



WEEK 34: Sunday, 18 August - Saturday, 24 August 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-08-18	0500	Peter Kuruvita's Coastal Kitchen Series 1 Ep 1	Peter Kuruvita's Coastal Kitchen	Having bid farewell to city life and moved to the tropical seaside town of Noosa, chef and restaurateur Peter Kuruvita heads out to learn about the fresh local produce.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-18	0530	Peter Kuruvita's Coastal Kitchen Series 1 Ep 2	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita showcases the Sunshine Coast's amazing local seafood, from Mooloolaba prawns and spanner crabs to coral trout and fresh squid, sharing the recipes to some of his favourite dishes.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-18	0600	Lean Meats	Ask The Butcher	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G		
2019-08-18	0630	Richo's Bar Snacks Series 1 Ep 7	Richo's Bar Snacks	Richo serves up a Triple Meat Scotch Egg, Bacon and Cheese Popcorn, and his irresistible Rocky Road.	AUSTRALIA	English-100		G		
2019-08-18	0700	Oysters And Pastry	The Cook And The Chef	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G		
2019-08-18	0730	Tasmanian Fresh	The Cook And The Chef	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G		
2019-08-18	0800	Desserts And Tagines	The Cook And The Chef	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G		
2019-08-18	0830	Lyndey Milan's Summer Baking Secrets Series 1 Ep 3	Lyndey Milan's Summer Baking Secrets	They say good things come in small packages, and this show has some sweet little coconut cupcakes created from Lyndey's mother's original recipe.	AUSTRALIA	English-100		G		
2019-08-18	0900	Lyndey Milan's Summer Baking Secrets Series 1 Ep 4	Lyndey Milan's Summer Baking Secrets	This episode is seething with baked goods that pack a flavour punch! In the kitchen, Lyndey creates Mexican and Turkish inspired Brunch Tarts, really fresh for summer.	AUSTRALIA	English-100		G		
2019-08-18	0930	Cheeses Of Quebec	Cheese Slices	The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance.	AUSTRALIA	English-100		PG		
2019-08-18	1000	Ancient Cheese Of Portugal, The	Cheese Slices	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese.	AUSTRALIA	English-100		G		
2019-08-18	1030	Farming The Sea	Avec Eric	We travel with Eric to experience farming the sea. We begin at Le Bernardin with the preparation of thousands of pounds of fresh fish delivered every morning to the restaurant.	USA	English-100		PG		
2019-08-18	1100	Birth Of A Dish	Avec Eric	We go on a journey with Eric to follow the birth of a new dish. Eric travels to coastal Livorno in Tuscany where he starts the day early in the morning at the local fish and vegetable markets.	USA	English-100		G		
2019-08-18	1130	Dinner Date Series 8 Ep 12	Dinner Date	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		
2019-08-18	1230	Peter Kuruvita's Coastal Kitchen Series 1 Ep 1	Peter Kuruvita's Coastal Kitchen	Having bid farewell to city life and moved to the tropical seaside town of Noosa, chef and restaurateur Peter Kuruvita heads out to learn about the fresh local produce.	AUSTRALIA	English-100	RPT	G	Y	

2019-08-18	1300	Peter Kuruvita's Coastal Kitchen Series 1 Ep 2	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita showcases the Sunshine Coast's amazing local seafood, from Mooloolaba prawns and spanner crabs to coral trout and fresh squid, sharing the recipes to some of his favourite dishes.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-18	1330	Lyndey Milan's Summer Baking Secrets Series 1 Ep 3	Lyndey Milan's Summer Baking Secrets	They say good things come in small packages, and this show has some sweet little coconut cupcakes created from Lyndey's mother's original recipe.	AUSTRALIA	English-100				
2019-08-18	1400	Lyndey Milan's Summer Baking Secrets Series 1 Ep 4	Lyndey Milan's Summer Baking Secrets	This episode is seething with baked goods that pack a flavour punch! In the kitchen, Lyndey creates Mexican and Turkish inspired Brunch Tarts, really fresh for summer.	AUSTRALIA	English-100				
2019-08-18	1430	Richo's Bar Snacks Series 1 Ep 7	Richo's Bar Snacks	Richo serves up a Triple Meat Scotch Egg, Bacon and Cheese Popcorn, and his irresistible Rocky Road.	AUSTRALIA	English-100		G		
2019-08-18	1500	Dinner Date Series 8 Ep 13	Dinner Date	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		
2019-08-18	1600	Wagyu	Ask The Butcher	Anthony Puharich heads to Japan to the national Wagyu show and inside the Wagyu processing rooms. This is a world never seen before.	AUSTRALIA	English-100		G	Y	
2019-08-18	1630	Richo's Bar Snacks Series 1 Ep 8	Richo's Bar Snacks	Richo cooks up a silky Scallop, Mushroom and Tofu Custard and shares how to make some bar classics, a Dirty Martini, and Oysters Kilpatrick.	AUSTRALIA	English-100		G		
2019-08-18	1700	Malaysia	Lee Chan's World Tour	Lee heads straight to the capital city Kuala Lumpur. First stop is the famous Petronas Towers before heading down to street level to sample the weird and wonderful food on offer.	AUSTRALIA	English-100		G		
2019-08-18	1730	USA	Lee Chan's World Tour	Lee's journey begins and ends in the city of San Francisco. With all roads leading to iconic sights and destinations, Lee is eventually drawn down to America's South - for some soul food inspiration.	AUSTRALIA	English-100		G		
2019-08-18	1800	Baking	The Cook And The Chef	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2019-08-18	1830	Quails And Momos	The Cook And The Chef	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's Chilli Quail is a crispy explosion of flavours and Maggie uses Quince paste.	AUSTRALIA	English-100		G		
2019-08-18	1900	Truffles	The Cook And The Chef	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G		
2019-08-18	1930	Jamaica	Ainsley's Caribbean Kitchen	Carrying on his Caribbean adventure in Jamaica, Ainsley takes to the water of the Martha Brae river to learn about the area and the experience the beauty of the river.	UNITED KINGDOM	English-100				
2019-08-18	2030	Liguria And La Bella Figura	Two Greedy Italians... Still Hungry	Chefs Antonio and Gennaro explore how Italy's social history has created a culture of admiration for superficial accoutrements in the showbiz port of Portofino.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-18	2135	Italian Food Safari Series 1 Ep 13	Italian Food Safari	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-18	2205	Italian Food Safari Series 1 Ep 1	Italian Food Safari	Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-18	2235	Chillies - Mexico	The Spice Trip	Chef Stevie Parle and professional spice blender Emma Grazette embark on a vibrant, colourful and spice-filled journey around the world. First they head to Oaxaca, Mexico.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-18	2330	Jamaica	Ainsley's Caribbean Kitchen	Carrying on his Caribbean adventure in Jamaica, Ainsley takes to the water of the Martha Brae river to learn about the area and the experience the beauty of the river.	UNITED KINGDOM	English-100				

2019-08-18	2430	Liguria And La Bella Figura	Two Greedy Italians... Still Hungry	Chefs Antonio and Gennaro explore how Italy's social history has created a culture of admiration for superficial accoutrements in the showbiz port of Portofino.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-18	2535	Malaysia	Lee Chan's World Tour	Lee heads straight to the capital city Kuala Lumpur. First stop is the famous Petronas Towers before heading down to street level to sample the weird and wonderful food on offer.	AUSTRALIA	English-100		G		
2019-08-18	2600	USA	Lee Chan's World Tour	Lee's journey begins and ends in the city of San Francisco. With all roads leading to iconic sights and destinations, Lee is eventually drawn down to America's South - for some soul food inspiration.	AUSTRALIA	English-100		G		
2019-08-18	2630	Baking	The Cook And The Chef	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2019-08-18	2700	Quails And Momos	The Cook And The Chef	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's Chilli Quail is a crispy explosion of flavours and Maggie uses Quince paste.	AUSTRALIA	English-100		G		
2019-08-18	2730	Truffles	The Cook And The Chef	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G		
2019-08-18	2800	Italian Food Safari Series 1 Ep 13	Italian Food Safari	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-18	2830	Italian Food Safari Series 1 Ep 1	Italian Food Safari	Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-19	0500	Wagyu	Ask The Butcher	Anthony Puharich heads to Japan to the national Wagyu show and inside the Wagyu processing rooms. This is a world never seen before.	AUSTRALIA	English-100		G		Y
2019-08-19	0530	Dinner Date Series 8 Ep 13	Dinner Date	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		
2019-08-19	0630	Richo's Bar Snacks Series 1 Ep 8	Richo's Bar Snacks	Richo cooks up a silky Scallop, Mushroom and Tofu Custard and shares how to make some bar classics, a Dirty Martini, and Oysters Kilpatrick.	AUSTRALIA	English-100		G		
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2019-08-19	0800	Baking	The Cook And The Chef	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
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2019-08-19	1030	Liguria And La Bella Figura	Two Greedy Italians... Still Hungry	Chefs Antonio and Gennaro explore how Italy's social history has created a culture of admiration for superficial accoutrements in the showbiz port of Portofino.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-19	1135	Italian Food Safari Series 1 Ep 13	Italian Food Safari	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y	

2019-08-19	1205	Italian Food Safari Series 1 Ep 1	Italian Food Safari	Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	RPT	G	Y
2019-08-19	1235	Dinner Date Series 8 Ep 13	Dinner Date	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	
2019-08-19	1330	Jamaica	Ainsley's Caribbean Kitchen	Carrying on his Caribbean adventure in Jamaica, Ainsley takes to the water of the Martha Brae river to learn about the area and the experience the beauty of the river.	UNITED KINGDOM	English-100			
2019-08-19	1430	Baking	The Cook And The Chef	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G	
2019-08-19	1500	Curry Feast	The Naked Chef	When Jules goes away for the weekend, it's the perfect opportunity for Jamie to cook a spectacular a curry to share with the lads.	UNITED KINGDOM	English-100		PG	
2019-08-19	1535	Stuffed	One World Kitchen	From golden-brown spinach and feta pastries to sweet date cookies, Lebanese home cook Jasmin Ibrahim shows us a dish is best served stuffed.	CANADA	English-100		G	
2019-08-19	1600	Victoria	Andy & Ben Eat Australia	In country Victoria, Andy and Ben visit local egg producer Real Eggs, to quad bike across the farm and gather some eggs with owner Paul Righetti.	AUSTRALIA	English-100		PG	
2019-08-19	1630	Meatless Monday Night	Spencer's Big 30	Meatless Monday can be done any day of the week. Chef Spencer Watts makes a cheap, filling, family-style vegetarian meal in around 30 minutes.	CANADA	English-100			
2019-08-19	1700	Secret Meat Business Series 2 Ep 13	Secret Meat Business	Adrian is sure to have you breathing fire with his Thai inspired marinated steak, bursting with south-east Asian flavour and heat.	AUSTRALIA	English-100		G	
2019-08-19	1730	Chicken With Ragini Dey	Poh's Kitchen	In Malaysia recently, Poh was reminded of the depth and complexity of Nyonya culture, and this inspired her to master an old classic, Nyonya chicken curry.	AUSTRALIA	English-100	RPT	G	Y
2019-08-19	1800	Winter And Chocolate	The Cook And The Chef	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100		G	
2019-08-19	1830	Masterchef: The Professionals Series 7 Ep 1	Masterchef: The Professionals	Five ambitious chefs from across the country begin their bid for the coveted title with a total of three daunting tests to determine who is good enough to progress to the next round.	UNITED KINGDOM	English-100			
2019-08-19	1935	Nigellissima Series 1 Ep 3	Nigellissima	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-19	2005	Nigellissima Series 1 Ep 4	Nigellissima	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-19	2030	Vienna	Rick Stein's Long Weekends	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-19	2130	Chicken With Ragini Dey	Poh's Kitchen	In Malaysia recently, Poh was reminded of the depth and complexity of Nyonya culture, and this inspired her to master an old classic, Nyonya chicken curry.	AUSTRALIA	English-100	RPT	G	Y
2019-08-19	2200	Winter And Chocolate	The Cook And The Chef	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100		G	
2019-08-19	2230	Masterchef: The Professionals Series 7 Ep 1	Masterchef: The Professionals	Five ambitious chefs from across the country begin their bid for the coveted title with a total of three daunting tests to determine who is good enough to progress to the next round.	UNITED KINGDOM	English-100			
2019-08-19	2335	Saturday Kitchen Series 1 Ep 14	Saturday Kitchen	Mackenzie Crook joins Saturday Kitchen this week to promote his TV series, 'The Detectorists' written, directed and starring himself.	UNITED KINGDOM	English-100		G	
2019-08-19	2430	Nigellissima Series 1 Ep 3	Nigellissima	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G	Y

2019-08-19	2500	Nigellissima Series 1 Ep 4	Nigellissima	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-19	2530	Vienna	Rick Stein's Long Weekends	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-19	2630	Curry Feast	The Naked Chef	When Jules goes away for the weekend, it's the perfect opportunity for Jamie to cook a spectacular a curry to share with the lads.	UNITED KINGDOM	English-100		PG	
2019-08-19	2705	Stuffed	One World Kitchen	From golden-brown spinach and feta pastries to sweet date cookies, Lebanese home cook Jasmin Ibrahim shows us a dish is best served stuffed.	CANADA	English-100		G	
2019-08-19	2730	Victoria	Andy & Ben Eat Australia	In country Victoria, Andy and Ben visit local egg producer Real Eggs, to quad bike across the farm and gather some eggs with owner Paul Righetti.	AUSTRALIA	English-100		PG	
2019-08-19	2800	Meatless Monday Night	Spencer's Big 30	Meatless Monday can be done any day of the week. Chef Spencer Watts makes a cheap, filling, family-style vegetarian meal in around 30 minutes.	CANADA	English-100			
2019-08-19	2830	Secret Meat Business Series 2 Ep 13	Secret Meat Business	Adrian is sure to have you breathing fire with his Thai inspired marinated steak, bursting with south-east Asian flavour and heat.	AUSTRALIA	English-100		G	
2019-08-20	0500	Chicken With Ragini Dey	Poh's Kitchen	In Malaysia recently, Poh was reminded of the depth and complexity of Nyonya culture, and this inspired her to master an old classic, Nyonya chicken curry.	AUSTRALIA	English-100	RPT	G	Y
2019-08-20	0530	Masterchef: The Professionals Series 7 Ep 1	Masterchef: The Professionals	Five ambitious chefs from across the country begin their bid for the coveted title with a total of three daunting tests to determine who is good enough to progress to the next round.	UNITED KINGDOM	English-100			
2019-08-20	0635	Nigellissima Series 1 Ep 3	Nigellissima	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-20	0705	Nigellissima Series 1 Ep 4	Nigellissima	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G	Y
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2019-08-20	1005	Victoria	Andy & Ben Eat Australia	In country Victoria, Andy and Ben visit local egg producer Real Eggs, to quad bike across the farm and gather some eggs with owner Paul Righetti.	AUSTRALIA	English-100		PG	
2019-08-20	1035	Saturday Kitchen Series 1 Ep 14	Saturday Kitchen	Mackenzie Crook joins Saturday Kitchen this week to promote his TV series, 'The Detectorists' written, directed and starring himself.	UNITED KINGDOM	English-100		G	
2019-08-20	1130	Masterchef: The Professionals Series 7 Ep 1	Masterchef: The Professionals	Five ambitious chefs from across the country begin their bid for the coveted title with a total of three daunting tests to determine who is good enough to progress to the next round.	UNITED KINGDOM	English-100			
2019-08-20	1235	Nigellissima Series 1 Ep 3	Nigellissima	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-20	1305	Nigellissima Series 1 Ep 4	Nigellissima	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G	Y

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2019-08-20	1430	Winter And Chocolate	The Cook And The Chef	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100		G	
2019-08-20	1500	Back To School	The Naked Chef	Jamie is invited back to his old school to make a speech at the annual prize-giving ceremony. He is also roped into cooking with several of the pupils in an attempt to make the school dinners.	UNITED KINGDOM	English-100		PG	
2019-08-20	1535	Hot And Cold Recipes	One World Kitchen	Host Jasmin Ibrahim shows us a refreshing fattoush, perfect for a hot summer day, as well as a warm lentil soup perfect for a rainy day.	CANADA	English-100		G	
2019-08-20	1600	Sugar	The Healthy Food Guide	Is it smart to go sugar free? Carly Flynn gets the answers from the experts and food producers. Nutritionist Claire Turnbull begins the challenge of converting the Parkinson family to better health.	NEW ZEALAND	English-100		G	Y
2019-08-20	1630	Spaghetti Night	Spencer's Big 30	Host Spencer Watts makes Zucchini Noodles with Jumbo Turkey Meatballs for a healthy take on spaghetti night in around 30 minutes.	CANADA	English-100			
2019-08-20	1700	English	Secret Meat Business	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100		G	
2019-08-20	1730	Franco-Russian With Emmanuel Mollois	Poh's Kitchen	Poh welcomes French pastry chef, Emmanuel Mollois, back to her kitchen, where they cook a combination of classic French-Russian cuisine. Looking for inspiration, Poh takes Emmanuel on a shopping trip.	AUSTRALIA	English-100	RPT	G	Y
2019-08-20	1800	In The Hills	The Cook And The Chef	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100		G	
2019-08-20	1830	Masterchef: The Professionals Series 7 Ep 2	Masterchef: The Professionals	In this second heat, five more ambitious chefs from across the country begin their bid for the coveted title with three challenges to test who is good enough to win a quarter-final place.	UNITED KINGDOM	English-100			
2019-08-20	1935	Dumfries And Galloway	The Hairy Bikers' Food Tour Of Britain	Si and Dave explore Dumfries and Galloway, where they cook haggis for the locals in Dumfries. They try their hand at beekeeping and find some award-winning mutton.	UNITED KINGDOM	English-100	RPT	G	
2019-08-20	2030	Paul Hollywood's Pies And Puds Series 1 Ep 8	Paul Hollywood's Pies And Puds	Paul Hollywood truly uncovers the best of British Pies and Puds with Scotland's World Champion Scotch Pie maker Andrew Chisholm.	UNITED KINGDOM	English-100			
2019-08-20	2130	Franco-Russian With Emmanuel Mollois	Poh's Kitchen	Poh welcomes French pastry chef, Emmanuel Mollois, back to her kitchen, where they cook a combination of classic French-Russian cuisine. Looking for inspiration, Poh takes Emmanuel on a shopping trip.	AUSTRALIA	English-100	RPT	G	Y
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2019-08-20	2335	Saturday Kitchen Series 1 Ep 15	Saturday Kitchen	On this show, Michelin star chef, Claude Bosi, shares his knowledge of European cuisine as he cooks Artichoke a la Parisienne with Bordelaise Sauce.	UNITED KINGDOM	English-100		G	
2019-08-20	2430	Dumfries And Galloway	The Hairy Bikers' Food Tour Of Britain	Si and Dave explore Dumfries and Galloway, where they cook haggis for the locals in Dumfries. They try their hand at beekeeping and find some award-winning mutton.	UNITED KINGDOM	English-100	RPT	G	
2019-08-20	2530	Paul Hollywood's Pies And Puds Series 1 Ep 8	Paul Hollywood's Pies And Puds	Paul Hollywood truly uncovers the best of British Pies and Puds with Scotland's World Champion Scotch Pie maker Andrew Chisholm.	UNITED KINGDOM	English-100			
2019-08-20	2630	Back To School	The Naked Chef	Jamie is invited back to his old school to make a speech at the annual prize-giving ceremony. He is also roped into cooking with several of the pupils in an attempt to make the school dinners.	UNITED KINGDOM	English-100		PG	

2019-08-20	2705	Hot And Cold Recipes	One World Kitchen	Host Jasmin Ibrahim shows us a refreshing fattoush, perfect for a hot summer day, as well as a warm lentil soup perfect for a rainy day.	CANADA	English-100		G	
2019-08-20	2730	Sugar	The Healthy Food Guide	Is it smart to go sugar free? Carly Flynn gets the answers from the experts and food producers. Nutritionist Claire Turnbull begins the challenge of converting the Parkinson family to better health.	NEW ZEALAND	English-100		G	Y
2019-08-20	2800	Spaghetti Night	Spencer's Big 30	Host Spencer Watts makes Zucchini Noodles with Jumbo Turkey Meatballs for a healthy take on spaghetti night in around 30 minutes.	CANADA	English-100		G	
2019-08-20	2830	English	Secret Meat Business	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100		G	
2019-08-21	0500	Franco-Russian With Emmanuel Mollois	Poh's Kitchen	Poh welcomes French pastry chef, Emmanuel Mollois, back to her kitchen, where they cook a combination of classic French-Russian cuisine. Looking for inspiration, Poh takes Emmanuel on a shopping trip.	AUSTRALIA	English-100	RPT	G	Y
2019-08-21	0530	Masterchef: The Professionals Series 7 Ep 2	Masterchef: The Professionals	In this second heat, five more ambitious chefs from across the country begin their bid for the coveted title with three challenges to test who is good enough to win a quarter-final place.	UNITED KINGDOM	English-100		G	
2019-08-21	0635	Dumfries And Galloway	The Hairy Bikers' Food Tour Of Britain	Si and Dave explore Dumfries and Galloway, where they cook haggis for the locals in Dumfries. They try their hand at beekeeping and find some award-winning mutton.	UNITED KINGDOM	English-100	RPT	G	
2019-08-21	0730	Paul Hollywood's Pies And Puds Series 1 Ep 8	Paul Hollywood's Pies And Puds	Paul Hollywood truly uncovers the best of British Pies and Puds with Scotland's World Champion Scotch Pie maker Andrew Chisholm.	UNITED KINGDOM	English-100		G	
2019-08-21	0830	Spaghetti Night	Spencer's Big 30	Host Spencer Watts makes Zucchini Noodles with Jumbo Turkey Meatballs for a healthy take on spaghetti night in around 30 minutes.	CANADA	English-100		G	
2019-08-21	0900	Back To School	The Naked Chef	Jamie is invited back to his old school to make a speech at the annual prize-giving ceremony. He is also roped into cooking with several of the pupils in an attempt to make the school dinners.	UNITED KINGDOM	English-100		PG	
2019-08-21	0935	Hot And Cold Recipes	One World Kitchen	Host Jasmin Ibrahim shows us a refreshing fattoush, perfect for a hot summer day, as well as a warm lentil soup perfect for a rainy day.	CANADA	English-100		G	
2019-08-21	1005	Sugar	The Healthy Food Guide	Is it smart to go sugar free? Carly Flynn gets the answers from the experts and food producers. Nutritionist Claire Turnbull begins the challenge of converting the Parkinson family to better health.	NEW ZEALAND	English-100		G	Y
2019-08-21	1035	Saturday Kitchen Series 1 Ep 15	Saturday Kitchen	On this show, Michelin star chef, Claude Bosi, shares his knowledge of European cuisine as he cooks Artichoke a la Parisienne with Bordelaise Sauce.	UNITED KINGDOM	English-100		G	
2019-08-21	1130	Masterchef: The Professionals Series 7 Ep 2	Masterchef: The Professionals	In this second heat, five more ambitious chefs from across the country begin their bid for the coveted title with three challenges to test who is good enough to win a quarter-final place.	UNITED KINGDOM	English-100		G	
2019-08-21	1235	Dumfries And Galloway	The Hairy Bikers' Food Tour Of Britain	Si and Dave explore Dumfries and Galloway, where they cook haggis for the locals in Dumfries. They try their hand at beekeeping and find some award-winning mutton.	UNITED KINGDOM	English-100	RPT	G	
2019-08-21	1330	Paul Hollywood's Pies And Puds Series 1 Ep 8	Paul Hollywood's Pies And Puds	Paul Hollywood truly uncovers the best of British Pies and Puds with Scotland's World Champion Scotch Pie maker Andrew Chisholm.	UNITED KINGDOM	English-100		G	
2019-08-21	1430	In The Hills	The Cook And The Chef	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100		G	
2019-08-21	1500	Italian Job, The	The Naked Chef	Jamie and his friend Gennaro head off to the New Forest to gather food from the wild, such as spinach, mushrooms and garlic. Jamie then cooks up a fantastic Italian feast.	UNITED KINGDOM	English-100		PG	
2019-08-21	1535	Nuts About Walnuts, Pine Nuts And Pistachios	One World Kitchen	Host Jasmin Ibrahim shares her favourite nutty recipes, including walnut-filled pancakes doused in a sweet rose water.	CANADA	English-100		G	

2019-08-21	1600	Diet	The Healthy Food Guide	Which diet really works? Carly Flynn talks to the food producers and the experts to find out which diet is the healthiest.	NEW ZEALAND	English-100		G	
2019-08-21	1630	Fried Chicken Night	Spencer's Big 30	Nothing says comfort food better than fried chicken. Chef Spencer Watts shows us all the fixings for a fast, easy, and delicious fried chicken night.	CANADA	English-100			
2019-08-21	1700	Tunisian	Secret Meat Business	Adrian dishes up a succulent roast duck cooked in classic Tunisian spices, served on a bed of nutty rice. A feast to share with friends and family, or in Adrian's case, enjoy all by yourself.	AUSTRALIA	English-100		G	
2019-08-21	1730	Paris With Emmanuel Mollois	Poh's Kitchen	This episode is all about taking traditional recipes and creating something new and exciting. Poh creates one of her most beautiful desserts - rhubarb lily tart.	AUSTRALIA	English-100	RPT	G	Y
2019-08-21	1800	Old Favourites	The Cook And The Chef	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100		G	
2019-08-21	1830	Masterchef: The Professionals Series 7 Ep 3	Masterchef: The Professionals	The week's best chefs return for the first quarter-final, and this is where the battle really begins. Their first challenge is the Invention Test - but this one has a twist.	UNITED KINGDOM	English-100			
2019-08-21	1935	Let's Do Coffee Series 1 Ep 3	Let's Do Coffee	Hosted from Sydney's cafe cathedral, The Grounds of Alexandria, we take you to a home barista course, show you how to make the perfect stovetop coffee, and plant our own coffee right in the backyard.	AUSTRALIA	English-100			
2019-08-21	2005	Let's Do Coffee Series 1 Ep 4	Let's Do Coffee	Hosted from a cafe on the foreshore of the world's most beautiful harbour, we enjoy a coffee with one of Australia's most awarded food, wine and lifestyle personalities.	AUSTRALIA	English-100			
2019-08-21	2030	Chocolate Queen Series 1, The Ep 5	The Chocolate Queen	The Chocolate Queen prepares melt-in-your-mouth Chocolate Macarons and a luscious Peanut Butter Chocolate Bark.	AUSTRALIA	English-100		G	
2019-08-21	2100	Chocolate Queen Series 1, The Ep 6	The Chocolate Queen	Kirsten prepares an intriguing and delicious Chocolate Salami, and shows you how to achieve the perfect Liquid Centre Chocolate Pudding.	AUSTRALIA	English-100		G	
2019-08-21	2130	Paris With Emmanuel Mollois	Poh's Kitchen	This episode is all about taking traditional recipes and creating something new and exciting. Poh creates one of her most beautiful desserts - rhubarb lily tart.	AUSTRALIA	English-100	RPT	G	Y
2019-08-21	2200	Old Favourites	The Cook And The Chef	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100		G	
2019-08-21	2230	Masterchef: The Professionals Series 7 Ep 3	Masterchef: The Professionals	The week's best chefs return for the first quarter-final, and this is where the battle really begins. Their first challenge is the Invention Test - but this one has a twist.	UNITED KINGDOM	English-100			
2019-08-21	2335	Saturday Kitchen Series 1 Ep 16	Saturday Kitchen	Chris Evans joins Saturday Kitchen this week to spill the beans on everything Top Gear and to tackle the legendary Heaven or Hell challenge.	UNITED KINGDOM	English-100		PG	
2019-08-21	2430	Let's Do Coffee Series 1 Ep 3	Let's Do Coffee	Hosted from Sydney's cafe cathedral, The Grounds of Alexandria, we take you to a home barista course, show you how to make the perfect stovetop coffee, and plant our own coffee right in the backyard.	AUSTRALIA	English-100			
2019-08-21	2500	Let's Do Coffee Series 1 Ep 4	Let's Do Coffee	Hosted from a cafe on the foreshore of the world's most beautiful harbour, we enjoy a coffee with one of Australia's most awarded food, wine and lifestyle personalities.	AUSTRALIA	English-100			
2019-08-21	2530	Chocolate Queen Series 1, The Ep 5	The Chocolate Queen	The Chocolate Queen prepares melt-in-your-mouth Chocolate Macarons and a luscious Peanut Butter Chocolate Bark.	AUSTRALIA	English-100		G	
2019-08-21	2600	Chocolate Queen Series 1, The Ep 6	The Chocolate Queen	Kirsten prepares an intriguing and delicious Chocolate Salami, and shows you how to achieve the perfect Liquid Centre Chocolate Pudding.	AUSTRALIA	English-100		G	
2019-08-21	2630	Italian Job, The	The Naked Chef	Jamie and his friend Gennaro head off to the New Forest to gather food from the wild, such as spinach, mushrooms and garlic. Jamie then cooks up a fantastic Italian feast.	UNITED KINGDOM	English-100		PG	
2019-08-21	2705	Nuts About Walnuts, Pine Nuts And Pistachios	One World Kitchen	Host Jasmin Ibrahim shares her favourite nutty recipes, including walnut-filled pancakes doused in a sweet rose water.	CANADA	English-100		G	

2019-08-21	2730	Diet	The Healthy Food Guide	Which diet really works? Carly Flynn talks to the food producers and the experts to find out which diet is the healthiest.	NEW ZEALAND	English-100		G	
2019-08-21	2800	Fried Chicken Night	Spencer's Big 30	Nothing says comfort food better than fried chicken. Chef Spencer Watts shows us all the fixings for a fast, easy, and delicious fried chicken night.	CANADA	English-100			
2019-08-21	2830	Tunisian	Secret Meat Business	Adrian dishes up a succulent roast duck cooked in classic Tunisian spices, served on a bed of nutty rice. A feast to share with friends and family, or in Adrian's case, enjoy all by yourself.	AUSTRALIA	English-100		G	
2019-08-22	0500	Paris With Emmanuel Mollois	Poh's Kitchen	This episode is all about taking traditional recipes and creating something new and exciting. Poh creates one of her most beautiful desserts - rhubarb lily tart.	AUSTRALIA	English-100	RPT	G	Y
2019-08-22	0530	Masterchef: The Professionals Series 7 Ep 3	Masterchef: The Professionals	The week's best chefs return for the first quarter-final, and this is where the battle really begins. Their first challenge is the Invention Test - but this one has a twist.	UNITED KINGDOM	English-100			
2019-08-22	0635	Let's Do Coffee Series 1 Ep 3	Let's Do Coffee	Hosted from Sydney's cafe cathedral, The Grounds of Alexandria, we take you to a home barista course, show you how to make the perfect stovetop coffee, and plant our own coffee right in the backyard.	AUSTRALIA	English-100			
2019-08-22	0705	Let's Do Coffee Series 1 Ep 4	Let's Do Coffee	Hosted from a cafe on the foreshore of the world's most beautiful harbour, we enjoy a coffee with one of Australia's most awarded food, wine and lifestyle personalities.	AUSTRALIA	English-100			
2019-08-22	0730	Chocolate Queen Series 1, The Ep 5	The Chocolate Queen	The Chocolate Queen prepares melt-in-your-mouth Chocolate Macarons and a luscious Peanut Butter Chocolate Bark.	AUSTRALIA	English-100		G	
2019-08-22	0800	Chocolate Queen Series 1, The Ep 6	The Chocolate Queen	Kirsten prepares an intriguing and delicious Chocolate Salami, and shows you how to achieve the perfect Liquid Centre Chocolate Pudding.	AUSTRALIA	English-100		G	
2019-08-22	0830	Fried Chicken Night	Spencer's Big 30	Nothing says comfort food better than fried chicken. Chef Spencer Watts shows us all the fixings for a fast, easy, and delicious fried chicken night.	CANADA	English-100			
2019-08-22	0900	Italian Job, The	The Naked Chef	Jamie and his friend Gennaro head off to the New Forest to gather food from the wild, such as spinach, mushrooms and garlic. Jamie then cooks up a fantastic Italian feast.	UNITED KINGDOM	English-100		PG	
2019-08-22	0935	Nuts About Walnuts, Pine Nuts And Pistachios	One World Kitchen	Host Jasmin Ibrahim shares her favourite nutty recipes, including walnut-filled pancakes doused in a sweet rose water.	CANADA	English-100		G	
2019-08-22	1005	Diet	The Healthy Food Guide	Which diet really works? Carly Flynn talks to the food producers and the experts to find out which diet is the healthiest.	NEW ZEALAND	English-100		G	
2019-08-22	1035	Saturday Kitchen Series 1 Ep 16	Saturday Kitchen	Chris Evans joins Saturday Kitchen this week to spill the beans on everything Top Gear and to tackle the legendary Heaven or Hell challenge.	UNITED KINGDOM	English-100		PG	
2019-08-22	1130	Masterchef: The Professionals Series 7 Ep 3	Masterchef: The Professionals	The week's best chefs return for the first quarter-final, and this is where the battle really begins. Their first challenge is the Invention Test - but this one has a twist.	UNITED KINGDOM	English-100			
2019-08-22	1235	Let's Do Coffee Series 1 Ep 3	Let's Do Coffee	Hosted from Sydney's cafe cathedral, The Grounds of Alexandria, we take you to a home barista course, show you how to make the perfect stovetop coffee, and plant our own coffee right in the backyard.	AUSTRALIA	English-100			
2019-08-22	1305	Let's Do Coffee Series 1 Ep 4	Let's Do Coffee	Hosted from a cafe on the foreshore of the world's most beautiful harbour, we enjoy a coffee with one of Australia's most awarded food, wine and lifestyle personalities.	AUSTRALIA	English-100			
2019-08-22	1330	Chocolate Queen Series 1, The Ep 5	The Chocolate Queen	The Chocolate Queen prepares melt-in-your-mouth Chocolate Macarons and a luscious Peanut Butter Chocolate Bark.	AUSTRALIA	English-100		G	
2019-08-22	1400	Chocolate Queen Series 1, The Ep 6	The Chocolate Queen	Kirsten prepares an intriguing and delicious Chocolate Salami, and shows you how to achieve the perfect Liquid Centre Chocolate Pudding.	AUSTRALIA	English-100		G	

2019-08-22	1430	Old Favourites	The Cook And The Chef	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100		G	
2019-08-22	1500	Crowd Pleasers	Nigella Feasts	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-22	1530	Four Course Lebanese	One World Kitchen	Home cook Jasmin Ibrahim combines the sweet flavour of crunchy pomegranates with rich lamb pastry pockets and then crispy chicken.	CANADA	English-100		PG	
2019-08-22	1600	Brain Food	The Healthy Food Guide	All you need to know about boosting your brain with food. Carly Flynn gets the latest from the experts. Nutritionist Claire Turnbull gives the Parkinson family some exercise shock therapy.	NEW ZEALAND	English-100		G	
2019-08-22	1630	Fish Night	Spencer's Big 30	Kids don't always love fish - host Spencer Watts shares some simple, inexpensive, and tasty recipes that will change your kids' opinion of fish night.	CANADA	English-100			
2019-08-22	1700	Canadian	Secret Meat Business	Double trouble, Adrian combines two of his favourite proteins in an indulgent Canadian dish, Bacon wrapped duck breasts Tournedos.	AUSTRALIA	English-100		G	
2019-08-22	1730	Darwin With Jimmy Shu	Poh's Kitchen	Tonight, Poh is in Darwin to meet internationally renowned chef Jimmy Shu. Jimmy guides Poh through a number of dishes which include paw paw salad and Pad Thai.	AUSTRALIA	English-100	RPT	G	Y
2019-08-22	1800	Winter Comfort Food	The Cook And The Chef	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100		G	
2019-08-22	1830	Masterchef: The Professionals Series 7 Ep 4	Masterchef: The Professionals	Five ambitious chefs plucked from kitchens across Britain arrive at the MasterChef kitchen to face the first of three daunting tests to determine who is good enough to progress to the next round.	UNITED KINGDOM	English-100			
2019-08-22	1935	Tudor	Heston's Feasts	Top chef Heston Blumenthal pushes his own crazy creations to the limit, serving Tudor splendour to celebrity guests including Alex Zane, Sophie Ellis Bextor and Cilla Black.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-08-22	2030	Queens	No Passport Required	With his background, Marcus really identifies with New York's Indo-Guyanese community. This community from Guyana and the Caribbean has roots in India.	USA	English-100		PG	
2019-08-22	2130	Darwin With Jimmy Shu	Poh's Kitchen	Tonight, Poh is in Darwin to meet internationally renowned chef Jimmy Shu. Jimmy guides Poh through a number of dishes which include paw paw salad and Pad Thai.	AUSTRALIA	English-100	RPT	G	Y
2019-08-22	2200	Winter Comfort Food	The Cook And The Chef	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100		G	
2019-08-22	2230	Masterchef: The Professionals Series 7 Ep 4	Masterchef: The Professionals	Five ambitious chefs plucked from kitchens across Britain arrive at the MasterChef kitchen to face the first of three daunting tests to determine who is good enough to progress to the next round.	UNITED KINGDOM	English-100			
2019-08-22	2335	Saturday Kitchen Series 1 Ep 17	Saturday Kitchen	Two of the UK's very best Michelin starred chefs join Saturday Kitchen this week. Matt Gillan finds some time away from his award winning restaurant, The Pass, to whip up a dish.	UNITED KINGDOM	English-100		G	
2019-08-22	2430	Tudor	Heston's Feasts	Top chef Heston Blumenthal pushes his own crazy creations to the limit, serving Tudor splendour to celebrity guests including Alex Zane, Sophie Ellis Bextor and Cilla Black.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-08-22	2530	Queens	No Passport Required	With his background, Marcus really identifies with New York's Indo-Guyanese community. This community from Guyana and the Caribbean has roots in India.	USA	English-100		PG	
2019-08-22	2630	Crowd Pleasers	Nigella Feasts	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-22	2700	Four Course Lebanese	One World Kitchen	Home cook Jasmin Ibrahim combines the sweet flavour of crunchy pomegranates with rich lamb pastry pockets and then crispy chicken.	CANADA	English-100		PG	

2019-08-22	2730	Brain Food	The Healthy Food Guide	All you need to know about boosting your brain with food. Carly Flynn gets the latest from the experts. Nutritionist Claire Turnbull gives the Parkinson family some exercise shock therapy.	NEW ZEALAND	English-100		G	
2019-08-22	2800	Fish Night	Spencer's Big 30	Kids don't always love fish - host Spencer Watts shares some simple, inexpensive, and tasty recipes that will change your kids' opinion of fish night.	CANADA	English-100			
2019-08-22	2830	Canadian	Secret Meat Business	Double trouble, Adrian combines two of his favourite proteins in an indulgent Canadian dish, Bacon wrapped duck breasts Tournedos.	AUSTRALIA	English-100		G	
2019-08-23	0500	Darwin With Jimmy Shu	Poh's Kitchen	Tonight, Poh is in Darwin to meet internationally renowned chef Jimmy Shu. Jimmy guides Poh through a number of dishes which include paw paw salad and Pad Thai.	AUSTRALIA	English-100	RPT	G	Y
2019-08-23	0530	Masterchef: The Professionals Series 7 Ep 4	Masterchef: The Professionals	Five ambitious chefs plucked from kitchens across Britain arrive at the MasterChef kitchen to face the first of three daunting tests to determine who is good enough to progress to the next round.	UNITED KINGDOM	English-100			
2019-08-23	0635	Tudor	Heston's Feasts	Top chef Heston Blumenthal pushes his own crazy creations to the limit, serving Tudor splendour to celebrity guests including Alex Zane, Sophie Ellis Bextor and Cilla Black.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-08-23	0730	Queens	No Passport Required	With his background, Marcus really identifies with New York's Indo-Guyanese community. This community from Guyana and the Caribbean has roots in India.	USA	English-100		PG	
2019-08-23	0830	Fish Night	Spencer's Big 30	Kids don't always love fish - host Spencer Watts shares some simple, inexpensive, and tasty recipes that will change your kids' opinion of fish night.	CANADA	English-100			
2019-08-23	0900	Crowd Pleasers	Nigella Feasts	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chilli with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-23	0930	Four Course Lebanese	One World Kitchen	Home cook Jasmin Ibrahim combines the sweet flavour of crunchy pomegranates with rich lamb pastry pockets and then crispy chicken.	CANADA	English-100		PG	
2019-08-23	1000	Brain Food	The Healthy Food Guide	All you need to know about boosting your brain with food. Carly Flynn gets the latest from the experts. Nutritionist Claire Turnbull gives the Parkinson family some exercise shock therapy.	NEW ZEALAND	English-100		G	
2019-08-23	1030	Saturday Kitchen Series 1 Ep 17	Saturday Kitchen	Two of the UK's very best Michelin starred chefs join Saturday Kitchen this week. Matt Gillan finds some time away from his award winning restaurant, The Pass, to whip up a dish.	UNITED KINGDOM	English-100		G	
2019-08-23	1130	Masterchef: The Professionals Series 7 Ep 4	Masterchef: The Professionals	Five ambitious chefs plucked from kitchens across Britain arrive at the MasterChef kitchen to face the first of three daunting tests to determine who is good enough to progress to the next round.	UNITED KINGDOM	English-100			
2019-08-23	1235	Tudor	Heston's Feasts	Top chef Heston Blumenthal pushes his own crazy creations to the limit, serving Tudor splendour to celebrity guests including Alex Zane, Sophie Ellis Bextor and Cilla Black.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-08-23	1330	Queens	No Passport Required	With his background, Marcus really identifies with New York's Indo-Guyanese community. This community from Guyana and the Caribbean has roots in India.	USA	English-100		PG	
2019-08-23	1430	Winter Comfort Food	The Cook And The Chef	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100		G	
2019-08-23	1500	Weekend Wonders	Nigella Feasts	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-23	1530	Lebanese Small Plates	One World Kitchen	Food is best when it's shared with friends. Lebanese expert Jasmin Ibrahim cooks up four small plate recipes perfect for grazing.	CANADA	English-100		G	
2019-08-23	1600	Gut Health	The Healthy Food Guide	Why is our gut becoming known as our second brain? Carly Flynn finds out the latest from the experts about this sensitive network and takes to the fields to ask what foods optimise our gut health.	NEW ZEALAND	English-100		G	
2019-08-23	1630	Chicken Bake Night	Spencer's Big 30	Spencer Watts cooks up a nutritious meal for four featuring Crispy Lemon Chicken, Sweet Potato Rosti, and Baked Peaches.	CANADA	English-100		PG	

2019-08-23 1700

Malaysian

Secret Meat Business

Malaysian cooking is a cuisine that melds Chinese, Indian and traditional Malay flavours. Adrian pays homage to his time spent there as a child preparing mouth-watering Beef Rendang.

AUSTRALIA

English-100

G

2019-08-23	1730	Gnocchi With Andre Ursini	Poh's Kitchen	Poh has invited Andre Ursini into the kitchen. Like Poh, reconnecting with her Malaysian background through food, so too has Andre with his Italian heritage.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-23	1800	Citrus	The Cook And The Chef	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100		PG		
2019-08-23	1830	Masterchef: The Professionals Series 7 Ep 5	Masterchef: The Professionals	Five more ambitious chefs from across the country begin their bid for the coveted title. Their first challenge is the Signature Dish Test.	UNITED KINGDOM	English-100				
2019-08-23	1935	Rick Stein's Food Heroes Series 2 Ep 5	Rick Stein's Food Heroes	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast.	UNITED KINGDOM	English-100				
2019-08-23	2005	Rick Stein's Food Heroes Series 2 Ep 6	Rick Stein's Food Heroes	Rick is on home turf when he visits the Tintagel area in Cornwall. Here, legend has it, the ruined castle atop the craggy, untamed cliffs is what remains of King Arthur's Camelot.	UNITED KINGDOM	English-100				
2019-08-23	2035	Gourmet Farmer Series 5 Ep 4	Gourmet Farmer	After having the health of his farm soil tested, Matthew explores a flavoursome way to keep his pigs fed, while using his chickens to rehabilitate the damaged soil in his pig paddocks.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-23	2105	Workday Wonders	Nigella Express	This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-08-23	2135	Gnocchi With Andre Ursini	Poh's Kitchen	Poh has invited Andre Ursini into the kitchen. Like Poh, reconnecting with her Malaysian background through food, so too has Andre with his Italian heritage.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-23	2205	Citrus	The Cook And The Chef	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100		PG		
2019-08-23	2235	Masterchef: The Professionals Series 7 Ep 5	Masterchef: The Professionals	Five more ambitious chefs from across the country begin their bid for the coveted title. Their first challenge is the Signature Dish Test.	UNITED KINGDOM	English-100				
2019-08-23	2340	Saturday Kitchen Series 1 Ep 18	Saturday Kitchen	James Martin presents the weekly cookery programme with help from chefs Tom Kitchin and Cyrus Todiwala. Broadcaster Sara Cox faces her food heaven or her food hell.	UNITED KINGDOM	English-100		G		
2019-08-23	2435	Rick Stein's Food Heroes Series 2 Ep 5	Rick Stein's Food Heroes	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast.	UNITED KINGDOM	English-100				
2019-08-23	2505	Rick Stein's Food Heroes Series 2 Ep 6	Rick Stein's Food Heroes	Rick is on home turf when he visits the Tintagel area in Cornwall. Here, legend has it, the ruined castle atop the craggy, untamed cliffs is what remains of King Arthur's Camelot.	UNITED KINGDOM	English-100				
2019-08-23	2535	Hey Presto	Nigella Express	Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-23	2605	Workday Wonders	Nigella Express	This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-08-23	2635	Weekend Wonders	Nigella Feasts	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-08-23	2705	Lebanese Small Plates	One World Kitchen	Food is best when it's shared with friends. Lebanese expert Jasmin Ibrahim cooks up four small plate recipes perfect for grazing.	CANADA	English-100		G		
2019-08-23	2730	Gut Health	The Healthy Food Guide	Why is our gut becoming known as our second brain? Carly Flynn finds out the latest from the experts about this sensitive network and takes to the fields to ask what foods optimise our gut health.	NEW ZEALAND	English-100		G		
2019-08-23	2800	Chicken Bake Night	Spencer's Big 30	Spencer Watts cooks up a nutritious meal for four featuring Crispy Lemon Chicken, Sweet Potato Rosti, and Baked Peaches.	CANADA	English-100		PG		
2019-08-23	2830	Malaysian	Secret Meat Business	Malaysian cooking is a cuisine that melds Chinese, Indian and traditional Malay flavours. Adrian pays homage to his time spent there as a child preparing mouth-watering Beef Rendang.	AUSTRALIA	English-100		G		

2019-08-24	0500	Gnocchi With Andre Ursini	Poh's Kitchen	Poh has invited Andre Ursini into the kitchen. Like Poh, reconnecting with her Malaysian background through food, so too has Andre with his Italian heritage.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-24	0530	Masterchef: The Professionals Series 7 Ep 5	Masterchef: The Professionals	Five more ambitious chefs from across the country begin their bid for the coveted title. Their first challenge is the Signature Dish Test.	UNITED KINGDOM	English-100				
2019-08-24	0635	Rick Stein's Food Heroes Series 2 Ep 5	Rick Stein's Food Heroes	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast.	UNITED KINGDOM	English-100				
2019-08-24	0705	Rick Stein's Food Heroes Series 2 Ep 6	Rick Stein's Food Heroes	Rick is on home turf when he visits the Tintagel area in Cornwall. Here, legend has it, the ruined castle atop the craggy, untamed cliffs is what remains of King Arthur's Camelot.	UNITED KINGDOM	English-100				
2019-08-24	0735	Hey Presto	Nigella Express	Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-24	0805	Workday Wonders	Nigella Express	This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-08-24	0830	Chicken Bake Night	Spencer's Big 30	Spencer Watts cooks up a nutritious meal for four featuring Crispy Lemon Chicken, Sweet Potato Rosti, and Baked Peaches.	CANADA	English-100				PG
2019-08-24	0900	Weekend Wonders	Nigella Feasts	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-08-24	0930	Lebanese Small Plates	One World Kitchen	Food is best when it's shared with friends. Lebanese expert Jasmin Ibrahim cooks up four small plate recipes perfect for grazing.	CANADA	English-100				G
2019-08-24	1000	Gut Health	The Healthy Food Guide	Why is our gut becoming known as our second brain? Carly Flynn finds out the latest from the experts about this sensitive network and takes to the fields to ask what foods optimise our gut health.	NEW ZEALAND	English-100				G
2019-08-24	1030	Saturday Kitchen Series 1 Ep 18	Saturday Kitchen	James Martin presents the weekly cookery programme with help from chefs Tom Kitchin and Cyrus Todiwala. Broadcaster Sara Cox faces her food heaven or her food hell.	UNITED KINGDOM	English-100				G
2019-08-24	1130	Masterchef: The Professionals Series 7 Ep 5	Masterchef: The Professionals	Five more ambitious chefs from across the country begin their bid for the coveted title. Their first challenge is the Signature Dish Test.	UNITED KINGDOM	English-100				
2019-08-24	1235	Rick Stein's Food Heroes Series 2 Ep 5	Rick Stein's Food Heroes	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast.	UNITED KINGDOM	English-100				
2019-08-24	1305	Rick Stein's Food Heroes Series 2 Ep 6	Rick Stein's Food Heroes	Rick is on home turf when he visits the Tintagel area in Cornwall. Here, legend has it, the ruined castle atop the craggy, untamed cliffs is what remains of King Arthur's Camelot.	UNITED KINGDOM	English-100				
2019-08-24	1335	Hey Presto	Nigella Express	Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-24	1405	Workday Wonders	Nigella Express	This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-08-24	1435	Gut Health	The Healthy Food Guide	Why is our gut becoming known as our second brain? Carly Flynn finds out the latest from the experts about this sensitive network and takes to the fields to ask what foods optimise our gut health.	NEW ZEALAND	English-100				G
2019-08-24	1505	Dinner Date Series 8 Ep 14	Dinner Date	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
2019-08-24	1600	Linguine, Farfalle, Bologna, Ragu	Simply Italian	Michela shows us how easy it is to make delicious fresh pasta at home - without the use of any gadgets.	UNITED KINGDOM	English-100				

2019-08-24	1630	Richo's Bar Snacks Series 1 Ep 9	Richo's Bar Snacks	Thai Pumpkin Soup, Crispy Pork and Prawn Rice Paper Rolls, Funky Monkey cocktails, and Creme Brulee Shooters - Richo packs a variety of flavour across these delicious bar snacks.	AUSTRALIA	English-100		G	
2019-08-24	1700	Cattle Drive	The Cook And The Chef	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G	
2019-08-24	1730	Sunday Cooking	The Cook And The Chef	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G	
2019-08-24	1800	Spatchcocks And Terrines	The Cook And The Chef	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G	
2019-08-24	1830	Lyndey Milan's Summer Baking Secrets Series 1 Ep 5	Lyndey Milan's Summer Baking Secrets	Prawns are a perennial summer favourite and Lyndey bakes them in their own little parcels in this episode. There is also a colourful roasted summer tomato tart.	AUSTRALIA	English-100		G	
2019-08-24	1900	Lyndey Milan's Summer Baking Secrets Series 1 Ep 6	Lyndey Milan's Summer Baking Secrets	No-one wants the oven on for too long in summer so Lyndey re-invents the roast chicken, baked for a short period with a succulent chutney glaze.	AUSTRALIA	English-100		G	
2019-08-24	1930	Mozzarella And The Cheeses Of Campania	Cheese Slices	Will journeys to Italy's picturesque Campania region to look at stretched curd cheeses and finds it hard to resist the lingering flavour and sensual texture of buffalo cheese made from raw milk.	AUSTRALIA	English-100		G	
2019-08-24	2000	Famous Cheese Of Wisconsin	Cheese Slices	The upper Midwest state is famous for its 'cheese heads' and proudly declares itself America's Dairyland because it produces more cheese than any other state in the USA.	AUSTRALIA	English-100		G	
2019-08-24	2030	Teamwork	Avec Eric	Eric explores the importance of teamwork - in the remarkable complexity of a honeybee hive, and in the coordination of the staff of a 4-star restaurant.	USA	English-100		G	
2019-08-24	2100	Traditions	Avec Eric	Eric finds inspiration in the past and shows us how traditional practices can create a base for great dishes. Eric shares his grandmother's traditional capon recipe with the sous chefs at Le Bernardi.	USA	English-100		G	
2019-08-24	2130	Peter Kuruvita's Coastal Kitchen Series 1 Ep 3	Peter Kuruvita's Coastal Kitchen	The Sunshine Coast is home to an amazing array of indigenous flora and fauna. Peter Kuruvita discovers the secrets of bush tucker and creates dishes inspired by native ingredients.	AUSTRALIA	English-100	RPT	G	Y
2019-08-24	2200	Peter Kuruvita's Coastal Kitchen Series 1 Ep 4	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita mingles with a community of passionate local producers showcasing some of the finest and freshest produce in the region and visits some well-known loved faces of the Sunshine Coast.	AUSTRALIA	English-100	RPT	G	Y
2019-08-24	2230	Lyndey Milan's Summer Baking Secrets Series 1 Ep 5	Lyndey Milan's Summer Baking Secrets	Prawns are a perennial summer favourite and Lyndey bakes them in their own little parcels in this episode. There is also a colourful roasted summer tomato tart.	AUSTRALIA	English-100		G	
2019-08-24	2300	Lyndey Milan's Summer Baking Secrets Series 1 Ep 6	Lyndey Milan's Summer Baking Secrets	No-one wants the oven on for too long in summer so Lyndey re-invents the roast chicken, baked for a short period with a succulent chutney glaze.	AUSTRALIA	English-100		G	
2019-08-24	2330	Linguine, Farfalle, Bologna, Ragù	Simply Italian	Michela shows us how easy it is to make delicious fresh pasta at home - without the use of any gadgets.	UNITED KINGDOM	English-100		G	
2019-08-24	2400	Mozzarella And The Cheeses Of Campania	Cheese Slices	Will journeys to Italy's picturesque Campania region to look at stretched curd cheeses and finds it hard to resist the lingering flavour and sensual texture of buffalo cheese made from raw milk.	AUSTRALIA	English-100		G	
2019-08-24	2430	Teamwork	Avec Eric	Eric explores the importance of teamwork - in the remarkable complexity of a honeybee hive, and in the coordination of the staff of a 4-star restaurant.	USA	English-100		G	
2019-08-24	2500	Traditions	Avec Eric	Eric finds inspiration in the past and shows us how traditional practices can create a base for great dishes. Eric shares his grandmother's traditional capon recipe with the sous chefs at Le Bernardi.	USA	English-100		G	
2019-08-24	2530	Peter Kuruvita's Coastal Kitchen Series 1 Ep 3	Peter Kuruvita's Coastal Kitchen	The Sunshine Coast is home to an amazing array of indigenous flora and fauna. Peter Kuruvita discovers the secrets of bush tucker and creates dishes inspired by native ingredients.	AUSTRALIA	English-100	RPT	G	Y

2019-08-24	2600	Peter Kuruvita's Coastal Kitchen Series 1 Ep 4	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita mingles with a community of passionate local producers showcasing some of the finest and freshest produce in the region and visits some well-known loved faces of the Sunshine Coast.	AUSTRALIA	English-100	RPT	G	Y
2019-08-24	2630	Dinner Date Series 8 Ep 14	Dinner Date	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	
2019-08-24	2730	Cattle Drive	The Cook And The Chef	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G	
2019-08-24	2800	Sunday Cooking	The Cook And The Chef	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G	
2019-08-24	2830	Spatchcocks And Terrines	The Cook And The Chef	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G	