



WEEK 12: Sunday, 15 March - Saturday, 21 March - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-03-15	0500	Rick Stein's Seafood Odyssey	Spain And Britain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100		PG	
2020-03-15	0530	Heston's Fantastical Food	Fantastical Christmas	Heston Blumenthal tackles the challenge of making the ultimate Christmas dinner, including edible decorations and a pudding so huge - you can step inside it!	UNITED KINGDOM	English-100	RPT	PG	Y
2020-03-15	0630	The Best In Australia	Best Fish Soup And The Best Curry, The	Ben, Anna, and Darren battle it out for the titles of the best fish soup, and the best curry in Australia.	AUSTRALIA	English-100		PG	
2020-03-15	0730	Martha's Cooking School	Perfect Roast	A beautifully cooked roast makes a grand centerpiece for any dinner. Martha shares three recipes - a rib roast, crown roast of pork, and stuffed turkey breast.	USA	English-100		G	
2020-03-15	0800	Martha's Cooking School	Stewing	Though they taste robust, hearty stews are generally made with inexpensive cuts of meat and require little hands-on prep time. Martha shares her recipes for three classic stews.	USA	English-100		G	
2020-03-15	0830	Martha's Cooking School	Soups	Nothing comforts like a bowl of homemade soup, and once you master a few basic techniques, you can make a host of variations. Martha shares her recipes for chicken soup, minestrone and veloute.	USA	English-100		G	
2020-03-15	0900	Martha's Cooking School	Vegetables	Blanch, steam, and roast - these are Martha's three simple methods for highlighting vegetables flavours and retaining their nutritional properties.	USA	English-100		G	
2020-03-15	0930	Martha's Cooking School	Pasta	Explore the art of making fresh pasta from scratch with Martha and her friend Michael White, chef, restaurateur, and pasta specialist.	USA	English-100		G	
2020-03-15	1000	Martha's Cooking School	Pasta Sauces	Homemade pasta sauces far outshine store-bought jars. Martha creates four mouthwatering versions - traditional Bolognese, puttanesca, carbonara, and a light but unforgettable sauce made with bottarga.	USA	English-100		G	
2020-03-15	1030	Martha's Cooking School	Fishmonger	Dave Pasternack, a renowned seafood chef based in New York City, joins Martha for a beginner's class on buying, butchering, and storing fish.	USA	English-100		G	
2020-03-15	1100	Heston's Fantastical Food	Fantastical Christmas	Heston Blumenthal tackles the challenge of making the ultimate Christmas dinner, including edible decorations and a pudding so huge - you can step inside it!	UNITED KINGDOM	English-100	RPT	PG	Y
2020-03-15	1200	Anthony Bourdain: Parts Unknown	Queens	Bourdain discovers a hub of international cuisines and cultures in the New York City Borough of Queens.	USA	English-100		PG	
2020-03-15	1300	Anthony Bourdain: Parts Unknown	Oman	Bourdain takes his first journey to the Sultanate of Oman and finds a peaceful land of remarkable beauty that defies expectations.	USA	English-100		PG	
2020-03-15	1400	Saturday Kitchen	Saturday Kitchen Series 1 Ep 18	James Martin presents the weekly cookery programme with help from chefs Tom Kitchin and Cyrus Todiwala. Broadcaster Sara Cox faces her food heaven or her food hell.	UNITED KINGDOM	English-100		G	
2020-03-15	1500	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 10	From Beef Tataki to Tomato Tartare, Richo shows that bar snacks can cater to everyone.	AUSTRALIA	English-100		G	
2020-03-15	1530	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 11	'Shaken, not stirred.' Richo shares none other than his 0-0-7 James Bond cocktail and tasty Sweet and Spicy Chicken Wings.	AUSTRALIA	English-100		G	

2020-03-15	1600	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas (complete with cakes and cucumber sandwiches) were quite the done thing.	AUSTRALIA	English-100		G	
2020-03-15	1630	The Cook And The Chef	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100		G	
2020-03-15	1700	Nigel And Adam's Farm Kitchen	Nigel And Adam's Farm Kitchen Series 1 Ep 2	Nigel looks at the disappearing notion of seasonality. With imports and technology allowing us to eat whatever we want, all year round, he aims to put us back in touch with nature's food cycle.	UNITED KINGDOM	English-100		G	
2020-03-15	1800	Thai Street Food With David Thompson	Chinatown	Chinatown is one of the key epicentres of street food, and in this episode, David explores the rich offerings that can be found in Chinatown's markets, as well as its architecture and history.	AUSTRALIA	English-100	RPT	G	Y
2020-03-15	1830	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100		PG	
2020-03-15	1900	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG	
2020-03-15	1935	Ainsley's Caribbean Kitchen	St Lucia	The beautiful island of St Lucia is the next stop for Ainsley's Caribbean Kitchen. What better way to appreciate the island than by seeing it by boat.	UNITED KINGDOM	English-100		PG	
2020-03-15	2030	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 3	There are some places that Stefano just can't get to on his bicycle and, in this episode, he sets out to drive hundreds of kilometres north from his beloved Murray River.	AUSTRALIA	English-100		PG	
2020-03-15	2100	Donal's Cook, Eat, Burn	Kayaking	Donal travels to Antrim to go kayaking on the River Bann. He prepares dishes specially picked to keep him going on the long day ahead, including homemade granola, and blueberry and chia muffins.	IRELAND	English-100		PG	
2020-03-15	2130	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace, including a one-pot tuna pasta method.				PG	
2020-03-15	2205	Gino's Italian Escape	Bari	Italian chef Gino D'Acampo explores the intriguing region of Puglia where centuries old tradition meets modern day Italy. The region is world-famous for its olive oil.	UNITED KINGDOM	English-100		G	
2020-03-15	2230	Destination Flavour China	Anhui	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.		English-70; Mandarin-30	RPT	G	Y
2020-03-15	2300	Martha's Cooking School	Sauteing	Sauteing is one of the quickest and most versatile cooking methods. It works well for almost any small cut of meat or fish. Martha demonstrates how to dredge meat or fish in flour.	USA	English-100		G	
2020-03-15	2330	Martha's Cooking School	Dumplings	Dumplings are a mainstay in nearly every cuisine, all across the world. Watch as Martha makes three kinds of dumplings, shaping each according to tradition.	USA	English-100		G	
2020-03-15	2400	Martha's Cooking School	Grains	By now we all know that eating whole grains is an integral part of a healthy lifestyle, and supermarket shelves are stocked with a greater variety than ever before.	USA	English-100		G	
2020-03-15	2430	Martha's Cooking School	Preserving	Martha demonstrates two of the oldest preserving techniques, confit and salting, and shows how viewers can put them to use in the home kitchen.	USA	English-100		G	
2020-03-15	2500	Martha's Cooking School	Legumes	Martha sheds light on the wide world of legumes, exploring the many available varieties, from chickpeas to calypso beans, and how to cook them using three different methods.	USA	English-100		G	
2020-03-15	2530	Martha's Cooking School	Shrimps	Martha offers a primer on a favourite crustacean. She explains which varieties of shrimp to buy and how to store them, plus whether to cook them with or without the shell and how to devein them.	USA	English-100		G	
2020-03-15	2600	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG	

2020-03-15	2635	Ainsley's Caribbean Kitchen	St Lucia	The beautiful island of St Lucia is the next stop for Ainsley's Caribbean Kitchen. What better way to appreciate the island than by seeing it by boat.	UNITED KINGDOM	English-100		PG	
2020-03-15	2730	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 3	There are some places that Stefano just can't get to on his bicycle and, in this episode, he sets out to drive hundreds of kilometres north from his beloved Murray River.	AUSTRALIA	English-100		PG	
2020-03-15	2800	Donal's Cook, Eat, Burn	Kayaking	Donal travels to Antrim to go kayaking on the River Bann. He prepares dishes specially picked to keep him going on the long day ahead, including homemade granola, and blueberry and chia muffins.	IRELAND	English-100		PG	
2020-03-15	2830	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace, including a one-pot tuna pasta method.				PG	
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2020-03-16	1130	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG	
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2020-03-16	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 41	Ben is at his favourite childhood beach at Hawley, where he cooks char grilled pesto chicken skewers with a charred lemon dressing cooked over the coals of his hibachi grill.	AUSTRALIA	English-100		G	
2020-03-16	1400	Delia's How To Cook	Fruit	Delia reveals the easiest and fastest fruit recipe in the world - Plum Oat Slices - and the best fruit salad she has ever made, in a programme that celebrates fruit in sweet and savoury dishes.	UNITED KINGDOM	English-100		G	
2020-03-16	1430	The Chefs' Line	Italian	Four home cooks with a passion for Italian cuisine will battle it out with the chefs' line from Adelaide restaurant Osteria Oggi. Tonight, they compete against Apprentice Chef Annika.	AUSTRALIA	English-100	RPT	G	Y
2020-03-16	1500	Mercurio's Menu	Darwin	Paul visits Darwin, the vibrant capital city of the Northern Territory in Australia's top end. With its youthful population and tropical climate, Paul's here to explore what's on offer.	AUSTRALIA	English-100		PG	
2020-03-16	1530	Pati's Mexican Table	Jose Andres Takes Over	Pati invites her good friend and celebrity chef, Jose Andres, to cook with her. They join forces in her kitchen to whip together a series of Mexican and Spanish influenced recipes.	USA	English-100		PG	
2020-03-16	1600	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	In the season finale, Jack honours the truly amazing people and food he has encountered in the Kimberley with a long table dinner under the stars.	AUSTRALIA	English-100		G	
2020-03-16	1630	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G	
2020-03-16	1700	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G	
2020-03-16	1730	Donal's Kitchen Hero	Surf's Up!	Donal and friends head to Kerry for a surfing weekend. Knowing it's going to be cold, Donal prepares a chickpea, pasta and tomato soup, and some dig-in beef fajitas to eat on the beach.	IRELAND	English-100		PG	
2020-03-16	1800	Bake With Anna Olson	Caramel	Who doesn't love caramel? Learning to make a basic caramel opens the patisserie door to so many desserts and delights, from classic to creative.	CANADA	English-100		PG	
2020-03-16	1830	Great British Food Revival	Trout And Ice Cream	Raymond Blanc tries his hand at the ancient art of coracle fishing while campaigning to get trout back onto people's plates. Meanwhile, Mary Berry goes on a mission to revive real diary ice cream.	UNITED KINGDOM	English-100		PG	
2020-03-16	1935	Rachel Khoo: My Swedish Kitchen	Fishing On The Westcoast	Rachel serves a grilled lobster with a cabbage and caraway salad, and her own gravlax poke bowl. For dessert, she prepares white chocolate and berry coconut mountains.	UNITED KINGDOM	English-100		PG	
2020-03-16	2005	Rachel Khoo: My Swedish Kitchen	Festive Ending, A	Rachel prepares cold crayfish and serves it with warm crayfish soup and a cheese pie. For dessert, she makes a classic Swedish cheese cake, served warm with whipped cream and jam.	UNITED KINGDOM	English-100		PG	
2020-03-16	2035	Carluccio's Six Seasons	Rottnest	The 'Godfather of Italian cooking', Antonio Carluccio ventures into a special part of Australia & learns about the important role food plays in Australia's Indigenous culture.	AUSTRALIA	English-100	RPT	G	Y
2020-03-16	2105	Carluccio's Six Seasons	New Norcia	New Norcia's the only Monastic town in Australia. Richard introduces Antonio to Auntie Shelia and Auntie Teresa, and together they cook up a delicious meal in a 130-year-old oven.	AUSTRALIA	English-100	RPT	G	Y
2020-03-16	2135	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	AUSTRALIA	English-100	RPT	PG	Y
2020-03-16	2230	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G	
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2020-03-16	2435	Bake With Anna Olson	Caramel	Who doesn't love caramel? Learning to make a basic caramel opens the patisserie door to so many desserts and delights, from classic to creative.	CANADA	English-100		PG	
2020-03-16	2505	Donal's Kitchen Hero	Surf's Up!	Donal and friends head to Kerry for a surfing weekend. Knowing it's going to be cold, Donal prepares a chickpea, pasta and tomato soup, and some dig-in beef fajitas to eat on the beach.	IRELAND	English-100		PG	
2020-03-16	2535	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 11	The last five ambitious chefs plucked from kitchens across the country begin their bid to be crowned Professional MasterChef 2014 with three daunting tests.	UNITED KINGDOM	English-100		PG	
2020-03-16	2640	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	AUSTRALIA	English-100	RPT	PG	Y
2020-03-16	2735	Rachel Khoo: My Swedish Kitchen	Fishing On The Westcoast	Rachel serves a grilled lobster with a cabbage and caraway salad, and her own gravlax poke bowl. For dessert, she prepares white chocolate and berry coconut mountains.	UNITED KINGDOM	English-100		PG	
2020-03-16	2805	Rachel Khoo: My Swedish Kitchen	Festive Ending, A	Rachel prepares cold crayfish and serves it with warm crayfish soup and a cheese pie. For dessert, she makes a classic Swedish cheese cake, served warm with whipped cream and jam.	UNITED KINGDOM	English-100		PG	
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2020-03-17	1300	Bake With Anna Olson	Caramel	Who doesn't love caramel? Learning to make a basic caramel opens the patisserie door to so many desserts and delights, from classic to creative.	CANADA	English-100		PG	
2020-03-17	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 42	Ben is at his favourite childhood beach at Hawley, where he spent many summers as a kid showing you how to make prawn jerk skewers over the charcoal of his hibachi grill.	AUSTRALIA	English-100		G	
2020-03-17	1400	Delia's How To Cook	Cheese	Delia explains how to store, eat, and cook with cheese, and gives her recommendation for the perfect cheeseboard and a traditional Welsh rarebit.	UNITED KINGDOM	English-100		G	
2020-03-17	1430	The Chefs' Line	Italian	Four home cooks with a passion for Italian cuisine will battle it out with the chefs' line from Adelaide restaurant, Osteria Oggi. Station Chef Lawrence steps up to represent his restaurant.	AUSTRALIA	English-100	RPT	G	Y
2020-03-17	1500	Mercurio's Menu	North West Tasmania	Paul travels through North West Tasmania to discover the cray fishing industry, and how to make an intriguing cray stack.	AUSTRALIA	English-100		G	
2020-03-17	1530	Pati's Mexican Table	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, and goes to the market for lunch.	USA	English-100		G	
2020-03-17	1600	The Delicious Miss Dahl	Romance	Sophie talks us through her perfect dishes for the three stages of romance. On the first date, she recommends scallops roasted in their own shells, with garlic and chilli marinade.	UNITED KINGDOM	English-100		PG	
2020-03-17	1630	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2020-03-17	1700	The Cook And The Chef	Winter And Chocolate	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100		G	
2020-03-17	1730	Donal's Kitchen Hero	Friends For Dinner	Donal prepares Thai fish cakes, teriyaki salmon with noodles, and a mega banoffee pie as he hosts a group of his friends for dinner.	IRELAND	English-100		PG	
2020-03-17	1800	Bake With Anna Olson	Pate Sucrie	Anna shows how to prepare the delicate sugar-based pastry that is pate sucrie, and includes tips and tricks to make it even more versatile.	CANADA	English-100		PG	
2020-03-17	1830	Great British Food Revival	Mustard And Venison	Ainsley Harriot is on a mission to revive people's taste for traditional British mustards, while Valentine Warner stalks wild deer as he campaigns to get everyone eating more venison.	UNITED KINGDOM	English-100		PG	
2020-03-17	1935	Food Safari Earth	Food Safari Earth Series 1 Ep 2	Maeve seeks out the deeply satisfying carbohydrate staples at the heart of many of the great dishes of the world. In this episode, Indian, Italian, Lebanese, and Cuban recipes are the stars.	AUSTRALIA	English-100	RPT	G	Y
2020-03-17	2005	Loving Gluten Free	Loving Gluten Free Series 1 Ep 2	Helen swaps out breadcrumbs for quinoa to make a favourite, crispy gluten free crumbed chicken. Wellness influencer Taline Gabrielian from Hippie Lane drops in for a visit to share a delicious salad.				G	
2020-03-17	2035	Flintoff's Great British Road Trip	Lancashire	Freddie and Rob take their beloved green chip van back home to Lancashire. Having their first day off in six weeks, the boys head to Liverpool for the Tour of Britain cycling race.	UNITED KINGDOM	English-100		PG	
2020-03-17	2135	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	AUSTRALIA	English-100	RPT	PG	Y
2020-03-17	2230	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2020-03-17	2300	The Cook And The Chef	Winter And Chocolate	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100		G	

2020-03-17	2330	Great British Food Revival	Mustard And Venison	Ainsley Harriot is on a mission to revive people's taste for traditional British mustards, while Valentine Warner stalks wild deer as he campaigns to get everyone eating more venison.	UNITED KINGDOM	English-100		PG	
2020-03-17	2435	Bake With Anna Olson	Pate Sucree	Anna shows how to prepare the delicate sugar-based pastry that is pate sucee, and includes tips and tricks to make it even more versatile.	CANADA	English-100		PG	
2020-03-17	2505	Donal's Kitchen Hero	Friends For Dinner	Donal prepares Thai fish cakes, teriyaki salmon with noodles, and a mega banoffee pie as he hosts a group of his friends for dinner.	IRELAND	English-100		PG	
2020-03-17	2535	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 12	The week's best chefs return for the quarter-finals and the battle really begins. Their first challenge is an Invention Test - but this one has a twist.	UNITED KINGDOM	English-100		G	
2020-03-17	2640	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	AUSTRALIA	English-100	RPT	PG	Y
2020-03-17	2735	Food Safari Earth	Food Safari Earth Series 1 Ep 2	Maeve seeks out the deeply satisfying carbohydrate staples at the heart of many of the great dishes of the world. In this episode, Indian, Italian, Lebanese, and Cuban recipes are the stars.	AUSTRALIA	English-100	RPT	G	Y
2020-03-17	2805	Loving Gluten Free	Loving Gluten Free Series 1 Ep 2	Helen swaps out breadcrumbs for quinoa to make a favourite, crispy gluten free crumbed chicken. Wellness influencer Taline Gabrielian from Hippie Lane drops in for a visit to share a delicious salad.				G	
2020-03-17	2835	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 42	Ben is at his favourite childhood beach at Hawley, where he spent many summers as a kid showing you how to make prawn jerk skewers over the charcoal of his hibachi grill.	AUSTRALIA	English-100		G	
2020-03-18	0500	Delia's How To Cook	Cheese	Delia explains how to store, eat, and cook with cheese, and gives her recommendation for the perfect cheeseboard and a traditional Welsh rarebit.	UNITED KINGDOM	English-100		G	
2020-03-18	0530	The Chefs' Line	Italian	Four home cooks with a passion for Italian cuisine will battle it out with the chefs' line from Adelaide restaurant, Osteria Oggi. Station Chef Lawrence steps up to represent his restaurant.	AUSTRALIA	English-100	RPT	G	Y
2020-03-18	0600	Mercurio's Menu	North West Tasmania	Paul travels through North West Tasmania to discover the cray fishing industry, and how to make an intriguing cray stack.	AUSTRALIA	English-100		G	
2020-03-18	0630	Pati's Mexican Table	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, and goes to the market for lunch.	USA	English-100		G	
2020-03-18	0700	The Delicious Miss Dahl	Romance	Sophie talks us through her perfect dishes for the three stages of romance. On the first date, she recommends scallops roasted in their own shells, with garlic and chilli marinade.	UNITED KINGDOM	English-100		PG	
2020-03-18	0730	Donal's Kitchen Hero	Friends For Dinner	Donal prepares Thai fish cakes, teriyaki salmon with noodles, and a mega banoffee pie as he hosts a group of his friends for dinner.	IRELAND	English-100		PG	
2020-03-18	0800	Bake With Anna Olson	Pate Sucree	Anna shows how to prepare the delicate sugar-based pastry that is pate sucee, and includes tips and tricks to make it even more versatile.	CANADA	English-100		PG	
2020-03-18	0830	Great British Food Revival	Mustard And Venison	Ainsley Harriot is on a mission to revive people's taste for traditional British mustards, while Valentine Warner stalks wild deer as he campaigns to get everyone eating more venison.	UNITED KINGDOM	English-100		PG	
2020-03-18	0935	Food Safari Earth	Food Safari Earth Series 1 Ep 2	Maeve seeks out the deeply satisfying carbohydrate staples at the heart of many of the great dishes of the world. In this episode, Indian, Italian, Lebanese, and Cuban recipes are the stars.	AUSTRALIA	English-100	RPT	G	Y
2020-03-18	1005	Loving Gluten Free	Loving Gluten Free Series 1 Ep 2	Helen swaps out breadcrumbs for quinoa to make a favourite, crispy gluten free crumbed chicken. Wellness influencer Taline Gabrielian from Hippie Lane drops in for a visit to share a delicious salad.				G	
2020-03-18	1035	Flintoff's Great British Road Trip	Lancashire	Freddie and Rob take their beloved green chip van back home to Lancashire. Having their first day off in six weeks, the boys head to Liverpool for the Tour of Britain cycling race.	UNITED KINGDOM	English-100		PG	
2020-03-18	1135	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	AUSTRALIA	English-100	RPT	PG	Y

2020-03-18	1230	Donal's Kitchen Hero	Friends For Dinner	Donal prepares Thai fish cakes, teriyaki salmon with noodles, and a mega banoffee pie as he hosts a group of his friends for dinner.	IRELAND	English-100		PG	
2020-03-18	1300	Bake With Anna Olson	Pate Sucree	Anna shows how to prepare the delicate sugar-based pastry that is pate sucee, and includes tips and tricks to make it even more versatile.	CANADA	English-100		PG	
2020-03-18	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 43	Ben is at his childhood family shack at Hawley, where he will cook delicious marinated chipotle smoky ribs over the charcoal of his hibachi grill.	AUSTRALIA	English-100		G	
2020-03-18	1400	Delia's How To Cook	Chocolate	Surely a food from heaven, chocolate tastes divine and even mimics the sensation of being in love. No wonder everyone adores it.	UNITED KINGDOM	English-100		G	
2020-03-18	1430	The Chefs' Line	Italian	Sous chef Josh from Italian restaurant Osterio Oggi goes up against two passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2020-03-18	1500	Mercurio's Menu	Yarra Valley	The Yarra Valley is one of the most picturesque places not only in Oz but the world. It's also chock a block full of great stuff like free range pork, beautiful little zucchini flowers, and garlic.	AUSTRALIA	English-100		PG	
2020-03-18	1530	Pati's Mexican Table	History Of Oaxaca Cuisine	Pati takes viewers on a deep dive into the history of Oaxacan cuisine from its pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements.	USA	English-100		PG	
2020-03-18	1600	The Delicious Miss Dahl	Melancholy	It's a melancholic day and there's no getting away from it. The only option is to feed this melodramatic emotion with dishes that could cheer up Eeyore, starting with bubble and squeak cakes.	UNITED KINGDOM	English-100		PG	
2020-03-18	1630	The Cook And The Chef	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100		G	
2020-03-18	1700	The Cook And The Chef	Old Favourites	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100		G	
2020-03-18	1730	Donal's Kitchen Hero	Band Reunion	Donal cooks the kind of food bands like after long days and late nights - steak sandwiches, brownies, bangers with garlic mash, and apple slices.	IRELAND	English-100		PG	
2020-03-18	1800	Bake With Anna Olson	Marzipan	Marzipan is made simply from ground almonds mixed with sugar to achieve a paste, but it has so many uses in the dessert world. Anna showcases marzipan from its fundamental creation to its many uses.	CANADA	English-100		PG	
2020-03-18	1830	Great British Food Revival	Mushrooms And Offal	Antonio Carluccio goes foraging to revive the fortunes of his favourite ingredient - the British mushroom. Meanwhile, Matt Tebbutt is convinced that everyone should be eating more offal.	UNITED KINGDOM	English-100		PG	
2020-03-18	1935	Donal's Asian Baking Adventure	Korea 1	Donal arrives in Seoul, where the American Army arrival in the 1960s also brought wheat, flour, and bread. Since then, baked goods have become a sign of luxury.	SINGAPORE	English-100		G	
2020-03-18	2005	Gourmet Farmer	Gourmet Farmer Series 2 Ep 1	Leading food critic Matthew Evans swapped city life for small farm living in Tasmania. Matthew now has his own young family, and it's time to get serious.	AUSTRALIA	English-100	RPT	PG	Y
2020-03-18	2035	Short Cuts To Glory	Basics, The	Where better to start a series that's packed full of recipes and tips for cooks of every ability than with the basics?	AUSTRALIA	English-100		PG	
2020-03-18	2110	Italian Food Safari	Italian Food Safari Series 1 Ep 2	First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide.	AUSTRALIA	English-100	RPT	G	Y
2020-03-18	2140	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-03-18	2235	The Cook And The Chef	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100		G	
2020-03-18	2305	The Cook And The Chef	Old Favourites	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100		G	

2020-03-18	2335	Great British Food Revival	Mushrooms And Offal	Antonio Carluccio goes foraging to revive the fortunes of his favourite ingredient - the British mushroom. Meanwhile, Matt Tebbutt is convinced that everyone should be eating more offal.	UNITED KINGDOM	English-100		PG	
2020-03-18	2440	Bake With Anna Olson	Marzipan	Marzipan is made simply from ground almonds mixed with sugar to achieve a paste, but it has so many uses in the dessert world. Anna showcases marzipan from its fundamental creation to its many uses.	CANADA	English-100		PG	
2020-03-18	2505	Donal's Kitchen Hero	Band Reunion	Donal cooks the kind of food bands like after long days and late nights - steak sandwiches, brownies, bangers with garlic mash, and apple slices.	IRELAND	English-100		PG	
2020-03-18	2535	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 13	It's the semi-finals, and Marcus Wareing, formidable chef Monica Galetti, and MasterChef's seasoned diner Gregg Wallace step up the pressure in their search for culinary talent.	UNITED KINGDOM	English-100		G	
2020-03-18	2640	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-03-18	2735	Donal's Asian Baking Adventure	Korea 1	Donal arrives in Seoul, where the American Army arrival in the 1960s also brought wheat, flour, and bread. Since then, baked goods have become a sign of luxury.	SINGAPORE	English-100		G	
2020-03-18	2805	Gourmet Farmer	Gourmet Farmer Series 2 Ep 1	Leading food critic Matthew Evans swapped city life for small farm living in Tasmania. Matthew now has his own young family, and it's time to get serious.	AUSTRALIA	English-100	RPT	PG	Y
2020-03-18	2835	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 43	Ben is at his childhood family shack at Hawley, where he will cook delicious marinated chipotle smoky ribs over the charcoal of his hibachi grill.	AUSTRALIA	English-100		G	
2020-03-19	0500	Delia's How To Cook	Chocolate	Surely a food from heaven, chocolate tastes divine and even mimics the sensation of being in love. No wonder everyone adores it.	UNITED KINGDOM	English-100		G	
2020-03-19	0530	The Chefs' Line	Italian	Sous chef Josh from Italian restaurant Osterio Oggi goes up against two passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2020-03-19	0600	Mercurio's Menu	Yarra Valley	The Yarra Valley is one of the most picturesque places not only in Oz but the world. It's also chock a block full of great stuff like free range pork, beautiful little zucchini flowers, and garlic.	AUSTRALIA	English-100		PG	
2020-03-19	0630	Pati's Mexican Table	History Of Oaxaca Cuisine	Pati takes viewers on a deep dive into the history of Oaxacan cuisine from its pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements.	USA	English-100		PG	
2020-03-19	0700	The Delicious Miss Dahl	Melancholy	It's a melancholic day and there's no getting away from it. The only option is to feed this melodramatic emotion with dishes that could cheer up Eeyore, starting with bubble and squeak cakes.	UNITED KINGDOM	English-100		PG	
2020-03-19	0730	Donal's Kitchen Hero	Band Reunion	Donal cooks the kind of food bands like after long days and late nights - steak sandwiches, brownies, bangers with garlic mash, and apple slices.	IRELAND	English-100		PG	
2020-03-19	0800	Bake With Anna Olson	Marzipan	Marzipan is made simply from ground almonds mixed with sugar to achieve a paste, but it has so many uses in the dessert world. Anna showcases marzipan from its fundamental creation to its many uses.	CANADA	English-100		PG	
2020-03-19	0830	Great British Food Revival	Mushrooms And Offal	Antonio Carluccio goes foraging to revive the fortunes of his favourite ingredient - the British mushroom. Meanwhile, Matt Tebbutt is convinced that everyone should be eating more offal.	UNITED KINGDOM	English-100		PG	
2020-03-19	0935	Donal's Asian Baking Adventure	Korea 1	Donal arrives in Seoul, where the American Army arrival in the 1960s also brought wheat, flour, and bread. Since then, baked goods have become a sign of luxury.	SINGAPORE	English-100		G	
2020-03-19	1005	Gourmet Farmer	Gourmet Farmer Series 2 Ep 1	Leading food critic Matthew Evans swapped city life for small farm living in Tasmania. Matthew now has his own young family, and it's time to get serious.	AUSTRALIA	English-100	RPT	PG	Y
2020-03-19	1035	Short Cuts To Glory	Basics, The	Where better to start a series that's packed full of recipes and tips for cooks of every ability than with the basics?	AUSTRALIA	English-100		PG	

2020-03-19	1110	Italian Food Safari	Italian Food Safari Series 1 Ep 2	First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide.	AUSTRALIA	English-100	RPT	G	Y
2020-03-19	1140	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-03-19	1235	Donal's Kitchen Hero	Band Reunion	Donal cooks the kind of food bands like after long days and late nights - steak sandwiches, brownies, bangers with garlic mash, and apple slices.	IRELAND	English-100		PG	
2020-03-19	1305	Bake With Anna Olson	Marzipan	Marzipan is made simply from ground almonds mixed with sugar to achieve a paste, but it has so many uses in the dessert world. Anna showcases marzipan from its fundamental creation to its many uses.	CANADA	English-100		PG	
2020-03-19	1335	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 44	Ben is in the Eagles Nest Retreat kitchen, where he will show you how to make simple yet delicious fish tacos with a fresh homemade salsa.	AUSTRALIA	English-100		PG	
2020-03-19	1400	Delia's How To Cook	Equipment	Delia takes viewers through knives, saucepans, frying pans and scales, with words of wisdom on surviving the commercial jungle and making sure consumers get good-quality equipment.	UNITED KINGDOM	English-100		G	
2020-03-19	1430	The Chefs' Line	Italian	Executive chef Andrew from Italian restaurant Osterio Oggi goes up against this week's best home cook. This is the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2020-03-19	1500	Mercurio's Menu	Alice Springs	Alice Springs - Australia's most famous outback town. It's cradled by the MacDonnell Ranges and surrounded by some pretty harsh desert.	AUSTRALIA	English-100		G	
2020-03-19	1530	Pati's Mexican Table	Queen In The Land Of Gods, A	Pati travels to the small town of Teotitlan de Valle to meet with one of the best cooks in Oaxaca, Abigail Mendoza.	USA	English-100		G	
2020-03-19	1600	The Delicious Miss Dahl	Selfish	Sophie Dahl revels in the joy of cooking for one on a purely selfish day. Shutting the world away and answering to no one on a day that is indulgently independent, means cruising the food boutiques.	UNITED KINGDOM	English-100		PG	
2020-03-19	1630	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100		G	
2020-03-19	1700	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100		PG	
2020-03-19	1730	Donal's Kitchen Hero	Five Mile Hike In Kerry	Donal prepares food to take with him and a group of friends as they walk a five mile section of the Kerry Way - white bean and chorizo soup, lime and chilli chicken salad, and soda bread.	IRELAND	English-100		PG	
2020-03-19	1800	Bake With Anna Olson	Italian Meringue	Italian meringue is made from whipping egg whites and pouring in boiled sugar, giving the meringue strength and structure to be used in many ways.	CANADA	English-100		PG	
2020-03-19	1830	Great British Food Revival	Sardines And Gooseberries	Michelin-starred Giorgio Locatelli campaigns for the revival of the British sardine, while, Jason Atherton goes into battle for the beleaguered British gooseberry.	UNITED KINGDOM	English-100		PG	
2020-03-19	1935	Donna Hay: Fast, Fresh, Simple	Fast Flavours	Donna demonstrates why pork and fennel meatballs is such a classic, tasty combination, and why easy apple and blueberry cake reminds her of her grandmother.	AUSTRALIA	English-100		G	
2020-03-19	2005	The Great Australian Cookbook	Matt Stone & Maggie Beer	Matt Stone cooks prawns and a charcoal roasted vegetable salad feast for his family, while Maggie Beer shares one of her all-time favourite recipes - chocolate, pear and almond tart.	AUSTRALIA	English-100		G	
2020-03-19	2035	Kylie Kwong: My China	Fujian Province	Kylie works her way to the Fujian province and the south coast of China. The region is the ancestral homeland of millions of overseas Chinese of Southeast Asia.	AUSTRALIA	English-100	RPT	G	Y
2020-03-19	2105	Delia's How To Cook	Pastry	Delia gives an easy first lesson in the art of making pastry with a shortcrust flan and flaky pastry. Demonstrating just how easy it is to create simple but delicious meals, she bakes a smoked fish.	UNITED KINGDOM	English-100		G	
2020-03-19	2135	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	AUSTRALIA	English-100	RPT	PG	Y

2020-03-19	2235	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100			G	
2020-03-19	2305	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100			PG	
2020-03-19	2335	Great British Food Revival	Sardines And Gooseberries	Michelin-starred Giorgio Locatelli campaigns for the revival of the British sardine, while, Jason Atherton goes into battle for the beleaguered British gooseberry.	UNITED KINGDOM	English-100			PG	
2020-03-19	2440	Bake With Anna Olson	Italian Meringue	Italian meringue is made from whipping egg whites and pouring in boiled sugar, giving the meringue strength and structure to be used in many ways.	CANADA	English-100			PG	
2020-03-19	2505	Donal's Kitchen Hero	Five Mile Hike In Kerry	Donal prepares food to take with him and a group of friends as they walk a file mile section of the Kerry Way - white bean and chorizo soup, lime and chilli chicken salad, and soda bread.	IRELAND	English-100			PG	
2020-03-19	2535	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 14	Marcus Wareing and Monica Galetti send the first two talented semi-finalists to Mayfair's Connaught Hotel to experience service in a two-Michelin-starred kitchen.	UNITED KINGDOM	English-100			G	
2020-03-19	2640	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	AUSTRALIA	English-100	RPT		PG	Y
2020-03-19	2740	Donna Hay: Fast, Fresh, Simple	Fast Flavours	Donna demonstrates why pork and fennel meatballs is such a classic, tasty combination, and why easy apple and blueberry cake reminds her of her grandmother.	AUSTRALIA	English-100			G	
2020-03-19	2805	The Great Australian Cookbook	Matt Stone & Maggie Beer	Matt Stone cooks prawns and a charcoal roasted vegetable salad feast for his family, while Maggie Beer shares one of her all-time favourite recipes - chocolate, pear and almond tart.	AUSTRALIA	English-100			G	
2020-03-19	2835	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 44	Ben is in the Eagles Nest Retreat kitchen, where he will show you how to make simple yet delicious fish tacos with a fresh homemade salsa.	AUSTRALIA	English-100			PG	
2020-03-20	0500	Delia's How To Cook	Equipment	Delia takes viewers through knives, saucepans, frying pans and scales, with words of wisdom on surviving the commercial jungle and making sure consumers get good-quality equipment.	UNITED KINGDOM	English-100			G	
2020-03-20	0530	The Chefs' Line	Italian	Executive chef Andrew from Italian restaurant Osterio Oggi goes up against this week's best home cook. This is the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT		G	Y
2020-03-20	0600	Mercurio's Menu	Alice Springs	Alice Springs - Australia's most famous outback town. It's cradled by the MacDonnell Ranges and surrounded by some pretty harsh desert.	AUSTRALIA	English-100			G	
2020-03-20	0630	Pati's Mexican Table	Queen In The Land Of Gods, A	Pati travels to the small town of Teotitlan de Valle to meet with one of the best cooks in Oaxaca, Abigail Mendoza.	USA	English-100			G	
2020-03-20	0700	The Delicious Miss Dahl	Selfish	Sophie Dahl revels in the joy of cooking for one on a purely selfish day. Shutting the world away and answering to no one on a day that is indulgently independent, means cruising the food boutiques.	UNITED KINGDOM	English-100			PG	
2020-03-20	0730	Donal's Kitchen Hero	Five Mile Hike In Kerry	Donal prepares food to take with him and a group of friends as they walk a file mile section of the Kerry Way - white bean and chorizo soup, lime and chilli chicken salad, and soda bread.	IRELAND	English-100			PG	
2020-03-20	0800	Bake With Anna Olson	Italian Meringue	Italian meringue is made from whipping egg whites and pouring in boiled sugar, giving the meringue strength and structure to be used in many ways.	CANADA	English-100			PG	
2020-03-20	0830	Great British Food Revival	Sardines And Gooseberries	Michelin-starred Giorgio Locatelli campaigns for the revival of the British sardine, while, Jason Atherton goes into battle for the beleaguered British gooseberry.	UNITED KINGDOM	English-100			PG	
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2020-03-20	1005	The Great Australian Cookbook	Matt Stone & Maggie Beer	Matt Stone cooks prawns and a charcoal roasted vegetable salad feast for his family, while Maggie Beer shares one of her all-time favourite recipes - chocolate, pear and almond tart.	AUSTRALIA	English-100			G	

2020-03-20	1035	Kylie Kwong: My China	Fujian Province	Kylie works her way to the Fujian province and the south coast of China. The region is the ancestral homeland of millions of overseas Chinese of Southeast Asia.	AUSTRALIA	English-100	RPT	G	Y
2020-03-20	1105	Delia's How To Cook	Pastry	Delia gives an easy first lesson in the art of making pastry with a shortcrust flan and flaky pastry. Demonstrating just how easy it is to create simple but delicious meals, she bakes a smoked fish.	UNITED KINGDOM	English-100		G	
2020-03-20	1135	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	AUSTRALIA	English-100	RPT	PG	Y
2020-03-20	1235	Donal's Kitchen Hero	Five Mile Hike In Kerry	Donal prepares food to take with him and a group of friends as they walk a five mile section of the Kerry Way - white bean and chorizo soup, lime and chilli chicken salad, and soda bread.	IRELAND	English-100		PG	
2020-03-20	1305	Bake With Anna Olson	Italian Meringue	Italian meringue is made from whipping egg whites and pouring in boiled sugar, giving the meringue strength and structure to be used in many ways.	CANADA	English-100		PG	
2020-03-20	1335	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 45	Ben creates a homemade chorizo meat as he cooks a fresh chorizo pasta over the charcoals of his fireplace. At the University of Queensland St Lucia Campus, Joel is joined by Bernie Woodcroft.	AUSTRALIA	English-100		G	
2020-03-20	1400	Delia's How To Cook	Gadgets	Delia Smith gives her top tips on kitchen gadgets, with advice on which ones to bin and which ones she considers invaluable. There are hints and tips on whisks, food processors, and blenders.	UNITED KINGDOM	English-100		G	
2020-03-20	1430	The Chefs' Line	Italian	The competition is over but there's still plenty of food to enjoy. Maeve O'Meara takes us inside the kitchen of Osteria Oggi to reflect on the week and to learn some exciting new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-03-20	1500	Mercurio's Menu	High Country	When you think of the High Country, you originally think of its rich cultural history - the days of the goldrush, and Ned Kelly riding around these very hills with his brothers.	AUSTRALIA	English-100		G	
2020-03-20	1530	Pati's Mexican Table	Mezcal Trail, The	Pati takes a drive to a region in Oaxaca known for producing some of the best mezcal in all of Mexico. She meets the producer of a small family-run operation and learns how mezcal is made.	USA	English-100		G	
2020-03-20	1600	The Delicious Miss Dahl	Escapism	At the end of a rotten week we all need to get away but sometimes we don't have that option. Sophie's suggestion is an escapist weekend in which she draws inspiration from her foreign travels.	UNITED KINGDOM	English-100		G	
2020-03-20	1630	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages.	AUSTRALIA	English-100		G	
2020-03-20	1700	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2020-03-20	1730	Donal's Kitchen Hero	Asian Invasion	Donal loves Asian food and creates a home-made version of a Chinese takeaway, complete with fortune cookies. His menu includes pork-filled lettuce cups, and Singapore noodles.	IRELAND	English-100		PG	
2020-03-20	1800	Bake With Anna Olson	Icebox Cookies	Icebox cookies came into fashion in the early 1900's, when iceboxes were used to keep food chilled, and are still as popular as ever. Anna shows a number of traditional styles.	CANADA	English-100		PG	
2020-03-20	1830	Great British Food Revival	Shrimp And Duck	Glynn Purnell is determined to revive the fortunes of the British brown shrimp, while John Torode fights for the Aylesbury duck, one of Britain's oldest duck breeds.	UNITED KINGDOM	English-100		PG	
2020-03-20	1935	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia - Part 1	Luke meets his friend Tana in Brickfields, filled with a variety of different Indian dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-03-20	2005	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia, Part 2	Luke continues unearthing different street foods in Kuala Lumpur, starting at the central Jalan Imbi market.	AUSTRALIA	English-100	RPT	G	Y
2020-03-20	2035	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G	Y
2020-03-20	2135	Hairy Bikers Northern Exposure	Baltic States: Lithuania, Latvia And Estonia, The	The bikers travel to the Baltic States, starting with Lithuania, where they make a pilgrimage to the Hill of Crosses. In Latvia, they ride with Latvia's oldest biker gang, The Brothers of the Wind.	UNITED KINGDOM	English-100		PG	

2020-03-20	2235	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages.	AUSTRALIA	English-100		G	
2020-03-20	2305	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2020-03-20	2335	Great British Food Revival	Shrimp And Duck	Glynn Purnell is determined to revive the fortunes of the British brown shrimp, while John Torode fights for the Aylesbury duck, one of Britain's oldest duck breeds.	UNITED KINGDOM	English-100		PG	
2020-03-20	2440	Bake With Anna Olson	Icebox Cookies	Icebox cookies came into fashion in the early 1900's, when iceboxes were used to keep food chilled, and are still as popular as ever. Anna shows a number of traditional styles.	CANADA	English-100		PG	
2020-03-20	2510	Donal's Kitchen Hero	Asian Invasion	Donal loves Asian food and creates a home-made version of a Chinese takeaway, complete with fortune cookies. His menu includes pork-filled lettuce cups, and Singapore noodles.	IRELAND	English-100		PG	
2020-03-20	2540	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 15	First up, the chefs head to London's Knightsbridge to cook for the formidable chef Pierre Koffmann. With a fearsome reputation and over 50 years of experience, he has trained a generation of greats.	UNITED KINGDOM	English-100		G	
2020-03-20	2645	Hairy Bikers Northern Exposure	Baltic States: Lithuania, Latvia And Estonia, The	The bikers travel to the Baltic States, starting with Lithuania, where they make a pilgrimage to the Hill of Crosses. In Latvia, they ride with Latvia's oldest biker gang, The Brothers of the Wind.	UNITED KINGDOM	English-100		PG	
2020-03-20	2745	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia - Part 1	Luke meets his friend Tana in Brickfields, filled with a variety of different Indian dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-03-20	2810	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia, Part 2	Luke continues unearthing different street foods in Kuala Lumpur, starting at the central Jalan Imbi market.	AUSTRALIA	English-100	RPT	G	Y
2020-03-20	2835	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 45	Ben creates a homemade chorizo meat as he cooks a fresh chorizo pasta over the charcoals of his fireplace. At the University of Queensland St Lucia Campus, Joel is joined by Bernie Woodcroft.	AUSTRALIA	English-100		G	
2020-03-21	0500	Delia's How To Cook	Gadgets	Delia Smith gives her top tips on kitchen gadgets, with advice on which ones to bin and which ones she considers invaluable. There are hints and tips on whisks, food processors, and blenders.	UNITED KINGDOM	English-100		G	
2020-03-21	0530	The Chefs' Line	Italian	The competition is over but there's still plenty of food to enjoy. Maeve O'Meara takes us inside the kitchen of Osteria Oggi to reflect on the week and to learn some exciting new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-03-21	0600	Mercurio's Menu	High Country	When you think of the High Country, you originally think of its rich cultural history - the days of the goldrush, and Ned Kelly riding around these very hills with his brothers.	AUSTRALIA	English-100		G	
2020-03-21	0630	Pati's Mexican Table	Mezcal Trail, The	Pati takes a drive to a region in Oaxaca known for producing some of the best mezcal in all of Mexico. She meets the producer of a small family-run operation and learns how mezcal is made.	USA	English-100		G	
2020-03-21	0700	The Delicious Miss Dahl	Escapism	At the end of a rotten week we all need to get away but sometimes we don't have that option. Sophie's suggestion is an escapist weekend in which she draws inspiration from her foreign travels.	UNITED KINGDOM	English-100		G	
2020-03-21	0730	Donal's Kitchen Hero	Asian Invasion	Donal loves Asian food and creates a home-made version of a Chinese takeaway, complete with fortune cookies. His menu includes pork-filled lettuce cups, and Singapore noodles.	IRELAND	English-100		PG	
2020-03-21	0800	Bake With Anna Olson	Icebox Cookies	Icebox cookies came into fashion in the early 1900's, when iceboxes were used to keep food chilled, and are still as popular as ever. Anna shows a number of traditional styles.	CANADA	English-100		PG	
2020-03-21	0830	Great British Food Revival	Shrimp And Duck	Glynn Purnell is determined to revive the fortunes of the British brown shrimp, while John Torode fights for the Aylesbury duck, one of Britain's oldest duck breeds.	UNITED KINGDOM	English-100		PG	
2020-03-21	0935	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia - Part 1	Luke meets his friend Tana in Brickfields, filled with a variety of different Indian dishes.	AUSTRALIA	English-100	RPT	G	Y

2020-03-21	1005	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia, Part 2	Luke continues unearthing different street foods in Kuala Lumpur, starting at the central Jalan Imbi market.	AUSTRALIA	English-100	RPT	G	Y
2020-03-21	1035	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G	Y
2020-03-21	1135	The Delicious Miss Dahl	Escapism	At the end of a rotten week we all need to get away but sometimes we don't have that option. Sophie's suggestion is an escapist weekend in which she draws inspiration from her foreign travels.	UNITED KINGDOM	English-100		G	
2020-03-21	1205	Anthony Bourdain: Parts Unknown	Trinidad	A trip to the Caribbean uncovers how the island of Trinidad has turned a history of colonialism and slavery into a non-stop celebration of multicultural food, music, and good times.	USA	English-100		PG	
2020-03-21	1300	Anthony Bourdain: Parts Unknown	Antarctica	Bourdain travels to the bottom of the world to experience the serene beauty and mystery of the driest, coldest, windiest place on Earth.	USA	English-100		PG	
2020-03-21	1400	Saturday Kitchen	Saturday Kitchen Series 1 Ep 19	On Saturday Kitchen this week, Fernando Stovell of Stovell's restaurant cooks up some delicious Caramelised scallops, shrimps and grits with pork jowl bacon.	UNITED KINGDOM	English-100		PG	
2020-03-21	1500	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 12	Mediterranean Tarts, BBQ King Fish Wings, and Bacon and Cheese Pies, Richo shows just how easy and diverse bar snacks can be.	AUSTRALIA	English-100		G	
2020-03-21	1530	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 13	No matter what you prefer, Richo shares his recipes for the perfect bar snack. Light California Rolls, sticky BBQ Pork Ribs or comforting Mac and Cheese Toasties, these recipes are sure to impress.	AUSTRALIA	English-100		G	
2020-03-21	1600	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G	
2020-03-21	1630	The Cook And The Chef	Tetsuya Part 1	Fifty years ago, Australia was gastronomically a very bleak part of the world. In the early 1950s, dining out for Maggie's family often meant a meal at the local Chinese restaurant.	AUSTRALIA	English-100		G	
2020-03-21	1700	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G	
2020-03-21	1730	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 9	Parveen Ashraf visits an unusual vegetable market in Mumbai that is only for early risers. Back in the UK, she prepares spicy fried okra chips and a mango lassi.	UNITED KINGDOM	English-100		PG	
2020-03-21	1830	Rick Stein's Seafood Odyssey	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing.	UNITED KINGDOM	English-100		PG	
2020-03-21	1900	Rick Stein's Seafood Odyssey	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland in America. The area is famous for striped bass or 'one hell of a big, beefy, bouncy fish' as Rick describes it.	UNITED KINGDOM	English-100		PG	
2020-03-21	1935	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			G	
2020-03-21	2000	Cheese Slices	Bhutan: Yak's Cheese And Butter	Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes.	AUSTRALIA			G	
2020-03-21	2030	Heston's Dinner In Space	Heston's Space Food Series 1 Ep 1	Heston undergoes space training where he experiences zero gravity amongst other challenging conditions. Inspired by the occasion, he also creates some delicious space food.	UNITED KINGDOM	English-100	RPT	G	Y
2020-03-21	2130	The Best In Australia	Best Breakfast Egg Dish And The Best Veal Main, The	Ben, Anna, and Darren battle it out, serving up their best veal main dishes, and their best breakfast dishes made using eggs.	AUSTRALIA	English-100			
2020-03-21	2230	Comfort Eating	Islington	Nick shows us around his home town of Islington. He eats a Vietnamese banquet at The Little Viet Kitchen, and shares a mega-sized cowboy chop at the Pig and Butcher with one of his comedy heroes.	UNITED KINGDOM	English-100			
2020-03-21	2300	Comfort Eating	Camden	After a liquid lunch at an underground speakeasy in Camden where he invents his own cocktail, Nick samples the food stalls at Kerb Street Food Market.	UNITED KINGDOM	English-100			

2020-03-21	2330	Heston's In Search Of Perfection	Black Forest Gateaux	Continuing his quest for culinary perfection, Heston travels to Germany's Black Forest in an attempt to revitalise and transform the region's famous gateau.	UNITED KINGDOM	English-100	RPT	G	Y
2020-03-21	2400	Heston's In Search Of Perfection	Steak And Salad	In search of the tastiest steak, Heston's first port of call is New York. Here he meets celebrated BBQ chef Adam Perry Lang. Together they look at how the age of the meat affects its flavour.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-03-21	2430	Heston's In Search Of Perfection	Fish And Chips	Chef Heston Blumenthal's crusade for culinary perfection becomes more complex as he struggles with batter and potatoes in his quest for a superlative plate of fish 'n' chips.	UNITED KINGDOM	English-100	RPT	G	Y
2020-03-21	2500	Heston's In Search Of Perfection	Pizza	Heston takes on junk food and tries to prepare a pizza superior to those that arrive on the back of a moped or from a freezer. Heston begins his journey in Naples, Italy - home of the pizza.	UNITED KINGDOM	English-100	RPT	G	Y
2020-03-21	2530	Heston's In Search Of Perfection	Roast Chicken	It's back to basics as kitchen alchemist Heston Blumenthal tackles a classic Sunday roast - chicken with all the trimmings. Heston begins by choosing the best bird - the French poulet de Bresse.	UNITED KINGDOM	English-100	RPT	G	Y
2020-03-21	2600	Heston's In Search Of Perfection	Spaghetti Bolognese	Heston travels to Italy to break down and dissect the humble but delicious spaghetti bolognese, with versions from the traditional to the radical being tried and tested.	UNITED KINGDOM	English-100	RPT	G	Y
2020-03-21	2630	Rachel Allen: All Things Sweet	Classic Twist	Rachel puts a tasty twist on some classic dishes to show how even the most traditional desserts can be given a tantalising new lease of life.	UNITED KINGDOM	English-100		G	
2020-03-21	2700	Rachel Allen: All Things Sweet	Afternoon Tea	Rachel shows how to make sure your afternoon tea guests always come a-knocking, with a selection of tempting snacks that are the perfect accompaniment to a good brew.	UNITED KINGDOM	English-100		G	
2020-03-21	2730	Rachel Allen: All Things Sweet	Fresh & Fruity	Rachel gives a masterclass in mouth-watering desserts that showcase the flavours of fresh fruit. On the menu are poached peaches with raspberry sherbet, and prosecco and raspberry jelly.	UNITED KINGDOM	English-100		G	
2020-03-21	2800	Rachel Allen: All Things Sweet	Summer Days	Rachel serves up the flavours of summer with some scrumptious and colourful treats you can enjoy at any time of the year.	UNITED KINGDOM	English-100		G	
2020-03-21	2830	Rachel Allen: All Things Sweet	Chocoholics	For anyone with a passion for chocolate, you can never have too much of a good thing. Rachel takes us to chocolate heaven with these sweet dishes that showcase one of our favourite guilty pleasures.	UNITED KINGDOM	English-100		G	