

# LET'S TALK Lifestyle with Simone du Bernard & Jacqui Cantell

## SIMPLE & SATISFYING WINTER MEALS

As the thermostat plunges and power bills rise, 'tis the season to wrap up warm and binge watch re-runs of your favourite TV show.

While it's also tempting to binge comfort food like potato chips and meat pies, we all know that episode doesn't end well so here are tips to enjoy simple yet satisfying winter food.

You can't go wrong with a good ol' roast. Place the meat on a vegetable trivet – a layer of sliced carrots, onion and celery – to infuse it with flavour as it cooks. The juice will caramelise the veges plus create the perfect ingredient for a delicious gravy.

If you're short on time, throw a fully defrosted whole chicken, pork shoulder or lamb leg in the slow cooker before you leave for work; you don't even need to add water. Arrive home to the appetising aroma of a fully cooked, tender-basted roast.

Got leftover meat? Shred it and add to a hearty vegetable soup. Or boil the bones with a few veges to make nutrient-rich stock. This also works with the carcass of a store-bought, pre-cooked chicken.



Nothing beats a hearty roast on a chilly winter's eve.

During cooler months it can be tricky to eat fresh. If you miss salads, and you'd need to extend the mortgage to buy winter tomatoes, try coleslaw instead – cabbage and carrots are inexpensive, and available all year. Add a small quantity of thinly sliced, purple onion for added “kick” and extra colour.

Coleslaw combines well with pork or chicken to make sliders for lunch.

### Other Top Meal Tips

Buy and cook food that is in season; it's healthy and kinder on the pocket too.

Double the recipe when making soups and casseroles – freeze the spare batch for reheating on a lazy Friday night.

Stuck in a food rut? Get online; Google is a great resource. Then invite your friends for dinner and swap recipes.

Bon Appetite!



**SOLD with pre Auction offer – more brick and tile homes needed!**  
737 Kanohi Road, Kaukapakapa



**Stanmore Bay – Listed by Simone**  
48a Duncansby Road, Stanmore Bay

## HOUSING MARKET STILL HOT, DESPITE CHILL

This winter we're frequently being asked, “Is it still a good time to sell?”

The short answer is, “Yes.”

The long answer is, that despite the change of season and the Government's attempt to slow the market with changes to legislation, house prices continue to rise.

Homeowners continue to sell, and purchasers continue to buy.

The market is still trending upwards because the reality is that people still need houses and there simply aren't enough of them; Economics 101 tells us that when demand exceeds supply, prices rise.

In saying that, if you need to sell, what the market is doing is ▶

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*Simone*  
du Bernard

**JACQUI**  
Cantell  




actually a moot point. The best time to sell is when you need to move.

And if you're asking because you want to be sure to get the best price the market has to offer, our answer is that no one has a crystal ball; we can't predict what will happen in future.

But, what we do know is that you'll have far more success getting the best price on sale day by using professional marketing and selecting a highly skilled and experienced agent, than trying to time your sale around an unpredictable market.

So if you're up-sizing, down-sizing, changing jobs or your circumstances have otherwise changed – yes, this winter is still a good time to sell.

Everyone's situation is however unique so give us a call for a friendly chat. You can be sure we'll never pressure you. We'll discuss your goals and where to from here.

If you're not ready to sell right now, but would like to know how much your home is worth, we're always happy to give you a free appraisal. It takes about 15 minutes and is based on the most up-to-date, recent sales data as well as our knowledge of what's happening in the area.

We look forward to speaking with you soon.

We also appreciate referrals if you know someone else who is selling.

## LOCAL AREA SALES

1 April - 25 June 2021

Area	#	Highest \$	Lowest \$
Wainui	9	2,100,000	738,776
Waitoki	8	3,405,000	995,000
Dairy Flat	14	6,508,000	905,000
Stillwater	11	3,100,000	995,000
Redvale	1	2,250,000	-
Okura	2	6,350,000	3,350,000
Coatesville	15	3,350,000	950,000



### SOLD under the hammer!

3 Riverhead Point Drive  
Near new Home & Income, super popular. More needed! Call Jacqui.



### SOLD in 4 weeks under the hammer!

39 Phillips Road, Warkworth  
8 ha, charming home, sheds, vege patch, orchard, bore and more! Call Jacqui.

**QUOTE:** "Perfection is not attainable, but if we chase perfection we can catch excellence." – *Vince Lombardi*

## JUST FOR A LAUGH

A man wanted to call the hospital to ask about his pregnant wife, but accidentally called the cricket stadium instead.

"How's the situation?" he asks.

He was shocked, and nearly died on hearing the reply.

"It's fine. Three are out, hope to get another seven out by lunch. Last one was a duck!"



## THINKING OF SELLING?

Call us today for your FREE property appraisal.

**SIMONE 021 733 965**

**JACQUI 027 278 8405**

In this post-Covid world we are always on the look out for some enterprising local businesses and people who we love to support...let us know if you have a business you would like mentioned HERE!

This month we would like you to check out [www.pageandco.co.nz](http://www.pageandco.co.nz).

Page & Co is the creation of our good friend Tony. Dressing your home with style, he has a great eye.

Here's what he says about his business.

"Page&Co. is a family business born from a love of fine things and to be honest a bit of a shopping addiction. Always on the lookout for beautiful, chic and unique décor, I needed to find another way to be able to continue my longing to find beautiful, luxurious, fairly-priced products. I could still shop – but for others who also like to surround themselves with gorgeous things. Hence, the creation of Page&Co., where you will find especially sought items for your home or to treat yourself, with a unique and luxurious twist. We all deserve a little treat don't we?" Tony xx



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