



WEEK 12: Sunday, 17 March - Saturday, 23 March 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-03-17	0500	Food Porn	Knockout Brunch Bites	Michael hits the road, heading to Miami a skyhigh Southern breakfast sandwich with all the fixins. Then he heads to Las Vegas for a brunch dish that's a hybrid of two of America's favourite foods.	USA	English-100		PG		Y
2019-03-17	0530	Food Porn	Music To Your Tastebuds	On this trip, Michael heads to Las Vegas to a Southern spot that's known to serve up America's Best Fried Chicken. Then he'll check out a New York City hotspot.	USA	English-100		PG		Y
2019-03-17	0600	The Cook And The Chef	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G		
2019-03-17	0630	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G		
2019-03-17	0700	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G		
2019-03-17	0730	Darren Robertson's Charcoal Kitchen	Formal Bbq, The	A BBQ meal is synonymous with casual dining and sharing relaxed food with friends. But in this episode, Darren shows us how the humble BBQ can be used to create a fine dining experience.	AUSTRALIA	English-100		G		
2019-03-17	0800	Darren Robertson's Charcoal Kitchen	Winter Bbq, The	Darren is in Victoria's high country to visit his mate Dave Angellini at his green tea plantation in Tawonga. Dave and his wife Erin started the Japanese green tea farm in 2002.	AUSTRALIA	English-100		G		
2019-03-17	0830	Dinner Date	Ollie	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-03-17	0930	Destination Flavour Down Under	Australia - Queensland	It is one tropical surprise after another when Adam takes to the road around Rockhampton, beginning his trip at a petrol station known for making the best crab sandwiches in QLD.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-17	1000	Destination Flavour Down Under	Australia - New South Wales North Coast	Adam sources the famous Yamba prawns straight from the trawler. Heading further north to Byron Bay, Adam visits a must-see produce attraction, the Mullumbimby farmers market.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-17	1030	Say It To My Face	Wtf Is American Fusion?	Mark Cammarano says he's about to lose his Simi Valley restaurant because he's being unfairly crushed by negative online reviews.	USA	English-100		PG		Y
2019-03-17	1130	The Travelling Chef	Travelling Chef Series 2, The Ep 3	Brett explores the influence of British occupation on culture in Hong Kong. He also experiences some of the luxuries afforded to the city's wealthier residents.	NEW ZEALAND	English-100				
2019-03-17	1200	The Travelling Chef	Travelling Chef Series 2, The Ep 4	Brett visits Bangkok and enjoys street culture and one of the best Pad Thai's he's ever had. Brett learns the Pork Rib and Thai Kimchi recipe.	NEW ZEALAND	English-100				
2019-03-17	1230	The Cook And The Chef	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G		
2019-03-17	1300	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G		

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2019-03-17	1600	Food Porn	Ice Cream Insanity	Social media is in a frenzy over the most outrageous ice cream creations. Black Tap's whimsical and over-the-top shakes, like the cotton candy shake, create an explosion of sweet goodness.	USA	English-100		PG	
2019-03-17	1630	Food Porn	Off The Menu	Michael uncovers the most crave-worthy, top-secret dishes that never even appear on a menu. His first discovery is a hot little biscuit that's making a big statement.	USA	English-100		PG	
2019-03-17	1655	Rick Stein In Australia	Rick Stein In Australia	Rick Stein heads down under and hits his favourite spots to talk through his most beloved Aussie dishes.	AUSTRALIA			G	
2019-03-17	1700	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing sub tropical food enterprises.	AUSTRALIA	English-100		G	
2019-03-17	1730	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with Brussels Sprouts and Avocados. Enjoy their warm winter take on the much maligned Sprout and take a trip back to the seventies with Simon's Avocado Ice Cream.	AUSTRALIA	English-100		G	
2019-03-17	1800	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland has embraced its reputation as Australia's hippy capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100		G	
2019-03-17	1830	Cheese Slices	India: Indian Paneer And The Chenna Sweets Of West Bengal	Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chennai.	AUSTRALIA				
2019-03-17	1900	Cheese Slices	Israel: Israeli Artisan Cheese	Will visits Jerusalem to meet the godfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert.	AUSTRALIA				
2019-03-17	1930	Tropical Gourmet	Tropical Gourmet Series 1 Ep 5	Justine joins local chef Damien Styles on his search for prawns for his Prawns in Nim Jam sauce. Justine also visits a brewing company to get fresh beer for her beet battered onion rings.	AUSTRALIA	English-100		G	
2019-03-17	2000	Tropical Gourmet	Tropical Gourmet Series 1 Ep 6	Justine heads to a local turmeric farm and forages for ingredients, and Terri Taylor prepares a batch of Turmeric Chicken Skewers. Up in Port Douglas, Justine cooks up some kangaroo.	AUSTRALIA	English-100		G	
2019-03-17	2030	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G	
2019-03-17	2100	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 2	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G	
2019-03-17	2130	Food Safari	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G	Y
2019-03-17	2200	Food Safari	Singaporean Safari	This episode sizzles with colour, flavour and texture as it savours the wonderful complexity of Singaporean food.	AUSTRALIA	English-100	RPT	G	Y

2019-03-17	2230	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing sub tropical food enterprises.	AUSTRALIA	English-100		G	
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2019-03-17	2400	Say It To My Face	Showdown In Shrimp-Town	Nick Collas, the owner of Arcadia, CA's Shrimp House restaurant, has been getting into nasty online arguments with angry diners who have trashed his food, his ambience, and his service.	USA	English-100		PG	Y
2019-03-17	2500	Cheese Slices	India: Indian Paneer And The Chenna Sweets Of West Bengal	Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chennai.	AUSTRALIA				
2019-03-17	2530	Cheese Slices	Israel: Israeli Artisan Cheese	Will visits Jerusalem to meet the godfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert.	AUSTRALIA				
2019-03-17	2600	Tropical Gourmet	Tropical Gourmet Series 1 Ep 5	Justine joins local chef Damien Styles on his search for prawns for his Prawns in Nim Jam sauce. Justine also visits a brewing company to get fresh beer for her beet battered onion rings.	AUSTRALIA	English-100		G	
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2019-03-17	2800	Food Safari	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G	Y
2019-03-17	2830	Food Safari	Singaporean Safari	This episode sizzles with colour, flavour and texture as it savours the wonderful complexity of Singaporean food.	AUSTRALIA	English-100	RPT	G	Y
2019-03-18	0500	Food Porn	Ice Cream Insanity	Social media is in a frenzy over the most outrageous ice cream creations. Black Tap's whimsical and over-the-top shakes, like the cotton candy shake, create an explosion of sweet goodness.	USA	English-100		PG	
2019-03-18	0530	Food Porn	Off The Menu	Michael uncovers the most crave-worthy, top-secret dishes that never even appear on a menu. His first discovery is a hot little biscuit that's making a big statement.	USA	English-100		PG	
2019-03-18	0600	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing sub tropical food enterprises.	AUSTRALIA	English-100		G	
2019-03-18	0630	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with Brussels Sprouts and Avocados. Enjoy their warm winter take on the much maligned Sprout and take a trip back to the seventies with Simon's Avocado Ice Cream.	AUSTRALIA	English-100		G	
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2019-03-18	0930	Tropical Gourmet	Tropical Gourmet Series 1 Ep 5	Justine joins local chef Damien Styles on his search for prawns for his Prawns in Nim Jam sauce. Justine also visits a brewing company to get fresh beer for her beet battered onion rings.	AUSTRALIA	English-100		G		
2019-03-18	1000	Tropical Gourmet	Tropical Gourmet Series 1 Ep 6	Justine heads to a local turmeric farm and forages for ingredients, and Terri Taylor prepares a batch of Turmeric Chicken Skewers. Up in Port Douglas, Justine cooks up some kangaroo.	AUSTRALIA	English-100		G		
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2019-03-18	1100	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		
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2019-03-18	1500	Poh & Co.	Poh & Co. Series 2 Ep 9	It's opening day at the Central Market Cafe and the group is nervous and excited. The future of the cafe is unknown, but right now Poh is making new friends.	AUSTRALIA	English-100	RPT	G		Y
2019-03-18	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 21	Joel Gilmore explains why pickling is a great way to preserve foods.	AUSTRALIA	English-100		PG		Y
2019-03-18	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to an Aussie rainforest to look for bunya nuts, and tasting fruit gelato.	AUSTRALIA	English-100	RPT	G		Y
2019-03-18	1630	Andy & Ben Eat Australia	South Australia: Clare And The Lamb	It's a freezing morning in the Clare Valley and Andy heads to Terroir Auburn to meet local chef and wild food forager, Dan Moss. They meet local food producers & cook an epic lamb ribs dish.	AUSTRALIA	English-100		PG		Y
2019-03-18	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 1	In this episode, Ben and Joel will explore the different ways to cook with cheese whilst making it a feast for not only the mouth but also for the eyes.	AUSTRALIA	English-100				
2019-03-18	1730	The Cook And The Chef	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100		G		
2019-03-18	1800	Andy & Ben Eat Australia	South Australia: Africola Adelaide	In Adelaide, Andy makes a bee-line to visit Africola restaurant to cook with chef and owner Duncan Welgemoed. Following the creation of an epic feed, Andy heads towards the Barossa.	AUSTRALIA	English-100		PG		

2019-03-18	1830	Saturday Kitchen	Saturday Kitchen Series 1 Ep 11	British 'National Treasure' Dawn French stops by the studio to talk about her new novel 'According to Yes' as well as taking on the heaven or hell challenge.	UNITED KINGDOM	English-100		PG	
2019-03-18	1930	Kylie Kwong: Heart And Soul	Wok School Hong Kong's Chef Academy	It's back to school for Kylie when she sees how chefs are trained in Hong Kong.	AUSTRALIA	English-100	RPT	G	Y
2019-03-18	2000	Kylie Kwong: Heart And Soul	Mothers And Daughters A Chinese Family	Kylie is inspired by her Shanghai travels to cook some family favourites but when her mum comes round it's clear she has her own way of doing things.	AUSTRALIA	English-100	RPT	G	Y
2019-03-18	2030	Born To Cook: Jack Stein Down Under	Red Wine, Finger Limes And Capers	Jack Stein heads to a winery where he blends his own Pinot Noir and enjoys a home-cooked lamb shank. At an elusive finger lime orchard, he sees the budding citrus caviar in Pemberton.	AUSTRALIA	English-100		PG	
2019-03-18	2100	Born To Cook: Jack Stein Down Under	Pork, Venison And Gin	Jack Stein visits some rare-breed pigs, visits the first venison farm in Western Australia & ends with a trip to Limeburners where he makes an 'ode to the English Meadow' gin at Cameron's Giniversity.	AUSTRALIA	English-100		G	
2019-03-18	2130	United Plates Of America	United Plates Of America Series 2 Ep 8	We explore all things seafood. We try a famous fish dish in Buffalo, New York. We head to the islands of Hawaii and eat an expensive fish dish pulled fresh from the ocean that day.	USA	English-100		PG	
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2019-03-18	2230	The Cook And The Chef	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100		G	
2019-03-18	2300	Saturday Kitchen	Saturday Kitchen Series 1 Ep 11	British 'National Treasure' Dawn French stops by the studio to talk about her new novel 'According to Yes' as well as taking on the heaven or hell challenge.	UNITED KINGDOM	English-100		PG	
2019-03-18	2400	Worst Bakers In America	Bakery Battle	The final two recruits face their final, ultimate challenge - to take over a bakery and bake for a panel of baking experts. Only one recruit will be named the winner and take home \$25,000.	USA	English-100		PG	
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2019-03-19	0500	Poh & Co.	Poh & Co. Series 2 Ep 9	It's opening day at the Central Market Cafe and the group is nervous and excited. The future of the cafe is unknown, but right now Poh is making new friends.	AUSTRALIA	English-100	RPT	G	Y

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2019-03-19	1100	Kylie Kwong: Heart And Soul	Wok School Hong Kong's Chef Academy	It's back to school for Kylie when she sees how chefs are trained in Hong Kong.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-19	1130	Kylie Kwong: Heart And Soul	Mothers And Daughters A Chinese Family	Kylie is inspired by her Shanghai travels to cook some family favourites but when her mum comes round it's clear she has her own way of doing things.	AUSTRALIA	English-100	RPT	G	Y	
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2019-03-19	1500	Poh's Kitchen	Green Curry With David Thompson, A	Thai food guru, David Thompson joins Poh in her kitchen, where David makes green beef curry and Poh prepares roti.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-19	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 22	Ben recreates one of his favourite traditions when dining in restaurants around Mexico.	AUSTRALIA	English-100		PG		Y
2019-03-19	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 1	Maeve gets an old family recipe from a famous Broome clan, the singing Pigram Brothers, and Joanna hangs out with chef Simmon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	RPT	G	Y	

2019-03-19	1630	Andy & Ben Eat Australia	South Australia: Exploring The Yorke	To finish the South Australian chapter, Andy heads down into the Yorke Peninsula. He gets his hands into some fresh oyster leases, and makes a swimmer crab pasta to die for.	AUSTRALIA	English-100		PG		
2019-03-19	1700	Food Lab By Ben Milbourne	Food Lab With Ben Milbourne Series 3 Ep 2	Ben is continuing his stay at Thalia Haven while showing us how to make a mushroom soup with five ingredients. Less ingredients doesn't mean less flavour.	AUSTRALIA	English-100				
2019-03-19	1730	The Cook And The Chef	Margaret Fulton	There are millions of bookcases around Australia that hold at least one Margaret Fulton cook book. She's an Australian living legend.	AUSTRALIA	English-100		G		
2019-03-19	1800	Andy & Ben Eat Australia	South Australia: Clare And The Lamb	It's a freezing morning in the Clare Valley and Andy heads to Terroir Auburn to meet local chef and wild food forager, Dan Moss. They meet local food producers & cook an epic lamb ribs dish.	AUSTRALIA	English-100		PG		Y
2019-03-19	1830	Saturday Kitchen	Saturday Kitchen Series 1 Ep 12	Hollywood comedy superstar Nick Frost joins Saturday Kitchen this week to promote his autobiography and to tackle the heaven or hell challenge.	UNITED KINGDOM	English-100		PG		
2019-03-19	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 7	Continuing in Sapa, Luke ventures beyond the main town and visits the local villages where he delves into some rich local traditions.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-03-19	2000	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 8	The small town of Bac Ha comes alive on weekends as tourists flock to its renowned weekend market. Here Luke prepares some ginger chicken in the 'food court' with a bunch of keen observers.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-03-19	2030	Poh's Kitchen	Polenta With Andre Ursini	Poh catches up with her friend Andre Ursini for some more of his northern Italian cooking. Andre cooks her polenta with mushrooms and adds creamy gorgonzola.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-19	2100	Poh's Kitchen	Salted Fish With Emmanuel Mollois	Poh and her friend French chef Emmanuel Mollois immerse themselves in the world of salted fish. This method of preserving has been around for millennium.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-19	2130	United Plates Of America	United Plates Of America Series 2 Ep 9	We're in California and we try some delicious, fresh seafood in the border city of San Diego. We try the fare in gorgeous Santa Barbara where the scenery is breathtaking and the people are friendly.	USA	English-100		PG		
2019-03-19	2200	The Cook And The Chef	Margaret Fulton	There are millions of bookcases around Australia that hold at least one Margaret Fulton cook book. She's an Australian living legend.	AUSTRALIA	English-100		G		
2019-03-19	2230	The Cook And The Chef	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100		G		
2019-03-19	2300	Saturday Kitchen	Saturday Kitchen Series 1 Ep 12	Hollywood comedy superstar Nick Frost joins Saturday Kitchen this week to promote his autobiography and to tackle the heaven or hell challenge.	UNITED KINGDOM	English-100		PG		
2019-03-19	2400	Worst Cooks In America	Worst Of The Worst	Fourteen 'recruits', each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne and Bobby with grocery bags full of food found in their homes.	USA	English-100		PG		
2019-03-19	2500	Food Lab By Ben Milbourne	Food Lab With Ben Milbourne Series 3 Ep 2	Ben is continuing his stay at Thalia Haven while showing us how to make a mushroom soup with five ingredients. Less ingredients doesn't mean less flavour.	AUSTRALIA	English-100				
2019-03-19	2530	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 7	Continuing in Sapa, Luke ventures beyond the main town and visits the local villages where he delves into some rich local traditions.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-03-19	2600	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 8	The small town of Bac Ha comes alive on weekends as tourists flock to its renowned weekend market. Here Luke prepares some ginger chicken in the 'food court' with a bunch of keen observers.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-03-19	2630	Poh's Kitchen	Polenta With Andre Ursini	Poh catches up with her friend Andre Ursini for some more of his northern Italian cooking. Andre cooks her polenta with mushrooms and adds creamy gorgonzola.	AUSTRALIA	English-100	RPT	G	Y	

2019-03-19	2700	Poh's Kitchen	Salted Fish With Emmanuel Mollois	Poh and her friend French chef Emmanuel Mollois immerse themselves in the world of salted fish. This method of preserving has been around for millennium.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-19	2730	United Plates Of America	United Plates Of America Series 2 Ep 9	We're in California and we try some delicious, fresh seafood in the border city of San Diego. We try the fare in gorgeous Santa Barbara where the scenery is breathtaking and the people are friendly.	USA	English-100		PG		
2019-03-19	2800	Worst Cooks In America	Worst Of The Worst	Fourteen 'recruits', each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne and Bobby with grocery bags full of food found in their homes.	USA	English-100		PG		
2019-03-20	0500	Poh's Kitchen	Green Curry With David Thompson, A	Thai food guru, David Thompson joins Poh in her kitchen, where David makes green beef curry and Poh prepares roti.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-20	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 22	Ben recreates one of his favourite traditions when dining in restaurants around Mexico.	AUSTRALIA	English-100		PG		Y
2019-03-20	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 1	Maeve gets an old family recipe from a famous Broome clan, the singing Pigram Brothers, and Joanna hangs out with chef Simmon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-20	0630	Andy & Ben Eat Australia	South Australia: Exploring The Yorke	To finish the South Australian chapter, Andy heads down into the Yorke Peninsula. He gets his hands into some fresh oyster leases, and makes a swimmer crab pasta to die for.	AUSTRALIA	English-100		PG		
2019-03-20	0700	The Cook And The Chef	Margaret Fulton	There are millions of bookcases around Australia that hold at least one Margaret Fulton cook book. She's an Australian living legend.	AUSTRALIA	English-100		G		
2019-03-20	0730	The Cook And The Chef	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100		G		
2019-03-20	0800	Food Lab By Ben Milbourne	Food Lab With Ben Milbourne Series 3 Ep 2	Ben is continuing his stay at Thalia Haven while showing us how to make a mushroom soup with five ingredients. Less ingredients doesn't mean less flavour.	AUSTRALIA	English-100				
2019-03-20	0830	Worst Cooks In America	Worst Of The Worst	Fourteen 'recruits', each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne and Bobby with grocery bags full of food found in their homes.	USA	English-100		PG		
2019-03-20	0930	Poh's Kitchen	Green Curry With David Thompson, A	Thai food guru, David Thompson joins Poh in her kitchen, where David makes green beef curry and Poh prepares roti.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-20	1000	Saturday Kitchen	Saturday Kitchen Series 1 Ep 12	Hollywood comedy superstar Nick Frost joins Saturday Kitchen this week to promote his autobiography and to tackle the heaven or hell challenge.	UNITED KINGDOM	English-100		PG		
2019-03-20	1100	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 7	Continuing in Sapa, Luke ventures beyond the main town and visits the local villages where he delves into some rich local traditions.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-03-20	1130	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 8	The small town of Bac Ha comes alive on weekends as tourists flock to its renowned weekend market. Here Luke prepares some ginger chicken in the 'food court' with a bunch of keen observers.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-03-20	1200	Poh's Kitchen	Polenta With Andre Ursini	Poh catches up with her friend Andre Ursini for some more of his northern Italian cooking. Andre cooks her polenta with mushrooms and adds creamy gorgonzola.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-20	1230	Poh's Kitchen	Salted Fish With Emmanuel Mollois	Poh and her friend French chef Emmanuel Mollois immerse themselves in the world of salted fish. This method of preserving has been around for millennium.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-20	1300	Andy & Ben Eat Australia	South Australia: Exploring The Yorke	To finish the South Australian chapter, Andy heads down into the Yorke Peninsula. He gets his hands into some fresh oyster leases, and makes a swimmer crab pasta to die for.	AUSTRALIA	English-100		PG		

2019-03-20	1330	United Plates Of America	United Plates Of America Series 2 Ep 9	We're in California and we try some delicious, fresh seafood in the border city of San Diego. We try the fare in gorgeous Santa Barbara where the scenery is breathtaking and the people are friendly.	USA	English-100		PG		
2019-03-20	1400	Worst Cooks In America	Worst Of The Worst	Fourteen 'recruits', each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne and Bobby with grocery bags full of food found in their homes.	USA	English-100		PG		
2019-03-20	1500	My Restaurant In India	My Restaurant In India Series 1 Ep 1	Former MasterChef Australia contestant Sarah Todd embarks on a rollercoaster ride of highs and lows, as she accepts the challenge of opening her first restaurant in Goa, India.	AUSTRALIA	English-99; Hindi-1	RPT	PG	Y	Y
2019-03-20	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 23	Jimmy Wong pops into the studio to make his decadent Carrot Cake.	AUSTRALIA	English-100		PG		Y
2019-03-20	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-20	1630	Andy & Ben Eat Australia	Victoria: Melbourne Cbd	The boys take in the afternoon at CODA restaurant, where they dine with owner and head chef Adam D'Sylva. Then they go on a 'food crawl', sampling the hidden gems the city has to offer.	AUSTRALIA	English-100		G		Y
2019-03-20	1700	Food Lab By Ben Milbourne	Food Lab With Ben Milbourne Series 3 Ep 3	Ben once again stays on the 130 acre wooded peninsula surrounded by the crystal-blue waters of the renowned Great Oyster Bay at Thalia Haven and shows you how to use up your leftover tomatoes.	AUSTRALIA	English-100				
2019-03-20	1730	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100		G		
2019-03-20	1800	Andy & Ben Eat Australia	South Australia: Exploring The Yorke	To finish the South Australian chapter, Andy heads down into the Yorke Peninsula. He gets his hands into some fresh oyster leases, and makes a swimmer crab pasta to die for.	AUSTRALIA	English-100		PG		
2019-03-20	1830	Saturday Kitchen	Saturday Kitchen Series 1 Ep 13	It's all fish, all the way in this episode of Saturday Kitchen with a stunning pescatarian menu. TV host Fearne Cotton faces the heaven or hell challenge, crossing her fingers for her idea of heaven.	UNITED KINGDOM	English-100		PG		
2019-03-20	1930	Paul And Nick's Big American Food Trip	Bowdoin	In the middle of rural Maine, Paul and Nick create an outside barbeque for the family of John Mann, an eighth generation Ulster-Scot immigrant.	IRELAND	English-100				
2019-03-20	2000	Paul And Nick's Big American Food Trip	Londonderry	Paul and Nick cook for some descendants of the Reverend McGregor, the Ulster-Scot who led five ships to New Hampshire in 1714.	IRELAND	English-100				
2019-03-20	2030	How To Cook Like Heston	Cheese	Heston takes on cheese - one of the most popular cooking ingredients in the UK. Heston reveals the key ingredient for the ultimate cheese fondue, and makes a dream cheese toastie.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-03-20	2100	How To Cook Like Heston	Potato	Surely there is more to spuds than mashing, boiling, or roasting? This week, Heston challenges the way we cook the humble spud.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-03-20	2130	United Plates Of America	United Plates Of America Series 2 Ep 10	We explore the Los Angeles food scene. We visit the San Fernando Valley to visit a New York style wine bar with gourmet style food.	USA	English-100		PG		
2019-03-20	2200	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100		G		
2019-03-20	2230	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100		G		

2019-03-20	2300	Saturday Kitchen	Saturday Kitchen Series 1 Ep 13	It's all fish, all the way in this episode of Saturday Kitchen with a stunning pescatarian menu. TV host Fearnie Cotton faces the heaven or hell challenge, crossing her fingers for her idea of heaven.	UNITED KINGDOM	English-100		PG		
2019-03-20	2400	Worst Cooks In America	Straight Edge Skills	The remaining recruits wake up to a note from Anne and Bobby saying they are going on a culinary field trip on the high seas. They head to the docks and jump aboard a fishing boat.	USA	English-100		PG		Y
2019-03-20	2500	Food Lab By Ben Milbourne	Food Lab With Ben Milbourne Series 3 Ep 3	Ben once again stays on the 130 acre wooded peninsula surrounded by the crystal-blue waters of the renowned Great Oyster Bay at Thalia Haven and shows you how to use up your leftover tomatoes.	AUSTRALIA	English-100				
2019-03-20	2530	Paul And Nick's Big American Food Trip	Bowdoin	In the middle of rural Maine, Paul and Nick create an outside barbeque for the family of John Mann, an eighth generation Ulster-Scot immigrant.	IRELAND	English-100				
2019-03-20	2600	Paul And Nick's Big American Food Trip	Londonderry	Paul and Nick cook for some descendants of the Reverend McGregor, the Ulster-Scot who led five ships to New Hampshire in 1714.	IRELAND	English-100				
2019-03-20	2630	How To Cook Like Heston	Cheese	Heston takes on cheese - one of the most popular cooking ingredients in the UK. Heston reveals the key ingredient for the ultimate cheese fondue, and makes a dream cheese toastie.	UNITED KINGDOM	English-100	RPT	G		Y
2019-03-20	2700	How To Cook Like Heston	Potato	Surely there is more to spuds than mashing, boiling, or roasting? This week, Heston challenges the way we cook the humble spud.	UNITED KINGDOM	English-100	RPT	G		Y
2019-03-20	2730	United Plates Of America	United Plates Of America Series 2 Ep 10	We explore the Los Angeles food scene. We visit the San Fernando Valley to visit a New York style wine bar with gourmet style food.	USA	English-100		PG		
2019-03-20	2800	Worst Cooks In America	Straight Edge Skills	The remaining recruits wake up to a note from Anne and Bobby saying they are going on a culinary field trip on the high seas. They head to the docks and jump aboard a fishing boat.	USA	English-100		PG		Y
2019-03-21	0500	My Restaurant In India	My Restaurant In India Series 1 Ep 1	Former MasterChef Australia contestant Sarah Todd embarks on a rollercoaster ride of highs and lows, as she accepts the challenge of opening her first restaurant in Goa, India.	AUSTRALIA	English-99; Hindi-1	RPT	PG		Y
2019-03-21	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 23	Jimmy Wong pops into the studio to make his decadent Carrot Cake.	AUSTRALIA	English-100		PG		Y
2019-03-21	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G		Y
2019-03-21	0630	Andy & Ben Eat Australia	Victoria: Melbourne Cbd	The boys take in the afternoon at CODA restaurant, where they dine with owner and head chef Adam D'Sylva. Then they go on a 'food crawl', sampling the hidden gems the city has to offer.	AUSTRALIA	English-100		G		Y
2019-03-21	0700	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100		G		
2019-03-21	0730	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		
2019-03-21	0800	Food Lab By Ben Milbourne	Food Lab With Ben Milbourne Series 3 Ep 3	Ben once again stays on the 130 acre wooded peninsula surrounded by the crystal-blue waters of the renowned Great Oyster Bay at Thalia Haven and shows you how to use up your leftover tomatoes.	AUSTRALIA	English-100				
2019-03-21	0830	Worst Cooks In America	Straight Edge Skills	The remaining recruits wake up to a note from Anne and Bobby saying they are going on a culinary field trip on the high seas. They head to the docks and jump aboard a fishing boat.	USA	English-100		PG		Y
2019-03-21	0930	My Restaurant In India	My Restaurant In India Series 1 Ep 1	Former MasterChef Australia contestant Sarah Todd embarks on a rollercoaster ride of highs and lows, as she accepts the challenge of opening her first restaurant in Goa, India.	AUSTRALIA	English-99; Hindi-1	RPT	PG		Y

2019-03-21	1000	Saturday Kitchen	Saturday Kitchen Series 1 Ep 13	It's all fish, all the way in this episode of Saturday Kitchen with a stunning pescatarian menu. TV host Fearne Cotton faces the heaven or hell challenge, crossing her fingers for her idea of heaven.	UNITED KINGDOM	English-100			PG	
2019-03-21	1100	Paul And Nick's Big American Food Trip	Bowdoin	In the middle of rural Maine, Paul and Nick create an outside barbeque for the family of John Mann, an eighth generation Ulster-Scot immigrant.	IRELAND	English-100				
2019-03-21	1130	Paul And Nick's Big American Food Trip	Londonderry	Paul and Nick cook for some descendants of the Reverend McGregor, the Ulster-Scot who led five ships to New Hampshire in 1714.	IRELAND	English-100				
2019-03-21	1200	How To Cook Like Heston	Cheese	Heston takes on cheese - one of the most popular cooking ingredients in the UK. Heston reveals the key ingredient for the ultimate cheese fondue, and makes a dream cheese toastie.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-03-21	1230	How To Cook Like Heston	Potato	Surely there is more to spuds than mashing, boiling, or roasting? This week, Heston challenges the way we cook the humble spud.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-03-21	1300	Andy & Ben Eat Australia	Victoria: Melbourne Cbd	The boys take in the afternoon at CODA restaurant, where they dine with owner and head chef Adam D'Sylva. Then they go on a 'food crawl', sampling the hidden gems the city has to offer.	AUSTRALIA	English-100		G		Y
2019-03-21	1330	United Plates Of America	United Plates Of America Series 2 Ep 10	We explore the Los Angeles food scene. We visit the San Fernando Valley to visit a New York style wine bar with gourmet style food.	USA	English-100			PG	
2019-03-21	1400	Worst Cooks In America	Straight Edge Skills	The remaining recruits wake up to a note from Anne and Bobby saying they are going on a culinary field trip on the high seas. They head to the docks and jump aboard a fishing boat.	USA	English-100			PG	Y
2019-03-21	1500	My Restaurant In India	My Restaurant In India Series 1 Ep 2	7 days out from the restaurant soft launch, Sarah's attention is divided between two things she loves the most: her restaurant and her 5-year-old son, Phoenix.	AUSTRALIA	English-99; Hindi-1	RPT	PG	Y	Y
2019-03-21	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 24	Ben and Joel combine two classic salads to make the perfect summer salad.	AUSTRALIA	English-100		G		Y
2019-03-21	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-21	1630	Andy & Ben Eat Australia	Victoria: Melbourne	Andy and Ben learn about Australia's coffee making ethos through the eyes of one of its biggest visionaries, and pick up snacks from boutique Mexican eatery La Tortilleria.	AUSTRALIA	English-100			PG	
2019-03-21	1700	Food Lab By Ben Milbourne	Food Lab With Ben Milbourne Series 3 Ep 4	Ben once again stays off the grid, 2km from the nearest road or neighbour at the unique ancient stone accommodation 'Thalia Haven', where energy is provided only by the sun and wind.	AUSTRALIA	English-100				
2019-03-21	1730	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100			G	
2019-03-21	1800	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	
2019-03-21	1830	Saturday Kitchen	Saturday Kitchen Series 1 Ep 14	Mackenzie Crook joins Saturday Kitchen this week to promote his TV series, 'The Detectorists' written, directed and starring himself.	UNITED KINGDOM	English-100			PG	
2019-03-21	1930	Rick Stein's Mediterranean Escapes	Sardinia And Sicily	Rick Stein watches as the local fishermen catch mullet using methods dating back to the Ancient Romans. In Palermo, he rustles up a vegetarian pasta with tomatoes, capers and mint.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-03-21	2035	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			

2019-03-21	2135	United Plates Of America	United Plates Of America Series 2 Ep 11	We try some delicious meat dishes. We visit Houston, Texas to try a next level, mouth watering burger that might be just the biggest one we've ever seen.	USA	English-100		PG		
2019-03-21	2205	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		
2019-03-21	2235	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		
2019-03-21	2305	Saturday Kitchen	Saturday Kitchen Series 1 Ep 14	Mackenzie Crook joins Saturday Kitchen this week to promote his TV series, 'The Detectorists' written, directed and starring himself.	UNITED KINGDOM	English-100		PG		
2019-03-21	2405	Worst Cooks In America	Fire And Ice	Anne Burrell and Bobby Flay train the remaining ten recruits' palettes as this episode is all about creating their own flavour combinations.	USA	English-100		PG		Y
2019-03-21	2500	Food Lab By Ben Milbourne	Food Lab With Ben Milbourne Series 3 Ep 4	Ben once again stays off the grid, 2km from the nearest road or neighbour at the unique ancient stone accommodation 'Thalia Haven', where energy is provided only by the sun and wind.	AUSTRALIA	English-100				
2019-03-21	2530	Rick Stein's Mediterranean Escapes	Sardinia And Sicily	Rick Stein watches as the local fishermen catch mullet using methods dating back to the Ancient Romans. In Palermo, he rustles up a vegetarian pasta with tomatoes, capers and mint.	UNITED KINGDOM	English-100	RPT	G		Y
2019-03-21	2635	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			
2019-03-21	2735	United Plates Of America	United Plates Of America Series 2 Ep 11	We try some delicious meat dishes. We visit Houston, Texas to try a next level, mouth watering burger that might be just the biggest one we've ever seen.	USA	English-100		PG		
2019-03-21	2805	Worst Cooks In America	Fire And Ice	Anne Burrell and Bobby Flay train the remaining ten recruits' palettes as this episode is all about creating their own flavour combinations.	USA	English-100		PG		Y
2019-03-22	0500	My Restaurant In India	My Restaurant In India Series 1 Ep 2	7 days out from the restaurant soft launch, Sarah's attention is divided between two things she loves the most: her restaurant and her 5-year-old son, Phoenix.	AUSTRALIA	English-99; Hindi-1	RPT	PG	Y	Y
2019-03-22	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 24	Ben and Joel combine two classic salads to make the perfect summer salad.	AUSTRALIA	English-100		G		Y
2019-03-22	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G		Y

2019-03-22	0630	Andy & Ben Eat Australia	Victoria: Melbourne	Andy and Ben learn about Australia's coffee making ethos through the eyes of one of its biggest visionaries, and pick up snacks from boutique Mexican eatery La Tortilleria.	AUSTRALIA	English-100		PG		
2019-03-22	0700	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		
2019-03-22	0730	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		
2019-03-22	0800	Food Lab By Ben Milbourne	Food Lab With Ben Milbourne Series 3 Ep 4	Ben once again stays off the grid, 2km from the nearest road or neighbour at the unique ancient stone accommodation 'Thalia Haven', where energy is provided only by the sun and wind.	AUSTRALIA	English-100				
2019-03-22	0830	Worst Cooks In America	Fire And Ice	Anne Burrell and Bobby Flay train the remaining ten recruits' palettes as this episode is all about creating their own flavour combinations.	USA	English-100		PG		Y
2019-03-22	0930	My Restaurant In India	My Restaurant In India Series 1 Ep 2	7 days out from the restaurant soft launch, Sarah's attention is divided between two things she loves the most: her restaurant and her 5-year-old son, Phoenix.	AUSTRALIA	English-99; Hindi-1	RPT	PG	Y	Y
2019-03-22	1000	Saturday Kitchen	Saturday Kitchen Series 1 Ep 14	Mackenzie Crook joins Saturday Kitchen this week to promote his TV series, 'The Detectorists' written, directed and starring himself.	UNITED KINGDOM	English-100		PG		
2019-03-22	1100	Rick Stein's Mediterranean Escapes	Sardinia And Sicily	Rick Stein watches as the local fishermen catch mullet using methods dating back to the Ancient Romans. In Palermo, he rustles up a vegetarian pasta with tomatoes, capers and mint.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-03-22	1205	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			
2019-03-22	1305	Andy & Ben Eat Australia	Victoria: Melbourne	Andy and Ben learn about Australia's coffee making ethos through the eyes of one of its biggest visionaries, and pick up snacks from boutique Mexican eatery La Tortilleria.	AUSTRALIA	English-100		PG		
2019-03-22	1335	United Plates Of America	United Plates Of America Series 2 Ep 11	We try some delicious meat dishes. We visit Houston, Texas to try a next level, mouth watering burger that might be just the biggest one we've ever seen.	USA	English-100		PG		
2019-03-22	1405	Worst Cooks In America	Fire And Ice	Anne Burrell and Bobby Flay train the remaining ten recruits' palettes as this episode is all about creating their own flavour combinations.	USA	English-100		PG		Y
2019-03-22	1500	My Restaurant In India	My Restaurant In India Series 1 Ep 3	Sarah finally gets cooking in the kitchen after a long awaited shipment arrives, but her confidence takes a hit when her recipes are too bland for the Indian palate.	AUSTRALIA	English-99; Hindi-1	RPT	PG	Y	Y
2019-03-22	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 25	Ben visits the community organisation, Produce to the People, to check out their amazing produce.	AUSTRALIA	English-100		G		Y
2019-03-22	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 4	Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-22	1630	Andy & Ben Eat Australia	Victoria	In country Victoria, Andy and Ben visit local egg producer Real Eggs, to quad bike across the farm and gather some eggs with owner Paul Righetti.	AUSTRALIA	English-100		PG		
2019-03-22	1700	Food Lab By Ben Milbourne	Food Lab With Ben Milbourne Series 3 Ep 5	Ben cooks up a delicious coq au vin over the hot charcoal fire pit at Thalia Haven using a large variety of fresh ingredients.	AUSTRALIA	English-100				
2019-03-22	1730	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100		G		

2019-03-22	1800	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100		G		
2019-03-22	1830	Saturday Kitchen	Saturday Kitchen Series 1 Ep 15	On this show, Michelin star chef, Claude Bosi, shares his knowledge of European cuisine as he cooks Artichoke a la Parisienne with Bordelaise Sauce.	UNITED KINGDOM	English-100		PG		
2019-03-22	1930	Say It To My Face	Those Who Forget The Past	Hosts Andrew Gruel and Anthony Dispensa count down the top five biggest restaurant redemptions on this season of Say It To My Face.	USA	English-100		PG		Y
2019-03-22	2025	Rick Stein In Australia	Rick Stein In Australia	Rick Stein heads down under and hits his favourite spots to talk through his most beloved Aussie dishes.	AUSTRALIA			G		
2019-03-22	2030	Nigella Kitchen	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100				
2019-03-22	2100	Nigella Kitchen	Rags To Riches	Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings.	UNITED KINGDOM	English-100				
2019-03-22	2130	United Plates Of America	United Plates Of America Series 2 Ep 12	We're tasting the foods of the world right here in the United States. We sample some Japanese pho, lovingly prepared with precision.	USA	English-100		PG		
2019-03-22	2200	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100		G		
2019-03-22	2230	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100		G		
2019-03-22	2300	Saturday Kitchen	Saturday Kitchen Series 1 Ep 15	On this show, Michelin star chef, Claude Bosi, shares his knowledge of European cuisine as he cooks Artichoke a la Parisienne with Bordelaise Sauce.	UNITED KINGDOM	English-100		PG		
2019-03-22	2400	Worst Cooks In America	Do It Yourself Cooking	Anne Burrell and Bobby Flay give the Worst Cooks in America a surprise visit to their house in order to give them a lesson on how to stop relying on others to cook for them.	USA	English-100		PG		Y
2019-03-22	2500	Food Lab By Ben Milbourne	Food Lab With Ben Milbourne Series 3 Ep 5	Ben cooks up a delicious coq au vin over the hot charcoal fire pit at Thalia Haven using a large variety of fresh ingredients.	AUSTRALIA	English-100				
2019-03-22	2530	Say It To My Face	Those Who Forget The Past	Hosts Andrew Gruel and Anthony Dispensa count down the top five biggest restaurant redemptions on this season of Say It To My Face.	USA	English-100		PG		Y
2019-03-22	2630	Nigella Kitchen	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100				
2019-03-22	2700	Nigella Kitchen	Rags To Riches	Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings.	UNITED KINGDOM	English-100				
2019-03-22	2730	United Plates Of America	United Plates Of America Series 2 Ep 12	We're tasting the foods of the world right here in the United States. We sample some Japanese pho, lovingly prepared with precision.	USA	English-100		PG		
2019-03-22	2800	Worst Cooks In America	Do It Yourself Cooking	Anne Burrell and Bobby Flay give the Worst Cooks in America a surprise visit to their house in order to give them a lesson on how to stop relying on others to cook for them.	USA	English-100		PG		Y
2019-03-23	0500	My Restaurant In India	My Restaurant In India Series 1 Ep 3	Sarah finally gets cooking in the kitchen after a long awaited shipment arrives, but her confidence takes a hit when her recipes are too bland for the Indian palate.	AUSTRALIA	English-99; Hindi-1	RPT	PG	Y	Y

2019-03-23	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 25	Ben visits the community organisation, Produce to the People, to check out their amazing produce.	AUSTRALIA	English-100		G		Y
2019-03-23	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 4	Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-23	0630	Andy & Ben Eat Australia	Victoria	In country Victoria, Andy and Ben visit local egg producer Real Eggs, to quad bike across the farm and gather some eggs with owner Paul Righetti.	AUSTRALIA	English-100		PG		
2019-03-23	0700	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		
2019-03-23	0730	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100		G		
2019-03-23	0800	Food Lab By Ben Milbourne	Food Lab With Ben Milbourne Series 3 Ep 5	Ben cooks up a delicious coq au vin over the hot charcoal fire pit at Thalia Haven using a large variety of fresh ingredients.	AUSTRALIA	English-100				
2019-03-23	0830	Worst Cooks In America	Do It Yourself Cooking	Anne Burrell and Bobby Flay give the Worst Cooks in America a surprise visit to their house in order to give them a lesson on how to stop relying on others to cook for them.	USA	English-100		PG		Y
2019-03-23	0930	My Restaurant In India	My Restaurant In India Series 1 Ep 3	Sarah finally gets cooking in the kitchen after a long awaited shipment arrives, but her confidence takes a hit when her recipes are too bland for the Indian palate.	AUSTRALIA	English-99; Hindi-1	RPT	PG	Y	Y
2019-03-23	1000	Saturday Kitchen	Saturday Kitchen Series 1 Ep 15	On this show, Michelin star chef, Claude Bosi, shares his knowledge of European cuisine as he cooks Artichoke a la Parisienne with Bordelaise Sauce.	UNITED KINGDOM	English-100		PG		
2019-03-23	1100	Say It To My Face	Those Who Forget The Past	Hosts Andrew Gruel and Anthony Dispensa count down the top five biggest restaurant redemptions on this season of Say It To My Face.	USA	English-100		PG		Y
2019-03-23	1200	Nigella Kitchen	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100				
2019-03-23	1230	Nigella Kitchen	Rags To Riches	Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings.	UNITED KINGDOM	English-100				
2019-03-23	1300	Andy & Ben Eat Australia	Victoria	In country Victoria, Andy and Ben visit local egg producer Real Eggs, to quad bike across the farm and gather some eggs with owner Paul Righetti.	AUSTRALIA	English-100		PG		
2019-03-23	1330	United Plates Of America	United Plates Of America Series 2 Ep 12	We're tasting the foods of the world right here in the United States. We sample some Japanese pho, lovingly prepared with precision.	USA	English-100		PG		
2019-03-23	1400	Worst Cooks In America	Do It Yourself Cooking	Anne Burrell and Bobby Flay give the Worst Cooks in America a surprise visit to their house in order to give them a lesson on how to stop relying on others to cook for them.	USA	English-100		PG		Y
2019-03-23	1500	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		
2019-03-23	1530	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100		G		

2019-03-23	1600	Food Porn	Spice Night	Michael is on a mission to find the spiciest bites from the hottest restaurants across the country. His first stop is a hip Los Angeles restaurant which puts a fresh spin on traditional Indian food.	USA	English-100		PG		Y
2019-03-23	1630	Food Porn	Secret Restaurants	Michael is letting the secret out on exclusive, hidden restaurants like Dinnertable in NYC. Tucked away with a discreet entrance, this intimate restaurant serves a creamy and crispy lasagna bolo.	USA	English-100		PG		
2019-03-23	1700	The Cook And The Chef	Best In Season	Maggie searches for the perfect Tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G		
2019-03-23	1730	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G		
2019-03-23	1800	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes Peach Jam, sharing a new method to check when it is ready to set, makes a simple Peach and Prosciutto salad and finishes with a Peach drink.	AUSTRALIA	English-100		G		
2019-03-23	1830	Big Food Rescue	Big Food Rescue Series 1 Ep 1	In order for the project to work, the team will need to sign up supermarkets and wholesalers so they can distribute the food that was going to be thrown out.	UNITED KINGDOM	English-100		PG		
2019-03-23	1925	Rick Stein In Australia	Rick Stein In Australia	Rick Stein heads down under and hits his favourite spots to talk through his most beloved Aussie dishes.	AUSTRALIA			G		
2019-03-23	1930	The Travelling Chef	Travelling Chef Series 2, The Ep 5	Hong Kong is one of the most densely populated metropolises in the world. It's a concrete jungle, jammed into a relatively small space that seven and a half million people call home.	NEW ZEALAND	English-100				
2019-03-23	2000	The Travelling Chef	Travelling Chef Series 2, The Ep 6	Brett heads to Doi Inthanon National Park way up in the mountains of Northern Thailand. The border for Myanmar is just over there. Brett explores the food culture in this magical kingdom.	NEW ZEALAND	English-100				
2019-03-23	2030	Dinner Date	Steph	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-03-23	2130	Destination Flavour Down Under	Australia - Victoria	On a tour of the Victorian High Country, one of the great food centres of Australia, Adam is on a mission to track down all the ingredients necessary for the perfect picnic.	AUSTRALIA	English-100	RPT	G		Y
2019-03-23	2200	Destination Flavour Down Under	New Zealand - North Island	Adam explores New Zealand's North Island starting in the majestic kauri forests in the north. He visits Dargaville, the kumara capital of NZ, then a kiwifruit farm in Te Puke.	AUSTRALIA	English-100	RPT	G		Y
2019-03-23	2230	The Cook And The Chef	Best In Season	Maggie searches for the perfect Tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G		
2019-03-23	2300	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G		
2019-03-23	2330	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes Peach Jam, sharing a new method to check when it is ready to set, makes a simple Peach and Prosciutto salad and finishes with a Peach drink.	AUSTRALIA	English-100		G		
2019-03-23	2400	Say It To My Face	Meatball Meltdown	Terry Gallagher, the owner of Guiseppe's restaurant in West Hills, CA feels her fine-dining Italian restaurant is being destroyed by negative online reviews.	USA	English-100		PG		Y
2019-03-23	2500	The Travelling Chef	Travelling Chef Series 2, The Ep 5	Hong Kong is one of the most densely populated metropolises in the world. It's a concrete jungle, jammed into a relatively small space that seven and a half million people call home.	NEW ZEALAND	English-100				

2019-03-23 2530

The Travelling Chef

Travelling Chef Series 2, The
Ep 6

Brett heads to Doi Inthanon National Park way up in the mountains of Northern Thailand. The border for Myanmar is just over there. Brett explores the food culture in this magical kingdom.

NEW ZEALAND English-100

2019-03-23	2600	Dinner Date	Steph	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-03-23	2700	Destination Flavour Down Under	Australia - Victoria	On a tour of the Victorian High Country, one of the great food centres of Australia, Adam is on a mission to track down all the ingredients necessary for the perfect picnic.	AUSTRALIA	English-100	RPT	G		Y
2019-03-23	2730	Destination Flavour Down Under	New Zealand - North Island	Adam explores New Zealand's North Island starting in the majestic kauri forests in the north. He visits Dargaville, the kumara capital of NZ, then a kiwifruit farm in Te Puke.	AUSTRALIA	English-100	RPT	G		Y
2019-03-23	2800	Big Food Rescue	Big Food Rescue Series 1 Ep 1	In order for the project to work, the team will need to sign up supermarkets and wholesalers so they can distribute the food that was going to be thrown out.	UNITED KINGDOM	English-100		PG		