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On the Run – Quick Hacks

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5 Ways to Dry Your Clothes *Better with a Dryer*

A dryer gives you the freedom to dry your clothes at your own time. No longer are you at the mercy of the Sun, or have to remember to take your clothes in when there's a sudden rainstorm.

To help you dry your clothes even better with your dryer (and save some extra time and money), here are five tips that will come in handy:



1. Run an Extra Spin Cycle if Clothes are Dripping Wet

Your dryer is designed to efficiently remove moisture from wet laundry but may take a longer time to do so, when your clothes are still dripping.

So here's a pro tip, put on an extra spin cycle at the maximum spin speed. This quickly removes moisture through centrifugal action, saving you precious time.



2. Clear Lint From Your Fluff Filter Regularly

If possible, clean out the lint from the fluff filter after each use. Allowing the lint to build up hinders your dryer from moving air around efficiently.

You can either remove the lint with your hands (which will remove the bulk of the lint) or use a vacuum cleaner if you want to get to the fluff that's in hard-to-reach places. Some dryers also have a washable fluff filter which can be opened up for easy cleaning under running water.



3. Choose the Right Drying Programme, Depending on the Material of the Fabrics.

- Cottons** for cotton fabrics
- Easy-Care** for synthetic fabrics
- Mixed Load** for a mixed load of natural and synthetic fabrics
- Sportswear** for materials like nylon, polyester and rayon
- Wool Finish** for woollen fabrics and towels
- Down Wear** for materials with natural animal feathers

If you like to store your clothes in the cupboard immediately after drying, choose the Cupboard Dry washing programme to extract the most amount of moisture possible from laundry.

There is also an Iron Dry mode, which allows your clothes to retain a small amount of moisture. Coupled with the Crease Guard or Easy Iron option, you can have the perfect ironing results.



4. Make Sure Your Dryer has the Same Capacity as Your Washing Machine

If you plan on popping all your laundry into the dryer after each wash, make sure you have a dryer with the same capacity as your washing machine. This allows you to wash and dry laundry loads smoothly, especially when you are washing more than one batch of laundry on any particular day.

However, washer dryers can typically only dry half the load it can wash at a time. This 2-in-1 appliance is best suited for smaller households with space constraints and a lower washing frequency.



5. Load Each Piece of Laundry Separately

While it may seem fuss-free to throw in a bundle of clothes into the dryer, it would be best to put in each piece separately to minimise entanglement, for best drying results.



5 Things You Need to Know for a Great Cookout

There is a lot of work that goes into throwing a party outdoors. Whether it's a simple gathering in the backyard or a big cook-out in the park, here's our take on how you can turn up the heat at the next grill-out! These suggestions are good for anyone, be it for the seasoned griller or barbecuing newbie.



Know your Guests

Who you invite matters. Having more people around makes for a lively affair, but an intimate gathering of close friends and family is equally enjoyable. As the perfect host, you will need to do a bit of research and know their food habits. Make sure every person is included when you’re prepping, taking into account allergies and dietary needs. Instead of treating this as additional work, catering to different preferences actually opens up more opportunities to sample new foods and cooking methods you’ve never tried before!

Foil meals make a great addition to your barbecue – here’s a simple recipe that’s perfect for your vegetarian friends!



BBQ Veggie Pack (serves 2-4)

Ingredients

- | | |
|---|-----------------------------|
| 1 cup red/orange bell peppers, chopped | ¾ teaspoon sea salt |
| 1 cup red onion, chopped | 1 teaspoon lemon juice |
| 1 cup carrots, ½” square chop | ½ teaspoon black pepper |
| 1 cup Russet potatoes, ½” square chop | 1½ teaspoon onion powder |
| 1 cup zucchini, chopped | 1 teaspoon ground cumin |
| 1 cup button or baby bella mushrooms, chopped | 1 teaspoon smoked paprika |
| 1 cob of corn, sliced to 1-2” wide coins | ½ teaspoon ground coriander |
| 2 tablespoons olive oil | |

Instructions

1. Cut 4 pieces of 12x 8” pieces of aluminium foil.
2. Warm up your grill to medium-high heat.
3. Place all ingredients into a very large bowl and toss together so that it is well-mixed and evenly coated.
4. Divide the mixture into four portions. Place each portion in the center of the foil.
5. Bring two sides of the foil towards the center and fold together, and then fold down until you reach the veggies.
6. Take one of the other sides and roll in, towards the center; repeat on the other side, until you have a packet. Press firmly on the rolls/folds so that they do not come apart easily.
7. Put them on the grill and lower the lid, grilling for 8 minutes on each side of the packet. To see if they’re ready, peel back a fold and check the corn or potatoes.
8. For a drier mixture inside, open up the top of the packets while grilling during the last 4 minutes. Serve hot, and top with a little more salt and pepper, hot sauce or BBQ sauce if you desire!



Master that Grill

Before you begin barbecuing, make sure the grill is clean and oiled to stop the food from sticking. Once the fire gets going, do a quick temperature check by placing your hand as near to the heat as you can. Here's a rough guide:

If you can only hold it there for 3 seconds before it gets too hot, the grill's all fired up and ready for your steaks and meat.

When it gets to 4-5 seconds, it's hot enough to barbecue your sausages and fish that take a shorter time to cook.

But if you can get all the way to 6 seconds and more, don't put food on the grill as it's not hot enough to cook.

Another tip: for a more aromatic barbecue, you can add wood chips or chunks such as apple, hickory, cedar, birch or maple to your charcoal.

Maintain Strict Hygiene Standards

Campylobacter is considered as one of the leading causes of food poisoning – this contaminant is commonly found in raw meat and poultry and is also present in unpasteurized milk and contaminated water. But worry not! You can always keep cross-contamination at bay with these simple steps.

Prep and marinate your raw ingredients one at a time, and make sure that they are kept separately in air-tight containers before they are cooked. If you don't have enough Tupperware to go around, putting your food items on a plate and covering them snugly with a plastic wrap works as well!

Always use a different cutting board when handling raw and cooked foods. Bacteria may still be present when you just run the board under water – always use a dishwashing liquid coupled with a really good scrub.

Prepare multiple sets of utensils and serving tongs for raw and cooked items. Buy them in different colours if you can, or label them with markers – so everyone knows which is which. Also prepare separate serving trays for cooked food.

You may also want to section off areas on the grill to cater to guests with religious or dietary restrictions.





Best Food Forward

Using ingredients that require minimal prepping and are quick to grill doesn't mean just stocking up on processed foods. The trick is to use ingredients that cook at different times so there's always something on the table. Get the grill going with popular but simple requests like hotdogs or luncheon meat – these things come in pre-cooked but they should be well-heated before eating. Pair them up with fast-cooking vegetables or seafood like fish fillets and skewered prawns. It's also a good idea to create cheesy Portobellos – make a 'bowl' with tin foil, sprinkle some cheese before placing them on the the grill. The foil is there to capture every drop of that mushroomy goodness! Serve these with your pre-made pasta or potato salads and your guests are good to last for another hour while you focus on the bigger meat items. One tip to faster cooking is to not move your food around too much. Remember to let them brown well on each side before turning over. Add some sweet treats on the side for a refreshing change. Keep them simple – cut fruits, ice-cream or fruity popsicles are perfect for beating the summer heat!

Keep Boredom at Bay

Great company is as much the heart of the party as great tasting food. Having some form of entertainment lessens the potential awkward small talk or bouts of 'complaints' when the food's taking longer than expected to cook! Start with a music playlist – including the current top 50 hits is a safe bet for the younger crowd – add some games, and it will surely liven up the mood. If board games are too much of a hassle to carry around, there are plenty of fun party apps easily played on mobile. Download some of the popular ones like 'Heads Up!', 'Sing! Karaoke' and 'Just Dance Now' to get the ball rolling. Or your guests can always choose to work up a sweat, and appetite, by playing a game of Frisbee or badminton instead. The idea is to make sure that everybody gets to enjoy both the company and of course, all that fabulous food!

Have a go at these ideas for your next big cookout and we think you'll really be the talk of the town.



Hearty Rewards for the Hard Work!

Soup-er Ways to Fast, Healthy Dinners

We all want to eat well – and most of us would love to come back to a hearty, good-for-the-soul home cooked meal. When work and life sometimes get too overwhelming, the last thing you want to do is to whip up an elaborate meal with lots of washing up after.

That's where soup meals come in. Not only are soup meals healthy and simple to prepare, you can even freeze them to last you for a week of quick and easy dinners. Add a salad, or some fresh crusty bread, and you have a complete meal that will rival anything you can get outside.

How do you get started? Well, with our guide to soup-er ways to fast, healthy dinners, of course!

Getting Started

If you're just starting out on your cooking journey, may we suggest that you invest in a reliable, well made [hand blender](#). Hand blenders are versatile, portable and compact enough for even the smallest of modern kitchens and will go a long way in helping you achieve that smooth, velvety texture for your soups or even any sauces that you prepare in a pan. They can also be used to make quick smoothies or purees that you may prepare for your children. Otherwise, a good [food processor](#) will also do the job if you're already equipped.



Cooling

Freezers and fridges cannot cool soups quickly enough for them to be food safe. If you need to cool your soups down very quickly, place the pot of soup in a bath of ice water in the sink. If not, simply leave to cool to room temperature (covered) before freezing.

Packing

The best and most space efficient way to store your soups would be in plastic freezer bags, which can be stacked and take up far less space than bulky containers. Label and date your freezer bags, let out any excess air and seal.



Freezing

Lay the bags flat in the freezer, and when they are frozen and hard, you can stack them to save space.

Reheating

Simply plan ahead and thaw your soup of choice overnight in the fridge. By dinner time, you'll simply need to reheat the soup. For creamy chowders and soups, reheat over low heat until simmering; for hearty and chunky stews, heat over medium low, stirring from time to time.





1 Samgyetang Korean Ginseng Chicken Soup

This nutrient-packed soup is a hot, steaming dish that has protein and carbs all in one! Cooked using whole chicken, it's the perfect soup for sharing and it's healthy and filling to boot.

[View Recipe>](#)

3 Beetroot & Potato Soup

This creamy, savoury soup combines hearty potatoes with the nutrition-packed beetroot for a guilt-free indulgence on those colder nights.

[View Recipe>](#)



2 Crayfish Bisque

If you need something fancier for that anniversary dinner or housewarming party, spoil your guests with this rich and intensely-flavoured seafood bisque.

[View Recipe>](#)



4 Butternut Squash Soup

This soup is packed with vitamin A, C and E from sweet, tender squash and will prove a hit with the young and old!

[View Recipe>](#)

5 Most Essential Ways to Clean Your Dishwasher

Besides clearing the filter after every wash, here are some regular cleaning tips to help your dishwasher perform at its best.

Run a Maintenance Wash

Every 3 months, run a maintenance wash on an empty load. Choose the Machine Care program or any wash program with the highest rinse temperature and add in special detergent to remove grease and limescale deposits.

Let it Breathe

Leave the door slightly ajar after every wash to allow the internal surfaces of the dishwasher to dry. This prevents unpleasant odours from developing.

Clean the Door Seal

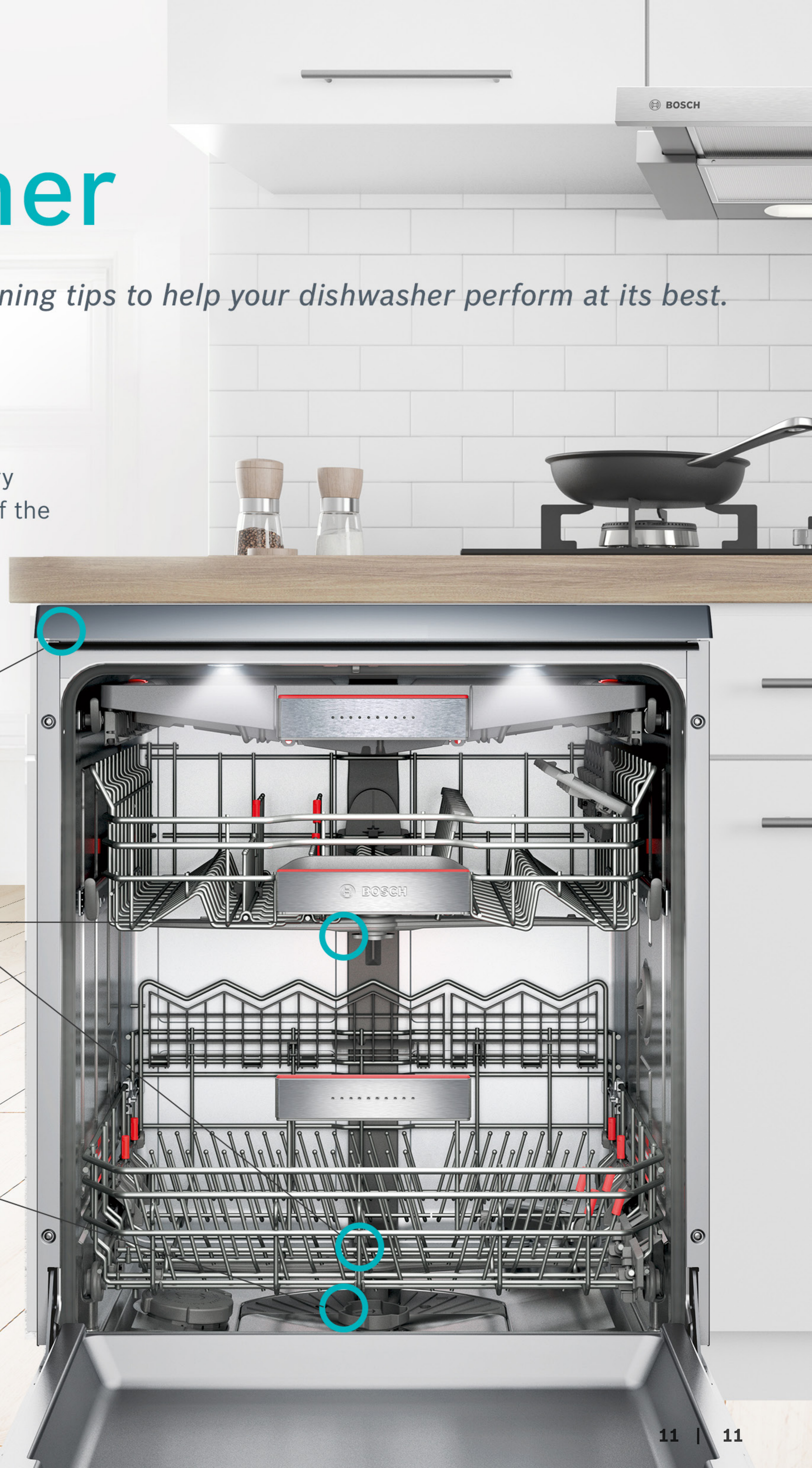
Wipe the door seal with a damp cloth and some liquid detergent to prevent the buildup of mold and mildew.

Unclog the Spray Arms

Every 3 months, clear hard water deposits stuck in the spray holes to ensure effective cleaning. Unscrew the upper spray arm by pulling it downwards and the lower spray arm by pulling it upwards. Using a cocktail picker, remove any particles stuck in the spray holes and give it a clean under running water.

Clear the Drain Pump

Every 3 months, clear food residues and hard water deposits in the drain pump to ensure proper drainage. Disconnect the power before removing the top and bottom baskets. Turning anti-clockwise, unscrew and lift out the filter for cleaning under running water. Remove any residual water with a sponge, pry out the white pump cover with a spoon and clear the impeller wheel of any debris.





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