



Series 8, Episode 26

RENOVATION WITH BARRY DU BOIS

To celebrate the upcoming Rugby World Cup in Japan, Barry reveals the secrets of Japanese carpentry and woodworking right in studio. With an eye for detail and traditional tools, Barry creates a serving plate and chopsticks to present Miguel's Japanese Australian fusion dish.

Tools, materials and set dressing provided by Japanese Tools Australia. Japanese Tools Australia stocks out the finest quality tools from Japan. Centuries of tradition and experience lay behind Japanese toolmaking and woodworking culture, and they are proud to bring these stories to Australia and the world.



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TRAVEL WITH CHRIS BROWN

Wombat Mange

This week Dr Chris joins wildlife carers in northern Tasmania to help combat a highly contagious disease that has caused wombat numbers to plummet.

Mange is a disease caused by a parasitic mite which causes thick, crusty scars and can kill the animals if left untreated. The disease has decimated the wombat population around Kelso, but local carers like Brendan Dredge are spending their own time and money helping these animals on the road to recovery.

Chris goes to see how wild wombats are being treated in a non-invasive way with hand-made flaps, which are installed over the front of burrows and cover the animals in medication as they enter. Although expensive and time consuming, locals are working hard to ensure these animals are properly cared for in their natural environment.

If you'd like to find out more or contribute to the fight against wombat mange head to www.drool.pet to Help Save Our Wombats.



FOOD WITH MIGUEL MAESTRE

Japanese Mexican Street Food

The fusion dish of Taco Rice combines a Japanese rice bowl with Tex-Mex flavours. Miguel learns about the dish, which has been around since the 1980s and prepares his own snack combining flavours from the two cuisines.

KERBY'S TACO RICE

Prep time: 5 minutes plus 20 minutes draining

Cooking time: 1 hour 15 minutes

Serves: 4 plus left over mince

Ingredients

1 tbsp olive oil, for frying

400g beef mince

100g lamb mince

1 small red onion, finely chopped

2 cloves garlic, finely minced

Salt and pepper, to taste

Sauce

100mL sake



400g tomato passata

Pinch brown sugar, to taste

1 tbsp miso paste

Water or beef stock, as needed

40g Worcestershire sauce

40g soy sauce

1 x 30g packet of taco seasoning

To serve

300g koshihikari rice

Store bought salsa sauce, drained to remove excess liquid – note this can be added to the taco rice sauce above

Grated tasty cheese

Iceberg lettuce, finely shredded

Your choice of hot sauce, if desired

Broken corn chips, optional

Method

1. Heat olive oil in a large heavy based saucepan until it shimmers.
2. Brown lamb and beef mince, constantly scraping the bottom and mashing the mince to break it up. Cook for about 10 minutes.
3. Once browned, add onion and garlic with a pinch of salt and pepper. Sweat out excess moisture for 5-8 minutes.
4. Once it starts to 'catch' again, deglaze with sake.



5. Cook for a further 3-5 minutes to cook out the sake. Add tomato passata, brown sugar and miso paste. Add a splash of water or stock to stop it from sticking and burning.
6. Simmer for at least 45 minutes over a low-medium heat. Add more liquid to prevent it sticking and burning if required.
7. Meanwhile, prepare rice. Wash the rice 9 times, rinse it 3 times, clawing it with your fingers to remove the starch. Rinse another 3 times and then leave to drain for 20 minutes.
8. Cook the rice in a rice cooker with a 1:1 ratio of water. Once cooked, leave to rest for 5 minutes. Fluff the rice with a fork and rest again for a further 15 minutes and keep warm until ready to serve.
9. Once meat is cooked and sauce is reduced, season with the Worcestershire sauce, soy sauce and taco seasoning. Stir well.
10. If still wet, simmer to desired consistency.
11. Serve rice in bottom of bowl. Top with grated cheese, shredded lettuce, mince, salsa, more cheese and finish with hot sauce, if using.
12. Add some broken up corn chips at the end to add some crunch.
13. This recipe allows for leftover mince which keeps well in the freezer and is very versatile. It can be used on pasta, for nachos, or jaffles.

MIGUEL'S GYOZA QUESADILLAS

Prep time: 10 minutes

Cooking time: Less than 5 minutes

Serves: 4 as tapas

Ingredients

12 round dumpling wrappers

180g jarred piquillo peppers, julienned



2 tsp pickling juice from jar of piquillo peppers

90g feta

Mexican spice mix, to taste

Olive oil, for cooking

Salsa

1 medium ripe tomato, deseeded and finely diced

¼ cup pre-blanchd, podded edamame

¼ bunch chives, finely chopped

2 tsp olive oil

1 tsp lime juice

Pinch of Mexican spice mix

Salt and pepper to taste

Method

1. Using a fork, mash feta with 2 tsp pickling juice until smooth. Season with spice mix.
2. Add thinly sliced peppers to feta mixture and stir. Season to taste.
3. Divide mixture evenly among dumpling wrappers by piling a tsp of the piquillo pepper mixture evenly over half of each wrapper. Fold wrapper in half over filling to form a half moon shape, pressing to stick together. There is no need to seal them.
4. In a large frying pan, heat oil over medium heat. Add gyoza quesadillas to cook for 1 to 2 minutes on each side until golden brown, seasoning the outside of the quesadillas with a pinch of Mexican spice mix.



5. Whilst quesadillas are cooking, prepare the salsa by mixing tomato, edamame and chives. Dress with olive oil and lime juice. Season with Mexican spice, salt and pepper to taste.
6. Drain cooked quesadillas on paper towel and serve hot with salsa spooned over the top.

CELEBRITY WITH AMANDA KELLER

Kurtley Beale

With the Rugby World Cup in Japan just over the horizon, Amanda heads to the headquarters of Australian rugby to catch up with superstar full back Kurtley Beale. Beale's career is the stuff dreams are made of having featured for Australia at a young age and earning accolades all the way through. A proud Indigenous Australian, Kurtley shows Amanda the new Indigenous jersey that the Wallabies will wear when they take the field in Japan as well as introducing her to the artist who designed the jersey, Dennis Golding.