



**WEEK 11: Sunday, 7 March - Saturday, 13 March 2021 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2021-03-07	0500	Cheese Slices	Cheeses Of Netherlands	The Netherlands is the second largest exporter of cheese in Europe after France, yet it is famous for just two cheeses, Edam and Gouda, and Will is eager to sample them both.	AUSTRALIA	English-100		G	
2021-03-07	0530	Gok Cooks Chinese	Gok's Chinese Classics	Gok provides a guide on the simple basics of Chinese cooking and makes takeaway classics.	UNITED KINGDOM	English-100		PG	
2021-03-07	0600	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 5	It's a battle of the couples in the kitchen with Lisa's Jamaican Kitchen and The Dorset Gourmet compete in the Food Arena. Who will crack under the pressure?	UNITED KINGDOM	English-100		G	
2021-03-07	0630	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 6	Three new pairs of cooks compete for a place in the final - Old Dhaka Kitchen, Dad's Canteen, and The Tiny Italian Kitchen. Who will make the most profit when the 50 diners arrive?	UNITED KINGDOM	English-100		G	
2021-03-07	0700	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 5	It's all about spices as Juliet serves up a spiced pumpkin pie with a delicious meringue topping, chocolate and chilli cookies, and winter pavlova with spiced apples and pears.	UNITED KINGDOM	English-100		G	
2021-03-07	0755	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-03-07	0800	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		G	
2021-03-07	0830	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 14	Welcome to the ultimate final where the two remaining families must create a three-course extravaganza fit for the biggest of celebrations. Who will be win the Big Family Cooking Showdown title?	UNITED KINGDOM	English-100		PG	
2021-03-07	0935	Pacific Island Food Revolution	Fiji	After a strong showing by the three Fijian teams in the first round, all three are returning to compete in the second round - but only one team will make it through to the finals!	NEW ZEALAND	English-100		PG	
2021-03-07	1035	Weekend Breaks With Gregg Wallace	Christmas In Vienna	Gregg Wallace heads to the home of the Christmas market - Vienna - to get to the bottom of what makes them so special, checking out great festive food, fascinating traditions, and warming drinks.	UNITED KINGDOM	English-100		PG	
2021-03-07	1135	Hairy Bikers' Mississippi Adventure	Cajun	Si and Dave visit the epicentre of Cajun culture, experiencing great food and great people in Lafayette. They tuck in to crawfish, and groove at a jam session.	UNITED KINGDOM	English-100		PG	
2021-03-07	1230	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 5	Freddie Flintoff and his companion Rob Penn are heading to the glistening skyscrapers of Australia's two biggest cities - Sydney and Melbourne. It's Valentine's Day and love is in the air.	UNITED KINGDOM	English-100		PG	
2021-03-07	1325	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-03-07	1330	Gok Cooks Chinese	Gok's Family Favourites	Gok Wan shares his family's favourite recipes, including a healthy pork and ginger soup.	UNITED KINGDOM	English-100		PG	
2021-03-07	1400	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 7	It's the last round of the heats and one kitchen will win a place in the weekly final. Cooking today are Old Dhaka Kitchen, The Tiny Italian Kitchen, and Dad's Canteen. Who will nail it?	UNITED KINGDOM	English-100		G	
2021-03-07	1430	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 8	Three new pairs of cooks compete for a place in the final - The Geordie Grub Hub, Sassy and Ginger, and In Wonderland. Who will make the most profit when today's 50 diners arrive?	UNITED KINGDOM	English-100		G	
2021-03-07	1500	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 6	Juliet prepares desserts that are perfect for when the holiday season rolls around. She makes a festive reindeer cake, a gingerbread house cake, a candy cane cake, and snowmen cakes.	UNITED KINGDOM	English-100		G	

2021-03-07	1555	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 14	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-03-07	1600	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	
2021-03-07	1630	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		G	
2021-03-07	1700	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		G	
2021-03-07	1730	For The Love Of Bread	Athens	Athens - one of the world's oldest cities - has a long history of baking. Andrew Connole of Sonoma meets the bakers and tastes their bread and shares stories of Greece's rich history with bread.	AUSTRALIA	English-100		PG	
2021-03-07	1800	In Search Of Umami	Kelantan	Robert explores Kelantan cuisine where villagers turn anchovies into a fermented sauce called budu, and sardines into sausage called keropok lekor.	UNITED KINGDOM	English-100		PG	
2021-03-07	1830	Bill's Kitchen: Notting Hill	No Place Like Home	Bill's move from Sydney to Notting Hill has got him thinking of how he discovered food for the first time.	UNITED KINGDOM	English-100		G	
2021-03-07	1900	Asia Unplated With Diana Chan	Chinese	Diana shows how easy it is to make a yum cha favourite at home as she prepares sesame balls with red bean filling, while chef Jacob Leung prepares soy, orange and Chinese five-spice braised duck.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25; Vietnamese-.25		PG	
2021-03-07	1930	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 2	Silvia and Marion create the ultimate comforting soups, from traditional Tom Yum, to a vibrant green pea and pancetta soup.	AUSTRALIA	English-100		PG	
2021-03-07	2000	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 4	Michela finds delicious deep fried polenta in Livorno - a traditional street food snack, a deli specialising in wild boar products in San Gimignano, and bee keeps in Montalcino, tasting local honey.	UNITED KINGDOM	English-100		G	
2021-03-07	2030	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-03-07	2140	Top Of The Shop With Tom Kerridge	Sweets	In the third heat, four food producers with fledgling sweets businesses come to test out their products on the locals in Malhamdale, in the heart of the Yorkshire Dales.	UNITED KINGDOM	English-100		PG	
2021-03-07	2245	Gino's Italian Escape	Northern Sardinia	Having made Sardinia his home from home for the past three years, Gino is keen to explore this beautiful island, through its food, people and unique landscape.	UNITED KINGDOM	English-100		PG	
2021-03-07	2310	Gino's Italian Escape	Secrets Of Sardinia	Gino leaves the coast behind and heads deep into the mountains, to unlock the secrets to Sardinia. The island is home to more 100 year olds than any other, and it's all down to its landscape and diet.	UNITED KINGDOM	English-100		G	
2021-03-07	2335	For The Love Of Bread	Athens	Athens - one of the world's oldest cities - has a long history of baking. Andrew Connole of Sonoma meets the bakers and tastes their bread and shares stories of Greece's rich history with bread.	AUSTRALIA	English-100		PG	
2021-03-07	2405	In Search Of Umami	Kelantan	Robert explores Kelantan cuisine where villagers turn anchovies into a fermented sauce called budu, and sardines into sausage called keropok lekor.	UNITED KINGDOM	English-100		PG	
2021-03-07	2430	Bill's Kitchen: Notting Hill	No Place Like Home	Bill's move from Sydney to Notting Hill has got him thinking of how he discovered food for the first time.	UNITED KINGDOM	English-100		G	
2021-03-07	2500	Asia Unplated With Diana Chan	Chinese	Diana shows how easy it is to make a yum cha favourite at home as she prepares sesame balls with red bean filling, while chef Jacob Leung prepares soy, orange and Chinese five-spice braised duck.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25;		PG	

2021-03-07	2530	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 2	Silvia and Marion create the ultimate comforting soups, from traditional Tom Yum, to a vibrant green pea and pancetta soup.	AUSTRALIA	English-100			PG	
2021-03-07	2600	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 4	Michela finds delicious deep fried polenta in Livorno - a traditional street food snack, a deli specialising in wild boar products in San Gimignano, and bee keeps in Montalcino, tasting local honey.	UNITED KINGDOM	English-100			G	
2021-03-07	2630	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT		PG	Y
2021-03-07	2740	Top Of The Shop With Tom Kerridge	Sweets	In the third heat, four food producers with fledgling sweets businesses come to test out their products on the locals in Malhamdale, in the heart of the Yorkshire Dales.	UNITED KINGDOM	English-100			PG	
2021-03-07	2845	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100			G	
2021-03-07	2855	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT		G	Y
2021-03-08	0500	For The Love Of Bread	Athens	Athens - one of the world's oldest cities - has a long history of baking. Andrew Connoles of Sonoma meets the bakers and tastes their bread and shares stories of Greece's rich history with bread.	AUSTRALIA	English-100			PG	
2021-03-08	0530	In Search Of Umami	Kelantan	Robert explores Kelantan cuisine where villagers turn anchovies into a fermented sauce called budu, and sardines into sausage called keropok lekor.	UNITED KINGDOM	English-100			PG	
2021-03-08	0600	Bill's Kitchen: Notting Hill	No Place Like Home	Bill's move from Sydney to Notting Hill has got him thinking of how he discovered food for the first time.	UNITED KINGDOM	English-100			G	
2021-03-08	0630	Asia Unplated With Diana Chan	Chinese	Diana shows how easy it is to make a yum cha favourite at home as she prepares sesame balls with red bean filling, while chef Jacob Leung prepares soy, orange and Chinese five-spice braised duck.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25; Vietnamese-			PG	
2021-03-08	0700	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 2	Silvia and Marion create the ultimate comforting soups, from traditional Tom Yum, to a vibrant green pea and pancetta soup.	AUSTRALIA	English-100			PG	
2021-03-08	0730	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 4	Michela finds delicious deep fried polenta in Livorno - a traditional street food snack, a deli specialising in wild boar products in San Gimignano, and bee keeps in Montalcino, tasting local honey.	UNITED KINGDOM	English-100			G	
2021-03-08	0800	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT		PG	Y
2021-03-08	0910	Top Of The Shop With Tom Kerridge	Sweets	In the third heat, four food producers with fledgling sweets businesses come to test out their products on the locals in Malhamdale, in the heart of the Yorkshire Dales.	UNITED KINGDOM	English-100			PG	
2021-03-08	1015	Gino's Italian Escape	Northern Sardinia	Having made Sardinia his home from home for the past three years, Gino is keen to explore this beautiful island, through its food, people and unique landscape.	UNITED KINGDOM	English-100			PG	
2021-03-08	1040	Gino's Italian Escape	Secrets Of Sardinia	Gino leaves the coast behind and heads deep into the mountains, to unlock the secrets to Sardinia. The island is home to more 100 year olds than any other, and it's all down to its landscape and diet.	UNITED KINGDOM	English-100			G	
2021-03-08	1105	For The Love Of Bread	Athens	Athens - one of the world's oldest cities - has a long history of baking. Andrew Connoles of Sonoma meets the bakers and tastes their bread and shares stories of Greece's rich history with bread.	AUSTRALIA	English-100			PG	
2021-03-08	1135	Bill's Kitchen: Notting Hill	No Place Like Home	Bill's move from Sydney to Notting Hill has got him thinking of how he discovered food for the first time.	UNITED KINGDOM	English-100			G	
2021-03-08	1205	Gok Cooks Chinese	Gok's Family Favourites	Gok Wan shares his family's favourite recipes, including a healthy pork and ginger soup.	UNITED KINGDOM	English-100			PG	

2021-03-08	1230	Asia Unplated With Diana Chan	Chinese	Diana shows how easy it is to make a yum cha favourite at home as she prepares sesame balls with red bean filling, while chef Jacob Leung prepares soy, orange and Chinese five-spice braised duck.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25; Vietnamese-.25			PG	
2021-03-08	1300	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 2	Silvia and Marion create the ultimate comforting soups, from traditional Tom Yum, to a vibrant green pea and pancetta soup.	AUSTRALIA	English-100			PG	
2021-03-08	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 1	On Muckcross Traditional Farms Donal learns how to milk a cow by hand, taught by 70-year-old farmer Neily Cahill who began milking his family's cows when he was just 7 years old.	IRELAND	English-100			G	
2021-03-08	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 39	Matt's first dish is inspired by his local Chinese take-away where he grew up - a one wok wonder - Mongolian Beef.	AUSTRALIA	English-100			PG	
2021-03-08	1430	Lidia's Italy	Lidia's Italy Series 4 Ep 6	Join Lidia as she travels to Liguria - a region all about herbs and vegetables. Lidia begins by making a simple rice and zucchini crostada, made with fresh dough and ricotta cheese.	USA	English-100			G	
2021-03-08	1500	Miguel's Feasts	Miguel's Feasts Series 1 Ep 11	In this episode of Miguel's Feasts, a New Zealand delicacy and a traditional feast - and are these dogs too hot to handle? Plus, find out the secret to perfect sourdough.	AUSTRALIA	English-100			PG	
2021-03-08	1530	Miguel's Feasts	Miguel's Feasts Series 1 Ep 12	In this episode of Miguel's Feasts, the catch of the day (Kosciusko Trout) transformed into a delicious recipe, and sparks fly at the ultimate romantic dinner for two.	AUSTRALIA	English-100			PG	
2021-03-08	1600	Sachie's Kitchen	Sachie's Family Bbq	Sachie and her family go foraging in the hills for bamboo shoots and other special vegetables for a Japanese style barbecue. We see how they prepare these dishes according to old family recipes.	NEW ZEALAND	English-100			G	
2021-03-08	1630	Mercurio's Menu	Sunshine Coast	With the surf and sun as a backdrop, Paul's going 'bananas' in pursuit of fabulous food on Queensland's Sunshine Coast.	AUSTRALIA	English-100			PG	
2021-03-08	1700	Mercurio's Menu	Victoria's High Country	Paul visits the home of Australia's high country cattlemen and The Man From Snowy River, seeking out free-range chickens, hand-picked olives, apples, and hazelnuts, plus some of the best beef around.	AUSTRALIA	English-100			PG	
2021-03-08	1730	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100			G	
2021-03-08	1800	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100			G	
2021-03-08	1830	Come Dine With Me UK Couples	Aberdeen A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100			PG	
2021-03-08	1930	Anthony Bourdain: Parts Unknown	Bhutan	Bourdain and film director Darren Aronofsky tour the remote South Asian Kingdom of Bhutan, and travel on the winding East/West highway known for its spectacular views of the Himalayan Mountains.	USA	English-100			PG	
2021-03-08	2020	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT		G	Y
2021-03-08	2030	Gordon Ramsay Uncharted	Alaska	In the harsh conditions of southeast Alaska, Gordon learns how locals have adapted over the years to create their delicious local cuisine.	UNITED KINGDOM	English-100			PG	
2021-03-08	2130	Mystery Diners	Valet Disservice	Complaints about a valet service sends Mystery Diners undercover to show just how detrimental a bad valet can be to a restaurant's business.	USA	English-100			PG	
2021-03-08	2200	Mystery Diners	Getting A Leg Up	A former waiter has threatened a lawsuit against owner Derrick, so to appease him Derrick made him a host - but his laziness hasn't stopped.	USA	English-100			PG	

2021-03-08	2230	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G
2021-03-08	2300	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G
2021-03-08	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 76	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG
2021-03-08	2420	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG
2021-03-08	2430	Come Dine With Me UK Couples	Aberdeen A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG
2021-03-08	2530	Miguel's Feasts	Miguel's Feasts Series 1 Ep 11	In this episode of Miguel's Feasts, a New Zealand delicacy and a traditional feast - and are these dogs too hot to handle? Plus, find out the secret to perfect sourdough.	AUSTRALIA	English-100		PG
2021-03-08	2600	Miguel's Feasts	Miguel's Feasts Series 1 Ep 12	In this episode of Miguel's Feasts, the catch of the day (Kosciusko Trout) transformed into a delicious recipe, and sparks fly at the ultimate romantic dinner for two.	AUSTRALIA	English-100		PG
2021-03-08	2630	Gordon Ramsay Uncharted	Alaska	In the harsh conditions of southeast Alaska, Gordon learns how locals have adapted over the years to create their delicious local cuisine.	UNITED KINGDOM	English-100		PG
2021-03-08	2730	Mystery Diners	Valet Disservice	Complaints about a valet service sends Mystery Diners undercover to show just how detrimental a bad valet can be to a restaurant's business.	USA	English-100		PG
2021-03-08	2800	Mystery Diners	Getting A Leg Up	A former waiter has threatened a lawsuit against owner Derrick, so to appease him Derrick made him a host - but his laziness hasn't stopped.	USA	English-100		PG
2021-03-08	2830	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 1	On Muckross Traditional Farms Donal learns how to milk a cow by hand, taught by 70-year-old farmer Neily Cahill who began milking his family's cows when he was just 7 years old.	IRELAND	English-100		G
2021-03-09	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 39	Matt's first dish is inspired by his local Chinese take-away where he grew up - a one wok wonder - Mongolian Beef.	AUSTRALIA	English-100		PG
2021-03-09	0530	Lidia's Italy	Lidia's Italy Series 4 Ep 6	Join Lidia as she travels to Liguria - a region all about herbs and vegetables. Lidia begins by making a simple rice and zucchini crostada, made with fresh dough and ricotta cheese.	USA	English-100		G
2021-03-09	0600	Miguel's Feasts	Miguel's Feasts Series 1 Ep 11	In this episode of Miguel's Feasts, a New Zealand delicacy and a traditional feast - and are these dogs too hot to handle? Plus, find out the secret to perfect sourdough.	AUSTRALIA	English-100		PG
2021-03-09	0630	Miguel's Feasts	Miguel's Feasts Series 1 Ep 12	In this episode of Miguel's Feasts, the catch of the day (Kosciusko Trout) transformed into a delicious recipe, and sparks fly at the ultimate romantic dinner for two.	AUSTRALIA	English-100		PG
2021-03-09	0700	Sachie's Kitchen	Sachie's Family Bbq	Sachie and her family go foraging in the hills for bamboo shoots and other special vegetables for a Japanese style barbecue. We see how they prepare these dishes according to old family recipes.	NEW ZEALAND	English-100		G
2021-03-09	0730	Mercurio's Menu	Sunshine Coast	With the surf and sun as a backdrop, Paul's going 'bananas' in pursuit of fabulous food on Queensland's Sunshine Coast.	AUSTRALIA	English-100		PG
2021-03-09	0800	Mercurio's Menu	Victoria's High Country	Paul visits the home of Australia's high country cattlemen and The Man From Snowy River, seeking out free-range chickens, hand-picked olives, apples, and hazelnuts, plus some of the best beef around.	AUSTRALIA	English-100		PG
2021-03-09	0830	Come Dine With Me UK Couples	Aberdeen A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG

2021-03-09	0930	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 39	Matt's first dish is inspired by his local Chinese take-away where he grew up - a one wok wonder - Mongolian Beef.	AUSTRALIA	English-100	PG		
2021-03-09	1000	Lidia's Italy	Lidia's Italy Series 4 Ep 6	Join Lidia as she travels to Liguria - a region all about herbs and vegetables. Lidia begins by making a simple rice and zucchini crostada, made with fresh dough and ricotta cheese.	USA	English-100	G		
2021-03-09	1030	Gordon Ramsay Uncharted	Alaska	In the harsh conditions of southeast Alaska, Gordon learns how locals have adapted over the years to create their delicious local cuisine.	UNITED KINGDOM	English-100	PG		
2021-03-09	1130	Mystery Diners	Valet Disservice	Complaints about a valet service sends Mystery Diners undercover to show just how detrimental a bad valet can be to a restaurant's business.	USA	English-100	PG		
2021-03-09	1200	Mystery Diners	Getting A Leg Up	A former waiter has threatened a lawsuit against owner Derrick, so to appease him Derrick made him a host - but his laziness hasn't stopped.	USA	English-100	PG		
2021-03-09	1230	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100	G		
2021-03-09	1300	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100	G		
2021-03-09	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 2	Donal meets Brenda Costigan, who had a cookery slot on RTE's magazine programme 'Live At Three' for 12 years. Brenda makes Donal her famous chocolate bakewell cheesecake.	IRELAND	English-100	G		
2021-03-09	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 40	Matt's visits stunning Noosa Heads overlooking Lagoona Bay where he barbeques harissa-spiced corn cobs.	AUSTRALIA	English-100	G		
2021-03-09	1430	Lidia's Italy	Lidia's Italy Series 4 Ep 7	Lidia travels to Basilicata - a small region known for fish and capsicums. Join Lidia in the kitchen as she incorporates these capsicums into each dish she creates.	USA	English-100	G		
2021-03-09	1500	Miguel's Feasts	Miguel's Feasts Series 2 Ep 1	In this episode of Miguel's Feasts, learn Miguel's secret to the crispiest crackling, Maggie Beer, Australia's favourite cook, shares a home grown recipe.	AUSTRALIA	English-100	PG		
2021-03-09	1530	Miguel's Feasts	Miguel's Feasts Series 2 Ep 2	Miguel conjures up magical coffee eclairs, ventures into the woods for Halloween, discovers the secret for a perfect Italian tomato salad, and drums up delicious finger food.	AUSTRALIA	English-100	G		
2021-03-09	1600	Sachie's Kitchen	Soy	Soy sauce is one of the main condiments in Japanese cooking, so Sachie journeys to Chiba, the home of Yamasa Soy Sauce, to see how it's made. Yamasa has been making soy sauce for more than 350 years.	NEW ZEALAND	English-100	G		
2021-03-09	1630	Mercurio's Menu	Townsville Queensland	Paul goes topless in the tropical paradise of Townsville to fish for barramundi and prawns. He enjoys some uniquely flavoured ice-creams, and finds out why sugar means big business in these parts.	AUSTRALIA	English-100	G		
2021-03-09	1700	Mercurio's Menu	Outback Queensland	Welcome to Outback Queensland and a true Australian food experience not to be missed. Bush tucker, emu, kangaroo, and prime Australian beef are all on the menu.	AUSTRALIA	English-100	G		
2021-03-09	1730	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100	G		
2021-03-09	1800	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100	G		
2021-03-09	1830	Come Dine With Me UK Couples	North London B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100	PG		
2021-03-09	1930	Food Safari	Indonesian Safari	Maeve plunges into the vibrant spicy world of Indonesian food with chef Rohanna Halim, who heads an all-girl kitchen team at her restaurant in Sydney.	AUSTRALIA	English-100	RPT	G	Y

2021-03-09	2000	Indian Food Made Easy	Kashmeri (Yorkshire)	Anjum travels to the multicultural town of Bradford in the north of England to meet and share recipes with the locals, including a rogan josh - a rich, hearty, meat and tomato curry.	UNITED KINGDOM	English-100			G	
2021-03-09	2030	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100			PG	
2021-03-09	2100	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 7	With Luke's busy life it's important to find the work life balance. Devoting Sunday as a family day, he explores the outdoors and the variety of restaurants Saigon has to offer.	AUSTRALIA	English-100	RPT		PG	Y
2021-03-09	2130	Mystery Diners	Raising The Stakes	The owner of a Moroccan-themed restaurant in California believes his manager may have a gambling problem that's affecting his ability to do his job.	USA	English-100			PG	
2021-03-09	2200	Mystery Diners	Extra Curricular	The owner of a pizza house in California suspects his 'frat-tastic' college-enrolled waiter is taking the party off campus and into his restaurant.	USA	English-100			PG	
2021-03-09	2230	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100			G	
2021-03-09	2300	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100			G	
2021-03-09	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 77	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100			PG	
2021-03-09	2420	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100			G	
2021-03-09	2430	Come Dine With Me UK Couples	North London B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100			PG	
2021-03-09	2530	Food Safari	Indonesian Safari	Maeve plunges into the vibrant spicy world of Indonesian food with chef Rohanna Halim, who heads an all-girl kitchen team at her restaurant in Sydney.	AUSTRALIA	English-100	RPT		G	Y
2021-03-09	2600	Indian Food Made Easy	Kashmeri (Yorkshire)	Anjum travels to the multicultural town of Bradford in the north of England to meet and share recipes with the locals, including a rogan josh - a rich, hearty, meat and tomato curry.	UNITED KINGDOM	English-100			G	
2021-03-09	2630	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100			PG	
2021-03-09	2700	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 7	With Luke's busy life it's important to find the work life balance. Devoting Sunday as a family day, he explores the outdoors and the variety of restaurants Saigon has to offer.	AUSTRALIA	English-100	RPT		PG	Y
2021-03-09	2730	Mystery Diners	Raising The Stakes	The owner of a Moroccan-themed restaurant in California believes his manager may have a gambling problem that's affecting his ability to do his job.	USA	English-100			PG	
2021-03-09	2800	Mystery Diners	Extra Curricular	The owner of a pizza house in California suspects his 'frat-tastic' college-enrolled waiter is taking the party off campus and into his restaurant.	USA	English-100			PG	
2021-03-09	2830	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 2	Donal meets Brenda Costigan, who had a cookery slot on RTE's magazine programme 'Live At Three' for 12 years. Brenda makes Donal her famous chocolate bakewell cheesecake.	IRELAND	English-100			G	
2021-03-10	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 40	Matt's visits stunning Noosa Heads overlooking Lagoona Bay where he barbeques harissa-spiced corn cobs.	AUSTRALIA	English-100			G	
2021-03-10	0530	Lidia's Italy	Lidia's Italy Series 4 Ep 7	Lidia travels to Basilicata - a small region known for fish and capsicums. Join Lidia in the kitchen as she incorporates these capsicums into each dish she creates.	USA	English-100			G	

2021-03-10	0600	Miguel's Feasts	Miguel's Feasts Series 2 Ep 1	In this episode of Miguel's Feasts, learn Miguels secret to the crispiest crackling, Maggie Beer, Australia's favourite cook, shares a home grown recipe.	AUSTRALIA	English-100			PG	
2021-03-10	0630	Miguel's Feasts	Miguel's Feasts Series 2 Ep 2	Miguel conjures up magical coffee eclairs, ventures into the woods for Halloween, discovers the secret for a perfect Italian tomato salad, and drums up delicious finger food.	AUSTRALIA	English-100			G	
2021-03-10	0700	Sachie's Kitchen	Soy	Soy sauce is one of the main condiments in Japanese cooking, so Sachie journeys to Chiba, the home of Yamasa Soy Sauce, to see how it's made. Yamasa has been making soy sauce for more than 350 years.	NEW ZEALAND	English-100			G	
2021-03-10	0730	Mercurio's Menu	Townsville Queensland	Paul goes topless in the tropical paradise of Townsville to fish for barramundi and prawns. He enjoys some uniquely flavoured ice-creams, and finds out why sugar means big business in these parts.	AUSTRALIA	English-100			G	
2021-03-10	0800	Mercurio's Menu	Outback Queensland	Welcome to Outback Queensland and a true Australian food experience not to be missed. Bush tucker, emu, kangaroo, and prime Australian beef are all on the menu.	AUSTRALIA	English-100			G	
2021-03-10	0830	Come Dine With Me UK Couples	North London B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100			PG	
2021-03-10	0930	Food Safari	Indonesian Safari	Maeve plunges into the vibrant spicy world of Indonesian food with chef Rohanna Halim, who heads an all-girl kitchen team at her restaurant in Sydney.	AUSTRALIA	English-100	RPT		G	Y
2021-03-10	1000	Indian Food Made Easy	Kashmeri (Yorkshire)	Anjum travels to the multicultural town of Bradford in the north of England to meet and share recipes with the locals, including a rogan josh - a rich, hearty, meat and tomato curry.	UNITED KINGDOM	English-100			G	
2021-03-10	1030	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100			PG	
2021-03-10	1100	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 7	With Luke's busy life it's important to find the work life balance. Devoting Sunday as a family day, he explores the outdoors and the variety of restaurants Saigon has to offer.	AUSTRALIA	English-100	RPT		PG	Y
2021-03-10	1130	Mystery Diners	Raising The Stakes	The owner of a Moroccan-themed restaurant in California believes his manager may have a gambling problem that's affecting his ability to do his job.	USA	English-100			PG	
2021-03-10	1200	Mystery Diners	Extra Curricular	The owner of a piza house in California suspects his 'frat-tastic' college-enrolled waiter is taking the party off campus and into his restaurant.	USA	English-100			PG	
2021-03-10	1230	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100			G	
2021-03-10	1300	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100			G	
2021-03-10	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 3	On Muckcross Traditional Farms, Donal learns how to make butter and uses it to make honey scones.	IRELAND	English-100			G	
2021-03-10	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 41	Matt kicks things off with his take on chicken with sesame greens, while Courtney creates a cheats paella.	AUSTRALIA	English-100			PG	
2021-03-10	1430	Lidia's Italy	Lidia's Italy Series 4 Ep 8	Lidia travels up to the beautiful hills of Calabria. Join her as she demonstrates what a true shepherd's meal is with rigatoni alla pastora - a simple pasta dish made with sausage and ricotta cheese.	USA	English-100			G	
2021-03-10	1500	Miguel's Feasts	Miguel's Feasts Series 2 Ep 3	Meat is on the menu in South Africa, and Miguel cooks up an easy one pot stop to feed the whole family.	AUSTRALIA	English-100			G	
2021-03-10	1530	Miguel's Feasts	Miguel's Feasts Series 2 Ep 4	Miguel embarks on a family cook fest with five appetising meals for under a 100 dollars, and we'll learn the secret to a perfect corn fritter.	AUSTRALIA	English-100			G	



2021-03-10	1600	Sachie's Kitchen	Fine Dining	Sachie visits Kyoto - from geishas to temples to fine crafts, it's the centre of Japanese culture, and its food is no exception. First stop is the famed Nishiki vegetable market.	NEW ZEALAND	English-100		G	
2021-03-10	1630	Mercurio's Menu	Hunter Valley	Paul returns to the Hunter to uncover a whole lot more in this famous wine region. It's avocado harvest season, and Paul's there to give a hand. Plus, he learns the art of pasta making.	AUSTRALIA	English-100		G	
2021-03-10	1700	Mercurio's Menu	Gippsland	Paul travels across this beautiful and diverse region starting east of Melbourne to check out the booming fishing industry and find out about organic lamb farming.	AUSTRALIA	English-100		G	
2021-03-10	1730	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100		G	
2021-03-10	1800	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G	
2021-03-10	1830	Come Dine With Me UK Couples	Nottingham A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-03-10	1930	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 7	After a 5000 km journey, chef Peter Kuruvita arrives on the islands of Vanuatu for the first time. Deriving food from the pristine waters and jungles is a way of life for the people.	AUSTRALIA	English-100	RPT	G	Y
2021-03-10	2000	Italian Food Safari	Italian Food Safari Series 1 Ep 13	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y
2021-03-10	2030	Hemsely & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 1	Sisters Jasmine and Melissa Hemsley create nourishing dishes that will warm you up on a cold day and offer nutritionally high alternatives to the carbs we often crave when it's chilly outside.	UNITED KINGDOM	English-100		PG	
2021-03-10	2100	Rachel Khoo's Cosmopolitan Cook	Stockholm	Rachel takes in the cool of Sweden's capital to discover why Scandinavian food is so fashionable right now and is inspired by some traditional Swedish baking.	UNITED KINGDOM	English-100	RPT	G	Y
2021-03-10	2130	Mystery Diners	Sleeping On The Job	Chef Marc notices a disparity in sales receipts and inventory with his high-end Italian deli meats. A Mystery Diner goes undercover as a busboy to discover who's using supplies for personal gain.	USA	English-100		PG	
2021-03-10	2200	Mystery Diners	Singles Night	A Mystery Diner goes undercover as a waitress to find out why a bar in Las Vegas has a steady decline in female patrons and learns that the manager is serving more than just drinks from the bar.	USA	English-100		PG	
2021-03-10	2230	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100		G	
2021-03-10	2300	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G	
2021-03-10	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 78	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2021-03-10	2420	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100		G	
2021-03-10	2430	Come Dine With Me UK Couples	Nottingham A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-03-10	2530	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 7	After a 5000 km journey, chef Peter Kuruvita arrives on the islands of Vanuatu for the first time. Deriving food from the pristine waters and jungles is a way of life for the people.	AUSTRALIA	English-100	RPT	G	Y
2021-03-10	2600	Italian Food Safari	Italian Food Safari Series 1 Ep 13	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y

2021-03-10	2630	Hemsely & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 1	Sisters Jasmine and Melissa Hemsley create nourishing dishes that will warm you up on a cold day and offer nutritionally high alternatives to the carbs we often crave when it's chilly outside.	UNITED KINGDOM	English-100		PG	
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2021-03-10	2730	Mystery Diners	Sleeping On The Job	Chef Marc notices a disparity in sales receipts and inventory with his high-end Italian deli meats. A Mystery Diner goes undercover as a busboy to discover who's using supplies for personal gain.	USA	English-100		PG	
2021-03-10	2800	Mystery Diners	Singles Night	A Mystery Diner goes undercover as a waitress to find out why a bar in Las Vegas has a steady decline in female patrons and learns that the manager is serving more than just drinks from the bar.	USA	English-100		PG	
2021-03-10	2830	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 3	On Muckcross Traditional Farms, Donal learns how to make butter and uses it to make honey scones.	IRELAND	English-100		G	
2021-03-11	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 41	Matt kicks things off with his take on chicken with sesame greens, while Courtney creates a cheats paella.	AUSTRALIA	English-100		PG	
2021-03-11	0530	Lidia's Italy	Lidia's Italy Series 4 Ep 8	Lidia travels up to the beautiful hills of Calabria. Join her as she demonstrates what a true shepherd's meal is with rigatoni alla pastora - a simple pasta dish made with sausage and ricotta cheese.	USA	English-100		G	
2021-03-11	0600	Miguel's Feasts	Miguel's Feasts Series 2 Ep 3	Meat is on the menu in South Africa, and Miguel cooks up an easy one pot stop to feed the whole family.	AUSTRALIA	English-100		G	
2021-03-11	0630	Miguel's Feasts	Miguel's Feasts Series 2 Ep 4	Miguel embarks on a family cook fest with five appetising meals for under a 100 dollars, and we'll learn the secret to a perfect corn fritter.	AUSTRALIA	English-100		G	
2021-03-11	0700	Sachie's Kitchen	Fine Dining	Sachie visits Kyoto - from geishas to temples to fine crafts, it's the centre of Japanese culture, and its food is no exception. First stop is the famed Nishiki vegetable market.	NEW ZEALAND	English-100		G	
2021-03-11	0730	Mercurio's Menu	Hunter Valley	Paul returns to the Hunter to uncover a whole lot more in this famous wine region. It's avocado harvest season, and Paul's there to give a hand. Plus, he learns the art of pasta making.	AUSTRALIA	English-100		G	
2021-03-11	0800	Mercurio's Menu	Gippsland	Paul travels across this beautiful and diverse region starting east of Melbourne to check out the booming fishing industry and find out about organic lamb farming.	AUSTRALIA	English-100		G	
2021-03-11	0830	Come Dine With Me UK Couples	Nottingham A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-03-11	0930	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 7	After a 5000 km journey, chef Peter Kuruvita arrives on the islands of Vanuatu for the first time. Deriving food from the pristine waters and jungles is a way of life for the people.	AUSTRALIA	English-100	RPT	G	Y
2021-03-11	1000	Italian Food Safari	Italian Food Safari Series 1 Ep 13	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y
2021-03-11	1030	Hemsely & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 1	Sisters Jasmine and Melissa Hemsley create nourishing dishes that will warm you up on a cold day and offer nutritionally high alternatives to the carbs we often crave when it's chilly outside.	UNITED KINGDOM	English-100		PG	
2021-03-11	1100	Rachel Khoo's Cosmopolitan Cook	Stockholm	Rachel takes in the cool of Sweden's capital to discover why Scandinavian food is so fashionable right now and is inspired by some traditional Swedish baking.	UNITED KINGDOM	English-100	RPT	G	Y
2021-03-11	1130	Mystery Diners	Sleeping On The Job	Chef Marc notices a disparity in sales receipts and inventory with his high-end Italian deli meats. A Mystery Diner goes undercover as a busboy to discover who's using supplies for personal gain.	USA	English-100		PG	
2021-03-11	1200	Mystery Diners	Singles Night	A Mystery Diner goes undercover as a waitress to find out why a bar in Las Vegas has a steady decline in female patrons and learns that the manager is serving more than just drinks from the bar.	USA	English-100		PG	
2021-03-11	1230	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100		G	

2021-03-11	1300	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100	G
2021-03-11	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 4	There has been a Benedictine Abbey at Kylemore since 1919, and one of the Benedictine traditions is extending hospitality to anyone who visits. Donal visits the Abbey and meets Sister Karol.	IRELAND	English-100	PG
2021-03-11	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 42	Matt is joined in the kitchen by renowned Indian chef Sunny Kulwinder Singh, who cooks a traditional dish of lamb cutlets with curry.	AUSTRALIA	English-100	G
2021-03-11	1430	Lidia's Italy	Lidia's Italy Series 4 Ep 9	Lidia travels to Molise - a beautiful region known for great fishing and fresh seafood. Join Lidia as she explores this regions true culture by making spaghetti alla tornolla.	USA	English-100	PG
2021-03-11	1500	Miguel's Feasts	Miguel's Feasts Series 2 Ep 5	See Miguel's Canadian take on a seafood favourite, and we learn a simple recipe for exotic jerk. Miguel also delights everyone with the perfect pavlova.	AUSTRALIA	English-100	PG
2021-03-11	1530	Miguel's Feasts	Miguel's Feasts Series 2 Ep 6	Miguel goes to boot camp in New Zealand for a soldier's treat and shows us the secret to perfect roast chicken.	AUSTRALIA	English-100	G
2021-03-11	1600	Sachie's Kitchen	Salmon	Salmon is rapidly becoming one of the staple fish in the Japanese diet and New Zealand King salmon is one of the most prized varieties.	NEW ZEALAND	English-100	G
2021-03-11	1630	Mercurio's Menu	Sydney Asian Experience	Paul meets up with expert cook Carol Selva Rajah for a visit to Sydney's Cabramatta which is known as 'Little Asia' and where the amazing flavours and tastes from six Asian countries come together.	AUSTRALIA	English-100	G
2021-03-11	1700	Mercurio's Menu	Mornington Peninsula	Just an hour from Melbourne, the Mornington Peninsula is a world away from the hustle of city life. Paul's discovering some unique and colourful vegetables, organic pork, and Wagyu beef steak.	AUSTRALIA	English-100	G
2021-03-11	1730	The Cook And The Chef	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100	G
2021-03-11	1800	The Cook And The Chef	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100	G
2021-03-11	1830	Come Dine With Me UK Couples	Brighton A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100	PG
2021-03-11	1930	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100	PG
2021-03-11	2000	Asia Unplated With Diana Chan	Laos	Diana explores popular flavours in Laotian cuisine including a spicy pork sausage - sai oua - packed with vibrant herbs and spices.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25; Vietnamese-.25	PG
2021-03-11	2030	Palisa Anderson's Water Heart Food	Sauce Of It All, The	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100	G
2021-03-11	2100	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb.	UNITED KINGDOM	English-100	G
2021-03-11	2130	Mystery Diners	Sour Grapes	The owner of a Las Vegas restaurant suspects his sophisticated, but slightly arrogant, wine sommelier is negatively affecting his spirit sales. Could he be selling his own wine to customers?	USA	English-100	PG
2021-03-11	2200	Mystery Diners	Night Shift	Mystery Diners go undercover as customers and discover that the overnight bartender of Putter's Bar and Grill in Las Vegas is running his own bar called 'the Junkyard'.	USA	English-100	PG

2021-03-11	2230	The Cook And The Chef	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100	G
2021-03-11	2300	The Cook And The Chef	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100	G
2021-03-11	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 79	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100	PG
2021-03-11	2420	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
2021-03-11	2430	Come Dine With Me UK Couples	Brighton A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100	PG
2021-03-11	2530	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100	PG
2021-03-11	2600	Asia Unplated With Diana Chan	Laos	Diana explores popular flavours in Laotian cuisine including a spicy pork sausage - sai oua - packed with vibrant herbs and spices.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25; Vietnamese-.25	PG
2021-03-11	2630	Palisa Anderson's Water Heart Food	Sauce Of It All, The	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100	G
2021-03-11	2700	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb.	UNITED KINGDOM	English-100	G
2021-03-11	2730	Mystery Diners	Sour Grapes	The owner of a Las Vegas restaurant suspects his sophisticated, but slightly arrogant, wine sommelier is negatively affecting his spirit sales. Could he be selling his own wine to customers?	USA	English-100	PG
2021-03-11	2800	Mystery Diners	Night Shift	Mystery Diners go undercover as customers and discover that the overnight bartender of Putter's Bar and Grill in Las Vegas is running his own bar called 'the Junkyard'.	USA	English-100	PG
2021-03-11	2830	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 4	There has been a Benedictine Abbey at Kylemore since 1919, and one of the Benedictine traditions is extending hospitality to anyone who visits. Donal visits the Abbey and meets Sister Karol.	IRELAND	English-100	PG
2021-03-12	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 42	Matt is joined in the kitchen by renowned Indian chef Sunny Kulwinder Singh, who cooks a traditional dish of lamb cutlets with curry.	AUSTRALIA	English-100	G
2021-03-12	0530	Lidia's Italy	Lidia's Italy Series 4 Ep 9	Lidia travels to Molise - a beautiful region known for great fishing and fresh seafood. Join Lidia as she explores this regions true culture by making spaghetti alla tornolla.	USA	English-100	PG
2021-03-12	0600	Miguel's Feasts	Miguel's Feasts Series 2 Ep 5	See Miguel's Canadian take on a seafood favourite, and we learn a simple recipe for exotic jerk. Miguel also delights everyone with the perfect pavlova.	AUSTRALIA	English-100	PG
2021-03-12	0630	Miguel's Feasts	Miguel's Feasts Series 2 Ep 6	Miguel goes to boot camp in New Zealand for a soldier's treat and shows us the secret to perfect roast chicken.	AUSTRALIA	English-100	G
2021-03-12	0700	Sachie's Kitchen	Salmon	Salmon is rapidly becoming one of the staple fish in the Japanese diet and New Zealand King salmon is one of the most prized varieties.	NEW ZEALAND	English-100	G
2021-03-12	0730	Mercurio's Menu	Sydney Asian Experience	Paul meets up with expert cook Carol Selva Rajah for a visit to Sydney's Cabramatta which is known as 'Little Asia' and where the amazing flavours and tastes from six Asian countries come together.	AUSTRALIA	English-100	G

2021-03-12	0800	Mercurio's Menu	Mornington Peninsula	Just an hour from Melbourne, the Mornington Peninsula is a world away from the hustle of city life. Paul's discovering some unique and colourful vegetables, organic pork, and Wagyu beef steak.	AUSTRALIA	English-100	G
2021-03-12	0830	Come Dine With Me UK Couples	Brighton A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100	PG
2021-03-12	0930	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100	PG
2021-03-12	1000	Asia Unplated With Diana Chan	Laos	Diana explores popular flavours in Laotian cuisine including a spicy pork sausage - sai oua - packed with vibrant herbs and spices.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25; Vietnamese-.25	PG
2021-03-12	1030	Palisa Anderson's Water Heart Food	Sauce Of It All, The	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100	G
2021-03-12	1100	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb.	UNITED KINGDOM	English-100	G
2021-03-12	1130	Mystery Diners	Sour Grapes	The owner of a Las Vegas restaurant suspects his sophisticated, but slightly arrogant, wine sommelier is negatively affecting his spirit sales. Could he be selling his own wine to customers?	USA	English-100	PG
2021-03-12	1200	Mystery Diners	Night Shift	Mystery Diners go undercover as customers and discover that the overnight bartender of Putter's Bar and Grill in Las Vegas is running his own bar called 'the Junkyard'.	USA	English-100	PG
2021-03-12	1230	The Cook And The Chef	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100	G
2021-03-12	1300	The Cook And The Chef	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100	G
2021-03-12	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 5	Donal meets Marie O'Toole, a senior member of the ICA, for lunch. Marie tells Donal about the role the ICA has had in improving the lives of women in Ireland.	IRELAND	English-100	G
2021-03-12	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 43	Matt shops for ingredients at the Noosa farmers market to make a spring vegetable salad, while Courtney cooks one of her childhood favourites - grilled flounder with butter sauce.	AUSTRALIA	English-100	PG
2021-03-12	1430	Lidia's Italy	Lidia's Italy Series 4 Ep 10	Lidia travels to the Italian island of Sardegna where she catches fresh lobster for a refreshing salad filled with celery and tomatoes, in a light egg dressing.	USA	English-100	G
2021-03-12	1500	Miguel's Feasts	Miguel's Feasts Series 2 Ep 7	Miguel heads off on a tropical food adventure, celebrates Aussie blueberry season, and shows us the best recipe for a sweet Queensland treat - the easiest cheesecake you'll ever make in your life.	AUSTRALIA	English-100	G
2021-03-12	1530	Miguel's Feasts	Miguel's Feasts Series 2 Ep 8	Today, a whole new take on Fish and Chips, the secret to a delicious mushroom risotto, and Miguel discovers the perfect American BBQ companion - macaroni and cheese.	AUSTRALIA	English-100	PG
2021-03-12	1600	Sachie's Kitchen	Miso	Miso paste dates back more than a thousand years and has become a key ingredient in Japanese cuisine. Sachie travels to Nagano, the home of Marukome.	NEW ZEALAND	English-100	G
2021-03-12	1630	Mercurio's Menu	Kangaroo Island	On this rugged, isolated island, Paul discovers a legacy of family food producers showing real imagination. From goose farming to rare bees, Paul is here to discover it all.	AUSTRALIA	English-100	PG
2021-03-12	1700	Mercurio's Menu	Wellington New Zealand	Paul ventures off-shore to visit New Zealand's capital, Wellington, where he takes a half-day tour to discover the best places to eat and drink in this compact city.	AUSTRALIA	English-100	G
2021-03-12	1730	The Cook And The Chef	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100	G

2021-03-12	1800	The Cook And The Chef	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G	
2021-03-12	1830	Come Dine With Me UK Couples	Plymouth B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-03-12	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	
2021-03-12	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	
2021-03-12	2035	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 1	Rick Stein's Spanish journey begins in Galicia where he eats tortillas de patata in the King's favourite restaurant. Next Rick enters the Basque Country.	UNITED KINGDOM	English-100	RPT	G	Y
2021-03-12	2145	Mystery Diners	My Brother's Keeper	The owner of Capo's in Las Vegas hears complaints that his brother and manager is acting inappropriately with guests. Mystery Diners discover a much bigger problem.	USA	English-100		PG	
2021-03-12	2210	Mystery Diners	Love Hurts	When two employees who recently broke up disrupt staff harmony and start affecting sales, the Mystery Diners go undercover to get to the bottom of this lovers' quarrel.	USA	English-100		PG	
2021-03-12	2235	The Cook And The Chef	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G	
2021-03-12	2305	The Cook And The Chef	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G	
2021-03-12	2335	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 80	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2021-03-12	2425	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-03-12	2430	Come Dine With Me UK Couples	Plymouth B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-03-12	2530	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	
2021-03-12	2600	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	
2021-03-12	2630	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 1	Rick Stein's Spanish journey begins in Galicia where he eats tortillas de patata in the King's favourite restaurant. Next Rick enters the Basque Country.	UNITED KINGDOM	English-100	RPT	G	Y
2021-03-12	2740	Mystery Diners	My Brother's Keeper	The owner of Capo's in Las Vegas hears complaints that his brother and manager is acting inappropriately with guests. Mystery Diners discover a much bigger problem.	USA	English-100		PG	
2021-03-12	2805	Mystery Diners	Love Hurts	When two employees who recently broke up disrupt staff harmony and start affecting sales, the Mystery Diners go undercover to get to the bottom of this lovers' quarrel.	USA	English-100		PG	
2021-03-12	2830	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 5	Donal meets Marie O'Toole, a senior member of the ICA, for lunch. Marie tells Donal about the role the ICA has had in improving the lives of women in Ireland.	IRELAND	English-100		G	
2021-03-13	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 43	Matt shops for ingredients at the Noosa farmers market to make a spring vegetable salad, while Courtney cooks one of her childhood favourites - grilled flounder with butter sauce.	AUSTRALIA	English-100		PG	

2021-03-13	0530	Lidia's Italy	Lidia's Italy Series 4 Ep 10	Lidia travels to the Italian island of Sardegna where she catches fresh lobster for a refreshing salad filled with celery and tomatoes, in a light egg dressing.	USA	English-100		G	
2021-03-13	0600	Miguel's Feasts	Miguel's Feasts Series 2 Ep 7	Miguel heads off on a tropical food adventure, celebrates Aussie blueberry season, and shows us the best recipe for a sweet Queensland treat - the easiest cheesecake you'll ever make in your life.	AUSTRALIA	English-100		G	
2021-03-13	0630	Miguel's Feasts	Miguel's Feasts Series 2 Ep 8	Today, a whole new take on Fish and Chips, the secret to a delicious mushroom risotto, and Miguel discovers the perfect American BBQ companion - macaroni and cheese.	AUSTRALIA	English-100		PG	
2021-03-13	0700	Sachie's Kitchen	Miso	Miso paste dates back more than a thousand years and has become a key ingredient in Japanese cuisine. Sachie travels to Nagano, the home of Marukome.	NEW ZEALAND	English-100		G	
2021-03-13	0730	Mercurio's Menu	Kangaroo Island	On this rugged, isolated island, Paul discovers a legacy of family food producers showing real imagination. From goose farming to rare bees, Paul is here to discover it all.	AUSTRALIA	English-100		PG	
2021-03-13	0800	Mercurio's Menu	Wellington New Zealand	Paul ventures off-shore to visit New Zealand's capital, Wellington, where he takes a half-day tour to discover the best places to eat and drink in this compact city.	AUSTRALIA	English-100		G	
2021-03-13	0830	Come Dine With Me UK Couples	Plymouth B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-03-13	0930	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	
2021-03-13	1000	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	
2021-03-13	1030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 1	Rick Stein's Spanish journey begins in Galicia where he eats tortillas de patata in the King's favourite restaurant. Next Rick enters the Basque Country.	UNITED KINGDOM	English-100	RPT	G	Y
2021-03-13	1140	Mystery Diners	My Brother's Keeper	The owner of Capo's in Las Vegas hears complaints that his brother and manager is acting inappropriately with guests. Mystery Diners discover a much bigger problem.	USA	English-100		PG	
2021-03-13	1205	Mystery Diners	Love Hurts	When two employees who recently broke up disrupt staff harmony and start affecting sales, the Mystery Diners go undercover to get to the bottom of this lovers' quarrel.	USA	English-100		PG	
2021-03-13	1230	The Cook And The Chef	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G	
2021-03-13	1300	The Cook And The Chef	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G	
2021-03-13	1330	Gok Cooks Chinese	Gok's Dim Sum Feast	Gok provides tips on how to cook dim sum, including chicken and leek dim sum.	UNITED KINGDOM	English-100		G	
2021-03-13	1400	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 9	It's the last day of the heats and one kitchen will win a place in the weekly final. Cooking today are Sassy and Ginger, The Geordie Grub Hub, and In Wonderland.	UNITED KINGDOM	English-100		G	
2021-03-13	1430	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 10	It's the finals and tensions are high. Two winners from the heats are back to compete for the chance to try running their own business at one of the UK's busiest food arenas.	UNITED KINGDOM	English-100		G	
2021-03-13	1500	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 7	Juliet creates edible Christmas gifts for friends and family. There are rosemary and parmesan shortbreads, charcoal Christmas tree crackers for cheese, and mini Christmas pudding cake pops.	UNITED KINGDOM	English-100		G	
2021-03-13	1555	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y

2021-03-13	1600	Late Nite Eats	Toronto	Jordan checks out Toronto, Canada's most diverse city, and it dishes out all kinds of delights. He kicks off his tour at Chanticler, a French style bistro located in Parkdale.	USA	English-100		G	
2021-03-13	1630	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		G	
2021-03-13	1700	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		G	
2021-03-13	1730	Cheese Slices	Farmstead Cheeses Of Northern California	Artisan and hand made farmhouse cheeses have been at the forefront of a growing consumer backlash against mass produced foods in the USA. Will travels to Northern California to find out more.	AUSTRALIA	English-100		G	
2021-03-13	1800	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese.	AUSTRALIA	English-100		PG	
2021-03-13	1830	Inside Heston's World	Series 1 Ep 1	World-famous chef, Heston Blumenthal, prepares to move his three Michelin-starred restaurant, The Fat Duck, 10,000 miles from England to Australia.	AUSTRALIA	English-100	RPT	PG	Y
2021-03-13	1930	Pacific Island Food Revolution	Vanuatu	After such wonderful cooking in the first round, all three teams have returned to showcase their best work to see which team will make it through to represent Vanuatu at the finals.	NEW ZEALAND	English-100		PG	
2021-03-13	2030	Ainsley Eats The Streets	Istanbul	Istanbul is the city that bridges Europe and Asia but what does that mean for a traveller looking for great places to eat? Ainsley searches Istanbul for the mysterious cig kofta - a raw meatball dish.	UNITED KINGDOM	English-100	RPT	G	Y
2021-03-13	2130	Hairy Bikers' Mississippi Adventure	Jazz	The bikers are back in New Orleans, where Si tries to convince Dave to enjoy jazz. They also cook some classic local dishes such as jambalaya, and gumbo.	UNITED KINGDOM	English-100		PG	
2021-03-13	2220	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-03-13	2230	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 6	Freddie Flintoff and his friend, writer Rob Penn, hit the Australian road for the last time as they head to Cairns. Freddie serves up a final feast that they'll never forget - a bug banquet.	UNITED KINGDOM	English-100		PG	
2021-03-13	2320	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-03-13	2330	Inside Heston's World	Series 1 Ep 1	World-famous chef, Heston Blumenthal, prepares to move his three Michelin-starred restaurant, The Fat Duck, 10,000 miles from England to Australia.	AUSTRALIA	English-100	RPT	PG	Y
2021-03-13	2430	Pacific Island Food Revolution	Vanuatu	After such wonderful cooking in the first round, all three teams have returned to showcase their best work to see which team will make it through to represent Vanuatu at the finals.	NEW ZEALAND	English-100		PG	
2021-03-13	2530	Ainsley Eats The Streets	Istanbul	Istanbul is the city that bridges Europe and Asia but what does that mean for a traveller looking for great places to eat? Ainsley searches Istanbul for the mysterious cig kofta - a raw meatball dish.	UNITED KINGDOM	English-100	RPT	G	Y
2021-03-13	2630	Hairy Bikers' Mississippi Adventure	Jazz	The bikers are back in New Orleans, where Si tries to convince Dave to enjoy jazz. They also cook some classic local dishes such as jambalaya, and gumbo.	UNITED KINGDOM	English-100		PG	
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2021-03-13 2830 Late Nite Eats

Toronto

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USA

English-100

G