



Series 8, Episode 27

WOW HOUSE WITH BARRY DU BOIS

Earthship House

Everyone knows recycling is important, but most people restrict it to a special bin in the house – not the whole house. Adelaide’s Martin Freney took this one step further by building his home out of natural and recyclable materials. He even used old tyres and glass bottles in the walls. The home – or Earthship – is part of a growing movement aimed at minimising environmental impacts and reducing the financial burden of bills. Barry heads out to meet Martin and find out exactly what’s required to take the helm of this unique ship.



TRAVEL WITH CHRIS BROWN AND MIGUEL

Memphis Road Trip

Chris and Miguel embark on the quintessential American road trip; beginning at Tennessee's very own 'Paris', they head out onto the great Kentucky Lake to witness the phenomena of jumping carp. Back on the road, they stop off at smoky enclave, Helen's BBQ in Brownsville. After a visit to the Tina's hometown of Nutbush, the boys round off their trip by undertaking the unique southern activity of 'noodling'.

Southern Boyz Grabbling - <https://www.facebook.com/southernboyzgrabbling/>

West Tennessee Delta Heritage Center -
<http://www.westtnheritage.com/flaggrove.html>

City of Paris - <http://paristn.gov/>

City of Brownsville - <http://brownvilletn.gov/>



Tennessee Tourism - <https://www.tnvacation.com/>



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Memphis Tourism - <https://www.memphistravel.com/>



United Airlines - <https://www.united.com/>



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FOOD WITH MIGUEL MAESTRE

Pressure Cooker

Coming home from work and being faced with that irritating question that comes every night can be infuriating – “what’s for dinner?” Especially on Friday night, it’s so easy to just pick up the phone. But Miguel has a delicious and nutritious dinner that you can put on in just few minutes and let the pot do all the work. And to prove it, Miguel shows Amanda how to create this no-fuss, restaurant quality dinner before the show is over.

OSSO BUCCO with GREMOLATA

Recipe by Miguel Maestre

Ingredients

4 osso bucco, at room temperature

1 cup almond meal

1 cup plain flour

good pinch of salt

1 tbs sweet paprika

1 tbs butter

1 tbs olive oil





2 brown onions, roughly chopped

2 sticks of celery, roughly chopped

2 carrots, roughly chopped

2 tomatoes, roughly chopped

1 head garlic, cut in half crossways, reserving 1 clove for gremolata

½ nutmeg, grated

½ bunch thyme

2 bay leaves

Salt and freshly ground black pepper, to taste

125ml dry white wine

500ml beef stock

400ml tomato passata

Gremolata topping

1 lemon, zested

1 clove garlic, finely grated

½ bunch parsley, chopped

½ bunch chives, chopped

Couscous

1½ cups couscous



1 tsp sea salt flakes

1 tbs butter

1 tbs olive oil

1½ cups boiling water

Steps

1. Set pressure cooker to Browning, press start.
2. Combine the almond meal, flour, salt, nutmeg and paprika in a dish.
3. Dust beef with the flour mixture, massaging well into the meat.
4. Melt the butter with the oil, and brown the meat well on both sides until browned. Set aside. Meanwhile prepare the veggies.
5. Add the onion, carrot, celery, garlic to the pan and sauté for 1-2 minutes or until tender.
6. Add thyme, bay leaves, salt and pepper.
7. Add tomatoes, white wine, stock and passata and return the beef.
8. Set pressure cooker to High Pressure, then select timer for 30 mins. Press start.
9. Meanwhile, to make couscous, pre boil the kettle. Put couscous in a bowl with the butter, oil and boiling water. Cover with cling film, stand 2-3 mins. Fluff with a fork.

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10. Meanwhile make gremolata, chop herbs, zest lemon and finely grate garlic into a bowl. Mix well.
11. When beep sounds use Quick Pressure Release to release pressure. When float valve drops, turn off machine and remove lid carefully tilting away from you to allow steam to disperse.
12. Serve osso buco with couscous, sprinkled with gremolata.

WEBLINKS

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



www.masoncash.co.uk

Cuisinart

www.cuisinart.com.au



www.globalknives.com.au