



WEEK 21: Sunday, 17 May - Saturday, 23 May 2020 ALL MARKETS

| Date | Start Time | Title | Episode Title | Digital Epg Synopsis | Country of Origin | Language | Repeat | Classification | Closed Captions |
|------------|------------|---|---|---|-------------------|-------------|--------|----------------|-----------------|
| 2020-05-17 | 0500 | Secret Meat Business | Secret Meat Business Series 2 Ep 10 | Chef Adrian Richardson shares his Mum's recipe for an Aussie family favourite, succulent roast chicken. Plus, he whips up a hearty Sicilian chilli beef ragu. | AUSTRALIA | English-100 | | G | |
| 2020-05-17 | 0530 | Secret Meat Business | Secret Meat Business Series 2 Ep 11 | Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison. | AUSTRALIA | English-100 | | G | |
| 2020-05-17 | 0600 | Lyndey And Blair's Taste Of Greece | Lyndey And Blair's Taste Of Greece Series 1 Episode 5 | Blair takes a dip in a cold spring in the Mediterranean while Lyndey learns about fisherman's soup. And a visit to a local gypsy market offers the chance of roast pig. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-17 | 0630 | Freddie Fries Down Under | Freddie Fries Down Under Series 1 Ep 2 | Freddie and Rob head toward the East Coast of Australia where they attempt to swim with sharks, and Rob's booked an unusual camping spot for the night - hanging off a cliff. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-17 | 0730 | Lyndey And Blair's Taste Of Greece | Lyndey And Blair's Taste Of Greece Series 1 Episode 6 | Lyndey and Blair discover Kalamata olives, local sausage, and souvlaki at a Kalamata market, where they try chocolate covered figs at Athanasiou Patisserie. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-17 | 0800 | Cheese Slices | Cheeses Of La Mancha And Cabrales | The most famous cheese made in the high plateau of La Mancha is Manchego. Will and Ellie visit several farms that still make raw milk Manchego using traditional methods. | AUSTRALIA | English-100 | | PG | |
| 2020-05-17 | 0830 | Cheese Slices | Cheesemakers Of Vermont | Will and Ellie sample the famous cheddar of Jasper Hills farm in Vermont, and discuss the many government challenges the dairy has faced in recent years and their close bond with the local economy. | AUSTRALIA | English-100 | | PG | |
| 2020-05-17 | 0900 | Kylie Kwong: Heart And Soul | Marinade | Kylie is having a steamboat party for ten friends at home - she provides the food, the guests do the cooking. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-17 | 0930 | Kylie Kwong: Heart And Soul | Shanghai Heart | Kylie finds inspiration for her cooking from the generous people she meets in the heart of Shanghai's old town. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-17 | 1000 | Secret Meat Business | Secret Meat Business Series 2 Ep 10 | Chef Adrian Richardson shares his Mum's recipe for an Aussie family favourite, succulent roast chicken. Plus, he whips up a hearty Sicilian chilli beef ragu. | AUSTRALIA | English-100 | | G | |
| 2020-05-17 | 1030 | Secret Meat Business | Secret Meat Business Series 2 Ep 11 | Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison. | AUSTRALIA | English-100 | | G | |
| 2020-05-17 | 1100 | Lyndey And Blair's Taste Of Greece | Lyndey And Blair's Taste Of Greece Series 1 Episode 5 | Blair takes a dip in a cold spring in the Mediterranean while Lyndey learns about fisherman's soup. And a visit to a local gypsy market offers the chance of roast pig. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-17 | 1130 | Two Greedy Italians | 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 | Y |
| 2020-05-17 | 1235 | Freddie Fries Down Under | Freddie Fries Down Under Series 1 Ep 2 | Freddie and Rob head toward the East Coast of Australia where they attempt to swim with sharks, and Rob's booked an unusual camping spot for the night - hanging off a cliff. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-17 | 1330 | Lyndey And Blair's Taste Of Greece | Lyndey And Blair's Taste Of Greece Series 1 Episode 6 | Lyndey and Blair discover Kalamata olives, local sausage, and souvlaki at a Kalamata market, where they try chocolate covered figs at Athanasiou Patisserie. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-17 | 1400 | Saturday Kitchen | Saturday Kitchen Series 2 Ep 16 | The Michelin starred sensation from Birmingham, Glynn Purnell, commands the kitchen this week with help from the adventurous Michael O'Hare and top French chef, Amandine Chaignot. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-17 | 1500 | Secret Meat Business | Secret Meat Business Series 2 Ep 12 | Chef Adrian Richardson dishes up a robust French-style boned lamb shoulder with pommes boulangere, a delicious variation on what we know as roast lamb with veggies. | AUSTRALIA | English-100 | | G | |

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|------------|------|---|---|---|----------------|-------------|-----|----|---|
| 2020-05-17 | 1530 | Secret Meat Business | Secret Meat Business Series 2 Ep 13 | 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 | |
| 2020-05-17 | 1600 | The Cook And The Chef | English Theme | Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages. | AUSTRALIA | English-100 | | G | |
| 2020-05-17 | 1630 | The Cook And The Chef | Kangaroo Island | Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline. | AUSTRALIA | English-100 | | PG | |
| 2020-05-17 | 1700 | The Cook And The Chef | Sunday Roast, A | Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved. | AUSTRALIA | English-100 | | PG | |
| 2020-05-17 | 1730 | Donal's Kitchen Hero Feast | Kilkenny | Donal travels to Kilkenny and meets local producers at Mileevens Honey, Goatsbridge Trout Farm, and Knockdrinna Cheese, and then prepares his Kilkenny Feast at the magnificent Uppercourt Manor in Freshford, Co Kilkenny. | IRELAND | English-100 | | PG | |
| 2020-05-17 | 1800 | Jimmy Shu's Taste of The Territory | Bush Foods | Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes harvesting with local landowners for various bush foods. | AUSTRALIA | English-100 | | G | |
| 2020-05-17 | 1830 | Asia Unplated With Diana Chan | Indonesian | Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado. | AUSTRALIA | English-100 | | G | |
| 2020-05-17 | 1900 | Bonacini's Italy | Puglia | Puglia's lush landscape and large coastline characterise its cuisine. Michael explores its native ingredients through some of his favourite Puglian meals. | CANADA | English-100 | | G | |
| 2020-05-17 | 1930 | Ainsley's Australian Market Menu | Ainsley's Market Menu Series 1 Ep 6 | It's the last stop on this tour, and we've arrived in the heart of Adelaide to visit the Adelaide Central Market, the largest undercover fresh produce market in the southern hemisphere. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-17 | 2030 | Jonathan Phang's Gourmet Express | Edmonton To Winnipeg | Stopping in Edmonton, Jonathan visits a living museum and finds out what life, and food, were like for the first Ukrainian settlers. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-17 | 2130 | Gino's Italian Escape | Gino's Italian Escape Series 2 Ep 6 | Gino's final leg of his Italian escape takes place in the fascinating city of Bologna - the city seen as Italy's gastronomic capital. He samples Bolognese sauce, mortadella, and toretellini. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-17 | 2200 | Destination Flavour Scandinavia | Destination Flavour Scandinavia Series 1 Ep 3 | Adam masters the art of making traditional Danish Smorrebrod in Copenhagen and travels to Bork Havn to learn how Vikings lived and ate. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-17 | 2230 | Comfort Eating | Camden | After a liquid lunch at an underground speakeasy in Camden where he invents his own cocktail, Nick samples the food stalls at Kerb Street Food Market. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-17 | 2300 | Jimmy Shu's Taste of The Territory | Bush Foods | Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes harvesting with local landowners for various bush foods. | AUSTRALIA | English-100 | | G | |
| 2020-05-17 | 2330 | Asia Unplated With Diana Chan | Indonesian | Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado. | AUSTRALIA | English-100 | | G | |
| 2020-05-17 | 2400 | Bonacini's Italy | Puglia | Puglia's lush landscape and large coastline characterise its cuisine. Michael explores its native ingredients through some of his favourite Puglian meals. | CANADA | English-100 | | G | |
| 2020-05-17 | 2430 | Ainsley's Australian Market Menu | Ainsley's Market Menu Series 1 Ep 6 | It's the last stop on this tour, and we've arrived in the heart of Adelaide to visit the Adelaide Central Market, the largest undercover fresh produce market in the southern hemisphere. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-17 | 2530 | Jonathan Phang's Gourmet Express | Edmonton To Winnipeg | Stopping in Edmonton, Jonathan visits a living museum and finds out what life, and food, were like for the first Ukrainian settlers. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-17 | 2630 | Gino's Italian Escape | Gino's Italian Escape Series 2 Ep 6 | Gino's final leg of his Italian escape takes place in the fascinating city of Bologna - the city seen as Italy's gastronomic capital. He samples Bolognese sauce, mortadella, and toretellini. | UNITED KINGDOM | English-100 | | G | |
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| 2020-05-17 | 2730 | The Cook And The Chef | English Theme | Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages. | AUSTRALIA | English-100 | | G | |
| 2020-05-17 | 2800 | The Cook And The Chef | Kangaroo Island | Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline. | AUSTRALIA | English-100 | | PG | |
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| 2020-05-18 | 0630 | Donal's Kitchen Hero Feast | Kilkenny | Donal travels to Kilkenny and meets local producers at Mileevens Honey, Goatsbridge Trout Farm, and Knockdrinna Cheese, and then prepares his Kilkenny Feast at the magnificent Uppercourt Manor in Freshford, Co Kilkenny. | IRELAND | English-100 | | PG | |
| 2020-05-18 | 0700 | Jimmy Shu's Taste of The Territory | Bush Foods | Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes harvesting with local landowners for various bush foods. | AUSTRALIA | English-100 | | G | |
| 2020-05-18 | 0730 | Asia Unplated With Diana Chan | Indonesian | Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado. | AUSTRALIA | English-100 | | G | |
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| 2020-05-18 | 1030 | Gino's Italian Escape | Gino's Italian Escape Series 2 Ep 6 | Gino's final leg of his Italian escape takes place in the fascinating city of Bologna - the city seen as Italy's gastronomic capital. He samples Bolognese sauce, mortadella, and toretellini. | UNITED KINGDOM | English-100 | | G | |
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| 2020-05-18 | 1200 | Donal's Kitchen Hero Feast | Kilkenny | Donal travels to Kilkenny and meets local producers at Mileevens Honey, Goatsbridge Trout Farm, and Knockdrinna Cheese, and then prepares his Kilkenny Feast at the magnificent Uppercourt Manor in Freshford, Co Kilkenny. | IRELAND | English-100 | | PG | |
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| 2020-05-18 | 1300 | Asia Unplated With Diana Chan | Indonesian | Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado. | AUSTRALIA | English-100 | | G | |
| 2020-05-18 | 1330 | Surfing The Menu | Yarra Valley | Yarra Valley is one of the world's great wine growing regions. The boys visit wine-growers enjoy a dawn Balloon ride over the valley. | AUSTRALIA | English-100 | | PG | |

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|------------|------|---|---|--|----------------|-------------|-----|----|---|
| 2020-05-18 | 1400 | Oliver's Twist | Jamie And The King | The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite: oven baked fat chips with rosemary salt, Elvis' burger and American chopped salad. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-18 | 1430 | The Chefs' Line | Mexican | Junior Chef Aaron from Mexican restaurant el Publico in Perth goes up against four home cooks with a passion for Mexican cuisine. Can a home cooked meal beat the refinement of a restaurant dish? | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-18 | 1500 | Gourmet Goes Tribal | Best I Cooked | Food has always been a way to spread joy and happiness for Pablo. When he gets a chance to return the favour, Pablo can't think of a better way than to cook for the people of North East. | INDIA | English-100 | | PG | |
| 2020-05-18 | 1530 | Destination Flavour Down Under | Australia - New South Wales North Coast | Adam sources the famous Yamba prawns straight from the trawler. Heading further north to Byron Bay, Adam visits a must-see produce attraction, the Mullumbimby farmers market. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-18 | 1600 | Carnival Eats | Cheesy Rider | At the Prince William County Fair in Manassas, Virginia, Host Noah Cappe eats big with the Monumental Grilled Cheese a sandwich piled high with burger patties, bacon, onions, and of course, an egg. | USA | English-100 | | G | |
| 2020-05-18 | 1630 | The Cook And The Chef | Cauliflower And Passionfruit | Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn. | AUSTRALIA | English-100 | | G | |
| 2020-05-18 | 1700 | The Cook And The Chef | Limes And Rice | The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing sub tropical food enterprises. | AUSTRALIA | English-100 | | G | |
| 2020-05-18 | 1730 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 4 Ep 5 | Donal meets Marie O'Toole, a senior member of the ICA, for lunch. Marie tells Donal about the role the ICA has had in improving the lives of women in Ireland. | IRELAND | English-100 | | PG | |
| 2020-05-18 | 1800 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 6 | Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-18 | 1900 | Nigella Kitchen | You Know It Makes Sense | Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-18 | 1930 | Len And Ainsley's Big Food Adventure | Manchester | Len and Ainsley join Mexico-born Enrique in his vibrant Manchester restaurant. They marvel at the country's mouth-watering food and sample zingy burritos washed down with a glass of tamarind water. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-18 | 2030 | Tropical Gourmet: New Caledonia | Cooking With Gabi | Justine goes fishing and gathers a spectacular array of fresh seafood for a beachside barbeque. Later, using delicious local ingredients, she puts together a simple parrotfish salad. | AUSTRALIA | English-100 | | PG | |
| 2020-05-18 | 2100 | Tropical Gourmet: New Caledonia | Final Days In Noumea | Justine celebrates the fresh, flavoursome seafood available among the waters of Noumea by serving up the ultimate prawn and crab sandwich. That's followed by a decadent chocolate tart. | AUSTRALIA | English-100 | | PG | |
| 2020-05-18 | 2130 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 1 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-18 | 2200 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 2 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-18 | 2230 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 6 | Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem. | AUSTRALIA | English-100 | RPT | PG | Y |
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| 2020-05-18 | 2500 | Nigella Kitchen | You Know It Makes Sense | Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-18 | 2530 | Bbq Champ | Bbq Champ Series 1 Ep 4 | It's the semi-final and the stakes are high with just five BBQers remain in the hunt for the title BBQ Champ 2015 and the 25,000 cash prize. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-18 | 2630 | Len And Ainsley's Big Food Adventure | Manchester | Len and Ainsley join Mexico-born Enrique in his vibrant Manchester restaurant. They marvel at the country's mouth-watering food and sample zingy burritos washed down with a glass of tamarind water. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-18 | 2730 | Tropical Gourmet: New Caledonia | Cooking With Gabi | Justine goes fishing and gathers a spectacular array of fresh seafood for a beachside barbeque. Later, using delicious local ingredients, she puts together a simple parrotfish salad. | AUSTRALIA | English-100 | | PG | |
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| 2020-05-19 | 0500 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 2 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-19 | 0530 | Surfing The Menu | Yarra Valley | Yarra Valley is one of the world's great wine growing regions. The boys visit wine-growers enjoy a dawn Balloon ride over the valley. | AUSTRALIA | English-100 | | PG | |
| 2020-05-19 | 0600 | Oliver's Twist | Jamie And The King | The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite: oven baked fat chips with rosemary salt, Elvis' burger and American chopped salad. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-19 | 0630 | The Chefs' Line | Mexican | Junior Chef Aaron from Mexican restaurant el Publico in Perth goes up against four home cooks with a passion for Mexican cuisine. Can a home cooked meal beat the refinement of a restaurant dish? | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-19 | 0700 | Gourmet Goes Tribal | Best I Cooked | Food has always been a way to spread joy and happiness for Pablo. When he gets a chance to return the favour, Pablo can't think of a better way than to cook for the people of North East. | INDIA | English-100 | | PG | |
| 2020-05-19 | 0730 | Destination Flavour Down Under | Australia - New South Wales North Coast | Adam sources the famous Yamba prawns straight from the trawler. Heading further north to Byron Bay, Adam visits a must-see produce attraction, the Mullumbimby farmers market. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-19 | 0800 | Carnival Eats | Cheesy Rider | At the Prince William County Fair in Manassas, Virginia, Host Noah Cappe eats big with the Monumental Grilled Cheese a sandwich piled high with burger patties, bacon, onions, and of course, an egg. | USA | English-100 | | G | |
| 2020-05-19 | 0830 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 6 | Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem. | AUSTRALIA | English-100 | RPT | PG | Y |
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| 2020-05-19 | 1000 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 4 Ep 5 | Donal meets Marie O'Toole, a senior member of the ICA, for lunch. Marie tells Donal about the role the ICA has had in improving the lives of women in Ireland. | IRELAND | English-100 | | PG | |
| 2020-05-19 | 1030 | Len And Ainsley's Big Food Adventure | Manchester | Len and Ainsley join Mexico-born Enrique in his vibrant Manchester restaurant. They marvel at the country's mouth-watering food and sample zingy burritos washed down with a glass of tamarind water. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-19 | 1130 | Tropical Gourmet: New Caledonia | Cooking With Gabi | Justine goes fishing and gathers a spectacular array of fresh seafood for a beachside barbeque. Later, using delicious local ingredients, she puts together a simple parrotfish salad. | AUSTRALIA | English-100 | | PG | |
| 2020-05-19 | 1200 | Tropical Gourmet: New Caledonia | Final Days In Noumea | Justine celebrates the fresh, flavoursome seafood available among the waters of Noumea by serving up the ultimate prawn and crab sandwich. That's followed by a decadent chocolate tart. | AUSTRALIA | English-100 | | PG | |

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| 2020-05-19 | 1300 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 2 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-19 | 1330 | Surfing The Menu | Fleurieu | McLaren Vale on the Fleurieu Peninsula, full of great South Australian wineries. Bender and Curtis go to look at the quintessential Australian wine, Sparkling Shiraz. | AUSTRALIA | English-100 | | PG | |
| 2020-05-19 | 1400 | Oliver's Twist | Birthday Boy | It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-19 | 1430 | The Chefs' Line | Mexican | Station chef Chris from Mexican restaurant el Publico goes up against three passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-19 | 1500 | Gourmet Goes Tribal | Best I Tasted | Pablo's belief that magic happens in the most unexpected places is reaffirmed after his trip to the North East of India, discovering ingredients and flavours that he has never heard of. | INDIA | English-100 | | PG | |
| 2020-05-19 | 1530 | Destination Flavour Down Under | Australia - Victoria | On a tour of the Victorian High Country, one of the great food centres of Australia, Adam is on a mission to track down all the ingredients necessary for the perfect picnic. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-19 | 1600 | Carnival Eats | Get Him To The Greek Pizza | The Big Butler Fair in Butler Pennsylvania is host Noah Cappe's first stop where he'll dine on Greek pizza, a Euro-fusion pizza pie loaded with feta, olives, and gyro meat. | USA | English-100 | | G | |
| 2020-05-19 | 1630 | The Cook And The Chef | Brussels Sprouts And Avocado | Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream. | AUSTRALIA | English-100 | | G | |
| 2020-05-19 | 1700 | The Cook And The Chef | Lemon Myrtle And Pizzas | The little village of Nimbin, in the Byron Bay Hinterland has embraced its reputation as Australia's hippy capital and the influence of the counter culture extends way beyond the main street. | AUSTRALIA | English-100 | | G | |
| 2020-05-19 | 1730 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 4 Ep 6 | Donal visits Mary O'Rourke who taught English before she became a politician. In studio, he prepares braised rabbit and also bakes a Black Forest Cake. | IRELAND | English-100 | | PG | |
| 2020-05-19 | 1800 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 7 | The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-19 | 1900 | Nigella Kitchen | Hurry Up, I'm Hungry | Nigella has an armoury of short cut recipes to ensure there is no waiting around. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-19 | 1930 | Food Safari Earth | Food Safari Earth Series 1 Ep 11 | Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalonian favourite - char-grilled baby leeks with romesco sauce. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-19 | 2000 | Lorraine Pascale: Home Cooking Made Easy | Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 1 | Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-19 | 2030 | Richo's Bar Snacks | Richo's Bar Snacks Series 1 Ep 3 | How much heat can you handle? Things warm up in in the bar as Richo puts on a show with his Blowtorch Burgers and Jalapeno Cheese Poppers that will separate the men from the boys. | AUSTRALIA | English-100 | | PG | |
| 2020-05-19 | 2100 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 3 | Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-19 | 2130 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 3 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-19 | 2200 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 4 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |

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|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2020-05-19 | 2230 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 7 | The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-19 | 2330 | The Cook And The Chef | Brussels Sprouts And Avocado | Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream. | AUSTRALIA | English-100 | | G | |
| 2020-05-19 | 2400 | The Cook And The Chef | Lemon Myrtle And Pizzas | The little village of Nimbin, in the Byron Bay Hinterland has embraced its reputation as Australia's hippy capital and the influence of the counter culture extends way beyond the main street. | AUSTRALIA | English-100 | | G | |
| 2020-05-19 | 2430 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 4 Ep 6 | Donal visits Mary O'Rourke who taught English before she became a politician. In studio, he prepares braised rabbit and also bakes a Black Forest Cake. | IRELAND | English-100 | | PG | |
| 2020-05-19 | 2500 | Nigella Kitchen | Hurry Up, I'm Hungry | Nigella has an armoury of short cut recipes to ensure there is no waiting around. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-19 | 2530 | Bbq Champ | Bbq Champ Series 1 Ep 5 | It's the final - just four BBQers remain in the competition, but only one of them can win the title of BBQ Champ 2015 and the 25,000 pound cash prize. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-19 | 2630 | Food Safari Earth | Food Safari Earth Series 1 Ep 11 | Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalonian favourite - char-grilled baby leeks with romesco sauce. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-19 | 2700 | Lorraine Pascale: Home Cooking Made Easy | Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 1 | Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-19 | 2730 | Richo's Bar Snacks | Richo's Bar Snacks Series 1 Ep 3 | How much heat can you handle? Things warm up in in the bar as Richo puts on a show with his Blowtorch Burgers and Jalapeno Cheese Poppers that will separate the men from the boys. | AUSTRALIA | English-100 | | PG | |
| 2020-05-19 | 2800 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 3 | Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-19 | 2830 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 3 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-20 | 0500 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 4 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-20 | 0530 | Surfing The Menu | Fleurieu | McLaren Vale on the Fleurieu Peninsula, full of great South Australian wineries. Bender and Curtis go to look at the quintessential Australian wine, Sparkling Shiraz. | AUSTRALIA | English-100 | | PG | |
| 2020-05-20 | 0600 | Oliver's Twist | Birthday Boy | It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-20 | 0630 | The Chefs' Line | Mexican | Station chef Chris from Mexican restaurant el Publico goes up against three passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-20 | 0700 | Gourmet Goes Tribal | Best I Tasted | Pablo's belief that magic happens in the most unexpected places is reaffirmed after his trip to the North East of India, discovering ingredients and flavours that he has never heard of. | INDIA | English-100 | | PG | |
| 2020-05-20 | 0730 | Destination Flavour Down Under | Australia - Victoria | On a tour of the Victorian High Country, one of the great food centres of Australia, Adam is on a mission to track down all the ingredients necessary for the perfect picnic. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-20 | 0800 | Carnival Eats | Get Him To The Greek Pizza | The Big Butler Fair in Butler Pennsylvania is host Noah Cappe's first stop where he'll dine on Greek pizza, a Euro-fusion pizza pie loaded with feta, olives, and gyro meat. | USA | English-100 | | G | |
| 2020-05-20 | 0830 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 7 | The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him. | AUSTRALIA | English-100 | RPT | PG | Y |

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|------------|------|---|---|---|----------------|-----------------------|-----|----|---|
| 2020-05-20 | 0930 | Nigella Kitchen | Hurry Up, I'm Hungry | Nigella has an armoury of short cut recipes to ensure there is no waiting around. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-20 | 1000 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 4 Ep 6 | Donal visits Mary O'Rourke who taught English before she became a politician. In studio, he prepares braised rabbit and also bakes a Black Forest Cake. | IRELAND | English-100 | | PG | |
| 2020-05-20 | 1030 | Food Safari Earth | Food Safari Earth Series 1 Ep 11 | Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalonian favourite - char-grilled baby leeks with romesco sauce. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-20 | 1100 | Lorraine Pascale: Home Cooking Made Easy | Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 1 | Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-20 | 1130 | Richo's Bar Snacks | Richo's Bar Snacks Series 1 Ep 3 | How much heat can you handle? Things warm up in in the bar as Richo puts on a show with his Blowtorch Burgers and Jalapeno Cheese Poppers that will separate the men from the boys. | AUSTRALIA | English-100 | | PG | |
| 2020-05-20 | 1200 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 3 | Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-20 | 1230 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 3 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-20 | 1300 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 4 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-20 | 1330 | Surfing The Menu | Cockburn Sound | Cockburn Sound in Western Australia is a natural sweeping bay used as both a nature reserve and naval base. | AUSTRALIA | English-100 | | PG | |
| 2020-05-20 | 1400 | Oliver's Twist | Boat Trip | Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-20 | 1430 | The Chefs' Line | Mexican | Sous chef Gianni from Mexican restaurant el Publico goes up against two home cooks. Can the passion of a home cook beat the professional skills of a chef? | AUSTRALIA | English-99; Spanish-1 | RPT | G | Y |
| 2020-05-20 | 1500 | Kriol Kitchen | Patty Mamid: Creamy Chilli Squid & Soybean Seafood Soup | Patty Mamid shows us how to prepare Creamy Chilli Squid and Soybean Seafood Soup. Drawing on her multicultural heritage, Patty cooks up two exotic dishes of her own making. | AUSTRALIA | English-100 | RPT | G | |
| 2020-05-20 | 1530 | Destination Flavour Down Under | New Zealand - North Island | Adam explores New Zealand's North Island starting in the majestic kauri forests in the north. He visits Dargaville, the kumara capital of NZ, then a kiwifruit farm in Te Puke. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-20 | 1600 | Carnival Eats | Rainbow Confection, The | Noah heads to the bright lights of the L.A. County Fair in Pomona, California and later finds gold at the end of the rainbow at the Markham County Fair in Markham, Ontario. | USA | English-100 | | G | |
| 2020-05-20 | 1630 | The Cook And The Chef | Coffee And Macadamia Nuts | This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee. | AUSTRALIA | English-100 | | G | |
| 2020-05-20 | 1700 | The Cook And The Chef | Cheese And Crabs | When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country. | AUSTRALIA | English-100 | | G | |
| 2020-05-20 | 1730 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 4 Ep 7 | At Muckcross Traditional Farms, Donal is shown how to make soda bread in a bastible and makes Gur Cake, a popular Dublin sweet bread. | IRELAND | English-100 | | PG | |
| 2020-05-20 | 1800 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 8 | It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-20 | 1900 | Nigella Kitchen | Inspiration Everywhere | Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results. | UNITED KINGDOM | English-100 | | G | |

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|------------|------|----------------------------------|---|--|----------------|-------------|-----|----|---|
| 2020-05-20 | 1930 | Sicily With Aldo And Enzo | Sicily With Aldo And Enzo Series 1 Ep 9 | The bustling town of Monreale boasts a thriving collection of well stocked butchers, one of which provides Aldo and Enzo with the lamb cutlets needed for their dish of Sicilian-style lamb. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-20 | 2000 | Gourmet Farmer | Gourmet Farmer Series 2 Ep 10 | Matthew continues his exploration of the possibilities of preserving pork by heading off to meet some French providores - experts at preserving high end product in cans. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-20 | 2030 | Short Cuts To Glory | Family Dinner | What's not to love about the traditional family dinner? Matt hangs out with Nathan Sasi and a roast chicken. Jill Duplex's mashed potatoes are pure magic. | AUSTRALIA | English-100 | | G | |
| 2020-05-20 | 2100 | Italian Food Safari | Italian Food Safari Series 1 Ep 11 | Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-20 | 2130 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 5 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-20 | 2200 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 6 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-20 | 2230 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 8 | It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-20 | 2330 | The Cook And The Chef | Coffee And Macadamia Nuts | This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee. | AUSTRALIA | English-100 | | G | |
| 2020-05-20 | 2400 | The Cook And The Chef | Cheese And Crabs | When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country. | AUSTRALIA | English-100 | | G | |
| 2020-05-20 | 2430 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 4 Ep 7 | At Muckcross Traditional Farms, Donal is shown how to make soda bread in a bastible and makes Gur Cake, a popular Dublin sweet bread. | IRELAND | English-100 | | PG | |
| 2020-05-20 | 2500 | Nigella Kitchen | Inspiration Everywhere | Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-20 | 2530 | BBQ Crawl | Texas Competition | Danielle starts her BBQ roadtrip in Texas, the land of beef. She's visiting two joints owned by members of the Mueller family. | USA | English-100 | | PG | |
| 2020-05-20 | 2600 | BBQ Crawl | Texas To Arkansas Crawl | Danielle visits the oldest BBQ joint in the state of Texas - the Southside Market. Their sausages are famous all over the world - she gets to eat them and see how they're made. | USA | English-100 | | PG | |
| 2020-05-20 | 2630 | Sicily With Aldo And Enzo | Sicily With Aldo And Enzo Series 1 Ep 9 | The bustling town of Monreale boasts a thriving collection of well stocked butchers, one of which provides Aldo and Enzo with the lamb cutlets needed for their dish of Sicilian-style lamb. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-20 | 2700 | Gourmet Farmer | Gourmet Farmer Series 2 Ep 10 | Matthew continues his exploration of the possibilities of preserving pork by heading off to meet some French providores - experts at preserving high end product in cans. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-20 | 2730 | Short Cuts To Glory | Family Dinner | What's not to love about the traditional family dinner? Matt hangs out with Nathan Sasi and a roast chicken. Jill Duplex's mashed potatoes are pure magic. | AUSTRALIA | English-100 | | G | |
| 2020-05-20 | 2800 | Italian Food Safari | Italian Food Safari Series 1 Ep 11 | Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-20 | 2830 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 5 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-21 | 0500 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 6 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |

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|------------|------|---------------------------------------|---|--|----------------|--------------------------|-----|----|---|
| 2020-05-21 | 0530 | Surfing The Menu | Cockburn Sound | Cockburn Sound in Western Australia is a natural sweeping bay used as both a nature reserve and naval base. | AUSTRALIA | English-100 | | PG | |
| 2020-05-21 | 0600 | Oliver's Twist | Boat Trip | Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-21 | 0630 | The Chefs' Line | Mexican | Sous chef Gianni from Mexican restaurant el Publico goes up against two home cooks. Can the passion of a home cook beat the professional skills of a chef? | AUSTRALIA | English-99; Spanish-1 | RPT | G | Y |
| 2020-05-21 | 0700 | Kriol Kitchen | Patty Mamid: Creamy Chilli Squid & Soybean Seafood Soup | Patty Mamid shows us how to prepare Creamy Chilli Squid and Soybean Seafood Soup. Drawing on her multicultural heritage, Patty cooks up two exotic dishes of her own making. | AUSTRALIA | English-100 | RPT | G | |
| 2020-05-21 | 0730 | Destination Flavour Down Under | New Zealand - North Island | Adam explores New Zealand's North Island starting in the majestic kauri forests in the north. He visits Dargaville, the kumara capital of NZ, then a kiwifruit farm in Te Puke. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-21 | 0800 | Carnival Eats | Rainbow Confection, The | Noah heads to the bright lights of the L.A. County Fair in Pomona, California and later finds gold at the end of the rainbow at the Markham County Fair in Markham, Ontario. | USA | English-100 | | G | |
| 2020-05-21 | 0830 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 8 | It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-21 | 0930 | Nigella Kitchen | Inspiration Everywhere | Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-21 | 1000 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 4 Ep 7 | At Muckcross Traditional Farms, Donal is shown how to make soda bread in a bastible and makes Gur Cake, a popular Dublin sweet bread. | IRELAND | English-100 | | PG | |
| 2020-05-21 | 1030 | Sicily With Aldo And Enzo | Sicily With Aldo And Enzo Series 1 Ep 9 | The bustling town of Monreale boasts a thriving collection of well stocked butchers, one of which provides Aldo and Enzo with the lamb cutlets needed for their dish of Sicilian-style lamb. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-21 | 1100 | Gourmet Farmer | Gourmet Farmer Series 2 Ep 10 | Matthew continues his exploration of the possibilities of preserving pork by heading off to meet some French providores - experts at preserving high end product in cans. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-21 | 1130 | Short Cuts To Glory | Family Dinner | What's not to love about the traditional family dinner? Matt hangs out with Nathan Sasi and a roast chicken. Jill Dupleix's mashed potatoes are pure magic. | AUSTRALIA | English-100 | | G | |
| 2020-05-21 | 1200 | Italian Food Safari | Italian Food Safari Series 1 Ep 11 | Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-21 | 1230 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 5 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-21 | 1300 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 6 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-21 | 1330 | Surfing The Menu | Esperance | On the south coast of Western Australia, Bender and Stoney go in search of the famous giant Southern Rock Lobster. | AUSTRALIA | English-100 | | PG | |
| 2020-05-21 | 1400 | Oliver's Twist | Jamie And The Soccer Girls | Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-21 | 1430 | The Chefs' Line | Mexican | Head chef Tommy from Mexican restaurant El Publico goes up against this week's best home cook. It's the ultimate David versus Goliath battle. Can the passion of a home cook beat a professional chef? | AUSTRALIA | English-99; Spanish-1 | RPT | G | Y |
| 2020-05-21 | 1500 | Kriol Kitchen | Neville Poelina: Orange Duck & Curry Bush Turkey | Neville Poelina will show us how to make two delicious dishes with duck and bush turkey - making the most out of his outdoor forty four gallon homemade bush oven. Orange Duck and Bush Turkey Curry. | AUSTRALIA | English-100 | RPT | G | |
| 2020-05-21 | 1530 | Destination Flavour Down Under | New Zealand - Northern South Island | Adam takes a short ferry ride across the Cook Straight to New Zealand's South Island, headed for Akaroa, a historic French settlement nestled in the heart of an ancient volcano. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|---|---|--|----------------|-------------|-----|----|---|
| 2020-05-21 | 1600 | Carnival Eats | 50 Shades Of Crepe | Noah Cappe heads to Vancouver to sample some amazing eats like the truly Canadian poutine-stuffed burger, the shrimp fried rice balls and jerk chicken dumplings. | USA | English-100 | | G | |
| 2020-05-21 | 1630 | The Cook And The Chef | Bananas And Artichokes | On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes. | AUSTRALIA | English-100 | | G | |
| 2020-05-21 | 1700 | The Cook And The Chef | Cooking In A Restaurant | Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match. | AUSTRALIA | English-100 | | G | |
| 2020-05-21 | 1730 | Donal's Cook, Eat, Burn | Climbing Carrauntoohil | Donal tackles Carrauntoohil, the highest mountain in Ireland. To help him reach the top, he cooks recipes specially designed to sustain energy on a challenging day of mountaineering. | IRELAND | English-100 | | G | |
| 2020-05-21 | 1800 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 1 | Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-21 | 1900 | Nigella Kitchen | Rags To Riches | Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-05-21 | 1930 | Jimmy's Australian Food Adventure | Crocodile Farming | In Litchfield National Park, south-west of Darwin, Jimmy joins crocodile ranger Matt Wright for a close encounter with a giant saltwater crocodile. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-21 | 2000 | The Great Australian Cookbook | Frank Camorra And Clayton Donovan | Frank Camorra shares traditional Spanish recipes including tortilla de patatas and asadillo. Clayton Donovan cooks up kangaroo san choy bow and oysters with finger lime, carrot foam and avocado cream. | AUSTRALIA | English-100 | | G | |
| 2020-05-21 | 2030 | Jimmy Shu's Taste of The Territory | Street Food | Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market. | AUSTRALIA | English-100 | | G | |
| 2020-05-21 | 2100 | Poh & Co. | Love... And Pizza! | Poh and Jono start building a wood-fired pizza oven to enhance their outdoor entertaining area, so of course Poh enlists Andre's help to find a good tutor in the art of pizza dough. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-21 | 2130 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 7 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-21 | 2200 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 8 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-21 | 2230 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 1 | Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-21 | 2330 | The Cook And The Chef | Bananas And Artichokes | On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes. | AUSTRALIA | English-100 | | G | |
| 2020-05-21 | 2400 | The Cook And The Chef | Cooking In A Restaurant | Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match. | AUSTRALIA | English-100 | | G | |
| 2020-05-21 | 2430 | Donal's Cook, Eat, Burn | Climbing Carrauntoohil | Donal tackles Carrauntoohil, the highest mountain in Ireland. To help him reach the top, he cooks recipes specially designed to sustain energy on a challenging day of mountaineering. | IRELAND | English-100 | | G | |
| 2020-05-21 | 2500 | Nigella Kitchen | Rags To Riches | Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-05-21 | 2530 | BBQ Crawl | Tennessee Competition | Danielle cruises into Memphis Tennessee and although there are hundreds of prospective BBQ joints to visit, she only chooses one - A and R BBQ. It is the heart and soul of Memphis 'cue. | USA | English-100 | | PG | |
| 2020-05-21 | 2600 | BBQ Crawl | Mississippi Crawl | Danielle heads south to Mississippi to the crazy fun filled joint known as The Shed. Danielle is made an honoree 'Shed Hed' as she hangs out, and chases alligators. | USA | English-100 | | PG | |

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|------------|------|---|--|--|----------------|-----------------------|-----|----|---|
| 2020-05-21 | 2630 | Jimmy's Australian Food Adventure | Crocodile Farming | In Litchfield National Park, south-west of Darwin, Jimmy joins crocodile ranger Matt Wright for a close encounter with a giant saltwater crocodile. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-21 | 2700 | The Great Australian Cookbook | Frank Camorra And Clayton Donovan | Frank Camorra shares traditional Spanish recipes including tortilla de patatas and asadillo. Clayton Donovan cooks up kangaroo san choy bow and oysters with finger lime, carrot foam and avocado cream. | AUSTRALIA | English-100 | | G | |
| 2020-05-21 | 2730 | Jimmy Shu's Taste of The Territory | Street Food | Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market. | AUSTRALIA | English-100 | | G | |
| 2020-05-21 | 2800 | Poh & Co. | Love... And Pizza! | Poh and Jono start building a wood-fired pizza oven to enhance their outdoor entertaining area, so of course Poh enlists Andre's help to find a good tutor in the art of pizza dough. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-21 | 2830 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 7 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-22 | 0500 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 8 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-22 | 0530 | Surfing The Menu | Esperance | On the south coast of Western Australia, Bender and Stoney go in search of the famous giant Southern Rock Lobster. | AUSTRALIA | English-100 | | PG | |
| 2020-05-22 | 0600 | Oliver's Twist | Jamie And The Soccer Girls | Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-22 | 0630 | The Chefs' Line | Mexican | Head chef Tommy from Mexican restaurant El Publico goes up against this week's best home cook. It's the ultimate David versus Goliath battle. Can the passion of a home cook beat a professional chef? | AUSTRALIA | English-99; Spanish-1 | RPT | G | Y |
| 2020-05-22 | 0700 | Kriol Kitchen | Neville Poelina: Orange Duck & Curry Bush Turkey | Neville Poelina will show us how to make two delicious dishes with duck and bush turkey - making the most out of his outdoor forty four gallon homemade bush oven. Orange Duck and Bush Turkey Curry. | AUSTRALIA | English-100 | RPT | G | |
| 2020-05-22 | 0730 | Destination Flavour Down Under | New Zealand - Northern South Island | Adam takes a short ferry ride across the Cook Straight to New Zealand's South Island, headed for Akaroa, a historic French settlement nestled in the heart of an ancient volcano. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-22 | 0800 | Carnival Eats | 50 Shades Of Crepe | Noah Cappe heads to Vancouver to sample some amazing eats like the truly Canadian poutine-stuffed burger, the shrimp fried rice balls and jerk chicken dumplings. | USA | English-100 | | G | |
| 2020-05-22 | 0830 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 1 | Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-22 | 0930 | Nigella Kitchen | Rags To Riches | Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-05-22 | 1000 | Donal's Cook, Eat, Burn | Climbing Carrauntoohil | Donal tackles Carrauntoohil, the highest mountain in Ireland. To help him reach the top, he cooks recipes specially designed to sustain energy on a challenging day of mountaineering. | IRELAND | English-100 | | G | |
| 2020-05-22 | 1030 | Jimmy's Australian Food Adventure | Crocodile Farming | In Litchfield National Park, south-west of Darwin, Jimmy joins crocodile ranger Matt Wright for a close encounter with a giant saltwater crocodile. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-22 | 1100 | The Great Australian Cookbook | Frank Camorra And Clayton Donovan | Frank Camorra shares traditional Spanish recipes including tortilla de patatas and asadillo. Clayton Donovan cooks up kangaroo san choy bow and oysters with finger lime, carrot foam and avocado cream. | AUSTRALIA | English-100 | | G | |
| 2020-05-22 | 1130 | Jimmy Shu's Taste of The Territory | Street Food | Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market. | AUSTRALIA | English-100 | | G | |
| 2020-05-22 | 1200 | Poh & Co. | Love... And Pizza! | Poh and Jono start building a wood-fired pizza oven to enhance their outdoor entertaining area, so of course Poh enlists Andre's help to find a good tutor in the art of pizza dough. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-22 | 1230 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 7 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |

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|------------|------|---------------------------------------|--|--|----------------|-------------|-----|----|---|
| 2020-05-22 | 1300 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 8 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-22 | 1330 | Surfing The Menu New Zealand | Otago And Canterbury | Mark Gardner and Ben O'Donoghue take off on a Kiwi Food Surfari. Ben and Mark soar above the spectacular snow-covered Southern Alps in Gliders. Down below them is the Mt Cook Salmon Farm. | AUSTRALIA | English-100 | | PG | |
| 2020-05-22 | 1400 | Oliver's Twist | Session, The | Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-22 | 1430 | The Chefs' Line | Mexican | Celebrate the fun of Mexican cuisine as Maeve O'Meara takes us inside the kitchen of el Publico. There's more to Mexican than tacos, including a dish that uses Australian Green Ants - the tuna tostada | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-22 | 1500 | Kriol Kitchen | Denise Andrews Macale: Bush Turkey Stew & Chilli Fresh Water Mussels In White Wine | Denise Andrews Macale with the help of Mitch and Ali turn the humble bush turkey into a delicious stew using basic vegetables and Asian sauces to complement the gamey taste of this native bird. | AUSTRALIA | English-100 | RPT | G | |
| 2020-05-22 | 1530 | Destination Flavour Down Under | New Zealand - Southern South Island | In tonight's final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to stunning Lake Wakatipu. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-22 | 1600 | 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 | | G | |
| 2020-05-22 | 1630 | The Cook And The Chef | Anlaby A Country Homestead | Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it. | AUSTRALIA | English-100 | | G | |
| 2020-05-22 | 1700 | The Cook And The Chef | Produce Of Two Islands | South of Hobart in the delightfully named Sandlfy Simon found Gordon and Jane Brown growing an unusual crop: Green Tea. | AUSTRALIA | English-100 | | G | |
| 2020-05-22 | 1730 | Donal's Cook, Eat, Burn | Rock Climbing | Donal goes rock climbing on the beautiful but challenging North Antrim Coast. He prepares new recipes, specially selected to help the body recover after day of activity and exertion, | IRELAND | English-100 | | G | |
| 2020-05-22 | 1800 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 2 | Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite? | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-22 | 1900 | Nigella Kitchen | Suppertime And The Cooking Is Easy | If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes is the work of moments. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-05-22 | 1930 | Paul Hollywood's Pies And Puds | Paul Hollywood's Pies And Puds Series 1 Ep 13 | Paul Hollywood gets his best of British Pies and Puds well and truly spiced up with the irrepressible Levi Roots, before returning the favour with his own amazing Caribbean Banana Tarte Tatin. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-22 | 2030 | Rick Stein's German Bite | Rick Stein's German Bite | Chef Rick Stein sets out on a German voyage with his usual appetite seeking out tantalising culinary gems. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-05-22 | 2135 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 9 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-22 | 2205 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 10 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-22 | 2235 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 2 | Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite? | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-22 | 2330 | The Cook And The Chef | Anlaby A Country Homestead | Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it. | AUSTRALIA | English-100 | | G | |
| 2020-05-22 | 2400 | The Cook And The Chef | Produce Of Two Islands | South of Hobart in the delightfully named Sandlfy Simon found Gordon and Jane Brown growing an unusual crop: Green Tea. | AUSTRALIA | English-100 | | G | |

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|------------|------|---------------------------------------|--|--|----------------|-------------|-----|----|---|
| 2020-05-22 | 2430 | Donal's Cook, Eat, Burn | Rock Climbing | Donal goes rock climbing on the beautiful but challenging North Antrim Coast. He prepares new recipes, specially selected to help the body recover after day of activity and exertion, | IRELAND | English-100 | | G | |
| 2020-05-22 | 2500 | Nigella Kitchen | Suppertime And The Cooking Is Easy | If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes is the work of moments. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-05-22 | 2530 | BBQ Crawl | Alabama Competition | Danielle is headed to the Decatur Jaycee's Riverfest to compete but before she gets there, she's looking forward to meeting up with old friends and eating some local 'bama' cue. | USA | English-100 | | PG | |
| 2020-05-22 | 2600 | BBQ Crawl | Atlanta To North Carolina Crawl | Danielle heads east through Georgia - land of peaches and Bubba Q BBQ. Her buddy, William 'Bubba' Latimer owns the place with his wife. | USA | English-100 | | PG | |
| 2020-05-22 | 2630 | Paul Hollywood's Pies And Puds | Paul Hollywood's Pies And Puds Series 1 Ep 13 | Paul Hollywood gets his best of British Pies and Puds well and truly spiced up with the irrepressible Levi Roots, before returning the favour with his own amazing Caribbean Banana Tarte Tatin. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-22 | 2730 | Rick Stein's German Bite | Rick Stein's German Bite | Chef Rick Stein sets out on a German voyage with his usual appetite seeking out tantalising culinary gems. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-05-22 | 2835 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 9 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-23 | 0500 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 10 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | PG | |
| 2020-05-23 | 0530 | Surfing The Menu New Zealand | Otago And Canterbury | Mark Gardner and Ben O'Donoghue take off on a Kiwi Food Surfari. Ben and Mark soar above the spectacular snow-covered Southern Alps in Gliders. Down below them is the Mt Cook Salmon Farm. | AUSTRALIA | English-100 | | PG | |
| 2020-05-23 | 0600 | Oliver's Twist | Session, The | Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-23 | 0630 | The Chefs' Line | Mexican | Celebrate the fun of Mexican cuisine as Maeve O'Meara takes us inside the kitchen of el Publico. There's more to Mexican than tacos, including a dish that uses Australian Green Ants - the tuna tostada | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-23 | 0700 | Kriol Kitchen | Denise Andrews Macale: Bush Turkey Stew & Chilli Fresh Water Mussels In White Wine | Denise Andrews Macale with the help of Mitch and Ali turn the humble bush turkey into a delicious stew using basic vegetables and Asian sauces to complement the gamey taste of this native bird. | AUSTRALIA | English-100 | RPT | G | |
| 2020-05-23 | 0730 | Destination Flavour Down Under | New Zealand - Southern South Island | In tonight's final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to stunning Lake Wakatipu. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-23 | 0755 | 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 | | G | |
| 2020-05-23 | 0830 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 2 | Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite? | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-05-23 | 0930 | Nigella Kitchen | Suppertime And The Cooking Is Easy | If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes is the work of moments. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-05-23 | 1000 | Donal's Cook, Eat, Burn | Rock Climbing | Donal goes rock climbing on the beautiful but challenging North Antrim Coast. He prepares new recipes, specially selected to help the body recover after day of activity and exertion, | IRELAND | English-100 | | G | |
| 2020-05-23 | 1030 | Paul Hollywood's Pies And Puds | Paul Hollywood's Pies And Puds Series 1 Ep 13 | Paul Hollywood gets his best of British Pies and Puds well and truly spiced up with the irrepressible Levi Roots, before returning the favour with his own amazing Caribbean Banana Tarte Tatin. | UNITED KINGDOM | English-100 | | G | |
| 2020-05-23 | 1130 | Rick Stein's German Bite | Rick Stein's German Bite | Chef Rick Stein sets out on a German voyage with his usual appetite seeking out tantalising culinary gems. | UNITED KINGDOM | English-100 | RPT | G | Y |

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|------------|------|---|---|--|----------------|-------------|-----|--|----|---|
| 2020-05-23 | 1235 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 9 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | | PG | |
| 2020-05-23 | 1305 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 10 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 | | | PG | |
| 2020-05-23 | 1335 | 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 | | | G | |
| 2020-05-23 | 1400 | Saturday Kitchen | Saturday Kitchen Series 2 Ep 17 | The Hairy Bikers, David Myers and Si King, take charge of Saturday Kitchen this week with the support of three ladies in red. | UNITED KINGDOM | English-100 | | | G | |
| 2020-05-23 | 1500 | Secret Meat Business | English | 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 | |
| 2020-05-23 | 1530 | Secret Meat Business | Tunisian | 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 | |
| 2020-05-23 | 1600 | The Cook And The Chef | Spring Has Sprung | Maggie gets her hand on the first of the new season's asparagus to make Asparagus with Soft Boiled Egg. She proves you don't need fancy implements to prepare asparagus. | AUSTRALIA | English-100 | | | G | |
| 2020-05-23 | 1630 | The Cook And The Chef | Just Vegetables | Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies. | AUSTRALIA | English-100 | | | G | |
| 2020-05-23 | 1700 | The Cook And The Chef | Fresh Or Frozen | Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns. | AUSTRALIA | English-100 | | | G | |
| 2020-05-23 | 1730 | Freddie Fries Down Under | Freddie Fries Down Under Series 1 Ep 3 | Freddie and Rob continue their Australian adventure. They get up close and personal with some the country's deadliest animals by becoming snake catchers for the day. | UNITED KINGDOM | English-100 | | | PG | |
| 2020-05-23 | 1830 | Lyndey And Blair's Taste Of Greece | Lyndey And Blair's Taste Of Greece Series 1 Episode 7 | In the final episode, Lyndey times Blair as he runs the length of the original ancient stadium of Olympia. Next, the pair taste wine from Refosco grapes at Mercouri Winery. | AUSTRALIA | English-100 | RPT | | G | Y |
| 2020-05-23 | 1930 | Cheese Slices | Roquefort, Revisiting King Of The Blues | Will and Ellie sample Roquefort - the most significant of all blue cheeses. It's one of the world's oldest cheeses, and one of the few blue cheeses still made from raw milk. | AUSTRALIA | English-100 | | | PG | |
| 2020-05-23 | 2000 | 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 | | | G | |
| 2020-05-23 | 2030 | Kylie Kwong: Heart And Soul | Hong Kong High Life | Kylie goes straight to the top in Hong Kong, for some of the finest dining in the world. | AUSTRALIA | English-100 | RPT | | G | Y |
| 2020-05-23 | 2100 | Kylie Kwong: Heart And Soul | New Shanghai | Kylie finds trendy shops and bars as well as traditional street food when she explores modern Shanghai. | AUSTRALIA | English-100 | RPT | | G | Y |
| 2020-05-23 | 2130 | Two Greedy Italians | Poor Man's Food | Chefs Antonio Carluccio and Gennaro Contaldo tour Campania, where they learn how poverty in the area created Italy's best-loved dishes and made the region rich. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2020-05-23 | 2235 | Destination Flavour Scandinavia | Destination Flavour Scandinavia Series 1 Ep 4 | Adam makes Swedish Meatballs in the only Swedish meatball restaurant in Sweden and makes a delicious roast boar leg. | AUSTRALIA | English-100 | RPT | | G | Y |
| 2020-05-23 | 2305 | Comfort Eating | Leeds | Nick travels to Leeds with his best mate David Trent where they tuck into Yorkshire pudding wraps for breakfast before Nick seeks out some chicken soup. | UNITED KINGDOM | English-100 | | | PG | |
| 2020-05-23 | 2330 | Freddie Fries Down Under | Freddie Fries Down Under Series 1 Ep 3 | Freddie and Rob continue their Australian adventure. They get up close and personal with some the country's deadliest animals by becoming snake catchers for the day. | UNITED KINGDOM | English-100 | | | PG | |

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|------------|------|---|---|---|----------------|-------------|-----|----|---|
| 2020-05-23 | 2430 | Lyndey And Blair's Taste Of Greece | Lyndey And Blair's Taste Of Greece Series 1 Episode 7 | In the final episode, Lyndey times Blair as he runs the length of the original ancient stadium of Olympia. Next, the pair taste wine from Refosco grapes at Mercuri Winery. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-23 | 2530 | Cheese Slices | Roquefort, Revisiting King Of The Blues | Will and Ellie sample Roquefort - the most significant of all blue cheeses. It's one of the world's oldest cheeses, and one of the few blue cheeses still made from raw milk. | AUSTRALIA | English-100 | | PG | |
| 2020-05-23 | 2600 | 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 | | G | |
| 2020-05-23 | 2630 | Kylie Kwong: Heart And Soul | Hong Kong High Life | Kylie goes straight to the top in Hong Kong, for some of the finest dining in the world. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-23 | 2700 | Kylie Kwong: Heart And Soul | New Shanghai | Kylie finds trendy shops and bars as well as traditional street food when she explores modern Shanghai. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-05-23 | 2730 | Two Greedy Italians | Poor Man's Food | Chefs Antonio Carluccio and Gennaro Contaldo tour Campania, where they learn how poverty in the area created Italy's best-loved dishes and made the region rich. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-05-23 | 2835 | Destination Flavour Scandinavia | Destination Flavour Scandinavia Series 1 Ep 4 | Adam makes Swedish Meatballs in the only Swedish meatball restaurant in Sweden and makes a delicious roast boar leg. | AUSTRALIA | English-100 | RPT | G | Y |