



WEEK 45: Sunday, 3 November - Saturday, 9 November 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-11-03	0500	Carnival Eats	Piefidelity	Host Noah Cappe knows Dela-where to find amazing fresh seafood, the Delaware State Fair in Harrington. Noah starts with the shrimp dog - succulent shrimp in a corn dog batter.	USA	English-100		PG		
2019-11-03	0530	Saturday Kitchen	Saturday Kitchen Series 3 Ep 1	Gordon Ramsay protégé and Michelin starred chef Angela Hartnett is at the helm of Saturday Kitchen this week with help from the master of spice, Cyrus Todiwala.	UNITED KINGDOM	English-100				
2019-11-03	0630	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 7	Watch as a single guy or girl tries to find love over food. They are presented with five unique menus, of which they must pick the three that appeal to them the most.	SOUTH AFRICA	English-100		PG		
2019-11-03	0730	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G		
2019-11-03	0800	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G		
2019-11-03	0830	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G		
2019-11-03	0900	Anjum's Australian Spice Stories	Coastal Cooking	Anjum conjures up flavours of the Indian coast with a coconut beef stir fry, malayalee fish curry and spice infused glazed pineapple.	AUSTRALIA	English-100		G		
2019-11-03	0930	Jonathan Phang's Gourmet Express	Penang To Bangkok	In George Town, the historic capital of the Malaysian state of Penang, Jonathan explores a Sunday morning market and ends up buying a 100 year-old egg which he eats back on the train.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-11-03	1030	A Shared Table	Noosa And Its Hinterland, Queensland	Stephanie, Elena and local chef Max Porter are busy with preparations for a lunch with tropical flavours.	AUSTRALIA	English-100		PG		
2019-11-03	1100	Tom Kerridge's Proper Pub Food	Food For Friends	This episode features dishes that are perfect for serving up to groups of friends. This is hearty, casual cooking meant for sharing - that means less time fussing in the kitchen.	UNITED KINGDOM	English-100		G		
2019-11-03	1130	Cheese Slices	Gorgonzola / Taleggio	Under the spot light in this episode are gorgonzola and taleggio. Cheese authority Will Studd travels to Northern Italy to see how and where these fascinating cheeses are created.	AUSTRALIA	English-100				
2019-11-03	1200	Cheese Slices	Goats Cheese	Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre.	AUSTRALIA	English-100				
2019-11-03	1230	Chilli Hunter	Singapore	Tyson Mayr meets local foodie and celebrity Denise Tan to get a taste of the Lion City's heat. He tackles a too-hot-to-handle level ten Chilli Crab.	SINGAPORE	English-100		PG		
2019-11-03	1300	Lee Chan's World Tour	China	From the Great Wall to the Forbidden City, Lee tours China like never before. The streets of Beijing serve up a mix of modern architecture and ancient traditions.	AUSTRALIA	English-100		G		
2019-11-03	1330	Anjum's Australian Spice Stories	Street Food	Anjum hits the bustling night markets of Melbourne to sample the delicious hawker style food before returning to the kitchen to showcase her favourite Indian street foods.	AUSTRALIA	English-100		G		
2019-11-03	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 2	The Michelin starred marvel, Michel Roux Jr, is back in the hot seat this week on Saturday Kitchen, with the help of two top chefs.	UNITED KINGDOM	English-100				
2019-11-03	1500	The Cook And The Chef	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100		G		
2019-11-03	1530	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shares her secrets to making the perfect pork belly with the ultimate crackling, together with the lightest and crispiest tempura batter.	AUSTRALIA	English-100		G		

2019-11-03	1600	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna shows us how to perfect an irresistible slow-cooked beef brisket, along with a versatile Asian chilli jam and a delicious light and fluffy meringue.	AUSTRALIA	English-100		G		
2019-11-03	1630	<b>Poh's Kitchen</b>	Family Favourites With Emmanuel Mollois	French-trained pastry chef Emmanuel Mollois joins Poh Ling Yeow in her kitchen, where they make delicious desserts.	AUSTRALIA	English-100	RPT	G	Y	
2019-11-03	1700	<b>Poh's Kitchen</b>	Green Curry With David Thompson, A	Thai food guru, David Thompson joins Poh in her kitchen, where David makes green beef curry and Poh prepares roti.	AUSTRALIA	English-100	RPT	G	Y	
2019-11-03	1730	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 3	Helen honours her Greek roots with a gluten free recipe for lamb pastitsio. Kathy Tsaples, founder of Sweet Greek, shares her recipe for savoury tarts that have a delicious polenta pastry base.				PG		
2019-11-03	1800	<b>Delia's How To Cook</b>	Eggs: Souffles, Custards And Hollandaise	Delia shows how the simple technique of separating an egg yolk from the white can open up a whole range of easy-to-cook possibilities.	UNITED KINGDOM	English-100		G		
2019-11-03	1830	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's the start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.	UNITED KINGDOM	English-100				
2019-11-03	1900	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.	UNITED KINGDOM	English-100				
2019-11-03	1930	<b>Ainsley's Australian Market Menu</b>	Ainsley's Market Menu Series 1 Ep 4	Ainsley heads south to Tasmania to take in Hobart's famous Salamanca market. Known for its rich soil, clean air, pure water, and passionate growers, Ainsley's on a mission to find fresh produce.	AUSTRALIA	English-100	RPT	PG	Y	
2019-11-03	2030	<b>Gino's Italian Escape</b>	Gino's Italian Escape Series 2 Ep 1	Chef Gino D'Acampo begins his second Italian Escape in beautiful Florence. He's on a mission to examine the food that has shaped this Renaissance city.	UNITED KINGDOM	English-100				
2019-11-03	2100	<b>Gino's Italian Escape</b>	Gino's Italian Escape Series 2 Ep 2	Gino continues his Italian Escape in breathtaking Venice. His adventure begins when he is summoned for an appointment with a Venetian Countess.	UNITED KINGDOM	English-100				
2019-11-03	2130	<b>Food Safari</b>	Mexican Safari	Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	RPT	G	Y	
2019-11-03	2200	<b>Food Safari</b>	Turkish Safari	Maeve O'Meara delves into the amazing array of vegetable dishes, salads, dips and marinated meats that make up Turkish cuisine.	AUSTRALIA	English-100	RPT	G	Y	
2019-11-03	2230	<b>Destination Flavour China</b>	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2019-11-03	2300	<b>Destination Flavour China</b>	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.		English-70; Mandarin-30	RPT	G	Y	Y
2019-11-03	2330	<b>Poh's Kitchen</b>	Family Favourites With Emmanuel Mollois	French-trained pastry chef Emmanuel Mollois joins Poh Ling Yeow in her kitchen, where they make delicious desserts.	AUSTRALIA	English-100	RPT	G	Y	
2019-11-03	2400	<b>Poh's Kitchen</b>	Green Curry With David Thompson, A	Thai food guru, David Thompson joins Poh in her kitchen, where David makes green beef curry and Poh prepares roti.	AUSTRALIA	English-100	RPT	G	Y	
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2019-11-03	2500	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.	UNITED KINGDOM	English-100				
2019-11-03	2530	<b>Ainsley's Australian Market Menu</b>	Ainsley's Market Menu Series 1 Ep 4	Ainsley heads south to Tasmania to take in Hobart's famous Salamanca market. Known for its rich soil, clean air, pure water, and passionate growers, Ainsley's on a mission to find fresh produce.	AUSTRALIA	English-100	RPT	PG	Y	
2019-11-03	2630	<b>Gino's Italian Escape</b>	Gino's Italian Escape Series 2 Ep 1	Chef Gino D'Acampo begins his second Italian Escape in beautiful Florence. He's on a mission to examine the food that has shaped this Renaissance city.	UNITED KINGDOM	English-100				
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2019-11-03	2800	<b>Food Safari</b>	Turkish Safari	Maeve O'Meara delves into the amazing array of vegetable dishes, salads, dips and marinated meats that make up Turkish cuisine.	AUSTRALIA	English-100	RPT	G	Y	
2019-11-03	2830	<b>Destination Flavour China</b>	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2019-11-04	0500	<b>Destination Flavour China</b>	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.		English-70; Mandarin-30	RPT	G	Y	Y
2019-11-04	0530	<b>Saturday Kitchen</b>	Saturday Kitchen Series 3 Ep 2	The Michelin starred marvel, Michel Roux Jr, is back in the hot seat this week on Saturday Kitchen, with the help of two top chefs.	UNITED KINGDOM	English-100				
2019-11-04	0630	<b>The Cook And The Chef</b>	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100		G		
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2019-11-04	1000	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.	UNITED KINGDOM	English-100				
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2019-11-04	1430	<b>Sachie's Kitchen</b>	Fish Market	Sachie goes to the largest fish market in the world - Tsukiji Market in Tokyo - where more than two hundred different types of fish are sold.	NEW ZEALAND	English-100		G		

2019-11-04	1500	<b>Oliver's Twist</b>	Session, The	Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates.	UNITED KINGDOM	English-100		G		
2019-11-04	1530	<b>Annabel Langbein: Free Range Cook</b>	Paella Party	Annabel Langbein cooks up a seafood celebration feast on the back of her truck, including the most spectacular Beachside Paella and flambéed peaches from her Wanaka orchard.	NEW ZEALAND	English-100				
2019-11-04	1600	<b>The Hairy Bikers USA</b>	Pigging Out	Bill and Paul roll into Jackson, Mississippi, where the soul food culture is famous for making use of every part of the pig. Many favorite local dishes are made from the least expensive parts.	UNITED KINGDOM	English-100		PG		
2019-11-04	1630	<b>The Hairy Bikers USA</b>	Drunken Gator	Deep in Gator Country on the Florida panhandle, Bill and Paul set out to hunt alligators using a crossbow, and cook them up for dinner with the locals.	UNITED KINGDOM	English-100		PG		
2019-11-04	1700	<b>Bill's Kitchen: Notting Hill</b>	Day Off, A	In his new London home, Bill is busy running his new restaurant, the hours are long but a day off is a chance to cook up some Granger favourites.	UNITED KINGDOM	English-100		G		
2019-11-04	1730	<b>Martha's Cooking School</b>	Eggs	Want to know how to cook the perfect soft- or hard-cooked egg? Or the fluffiest scramble? Martha shares these and other secrets as she teaches viewers all they need to know about eggs.	USA	English-100		PG		
2019-11-04	1800	<b>The Cook And The Chef</b>	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G		
2019-11-04	1830	<b>The Cook And The Chef</b>	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G		
2019-11-04	1900	<b>Nigella Bites</b>	Fast Food	Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-11-04	1930	<b>My Greek Table With Diane Kochilas</b>	World's Most Famous Olive, The	Diane Kochilas visits a small village in Laconia, the Peloponnese, where the famous Kalamata olive is cultivated, to follow the famous olive from harvest to table.	USA	English-100				
2019-11-04	2000	<b>My Greek Table With Diane Kochilas</b>	Flavours Of Longevity - Ikaria	Diane travels to her family's native island of Ikaria, where locals are 10 times more likely to live to one hundred than Americans. Diane's young 85-year-old neighbours share homemade wine.	USA	English-100				
2019-11-04	2030	<b>Antonio Carluccio's 6 Seasons</b>	Rottnest	The 'Godfather of Italian cooking', Antonio Carluccio ventures into a special part of Australia & learns about the important role food plays in Australia's Indigenous culture.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-11-04	2100	<b>Antonio Carluccio's 6 Seasons</b>	New Norcia	New Norcia's the only Monastic town in Australia. Richard introduces Antonio to Auntie Shelia and Auntie Teresa, and together they cook up a delicious meal in a 130-year-old oven.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-11-04	2130	<b>Anthony Bourdain's Parts Unknown</b>	Paraguay	Tony discovers Paraguay is a country where a lot is changing. There's a new government, and the situation here seems to be improving for everyday Paraguayans.	USA	English-100				Y
2019-11-04	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	AUSTRALIA	English-100	RPT	PG	Y	
2019-11-04	2330	<b>The Cook And The Chef</b>	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G		
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2019-11-04	2500	<b>Martha's Cooking School</b>	Eggs	Want to know how to cook the perfect soft- or hard-cooked egg? Or the fluffiest scramble? Martha shares these and other secrets as she teaches viewers all they need to know about eggs.	USA	English-100		PG		
2019-11-04	2530	<b>Dinner Date</b>	Dee	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		

2019-11-04	2630	<b>Sachie's Kitchen</b>	Fish Market	Sachie goes to the largest fish market in the world - Tsukiji Market in Tokyo - where more than two hundred different types of fish are sold.	NEW ZEALAND	English-100	G			
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2019-11-05	1430	Sachie's Kitchen	Street Food	The variety of food sold from roadside stalls is amazing in Japan and nowhere is it more evident than Osaka, the city with the food motto 'eat till you drop'.	NEW ZEALAND	English-100		G	Y
2019-11-05	1500	Oliver's Twist	George's Day Off	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100		G	
2019-11-05	1530	Annabel Langbein: Free Range Cook	Italian Inspiration	Annabel visits Sam Neill's Two Paddocks vineyard to harvest saffron and pick heritage pears, then invites him and his team to her cabin to try her modern take on classic Italian osso bucco.	NEW ZEALAND	English-100			
2019-11-05	1600	The Hairy Bikers USA	Southern Spear Fishing	Rolling through the Low Country in South Carolina, Bill and Paul set out for some nighttime spear fishing and beach-side pan-frying.	UNITED KINGDOM	English-100		PG	
2019-11-05	1630	The Hairy Bikers USA	Street Meat	The bikers head into the Great Smokey Mountains of North Carolina and learn that some locals have taken an interesting approach to 'living off the land'.	UNITED KINGDOM	English-100		PG	
2019-11-05	1700	Bill's Kitchen: Notting Hill	Home From Home	Although Bill is now settled in London, he still travels the world and finds inspiration wherever he goes but like all travellers he loves it when he comes home to cook in his family kitchen.	UNITED KINGDOM	English-100		G	
2019-11-05	1730	Martha's Cooking School	Sauces	Join Martha as she teaches the classic sauces everyone should know how to make - hollandaise, béchamel, beurre blanc, and marinara.	USA	English-100		PG	
2019-11-05	1800	The Cook And The Chef	100th Special	The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G	
2019-11-05	1830	The Cook And The Chef	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G	
2019-11-05	1900	Nigella Bites	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2019-11-05	1930	The Hairy Bikers' Food Tour Of Britain	Lancashire	Si and Dave explore Lancashire, where they cook a traditional county favourite at Blackburn Cathedral, and dig up the first crop of Ormskirk new potatoes.	UNITED KINGDOM	English-100	RPT	G	
2019-11-05	2030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 19	Paul Hollywood uncovers the finest of British Pies and Puds as he gets an exclusive look at the drawings of William and Kates Wedding Cake from master cake decorator Fiona Cairns.	UNITED KINGDOM	English-100		PG	
2019-11-05	2130	Anthony Bourdain's Parts Unknown	Massachusetts	This unique episode looks closely at the 'other' Massachusetts - far away from the blue blood getaways of Nantucket or the urban sprawl of Boston.	USA	English-100			
2019-11-05	2230	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	AUSTRALIA	English-100	RPT	PG	Y
2019-11-05	2330	The Cook And The Chef	100th Special	The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G	
2019-11-05	2400	The Cook And The Chef	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G	
2019-11-05	2430	Nigella Bites	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2019-11-05	2500	Martha's Cooking School	Sauces	Join Martha as she teaches the classic sauces everyone should know how to make - hollandaise, béchamel, beurre blanc, and marinara.	USA	English-100		PG	
2019-11-05	2530	Dinner Date	Simone	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	

2019-11-05	2630	<b>Sachie's Kitchen</b>	Street Food	The variety of food sold from roadside stalls is amazing in Japan and nowhere is it more evident than Osaka, the city with the food motto 'eat till you drop'.	NEW ZEALAND	English-100	G		Y
2019-11-05	2700	<b>Oliver's Twist</b>	George's Day Off	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100	G		
2019-11-05	2730	<b>Annabel Langbein: Free Range Cook</b>	Italian Inspiration	Annabel visits Sam Neill's Two Paddocks vineyard to harvest saffron and pick heritage pears, then invites him and his team to her cabin to try her modern take on classic Italian osso bucco.	NEW ZEALAND	English-100			
2019-11-05	2800	<b>The Hairy Bikers USA</b>	Southern Spear Fishing	Rolling through the Low Country in South Carolina, Bill and Paul set out for some nighttime spear fishing and beach-side pan-frying.	UNITED KINGDOM	English-100	PG		
2019-11-05	2830	<b>The Hairy Bikers USA</b>	Street Meat	The bikers head into the Great Smokey Mountains of North Carolina and learn that some locals have taken an interesting approach to 'living off the land'.	UNITED KINGDOM	English-100	PG		
2019-11-06	0500	<b>Bill's Kitchen: Notting Hill</b>	Home From Home	Although Bill is now settled in London, he still travels the world and finds inspiration wherever he goes but like all travellers he loves it when he comes home to cook in his family kitchen.	UNITED KINGDOM	English-100	G		
2019-11-06	0530	<b>Martha's Cooking School</b>	Sauces	Join Martha as she teaches the classic sauces everyone should know how to make - hollandaise, béchamel, beurre blanc, and marinara.	USA	English-100	PG		
2019-11-06	0600	<b>The Cook And The Chef</b>	100th Special	The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100	G		
2019-11-06	0630	<b>The Cook And The Chef</b>	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100	G		
2019-11-06	0700	<b>Nigella Bites</b>	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2019-11-06	0730	<b>The Hairy Bikers' Food Tour Of Britain</b>	Lancashire	Si and Dave explore Lancashire, where they cook a traditional county favourite at Blackburn Cathedral, and dig up the first crop of Ormskirk new potatoes.	UNITED KINGDOM	English-100	RPT	G	
2019-11-06	0830	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 19	Paul Hollywood uncovers the finest of British Pies and Puds as he gets an exclusive look at the drawings of William and Kates Wedding Cake from master cake decorator Fiona Cairns.	UNITED KINGDOM	English-100	PG		
2019-11-06	0930	<b>Anthony Bourdain's Parts Unknown</b>	Massachusetts	This unique episode looks closely at the 'other' Massachusetts - far away from the blue blood getaways of Nantucket or the urban sprawl of Boston.	USA	English-100			
2019-11-06	1030	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	AUSTRALIA	English-100	RPT	PG	Y
2019-11-06	1130	<b>Annabel Langbein: Free Range Cook</b>	Italian Inspiration	Annabel visits Sam Neill's Two Paddocks vineyard to harvest saffron and pick heritage pears, then invites him and his team to her cabin to try her modern take on classic Italian osso bucco.	NEW ZEALAND	English-100			
2019-11-06	1200	<b>Martha's Cooking School</b>	Sauces	Join Martha as she teaches the classic sauces everyone should know how to make - hollandaise, béchamel, beurre blanc, and marinara.	USA	English-100	PG		
2019-11-06	1230	<b>The Cook And The Chef</b>	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100	G		
2019-11-06	1300	<b>Nigella Bites</b>	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2019-11-06	1330	<b>Dinner Date</b>	Simone	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100	PG		
2019-11-06	1430	<b>Sachie's Kitchen</b>	Ramen Noodles	Noodles are one of Japan's most popular meals, so popular that the people voted instant noodles their most important invention of the 20th century.	NEW ZEALAND	English-100	G		Y
2019-11-06	1500	<b>Oliver's Twist</b>	Picnic In The Park	Brilliant summer weather allows for Jamie to cook up an exciting picnic.	UNITED KINGDOM	English-100	G		
2019-11-06	1530	<b>Annabel Langbein: Free Range Cook</b>	Cooking For A Crowd	Annabel tries her hand at flyfishing on the lake near her Wanaka cabin, then shows how to cook the most succulent trout enrobed in salt.	NEW ZEALAND	English-100			

2019-11-06	1600	<b>The Hairy Bikers USA</b>	Squirrel Stew	Bill and Paul delve into the pioneer spirit of Kentucky where squirrel season is starting. After bagging a few of the tasty critters, the bikers hit the Bourbon Trail.	UNITED KINGDOM	English-100			PG	
2019-11-06	1630	<b>The Hairy Bikers USA</b>	Maine Course	The bikers are in Maine, where seafood is a way of life. They hop aboard the boat of a lifelong lobsterman, who literally shows them the ropes as they put in a day's work.	UNITED KINGDOM	English-100			PG	
2019-11-06	1700	<b>Bill's Kitchen: Notting Hill</b>	Notting Hill	Moving the whole family from Australia to England has been an upheaval for Bill and his family, but it was worth it to be part of London's vibrant and exciting food scene.	UNITED KINGDOM	English-100			G	
2019-11-06	1730	<b>Martha's Cooking School</b>	Vegetables 101	Martha shares her favourite methods for preparing vegetables so that they retain their delicious flavors, bright colours, and nutritional properties.	USA	English-100			PG	
2019-11-06	1800	<b>The Cook And The Chef</b>	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100			G	
2019-11-06	1830	<b>The Cook And The Chef</b>	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100			G	
2019-11-06	1900	<b>Nigella Bites</b>	Family Food	We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïse.	UNITED KINGDOM	English-100	RPT		G	Y
2019-11-06	1930	<b>Two Greedy Italians</b>	Family, The	Chefs Antonio Carluccio and Gennaro Contaldo tour Italy to discover how their home country's culture has changed since they left more than 40 years ago.	UNITED KINGDOM	English-100	RPT		PG	
2019-11-06	2035	<b>Donal's Asian Baking Adventure</b>	Hong Kong 1	Donal's journey to learn the secrets of Asian baking takes him to one of Asia's best known food hubs, Hong Kong.	SINGAPORE	English-100			G	
2019-11-06	2105	<b>Donal's Asian Baking Adventure</b>	Hong Kong 2	Daniel's in Hong Kong unravelling the story of the original 20th century cake trend - the classic egg tart or dan taat as it's known locally, a rich egg custard in a shortcrust pastry base.	SINGAPORE	English-100			G	
2019-11-06	2135	<b>Anthony Bourdain's Parts Unknown</b>	Shanghai	Forget all the antiquated views you might hold about a communist-run, creativity-devoid bunch of State-controlled androids. The modern China, is to Bourdain, a vibrant, dynamic monument to capitalism.	USA	English-100				Y
2019-11-06	2235	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	AUSTRALIA	English-100	RPT		PG	Y
2019-11-06	2330	<b>The Cook And The Chef</b>	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100			G	
2019-11-06	2400	<b>The Cook And The Chef</b>	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100			G	
2019-11-06	2430	<b>Nigella Bites</b>	Family Food	We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïse.	UNITED KINGDOM	English-100	RPT		G	Y
2019-11-06	2500	<b>Martha's Cooking School</b>	Vegetables 101	Martha shares her favourite methods for preparing vegetables so that they retain their delicious flavors, bright colours, and nutritional properties.	USA	English-100			PG	
2019-11-06	2530	<b>Dinner Date</b>	Craig	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100			PG	
2019-11-06	2630	<b>Sachie's Kitchen</b>	Ramen Noodles	Noodles are one of Japan's most popular meals, so popular that the people voted instant noodles their most important invention of the 20th century.	NEW ZEALAND	English-100			G	Y
2019-11-06	2700	<b>Oliver's Twist</b>	Picnic In The Park	Brilliant summer weather allows for Jamie to cook up an exciting picnic.	UNITED KINGDOM	English-100			G	
2019-11-06	2730	<b>Annabel Langbein: Free Range Cook</b>	Cooking For A Crowd	Annabel tries her hand at flyfishing on the lake near her Wanaka cabin, then shows how to cook the most succulent trout enrobed in salt.	NEW ZEALAND	English-100				
2019-11-06	2800	<b>The Hairy Bikers USA</b>	Squirrel Stew	Bill and Paul delve into the pioneer spirit of Kentucky where squirrel season is starting. After bagging a few of the tasty critters, the bikers hit the Bourbon Trail.	UNITED KINGDOM	English-100			PG	



2019-11-06	2830	<b>The Hairy Bikers USA</b>	Maine Course	The bikers are in Maine, where seafood is a way of life. They hop aboard the boat of a lifelong lobsterman, who literally shows them the ropes as they put in a day's work.	UNITED KINGDOM	English-100			PG		
2019-11-07	0500	<b>Bill's Kitchen: Notting Hill</b>	Notting Hill	Moving the whole family from Australia to England has been an upheaval for Bill and his family, but it was worth it to be part of London's vibrant and exciting food scene.	UNITED KINGDOM	English-100			G		
2019-11-07	0530	<b>Martha's Cooking School</b>	Vegetables 101	Martha shares her favourite methods for preparing vegetables so that they retain their delicious flavors, bright colours, and nutritional properties.	USA	English-100			PG		
2019-11-07	0600	<b>The Cook And The Chef</b>	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100			G		
2019-11-07	0630	<b>The Cook And The Chef</b>	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100			G		
2019-11-07	0700	<b>Nigella Bites</b>	Family Food	We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïse.	UNITED KINGDOM	English-100	RPT		G	Y	
2019-11-07	0730	<b>Two Greedy Italians</b>	Family, The	Chefs Antonio Carluccio and Gennaro Contaldo tour Italy to discover how their home country's culture has changed since they left more than 40 years ago.	UNITED KINGDOM	English-100	RPT		PG		
2019-11-07	0835	<b>Donal's Asian Baking Adventure</b>	Hong Kong 1	Donal's journey to learn the secrets of Asian baking takes him to one of Asia's best known food hubs, Hong Kong.	SINGAPORE	English-100			G		
2019-11-07	0905	<b>Donal's Asian Baking Adventure</b>	Hong Kong 2	Daniel's in Hong Kong unravelling the story of the original 20th century cake trend - the classic egg tart or dan taat as it's known locally, a rich egg custard in a shortcrust pastry base.	SINGAPORE	English-100			G		
2019-11-07	0935	<b>Anthony Bourdain's Parts Unknown</b>	Shanghai	Forget all the antiquated views you might hold about a communist-run, creativity-devoid bunch of State-controlled androids. The modern China, is to Bourdain, a vibrant, dynamic monument to capitalism.	USA	English-100					Y
2019-11-07	1035	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	AUSTRALIA	English-100	RPT		PG	Y	
2019-11-07	1130	<b>Annabel Langbein: Free Range Cook</b>	Cooking For A Crowd	Annabel tries her hand at flyfishing on the lake near her Wanaka cabin, then shows how to cook the most succulent trout enrobed in salt.	NEW ZEALAND	English-100					
2019-11-07	1200	<b>Martha's Cooking School</b>	Vegetables 101	Martha shares her favourite methods for preparing vegetables so that they retain their delicious flavors, bright colours, and nutritional properties.	USA	English-100			PG		
2019-11-07	1230	<b>The Cook And The Chef</b>	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100			G		
2019-11-07	1300	<b>Nigella Bites</b>	Family Food	We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïse.	UNITED KINGDOM	English-100	RPT		G	Y	
2019-11-07	1330	<b>Dinner Date</b>	Craig	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100			PG		
2019-11-07	1430	<b>Sachie's Kitchen</b>	All About Rice	Sachie goes on an international rice journey, from planting seedlings in a paddy field in Japan, to harvesting full grown rice stalks in Northern California.	NEW ZEALAND	English-100			G	Y	
2019-11-07	1500	<b>Oliver's Twist</b>	Daddy's Girl	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100			G		
2019-11-07	1530	<b>Annabel Langbein: Free Range Cook</b>	Perfect Roast, A	Annabel gathers culinary lavender and merino lamb to make a roast dinner with a difference. Also on thmenu are deep-fried zucchini flowers and a divine tarte tatin.	NEW ZEALAND	English-100					
2019-11-07	1600	<b>Hairy Bikers' Every Day Gourmet</b>	Weekend Treats	The Hairy Bikers show how to turn the weekend into a gourmet extravaganza without breaking the bank.	UNITED KINGDOM	English-100					
2019-11-07	1700	<b>Bill's Kitchen: Notting Hill</b>	Break For The Border	A recent trip to Mexico has inspired Bill to work with the flavours and ingredients he discovered, but with a Bill twist.	UNITED KINGDOM	English-100			G		

2019-11-07	1730	<b>Martha's Cooking School</b>	Stocks	Martha shares recipes and techniques for the three most common stocks - chicken, including a time-saving pressure-cooker version, beef, and vegetable.	USA	English-100		PG	
2019-11-07	1800	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G	
2019-11-07	1830	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits, Feijoa and Kiwifruit.	AUSTRALIA	English-100		G	
2019-11-07	1900	<b>Nigella Bites</b>	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G	Y
2019-11-07	1930	<b>Donna Hay: Fast, Fresh, Simple</b>	Modern Classics	It's no surprise that Donna loves to make over recipes that have lost their way, pasta carbonara gets the Donna treatment, along with the classic steak and three veg.	AUSTRALIA	English-100			
2019-11-07	2000	<b>Donna Hay: Fast, Fresh, Simple</b>	Fresh Spin On Old Favourites	When the sun comes out the perfect place to cook is outside on the BBQ and what better place for Donna to show off her recipe for gourmet burgers, followed by cheats raspberry brulee.	AUSTRALIA	English-100			
2019-11-07	2030	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 4	Helen makes 'zoodles', or zucchini noodles, a clever solution for making stir-fry recipes gluten free. She also meets with the owners of a low FODMAP catering company to make gluten free pita bread.				PG	
2019-11-07	2100	<b>Delia's How To Cook</b>	Poultry	It is well-known that chicken soup is a mothers' cure-all. Delia, too, is a great believer in the restorative powers of chicken, and it's her 'magical cure' for sad days.	UNITED KINGDOM	English-100		G	
2019-11-07	2130	<b>Anthony Bourdain's Parts Unknown</b>	Bronx, The	Tony experiences the Bronx from a legendary collection of Bronx native - Hip Hop originators Kool Herc, Afrika Bambaataa, and Melle Mel discuss the early years of hip hop.	USA	English-100			
2019-11-07	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	AUSTRALIA	English-100	RPT	PG	Y
2019-11-07	2330	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G	
2019-11-07	2400	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits, Feijoa and Kiwifruit.	AUSTRALIA	English-100		G	
2019-11-07	2430	<b>Nigella Bites</b>	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G	Y
2019-11-07	2500	<b>Martha's Cooking School</b>	Stocks	Martha shares recipes and techniques for the three most common stocks - chicken, including a time-saving pressure-cooker version, beef, and vegetable.	USA	English-100		PG	
2019-11-07	2530	<b>Dinner Date</b>	Roxanne	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-11-07	2630	<b>Sachie's Kitchen</b>	All About Rice	Sachie goes on an international rice journey, from planting seedlings in a paddy field in Japan, to harvesting full grown rice stalks in Northern California.	NEW ZEALAND	English-100		G	Y
2019-11-07	2700	<b>Oliver's Twist</b>	Daddy's Girl	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100		G	
2019-11-07	2730	<b>Annabel Langbein: Free Range Cook</b>	Perfect Roast, A	Annabel gathers culinary lavender and merino lamb to make a roast dinner with a difference. Also on thmenu are deep-fried zucchini flowers and a divine tarte tatin.	NEW ZEALAND	English-100			
2019-11-07	2800	<b>Hairy Bikers' Every Day Gourmet</b>	Weekend Treats	The Hairy Bikers show how to turn the weekend into a gourmet extravaganza without breaking the bank.	UNITED KINGDOM	English-100			
2019-11-08	0500	<b>Bill's Kitchen: Notting Hill</b>	Break For The Border	A recent trip to Mexico has inspired Bill to work with the flavours and ingredients he discovered, but with a Bill twist.	UNITED KINGDOM	English-100		G	
2019-11-08	0530	<b>Martha's Cooking School</b>	Stocks	Martha shares recipes and techniques for the three most common stocks - chicken, including a time-saving pressure-cooker version, beef, and vegetable.	USA	English-100		PG	
2019-11-08	0600	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G	

2019-11-08	0630	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits, Feijoa and Kiwifruit.	AUSTRALIA	English-100		G	
2019-11-08	0700	<b>Nigella Bites</b>	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G	Y
2019-11-08	0730	<b>Donna Hay: Fast, Fresh, Simple</b>	Modern Classics	It's no surprise that Donna loves to make over recipes that have lost their way, pasta carbonara gets the Donna treatment, along with the classic steak and three veg.	AUSTRALIA	English-100			

2019-11-08	0800	<b>Donna Hay: Fast, Fresh, Simple</b>	Fresh Spin On Old Favourites	When the sun comes out the perfect place to cook is outside on the BBQ, and what better place for Donna to show off her recipe for gourmet burgers, followed by cheats raspberry brulee.	AUSTRALIA	English-100					
2019-11-08	0830	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 4	Helen makes 'zoodles', or zucchini noodles, a clever solution for making stir-fry recipes gluten free. She also meets with the owners of a low FODMAP catering company to make gluten free pita bread.						PG	
2019-11-08	0900	<b>Delia's How To Cook</b>	Poultry	It is well-known that chicken soup is a mothers' cure-all. Delia, too, is a great believer in the restorative powers of chicken, and it's her 'magical cure' for sad days.	UNITED KINGDOM	English-100				G	
2019-11-08	0930	<b>Anthony Bourdain's Parts Unknown</b>	Bronx, The	Tony experiences the Bronx from a legendary collection of Bronx native - Hip Hop originators Kool Herc, Afrika Bambaataa, and Melle Mel discuss the early years of hip hop.	USA	English-100					
2019-11-08	1030	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	AUSTRALIA	English-100	RPT			PG	Y
2019-11-08	1130	<b>Annabel Langbein: Free Range Cook</b>	Perfect Roast, A	Annabel gathers culinary lavender and merino lamb to make a roast dinner with a difference. Also on thmenu are deep-fried zucchini flowers and a divine tarte tatin.	NEW ZEALAND	English-100					
2019-11-08	1200	<b>Martha's Cooking School</b>	Stocks	Martha shares recipes and techniques for the three most common stocks - chicken, including a time-saving pressure-cooker version, beef, and vegetable.	USA	English-100				PG	
2019-11-08	1230	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits, Feijoa and Kiwifruit.	AUSTRALIA	English-100				G	
2019-11-08	1300	<b>Nigella Bites</b>	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT			G	Y
2019-11-08	1330	<b>Dinner Date</b>	Roxanne	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100				PG	
2019-11-08	1430	<b>Sachie's Kitchen</b>	Fast Trains Fast Food	Japanese people are constantly on the move and to match this hectic lifestyle they've refined some special kinds of fast food - from thirty second udon noodles, to elegant bento boxes.	NEW ZEALAND	English-100				G	Y
2019-11-08	1500	<b>Oliver's Twist</b>	Peter's Party	Jamie caters his friend Peter's birthday party.	UNITED KINGDOM	English-100				G	
2019-11-08	1530	<b>Annabel Langbein: Free Range Cook</b>	Taste Of Asia, A	In sunny Nelson at the top of New Zealand's South Island, Annabel harvests mushrooms to use in a quick and easy teriyaki fish and mushroom bake.	NEW ZEALAND	English-100					
2019-11-08	1600	<b>Hairy Bikers' Every Day Gourmet</b>	Dinner For Two	The Bikers show how to create a dinner for two that is fit for royalty on a pauper's budget. They cook up gourmet dishes, getting world class presentation tips from two Michelin starred chef.	UNITED KINGDOM	English-100					
2019-11-08	1700	<b>Bill's Kitchen: Notting Hill</b>	No Worries	London has become Bill's fantasy Deli, shopping here for exotic food from around the world couldn't be easier. It's full of shops selling easy to prepare ingredients that make a chef's life simple.	UNITED KINGDOM	English-100				G	
2019-11-08	1730	<b>Martha's Cooking School</b>	Butchering	Fifth-generation New York City butcher Evan Lobel joins Martha for a master class on meat. Together, they teach viewers how to choose and cook the best cuts of meat, from tender to lean.	USA	English-100				PG	
2019-11-08	1800	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100				PG	
2019-11-08	1830	<b>The Cook And The Chef</b>	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100				G	
2019-11-08	1900	<b>Nigella Bites</b>	Weekend	Nigella Lawson shares her favorite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake.	UNITED KINGDOM	English-100	RPT			G	Y
2019-11-08	1930	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT			G	Y
2019-11-08	2000	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 2	Silvia Colloca returns to her family home in Italy, and with the help of her sister, she demonstrates how to make a fool proof potato gnocchi with zucchini and pecorino sauce.	AUSTRALIA	English-100	RPT			G	Y
2019-11-08	2030	<b>Nigella Kitchen</b>	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100				G	

2019-11-08	2100	<b>Nigella Kitchen</b>	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G		
2019-11-08	2130	<b>Anthony Bourdain's Parts Unknown</b>	Iran	Tony and his crew get a temperature gage for what appears to be a changing and complicated Iran.	USA	English-100				Y
2019-11-08	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	AUSTRALIA	English-100	RPT	PG	Y	
2019-11-08	2330	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG		
2019-11-08	2400	<b>The Cook And The Chef</b>	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G		
2019-11-08	2430	<b>Nigella Bites</b>	Weekend	Nigella Lawson shares her favorite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-11-08	2500	<b>Martha's Cooking School</b>	Butchering	Fifth-generation New York City butcher Evan Lobel joins Martha for a master class on meat. Together, they teach viewers how to choose and cook the best cuts of meat, from tender to lean.	USA	English-100		PG		
2019-11-08	2530	<b>Dinner Date</b>	Adam	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-11-08	2630	<b>Sachie's Kitchen</b>	Fast Trains Fast Food	Japanese people are constantly on the move and to match this hectic lifestyle they've refined some special kinds of fast food - from thirty second udon noodles, to elegant bento boxes.	NEW ZEALAND	English-100		G		Y
2019-11-08	2700	<b>Oliver's Twist</b>	Peter's Party	Jamie caters his friend Peter's birthday party.	UNITED KINGDOM	English-100		G		
2019-11-08	2730	<b>Annabel Langbein: Free Range Cook</b>	Taste Of Asia, A	In sunny Nelson at the top of New Zealand's South Island, Annabel harvests mushrooms to use in a quick and easy teriyaki fish and mushroom bake.	NEW ZEALAND	English-100				
2019-11-08	2800	<b>Hairy Bikers' Every Day Gourmet</b>	Dinner For Two	The Bikers show how to create a dinner for two that is fit for royalty on a pauper's budget. They cook up gourmet dishes, getting world class presentation tips from two Michelin starred chef.	UNITED KINGDOM	English-100				
2019-11-09	0500	<b>Bill's Kitchen: Notting Hill</b>	No Worries	London has become Bill's fantasy Deli, shopping here for exotic food from around the world couldn't be easier. It's full of shops selling easy to prepare ingredients that make a chef's life simple.	UNITED KINGDOM	English-100		G		
2019-11-09	0530	<b>Martha's Cooking School</b>	Butchering	Fifth-generation New York City butcher Evan Lobel joins Martha for a master class on meat. Together, they teach viewers how to choose and cook the best cuts of meat, from tender to lean.	USA	English-100		PG		
2019-11-09	0600	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG		
2019-11-09	0630	<b>The Cook And The Chef</b>	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G		
2019-11-09	0700	<b>Nigella Bites</b>	Weekend	Nigella Lawson shares her favorite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-11-09	0730	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G	Y	
2019-11-09	0800	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 2	Silvia Colloca returns to her family home in Italy, and with the help of her sister, she demonstrates how to make a fool proof potato gnocchi with zucchini and pecorino sauce.	AUSTRALIA	English-100	RPT	G	Y	
2019-11-09	0830	<b>Nigella Kitchen</b>	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100		G		
2019-11-09	0900	<b>Nigella Kitchen</b>	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G		

2019-11-09	0930	<b>Anthony Bourdain's Parts Unknown</b>	Iran	Tony and his crew get a temperature gage for what appears to be a changing and complicated Iran.	USA	English-100						Y
2019-11-09	1030	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	AUSTRALIA	English-100	RPT	PG			Y	
2019-11-09	1130	<b>Annabel Langbein: Free Range Cook</b>	Taste Of Asia, A	In sunny Nelson at the top of New Zealand's South Island, Annabel harvests mushrooms to use in a quick and easy teriyaki fish and mushroom bake.	NEW ZEALAND	English-100						
2019-11-09	1200	<b>Lee Chan's World Tour</b>	Canada	Lee is rail hopping, road tripping and tasting her way through Canada's famous Rocky Mountains. Ending up in Vancouver, Lee celebrates Canada Day by cooking three of their national dishes.	AUSTRALIA	English-100			G			
2019-11-09	1230	<b>Anjum's Australian Spice Stories</b>	Light And Healthy	Determined to break the myth that Indian food is heavy and indulgent, Anjum sets out to show us the light and healthy side of Indian cuisine.	AUSTRALIA	English-100			G			
2019-11-09	1300	<b>Watts On The Grill</b>	Beef-A-Palooza	Spencer Watts takes beef, a barbeque classic, and elevates it with four different recipes, including smoked brisket, succulent beef tenderloin, and prime rib.	CANADA	English-100			PG			
2019-11-09	1330	<b>Watts On The Grill</b>	Barbeque Isn't Just For Meat	Barbeque is not just about meat. Chef Spencer Watts shows us how to grill fruits and vegetables like a pro.	CANADA	English-100			PG			
2019-11-09	1400	<b>Saturday Kitchen</b>	Saturday Kitchen Series 3 Ep 3	British chef and television food presenter Matt Tebbutt takes command of the kitchen this week with the help from Michelin chef Galton Blackiston and New Zealand celebrity cook Annabel Langbein.	UNITED KINGDOM	English-100						
2019-11-09	1500	<b>Dinner Date South Africa</b>	Dinner Date South Africa Series 1 Ep 8	Watch as a single guy or girl tries to find love over food. They are presented with five unique menus, of which they must pick the three that appeal to them the most.	SOUTH AFRICA	English-100			PG			
2019-11-09	1600	<b>The Cook And The Chef</b>	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100			G			
2019-11-09	1630	<b>The Cook And The Chef</b>	Margaret Fulton	There are millions of bookcases around Australia that hold at least one Margaret Fulton cook book. She's an Australian living legend.	AUSTRALIA	English-100			G			
2019-11-09	1700	<b>The Cook And The Chef</b>	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100			G			
2019-11-09	1730	<b>Jonathan Phang's Gourmet Express</b>	English Journeys, The	Jonathan takes the British Pullman to Whitstable in Kent and faces his phobia for oysters. He goes foraging on the beach with 'fine food forager' Lucia Jackson and cooks a gourmet dinner.	UNITED KINGDOM	English-100	RPT	G			Y	
2019-11-09	1830	<b>Tom Kerridge's Proper Pub Food</b>	Outdoor Food	We all enjoy eating outdoors in a Great British beer garden and in this episode, Tom wants to show us how to do outdoor food properly.	UNITED KINGDOM	English-100			G			
2019-11-09	1900	<b>Tom Kerridge's Proper Pub Food</b>	Celebratory Food	Tom shows us how to cook dishes inspired by food you'd order in a decent British pub to celebrate a special occasion. These dishes are slightly showy, decadent, and indulgent, yet still really simple.	UNITED KINGDOM	English-100			G			
2019-11-09	1930	<b>Cheese Slices</b>	Parmigiano / Reggiano	Parmigiano Reggiano is the undisputed king of Italian cheese and is still made by hand the old fashioned way in giant copper cauldrons, in the beautiful countryside near Parma in Reggio Emilia.	AUSTRALIA	English-100						
2019-11-09	2000	<b>Cheese Slices</b>	Pecorino	Pecorino is one of the most ancient of all European cheeses. Will explains the different types before travelling to Tuscany to visit the 'Il Forteto' dairy.	AUSTRALIA	English-100						
2019-11-09	2030	<b>Chilli Hunter</b>	Indonesia	Tyson Mayr discovers the spicy secrets of the nation's capital, Jakarta. He samples 34 searing local sambals, and concocts a unique creation of his own.	SINGAPORE	English-100			PG			Y
2019-11-09	2100	<b>Chilli Hunter</b>	Thailand	Tyson Mayr's Thailand adventure kicks off with a local lesson in all things chilli from 'Eat List Star' celebrity, Chef Anupong, before diving into the fevered depths of Thailand's chilli obsession.	SINGAPORE	English-100			G			Y
2019-11-09	2130	<b>Shane Delia's Spice Journey Turkey</b>	Shifting Sands Of The Aegean	Shane meets descendants of Greek Muslim families forcibly relocated to Turkey in the infamous population exchange of 1923 and is introduced to some of their culinary delicacies.	AUSTRALIA	English-100	RPT	G			Y	Y
2019-11-09	2200	<b>Shane Delia's Spice Journey Turkey</b>	Bodrum Peninsula - Turkish Delights From The Deep	Shane hops aboard a glamorous boat, manoeuvres between the billionaires' super yachts that dock in Bodrum, and heads out over the sea to experience the seafood.	AUSTRALIA	English-100	RPT	G			Y	Y
2019-11-09	2230	<b>Carnival Eats</b>	Good, The Bacon, The Ugly, The	First up Noah heads to the Texas State Fair in Dallas for a Tex-ified take on lobster before heading to Oakland County in Michigan where he'll lasso in the Rodeo Pizza.	USA	English-100			PG			

2019-11-09	2300	<b>Carnival Eats</b>	Some Like It Popped	Noah checks out his prospects in Prospect, Pennsylvania at the Big Butler Fair, then heads to the San Mateo County Fair in California for some west coast wonders.	USA	English-100		PG		
2019-11-09	2330	<b>Jonathan Phang's Gourmet Express</b>	English Journeys, The	Jonathan takes the British Pullman to Whitstable in Kent and faces his phobia for oysters. He goes foraging on the beach with 'fine food forager' Lucia Jackson and cooks a gourmet dinner.	UNITED KINGDOM	English-100	RPT	G		Y
2019-11-09	2430	<b>Tom Kerridge's Proper Pub Food</b>	Outdoor Food	We all enjoy eating outdoors in a Great British beer garden and in this episode, Tom wants to show us how to do outdoor food properly.	UNITED KINGDOM	English-100		G		
2019-11-09	2500	<b>Tom Kerridge's Proper Pub Food</b>	Celebratory Food	Tom shows us how to cook dishes inspired by food you'd order in a decent British pub to celebrate a special occasion. These dishes are slightly showy, decadent, and indulgent, yet still really simple.	UNITED KINGDOM	English-100		G		
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2019-11-09	2700	<b>Chilli Hunter</b>	Thailand	Tyson Mayr's Thailand adventure kicks off with a local lesson in all things chilli from 'Eat List Star' celebrity, Chef Anupong, before diving into the fevered depths of Thailand's chilli obsession.	SINGAPORE	English-100		G		Y
2019-11-09	2730	<b>Shane Delia's Spice Journey Turkey</b>	Shifting Sands Of The Aegean	Shane meets descendants of Greek Muslim families forcibly relocated to Turkey in the infamous population exchange of 1923 and is introduced to some of their culinary delicacies.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-11-09	2800	<b>Shane Delia's Spice Journey Turkey</b>	Bodrum Peninsula - Turkish Delights From The Deep	Shane hops aboard a glamorous boat, manoeuvres between the billionaires' super yachts that dock in Bodrum, and heads out over the sea to experience the seafood.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-11-09	2830	<b>Carnival Eats</b>	Good, The Bacon, The Ugly, The	First up Noah heads to the Texas State Fair in Dallas for a Tex-ified take on lobster before heading to Oakland County in Michigan where he'll lasso in the Rodeo Pizza.	USA	English-100		PG		