

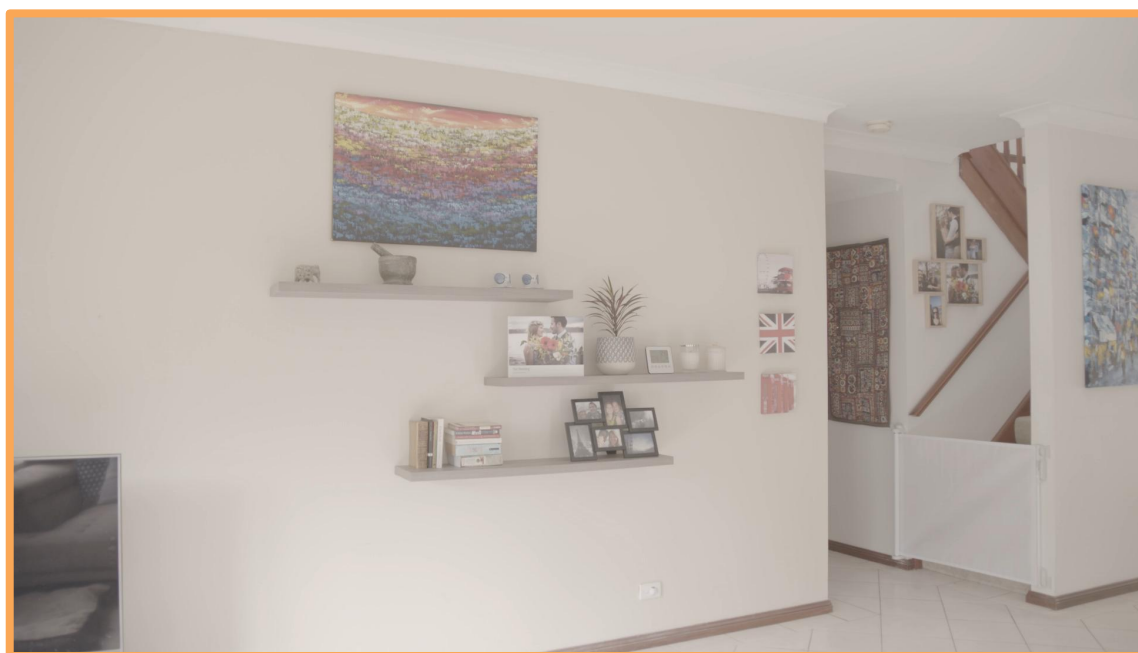


Series 8, Episode 14

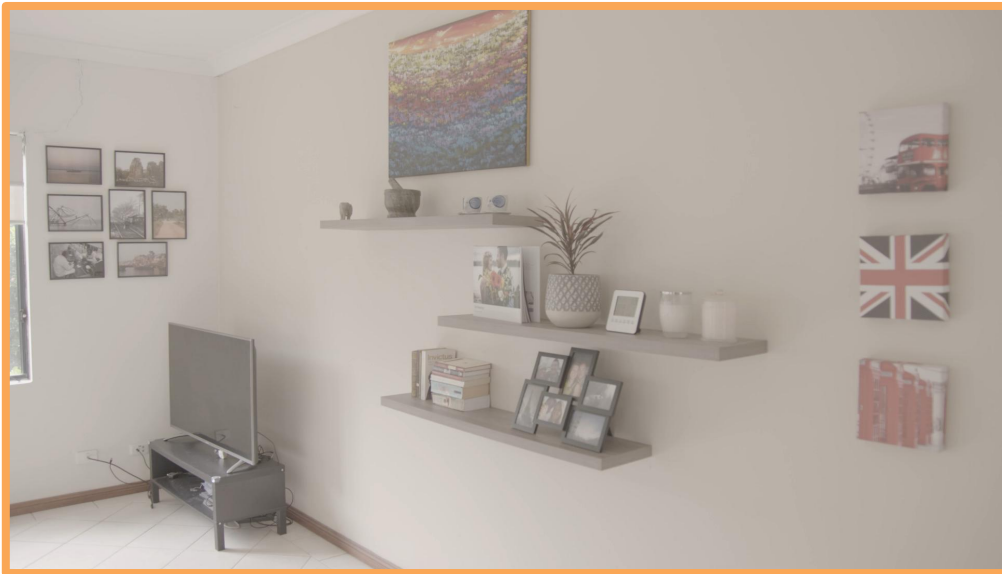
TAKE HOME BARRY WITH BARRY DU BOIS

Child Proofing

Small children sometimes get themselves into places they shouldn't. This can lead to them breaking things, or worse – hurting themselves. But there are some very simple and inexpensive things you can do to childproof your home and keep your kids safe. Barry shows Annika and Alex how to beat panic and stress with his baby hacks!



THE LIVING ROOM FACT SHEET



Flexistorage floating shelves, to keep things out of reach from the kids










Retractable gate, to stop from kids climbing/falling down the stairs

THE LIVING ROOM FACT SHEET

PRODUCTS AVAILABLE AT BUNNINGS




IMAGE	PRODUCT	PRICE	ITEM #
	Flexi Storage 600 x 240 x 38mm Grey Oak Floating Shelf	\$27.90	2583902
	Flexi Storage 1200 x 240 x 38mm Grey Oak Floating Shelf	\$38.90	2583904
	Ramset Nylon Wallmate Anchors – 20 Pack	\$9.10	2260083
	Perma Child Safety 1.4m White Retractable Gate	\$62	4210672
	Perma Child Safety Corner Protectors – 4 Pack	\$3.25	4210443
	Perma Child Safety Premium Outlet Covers – 12 Pack	\$6.60	4210818
	Perma Child Safety 2m Clear Adhesive Edge Protector	\$9.74	4211069

THE LIVING ROOM FACT SHEET

IMAGE	PRODUCT	PRICE	ITEM #
	Perma Child Safety Premium Cabinet Latches – 2 Pack	\$7.14	4211072
	Dreambaby Child Safety Furniture Anchors	\$10	4210552
	Dreambaby Child Safety Flat Screen TV Saver	\$7.45	4210553
	Dreambaby Child Safety Deluxe Corner Cushions Safety Protectors – 2 Pack	\$4.70	4210854
	Dreambaby Child Safety Soft Touch Safety Corner Cushion – 4 Pack	\$7.20	4211136
	Dreambaby Child Safety Catch – 12 Pack	\$8.30	4224511
	Ryobi One+ 18V Brushless Hammer Drill – Skin Only	\$169	6210650

THE LIVING ROOM FACT SHEET

IMAGE	PRODUCT	PRICE	ITEM #
	Ryobi One+ 18V Brushless Impact Driver – Skin Only	\$199	6210698

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



TRAVEL WITH CHRIS BROWN

Marine Life of Mo'orea

Chris begins by lending a hand to the local gardeners, but these aren't your typical gardeners – this group are coral gardeners. They are all surfers, fishermen and free divers – individuals who want to make a difference to our oceans by running a reef restoration and conservation program. Their slogan: *The Ocean is our home.*

Chris then enlists the help of Captain Taina, who is going to take him out on an ocean encounter that you can't find elsewhere. Chris wades into the lagoon, where he is quickly surrounded by inquisitive stingrays and black tip reef sharks – animals that each play their part in the reef's ecosystem. Chris quickly learns how up-close-and-personal this experience can be!





www.airtahitinui.com

THE ISLANDS of
TAHITI

www.tahititourisme.com.au

FOOD WITH MIGUEL MAESTRE

Coq Au Vin

Hunter Valley, Margan Kitchen Garden

Lisa Margan of Margan Wines shows Miguel their kitchen garden and olive grove. Using one of their award winning wines, Miguel revamps the retro classic, Coq Au Vin.

Prep time: 40 minutes

Cooking time: 55 minutes

Serves: 4

Ingredients

40g plain flour

Salt and pepper

1 free-range chicken, cut into 8 pieces

2 tbsp olive oil





20g butter

100g pancetta, sliced

2 small onions, diced

½ head garlic, peeled and thinly sliced

1 small leek, roughly chopped

5 medium button mushrooms, quartered

Bouquet garni of rosemary, thyme and parsley tied together with twine

1 cup dry white wine (Miguel used Margan Wine's Albarino)

2 cups chicken stock

1 bunch baby carrots, cleaned, trimmed and halved

1 bunch broccolini, cut into 5cm lengths,

1 bunch baby radish, quartered

(Any seasonal vegetables can be used)

Tapenade

½ cup pitted Sicilian green olives

2 anchovy fillets

2 tsp drained capers

1 dried chilli

1 clove garlic

30mls extra virgin olive oil



Toasted baguette slices, to serve

Method

1. In a large bowl season flour with salt and pepper. Dust chicken pieces in seasoned flour.
2. In a large casserole pan, heat oil and butter over medium-high heat, until butter melts. Shake excess flour from chicken and, in batches, brown chicken pieces, for 2 minutes each side, or until golden brown. Transfer to a plate. Repeat with remaining chicken.
3. Reduce heat to low. Using the juices in the pan, sauté pancetta, onion, garlic, leek and mushrooms for a further 10 minutes or until soft.
4. Increase heat to medium, add bouquet garnis and white wine, cook down for 2 minutes.
5. Return chicken to the pan and top with stock, submerging the chicken pieces. Bring to a gentle simmer, cover with a lid and cook for 15 minutes or until nearly cooked through. Add baby carrots and simmer for 10 minutes. Add broccolini and radish and simmer for a further 5-10 minutes until cooked to your liking. Season to taste.
6. Meanwhile, make tapenade by pounding together ingredients to a coarse paste using a mortar and pestle. This can also be made using a stick blender with bowl attachment. Spread tapenade on sliced baguette and serve with coq au vin.





STUDIO CHALLENGE WITH MIGUEL MAESTRE

While Miguel spends most of his time cooking fabulous recipes all over the world but there's nothing quite like seeing him cook right in The Living Room kitchen. Amanda has set the challenge – can Miguel create a dessert for everyone in just 3 minutes?

Miguel's Microwave Chocolate Brownie

Cooking time – 3 minutes

Makes 1 large mug, **Serves** 2

Ingredients

2 eggs

½ cup caster sugar

3 tbs vegetable oil

2 tbs plain flour

3 tbs cocoa powder

1 square of chocolate, plus extra to serve

1. Add eggs to a 350ml capacity mug and whisk with a fork. Add remaining ingredients and whisk again. Try not to over mix, as it will make your brownie too dense.
2. Cook in microwave on medium high heat (900w) for 90 seconds. Cook in additional ten second increments if needed.



WEBLINKS

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



www.masoncash.co.uk



www.chasseur.com.au



www.globalknives.com.au

