

THE LIVING ROOM FACT SHEET

Series 8, Episode 15

RENOVATION RESCUE WITH BARRY DU BOIS

Kitchen

Bos has lived in her Rose Bay apartment for over 20 years. Her 28 year old son has since moved out so she lives there on her own now. She has done minor DIY jobs around the house including removing old paint from the skirting boards, picture rails and doorframes and repainting with shellac to give them an original look. About two years ago, she was fed up with the run down kitchen and ripped it out herself. It has remained an empty shell since then, as she doesn't know what to do with it or where to begin with booking trades. Her dream is for a modern, easy kitchen where she can enjoy cooking once again.



THE LIVING ROOM FACT SHEET

Before:



LIVING ROOM FACT SHEET








After






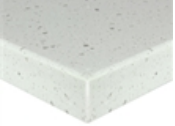



THE LIVING ROOM FACT SHEET

PRODUCTS AVAILABLE AT BUNNINGS










IMAGE	PRODUCT	PRICE	ITEM #
	Porta 40 x 18mm 3.0m Clear Pine Picture Rail Moulding	\$20.69	0091613
	CustomWood MDF 2400 x 1200 x 16mm Standard MDF Panel	\$30.97	0590129
	Mercator Dolce 40W Brushed Chrome 5 Light Pendant	\$151	7070502
	Gyprock CSR 10kg Base Coat 45 Plaster Compound	\$32.04	0730825
	Gyprock CSR 15kg Easy-Finish Topping Compound	\$46.40	0736156
	Dunlop 20kg Multipurpose Acrylic Render	\$13.50	0760242
	Ramset 6mm x 5m Red Wall Plugs Roll	\$9.45	2270017



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IMAGE	PRODUCT	PRICE	ITEM #
	Davco 5kg #49 Light Grey Sanitized Colourgrout	\$19.37	6820214
	QEP 4mm V Notch Plastic Adhesive Spreader Plastic	\$1.20	6821525
	QEP 1.5mm Tile Cross Spacers – 100 Pack	\$1.47	6821826
	Think Solid 3600 x 600 x 20mm Modular Benchtop – Bianco	\$1,015	2669678
	Kaboodle 2 x 20L Kitchen Soft Close Waste Bin	\$150.50	2669883
	Caroma WELS 4 Star 7.5/Min Chrome Cirrus Swivel Sink Mixer	\$149	5002392
	Bellini 60cm Recirculating Slideout Rangehood	\$175	5102733

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IMAGE	PRODUCT	PRICE	ITEM #
	Clark 1.75 Mantra End Bowl Sink	\$529	5110453
	Bellini 60cm Gas Cooktop and 60cm 0 Function Black Stainless Steel Electric Oven Package	\$729	5103600
	Bellini 45cm Stainless Steel 9 Place Setting 6 Programs Dishwasher	\$437	5104011
	Ryobi 500W 178mm Wet Tile Cutter with Folding Stand	\$269	6210441
	Ryobi One+ 18V Multitool – Skin Only	\$149	6210801
	Ryobi One+ 18V Brushless Circular Saw – Skin Only	\$249	6210766
	Ryobi 200W 1/3 Sheet Sander	\$49	0080733


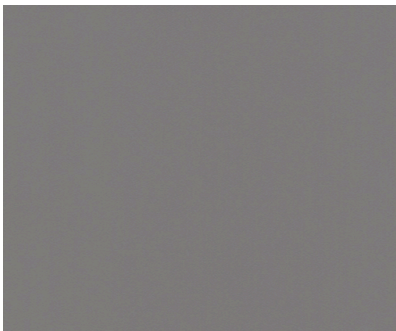
LIVING ROOM FACT SHEET

IMAGE	PRODUCT	PRICE	ITEM #
	Ryobi One+ Drill Driver – Skin Only	\$89	0096074
	Ryobi One+ 18V Brushless Impact Driver – Skin Only	\$199	6210698



KABOODLE PRODUCTS AVAILABLE FROM



KABOODLE TRENDS RANGE - 2019	
	<p style="text-align: center;">Vivid Basil - Matt</p> <p style="text-align: center;">Door Profile: Modern</p> <p style="text-align: center;">Used For: Base cabinet doors</p> <p>Derived from natural greenery and influenced by European design, this rich green brings out an eclectic elegance. It sits comfortably between earthy and luxury, and shines bright when paired with dark tones, timber-look textures, marbles and brassy accents.</p>
	<p style="text-align: center;">Smoked Grey – Matt</p> <p style="text-align: center;">Door Profile: Modern</p> <p style="text-align: center;">Used For: Top cabinet doors</p> <p>Versatile and timeless in nature, this Scandi-inspired smoked grey conveys a contemporary and classic look.</p> <p>Partner with marbles, light-mid timbers and natural greenery for a sleep look and feel that's sure to please.</p>

Design your dream kitchen with the online, in-store at Bunnings or in your home

www.kaboodle.com.au





PAINTS AVAILABLE FROM TAUBMANS



LOCATION	PRODUCT	COLOUR	FINISH
Feature Wall	Endure	Parchment Paper	Matt
Other walls	Endure	Alpine Snow	Matt
Doors & Trims	Endure	Alpine Snow	Semi Gloss
Ceiling	Endure	Ceiling White with a drop of black	Flat
Undercoat	3 in 1	-	-

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





TRAVEL WITH CHRIS BROWN

Family Emu

Some amusing emu behaviour has led Chris to central Queensland, where a St Lawrence farming family is now sharing their backyard with a friendly bird named Fred.

Emus tend to be unsociable and nomadic, but Fred has made himself quite comfortable around Rob and Ainsley McArthur and their six kids.

They first noticed him in late January when he followed them home after a day mustering, and he has been keeping them entertained ever since with his antics- which include chasing their poddy calves, coming over for pats and even joining in on family cricket games.

LIVING ROOM FACT SHEET

FOOD WITH MIGUEL MAESTRE

Armenian Stuffed Pumpkin

Miguel meets Arpy, a passionate Armenian cook who teaches him how to prepare the beloved Armenian dish of Ghapama; the stuffed pumpkin symbolises a sweet life and is served at weddings and at New Year.

GHAPAMA

Prep time: 30 minutes

Cooking time: 1h45m plus cooling time

Serves: 6 - 8

Ingredients

Rice

1½ cup washed long grain rice

4 cups boiling water for rice

½ teaspoon salt

½ cup melted butter

Pumpkin

1 large Kent pumpkin (around 4kg)

Honey and butter at room temperature for coating the inner walls of the pumpkin



Stuffing

1 cup roughly chopped fresh and dried fruit (prunes, dried apricots, raisins, fresh apples or pears)

½ cup chopped walnuts and almonds

½ teaspoon ground cinnamon

¼ teaspoon ground cloves

1 tablespoon of coconut oil

1 tablespoon of butter

2 tablespoons of honey diluted in 30 ml of water

Additional ½ cup honey

1 cinnamon quill

Method

Preparing the rice

1. Pour the boiling water over the rice and simmer over a low heat until nearly cooked. This should take about 4-7 minutes depending on the type of rice. Keep in mind that the rice will keep cooking whilst the pumpkin bakes.
2. Strain and return the rice to the hot pot. Add the salt and melted butter, stirring gently until evenly combined.

Preparing the pumpkin

1. Using a sharp knife cut out a round-shaped lid off the top part of the pumpkin. Scoop out the seeds and the fibrous parts of the pumpkin cavity.



2. Use a spoon to scrape some of the flesh off the pumpkin if the cavity is small and the walls of the pumpkin are too thick.
3. Coat/massage the walls of the cavity with some butter and honey. Set the pumpkin aside.

Preparing the fruit mixture

1. In a frying pan sauté the fruit, nuts and spices with the coconut oil and butter.
2. Add the diluted honey and heat for a further minute. Cover the pan with a lid to keep warm.

Stuffing the pumpkin

1. Preheat oven to 170 degrees.
2. Spoon one layer of rice into the pumpkin and add a layer of the fruit-and-nut mixture. Repeat until both are used up.
3. Warm the additional honey in the microwave for 25 seconds and dilute it with a quarter cup of boiled water.
4. Pour the diluted honey into the pumpkin over the rice mixture. Insert the cinnamon quill into the centre of the pumpkin. Place the “lid” back on the pumpkin.
5. Place the pumpkin on an oven-proof tray that is bigger than the pumpkin to make it easier to plate whilst hot.
6. Bake in the oven at 170 degrees for about 1 hour and 30 minutes or until cooked through. Test doneness by inserting skewer vertically near the lid of the pumpkin so that the liquid doesn't leak out.



7. Before serving, allow pumpkin to cool to a manageable temperature. You will get the best flavour and texture if you leave it in the oven to cool slowly for 5-6 hours.
8. Open the lid of the Ghapama and remove the cinnamon quill. Use a sharp knife to slice the pumpkin along its grooves into segments. Fan it out onto a platter like a flower. Enjoy as a side dish, dessert or as brunch.

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SNOOZE QUICKIE WITH KARA

Kids Bedroom Styling

Your kids grow up so fast and it can become expensive updating their bedroom furniture as they grow out of it. Kara shows us key pieces of furniture for your kids to serve them well into their teens. And then how easy it is to transform their room from a young kid to a teenager with the right bed linen.

YOUNG KIDS BEDROOM:



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TEENAGERS BEDROOM:









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PRODUCTS AVAILABLE AT SNOOZE



IMAGE	PRODUCT	COLOUR	SIZE	RRP
	Charlie Combo Bunk Frame	Charcoal	Single/Double	\$1,699
	Slumberland Chiswick Mattress – MEDIUM	-	Single	\$399
	Slumberland Chiswick Mattress - MEDIUM	-	Double	\$519
	Hipster Desk	Charcoal	-	\$449
	Hipster Bedside Table	Aqua	-	\$399 each
	Snooze Cotton Quilt	-	Single	\$119
	Snooze Cotton Quilt	-	Double	\$149

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IMAGE	PRODUCT	COLOUR	SIZE	RRP
	Snooze Microfibre Pillows	-	Standard	\$49 each
	Snooze Fibre European Pillows	-	European	\$29 each
	Into The Woods Quilt Cover Set	Printed	Single	\$109.95
	Into The Woods Quilt Cover Set	Printed	Double	?
	Nimes Teal Linen Quilt Cover Set	Teal	Single	\$179.95
	Fernanda Quilt Cover Set	Printed	Double	\$189.95



WEBLINKS

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



www.snooze.com.au

All linen and styling items available from Linen House. Product prices listed above are regular prices. Regular prices are subject to change at any time without notice.

www.linenhouse.com.au

