



**WEEK 13: Sunday, 24 March - Saturday, 30 March 2019 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-03-24	0500	<b>Food Porn</b>	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
2019-03-24	0530	<b>Food Porn</b>	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		
2019-03-24	0600	<b>The Cook And The Chef</b>	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		
2019-03-24	0630	<b>The Cook And The Chef</b>	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		
2019-03-24	0700	<b>The Cook And The Chef</b>	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		
2019-03-24	0730	<b>The Travelling Chef</b>	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		PG		
2019-03-24	0800	<b>The Travelling Chef</b>	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		PG		
2019-03-24	0830	<b>Dinner Date</b>	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		
2019-03-24	0930	<b>Destination Flavour Down Under</b>	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
2019-03-24	1000	<b>Destination Flavour Down Under</b>	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
2019-03-24	1030	<b>The Cook And The Chef</b>	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		
2019-03-24	1100	<b>Say It To My Face</b>	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
2019-03-24	1200	<b>The Good Cooks</b>	Philippines	Australian fitness and healthy lifestyle advocate Luke Hines travels to the small island of Guimaras - home to the Southeast Asian Fisheries Development Centre (SEAFDEC) Igang Marine Station.	AUSTRALIA	English-100		PG		
2019-03-24	1230	<b>The Good Cooks</b>	Tanzania	Australian television presenter, chef and Indigenous mentor Mark Olive travels from Wollongong to the heart of central Tanzania to learn traditional recipes.	AUSTRALIA	English-80; Swahili-20		G		Y

2019-03-24	1300	<b>The Good Cooks</b>	Mozambique	Australian TV personality and professional chef Paul West travels to Maputo. Here he meets trailblazing farmers and sees how they are improving their food security and sustainability.	AUSTRALIA	English-99; Portuguese-1		PG		Y
2019-03-24	1330	<b>The Travelling Chef</b>	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		PG		
2019-03-24	1400	<b>Big Food Rescue</b>	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		
2019-03-24	1500	<b>Destination Flavour Down Under</b>	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
2019-03-24	1530	<b>Destination Flavour Down Under</b>	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
2019-03-24	1600	<b>Food Porn</b>	Food Truck Revolution	The food truck movement is sweeping the country and satisfying cravings on the fly. Comida is at the forefront of this movement in Denver, serving a custom selection of tacos.	USA	English-100		PG		
2019-03-24	1630	<b>Food Porn</b>	Meat Masters	Michael is living the meat lovers dream, sampling the most mouth-watering meat dishes hand-crafted by the meat masters themselves. His first stop is New York City's meat mecca Beatrice Inn.	USA	English-100		PG		
2019-03-24	1655	<b>Rick Stein In Australia</b>	Rick Stein In Australia	Rick Stein heads down under and hits his favourite spots to talk through his most beloved Aussie dishes.	AUSTRALIA			G		
2019-03-24	1700	<b>The Cook And The Chef</b>	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G		
2019-03-24	1730	<b>The Cook And The Chef</b>	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G		
2019-03-24	1800	<b>The Cook And The Chef</b>	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG		
2019-03-24	1830	<b>Cheese Slices</b>	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					
2019-03-24	1900	<b>Cheese Slices</b>	Turkey: Traditional Cheeses Of Turkey	Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin.	AUSTRALIA					
2019-03-24	1930	<b>Tropical Gourmet</b>	Tropical Gourmet Series 1 Ep 7	Justine visits the Spanish hideaway in the heart of Queensland, Paronella Park, and makes Paella. Back on Whitehaven Beach, she grills up some Mango cheeks.	AUSTRALIA	English-100		G		
2019-03-24	2000	<b>Tropical Gourmet</b>	Tropical Gourmet Series 1 Ep 8	Out on the water, Justine experiences bare boating - which is hiring a boat and using it as a hotel, going wherever you please. Justine cooks up a fish burger on board.	AUSTRALIA	English-100		G		
2019-03-24	2030	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish; and cooks Prune and Almond Tart.	UNITED KINGDOM	English-100		G		
2019-03-24	2100	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100		G		
2019-03-24	2130	<b>Food Safari</b>	Hungarian Safari	Maeve O'Meara explores the flavour, texture and wonderful complexity of Hungarian food.	AUSTRALIA	English-100	RPT	G		Y

2019-03-24	2200	<b>Food Safari</b>	Sri Lankan Safari	Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.	AUSTRALIA	English-100	RPT	G	Y
2019-03-24	2230	<b>The Cook And The Chef</b>	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G	
2019-03-24	2300	<b>The Cook And The Chef</b>	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G	
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2019-03-24	2400	<b>Say It To My Face</b>	Slammin' The Salmon	Mike and Susie Walsh, husband and wife owners of Redondo Beach restaurant Jimmy's Bar & Grill, are down to their last pennies trying to keep the doors open of their beach-side eatery.	USA	English-100		PG	Y
2019-03-24	2500	<b>Tropical Gourmet</b>	Tropical Gourmet Series 1 Ep 7	Justine visits the Spanish hideaway in the heart of Queensland, Paronella Park, and makes Paella. Back on Whitehaven Beach, she grills up some Mango cheeks.	AUSTRALIA	English-100		G	
2019-03-24	2530	<b>Tropical Gourmet</b>	Tropical Gourmet Series 1 Ep 8	Out on the water, Justine experiences bare boating - which is hiring a boat and using it as a hotel, going wherever you please. Justine cooks up a fish burger on board.	AUSTRALIA	English-100		G	
2019-03-24	2600	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish; and cooks Prune and Almond Tart.	UNITED KINGDOM	English-100		G	
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2019-03-24	2700	<b>Food Safari</b>	Hungarian Safari	Maeve O'Meara explores the flavour, texture and wonderful complexity of Hungarian food.	AUSTRALIA	English-100	RPT	G	Y
2019-03-24	2730	<b>Food Safari</b>	Sri Lankan Safari	Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.	AUSTRALIA	English-100	RPT	G	Y
2019-03-24	2800	<b>Food Porn</b>	Food Truck Revolution	The food truck movement is sweeping the country and satisfying cravings on the fly. Comida is at the forefront of this movement in Denver, serving a custom selection of tacos.	USA	English-100		PG	
2019-03-24	2830	<b>Food Porn</b>	Meat Masters	Michael is living the meat lovers dream, sampling the most mouth-watering meat dishes hand-crafted by the meat masters themselves. His first stop is New York City's meat mecca Beatrice Inn.	USA	English-100		PG	
2019-03-25	0500	<b>The Cook And The Chef</b>	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G	
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2019-03-25	1500	<b>My Restaurant In India</b>	My Restaurant In India Series 1 Ep 4	It's the day of the soft launch, but the restaurant is still under construction. Sarah must push through fear and self doubt to stay in control.	AUSTRALIA	English-99; Hindi-1	RPT	G	Y
2019-03-25	1530	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 26	Ben and Joel attempt to recreate a Satay Chicken that Ben had on his travels in Hong Kong.	AUSTRALIA	English-100		G	Y
2019-03-25	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 5	Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	RPT	G	Y
2019-03-25	1630	<b>Andy &amp; Ben Eat Australia</b>	Andy And New South Wales	Andy's back in his neighbourhood of Bondi, Sydney. He swims in Tamarama beach before heading out to Pocket City Farm in Camperdown with Three Blue Ducks co-owner and chef Mark LaBrooy.	AUSTRALIA	English-100		PG	
2019-03-25	1700	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 6	Ben and Joel are exploring the use of fats in their recipes - melting, emulsifying, and grinding fats to create rich and decadent recipes suited for all occasions.	AUSTRALIA	English-100			

2019-03-25	1730	<b>The Cook And The Chef</b>	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		
2019-03-25	1800	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles.	AUSTRALIA	English-100		PG		
2019-03-25	1830	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 16	Chris Evans joins Saturday Kitchen this week to spill the beans on everything Top Gear and to tackle the legendary Heaven or Hell challenge.	UNITED KINGDOM	English-100		PG		
2019-03-25	1930	<b>Kylie Kwong: My China</b>	Home-Coming	Kylie returns to her great grandfather's ancestral home in Toishan village, Guangdong province.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-25	2000	<b>Kylie Kwong: My China</b>	Hong Kong	Kylie continues her search for culinary traditions in the familiar surroundings of Hong Kong, and she works her way through a speakeasy.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-25	2030	<b>Sara's Australia Unveiled</b>	Northern Territory: Darwin	Sara La Fountain starts her exploration to the Northern Territory in Darwin. She enjoys the cities ethnic nature, and tastes Australian food influenced by Asian and Greek flavours.	UNITED KINGDOM	English-100				
2019-03-25	2100	<b>Sara's Australia Unveiled</b>	Northern Territory: Connecting With The Country	Sara starts her journey into the outback, and she drives to the Kakadu region. As she is passionate about the Aboriginal culture, she starts her journey to Kakadu.	UNITED KINGDOM	English-100				
2019-03-25	2130	<b>United Plates Of America</b>	United Plates Of America Series 2 Ep 13	First up, we try some creative modern Italian food from a shop front in Hoboken in New Jersey. Then we travel to Austin, Texas and eat some delicious pasta, made the true Italian way.	USA	English-100		PG		
2019-03-25	2200	<b>The Cook And The Chef</b>	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		
2019-03-25	2230	<b>The Cook And The Chef</b>	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G		
2019-03-25	2300	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 16	Chris Evans joins Saturday Kitchen this week to spill the beans on everything Top Gear and to tackle the legendary Heaven or Hell challenge.	UNITED KINGDOM	English-100		PG		
2019-03-25	2400	<b>Worst Cooks In America</b>	Face Your Fears Of Feeding Others	As being some of the six Worst Cooks in America, they haven't been able to give their friends and family a healthy, sufficient meal but today Anne Burrell and Bobby Flay are going to change that.	USA	English-100		PG	Y	
2019-03-25	2500	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 6	Ben and Joel are exploring the use of fats in their recipes - melting, emulsifying, and grinding fats to create rich and decadent recipes suited for all occasions.	AUSTRALIA	English-100				
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2019-03-25	2600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 5	Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	RPT	G	Y	
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2019-03-25	2800	<b>Sara's Australia Unveiled</b>	Northern Territory: Connecting With The Country	Sara starts her journey into the outback, and she drives to the Kakadu region. As she is passionate about the Aboriginal culture, she starts her journey to Kakadu.	UNITED KINGDOM	English-100				
2019-03-25	2830	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 26	Ben and Joel attempt to recreate a Satay Chicken that Ben had on his travels in Hong Kong.	AUSTRALIA	English-100		G		Y
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2019-03-26	1200	<b>United Plates Of America</b>	United Plates Of America Series 2 Ep 13	First up, we try some creative modern Italian food from a shop front in Hoboken in New Jersey. Then we travel to Austin, Texas and eat some delicious pasta, made the true Italian way.	USA	English-100		PG		
2019-03-26	1230	<b>The Cook And The Chef</b>	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		
2019-03-26	1300	<b>The Cook And The Chef</b>	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G		
2019-03-26	1330	<b>Andy &amp; Ben Eat Australia</b>	Andy And New South Wales	Andy's back in his neighbourhood of Bondi, Sydney. He swims in Tamarama beach before heading out to Pocket City Farm in Camperdown with Three Blue Ducks co-owner and chef Mark LaBrooy.	AUSTRALIA	English-100		PG		
2019-03-26	1400	<b>Worst Cooks In America</b>	Face Your Fears Of Feeding Others	As being some of the six Worst Cooks in America, they haven't been able to give their friends and family a healthy, sufficient meal but today Anne Burrell and Bobby Flay are going to change that.	USA	English-100		PG		Y

2019-03-26	1500	<b>My Restaurant In India</b>	My Restaurant In India Series 1 Ep 5	Tensions reach critical mass as the restaurant construction remains unfinished and the Australian staff reach breaking point under the tough conditions.	AUSTRALIA	English-99; Hindi-1	RPT	PG	Y	Y
2019-03-26	1530	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 27	Using one of his favourite ingredients from his garden, Ben makes an Upside-Down Rhubarb Cake.	AUSTRALIA	English-100		G		Y
2019-03-26	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers' Guide To Australia Series 5 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-26	1630	<b>Andy &amp; Ben Eat Australia</b>	New South Wales	Andy meets up with his mate LaBrooy in Paramatta to visit the famous Knafeh Bearded Bakers. Then Andy heads to Rylstone, NSW to learn how to make classic Chinese dumplings at 29-9-99 Yum Cha House.	AUSTRALIA	English-100		PG		
2019-03-26	1700	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 7	Ben and Joel have a night at home organised for you, entree, main, and dessert. Each recipe explores the science of cooking times and temperatures including chemically cooking a delicious ceviche.	AUSTRALIA	English-100				
2019-03-26	1730	<b>The Cook And The Chef</b>	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G		
2019-03-26	1800	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100		PG		
2019-03-26	1830	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 17	Two of the UK's very best Michelin starred chefs join Saturday Kitchen this week. Matt Gillan finds some time away from his award winning restaurant, The Pass, to whip up a dish.	UNITED KINGDOM	English-100		PG		
2019-03-26	1930	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 9	Seafood is the main ingredient as we float around one of the worlds natural wonders, Ha Long Bay. Luke prepares mantis prawns cooked on a bonfire he prepared on one of the two Ha Long Bay beaches.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-03-26	2000	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 10	Mai Chau is the last stop for Luke on his journey through the northern regions of Vietnam. Here he prepares a young jackfruit salad, which he shares with a nearby family in their stilt house.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-03-26	2030	<b>Poh's Kitchen</b>	Filipino Food With Dennis Leslie	Poh introduces executive chef Denis Leslie, who draws on his Filipino heritage to treat us to a traditional tangy soup and melt-in-the-mouth chicken dish.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-26	2100	<b>Poh's Kitchen</b>	Slow Cooking With Emmanuel Molloisoh	This episode, Poh and Emmanuel are slow cooking two delicious meat dishes that bring back wonderful memories for both of them.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-26	2130	<b>United Plates Of America</b>	Los Angeles - Japanese Food	California has one of the largest populations of Japanese people in America. Their life here and their transition into American culture hasn't been a smooth one.	USA	English-100		G		
2019-03-26	2200	<b>The Cook And The Chef</b>	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G		
2019-03-26	2230	<b>The Cook And The Chef</b>	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G		
2019-03-26	2300	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 17	Two of the UK's very best Michelin starred chefs join Saturday Kitchen this week. Matt Gillan finds some time away from his award winning restaurant, The Pass, to whip up a dish.	UNITED KINGDOM	English-100		PG		

2019-03-26	2400	<b>Worst Cooks In America</b>	Revisit Your Past Before The Last	We have four recruits left and they are one week away from a chance of cooking for a panel of food experts and winning \$25,000. This week is their last chance to impress Anne Burrell and Bobby Flay.	USA	English-100		PG			Y
2019-03-26	2500	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 7	Ben and Joel have a night at home organised for you, entree, main, and dessert. Each recipe explores the science of cooking times and temperatures including chemically cooking a delicious ceviche.	AUSTRALIA	English-100					
2019-03-26	2530	<b>My Restaurant In India</b>	My Restaurant In India Series 1 Ep 5	Tensions reach critical mass as the restaurant construction remains unfinished and the Australian staff reach breaking point under the tough conditions.	AUSTRALIA	English-99; Hindi-1	RPT	PG	Y		Y
2019-03-26	2600	<b>Food Lovers' Guide To Australia</b>	Food Lovers' Guide To Australia Series 5 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter.	AUSTRALIA	English-100	RPT	G	Y		
2019-03-26	2630	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 9	Seafood is the main ingredient as we float around one of the worlds natural wonders, Ha Long Bay. Luke prepares mantis prawns cooked on a bonfire he prepared on one of the two Ha Long Bay beaches.	AUSTRALIA	English-100	RPT	G	Y		Y
2019-03-26	2700	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 10	Mai Chau is the last stop for Luke on his journey through the northern regions of Vietnam. Here he prepares a young jackfruit salad, which he shares with a nearby family in their stilt house.	AUSTRALIA	English-100	RPT	G	Y		Y
2019-03-26	2730	<b>Poh's Kitchen</b>	Filipino Food With Dennis Leslie	Poh introduces executive chef Denis Leslie, who draws on his Filipino heritage to treat us to a traditional tangy soup and melt-in-the-mouth chicken dish.	AUSTRALIA	English-100	RPT	G	Y		
2019-03-26	2800	<b>Poh's Kitchen</b>	Slow Cooking With Emmanuel Molloisoh	This episode, Poh and Emmanuel are slow cooking two delicious meat dishes that bring back wonderful memories for both of them.	AUSTRALIA	English-100	RPT	G	Y		
2019-03-26	2830	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 27	Using one of his favourite ingredients from his garden, Ben makes an Upside-Down Rhubarb Cake.	AUSTRALIA	English-100		G			Y
2019-03-27	0500	<b>Andy &amp; Ben Eat Australia</b>	New South Wales	Andy meets up with his mate LaBrooy in Paramatta to visit the famous Knafeh Bearded Bakers. Then Andy heads to Rylstone, NSW to learn how to make classic Chinese dumplings at 29-9-99 Yum Cha House.	AUSTRALIA	English-100		PG			
2019-03-27	0530	<b>The Cook And The Chef</b>	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G			
2019-03-27	0600	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100		PG			
2019-03-27	0630	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 17	Two of the UK's very best Michelin starred chefs join Saturday Kitchen this week. Matt Gillan finds some time away from his award winning restaurant, The Pass, to whip up a dish.	UNITED KINGDOM	English-100		PG			
2019-03-27	0730	<b>My Restaurant In India</b>	My Restaurant In India Series 1 Ep 5	Tensions reach critical mass as the restaurant construction remains unfinished and the Australian staff reach breaking point under the tough conditions.	AUSTRALIA	English-99; Hindi-1	RPT	PG	Y		Y
2019-03-27	0800	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 7	Ben and Joel have a night at home organised for you, entree, main, and dessert. Each recipe explores the science of cooking times and temperatures including chemically cooking a delicious ceviche.	AUSTRALIA	English-100					
2019-03-27	0830	<b>Worst Cooks In America</b>	Revisit Your Past Before The Last	We have four recruits left and they are one week away from a chance of cooking for a panel of food experts and winning \$25,000. This week is their last chance to impress Anne Burrell and Bobby Flay.	USA	English-100		PG			Y
2019-03-27	0930	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter.	AUSTRALIA	English-100	RPT	G	Y		



2019-03-27	1000	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 9	Seafood is the main ingredient as we float around one of the worlds natural wonders, Ha Long Bay. Luke prepares mantis prawns cooked on a bonfire he prepared on one of the two Ha Long Bay beaches.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-03-27	1030	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 10	Mai Chau is the last stop for Luke on his journey through the northern regions of Vietnam. Here he prepares a young jackfruit salad, which he shares with a nearby family in their stilt house.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-03-27	1100	<b>Poh's Kitchen</b>	Filipino Food With Dennis Leslie	Poh introduces executive chef Denis Leslie, who draws on his Filipino heritage to treat us to a traditional tangy soup and melt-in-the-mouth chicken dish.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-27	1130	<b>Poh's Kitchen</b>	Slow Cooking With Emmanuel Molloisoh	This episode, Poh and Emmanuel are slow cooking two delicious meat dishes that bring back wonderful memories for both of them.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-27	1200	<b>United Plates Of America</b>	Los Angeles - Japanese Food	California has one of the largest populations of Japanese people in America. Their life here and their transition into American culture hasn't been a smooth one.	USA	English-100		G		
2019-03-27	1230	<b>The Cook And The Chef</b>	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G		
2019-03-27	1300	<b>The Cook And The Chef</b>	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G		
2019-03-27	1330	<b>Andy &amp; Ben Eat Australia</b>	New South Wales	Andy meets up with his mate LaBrooy in Paramatta to visit the famous Knafeh Bearded Bakers. Then Andy heads to Rylstone, NSW to learn how to make classic Chinese dumplings at 29-9-99 Yum Cha House.	AUSTRALIA	English-100		PG		
2019-03-27	1400	<b>Worst Cooks In America</b>	Revisit Your Past Before The Last	We have four recruits left and they are one week away from a chance of cooking for a panel of food experts and winning \$25,000. This week is their last chance to impress Anne Burrell and Bobby Flay.	USA	English-100		PG		Y
2019-03-27	1500	<b>My Restaurant In India</b>	My Restaurant In India Series 1 Ep 6	Sarah returns to India, but things haven't been going well since she's been away. Tempers boil over as the official launch draws near.	AUSTRALIA	English-99; Hindi-1	RPT	G	Y	Y
2019-03-27	1530	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 28	Ben prepares an old favourite with an addition of some Huon Hot Smoked Salmon.	AUSTRALIA	English-100		G		
2019-03-27	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-27	1630	<b>Andy &amp; Ben Eat Australia</b>	New South Wales	In Byron Bay, Andy heads to Milk & Honey Pizzeria in Mullumbimby to check out chef and owner Tim Brebner's wood fire oven. Then he's off over the border into Queensland.	AUSTRALIA	English-100		PG		
2019-03-27	1700	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 8	Ben and Joel are doing dessert. Often thought of as difficult and tricky, Ben and Joel will show you some shortcuts and techniques that will make your next attempt almost failproof.	AUSTRALIA	English-100		G		
2019-03-27	1730	<b>The Cook And The Chef</b>	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G		
2019-03-27	1800	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100		PG		
2019-03-27	1830	<b>Saturday Kitchen</b>	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		PG		

2019-03-27	1930	<b>Paul And Nick's Big American Food Trip</b>	Windham	Paul and Nick cook for the descendants of the 18th century Scots-speaking poet Robert Dinsmore, and try to source some wild turkey. Will the turkey be a step too far for Brad Dinsmore and his family?	IRELAND	English-100		PG		
2019-03-27	2000	<b>Paul And Nick's Big American Food Trip</b>	Philadelphia 1	Paul and Nick meet with Colin Brooks of the 1718 project, founded to investigate the historical links between Ulster, Scotland and Philadelphia. They also cook for Randall Redman.	IRELAND	English-100		PG		
2019-03-27	2030	<b>Heston's Great British Food</b>	Fish And Chips	Celebrity chef Heston Blumenthal is back with a brand new series where he explores the stories behind Britain's favourite dishes.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-03-27	2125	<b>Rick Stein In Australia</b>	Rick Stein In Australia	Rick Stein heads down under and hits his favourite spots to talk through his most beloved Aussie dishes.	AUSTRALIA			G		
2019-03-27	2130	<b>United Plates Of America</b>	San Diego - Mexican Food	California was once called Mexico before the United States purchased it. In San Diego we eat the real Mexican food from those who do it best.	USA	English-100		G		
2019-03-27	2200	<b>The Cook And The Chef</b>	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G		
2019-03-27	2230	<b>The Cook And The Chef</b>	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G		
2019-03-27	2300	<b>Saturday Kitchen</b>	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		PG		
2019-03-27	2400	<b>Worst Cooks In America</b>	So Close I Can Almost Taste It	In the final battle, Anne Burrell and Bobby Flay will go head to head for the second time to show who is the better teacher of the Worst Cooks in America.	USA	English-100		PG		Y
2019-03-27	2500	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 8	Ben and Joel are doing dessert. Often thought of as difficult and tricky, Ben and Joel will show you some shortcuts and techniques that will make your next attempt almost failproof.	AUSTRALIA	English-100				
2019-03-27	2530	<b>My Restaurant In India</b>	My Restaurant In India Series 1 Ep 6	Sarah returns to India, but things haven't been going well since she's been away. Tempers boil over as the official launch draws near.	AUSTRALIA	English-99; Hindi-1	RPT	G	Y	Y
2019-03-27	2600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-27	2630	<b>Paul And Nick's Big American Food Trip</b>	Windham	Paul and Nick cook for the descendants of the 18th century Scots-speaking poet Robert Dinsmore, and try to source some wild turkey. Will the turkey be a step too far for Brad Dinsmore and his family?	IRELAND	English-100		PG		
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2019-03-27	2730	<b>Heston's Great British Food</b>	Fish And Chips	Celebrity chef Heston Blumenthal is back with a brand new series where he explores the stories behind Britain's favourite dishes.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-03-27	2830	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 28	Ben prepares an old favourite with an addition of some Huon Hot Smoked Salmon.	AUSTRALIA	English-100		G		
2019-03-28	0500	<b>Andy &amp; Ben Eat Australia</b>	New South Wales	In Byron Bay, Andy heads to Milk & Honey Pizzeria in Mullumbimby to check out chef and owner Tim Brebner's wood fire oven. Then he's off over the border into Queensland.	AUSTRALIA	English-100		PG		

2019-03-28	0530	<b>The Cook And The Chef</b>	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G		
2019-03-28	0600	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100		PG		
2019-03-28	0630	<b>Saturday Kitchen</b>	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		PG		
2019-03-28	0730	<b>My Restaurant In India</b>	My Restaurant In India Series 1 Ep 6	Sarah returns to India, but things haven't been going well since she's been away. Tempers boil over as the official launch draws near.	AUSTRALIA	English-99; Hindi-1	RPT	G	Y	Y
2019-03-28	0800	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 8	Ben and Joel are doing dessert. Often thought of as difficult and tricky, Ben and Joel will show you some shortcuts and techniques that will make your next attempt almost failproof.	AUSTRALIA	English-100				
2019-03-28	0830	<b>Worst Cooks In America</b>	So Close I Can Almost Taste It	In the final battle, Anne Burrell and Bobby Flay will go head to head for the second time to show who is the better teacher of the Worst Cooks in America.	USA	English-100		PG		Y
2019-03-28	0930	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style.	AUSTRALIA	English-100	RPT	G	Y	
2019-03-28	1000	<b>Paul And Nick's Big American Food Trip</b>	Windham	Paul and Nick cook for the descendants of the 18th century Scots-speaking poet Robert Dinsmore, and try to source some wild turkey. Will the turkey be a step too far for Brad Dinsmore and his family?	IRELAND	English-100		PG		
2019-03-28	1030	<b>Paul And Nick's Big American Food Trip</b>	Philadelphia 1	Paul and Nick meet with Colin Brooks of the 1718 project, founded to investigate the historical links between Ulster, Scotland and Philadelphia. They also cook for Randall Redman.	IRELAND	English-100		PG		
2019-03-28	1100	<b>Heston's Great British Food</b>	Fish And Chips	Celebrity chef Heston Blumenthal is back with a brand new series where he explores the stories behind Britain's favourite dishes.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-03-28	1200	<b>United Plates Of America</b>	San Diego - Mexican Food	California was once called Mexico before the United States purchased it. In San Diego we eat the real Mexican food from those who do it best.	USA	English-100		G		
2019-03-28	1230	<b>The Cook And The Chef</b>	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G		
2019-03-28	1300	<b>The Cook And The Chef</b>	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G		
2019-03-28	1330	<b>Andy &amp; Ben Eat Australia</b>	New South Wales	In Byron Bay, Andy heads to Milk & Honey Pizzeria in Mullumbimby to check out chef and owner Tim Brebner's wood fire oven. Then he's off over the border into Queensland.	AUSTRALIA	English-100		PG		
2019-03-28	1400	<b>Worst Cooks In America</b>	So Close I Can Almost Taste It	In the final battle, Anne Burrell and Bobby Flay will go head to head for the second time to show who is the better teacher of the Worst Cooks in America.	USA	English-100		PG		Y
2019-03-28	1500	<b>Nigella Bites</b>	Fast Food	Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-03-28	1530	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 29	Ben steps in to help save the mayonnaise after Joel spills it.	AUSTRALIA	English-100		G		Y
2019-03-28	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there.	AUSTRALIA	English-100	RPT	G	Y	

2019-03-28	1630	<b>Andy &amp; Ben Eat Australia</b>	Queensland	In Brisbane, Andy visits CBD beekeeper Jack Stone from Bee One Third to help him harvest some honey from CBD office rooftops.	AUSTRALIA	English-100		PG	
2019-03-28	1700	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 9	Ben and Joel are looking into different ways gas interact with our food giving a light and fluffy texture. Joel has a mousse straight out of a laboratory while Ben looks at an Italian staple.	AUSTRALIA	English-100			
2019-03-28	1730	<b>The Cook And The Chef</b>	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G	
2019-03-28	1800	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack spends time with a local farming family to help them with their fruit picking, earning himself a key ingredient for Watermelon Nahm Jim, an incredible side-dish recipe.	AUSTRALIA	English-100		G	
2019-03-28	1830	<b>Saturday Kitchen</b>	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	
2019-03-28	1930	<b>Rick Stein's Mediterranean Escapes</b>	Sicily And Puglia	Rick Stein continues to enjoy the colours and ambience of Catania's busy fish market. In Puglia, he cooks peas with onions parma ham and olive oil, then gives his take on a fennel sausage recipe.	UNITED KINGDOM	English-99; Italian-1	RPT	G	Y
2019-03-28	2035	<b>Two Greedy Italians... Still Hungry</b>	Alps And Arrangiarsi, The	Chefs Antonio and Gennaro explore Italian resourcefulness through the enterprising food skills of the Lombards. They also visit some of the last remaining partisans.	UNITED KINGDOM	English-100	RPT	PG	
2019-03-28	2130	<b>United Plates Of America</b>	Miami - Cuban Food	Miami is not jut close to Cuba in proximity but the real Cuban food here is plentiful. We meet the Cubans who know the real Cuba and find out how their life here in Miami is so sweet.	USA	English-100		G	
2019-03-28	2200	<b>The Cook And The Chef</b>	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G	
2019-03-28	2230	<b>The Cook And The Chef</b>	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G	
2019-03-28	2300	<b>Saturday Kitchen</b>	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	
2019-03-28	2400	<b>Worst Cooks In America</b>	It Just Got Worse	Fourteen recruits, each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne Burrell and Bobby Flay.	USA	English-100		PG	Y
2019-03-28	2500	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 9	Ben and Joel are looking into different ways gas interact with our food giving a light and fluffy texture. Joel has a mousse straight out of a laboratory while Ben looks at an Italian staple.	AUSTRALIA	English-100			
2019-03-28	2530	<b>Nigella Bites</b>	Fast Food	Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt.	UNITED KINGDOM	English-100	RPT	G	Y
2019-03-28	2600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there.	AUSTRALIA	English-100	RPT	G	Y
2019-03-28	2630	<b>Rick Stein's Mediterranean Escapes</b>	Sicily And Puglia	Rick Stein continues to enjoy the colours and ambience of Catania's busy fish market. In Puglia, he cooks peas with onions parma ham and olive oil, then gives his take on a fennel sausage recipe.	UNITED KINGDOM	English-99; Italian-1	RPT	G	Y
2019-03-28	2735	<b>Two Greedy Italians... Still Hungry</b>	Alps And Arrangiarsi, The	Chefs Antonio and Gennaro explore Italian resourcefulness through the enterprising food skills of the Lombards. They also visit some of the last remaining partisans.	UNITED KINGDOM	English-100	RPT	PG	
2019-03-28	2830	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 29	Ben steps in to help save the mayonnaise after Joel spills it.	AUSTRALIA	English-100		G	Y

2019-03-29	0500	<b>Andy &amp; Ben Eat Australia</b>	Queensland	In Brisbane, Andy visits CBD beekeeper Jack Stone from Bee One Third to help him harvest some honey from CBD office rooftops.	AUSTRALIA	English-100		PG	
2019-03-29	0530	<b>The Cook And The Chef</b>	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G	
2019-03-29	0600	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack spends time with a local farming family to help them with their fruit picking, earning himself a key ingredient for Watermelon Nahm Jim, an incredible side-dish recipe.	AUSTRALIA	English-100		G	
2019-03-29	0630	<b>Saturday Kitchen</b>	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	
2019-03-29	0730	<b>Nigella Bites</b>	Fast Food	Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt.	UNITED KINGDOM	English-100	RPT	G	Y
2019-03-29	0800	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 9	Ben and Joel are looking into different ways gas interact with our food giving a light and fluffy texture. Joel has a mousse straight out of a laboratory while Ben looks at an Italian staple.	AUSTRALIA	English-100			
2019-03-29	0830	<b>Worst Cooks In America</b>	It Just Got Worse	Fourteen recruits, each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne Burrell and Bobby Flay.	USA	English-100		PG	Y
2019-03-29	0930	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there.	AUSTRALIA	English-100	RPT	G	Y
2019-03-29	1000	<b>Rick Stein's Mediterranean Escapes</b>	Sicily And Puglia	Rick Stein continues to enjoy the colours and ambience of Catania's busy fish market. In Puglia, he cooks peas with onions parma ham and olive oil, then gives his take on a fennel sausage recipe.	UNITED KINGDOM	English-99; Italian-1	RPT	G	Y
2019-03-29	1105	<b>Two Greedy Italians... Still Hungry</b>	Alps And Arrangiarsi, The	Chefs Antonio and Gennaro explore Italian resourcefulness through the enterprising food skills of the Lombards. They also visit some of the last remaining partisans.	UNITED KINGDOM	English-100	RPT	PG	
2019-03-29	1200	<b>United Plates Of America</b>	Miami - Cuban Food	Miami is not jut close to Cuba in proximity but the real Cuban food here is plentiful. We meet the Cubans who know the real Cuba and find out how their life here in Miami is so sweet.	USA	English-100		G	
2019-03-29	1230	<b>The Cook And The Chef</b>	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G	
2019-03-29	1300	<b>The Cook And The Chef</b>	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G	
2019-03-29	1330	<b>Andy &amp; Ben Eat Australia</b>	Queensland	In Brisbane, Andy visits CBD beekeeper Jack Stone from Bee One Third to help him harvest some honey from CBD office rooftops.	AUSTRALIA	English-100		PG	
2019-03-29	1400	<b>Worst Cooks In America</b>	It Just Got Worse	Fourteen recruits, each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne Burrell and Bobby Flay.	USA	English-100		PG	Y
2019-03-29	1500	<b>Nigella Bites</b>	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2019-03-29	1530	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 30	Ben makes a fantastic Apple Berry Jam, while Joel explains the science involved.	AUSTRALIA	English-100		G	
2019-03-29	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast.	AUSTRALIA	English-100	RPT	G	Y

2019-03-29	1630	<b>Andy &amp; Ben Eat Australia</b>	Queensland	Waking up at the Falls Farm, Andy has an explore of its small but incredible produce. He meets Ben in Tropical North Queensland with a stop at Fraser Island.	AUSTRALIA	English-100	PG		Y
2019-03-29	1700	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 10	Ben and Joel are breaking all the rules, experimenting with flavours that you wouldn't see together. Using great technique they surprise you with these interesting flavours.	AUSTRALIA	English-100			
2019-03-29	1730	<b>The Cook And The Chef</b>	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100	G		
2019-03-29	1800	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	The Kimberley's coastline ranges over 12,000 kilometres, much of which is inaccessible by land, so local guides take Jack island hopping to find some of the world's most pristine Oyster beds.	AUSTRALIA	English-100	G		
2019-03-29	1830	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 20	On this show, Michelin star chef, Paul Ainsworth of Number 6 in Padstow cooks up Cornish Raw scallops, kimchi-style cabbage and Gentleman's Relish mayonnaise.	UNITED KINGDOM	English-100	PG		
2019-03-29	1930	<b>Late Nite Eats</b>	Toronto	Jordan checks out Toronto, Canada's most diverse city, and it dishes out all kinds of delights. He kicks off his tour at Chanticleer, a French style bistro located in Parkdale.	USA	English-100			
2019-03-29	2000	<b>Late Nite Eats</b>	Montreal	Jordan explores the Montreal scene and it doesn't disappoint. First, he heads to Notre Dame de Grace to try the late night discount menu at Monkland Tavern.	USA	English-100			
2019-03-29	2030	<b>Nigella Kitchen</b>	Suppertime And The Cooking Is Easy	If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes is the work of moments.	UNITED KINGDOM	English-100	PG		
2019-03-29	2100	<b>Nigella Kitchen</b>	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100	PG		
2019-03-29	2130	<b>United Plates Of America</b>	Boston - Irish Food	It is estimated that as many as 4.5 million Irish arrived in America between 1820 and 1930. In the 1840s, they comprised nearly half of all immigrants to this nation.	USA	English-100	PG		
2019-03-29	2200	<b>The Cook And The Chef</b>	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100	G		
2019-03-29	2230	<b>The Cook And The Chef</b>	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100	G		
2019-03-29	2300	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 20	On this show, Michelin star chef, Paul Ainsworth of Number 6 in Padstow cooks up Cornish Raw scallops, kimchi-style cabbage and Gentleman's Relish mayonnaise.	UNITED KINGDOM	English-100	PG		
2019-03-29	2400	<b>Worst Cooks In America</b>	Scratching The Surface	The remaining recruits find out they are going on a culinary field trip to the farm. Upon arrival, they must herd cows, milk them, and then make their own homemade cheese.	USA	English-100	PG		Y
2019-03-29	2500	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 10	Ben and Joel are breaking all the rules, experimenting with flavours that you wouldn't see together. Using great technique they surprise you with these interesting flavours.	AUSTRALIA	English-100			
2019-03-29	2530	<b>Nigella Bites</b>	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2019-03-29	2600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast.	AUSTRALIA	English-100	RPT	G	Y
2019-03-29	2630	<b>Late Nite Eats</b>	Toronto	Jordan checks out Toronto, Canada's most diverse city, and it dishes out all kinds of delights. He kicks off his tour at Chanticleer, a French style bistro located in Parkdale.	USA	English-100			

2019-03-29	2700	<b>Late Nite Eats</b>	Montreal	Jordan explores the Montreal scene and it doesn't disappoint. First, he heads to Notre Dame de Grace to try the late night discount menu at Monkland Tavern.	USA	English-100			
2019-03-29	2730	<b>Nigella Kitchen</b>	Suppertime And The Cooking Is Easy	If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes is the work of moments.	UNITED KINGDOM	English-100		PG	
2019-03-29	2800	<b>Nigella Kitchen</b>	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100		PG	
2019-03-29	2830	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 30	Ben makes a fantastic Apple Berry Jam, while Joel explains the science involved.	AUSTRALIA	English-100		G	
2019-03-30	0500	<b>Andy &amp; Ben Eat Australia</b>	Queensland	Waking up at the Falls Farm, Andy has an explore of its small but incredible produce. He meets Ben in Tropical North Queensland with a stop at Fraser Island.	AUSTRALIA	English-100		PG	Y
2019-03-30	0530	<b>The Cook And The Chef</b>	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G	
2019-03-30	0600	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	The Kimberley's coastline ranges over 12,000 kilometres, much of which is inaccessible by land, so local guides take Jack island hopping to find some of the world's most pristine Oyster beds.	AUSTRALIA	English-100		G	
2019-03-30	0630	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 20	On this show, Michelin star chef, Paul Ainsworth of Number 6 in Padstow cooks up Cornish Raw scallops, kimchi-style cabbage and Gentleman's Relish mayonnaise.	UNITED KINGDOM	English-100		PG	
2019-03-30	0730	<b>Nigella Bites</b>	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2019-03-30	0800	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 10	Ben and Joel are breaking all the rules, experimenting with flavours that you wouldn't see together. Using great technique they surprise you with these interesting flavours.	AUSTRALIA	English-100			
2019-03-30	0830	<b>Worst Cooks In America</b>	Scratching The Surface	The remaining recruits find out they are going on a culinary field trip to the farm. Upon arrival, they must herd cows, milk them, and then make their own homemade cheese.	USA	English-100		PG	Y
2019-03-30	0930	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast.	AUSTRALIA	English-100	RPT	G	Y
2019-03-30	1000	<b>Late Nite Eats</b>	Toronto	Jordan checks out Toronto, Canada's most diverse city, and it dishes out all kinds of delights. He kicks off his tour at Chanticleer, a French style bistro located in Parkdale.	USA	English-100			
2019-03-30	1030	<b>Late Nite Eats</b>	Montreal	Jordan explores the Montreal scene and it doesn't disappoint. First, he heads to Notre Dame de Grace to try the late night discount menu at Monkland Tavern.	USA	English-100			
2019-03-30	1100	<b>Nigella Kitchen</b>	Suppertime And The Cooking Is Easy	If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes is the work of moments.	UNITED KINGDOM	English-100		PG	
2019-03-30	1130	<b>Nigella Kitchen</b>	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100		PG	
2019-03-30	1200	<b>United Plates Of America</b>	Boston - Irish Food	It is estimated that as many as 4.5 million Irish arrived in America between 1820 and 1930. In the 1840s, they comprised nearly half of all immigrants to this nation.	USA	English-100		PG	

2019-03-30	1230	<b>The Cook And The Chef</b>	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G			
2019-03-30	1300	<b>The Cook And The Chef</b>	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G			
2019-03-30	1330	<b>Andy &amp; Ben Eat Australia</b>	Queensland	Waking up at the Falls Farm, Andy has an explore of its small but incredible produce. He meets Ben in Tropical North Queensland with a stop at Fraser Island.	AUSTRALIA	English-100		PG		Y	
2019-03-30	1400	<b>Worst Cooks In America</b>	Scratching The Surface	The remaining recruits find out they are going on a culinary field trip to the farm. Upon arrival, they must herd cows, milk them, and then make their own homemade cheese.	USA	English-100		PG		Y	
2019-03-30	1500	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 20	On this show, Michelin star chef, Paul Ainsworth of Number 6 in Padstow cooks up Cornish Raw scallops, kimchi-style cabbage and Gentleman's Relish mayonnaise.	UNITED KINGDOM	English-100		PG			
2019-03-30	1600	<b>Food Porn</b>	Legendary Restaurants	Michael travels to legendary restaurants that have revolutionised the food world. His first stop is Peter Luger, a renowned NYC steakhouse.	USA	English-100		PG			
2019-03-30	1630	<b>Food Porn</b>	Too Good To Eat	Michael experiences a feast for the senses with the most delectable masterpieces in food porn. The flavour of a vibrantly coloured Thai sticky rice dessert lives up to its looks in Portland.	USA	English-100		PG			
2019-03-30	1700	<b>The Cook And The Chef</b>	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G			
2019-03-30	1730	<b>The Cook And The Chef</b>	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG			
2019-03-30	1800	<b>The Cook And The Chef</b>	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100		PG			
2019-03-30	1830	<b>Big Food Rescue</b>	Big Food Rescue Series 1 Ep 2	The new charity set up by David and Robin to try and change the food habits of Britain is expanding fast, maybe too fast.	UNITED KINGDOM	English-100		PG			
2019-03-30	1925	<b>Rick Stein In Australia</b>	Rick Stein In Australia	Rick Stein heads down under and hits his favourite spots to talk through his most beloved Aussie dishes.	AUSTRALIA			G			
2019-03-30	1930	<b>The Travelling Chef</b>	Travelling Chef Series 2, The Ep 7	Hong Kong is many things, it's an enormous Asian financial centre, it's one of the best places in the world to go shopping, and if you're bringing the kids, there's Ocean Park, and Disneyland.	NEW ZEALAND	English-100		PG			
2019-03-30	2000	<b>The Travelling Chef</b>	Travelling Chef Series 2, The Ep 8	Brett's heading to Malaysia's capital, Kuala Lumpur, at the mysterious invitation of a local businessman, Dr. Francis Yeoh. He met Francis during the filming of series one of Taste of the Traveller.	NEW ZEALAND	English-100		PG			
2019-03-30	2030	<b>Dinner Date</b>	James	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			
2019-03-30	2130	<b>Destination Flavour Down Under</b>	New Zealand - Northern South Island	Adam takes a short ferry ride across the Cook Strait to New Zealand's South Island, headed for Akaroa, a historic French settlement nestled in the heart of an ancient volcano.	AUSTRALIA	English-100	RPT	G		Y	
2019-03-30	2200	<b>Destination Flavour Down Under</b>	New Zealand - Southern South Island	In tonight's final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to stunning Lake Wakatipu.	AUSTRALIA	English-100	RPT	G		Y	Y



2019-03-30 2230

**The Cook And The Chef**

Party For 20

Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.

AUSTRALIA

English-100

G

2019-03-30	2300	<b>The Cook And The Chef</b>	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG			
2019-03-30	2330	<b>The Cook And The Chef</b>	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100		PG			
2019-03-30	2400	<b>Say It To My Face</b>	Black Olive	Black Olive owner David Chen has recently purchased an Italian restaurant in Lomita, CA that has been around for more than 20 years.	USA	English-100		PG		Y	
2019-03-30	2500	<b>The Travelling Chef</b>	Travelling Chef Series 2, The Ep 7	Hong Kong is many things, it's an enormous Asian financial centre, it's one of the best places in the world to go shopping, and if you're bringing the kids, there's Ocean Park, and Disneyland.	NEW ZEALAND	English-100		PG			
2019-03-30	2530	<b>The Travelling Chef</b>	Travelling Chef Series 2, The Ep 8	Brett's heading to Malaysia's capital, Kuala Lumpur, at the mysterious invitation of a local businessman, Dr. Francis Yeoh. He met Francis during the filming of series one of Taste of the Traveller.	NEW ZEALAND	English-100		PG			
2019-03-30	2600	<b>Dinner Date</b>	James	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			
2019-03-30	2700	<b>Destination Flavour Down Under</b>	New Zealand - Northern South Island	Adam takes a short ferry ride across the Cook Strait to New Zealand's South Island, headed for Akaroa, a historic French settlement nestled in the heart of an ancient volcano.	AUSTRALIA	English-100	RPT	G		Y	
2019-03-30	2730	<b>Destination Flavour Down Under</b>	New Zealand - Southern South Island	In tonight's final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to stunning Lake Wakatipu.	AUSTRALIA	English-100	RPT	G		Y	Y
2019-03-30	2800	<b>Food Porn</b>	Legendary Restaurants	Michael travels to legendary restaurants that have revolutionised the food world. His first stop is Peter Luger, a renowned NYC steakhouse.	USA	English-100		PG			
2019-03-30	2830	<b>Food Porn</b>	Too Good To Eat	Michael experiences a feast for the senses with the most delectable masterpieces in food porn. The flavour of a vibrantly coloured Thai sticky rice dessert lives up to its looks in Portland.	USA	English-100		PG			