	\$37.80	0510008
	Bear 48mm x 4.5m White Double Sided Tape	Fixing pinboard to the wall	\$8.34	1661630
	Ryobi 18V One+ Drill Driver	Screwing shelf together	\$89	0096074
	Folding Hart Utility Knife	Cutting felt	\$16.50	5760283

WEBLINKS

For further information on the materials and products used for this DIY, click on the links below.





PET STUDIO WITH CHRIS BROWN

When it comes to our pets, we want to be the best mums and dads we can. But our pets have a relatively short life span. With that in mind, Dr Chris enlists his fellow hosts to demonstrate the 4 best ways to add a year to your pet's life.

Emma the Husky provided by Alaskan Malamute Rehoming Aid Australia Inc (AMRAA Inc). The AMRAA rescue, rehabilitate, vet check and rehome Alaskan Malamutes, Siberian Huskies, Samoyeds, Akitas and their crosses from pounds around Australia. Their mission is to give these fur babies a second chance at life whilst educating the public on the breed and responsible ownership.

They have a HEROES program where you can donate – all donations of \$2 are tax deductible. With over 100 dogs in care, any help is much appreciated. It is secure, and you get an automatic tax receipt every time your account is debited.

<https://amraa.giveeasy.org/1000-heroes>

<https://facebook.com/Amraa.Inc>

<https://instagram.com/AMRAANSW>



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FOOD WITH MIGUEL MAESTRE

Unsure of what to get Mum's for Mother's Day? Baking a show-stopping croquembouche is a perfect way to show how much you appreciate everything she does for you. Miguel helps Amanda's sons, Liam and Jack, prepare a show stopping dish for their mum for Mother's Day.

CROQUEMBOUCHE

Prep time: 50 minutes

Cooking time: 40 minutes plus 30 minutes cooling time

Serves: 25 people

Ingredients

Choux Pastry

500mL water, plus extra for smoothing tops of profiteroles

200g unsalted butter

Pinch of salt

15g caster sugar

280g plain flour

4 large eggs

1 vanilla pod, scraped

Chantilly Cream



600mL thickened cream

4 tbsp icing sugar

1 vanilla pod, scraped

Toffee

500g caster sugar

150g water

A2 piece of cardboard

Baking paper

Sticky tape and stapler for securing cone

Edible glitter and flowers to garnish

Method

1. Preheat oven to 210C. Line two baking trays with baking paper.
2. Place water, butter, salt, sugar and scraped vanilla pod in large saucepan and bring to the boil slowly so butter is melted by the time the water boils.
3. Remove from heat and stir in sifted flour with a wooden spoon for about 1 minute, until well mixed and mixture starts to come away from sides of the pan.
4. Return pan to a low heat and cook for 2 minutes, stirring constantly, to allow some moisture to evaporate. Discard vanilla pod.
5. Remove from heat and transfer to the bowl of a stand mixer fitted with a paddle attachment. Begin mixing, gradually adding the eggs until well combined. This can also be done by hand with a whisk.

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6. Scoop mixture into a piping bag fitted with a medium round piping nozzle. Pipe mixture onto trays in even rounds the size of a 10-cent pieces – the mixture should make around 50 profiteroles.
7. Dip your finger in water to smooth down the peak of the profiteroles to prevent them burning.
8. Bake in oven for around 15 minutes, until puffed and golden and then turn down to 170C and continue to cook for a further 12 minutes – to cook through without giving extra colour. Turn oven off and leave profiteroles inside with the door ajar for around 30 minutes. Transfer to a rack to cool.
9. Whilst profiteroles are cooling prepare the Chantilly cream. Place cream, sugar and vanilla scraping in. Whisk to stiff peaks. Fill piping bag with small piping nozzle with Chantilly cream.
10. Using a skewer or a knife poke a hole in the base of each cooled profiterole and fill gently with cream. Be careful not to overfill or cream can burst out of each profiterole. Repeat with remaining profiteroles.
11. To make the toffee place sugar and water in a pan over low heat. Once sugar has dissolved simmer for 5 or so minutes until it reaches a golden brown (until it reaches around 170C on a sugar thermometer).
12. Remove from the heat to cool slightly. Take the A2 piece of paper and roll into a cone shape, securing with sticky tape and a final staple if required. Take a length of baking paper, securing it in the same way and then fitting it nearly inside the cardboard cone.
13. Hold the cone upside down and put one small profiterole into the point of the cone with the profiterole's base face up. Dip two profiteroles into the toffee securing them over the first. Although it's tricky working at the tip of the cone it gets easier as the cone gets wider.



14. Work your way up the cone, packing the toffee-dipped profiteroles in firmly before proceeding to the next layer. Make sure the final layer forms a flat base for the cake.
15. Leave for 5 minutes to allow the toffee to set. Carefully invert the cone onto a 20cm cake board and remove the cone by cutting through the sticky tape and paper. Gently peel away the non-stick paper.
16. Once the tower is built, line a large chopping board with foil. Dip a fork into the remaining toffee, coating it well and then hold it above the foil covered board and flick it quickly but carefully from side to side – to produce delicate strands of toffee. Continue until you have formed a malleable sheet of spun toffee.
17. Using the heat of your hands shape the spun toffee around the croquembouche. Repeat with remaining toffee until you have covered croquembouche with a thin sheet of moulded spun sugar. Garnish with edible glitter and edible flowers if desired.
18. It is best to serve a croquembouche as quickly as possible as cream filling will soften profiteroles and croquembouche may start to collapse within a few hours.