

THE LIVING ROOM FACT SHEET

Series 8, Episode 35

RENOVATION RESCUE WITH BARRY DU BOIS

Laundry

Heidi and Mark bought their 'renovators delight' home 4 years ago with every intention to renovate it, but have been totally shocked at how much time, money and planning goes into renovating a home. Their latest project is their laundry, which is basically a shell of a room; there are not even walls up. Heidi can't decide on what she wants and Mark is keen to just get the job done so they've called in Barry to spark some inspiration.



Before:

After:



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PRODUCTS AVAILABLE AT BUNNINGS

BUNNINGS
warehouse







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IMAGE	PRODUCT	PRICE	ITEM #
	Bellessi 760 x 2600 x 4mm Polymer Splashback – Silver Ghost	\$274	0012149
	Everhand 32L Squareline Plus Utility Laundry Sink	\$349	0028218
	Sabco Medium Duty White Broom With Protective Bumpers	\$14	0065952
	Sabco Lifestyle Dustpan and Brush Set	\$5.50	4460122
	Sabco Rinse N Wring Complete Flat Mop Set	\$55	0106592
	Gyprock CSR 2700 x 1200 x 10mm 3.24sqm Aquachek Plasterboard	\$34.53	0733881
	Zone Interiors 63mm Basswood Shutters Venetian Blind – 1200mm x 2100mm Vivid White	\$119	1281651







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IMAGE	PRODUCT	PRICE	ITEM #
	HPM MR16 70mm Fixed LED Downlight	\$37	4331583
	Arlec 130cm White 35W Washington Ceiling Fan With Remote Control	\$264	4370911
	Forme 110 x 110mm What-A-Waste Floor Drain Tile Insert	\$44.90	5003374
	Mondella WELS 2 Star 12L/min Resonance Laundry Mixer	\$109	5003394
	Ryobi 1500W Planer Thicknesser	\$579	6210479
	Ryobi 600W Corded Biscuit Joiner	\$169	6210328
	Lockwood Satin Chrome Double Cylinder Deadbolt	\$99	4091289

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IMAGE	PRODUCT	PRICE	ITEM #
	Lockwood Satin Chrome Symmetry Entry Lever Set	\$65	4020475
	Lockwood Satin Chrome Symmetry Passage Lever Set	\$54	4020473
	Kaboodle 2400 x 600 x 38mm Flint Stone Laminate Benchtop	\$339	2669817
	Flatpax Utility 450mm 1 Door Tall Cupboard	\$304	2666210
	Flatpax 450mm Utility Linen Chute	\$184	2666214
	Flatpax Utility 600mm 2 Door Wall Cupboard	\$119	2666203






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IMAGE	PRODUCT	PRICE	ITEM #
	Flatpax Utility 900mm White 2 Door Base Cupboard	\$197	2666207
	Flatpax Utility 900mm 2 Door Wall Cupboard	\$168	2666204
	CustomPine 21mm x 10mm White Iron-On Melamine Edging	\$10.48	0290017
	CustomPine 1200 x 595 x 16mm E1L White Melamine Shelving	\$17.24	0570015
	Hafele K-Push Door Catch – 2 Pack	\$15	0037966
	Ryobi 18V ONE+ Telescopic Pole Hedge Trimmer	\$199	0098556

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IMAGE	PRODUCT	PRICE	ITEM #
	Woodhouse 92 x 18mm 5.4 Pine Moulding FJ Pencil Round Primed	\$47.92	0020902
	Selleys 475g No More Gaps Multipurpose 3 Pack	\$12.55	1232399
	Buildex 7 - 16 x 50mm Gypfast Plaster Screws- 500 Pack	\$26	2424466
	Zenith 400 x 120mm Broom Holder Hook Rack	\$11.90	3961661
	Forme 110 x 110mm What-A-Waste Floor Drain Tile Insert	\$44.90	5003374
	Spear & Jackson 200mm Mini Finishing Trowel	\$17.98	5960161

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IMAGE	PRODUCT	PRICE	ITEM #
	Davco 20kg SMP Evo Tile Adhesive	\$25.90	6650266
	Duratile 60 x 60cm Porcelain Floor Tile – 3 Pack- Aggregate Grey	\$25.92	6661266
	Dunlop 15kg Multi Purpose Floor Leveller	\$38.69	6820021
	Dunlop 310ml Coloured Silicone Misty Grey	\$17.60	6829646
	Dunlop 5kg Flexible Coloured Grout- Misty Grey	\$22.76	6829808

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IMAGE	PRODUCT	PRICE	ITEM #
	Woodhouse 30 x 30mm 5.4m H3 LO SP FJ Primed Scotia Pine Moulding	\$20.77	0052884
	Sabco Wheelie Wringer Bucket	\$17.85	0066085
	Zenith 8G x 28mm Gold Passivated Countersunk Rib Head Chipboard Screws 500 Pack	\$17.50	0083562
	CustomWood MDF 2400 x 1200 x 16mm Standard MDF Panel	\$31.90	0590129
	Builders Edge 50mm x 20m Fibreglass Builders Joint Tape	\$7.17	0730318
	Gyprock CSR 15kg Ultra-Top Topping Compound	\$50.63	0730643
	Gyprock CSR 75m Plasterboard Perforated Paper Jointing Tape	\$7.66	0731017

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IMAGE	PRODUCT	PRICE	ITEM #
	Gyprock CSR 20kg Base Coat 45	\$43.52	0731156
	Gyprock CSR 5.5kg Acrylic Stud Adhesive	\$28.69	0731172
	Earthwool R1.5 75 x 430mm 20.95m2 Wall Batts – 42 Pack	\$56.46	0810322

WEBLINKS

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



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TRAVEL WITH CHRIS BROWN

Live Cross to Antarctica

Chris has finally made it to his seventh continent after landing on the shores of Antarctica.

But it wasn't smooth sailing to get there- first he had to face the world's roughest ocean crossing, the Drake Passage. The Drake Passage is an 800km body of water that separates South America from Antarctica, where the Atlantic, Pacific and Southern Oceans meet.

To cross the passage Chris boarded a ship from the Argentinian town of Ushuaia, which is the gateway to both Antarctica and Tierra del Fuego, and also holds the title of most southern city in the world.

The two day journey across the Drake Passage was made easier on-board a new ship from Aurora Expeditions, which was specially designed for more gentle sea crossings, faster transit, and less carbon emissions.

The ship was named after Greg Mortimer, an Order Of Australia recipient with a long list of incredible achievements, including being the first person to scale Antarctica's highest peak, Vinson Massif.

Greg is also the co-founder of Aurora Expeditions and was able to show Chris some of the most beautiful scenery in Antarctica.

Aurora specialises in destinations off the beaten track. For more information visit:



www.auroraexpeditions.com.au



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FOOD WITH MIGUEL MAESTRE

Matt Stone Regional Food

Miguel explores the regional flavours of Victoria's Yarra Valley with Oakridge's Head Chef, Matt Stone. Matt shows Miguel how he uses local and Oakridge's farmed produce to deliver award winning sustainable meals.

Matt Stone's Kangaroo Loin with Macadamia and Spring Greens

Cooking time: 10 minutes

Total time: 40 minutes

Serves 4

Ingredients

4 kangaroo loins (*Paroo*, *K-roo* and *Macro Meat* are the best quality available to the public)

125 mls kangaroo garum* or mushroom soy sauce, for glazing

4 handfuls of seasonal garden greens, such as warrigal greens, baby broccoli stems

120mls Jus (or a peppery gravy) Mountain pepper berry & leaf both ground

Olive oil, to drizzle

Edible flowers and herbs, to garnish

Macadamia Milk

240g roasted macadamia nuts

40mls chardonnay vinegar

160mls cold water

1 garlic clove, peeled

Salt, to taste

BBQ onion oil

1 bunch green spring onions (cleaned, but not trimmed at all)

1 bunch chives

650mls grape seed oil

Salt, to taste

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Method

1. For the macadamia milk, add the nuts to a blender along with the vinegar, garlic and a pinch of salt. Start blending; as you slowly pour in the water. The key is to get it emulsified nicely by slowly adding the water. Store in the fridge.
2. For the bbq onion oil, chargrill the spring onions well. Place onion and other ingredients in jug and blend until smooth. Season with salt. Pass through a fine cloth-lined sieve into a jug.
3. Bring the kangaroo to room temperature; heat a grill over coals until hot.
4. Brush the kangaroo loin with the garum. Cook for a few minutes, turning occasionally to cook on all sides whilst brushing each side. Cook to rare. Rest on a rack place over a tray.
5. Lightly dress the greens in a medium bowl with oil and salt. Place greens on the grill and char slightly. Once the kangaroo is rested, carve into slices.
6. Spoon some macadamia milk onto the plate. Add the kangaroo and greens. Sauce with the pepper jus and onion oil. Add some fresh herbs and flowers to finish.

NOTE:

*the glaze is a kangaroo garum' made from kangaroo offcuts. It's fermented and tastes almost like a fish sauce, substitute with a mushroom soy sauce.

*If you cannot find Kangaroo loin you can substitute with lamb back straps in this recipe.

Miguel's Empanadillas (little empanadas)

Makes 24

Prep time 15

Cook time 15

Ingredients

185g plain flour

185g strong bread flour

1 tsp salt

½ tsp Spanish paprika

125ml extra virgin olive oil

125ml white wine, we used an Oakridge Semillon

Filling

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1 medium beetroot, grated

150g Yarra Valley fresh cows cheese marinated in chilli, drained or other soft cows cheese

1 handful greens, chopped

Aioli, to serve

1 litre light olive oil, for frying

Method

1. Sift flours, salt and paprika into a large bowl. Stir in combined oil and wine to form a soft dough.
2. Roll the dough thin (not more than 3mm) on a flat surface. There's no need to flour it because this dough is very fatty and does not stick if you have achieved the right consistency.
3. Cut circles with a 6.5cm-7cm round pastry cutter.
4. Place a spoonful of filling in the center of the circles, brush the edge with some water, and close firmly pressing the edges with a fork.
5. For the filling, combine grated beetroot, cheese and chopped greens in a bowl; mix until combined.
6. Once all the dough has been used, pour olive oil in a smallish but deep pan. Heat to medium-high (below 180°C) and shallow fry the pastries until golden brown. Place them on a paper towel.

Note: If you want to bake them, place them on a tray and brush them with the beaten egg. Bake about 25-30 minutes at 180°C.

WEBLINKS

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

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RYOBI GARDEN QUICKIE Hedge Trimming

Matt shows off a few tricks of the trade on how to trim those hard to reach hedges using the Ryobi pole hedge trimmer. Trim every hedge with control and precision with the RYOBI 18V ONE+ Telescopic Pole Hedge Trimmer. The diamond ground stamped blades give a neat finish – no matter how far from the top of the hedge you're working from. And with a max reach of 2.9m with the telescopic pole, you can deliver that cut to even the tallest garden hedges around.





PRODUCTS AVAILABLE AT BUNNINGS

IMAGE	PRODUCT	RRP	ITEM NO.
	<p>Ryobi 18V ONE+ Telescopic Pole Hedge Trimmer</p> <p>Give even the tallest hedges the perfect trim with the RYOBI 18V ONE+ Telescopic Pole Hedge Trimmer. With 3.2m total reach and 4-position head that can easily and precisely trim even the tallest domestic hedges.</p>	\$199	0098556

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HEDGE PRUNING TIPS

1. For young hedges, shaping them in winter or spring will help them grow into the shape you want.
2. It's good practice to check the leaves for pests and weeds before trimming.
3. Then its just maintenance trimming, which is usually carried out just one a year for informal hedges and twice a year for formal hedges If you want a super structured hedge, trim three times a year.
4. The telescopic arm is a safe and easy way to trim across the top of the hedge.
5. Give the hedge a rake afterwards to get rid of the loose leaves.
6. Maintenance trimming is generally done between spring and summer.



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WEBLINKS

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



www.bunnings.com.au



www.ryobi.com.au