



Series 8, Episode 18

WOW HOUSE WITH BARRY DU BOIS

Tasmania

Most people daydream of their bills disappearing forever, but Tasmanian couple Peter and Robyn Tuft have made it their reality. Through a combination of renewable energy and clever design techniques they've managed to build a home that is 100% off-grid and 100% sustainable, without having to compromise on luxury. Barry drops in to discover the clever design choices you can make to make your house as sustainable as you can.

TRAVEL WITH CHRIS BROWN

Sampling Memphis

Chris embarks on an aural (and visual) escapade through Memphis, collecting noises, music and snippets of conversation to blend into his own song – the beloved TLR theme song.

First stop: the spiritual home of soul to meet a real life gospel choir. Next up, Chris moves on to Memphis's most famous strip, Beale Street. Here he meets washboard player, Jimmy Crosthwaite, who introduces him to jug music, before running into the Beale Street Flippers, the city's best dance troupe.

Finally, he hits up Royal Studios, where famed record producer, Boo Mitchell, is mixing a track with retro soul band, Southern Avenue. The lead singer, Tierinii Jackson, offers up her female vocals and, with Boo Mitchell's help, they mix the first notes of Chris's song.



TLR's trip to Memphis supported by:



<https://www.memphistravel.com/>



A STAR ALLIANCE MEMBER 

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To find out more or book your own adventure across Memphis visit the following links:

Temple of Deliverance

<http://www.todcogic.org/>

Royal Studios

<http://www.royalstudios.com/>

Southern Avenue - <https://www.southernavenuemusic.com/>

Southern Avenue's album 'Keep On' available on Spotify.

Graceland

<https://www.graceland.com/>

Graceland appears courtesy of Elvis Presley Enterprises, Inc.





FOOD WITH MIGUEL MAESTRE

TLR has reached 300 episodes and for Miguel, picking his favourite recipe is like picking your favourite child. So Amanda has consulted the stats and found the Top 5 Most Downloaded Recipes across the entire series. Number one is Miguel's Moist Orange Cake. To celebrate the number one dish, Miguel enlists his kitchen apprentices – Amanda, Barry and Chris – to show off the best ways to ice any cake. Can these newbies cut the mustard?

Miguel's Moist Orange Cupcakes with Buttercream

Prep time – 15 minutes

Cook time – 25 minutes

Makes 24 cupcakes

Ingredients

2 (about 220g each) small navel oranges, washed, ends trimmed

185g butter, softened

1½ cups caster sugar

1 tsp vanilla extract

3 eggs

2¼ cups self-raising flour

Buttercream

250g salted butter, room temperature

3 cups (500g) icing sugar mixture

1 tbs water

1 tsp vanilla extract

1-2 drops pink food colouring

Method

1. Preheat the oven to 160°C fan forced/170°C no fan. Line 2 muffin tins with medium paper cupcake cases.
2. Cut the skin-on oranges in quarters and remove any seeds and the thick centre core if there is any, then roughly chop. Place the orange, skin and all, into the processor and pulse until roughly chopped. Add the butter, caster sugar and vanilla, pulse until combined (don't worry if mixture looks curdled). Add the eggs, pulse to combine. Remove to a bowl, fold through the flour until just combined.



3. Spoon the mixture among prepared papers in pans and smooth the surface. Bake for 20-25 minutes or until a skewer inserted into the centre comes out clean. Stand in the pan for 10 minutes before transferring to a wire rack.
4. For the buttercream, put the butter in the bowl of an electric stand mixer and beat on medium, using paddle attachment, until pale and fluffy. Add half the icing sugar and beat on low until combined.
5. Add water, vanilla and remaining sugar, and then beat on low until combined. Add food colouring, if using. Increase speed to high and beat until pale and fluffy.
6. Spoon the buttercream into a piping bag fitted with a nozzle of your choice. Pipe over cupcakes.

TIP Navel oranges are perfect for this recipe as they have minimal pith and usually no seeds. The weight is important to the recipes success and as they vary considerably throughout the year, be sure you use oranges of similar weight above, even if you need to trim them. Mixture may look a little lumpy but don't worry its not supposed to be a smooth batter.

We used a 1.5cm round nozzle and a 1cm fluted nozzle.