



WEEK 52: Sunday, 29 December - Saturday, 4 December 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2019-12-29	0500	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 8	Shane Delia finds himself in heaven, when he visits a free-range pig farm in Spain to see for himself how the world's best ham is raised and produced.	AUSTRALIA	English-100	RPT	G	Y
2019-12-29	0530	The Travelling Chef	Travelling Chef Series 2, The Ep 7	Hong Kong is many things, it's an enormous Asian financial centre, it's one of the best places in the world to go shopping, and if you're bringing the kids, there's Ocean Park, and Disneyland.	NEW ZEALAND	English-100		G	
2019-12-29	0600	The Travelling Chef	Travelling Chef Series 2, The Ep 8	Brett's heading to Malaysia's capital, Kuala Lumpur, at the mysterious invitation of a local businessman, Dr. Francis Yeoh. He met Francis during the filming of series one of Taste of the Traveller.	NEW ZEALAND	English-100		G	
2019-12-29	0630	Saturday Kitchen	Saturday Kitchen Series 3 Ep 17	Australian celebrity chef and MasterChef UK presenter, John Torode, is in charge of the Saturday Kitchen hobs this week, with help from two top chefs - Omar Allibhoy and Elizabeth Allen.	UNITED KINGDOM	English-100		PG	
2019-12-29	0730	The Urban Vegetarian	Urban Eats	Fa-what? Fa-waffles! Desiree Nielsen cooks up protein-rich falafel waffles for breakfast.	CANADA	English-100		G	
2019-12-29	0800	The Urban Vegetarian	Healthy And Delicious	Desiree Nielsen shows how salads can be a tasty main and served warm with a grilled romaine salad.	CANADA	English-100		G	
2019-12-29	0830	The Cook And The Chef	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G	
2019-12-29	0900	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2019-12-29	0930	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G	
2019-12-29	1000	Avec Eric	Rincon Points South: Surf's Up	Eric and his dear friend and mentor Alfredo Ayala enjoy a picnic on the idyllic Gilligan's Island where they dine on spiny lobsters that Eric has caught, and rice and beans that Alfredo has prepared.	USA	English-100		PG	
2019-12-29	1030	Jonathan Phang's Gourmet Express	Cusco To Machu Picchu	Jonathan fulfils a dream of a lifetime when he visits Peru's Machu Picchu. But first he visits Lima, the gastronomic capital of South America and tries a range of traditional dishes.	UNITED KINGDOM	English-100		PG	
2019-12-29	1130	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 7	For a globe cake, Robin at Gateaux wishes that the world really was flat. Edible jewels are what an Ohio cake is all about, but first the team has to figure out how to make them.	USA	English-100		PG	
2019-12-29	1230	Avec Eric	Tasmania: Invite The World To Dinner	To showcase the country's local produce, exotic foods, and great wine, three of Australia's most esteemed chefs, Ben Shewry, Neil Perry and Peter Gilmore, host a dinner for the world's culinary elite.	USA	English-100		PG	
2019-12-29	1300	The Travelling Chef	Travelling Chef Series 2, The Ep 9	Brett is back in Hong Kong. Squeezed into a corner of Asia, this is a fast paced concrete jungle where eating is a serious business. He's on a quest to eat like the locals eat.	NEW ZEALAND	English-100		G	
2019-12-29	1330	The Travelling Chef	Travelling Chef Series 2, The Ep 10	In this final episode, Brett's heading for Koh Samui, a Thai island south of Bangkok, in the South China Sea. The whole island is reliant on, and geared to, tourism.	NEW ZEALAND	English-100		G	
2019-12-29	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 18	Irish television presenter and food writer, Donal Skehan, is in charge of Saturday Kitchen this week and he's got two top chefs to back him up - Brad Carter and Amandine Chaignot.	UNITED KINGDOM	English-100		PG	
2019-12-29	1500	Secret Meat Business	Secret Meat Business Series 1 Ep 1	Adrian shares his families famous recipe for Lancashire hotpot and his secrets for the prefect sausage.	AUSTRALIA	English-100		G	

2019-12-29	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 2	Adrian pays a visit to Melbourne's Spanish quarter and serves up his delicious version of Portuguese chicken with red capsicum.	AUSTRALIA	English-100		G	
2019-12-29	1600	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G	
2019-12-29	1630	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G	
2019-12-29	1700	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G	
2019-12-29	1730	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 5	Early summer is a special time for Stefano in Mildura. It is the season when the trees are heavy with the first stone fruit. With some new season peaches, Stefano cooks an upside down peach cake.	AUSTRALIA	English-100		PG	
2019-12-29	1800	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 6	The 'Tour de Murray' is an annual bike race held between Mildura and Echuca, a town on the Murray River some four hundred kilometres upstream. Stefano prepares the cyclists pasta fagioli.	AUSTRALIA	English-100		PG	
2019-12-29	1830	Rick Stein's Food Heroes	Cornwall	Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes.	UNITED KINGDOM	English-100		G	
2019-12-29	1900	Rick Stein's Food Heroes	Southern England	Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source.	UNITED KINGDOM	English-100		G	
2019-12-29	1935	Ainsley Eats The Streets	Taipei	Ainsley visits Taiwan, where he samples fragrant baked fish and chilli pork stir fry in Taipei's temple markets and witnesses the late night rush of tourists from China.	UNITED KINGDOM	English-100	RPT	G	Y
2019-12-29	2030	The Great Australian Cookbook	Great Australian Cookbook Series 1, The	Food icon, Matt Moran cooks the perfect BBQ of prawns and pan-fried barramundi with raw zucchini salad and Indigenous trailblazer, Rayleen Brown shares her recipe for a bush fruit Christmas cake.	AUSTRALIA	English-100		PG	
2019-12-29	2100	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 5	Luke approaches the half way mark of his trip and arrives at Da Nang, a growing and bustling city located on the coast, west of the Hàn River. First up, Luke visits the spectacular Dragon Bridge.			RPT	PG	Y
2019-12-29	2130	Food Safari	Mauritian Safari	Features the best in food the world has to offer. Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT	G	Y
2019-12-29	2200	Asia Unplated With Diana Chan	Thai	Thai food is on the menu so Diana enlists the help of mentor and Thai food enthusiast, Gary Mehigan, who is an expert at striking the balance of salty, sweet and sour.	AUSTRALIA	English-100		PG	
2019-12-29	2230	Spirited Traveller	Kolkata	A place famous for its bohemian lifestyle and well known for its arts and literature, Kiran travels to Kolkata to explore its quaint lanes and mad street food.	INDIA	English-100		PG	
2019-12-29	2300	Spirited Traveller	Varanasi	Kirans hunts for the famous milk-based drinks - lassi and the bhang thandai, in Varanasi, one of the oldest cites in the world.	INDIA	English-100		PG	
2019-12-29	2330	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 5	Early summer is a special time for Stefano in Mildura. It is the season when the trees are heavy with the first stone fruit. With some new season peaches, Stefano cooks an upside down peach cake.	AUSTRALIA	English-100		PG	
2019-12-29	2400	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 6	The 'Tour de Murray' is an annual bike race held between Mildura and Echuca, a town on the Murray River some four hundred kilometres upstream. Stefano prepares the cyclists pasta fagioli.	AUSTRALIA	English-100		PG	
2019-12-29	2430	Rick Stein's Food Heroes	Cornwall	Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes.	UNITED KINGDOM	English-100		G	
2019-12-29	2500	Rick Stein's Food Heroes	Southern England	Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source.	UNITED KINGDOM	English-100		G	
2019-12-29	2535	Ainsley Eats The Streets	Taipei	Ainsley visits Taiwan, where he samples fragrant baked fish and chilli pork stir fry in Taipei's temple markets and witnesses the late night rush of tourists from China.	UNITED KINGDOM	English-100	RPT	G	Y

2019-12-29	2630	The Great Australian Cookbook	Great Australian Cookbook Series 1, The	Food icon, Matt Moran cooks the perfect BBQ of prawns and pan-fried barramundi with raw zucchini salad and Indigenous trailblazer, Rayleen Brown shares her recipe for a bush fruit Christmas cake.	AUSTRALIA	English-100		PG	
2019-12-29	2700	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 5	Luke approaches the half way mark of his trip and arrives at Da Nang, a growing and bustling city located on the coast, west of the Hàn River. First up, Luke visits the spectacular Dragon Bridge.			RPT	PG	Y
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2019-12-29	2800	Asia Unplated With Diana Chan	Thai	Thai food is on the menu so Diana enlists the help of mentor and Thai food enthusiast, Gary Mehigan, who is an expert at striking the balance of salty, sweet and sour.	AUSTRALIA	English-100		PG	
2019-12-29	2830	Spirited Traveller	Kolkata	A place famous for its bohemian lifestyle and well known for its arts and literature, Kiran travels to Kolkata to explore its quaint lanes and mad street food.	INDIA	English-100		PG	
2019-12-30	0500	Spirited Traveller	Varanasi	Kirans hunts for the famous milk-based drinks - lassi and the bhang thandai, in Varanasi, one of the oldest cites in the world.	INDIA	English-100		PG	
2019-12-30	0530	The Travelling Chef	Travelling Chef Series 2, The Ep 9	Brett is back in Hong Kong. Squeezed into a corner of Asia, this is a fast paced concrete jungle where eating is a serious business. He's on a quest to eat like the locals eat.	NEW ZEALAND	English-100		G	
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2019-12-30	0730	Secret Meat Business	Secret Meat Business Series 1 Ep 1	Adrian shares his families famous recipe for Lancashire hotpot and his secrets for the prefect sausage.	AUSTRALIA	English-100		G	
2019-12-30	0800	Secret Meat Business	Secret Meat Business Series 1 Ep 2	Adrian pays a visit to Melbourne's Spanish quarter and serves up his delicious version of Portuguese chicken with red capsicum.	AUSTRALIA	English-100		G	
2019-12-30	0830	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G	
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2019-12-30	1000	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 5	Luke approaches the half way mark of his trip and arrives at Da Nang, a growing and bustling city located on the coast, west of the Hàn River. First up, Luke visits the spectacular Dragon Bridge.			RPT	PG	Y
2019-12-30	1030	Ainsley Eats The Streets	Taipei	Ainsley visits Taiwan, where he samples fragrant baked fish and chilli pork stir fry in Taipei's temple markets and witnesses the late night rush of tourists from China.	UNITED KINGDOM	English-100	RPT	G	Y
2019-12-30	1130	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 5	Early summer is a special time for Stefano in Mildura. It is the season when the trees are heavy with the first stone fruit. With some new season peaches, Stefano cooks an upside down peach cake.	AUSTRALIA	English-100		PG	
2019-12-30	1200	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 6	The 'Tour de Murray' is an annual bike race held between Mildura and Echuca, a town on the Murray River some four hundred kilometres upstream. Stefano prepares the cyclists pasta fagioli.	AUSTRALIA	English-100		PG	
2019-12-30	1230	Rick Stein's Food Heroes	Cornwall	Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes.	UNITED KINGDOM	English-100		G	
2019-12-30	1300	Rick Stein's Food Heroes	Southern England	Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source.	UNITED KINGDOM	English-100		G	

2019-12-30	1335	Spirited Traveller	Kolkata	A place famous for its bohemian lifestyle and well known for its arts and literature, Kiran travels to Kolkata to explore its quaint lanes and mad street food.	INDIA	English-100	PG
2019-12-30	1400	Spirited Traveller	Varanasi	Kirans hunts for the famous milk-based drinks - lassi and the bhang thandai, in Varanasi, one of the oldest cites in the world.	INDIA	English-100	PG
2019-12-30	1430	United Plates Of America	United Plates Of America Series 2 Ep 1	Today on the show we meet New York realtor, Sam and visit some inspiring restaurants with mouth-watering cuisine. We kick off with a Greek restaurant that specialises in seafood.	USA	English-100	G
2019-12-30	1500	Bonacini's Italy	Lazio	Chef Michael Bonacini cooks up classic dishes like Mint Fava Bean Soup and Amaretti Cake from the well-known Lazio region of Italy.	CANADA	English-100	G
2019-12-30	1530	Rachel Allen's Easy Meals	Cooking For A Crowd	Rachel has the answer if you need to feed a lot of people quickly. Instant dips, lamb and sweet potato curry and a coconut macaroon meringue will keep the crowds satisfied.	UNITED KINGDOM	English-100	
2019-12-30	1600	Nigel Slater's Dish Of The Day	Nigel Slater's Dish Of The Day Series 1 Ep 5	Nigel shows us that sometimes simple cookery is the best, with clever recipes using easy to come by ingredients, one pan at a time, including herby artichoke stew and chicken in cider.	UNITED KINGDOM	English-100	
2019-12-30	1630	Boys Weekend	Boys Weekend Series 1 Ep 6	The four chefs head off the beaten track to beautiful Bruny Island in Tasmania. The stunning local produce inspires a food adventure packed with oysters, beef and cheese.	AUSTRALIA	English-100	G
2019-12-30	1700	Gourmet Goes Tribal	Gourmet Goes Tribal Series 1 Ep 6	Pablo meets his host with whom he enjoys an English breakfast at a place straight out of the British Era. Next stop is the tea estate where he is enlightened by the tea master.	INDIA	English-100	

2019-12-30	1730	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			
2019-12-30	1800	The Cook And The Chef	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100		G	
2019-12-30	1830	The Cook And The Chef	Old Favourites	Maggie and Simon bring back some old favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100		G	
2019-12-30	1900	Nigella Feasts	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
2019-12-30	1930	Heston's In Search Of Perfection	Steak And Salad	In search of the tastiest steak, Heston's first port of call is New York. Here he meets celebrated BBQ chef Adam Perry Lang. Together they look at how the age of the meat affects its flavour.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-12-30	2000	Heston's In Search Of Perfection	Fish And Chips	Chef Heston Blumenthal's crusade for culinary perfection becomes more complex as he struggles with batter and potatoes in his quest for a superlative plate of fish 'n' chips.	UNITED KINGDOM	English-100	RPT	G	Y
2019-12-30	2030	Two Greedy Italians... Still Hungry	Liguria And La Bella Figura	Chefs Antonio and Gennaro explore how Italy's social history has created a culture of admiration for superficial accoutrements in the showbiz port of Portofino.	UNITED KINGDOM	English-100	RPT	G	Y
2019-12-30	2135	Anthony Bourdain: Parts Unknown	Puerto Rico	When Bourdain heads to Puerto Rico to check out the reality behind the piña coladas and fancy resorts, he finds natural splendor, delicious food and warm people.	USA	English-100			
2019-12-30	2235	The Cook And The Chef	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100		G	
2019-12-30	2305	The Cook And The Chef	Old Favourites	Maggie and Simon bring back some old favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100		G	
2019-12-30	2335	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 16	It's the semi-finals. Firstly, Marcus and Monica send the semi-finalists to London's Knightsbridge to work in service under one of the country's greatest fish chefs - Nathan Outlaw.	UNITED KINGDOM	English-100		G	
2019-12-30	2440	Nigella Feasts	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
2019-12-30	2510	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			
2019-12-30	2540	Dinner Date	Dinner Date Series 8 Ep 22	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		G	
2019-12-30	2630	Heston's In Search Of Perfection	Steak And Salad	In search of the tastiest steak, Heston's first port of call is New York. Here he meets celebrated BBQ chef Adam Perry Lang. Together they look at how the age of the meat affects its flavour.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-12-30	2700	Heston's In Search Of Perfection	Fish And Chips	Chef Heston Blumenthal's crusade for culinary perfection becomes more complex as he struggles with batter and potatoes in his quest for a superlative plate of fish 'n' chips.	UNITED KINGDOM	English-100	RPT	G	Y
2019-12-30	2730	Two Greedy Italians... Still Hungry	Liguria And La Bella Figura	Chefs Antonio and Gennaro explore how Italy's social history has created a culture of admiration for superficial accoutrements in the showbiz port of Portofino.	UNITED KINGDOM	English-100	RPT	G	Y
2019-12-30	2835	United Plates Of America	United Plates Of America Series 2 Ep 1	Today on the show we meet New York realtor, Sam and visit some inspiring restaurants with mouth-watering cuisine. We kick off with a Greek restaurant that specialises in seafood.	USA	English-100		G	
2019-12-31	0500	Bonacini's Italy	Lazio	Chef Michael Bonacini cooks up classic dishes like Mint Fava Bean Soup and Amaretti Cake from the well-known Lazio region of Italy.	CANADA	English-100		G	
2019-12-31	0530	Rachel Allen's Easy Meals	Cooking For A Crowd	Rachel has the answer if you need to feed a lot of people quickly. Instant dips, lamb and sweet potato curry and a coconut macaroon meringue will keep the crowds satisfied.	UNITED KINGDOM	English-100			

2019-12-31	0600	Nigel Slater's Dish Of The Day	Nigel Slater's Dish Of The Day Series 1 Ep 5	Nigel shows us that sometimes simple cookery is the best, with clever recipes using easy to come by ingredients, one pan at a time, including herby artichoke stew and chicken in cider.	UNITED KINGDOM	English-100			
2019-12-31	0630	Boys Weekend	Boys Weekend Series 1 Ep 6	The four chefs head off the beaten track to beautiful Bruny Island in Tasmania. The stunning local produce inspires a food adventure packed with oysters, beef and cheese.	AUSTRALIA	English-100			G
2019-12-31	0700	Gourmet Goes Tribal	Gourmet Goes Tribal Series 1 Ep 6	Pablo meets his host with whom he enjoys an English breakfast at a place straight out of the British Era. Next stop is the tea estate where he is enlightened by the tea master.	INDIA	English-100			
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2019-12-31	1100	Heston's In Search Of Perfection	Fish And Chips	Chef Heston Blumenthal's crusade for culinary perfection becomes more complex as he struggles with batter and potatoes in his quest for a superlative plate of fish 'n' chips.	UNITED KINGDOM	English-100	RPT	G	Y
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2019-12-31	1440	United Plates Of America	United Plates Of America Series 2 Ep 2	Today we're in Florida and we visit some inspiring restaurants with mouth watering cuisine. We kick off in Tampa, at Ulele, a rustic chic restaurant with native Floridian flair.	USA	English-100			G
2019-12-31	1505	Bonacini's Italy	Umbria	Charming host Michael Bonacini inspires us to make simple, flavourful dishes from the rustic Italian region, Umbria.	CANADA	English-100			G
2019-12-31	1530	Rachel Allen's Easy Meals	Middle Easern Spices	Chickpea and aubergine salad and yoghurt and apricot pots conjure up the mystery of the souk or riad, while Rachel cooks al fresco with a couple of biker mates.	UNITED KINGDOM	English-100			
2019-12-31	1600	Nigel Slater's Dish Of The Day	Nigel Slater's Dish Of The Day Series 1 Ep 6	Nigel finds ways to get the very most out of the ingredients from the weekly shop, from getting the most out of a cut of ribs to using every last peeling of his butternut squash.	UNITED KINGDOM	English-100			
2019-12-31	1630	Boys Weekend	Boys Weekend Series 1 Ep 7	Miguel surprises the boys with a weekend of luxury at a Spanish Villa. When Miguel challenges Manu to a Spain versus France dessert cook-off, national pride is at stake.	AUSTRALIA	English-100			PG
2019-12-31	1700	Gourmet Goes Tribal	Gourmet Goes Tribal Series 1 Ep 7	Sikkim was the first state to be declared organic in India, and Pablo finds himself with an amazing opportunity to get his hands on 100% organic produce.	INDIA	English-100			

2019-12-31	1730	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. It's comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100				
2019-12-31	1800	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100			G	
2019-12-31	1830	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100			PG	
2019-12-31	1900	Nigella Feasts	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT		G	Y
2019-12-31	1930	The Hairy Bikers' Food Tour Of Britain	Aberdeenshire	Si and Dave explore Aberdeenshire where they cook a traditional county favourite in Aberdeen. They also mill oats and pick up some prime cuts of Aberdeen Angus.	UNITED KINGDOM	English-100	RPT		G	
2019-12-31	2030	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 1	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100			PG	
2019-12-31	2100	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 2	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100			PG	
2019-12-31	2135	Anthony Bourdain: Parts Unknown	Lagos, Nigeria	The ingenuity of the Nigerian people is the focus of Bourdain's travels as he explores its food, music, and rich cultural diversity.	USA	English-100				
2019-12-31	2235	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100			G	
2019-12-31	2305	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100			PG	
2019-12-31	2335	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 17	It's the semi-finals. First up, Marcus and Monica send the semi-finalists to Hibiscus in London's Mayfair, the two Michelin-starred restaurant of the formidable chef Claude Bosi.	UNITED KINGDOM	English-100			G	
2019-12-31	2440	Nigella Feasts	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT		G	Y
2019-12-31	2510	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. It's comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100				
2019-12-31	2540	Dinner Date	Dinner Date Series 8 Ep 24	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			G	
2019-12-31	2630	The Hairy Bikers' Food Tour Of Britain	Aberdeenshire	Si and Dave explore Aberdeenshire where they cook a traditional county favourite in Aberdeen. They also mill oats and pick up some prime cuts of Aberdeen Angus.	UNITED KINGDOM	English-100	RPT		G	
2019-12-31	2730	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 1	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100			PG	
2019-12-31	2800	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 2	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100			PG	
2019-12-31	2835	United Plates Of America	United Plates Of America Series 2 Ep 2	Today we're in Florida and we visit some inspiring restaurants with mouth watering cuisine. We kick off in Tampa, at Ulele, a rustic chic restaurant with native Floridian flair.	USA	English-100			G	
2020-01-01	0500	Bonacini's Italy	Umbria	Charming host Michael Bonacini inspires us to make simple, flavourful dishes from the rustic Italian region, Umbria.	CANADA	English-100			G	
2020-01-01	0530	Rachel Allen's Easy Meals	Middle Eastern Spices	Chickpea and aubergine salad and yoghurt and apricot pots conjure up the mystery of the souk or riad, while Rachel cooks al fresco with a couple of biker mates.	UNITED KINGDOM	English-100				

2020-01-01	0600	Nigel Slater's Dish Of The Day	Nigel Slater's Dish Of The Day Series 1 Ep 6	Nigel finds ways to get the very most out of the ingredients from the weekly shop, from getting the most out of a cut of ribs to using every last peeling of his butternut squash.	UNITED KINGDOM	English-100			
2020-01-01	0630	Boys Weekend	Boys Weekend Series 1 Ep 7	Miguel surprises the boys with a weekend of luxury at a Spanish Villa. When Miguel challenges Manu to a Spain versus France dessert cook-off, national pride is at stake.	AUSTRALIA	English-100			PG
2020-01-01	0700	Gourmet Goes Tribal	Gourmet Goes Tribal Series 1 Ep 7	Sikkim was the first state to be declared organic in India, and Pablo finds himself with an amazing opportunity to get his hands on 100% organic produce.	INDIA	English-100			
2020-01-01	0730	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. It's comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100			
2020-01-01	0800	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100			G
2020-01-01	0830	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100			PG
2020-01-01	0900	Nigella Feasts	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT		G Y
2020-01-01	0930	Anthony Bourdain: Parts Unknown	Lagos, Nigeria	The ingenuity of the Nigerian people is the focus of Bourdain's travels as he explores its food, music, and rich cultural diversity.	USA	English-100			
2020-01-01	1030	The Hairy Bikers' Food Tour Of Britain	Aberdeenshire	Si and Dave explore Aberdeenshire where they cook a traditional county favourite in Aberdeen. They also mill oats and pick up some prime cuts of Aberdeen Angus.	UNITED KINGDOM	English-100	RPT		G
2020-01-01	1130	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 1	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100			PG
2020-01-01	1200	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 2	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100			PG
2020-01-01	1235	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 17	It's the semi-finals. First up, Marcus and Monica send the semi-finalists to Hibiscus in London's Mayfair, the two Michelin-starred restaurant of the formidable chef Claude Bosi.	UNITED KINGDOM	English-100			G
2020-01-01	1340	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. It's comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100			
2020-01-01	1410	Nigella Feasts	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT		G Y
2020-01-01	1440	United Plates Of America	United Plates Of America Series 2 Ep 3	We visit some inspiring restaurants in the Pacific Northwest with mouth-watering cuisine and meet some remarkable locals who know a thing or two about food.	USA	English-100			G
2020-01-01	1505	Bonacini's Italy	Liguria	Famed chef Michael Bonacini celebrates the food of the Italian Riviera as he shows viewers delicious dishes from Liguria.	CANADA	English-100			G
2020-01-01	1530	Rachel Allen's Easy Meals	Cook Ahead	Preparation is everything as Rachel shares some great dishes that can be made well in advance, including pollock ceviche, beef stew, and a wicked chocolate and croissant bread and butter pudding.	UNITED KINGDOM	English-100			
2020-01-01	1600	Nigel Slater's Dish Of The Day	Nigel Slater's Dish Of The Day Series 1 Ep 7	Nigel shows us how surprisingly versatile the ingredients in our weekly shop can be, proving that by trying something different in the kitchen, it's possible to make our food suit our mood.	UNITED KINGDOM	English-100			
2020-01-01	1630	Boys Weekend	Boys Weekend Series 1 Ep 8	The chefs venture deep into the pristine Daintree Rainforest on a 4WD adventure. As usual food comes first and the guys don't miss the chance to cook up some delicious meals.	AUSTRALIA	English-100			G
2020-01-01	1700	Gourmet Goes Tribal	Gourmet Goes Tribal Series 1 Ep 8	Pablo goes on to explore more of Sikkim as he finds a cheese factory producing alpine cheese and another tribe that is among the top tribes of the region - the Newars.	INDIA	English-100			
2020-01-01	1730	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan 'help yourself dish' for a fun night in with friends and family.	UNITED KINGDOM	English-100			

2020-01-01	1800	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	
2020-01-01	1830	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	
2020-01-01	1900	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2020-01-01	1930	Delicacy Hunter	Zhangye	Jamie travels along the Hexi Corridor up to the North Silk Road of Gangsu's stronghold, Zhangye. Here, just beside the Danxia landform, he finds a magnificent variety of delicacies to drool over.	SINGAPORE	English-100		PG	
2020-01-01	2000	Delicacy Hunter	Germany	In the land of sausages, Jamie discovers why this German dish is so popular across the globe, and how some delicacies hold a strong link between the Middle Empire and the heart of Europe.	SINGAPORE	English-100		PG	
2020-01-01	2030	Remarkable Places To Eat	San Sebastian	Nisha Katona takes Fred to San Sebastian for a mind-blowing meal at one of the world's top restaurants and to visit a tiny sports bar to learn the secrets of the perfect tortilla.	UNITED KINGDOM	English-100	RPT	G	Y
2020-01-01	2130	Anthony Bourdain: Parts Unknown	Seattle	Bourdain immerses himself in the 'boom or bust' city of Seattle. Two industries are reshaping the city and its culture - tech and the newly legalised cannabis industry.	USA	English-100			
2020-01-01	2230	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	
2020-01-01	2300	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	
2020-01-01	2330	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 18	It's the last of the semi-finals. The two remaining semi-finalists head to the Michelin-starred Wild Honey in London's Mayfair, where they face a frenetic lunchtime service.	UNITED KINGDOM	English-100		G	
2020-01-01	2435	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2020-01-01	2505	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan 'help yourself dish' for a fun night in with friends and family.	UNITED KINGDOM	English-100			
2020-01-01	2535	Dinner Date	Dinner Date Series 8 Ep 25	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		G	
2020-01-01	2630	Delicacy Hunter	Zhangye	Jamie travels along the Hexi Corridor up to the North Silk Road of Gangsu's stronghold, Zhangye. Here, just beside the Danxia landform, he finds a magnificent variety of delicacies to drool over.	SINGAPORE	English-100		PG	
2020-01-01	2700	Delicacy Hunter	Germany	In the land of sausages, Jamie discovers why this German dish is so popular across the globe, and how some delicacies hold a strong link between the Middle Empire and the heart of Europe.	SINGAPORE	English-100		PG	
2020-01-01	2730	Remarkable Places To Eat	San Sebastian	Nisha Katona takes Fred to San Sebastian for a mind-blowing meal at one of the world's top restaurants and to visit a tiny sports bar to learn the secrets of the perfect tortilla.	UNITED KINGDOM	English-100	RPT	G	Y
2020-01-01	2830	United Plates Of America	United Plates Of America Series 2 Ep 3	We visit some inspiring restaurants in the Pacific Northwest with mouth-watering cuisine and meet some remarkable locals who know a thing or two about food.	USA	English-100		G	
2020-01-02	0500	Bonacini's Italy	Liguria	Famed chef Michael Bonacini celebrates the food of the Italian Riviera as he shows viewers delicious dishes from Liguria.	CANADA	English-100		G	
2020-01-02	0530	Rachel Allen's Easy Meals	Cook Ahead	Preparation is everything as Rachel shares some great dishes that can be made well in advance, including pollock ceviche, beef stew, and a wicked chocolate and croissant bread and butter pudding.	UNITED KINGDOM	English-100			
2020-01-02	0600	Nigel Slater's Dish Of The Day	Nigel Slater's Dish Of The Day Series 1 Ep 7	Nigel shows us how surprisingly versatile the ingredients in our weekly shop can be, proving that by trying something different in the kitchen, it's possible to make our food suit our mood.	UNITED KINGDOM	English-100			

2020-01-02	0630	Boys Weekend	Boys Weekend Series 1 Ep 8	The chefs venture deep into the pristine Daintree Rainforest on a 4WD adventure. As usual food comes first and the guys don't miss the chance to cook up some delicious meals.	AUSTRALIA	English-100			G
2020-01-02	0700	Gourmet Goes Tribal	Gourmet Goes Tribal Series 1 Ep 8	Pablo goes on to explore more of Sikkim as he finds a cheese factory producing alpine cheese and another tribe that is among the top tribes of the region - the Newars.	INDIA	English-100			
2020-01-02	0730	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan 'help yourself dish' for a fun night in with friends and family.	UNITED KINGDOM	English-100			
2020-01-02	0800	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
2020-01-02	0830	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
2020-01-02	0900	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT		G Y
2020-01-02	0930	Anthony Bourdain: Parts Unknown	Seattle	Bourdain immerses himself in the 'boom or bust' city of Seattle. Two industries are reshaping the city and its culture - tech and the newly legalised cannabis industry.	USA	English-100			
2020-01-02	1030	Delicacy Hunter	Zhangye	Jamie travels along the Hexi Corridor up to the North Silk Road of Gangsu's stronghold, Zhangye. Here, just beside the Danxia landform, he finds a magnificent variety of delicacies to drool over.	SINGAPORE	English-100			PG
2020-01-02	1100	Delicacy Hunter	Germany	In the land of sausages, Jamie discovers why this German dish is so popular across the globe, and how some delicacies hold a strong link between the Middle Empire and the heart of Europe.	SINGAPORE	English-100			PG
2020-01-02	1130	Remarkable Places To Eat	San Sebastian	Nisha Katona takes Fred to San Sebastian for a mind-blowing meal at one of the world's top restaurants and to visit a tiny sports bar to learn the secrets of the perfect tortilla.	UNITED KINGDOM	English-100	RPT		G Y
2020-01-02	1230	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 18	It's the last of the semi-finals. The two remaining semi-finalists head to the Michelin-starred Wild Honey in London's Mayfair, where they face a frenetic lunchtime service.	UNITED KINGDOM	English-100			G
2020-01-02	1335	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan 'help yourself dish' for a fun night in with friends and family.	UNITED KINGDOM	English-100			
2020-01-02	1405	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT		G Y
2020-01-02	1435	United Plates Of America	United Plates Of America Series 2 Ep 4	We visit some inspiring restaurants in the Rust Belt. We kick off in beautiful Detroit, we meet a local foodie and try some hipster fare.	USA	English-100			G
2020-01-02	1500	Bonacini's Italy	Emilia Romagna	Emilia Romagna is the culinary heart of Italy and chef Michael Bonacini shows viewers how to make some of the region's most delicious dishes.	CANADA	English-100			G
2020-01-02	1530	Rachel Allen's Easy Meals	Quick Easy Baking	Rachel rustles up some inspired suggestions for easy bake recipes that are sure to impress, as she shares the secrets of her chocolate, toffee and peanut squares, and an easy lemon cake.	UNITED KINGDOM	English-100			
2020-01-02	1600	Nigel Slater's Dish Of The Day	Nigel Slater's Dish Of The Day Series 1 Ep 8	Nigel uses his weekly shop to cook some clever recipes designed to cure cravings and offer comfort, including slow roast leg of lamb with herbs and parmesan mash, almond and lentil stew, and trifle.	UNITED KINGDOM	English-100			
2020-01-02	1630	Boys Weekend	Boys Weekend Series 1 Ep 9	The chefs celebrate Gary's birthday in the Yarra Valley by giving him a taste of home with a traditional English feast. Gary then prepares a giant chilli focaccia.	AUSTRALIA	English-100			G
2020-01-02	1700	Gourmet Goes Tribal	Gourmet Goes Tribal Series 1 Ep 9	Pablo meets another tribe, the Lepchas, who show him the Lepcha way of life, and later he meets a lady who turned a sad event in her life into a wine business.	INDIA	English-100			
2020-01-02	1730	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast baked mashed potato.	UNITED KINGDOM	English-100			
2020-01-02	1800	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

2020-01-02	1830	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	
2020-01-02	1900	Nigella Feasts	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2020-01-02	1930	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shows us how to perfect an irresistible slow-cooked beef brisket, along with a versatile Asian chilli jam and a delicious light and fluffy meringue.	AUSTRALIA	English-100		G	
2020-01-02	2000	Asia Unplated With Diana Chan	Japanese	Diana shares her recipe for okonomiyaki, and is joined by executive chef Daisuke Miyake from restaurant Shinoki to cook kaburamushi, a dish of steamed turnip with snapper.	AUSTRALIA	English-100		PG	
2020-01-02	2030	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	
2020-01-02	2100	Delia's How To Cook	Gadgets	Delia Smith gives her top tips on kitchen gadgets, with advice on which ones to bin and which ones she considers invaluable. There are hints and tips on whisks, food processors, and blenders.	UNITED KINGDOM	English-100		G	
2020-01-02	2135	Anthony Bourdain: Parts Unknown	Sri Lanka	As peace and hope spread throughout Sri Lanka following the end of its brutal civil war, Bourdain travels to the once divided regions to experience the reinvigorated people, and savoury food.	USA	English-100			
2020-01-02	2235	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	
2020-01-02	2305	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	
2020-01-02	2335	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 19	Five talented chefs have cooked their way to a place in Final Week and the chance to take part in the amazing culinary adventures that lie ahead over the next three nights.	UNITED KINGDOM	English-100		G	
2020-01-02	2440	Nigella Feasts	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2020-01-02	2510	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast baked mashed potato.	UNITED KINGDOM	English-100			
2020-01-02	2540	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 1	Watch as a single guy or girl tries to find love over food. They are presented with five unique menus, of which they must pick the three that appeal to them the most.	SOUTH AFRICA	English-100		G	
2020-01-02	2635	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shows us how to perfect an irresistible slow-cooked beef brisket, along with a versatile Asian chilli jam and a delicious light and fluffy meringue.	AUSTRALIA	English-100		G	
2020-01-02	2700	Asia Unplated With Diana Chan	Japanese	Diana shares her recipe for okonomiyaki, and is joined by executive chef Daisuke Miyake from restaurant Shinoki to cook kaburamushi, a dish of steamed turnip with snapper.	AUSTRALIA	English-100		PG	
2020-01-02	2730	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	
2020-01-02	2800	Delia's How To Cook	Gadgets	Delia Smith gives her top tips on kitchen gadgets, with advice on which ones to bin and which ones she considers invaluable. There are hints and tips on whisks, food processors, and blenders.	UNITED KINGDOM	English-100		G	
2020-01-02	2835	United Plates Of America	United Plates Of America Series 2 Ep 4	We visit some inspiring restaurants in the Rust Belt. We kick off in beautiful Detroit, we meet a local foodie and try some hipster fare.	USA	English-100		G	
2020-01-03	0500	Bonacini's Italy	Emilia Romagna	Emilia Romagna is the culinary heart of Italy and chef Michael Bonacini shows viewers how to make some of the region's most delicious dishes.	CANADA	English-100		G	
2020-01-03	0530	Rachel Allen's Easy Meals	Quick Easy Baking	Rachel rustles up some inspired suggestions for easy bake recipes that are sure to impress, as she shares the secrets of her chocolate, toffee and peanut squares, and an easy lemon cake.	UNITED KINGDOM	English-100			
2020-01-03	0600	Nigel Slater's Dish Of The Day	Nigel Slater's Dish Of The Day Series 1 Ep 8	Nigel uses his weekly shop to cook some clever recipes designed to cure cravings and offer comfort, including slow roast leg of lamb with herbs and parmesan mash, almond and lentil stew, and trifle.	UNITED KINGDOM	English-100			

2020-01-03	0630	Boys Weekend	Boys Weekend Series 1 Ep 9	The chefs celebrate Gary's birthday in the Yarra Valley by giving him a taste of home with a traditional English feast. Gary then prepares a giant chilli focaccia.	AUSTRALIA	English-100		G	
2020-01-03	0700	Gourmet Goes Tribal	Gourmet Goes Tribal Series 1 Ep 9	Pablo meets another tribe, the Lepchas, who show him the Lepcha way of life, and later he meets a lady who turned a sad event in her life into a wine business.	INDIA	English-100			
2020-01-03	0730	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast baked mashed potato.	UNITED KINGDOM	English-100			
2020-01-03	0800	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	
2020-01-03	0830	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	
2020-01-03	0900	Nigella Feasts	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2020-01-03	0930	Anthony Bourdain: Parts Unknown	Sri Lanka	As peace and hope spread throughout Sri Lanka following the end of its brutal civil war, Bourdain travels to the once divided regions to experience the reinvigorated people, and savoury food.	USA	English-100			
2020-01-03	1030	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shows us how to perfect an irresistible slow-cooked beef brisket, along with a versatile Asian chilli jam and a delicious light and fluffy meringue.	AUSTRALIA	English-100		G	
2020-01-03	1100	Asia Unplated With Diana Chan	Japanese	Diana shares her recipe for okonomiyaki, and is joined by executive chef Daisuke Miyake from restaurant Shinoki to cook kaburamushi, a dish of steamed turnip with snapper.	AUSTRALIA	English-100		PG	
2020-01-03	1130	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	
2020-01-03	1200	Delia's How To Cook	Gadgets	Delia Smith gives her top tips on kitchen gadgets, with advice on which ones to bin and which ones she considers invaluable. There are hints and tips on whisks, food processors, and blenders.	UNITED KINGDOM	English-100		G	
2020-01-03	1235	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 19	Five talented chefs have cooked their way to a place in Final Week and the chance to take part in the amazing culinary adventures that lie ahead over the next three nights.	UNITED KINGDOM	English-100		G	
2020-01-03	1340	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast baked mashed potato.	UNITED KINGDOM	English-100			
2020-01-03	1410	Nigella Feasts	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2020-01-03	1440	United Plates Of America	United Plates Of America Series 2 Ep 5	We head into the hot American desert to try some scrumptious food. We kick off in beautiful Scottsdale Arizona. We try some Cuban food at the magnificent Scott Resort.	USA	English-100		G	
2020-01-03	1505	Bonacini's Italy	Trentino-Alto Adige	Renowned chef Michael Bonacini shows takes viewers on a culinary tour of the Italian region of Trentino-Alto Adige without leaving his own kitchen.	CANADA	English-100		G	
2020-01-03	1530	Rachel Allen's Easy Meals	Romantic Dinner	Rachel shares her delicious but simple suggestions for the prefect romantic dinner - spicy squid salad, pan fried chicken with mango salsa, and a chocolate mousse cake are on the menu.	UNITED KINGDOM	English-100			
2020-01-03	1600	Nigel Slater's Dish Of The Day	Nigel Slater's Dish Of The Day Series 1 Ep 1	Working through his weekly shop, chef Nigel Slater shows us ways to cook with an abundance of ingredients, whether a glut from the garden or a special offer in the shops.	UNITED KINGDOM	English-100			
2020-01-03	1630	Boys Weekend	Boys Weekend Series 1 Ep 10	The four chefs wander into the Tasmanian wilderness for an adventure in the Huon Valley. After a bit of fly-fishing, Miguel shows us how to cook fish without a flame.	AUSTRALIA	English-100		G	
2020-01-03	1700	Gourmet Goes Tribal	Gourmet Goes Tribal Series 1 Ep 10	Khweng - a beautiful small village in the Ri-bhoi district of Meghalaya where Pablo is welcomed by the locals with rituals and music.	INDIA	English-100			
2020-01-03	1730	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			

2020-01-03	1800	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	
2020-01-03	1830	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	
2020-01-03	1900	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	G	Y
2020-01-03	1930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 1	Paul is baking a luxury corned beef pie, a nutty sticky toffee pudding, and is joined by German pastry chef, Falco, who shows Paul how to make the classic Apple Strudel.	UNITED KINGDOM	English-100		G	
2020-01-03	2030	Bill's Tasty Weekends	Yorkshire	This weekend, Bill Granger is staying in an eco friendly house in the heart of the Yorkshire Dales. He tries his hand at the classic Yorkshire Pudding with the help of the local WI.	UNITED KINGDOM	English-100		G	
2020-01-03	2130	Anthony Bourdain: Parts Unknown	Pittsburgh	Bourdain delves into a dining scene at a crossroads, part iconic steel city defined by blue collar, working class comfort food - steak and potatoes, sausage and sauerkraut - and part foodie boom town.	USA	English-100			
2020-01-03	2230	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	
2020-01-03	2300	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	
2020-01-03	2330	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 20	The four remaining finalists battle it out to make it to the last three and the chance go on the trip of a lifetime to cook in one of the world's most creative restaurants.	UNITED KINGDOM	English-100		G	
2020-01-03	2435	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	G	Y
2020-01-03	2505	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			
2020-01-03	2535	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 2	Watch as a single guy or girl tries to find love over food. They are presented with five unique menus, of which they must pick the three that appeal to them the most.	SOUTH AFRICA	English-100		G	
2020-01-03	2630	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 1	Paul is baking a luxury corned beef pie, a nutty sticky toffee pudding, and is joined by German pastry chef, Falco, who shows Paul how to make the classic Apple Strudel.	UNITED KINGDOM	English-100		G	
2020-01-03	2730	Bill's Tasty Weekends	Yorkshire	This weekend, Bill Granger is staying in an eco friendly house in the heart of the Yorkshire Dales. He tries his hand at the classic Yorkshire Pudding with the help of the local WI.	UNITED KINGDOM	English-100		G	
2020-01-03	2830	United Plates Of America	United Plates Of America Series 2 Ep 5	We head into the hot American desert to try some scrumptious food. We kick off in beautiful Scottsdale Arizona. We try some Cuban food at the magnificent Scott Resort.	USA	English-100		G	
2020-01-04	0500	Bonacini's Italy	Trentino-Alto Adige	Renowned chef Michael Bonacini shows takes viewers on a culinary tour of the Italian region of Trentino-Alto Adige without leaving his own kitchen.	CANADA	English-100		G	
2020-01-04	0530	Rachel Allen's Easy Meals	Romantic Dinner	Rachel shares her delicious but simple suggestions for the prefect romantic dinner - spicy squid salad, pan fried chicken with mango salsa, and a chocolate mousse cake are on the menu.	UNITED KINGDOM	English-100			
2020-01-04	0600	Nigel Slater's Dish Of The Day	Nigel Slater's Dish Of The Day Series 1 Ep 1	Working through his weekly shop, chef Nigel Slater shows us ways to cook with an abundance of ingredients, whether a glut from the garden or a special offer in the shops.	UNITED KINGDOM	English-100			
2020-01-04	0630	Boys Weekend	Boys Weekend Series 1 Ep 10	The four chefs wander into the Tasmanian wilderness for an adventure in the Huon Valley. After a bit of fly-fishing, Miguel shows us how to cook fish without a flame.	AUSTRALIA	English-100		G	
2020-01-04	0700	Gourmet Goes Tribal	Gourmet Goes Tribal Series 1 Ep 10	Khwenng - a beautiful small village in the Ri-bhoi district of Meghalaya where Pablo is welcomed by the locals with rituals and music.	INDIA	English-100			

2020-01-04	0730	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				
2020-01-04	0800	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	
2020-01-04	0830	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	
2020-01-04	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		G	Y
2020-01-04	0930	Anthony Bourdain: Parts Unknown	Pittsburgh	Bourdain delves into a dining scene at a crossroads, part iconic steel city defined by blue collar, working class comfort food - steak and potatoes, sausage and sauerkraut - and part foodie boom town.	USA	English-100				
2020-01-04	1030	Bonacini's Italy	Trentino-Alto Adige	Renowned chef Michael Bonacini shows takes viewers on a culinary tour of the Italian region of Trentino-Alto Adige without leaving his own kitchen.	CANADA	English-100			G	
2020-01-04	1100	Anthony Bourdain: Parts Unknown	Las Vegas	Tony travels to Las Vegas Nevada with his food author friend Michael Ruhlman. Las Vegas is there to encourage over indulgence.	USA	English-100			PG	
2020-01-04	1200	Anthony Bourdain: Parts Unknown	Punjab	In this episode of Parts Unknown, Tony dives into the ever-changing state of Punjab, India. Starting off his journey in Amritsar, Tony is immediately struck by the chaos around him.	USA	English-100			PG	
2020-01-04	1300	The Travelling Chef	Travelling Chef Series 3, The Ep 1	Brett visits the Kenyan coast and explores how the Swahili culture emerged and how it plays out in the food.	NEW ZEALAND	English-100			PG	
2020-01-04	1330	The Travelling Chef	Travelling Chef Series 3, The Ep 2	Brett experiences the Fiji mainland through the food of the native Fijians and the Fijian Indians and discovers they influence each other.	NEW ZEALAND	English-100			G	
2020-01-04	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 19	English celebrity chef and restaurateur, Rick Stein, takes charge of the Saturday Kitchen hobs this week, with help from two top chef - Bryn Williams and Katie Melua.	UNITED KINGDOM	English-100			PG	
2020-01-04	1500	Secret Meat Business	Secret Meat Business Series 1 Ep 3	Adrian serves up his twist on the classic Australian takeaway, the meat pie floater and his families Austrian style recipe for pork with crackling.	AUSTRALIA	English-100			G	
2020-01-04	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 4	Taking influence from his childhood, Adrian creates a Malaysian feast featuring beef rendang and crisp fried pigs head.	AUSTRALIA	English-100			G	
2020-01-04	1600	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100			G	
2020-01-04	1630	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100			G	
2020-01-04	1700	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100			G	
2020-01-04	1730	The Delicious Miss Dahl	Romance	Sophie talks us through her perfect dishes for the three stages of romance. On the first date, she recommends scallops roasted in their own shells, with garlic and chilli marinade.	UNITED KINGDOM	English-100				
2020-01-04	1800	The Delicious Miss Dahl	Melancholy	It's a melancholic day and there's no getting away from it. The only option is to feed this melo-dramatic emotion with dishes that could cheer up Eeyore, starting with bubble and squeak cakes.	UNITED KINGDOM	English-100				
2020-01-04	1830	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			PG	
2020-01-04	1900	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 1 Ep 10	Trapani is a major fishing town that is closer to the coast of North Africa than it is to mainland Italy. It's here Aldo and Enzo serve cous cous and an impressive baked sea bass encased in salt.	UNITED KINGDOM	English-100			PG	

2020-01-04	1930	Cheese Slices	Aoc Of Cheeses Of Switzerland	Will samples raclette and learns how it's made, the traditional way over a wood fire. His journey takes him on to the pretty town of Gruyere to look at the origins of its namesake cheese.	AUSTRALIA	English-100		G	
2020-01-04	2000	Cheese Slices	Cheeses Of Netherlands	The Netherlands is the second largest exporter of cheese in Europe after France, yet it's famous for just two cheeses, Edam and Gouda, and Will is eager to sample them both.	AUSTRALIA	English-100		G	
2020-01-04	2030	Avec Eric	Puerto Rico: La Fiesta	Eric has been going to Puerto Rico for thirty years, and to celebrate his adventures, he decides to host a tribute to Puerto Rican culture.	USA	English-100		PG	
2020-01-04	2100	Avec Eric	Dmz: Food Under Fire	Tensions run high along the border between two nations that used to be one. Eric visits the DMZ where he explores Unification Village, an area where war, nature and people cohabit.	USA	English-100		PG	
2020-01-04	2130	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 8	For a New Year's wedding, Robin at Gateaux Inc. makes a clock cake to chime at midnight. Christopher designs a custom high-top sneaker and an elegant pump. Ohio pulls out all the stops with enough bling to light up the reception.	USA	English-100		PG	
2020-01-04	2230	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 9	Shane seeks culinary inspiration in one of Moorish Spain's most advanced and cultured cities, Cordoba where the locals are passionate about cold soups.	AUSTRALIA	English-100	RPT	G	Y
2020-01-04	2300	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 10	The spice journey comes to an end when Shane Delia arrives in one of Andalucia's best-kept secrets, the seafood crazy Mediterranean city of Malaga.	AUSTRALIA	English-100	RPT	G	Y
2020-01-04	2330	Let's Do Coffee	Let's Do Coffee Series 1 Ep 1	Hosted from the cafe in one of Australia's most iconic parks, we meet the owner of one of the world's finest collection of antique coffee machines, and the master roaster at an iconic coffee brand.	AUSTRALIA	English-100		G	
2020-01-04	2400	Let's Do Coffee	Let's Do Coffee Series 1 Ep 2	Hosted from the high coffee experience at the InterContinental Sydney, we show you the secrets to perfecting the flat white, and meet the sisters behind a suburban cafe's success.	AUSTRALIA	English-100		G	
2020-01-04	2430	Cheese Slices	Aoc Of Cheeses Of Switzerland	Will samples raclette and learns how it's made, the traditional way over a wood fire. His journey takes him on to the pretty town of Gruyere to look at the origins of its namesake cheese.	AUSTRALIA	English-100		G	
2020-01-04	2500	Cheese Slices	Cheeses Of Netherlands	The Netherlands is the second largest exporter of cheese in Europe after France, yet it's famous for just two cheeses, Edam and Gouda, and Will is eager to sample them both.	AUSTRALIA	English-100		G	
2020-01-04	2530	Avec Eric	Puerto Rico: La Fiesta	Eric has been going to Puerto Rico for thirty years, and to celebrate his adventures, he decides to host a tribute to Puerto Rican culture.	USA	English-100		PG	
2020-01-04	2600	Avec Eric	Dmz: Food Under Fire	Tensions run high along the border between two nations that used to be one. Eric visits the DMZ where he explores Unification Village, an area where war, nature and people cohabit.	USA	English-100		PG	
2020-01-04	2630	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 8	For a New Year's wedding, Robin at Gateaux Inc. makes a clock cake to chime at midnight. Christopher designs a custom high-top sneaker and an elegant pump. Ohio pulls out all the stops with enough bling to light up the reception.	USA	English-100		PG	
2020-01-04	2730	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 9	Shane seeks culinary inspiration in one of Moorish Spain's most advanced and cultured cities, Cordoba where the locals are passionate about cold soups.	AUSTRALIA	English-100	RPT	G	Y
2020-01-04	2800	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 10	The spice journey comes to an end when Shane Delia arrives in one of Andalucia's best-kept secrets, the seafood crazy Mediterranean city of Malaga.	AUSTRALIA	English-100	RPT	G	Y
2020-01-04	2830	Let's Do Coffee	Let's Do Coffee Series 1 Ep 1	Hosted from the cafe in one of Australia's most iconic parks, we meet the owner of one of the world's finest collection of antique coffee machines, and the master roaster at an iconic coffee brand.	AUSTRALIA	English-100		G	