



**WEEK 1: Sunday, 30 December - Saturday, 5 January 2019 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2018-12-30	0500	Andy & Ben Eat Australia	Queensland	Waking up at the Falls Farm, Andy has an explore of its small but incredible produce. He meets Ben in Tropical North Queensland with a stop at Fraser Island.	AUSTRALIA	English-100		PG		Y
2018-12-30	0530	Chef Exchange	Chef Exchange Series 1 Ep 1	In South Australia, Qu joins Jock in a journey across some iconic South Australian locations, including the Adelaide Central Market to explore the heart of fresh food in Adelaide.	AUSTRALIA	Chinese-50; English-50				Y
2018-12-30	0600	Chef Exchange	Chef Exchange Series 1 Ep 2	Jock takes Qu on a tour of Adelaide and the different food precincts of the city before finishing at his own restaurant, located in the middle of the eclectic Rundle Street.	AUSTRALIA	Chinese-50; English-50				Y
2018-12-30	0630	Chef Exchange	Chef Exchange Series 1 Ep 3	Qu spends some time with a Chinese chef in Adelaide who shares first-hand knowledge of the diversity of Australian cuisine; including a historic love of authentic Chinese cuisine.	AUSTRALIA	Chinese-50; English-50				Y
2018-12-30	0700	Chef Exchange	Chef Exchange Series 1 Ep 4	Qu shares some common Qingdao comfort food with Jock before heading out to some historical locations in Shandong to share the deep connection of family and food in Chinese culture.	AUSTRALIA	Chinese-50; English-50				Y
2018-12-30	0730	Chef Exchange	Chef Exchange Series 2 Ep 1	Qu and Jock reunite for another exchange. Both lovers of street food, they first visit Shanghai to explore the food scene and bustling markets of the city to uncover unique, local ingredients.	AUSTRALIA	Chinese-50; English-50				Y
2018-12-30	0800	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 13	No matter what you prefer, Richo shares his recipes for the perfect bar snack. Light California Rolls, sticky BBQ Pork Ribs or comforting Mac and Cheese Toasties, these recipes are sure to impress.	AUSTRALIA	English-100		G		
2018-12-30	0830	The Cook And The Chef	Shellfish	What do you do with Sea Urchin? How do you prepare Abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G		
2018-12-30	0900	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG		
2018-12-30	0930	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G		
2018-12-30	1000	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine meets Ippei Murakoshi to find out the secrets of the perfect miso soup and visits the Ganyuudo sweet shop in Hamamatsu.	AUSTRALIA	English-100		G		
2018-12-30	1030	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Something for the adults and something for the kids - Justine visits a sake brewery and makes kid's bento boxes with Momo. Mitoshi shares some secrets of shabu shabu.	AUSTRALIA	English-100		G		
2018-12-30	1100	Nigella Bites	Suppertime	Nigella Lawson offers ideas for amateur cooks wanting to impress their friends with professional-looking supptime specialities that satisfy the tastebuds.	UNITED KINGDOM	English-100	RPT	G		Y
2018-12-30	1130	Nigella Bites	Rainy Days	Nigella Lawson rolls back the rain clouds with her foul-weather recipes, conjuring up elaborate, time-consuming creations, including chocolate cloud cake.	UNITED KINGDOM	English-100	RPT	G		Y
2018-12-30	1200	Dinner Date	Simone	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100				

2018-12-30	1255	Rachel Khoo's Kitchen Notebook Bitesize	Spelt Crust Nectarine Tart From Ep 7	Passionate food writer Rachel Khoo uncovers Melbourne and the wider state of Victoria's culinary wonders for the world to see.	AUSTRALIA	English-100	RPT	G	Y	
2018-12-30	1300	Andy & Ben Eat Australia	Queensland	Andy and Ben meet up in sunny Cairns and head straight to Crystal Cascades for a spring waterfall swim. They end their trip with a helicopter adventure to the remote sand bank Vlascoff Cay.	AUSTRALIA	English-100		PG		
2018-12-30	1330	Andy & Ben Eat Australia	Tasmania: Devonport Reunion And The Abalone	It's time to go diving and Andy Allen and Ben Milbourne, together with Ben's dad, cook the Milbourne's family special: lightly battered and fried abalone dish from the boat.	AUSTRALIA	English-100		PG		
2018-12-30	1400	Chef Exchange	Chef Exchange Series 2 Ep 2	Qu and Jock are on a mission to explore the best of seafood in South Australia and Qingdao. Jock takes Qu on a road trip travelling along the scenic Limestone Coast beginning in Robe.	AUSTRALIA	Chinese-50; English-50				Y
2018-12-30	1430	Chef Exchange	Chef Exchange Series 2 Ep 3	Qu and Jock are travelling along the Limestone Coast, beginning at the pristine Port Macdonnell to forage with a local Indigenous man.	AUSTRALIA	Chinese-50; English-50				Y
2018-12-30	1500	Chef Exchange	Chef Exchange Series 2 Ep 4	Qu is invited to visit the Riverland region in South Australia - known not only as a 'food bowl' but the largest wine production in South Australia.	AUSTRALIA	Chinese-50; English-50				Y
2018-12-30	1530	Chef Exchange	Chef Exchange Series 2 Ep 5	Qu explores the Yorke Peninsula, foraging local produce and bringing to Clare to cook alongside Jock at Tim Adams vineyards. They are introduced to Tim Adams, a well-known local winemaker.	AUSTRALIA	Chinese-50; English-50				Y
2018-12-30	1600	Chef Exchange	Chef Exchange Series 2 Ep 6	Qu and Jock explore the cultural significance of local tea production in Lao Shan and the delicate flavours that could be introduced into cooking.	AUSTRALIA	Chinese-50; English-50				Y
2018-12-30	1630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 14	Richo serves up some of his favourite bar snacks. Quick and easy Seared Scallops with Vietnamese Dressing, flavour packed Steak Tartare and a Gooey Birthday Cake for One that is sure to impress.	AUSTRALIA	English-100		G		
2018-12-30	1700	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G		
2018-12-30	1730	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100		G		
2018-12-30	1800	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100		G		
2018-12-30	1830	Gordon Ramsay Seasonal Special	Winter Comfort Food	In the final special episode of Gordon's guide to home cooking, he teaches us how to cook his favourite comfort food: dishes that'll keep you cosy, contented and warm throughout the New Year.	UNITED KINGDOM	English-100		PG		
2018-12-30	1925	Wine Vine: Introduction To Varietals	Malbec	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100				
2018-12-30	1930	Poh's Kitchen Christmas Special	Poh's Kitchen Christmas Special 1	Poh Ling Yeow loves to cook and it's time for her to take on Christmas food. Her early years were spent in a country that doesn't celebrate Christmas.	AUSTRALIA	English-100				
2018-12-30	2000	Darren Robertson's Charcoal Kitchen	Christmas	As a pom, Darren grew up with a white Christmas, and a table laden with the traditional fare, but now in his adopted home of Australia, he enjoys a hot Christmas day with his closest friends.	AUSTRALIA	English-100		PG		
2018-12-30	2030	Rick Stein's India	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2018-12-30	2130	Destination Flavour China	Shandong	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight.			RPT			

2018-12-30	2200	Food Safari	Indian	Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.	AUSTRALIA	English-100	RPT	G	Y	
2018-12-30	2230	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G		
2018-12-30	2300	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100		G		
2018-12-30	2330	Anthony Bourdain: No Reservations	Paris	Anthony Bourdain explores Paris, the city of light and love, and finds unexpected surprises on a journey through the lives of the city's working class.	USA	English-100		PG	Y	
2018-12-30	2425	Destination Flavour Singapore Bitesize	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100		G		
2018-12-30	2430	Gordon Ramsay Seasonal Special	Winter Comfort Food	In the final special episode of Gordon's guide to home cooking, he teaches us how to cook his favourite comfort food: dishes that'll keep you cosy, contented and warm throughout the New Year.	UNITED KINGDOM	English-100		PG		
2018-12-30	2525	Wine Vine: Introduction To Varietals	Malbec	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100				
2018-12-30	2530	Poh's Kitchen Christmas Special	Poh's Kitchen Christmas Special 1	Poh Ling Yeow loves to cook and it's time for her to take on Christmas food. Her early years were spent in a country that doesn't celebrate Christmas.	AUSTRALIA	English-100				
2018-12-30	2600	Darren Robertson's Charcoal Kitchen	Christmas	As a pom, Darren grew up with a white Christmas, and a table laden with the traditional fare, but now in his adopted home of Australia, he enjoys a hot Christmas day with his closest friends.	AUSTRALIA	English-100		PG		
2018-12-30	2630	Rick Stein's India	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2018-12-30	2730	Destination Flavour China	Shandong	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight.			RPT			
2018-12-30	2800	Food Safari	Indian	Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.	AUSTRALIA	English-100	RPT	G	Y	
2018-12-30	2830	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G		
2018-12-31	0500	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100		G		
2018-12-31	0530	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100		G		
2018-12-31	0600	Anthony Bourdain: No Reservations	Paris	Anthony Bourdain explores Paris, the city of light and love, and finds unexpected surprises on a journey through the lives of the city's working class.	USA	English-100		PG	Y	
2018-12-31	0655	Destination Flavour Singapore Bitesize	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100		G		
2018-12-31	0700	Gordon Ramsay Seasonal Special	Winter Comfort Food	In the final special episode of Gordon's guide to home cooking, he teaches us how to cook his favourite comfort food: dishes that'll keep you cosy, contented and warm throughout the New Year.	UNITED KINGDOM	English-100		PG		

2018-12-31	0755	Wine Vine: Introduction To Varietals	Malbec	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100				
2018-12-31	0800	Poh's Kitchen Christmas Special	Poh's Kitchen Christmas Special 1	Poh Ling Yeow loves to cook and it's time for her to take on Christmas food. Her early years were spent in a country that doesn't celebrate Christmas.	AUSTRALIA	English-100				
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2018-12-31	1500	Surfing The Menu: Next Generation	Whitsundays	Dan and Hayden cook up a feast with capsicum and Moreton Bay Bugs. At the Whitsundays, they snorkel on the reef, explore an Aboriginal cave and pray that luck is on their side as they go fishing.	AUSTRALIA	English-100			PG	
2018-12-31	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 31	Ben explores protein denaturation when it comes to meat by massaging and adding salt. Joel offers an extended scientific explanation to this.	AUSTRALIA	English-100			G	Y
2018-12-31	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Shum Chun Kong demonstrates the art of Yum Cha preparation. #FoodNetworkAU	AUSTRALIA	English-100	RPT	G		
2018-12-31	1630	Grandma's Boy	Sant Angelo In Colle	Donal Skehan meets Nonna Silvana in Sant'Angelo in Colle in the heart of Tuscany, one of the most spectacular places in Italy.	UNITED KINGDOM	English-100			G	Y

2018-12-31	1700	Secret Meat Business	Chinese	Adrian begins with a Singaporean classic, poached chicken with classic Asian flavours. Then, not your traditional high tea treat, Adrian prepares his famous savoury scones with three meats.	AUSTRALIA	English-100		G		
2018-12-31	1730	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100				
2018-12-31	1800	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100				
2018-12-31	1830	Oliver's Twist	George's Day Off	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100				
2018-12-31	1900	Oliver's Twist	Picnic In The Park	Brilliant summer weather allows for Jamie to cook up an exciting picnic.	UNITED KINGDOM	English-100				
2018-12-31	1930	Thai Street Food With David Thompson	Curry	Episode seven takes us on a discovery of the most authentic dishes that add to this vast repertoire that is curry. David Thompson teaches us to make a delicious red catfish curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2018-12-31	2000	Thai Street Food With David Thompson	Desserts	Desserts are considered to be the pinnacle of Thai food. They're colourful, rich and varied in both their presentation and taste. In this episode, David Thompson will celebrate Thai desserts.	AUSTRALIA	English-100	RPT	G	Y	Y
2018-12-31	2030	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna divulges her secrets for the ultimate crowd-pleaser; the simple way to make delicious butterflied chicken. We learn the perfect combination for a salt and pepper spice mix.	AUSTRALIA	English-100				
2018-12-31	2100	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her recipe for a delicious slow-roasted lamb shoulder, along with the easiest spelt dough you'll ever make, and a velvety smooth dark chocolate ganache.	AUSTRALIA	English-100				
2018-12-31	2125	Wine Vine: True Or False	All Old Wines Need Decanting?	Assuming that 'old' wine is wine that was produced more than twenty years ago, Jeremy answers questions on whether or not all it should be decanted and what risks may be involved in the process.	AUSTRALIA	English-100				
2018-12-31	2130	Food Porn	Too Good To Eat	Michael experiences a feast for the senses with the most delectable masterpieces in food porn. The flavour of a vibrantly coloured Thai sticky rice dessert lives up to its looks in Portland.	USA	English-100				PG
2018-12-31	2200	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100				
2018-12-31	2230	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100				
2018-12-31	2300	Oliver's Twist	George's Day Off	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100				
2018-12-31	2330	Oliver's Twist	Picnic In The Park	Brilliant summer weather allows for Jamie to cook up an exciting picnic.	UNITED KINGDOM	English-100				
2018-12-31	2400	Anthony Bourdain: No Reservations	New Jersey	Anthony Bourdain comes out of the closet about his New Jersey roots and takes a sentimental journey through the New Jersey of his youth. And find out why the state can't shake it's bad reputation.	USA	English-100				PG
2018-12-31	2455	Wine Vine: Introduction To Varietals	Mataro	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100				
2018-12-31	2500	Thai Street Food With David Thompson	Curry	Episode seven takes us on a discovery of the most authentic dishes that add to this vast repertoire that is curry. David Thompson teaches us to make a delicious red catfish curry.	AUSTRALIA	English-100	RPT	G	Y	Y

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2018-12-31	2630	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her recipe for a delicious slow-roasted lamb shoulder, along with the easiest spelt dough you'll ever make, and a velvety smooth dark chocolate ganache.	AUSTRALIA	English-100				
2018-12-31	2700	Surfing The Menu: Next Generation	Whitsundays	Dan and Hayden cook up a feast with capsicum and Moreton Bay Bugs. At the Whitsundays, they snorkel on the reef, explore an Aboriginal cave and pray that luck is on their side as they go fishing.	AUSTRALIA	English-100		PG		
2018-12-31	2730	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 31	Ben explores protein denaturation when it comes to meat by massaging and adding salt. Joel offers an extended scientific explanation to this.	AUSTRALIA	English-100		G		Y
2018-12-31	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Shum Chun Kong demonstrates the art of Yum Cha preparation. #FoodNetworkAU	AUSTRALIA	English-100	RPT	G		
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2019-01-01	0500	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100				
2019-01-01	0530	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100				
2019-01-01	0600	Oliver's Twist	George's Day Off	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100				
2019-01-01	0630	Oliver's Twist	Picnic In The Park	Brilliant summer weather allows for Jamie to cook up an exciting picnic.	UNITED KINGDOM	English-100				
2019-01-01	0700	Anthony Bourdain: No Reservations	New Jersey	Anthony Bourdain comes out of the closet about his New Jersey roots and takes a sentimental journey through the New Jersey of his youth. And find out why the state can't shake it's bad reputation.	USA	English-100		PG		
2019-01-01	0755	Wine Vine: Introduction To Varietals	Mataro	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100				
2019-01-01	0800	Thai Street Food With David Thompson	Curry	Episode seven takes us on a discovery of the most authentic dishes that add to this vast repertoire that is curry. David Thompson teaches us to make a delicious red catfish curry.	AUSTRALIA	English-100	RPT	G	Y	Y
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2019-01-01	1400	Anthony Bourdain: No Reservations	New Jersey	Anthony Bourdain comes out of the closet about his New Jersey roots and takes a sentimental journey through the New Jersey of his youth. And find out why the state can't shake it's bad reputation.	USA	English-100		PG	
2019-01-01	1455	Wine Vine: Introduction To Varietals	Mataro	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100			
2019-01-01	1500	Surfing The Menu: Next Generation	Bundaberg	On the Great Barrier Reef, Dan and Hayden snorkel with Manta Rays. in Bundaberg, Hayden makes his own blend of rum at a local distillery. They surf with some local kids and find a sweet potato stall.	AUSTRALIA	English-100		G	
2019-01-01	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 32	Ben's friend and go-to butcher Scotty, teaches us how to get the most out of a leg of lamb, featuring minimal wastage, and money saving secrets.	AUSTRALIA	English-100		G	Y
2019-01-01	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Danni Murray cooks with crocodile meat, and a beach BBQ of Qld mud crabs.	AUSTRALIA	English-100	RPT	G	
2019-01-01	1630	Grandma's Boy	Montefalco	Donal Skehan meets Nonna Giovanna in the picturesque town of Montefalco, Umbria. Known as the 'balustrade', the area is appreciated for its food and fresh produce.	UNITED KINGDOM	English-100		G	Y
2019-01-01	1700	Secret Meat Business	World Meats	Watch out, Adrian's wielding a sword. This time to skewer and woodfire quail kebabs. Then, tender tripe is served with Caribbean spice, chilli and pirate rum.	AUSTRALIA	English-100		G	
2019-01-01	1730	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100			
2019-01-01	1800	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100			
2019-01-01	1830	Oliver's Twist	Daddy's Girl	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100			

2019-01-01	1900	Oliver's Twist	Peter's Party	Jamie caters his friend Peter's birthday party.	UNITED KINGDOM	English-100			
2019-01-01	1930	How To Cook Like Heston	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-01	2000	How To Cook Like Heston	Eggs	Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-01	2030	Poh's Kitchen	Macarons With Emmanuel Mollois	This episode Poh and French chef Emmanuel Mollois experiment with two different versions of macarons - one French and one Malaysian.	AUSTRALIA	English-100	RPT	G	Y
2019-01-01	2100	Poh's Kitchen	Meat With Neil Perry	Poh is determined to master the art of roasting, so her guest in the kitchen is the master of meat, Neil Perry.	AUSTRALIA	English-100	RPT	G	Y
2019-01-01	2130	Food Porn	Aloha Eats	Michael says aloha to the buzziest restaurants in Hawaii, serving the most exquisite and exotic island treasures. Beach side restaurant Hula Grill uses local ingredients to create mouth-watering food.	USA	English-100			
2019-01-01	2200	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100			
2019-01-01	2230	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100			
2019-01-01	2300	Oliver's Twist	Daddy's Girl	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100			
2019-01-01	2330	Oliver's Twist	Peter's Party	Jamie caters his friend Peter's birthday party.	UNITED KINGDOM	English-100			
2019-01-01	2400	Anthony Bourdain: No Reservations	Iceland	It is the middle of winter in Iceland, with only four hours of daylight each day. Anthony checks out rumours that the darkness is an excuse for Icelanders to party the night away.	USA	English-100		PG	Y
2019-01-01	2455	Wine Vine: Introduction To Varietals	Pinot Blanc	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100			
2019-01-01	2500	How To Cook Like Heston	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-01	2530	How To Cook Like Heston	Eggs	Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-01	2600	Poh's Kitchen	Macarons With Emmanuel Mollois	This episode Poh and French chef Emmanuel Mollois experiment with two different versions of macarons - one French and one Malaysian.	AUSTRALIA	English-100	RPT	G	Y
2019-01-01	2630	Poh's Kitchen	Meat With Neil Perry	Poh is determined to master the art of roasting, so her guest in the kitchen is the master of meat, Neil Perry.	AUSTRALIA	English-100	RPT	G	Y
2019-01-01	2700	Surfing The Menu: Next Generation	Bundaberg	On the Great Barrier Reef, Dan and Hayden snorkel with Manta Rays. In Bundaberg, Hayden makes his own blend of rum at a local distillery. They surf with some local kids and find a sweet potato stall.	AUSTRALIA	English-100		G	
2019-01-01	2730	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 32	Ben's friend and go-to butcher Scotty, teaches us how to get the most out of a leg of lamb, featuring minimal wastage, and money saving secrets.	AUSTRALIA	English-100		G	Y



2019-01-01	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Danni Murray cooks with crocodile meat, and a beach BBQ of Qld mud crabs.	AUSTRALIA	English-100	RPT	G	
2019-01-01	2830	Grandma's Boy	Montefalco	Donal Skehan meets Nonna Giovanna in the picturesque town of Montefalco, Umbria. Known as the 'balustrade', the area is appreciated for its food and fresh produce.	UNITED KINGDOM	English-100		G	Y
2019-01-02	0500	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100			
2019-01-02	0530	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100			
2019-01-02	0600	Oliver's Twist	Daddy's Girl	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100			
2019-01-02	0630	Oliver's Twist	Peter's Party	Jamie caters his friend Peter's birthday party.	UNITED KINGDOM	English-100			
2019-01-02	0700	Anthony Bourdain: No Reservations	Iceland	It is the middle of winter in Iceland, with only four hours of daylight each day. Anthony checks out rumours that the darkness is an excuse for Icelanders to party the night away.	USA	English-100		PG	Y
2019-01-02	0755	Wine Vine: Introduction To Varietals	Pinot Blanc	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100			
2019-01-02	0800	How To Cook Like Heston	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-02	0830	How To Cook Like Heston	Eggs	Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-02	0900	Poh's Kitchen	Macarons With Emmanuel Mollois	This episode Poh and French chef Emmanuel Mollois experiment with two different versions of macarons - one French and one Malaysian.	AUSTRALIA	English-100	RPT	G	Y
2019-01-02	0930	Poh's Kitchen	Meat With Neil Perry	Poh is determined to master the art of roasting, so her guest in the kitchen is the master of meat, Neil Perry.	AUSTRALIA	English-100	RPT	G	Y
2019-01-02	1000	Food Porn	Aloha Eats	Michael says aloha to the buzziest restaurants in Hawaii, serving the most exquisite and exotic island treasures. Beach side restaurant Hula Grill uses local ingredients to create mouth-watering food.	USA	English-100			
2019-01-02	1030	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 32	Ben's friend and go-to butcher Scotty, teaches us how to get the most out of a leg of lamb, featuring minimal wastage, and money saving secrets.	AUSTRALIA	English-100		G	Y
2019-01-02	1100	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Danni Murray cooks with crocodile meat, and a beach BBQ of Qld mud crabs.	AUSTRALIA	English-100	RPT	G	
2019-01-02	1130	Grandma's Boy	Montefalco	Donal Skehan meets Nonna Giovanna in the picturesque town of Montefalco, Umbria. Known as the 'balustrade', the area is appreciated for its food and fresh produce.	UNITED KINGDOM	English-100		G	Y
2019-01-02	1200	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100			
2019-01-02	1230	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100			

2019-01-02	1300	Oliver's Twist	Daddy's Girl	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100				
2019-01-02	1330	Oliver's Twist	Peter's Party	Jamie caters his friend Peter's birthday party.	UNITED KINGDOM	English-100				
2019-01-02	1400	Anthony Bourdain: No Reservations	Iceland	It is the middle of winter in Iceland, with only four hours of daylight each day. Anthony checks out rumours that the darkness is an excuse for Icelanders to party the night away.	USA	English-100	PG			Y
2019-01-02	1455	Wine Vine: Introduction To Varietals	Pinot Blanc	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100				
2019-01-02	1500	Surfing The Menu: Next Generation	Noosa	Dan and Hayden are in Noosa. Hayden cooks up a delicious breakfast salad with chorizo, herbs and eggs while Dan uses Kimchi picked up at a local market in his Korean pork pot roast dish.	AUSTRALIA	English-100	G			
2019-01-02	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 33	Ben creates a fiery Armaticianna Pizza at Fairholme on the OzPig and Dr Andrew Stephenson helps us to understand the different methods of energy transfer.	AUSTRALIA	English-100	PG			Y
2019-01-02	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a look at Chinese cooking with Kylie Kwong, and an authentic Thai green curry.	AUSTRALIA	English-100	RPT	G		Y
2019-01-02	1630	Grandma's Boy	Trevi	Donal Skehan meets Nonna Anna in Trevi, an ancient city located high in the hills of Umbria where he learns how to fish trout and collect snails in a farm.	UNITED KINGDOM	English-100	G			Y
2019-01-02	1700	Secret Meat Business	Argentinean	Adrian is up to his elbows in beef ribs, taking a traditional Argentinean dish to a whole new level.	AUSTRALIA	English-100	G			
2019-01-02	1730	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100				
2019-01-02	1800	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100				
2019-01-02	1830	Oliver's Twist	Chocoholic	Jamie has to write a column about chocolate and so visits 'The Chocolate Society' for sweet inspiration.	UNITED KINGDOM	English-100				
2019-01-02	1900	Oliver's Twist	Health Kick	Jamie Oliver rustles up more tasty food. Here, he prepares a particularly healthy meal: crab and grapefruit salad and steamed sea bass with spring vegetables.	UNITED KINGDOM	English-100				
2019-01-02	1930	Ottolenghi's Mediterranean Island Feast	Sardinia	Yotam travels to Sardinia to explore the island's unique food traditions and flavours. In the beautiful fishing port of Bosa, he cooks up a freshly caught lobster.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-01-02	2025	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100				
2019-01-02	2030	Kylie Kwong: Heart And Soul	Shanghai Europe In The Far East	Kylie meets an Australian who has been part of the rapid changes in Shanghai.	AUSTRALIA	English-100	RPT	G		Y
2019-01-02	2100	Kylie Kwong: Heart And Soul	Hong Kong Island Hideaway	Kylie escapes to an island hideaway to taste delicious fresh seafood cooked to order.	AUSTRALIA	English-100	RPT	G		Y
2019-01-02	2130	Food Porn	Sweet Sensations	Michael brings us the inside scoop on the most innovative dessert inventions, like Thai-inspired rolled ice cream in NYC, where patrons can watch their order being made from simple base cream.	USA	English-100				

2019-01-02	2200	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100				
2019-01-02	2230	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100				
2019-01-02	2300	Oliver's Twist	Chocoholic	Jamie has to write a column about chocolate and so visits 'The Chocolate Society' for sweet inspiration.	UNITED KINGDOM	English-100				
2019-01-02	2330	Oliver's Twist	Health Kick	Jamie Oliver rustles up more tasty food. Here, he prepares a particularly healthy meal: crab and grapefruit salad and steamed sea bass with spring vegetables.	UNITED KINGDOM	English-100				
2019-01-02	2400	Anthony Bourdain: No Reservations	Vietnam	A vicarious thrill ride as Tony discovers Vietnam from the buzzing streets of Hanoi to the rural beauty of the Montagnards, and the mysterious island of Mr Sang. Tony's been seduced by Vietnam.	USA	English-100		PG		Y
2019-01-02	2455	Wine Vine: Introduction To Varietals	Chenin Blanc	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100				
2019-01-02	2500	Ottolenghi's Mediterranean Island Feast	Sardinia	Yotam travels to Sardinia to explore the island's unique food traditions and flavours. In the beautiful fishing port of Bosa, he cooks up a freshly caught lobster.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-01-02	2555	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100				
2019-01-02	2600	Kylie Kwong: Heart And Soul	Shanghai Europe In The Far East	Kylie meets an Australian who has been part of the rapid changes in Shanghai.	AUSTRALIA	English-100	RPT	G	Y	
2019-01-02	2630	Kylie Kwong: Heart And Soul	Hong Kong Island Hideaway	Kylie escapes to an island hideaway to taste delicious fresh seafood cooked to order.	AUSTRALIA	English-100	RPT	G	Y	
2019-01-02	2700	Surfing The Menu: Next Generation	Noosa	Dan and Hayden are in Noosa. Hayden cooks up a delicious breakfast salad with chorizo, herbs and eggs while Dan uses Kimchi picked up at a local market in his Korean pork pot roast dish.	AUSTRALIA	English-100		G		
2019-01-02	2730	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 33	Ben creates a fiery Armatcianna Pizza at Fairholme on the OzPig and Dr Andrew Stephenson helps us to understand the different methods of energy transfer.	AUSTRALIA	English-100		PG		Y
2019-01-02	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a look at Chinese cooking with Kylie Kwong, and an authentic Thai green curry.	AUSTRALIA	English-100	RPT	G		Y
2019-01-02	2830	Grandma's Boy	Trevi	Donal Skehan meets Nonna Anna in Trevi, an ancient city located high in the hills of Umbria where he learns how to fish trout and collect snails in a farm.	UNITED KINGDOM	English-100		G		Y
2019-01-03	0500	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100				
2019-01-03	0530	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100				
2019-01-03	0600	Oliver's Twist	Chocoholic	Jamie has to write a column about chocolate and so visits 'The Chocolate Society' for sweet inspiration.	UNITED KINGDOM	English-100				
2019-01-03	0630	Oliver's Twist	Health Kick	Jamie Oliver rustles up more tasty food. Here, he prepares a particularly healthy meal: crab and grapefruit salad and steamed sea bass with spring vegetables.	UNITED KINGDOM	English-100				

2019-01-03	0700	Anthony Bourdain: No Reservations	Vietnam	A vicarious thrill ride as Tony discovers Vietnam from the buzzing streets of Hanoi to the rural beauty of the Montagnards, and the mysterious island of Mr Sang. Tony's been seduced by Vietnam.	USA	English-100		PG			Y
2019-01-03	0755	Wine Vine: Introduction To Varietals	Chenin Blanc	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100					
2019-01-03	0800	Ottolenghi's Mediterranean Island Feast	Sardinia	Yotam travels to Sardinia to explore the island's unique food traditions and flavours. In the beautiful fishing port of Bosa, he cooks up a freshly caught lobster.	UNITED KINGDOM	English-100	RPT	G	Y		Y
2019-01-03	0855	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100					
2019-01-03	0900	Kylie Kwong: Heart And Soul	Shanghai Europe In The Far East	Kylie meets an Australian who has been part of the rapid changes in Shanghai.	AUSTRALIA	English-100	RPT	G		Y	
2019-01-03	0930	Kylie Kwong: Heart And Soul	Hong Kong Island Hideaway	Kylie escapes to an island hideaway to taste delicious fresh seafood cooked to order.	AUSTRALIA	English-100	RPT	G		Y	
2019-01-03	1000	Food Porn	Sweet Sensations	Michael brings us the inside scoop on the most innovative dessert inventions, like Thai-inspired rolled ice cream in NYC, where patrons can watch their order being made from simple base cream.	USA	English-100					
2019-01-03	1030	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 33	Ben creates a fiery Armatcianna Pizza at Fairholme on the OzPig and Dr Andrew Stephenson helps us to understand the different methods of energy transfer.	AUSTRALIA	English-100		PG			Y
2019-01-03	1100	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a look at Chinese cooking with Kylie Kwong, and an authentic Thai green curry.	AUSTRALIA	English-100	RPT	G			Y
2019-01-03	1130	Grandma's Boy	Trevi	Donal Skehan meets Nonna Anna in Trevi, an ancient city located high in the hills of Umbria where he learns how to fish trout and collect snails in a farm.	UNITED KINGDOM	English-100		G			Y
2019-01-03	1200	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100					
2019-01-03	1230	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100					
2019-01-03	1300	Oliver's Twist	Chocoholic	Jamie has to write a column about chocolate and so visits 'The Chocolate Society' for sweet inspiration.	UNITED KINGDOM	English-100					
2019-01-03	1330	Oliver's Twist	Health Kick	Jamie Oliver rustles up more tasty food. Here, he prepares a particularly healthy meal: crab and grapefruit salad and steamed sea bass with spring vegetables.	UNITED KINGDOM	English-100					
2019-01-03	1400	Anthony Bourdain: No Reservations	Vietnam	A vicarious thrill ride as Tony discovers Vietnam from the buzzing streets of Hanoi to the rural beauty of the Montagnards, and the mysterious island of Mr Sang. Tony's been seduced by Vietnam.	USA	English-100		PG			Y
2019-01-03	1455	Wine Vine: Introduction To Varietals	Chenin Blanc	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100					

2019-01-03	1500	Surfing The Menu: Next Generation	Toowoomba	At the Cobb and Co. Museum, Dan and Hayden get their hands dirty at the forge and anvil. Then at 'From Paddock to Potager', they meet sustainable farming entrepreneur, Fiona.	AUSTRALIA	English-100		G	
2019-01-03	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 34	From his home, Ben demonstrates one of his childhood family favourites.	AUSTRALIA	English-100		G	Y
2019-01-03	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, award-winning chef Tetsuya Wakuda, and on the African tucker trail with Dorinda Hafner.	AUSTRALIA	English-100	RPT	G	
2019-01-03	1630	Grandma's Boy	Todi	Donal's invited to Capecchio Castle by Nonna Silvana. The Castle is in Todi, Central Italy, an area famous for its castles and ancient history, and the nature there is fairly untouched.	UNITED KINGDOM	English-100		G	Y
2019-01-03	1700	Secret Meat Business	Japanese	Japanese pancakes at their finest. This combination of chicken, soba noodles and traditional flavours makes for a super impressive dish.	AUSTRALIA	English-100		G	
2019-01-03	1730	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100		G	
2019-01-03	1800	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G	
2019-01-03	1830	Oliver's Twist	Jekka The Herb Lady	More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.	UNITED KINGDOM	English-100		G	
2019-01-03	1900	Oliver's Twist	East Meets West	Chef Jamie Oliver rustles up another delicious meal. Today, he makes some Japanese food including gyozas with dipping sauce, sakatini cocktails, and shabu shabu.	UNITED KINGDOM	English-100		G	
2019-01-03	1930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G	
2019-01-03	2000	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 2	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G	
2019-01-03	2035	Best Of My Sri Lanka With Peter Kuruvita	Best Of My Sri Lanka With Peter Kuruvita, The	Join acclaimed chef, Peter Kuruvita as he leads an intimate journey through the rich cultural and culinary diversity of his ancestral home, Sri Lanka.	AUSTRALIA	English-99; Sinhalese-1	RPT	G	Y
2019-01-03	2130	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100		G	
2019-01-03	2135	Food Porn	Size Matters	Michael is on a food porn adventure, uncovering some of America's most outrageously portioned meals. Waikiki's M.A.C 24/7 serves colossal, fluffy, 14-inch pancakes that many have attempted to finish.	USA	English-100		G	
2019-01-03	2200	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100		G	
2019-01-03	2230	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G	
2019-01-03	2300	Oliver's Twist	Jekka The Herb Lady	More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.	UNITED KINGDOM	English-100		G	
2019-01-03	2330	Oliver's Twist	East Meets West	Chef Jamie Oliver rustles up another delicious meal. Today, he makes some Japanese food including gyozas with dipping sauce, sakatini cocktails, and shabu shabu.	UNITED KINGDOM	English-100		G	
2019-01-03	2400	Anthony Bourdain: No Reservations	New Zealand	Tony's in Christchurch, New Zealand to give a guest lecture at an upscale food & wine convention. When he can't connect with the audience, he heads for the countryside to find the real Kiwi lifestyle.	USA	English-100		PG	

2019-01-03	2455	Wine Vine: Introduction To Varietals	Malbec	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100			
2019-01-03	2500	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G	
2019-01-03	2530	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 2	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G	
2019-01-03	2605	Best Of My Sri Lanka With Peter Kuruvita	Best Of My Sri Lanka With Peter Kuruvita, The	Join acclaimed chef, Peter Kuruvita as he leads an intimate journey through the rich cultural and culinary diversity of his ancestral home, Sri Lanka.	AUSTRALIA	English-99; Sinhalese-1	RPT	G	Y
2019-01-03	2700	Surfing The Menu: Next Generation	Toowoomba	At the Cobb and Co. Museum, Dan and Hayden get their hands dirty at the forge and anvil. Then at 'From Paddock to Potager', they meet sustainable farming entrepreneur, Fiona.	AUSTRALIA	English-100		G	
2019-01-03	2730	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 34	From his home, Ben demonstrates one of his childhood family favourites.	AUSTRALIA	English-100		G	Y
2019-01-03	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, award-winning chef Tetsuya Wakuda, and on the African tucker trail with Dorinda Hafner.	AUSTRALIA	English-100	RPT	G	
2019-01-03	2830	Grandma's Boy	Todi	Donal's invited to Capечchio Castle by Nonna Silvana. The Castle is in Todi, Central Italy, an area famous for its castles and ancient history, and the nature there is fairly untouched.	UNITED KINGDOM	English-100		G	Y
2019-01-04	0500	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100			
2019-01-04	0530	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100			
2019-01-04	0600	Oliver's Twist	Jekka The Herb Lady	More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.	UNITED KINGDOM	English-100			
2019-01-04	0630	Oliver's Twist	East Meets West	Chef Jamie Oliver rustles up another delicious meal. Today, he makes some Japanese food including gyozas with dipping sauce, sakatini cocktails, and shabu shabu.	UNITED KINGDOM	English-100			
2019-01-04	0700	Anthony Bourdain: No Reservations	New Zealand	Tony's in Christchurch, New Zealand to give a guest lecture at an upscale food & wine convention. When he can't connect with the audience, he heads for the countryside to find the real Kiwi lifestyle.	USA	English-100		PG	
2019-01-04	0755	Wine Vine: Introduction To Varietals	Malbec	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100			
2019-01-04	0800	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G	
2019-01-04	0830	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 2	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G	
2019-01-04	0905	Best Of My Sri Lanka With Peter Kuruvita	Best Of My Sri Lanka With Peter Kuruvita, The	Join acclaimed chef, Peter Kuruvita as he leads an intimate journey through the rich cultural and culinary diversity of his ancestral home, Sri Lanka.	AUSTRALIA	English-99; Sinhalese-1	RPT	G	Y
2019-01-04	1000	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100			

2019-01-04	1005	Food Porn	Size Matters	Michael is on a food porn adventure, uncovering some of America's most outrageously portioned meals. Waikiki's M.A.C 24/7 serves colossal, fluffy, 14-inch pancakes that many have attempted to finish.	USA	English-100			
2019-01-04	1030	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 34	From his home, Ben demonstrates one of his childhood family favourites.	AUSTRALIA	English-100		G	Y
2019-01-04	1100	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, award-winning chef Tetsuya Wakuda, and on the African tucker trail with Dorinda Hafner.	AUSTRALIA	English-100	RPT	G	
2019-01-04	1130	Grandma's Boy	Todi	Donal's invited to Capecchio Castle by Nonna Silvana. The Castle is in Todi, Central Italy, an area famous for its castles and ancient history, and the nature there is fairly untouched.	UNITED KINGDOM	English-100		G	Y
2019-01-04	1200	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100			
2019-01-04	1230	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100			
2019-01-04	1300	Oliver's Twist	Jekka The Herb Lady	More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.	UNITED KINGDOM	English-100			
2019-01-04	1330	Oliver's Twist	East Meets West	Chef Jamie Oliver rustles up another delicious meal. Today, he makes some Japanese food including gyozas with dipping sauce, sakatini cocktails, and shabu shabu.	UNITED KINGDOM	English-100			
2019-01-04	1400	Anthony Bourdain: No Reservations	New Zealand	Tony's in Christchurch, New Zealand to give a guest lecture at an upscale food & wine convention. When he can't connect with the audience, he heads for the countryside to find the real Kiwi lifestyle.	USA	English-100		PG	
2019-01-04	1455	Wine Vine: Introduction To Varietals	Malbec	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100			
2019-01-04	1500	Surfing The Menu: Next Generation	Byron Bay	Dan and Hayden fly in a gyrocopter. They learn why the local brewer plunges red-hot rocks into his special Winter beer, meet goat farmer and chees makers and at Circus School they learn to trapeze.	AUSTRALIA	English-100		G	
2019-01-04	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 35	Ben shows how to make a tasty Mexican Salmon dish with next to no clean up.	AUSTRALIA	English-100		G	Y
2019-01-04	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an oyster harvest off the Tasmanian coast, and a look at Pesach - Jewish Passover.	AUSTRALIA	English-100	RPT	G	
2019-01-04	1630	Grandma's Boy	Irsina	At the top of the heel of the Italian boot is the town of Irsina, Southern Italy. This small town is home to some of the world's lengthiest pasta, and a proud history of Italian farming.	UNITED KINGDOM	English-100		G	Y
2019-01-04	1700	Secret Meat Business	Korean	Inspired by a Korean fan, Adrian's making his version of beef bulgogi: marinated and grilled meat with some classic Korean flavours.	AUSTRALIA	English-100		G	
2019-01-04	1730	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100			
2019-01-04	1800	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100			
2019-01-04	1830	Oliver's Twist	New Kids On The Block	Jamie prepares a dinner party for some of his new trainees.	UNITED KINGDOM	English-100			
2019-01-04	1900	Oliver's Twist	Late Night Munchies	Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.	UNITED KINGDOM	English-100			

2019-01-04	1930	Say It To My Face	Showdown In Shrimp-Town	Nick Collas, the owner of Arcadia, CA's Shrimp House restaurant, has been getting into nasty online arguments with angry diners who have trashed his food, his ambience, and his service.	USA	English-100				Y
2019-01-04	2025	Rachel Khoo's Kitchen Notebook Bitesize	Cider Glazed Ham Hocks From Ep 4	Passionate food writer Rachel Khoo uncovers Melbourne and the wider state of Victoria's culinary wonders for the world to see.	AUSTRALIA	English-100	RPT	G		Y
2019-01-04	2030	Nigella Feasts	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT			Y
2019-01-04	2100	Nigella Feasts	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT			Y
2019-01-04	2135	Food Porn	Eggcellent	Eggs are in the spotlight as chefs create the most buzz-worthy dishes using one of the hottest ingredients in food porn - the runny egg. Michael's first EGGtraordinary find is a poached egg.	USA	English-100				
2019-01-04	2205	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100				
2019-01-04	2230	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100				
2019-01-04	2300	Oliver's Twist	New Kids On The Block	Jamie prepares a dinner party for some of his new trainees.	UNITED KINGDOM	English-100				
2019-01-04	2330	Oliver's Twist	Late Night Munchies	Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.	UNITED KINGDOM	English-100				
2019-01-04	2400	Anthony Bourdain: No Reservations	Malaysia	Tony's fascinated by 'natural fusion', the way cuisines & cultures blend over centuries; especially Malaysia, where Chinese influence has mixed with Malay, Indian, Nonya and indigenous Borneo culture	USA	English-100		PG		Y
2019-01-04	2455	Wine Vine: Introduction To Varietals	Cabernet Sauvignon	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100				
2019-01-04	2500	Say It To My Face	Showdown In Shrimp-Town	Nick Collas, the owner of Arcadia, CA's Shrimp House restaurant, has been getting into nasty online arguments with angry diners who have trashed his food, his ambience, and his service.	USA	English-100				Y
2019-01-04	2555	Rachel Khoo's Kitchen Notebook Bitesize	Cider Glazed Ham Hocks From Ep 4	Passionate food writer Rachel Khoo uncovers Melbourne and the wider state of Victoria's culinary wonders for the world to see.	AUSTRALIA	English-100	RPT	G		Y
2019-01-04	2600	Nigella Feasts	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT			Y
2019-01-04	2630	Nigella Feasts	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT			Y
2019-01-04	2705	Surfing The Menu: Next Generation	Byron Bay	Dan and Hayden fly in a gyrocopter. They learn why the local brewer plunges red-hot rocks into his special Winter beer, meet goat farmer and chees makers and at Circus School they learn to trapeze.	AUSTRALIA	English-100		G		
2019-01-04	2730	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 35	Ben shows how to make a tasty Mexican Salmon dish with next to no clean up.	AUSTRALIA	English-100		G		Y
2019-01-04	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an oyster harvest off the Tasmanian coast, and a look at Pesach - Jewish Passover.	AUSTRALIA	English-100	RPT	G		



2019-01-04	2830	Grandma's Boy	Irsina	At the top of the heel of the Italian boot is the town of Irsina, Southern Italy. This small town is home to some of the world's lengthiest pasta, and a proud history of Italian farming.	UNITED KINGDOM	English-100		G		Y
2019-01-05	0500	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100				
2019-01-05	0530	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100				
2019-01-05	0600	Oliver's Twist	New Kids On The Block	Jamie prepares a dinner party for some of his new trainees.	UNITED KINGDOM	English-100				
2019-01-05	0630	Oliver's Twist	Late Night Munchies	Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.	UNITED KINGDOM	English-100				
2019-01-05	0700	Anthony Bourdain: No Reservations	Malaysia	Tony's fascinated by 'natural fusion', the way cuisines & cultures blend over centuries; especially Malaysia, where Chinese influence has mixed with Malay, Indian, Nyonya and indigenous Borneo culture	USA	English-100		PG		Y
2019-01-05	0755	Wine Vine: Introduction To Varietals	Cabernet Sauvignon	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100				
2019-01-05	0800	Say It To My Face	Showdown In Shrimp-Town	Nick Collas, the owner of Arcadia, CA's Shrimp House restaurant, has been getting into nasty online arguments with angry diners who have trashed his food, his ambience, and his service.	USA	English-100				Y
2019-01-05	0855	Rachel Khoo's Kitchen Notebook Bitesize	Cider Glazed Ham Hocks From Ep 4	Passionate food writer Rachel Khoo uncovers Melbourne and the wider state of Victoria's culinary wonders for the world to see.	AUSTRALIA	English-100	RPT	G		Y
2019-01-05	0900	Nigella Feasts	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT			Y
2019-01-05	0930	Nigella Feasts	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT			Y
2019-01-05	1005	Food Porn	Eggcellent	Eggs are in the spotlight as chefs create the most buzz-worthy dishes using one of the hottest ingredients in food porn - the runny egg. Michael's first EGGtraordinary find is a poached egg.	USA	English-100				
2019-01-05	1030	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 35	Ben shows how to make a tasty Mexican Salmon dish with next to no clean up.	AUSTRALIA	English-100		G		Y
2019-01-05	1100	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an oyster harvest off the Tasmanian coast, and a look at Pesach - Jewish Passover.	AUSTRALIA	English-100	RPT	G		
2019-01-05	1130	Grandma's Boy	Irsina	At the top of the heel of the Italian boot is the town of Irsina, Southern Italy. This small town is home to some of the world's lengthiest pasta, and a proud history of Italian farming.	UNITED KINGDOM	English-100		G		Y

2019-01-05	1200	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100			
2019-01-05	1230	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100			
2019-01-05	1300	Oliver's Twist	New Kids On The Block	Jamie prepares a dinner party for some of his new trainees.	UNITED KINGDOM	English-100			
2019-01-05	1330	Oliver's Twist	Late Night Munchies	Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.	UNITED KINGDOM	English-100			
2019-01-05	1400	Anthony Bourdain: No Reservations	Malaysia	Tony's fascinated by 'natural fusion', the way cuisines & cultures blend over centuries; especially Malaysia, where Chinese influence has mixed with Malay, Indian, Nyonya and indigenous Borneo culture	USA	English-100	PG		Y
2019-01-05	1455	Wine Vine: Introduction To Varietals	Cabernet Sauvignon	Do you know your Semillon from your Chenin Blanc? Jeremy Oliver introduces you to all the varieties of wine, and what makes each one so different and delicious.	AUSTRALIA	English-100			
2019-01-05	1500	The Good Cooks	Vietnam	Join Dan Churchill as he visits Ca Mau in Vietnam to discover the innovative ways local communities are farming fresh produce and creating beautiful, fresh recipes with their harvests.	AUSTRALIA	English-60; Vietnamese-40	PG		Y
2019-01-05	1530	The Good Cooks	Fiji	Famed chef Sarah Todd travels to the tourist hub of the South Pacific, Nadi, Fiji to explore how the fledgling tropical fruit industry is being helped by Australian agricultural science.	AUSTRALIA	English-100	PG		
2019-01-05	1600	The Good Cooks	Indonesia	Australian food writer and television presenter Rebecca Sullivan travels from the Clare Valley in South Australia to Kupang in the heart of West Timor.	AUSTRALIA	English-85; Indonesian-15	G		Y
2019-01-05	1630	Ask The Butcher	Beef	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		
2019-01-05	1700	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100	PG		
2019-01-05	1730	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100	G		
2019-01-05	1800	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100	G		
2019-01-05	1830	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Sato fires up the BBQ at the picturesque Lake Tanuki to show Justine his trout chan hanyaki.	AUSTRALIA	English-100	G		
2019-01-05	1900	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine gets inspired by a green tea ceremony. Chef Toru cooks Wagyu with a Green tea crusts and makes green tea elaires. Justine prepares matcha crepes.	AUSTRALIA	English-100	G		
2019-01-05	1930	Nigella Bites	Party Girl	Nigella has found a way of providing good food while still enjoying the party. She shares her recipes for a velvety dip, some cheese, toasted nuts and BBQ chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-05	2000	Nigella Bites	Yellow	In the first program of the new series, Nigella Lawson turns her attention to the apparently humble lemon, with happiness soup, and slow-roasted garlic and lemon chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-05	2030	Dinner Date	Craig	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100			

2019-01-05	2125	Silvia's Tasty Bites	Gluten Free Almond Crunch Amaretti	Join famed cook Silvia Colloca in her kitchen as she cooks up some deliciously easy recipes, inspired by her Italian roots and family traditions.	AUSTRALIA	English-100		G		
2019-01-05	2130	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 5	In the urban sprawl of Tokyo, Adam Liaw explores a food culture which sustains the 'salaryman' workers in style and retains the culinary traditions of the annual Cherry Blossom Festival.	AUSTRALIA	English-80; Japanese-20	RPT	G	Y	Y
2019-01-05	2200	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 6	Adam Liaw trolls the restaurants of food-crazy Tokyo to find food as diverse as Yakitori made from the reproductive organs of chickens to a degustation delight called 'soil 2013'.	AUSTRALIA	English-78; Japanese-22	RPT	G	Y	Y
2019-01-05	2230	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100		PG		
2019-01-05	2300	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G		
2019-01-05	2330	Anthony Bourdain: No Reservations	Sicily	In Sicily, Tony eats some tripe at a local frittola stand in Il Capo Market, a spleen sandwich with Sicily's President, and salt-encrusted fish. Later, Tony also debates where to get the best cannoli.	USA	English-100		PG		Y
2019-01-05	2425	Tasty Conversations With Audra Morrice	Barbecue Pork Satay And Peanut Sauce	With her tool kit and favourite staples always at the ready, Audra embarks on a personal journey as she delves into the rich culture of modern Australian cuisine via her Chinese and Indian roots.	AUSTRALIA	English-100		G		
2019-01-05	2430	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G		
2019-01-05	2500	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Sato fires up the BBQ at the picturesque Lake Tanuki to show Justine his trout chan chanyaki.	AUSTRALIA	English-100		G		
2019-01-05	2530	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine gets inspired by a green tea ceremony. Chef Toru cooks Wagyu with a Green tea crusts and makes green tea elaires. Justine prepares matcha crepes.	AUSTRALIA	English-100		G		
2019-01-05	2600	Nigella Bites	Party Girl	Nigella has found a way of providing good food while still enjoying the party. She shares her recipes for a velvety dip, some cheese, toasted nuts and BBQ chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-01-05	2630	Nigella Bites	Yellow	In the first program of the new series, Nigella Lawson turns her attention to the apparently humble lemon, with happiness soup, and slow-roasted garlic and lemon chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-01-05	2700	Dinner Date	Craig	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100				
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2019-01-05	2830	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 6	Adam Liaw trolls the restaurants of food-crazy Tokyo to find food as diverse as Yakitori made from the reproductive organs of chickens to a degustation delight called 'soil 2013'.	AUSTRALIA	English-78; Japanese-22	RPT	G	Y	Y

