



WEEK 13: Sunday, 22 March - Saturday, 28 March - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-03-22	0500	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	English-100		G	
2020-03-22	0530	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	English-100		G	
2020-03-22	0600	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	
2020-03-22	0630	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	
2020-03-22	0730	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		PG	
2020-03-22	0830	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	
2020-03-22	0900	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
2020-03-22	1000	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
2020-03-22	1030	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
2020-03-22	1100	Heston's In Search Of Perfection	Fish And Chips	Chef Heston Blumenthal's crusade for culinary perfection becomes more complex as he struggles with batter and potatoes in his quest for a superlative plate of fish 'n' chips.	UNITED KINGDOM	English-100	RPT	G	Y
2020-03-22	1130	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
2020-03-22	1200	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
2020-03-22	1230	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
2020-03-22	1300	Anthony Bourdain: Parts Unknown	Porto, Portugal	Food takes centre stage in this tour of the northern Portugal city by Bourdain, whose local travel companions include his former Les Halles boss Jose Meirelles.	USA	English-100		PG	
2020-03-22	1400	Saturday Kitchen	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	
2020-03-22	1500	Ask The Butcher	Beef	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	

2020-03-22	1530	Ask The Butcher	Lamb	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	
2020-03-22	1600	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G	
2020-03-22	1630	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G	
2020-03-22	1700	Nigel And Adam's Farm Kitchen	Nigel And Adam's Farm Kitchen Series 1 Ep 3	Nigel and Adam continue their mission to reconnect Britain with the origins of our food.	UNITED KINGDOM	English-100		PG	
2020-03-22	1800	Thai Street Food With David Thompson	What Goes Around Comes Around	This episode explores just how important the monks are in Thai society. David gets up close with the monks and sees how they interact with the public.	AUSTRALIA	English-100	RPT	G	Y
2020-03-22	1830	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100		PG	
2020-03-22	1900	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 1	In this first episode, Michela prepares meatballs, cooks up her favourite version of the rice dish risotto, and reveals a delicious recipe for gelato.	UNITED KINGDOM	English-100		G	
2020-03-22	1930	Ainsley's Caribbean Kitchen	Dominica	This week, Ainsley's Caribbean Kitchen travels to Dominica, Natures Island. The wild rainforests of Dominica hide many waterfalls and rivers.	UNITED KINGDOM	English-100		PG	
2020-03-22	2030	Jonathan Phang's Gourmet Express	Venice To London	Jonathan Phang, a self-confessed bon viveur with a passion for gastronomy, sets off on a gourmet journey crossing continents aboard some of the world's most elegant trains.	UNITED KINGDOM	English-100	RPT	G	Y
2020-03-22	2130	Gino's Italian Escape	Rome	Gino D'Acampo's Italian Escape continues in the Italy's capital. As a chef, Gino has always been inspired by Rome and its cuisine.	UNITED KINGDOM	English-100		G	
2020-03-22	2200	Destination Flavour China	Jiangsu And Zhejiang	Adam's journey to explore China's history through its food continues as he visits the provinces of Jiangsu and Zhejiang, both considered part of the eight great regional cuisines of China.		English-70; Mandarin-30	RPT	G	Y
2020-03-22	2230	Nigel And Adam's Farm Kitchen	Nigel And Adam's Farm Kitchen Series 1 Ep 4	How do British farmers meet exceedingly high demands for pork? Nigel and Adam endeavour to discover the answer by rearing their own three different breeds of pig.	UNITED KINGDOM	English-100		PG	
2020-03-22	2335	Rachel Allen: All Things Sweet	Exotic Tastes	Even a home-cooked treat can whisk our taste buds off to far-flung lands. Rachel presents a selection of recipes using exotic spices and other ingredients for a truly international sweet menu.	UNITED KINGDOM	English-100		G	
2020-03-22	2400	Rachel Allen: All Things Sweet	Sweet Treats	Rachel reveals some sweet-making secrets that would put even Willy Wonka to shame. In her selection of pick and mix are rose water marshmallows and Ballymaloe vanilla fudge.	UNITED KINGDOM	English-100		G	
2020-03-22	2430	Rachel Allen: All Things Sweet	Indulgence	Rachel declares this programme a guilt-free zone as she serves up some deliciously indulgent dishes. On the menu are gooey date and stem ginger pudding, and layered mocha mousse coffee meringue.	UNITED KINGDOM	English-100		G	
2020-03-22	2500	Rachel Allen: All Things Sweet	Not Just For Children	Rachel cooks up sugary treats that may be designed for children, but are just as enticing for grownups, including milk chocolate mousse with caramel sauce and toffee popcorn.	UNITED KINGDOM	English-100		G	
2020-03-22	2530	Rachel Allen: All Things Sweet	Sweet Celebratons	No celebration is complete without some sweet and indulgent centrepieces to serve a crowd, and Rachel shows how to turn any occasion into an extravaganza with these fabulous party showstoppers.	UNITED KINGDOM	English-100		G	
2020-03-22	2600	Rachel Allen: All Things Sweet	Continental Creations	Rachel takes her inspiration from the continent for another mouth-watering selection of gorgeous desserts. On the menu is lavender and honey panna cotta.	UNITED KINGDOM	English-100		G	
2020-03-22	2630	Rachel Allen: All Things Sweet	American Inspired	America has given us some of our best-loved cakes and desserts, and Rachel pays homage to the nation with the sweetest tooth with her own take on some good ol' US classics.	UNITED KINGDOM	English-100		G	

2020-03-22	2700	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	
2020-03-22	2730	Thai Street Food With David Thompson	What Goes Around Comes Around	This episode explores just how important the monks are in Thai society. David gets up close with the monks and sees how they interact with the public.	AUSTRALIA	English-100	RPT	G	Y
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2020-03-23	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 46	Ben is at the Eagles Nest Retreat, using off cuts of his pork belly to make pork a carbonara. At the University of Queensland iLab, Joel is joined by two students.	AUSTRALIA	English-100		G	
2020-03-23	1400	Delia's How To Cook	Pulses	The humble bean is given a makeover as Delia turns her attention to the world of pulses. Though often dismissed as the poorest of meals, pulses are a cheap and delicious form of protein.	UNITED KINGDOM	English-100		G	
2020-03-23	1430	The Chefs' Line	Chinese	Apprentice chef Wing from Chinese restaurant China Doll goes up against four passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-99; Chinese-1	RPT	G	Y

2020-03-23	1500	Mercurio's Menu	Gippsland	You can't help but marvel at the changing landscape of this great country, and in South Gippsland, it's got some of the most diverse countryside you could imagine.	AUSTRALIA	English-100			G	
2020-03-23	1530	Pati's Mexican Table	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz.	USA	English-100			G	
2020-03-23	1600	The Delicious Miss Dahl	Nostalgia	When Sophie has been out of the country for a while, she inevitably ends up feeling nostalgic, with a desire to be at home and to be nurtured by the tastes and sensations of her youth.	UNITED KINGDOM	English-100			G	
2020-03-23	1630	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100			PG	
2020-03-23	1700	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make Asparagus with Soft Boiled Egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100			G	
2020-03-23	1730	Donal's Kitchen Hero	Baking With Kids	With a long summer holiday to contend with and the sunshine not guaranteed, Donal comes up with a way to keep his nephews and neices occupied - baking biscuits and cakes.	IRELAND	English-100			PG	
2020-03-23	1800	Bake With Anna Olson	Buttercream	The most popular of frostings, buttercream comes in various flavours, and also in a variety of techniques. Anna demonstrates the basic styles of buttercream frosting, and the cake style that suit each type best.	CANADA	English-100			PG	
2020-03-23	1830	Great British Food Revival	Cured Ham And Asparagus	Tom Kerridge loves his ham and thinks too much of it is not up to par, while Monica Galetti flies the flag for British asparagus.	UNITED KINGDOM	English-100			PG	
2020-03-23	1935	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 1	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100			G	
2020-03-23	2005	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100			G	
2020-03-23	2035	Carluccio's Six Seasons	Pinjarra	In Pinjarra, local children supply Antonio with marron and barrdie - major food sources for Indigenous Australians - while Richard teaches Antonio how to fish.	AUSTRALIA	English-100	RPT		PG	Y
2020-03-23	2105	Carluccio's Six Seasons	Walyunga National Park	After learning how Indigenous Australians lived in harmony with plants and animals, Antonio utilises Aboriginal ingredients to give European food a unique twist.	AUSTRALIA	English-100	RPT		PG	Y
2020-03-23	2135	Hairy Bikers' Every Day Gourmet	Indulgent Entertaining	Indulgent entertaining doesn't have to be costly to be spectacular. The bikers share some of their favourite indulgent dishes and get money saving set menu secrets from chef Tom Kitchin.	UNITED KINGDOM	English-100			PG	
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2020-03-23	2505	Donal's Kitchen Hero	Baking With Kids	With a long summer holiday to contend with and the sunshine not guaranteed, Donal comes up with a way to keep his nephews and neices occupied - baking biscuits and cakes.	IRELAND	English-100			PG	
2020-03-23	2535	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 16	It's the semi-finals. Firstly, Marcus and Monica send the semi-finalists to London's Knightsbridge to work in service under one of the country's greatest fish chefs - Nathan Outlaw.	UNITED KINGDOM	English-100			G	

2020-03-23	2640	Pati's Mexican Table	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz.	USA	English-100		G	
2020-03-23	2710	The Delicious Miss Dahl	Nostalgia	When Sophie has been out of the country for a while, she inevitably ends up feeling nostalgic, with a desire to be at home and to be nurtured by the tastes and sensations of her youth.	UNITED KINGDOM	English-100		G	
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2020-03-24	1035	Carluccio's Six Seasons	Pinjarra	In Pinjarra, local children supply Antonio with marron and barrdie - major food sources for Indigenous Australians - while Richard teaches Antonio how to fish.	AUSTRALIA	English-100	RPT	PG	Y
2020-03-24	1105	Carluccio's Six Seasons	Walyunga National Park	After learning how Indigenous Australians lived in harmony with plants and animals, Antonio utilises Aboriginal ingredients to give European food a unique twist.	AUSTRALIA	English-100	RPT	PG	Y
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2020-03-24	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 47	Ben is at the Eagles Nest Retreat cooking Mexican burgers over the charcoal of his OzPig. At the University of Queensland Chemistry Courtyard Ben and Joel make a risotto using a pressure cooker.	AUSTRALIA	English-100		G	
2020-03-24	1400	Delia's How To Cook	Preserving	Delia explains the essentials of preserves, chutneys, jellies, and pickles. Arguing how much better home-made jams and pickles taste than shop-bought ones, she encourages viewers to get preserving.	UNITED KINGDOM	English-100		G	
2020-03-24	1430	The Chefs' Line	Chinese	Watch station chef Wandy from Chinese restaurant China Doll go up against three passionate home cooks. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2020-03-24	1500	Mercurio's Menu	Sydney	From the business power lunch to the romantic harbourside dinner, or the buzzing atmosphere of the city's nightlife, there is no shortage of great places to eat out in Sydney.	AUSTRALIA	English-100		G	
2020-03-24	1530	Pati's Mexican Table	Women Of Oaxaca	Pati meets with women chefs, business owners and leaders of society, exploring the role of women in Oaxaca, and their influence on the customs and cuisine.	USA	English-100		G	
2020-03-24	1600	The Delicious Miss Dahl	Celebratory	Sophie is in a celebratory mood, and she is putting on a dinner party. Not a stuffy, sit down affair but a de-constructed, fun event.	UNITED KINGDOM	English-100		G	
2020-03-24	1630	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies.	AUSTRALIA	English-100		G	
2020-03-24	1700	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100		G	
2020-03-24	1730	Donal's Kitchen Hero	Barbeque	Donal prepares dishes to take on a barbeque, including spatchcock chicken, sticky barbeque spare ribs, red cabbage and carrot coleslaw, chorizo, rocket and red onion salad, a couple of marinades, and some mojitos.	IRELAND	English-100		PG	
2020-03-24	1800	Bake With Anna Olson	Petit Fours	French petit fours, or 'little cakes' are truly something special. These individual, two-bite sweets are each baked in a particular pan, and have a very interesting story behind them.	CANADA	English-100		PG	
2020-03-24	1830	Great British Food Revival	Real Ale And Carrots	Angela Harnett champions ale's revival, while Michael Caines celebrates the charms of the hardworking British carrot, and proves that it can be much more than just a side dish.	UNITED KINGDOM	English-100		PG	Y
2020-03-24	1935	Food Safari Earth	Food Safari Earth Series 1 Ep 3	Maeve O'Meara explores the iconic dishes of the world that honour spring, when vegetables are at their sweetest and most tender.	AUSTRALIA	English-100	RPT	G	Y
2020-03-24	2005	Loving Gluten Free	Loving Gluten Free Series 1 Ep 3	Helen honours her Greek roots with a gluten free recipe for lamb pastitsio. Kathy Tsaples, founder of Sweet Greek, shares her recipe for savoury tarts that have a delicious polenta pastry base.	AUSTRALIA	English-100		G	
2020-03-24	2035	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 1	Reunited with the fish and chip van, Freddie and Rob set off into the unfamiliar wilds of Northumberland. First stop is a date with a thousand seals where Freddie gets an unexpected kiss.	UNITED KINGDOM	English-100			
2020-03-24	2135	Hairy Bikers' Every Day Gourmet	Party Food	The bikers show how to create a gourmet party in lean times. They cook up canapes, cakes and tasty party treats, and learn from history how to create a party centrepiece without blowing the budget.	UNITED KINGDOM	English-100		PG	
2020-03-24	2230	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies.	AUSTRALIA	English-100		G	
2020-03-24	2300	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100		G	
2020-03-24	2330	Great British Food Revival	Real Ale And Carrots	Angela Harnett champions ale's revival, while Michael Caines celebrates the charms of the hardworking British carrot, and proves that it can be much more than just a side dish.	UNITED KINGDOM	English-100		PG	Y
2020-03-24	2435	Bake With Anna Olson	Petit Fours	French petit fours, or 'little cakes' are truly something special. These individual, two-bite sweets are each baked in a particular pan, and have a very interesting story behind them.	CANADA	English-100		PG	
2020-03-24	2505	Donal's Kitchen Hero	Barbeque	Donal prepares dishes to take on a barbeque, including spatchcock chicken, sticky barbeque spare ribs, red cabbage and carrot coleslaw, chorizo, rocket and red onion salad, a couple of marinades, and some mojitos.	IRELAND	English-100		PG	

2020-03-24	2535	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 17	It's the semi-finals. First up, Marcus and Monica send the semi-finalists to Hibiscus in London's Mayfair, the two Michelin-starred restaurant of the formidable chef Claude Bosi.	UNITED KINGDOM	English-100		G	
2020-03-24	2640	Pati's Mexican Table	Women Of Oaxaca	Pati meets with women chefs, business owners and leaders of society, exploring the role of women in Oaxaca, and their influence on the customs and cuisine.	USA	English-100		G	
2020-03-24	2710	The Delicious Miss Dahl	Celebratory	Sophie is in a celebratory mood, and she is putting on a dinner party. Not a stuffy, sit down affair but a de-constructed, fun event.	UNITED KINGDOM	English-100		G	
2020-03-24	2740	Hairy Bikers' Every Day Gourmet	Party Food	The bikers show how to create a gourmet party in lean times. They cook up canapes, cakes and tasty party treats, and learn from history how to create a party centrepiece without blowing the budget.	UNITED KINGDOM	English-100		PG	
2020-03-24	2835	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 47	Ben is at the Eagles Nest Retreat cooking Mexican burgers over the charcoal of his OzPig. At the University of Queensland Chemistry Courtyard Ben and Joel make a risotto using a pressure cooker.	AUSTRALIA	English-100		G	
2020-03-25	0500	Delia's How To Cook	Preserving	Delia explains the essentials of preserves, chutneys, jellies, and pickles. Arguing how much better home-made jams and pickles taste than shop-bought ones, she encourages viewers to get preserving.	UNITED KINGDOM	English-100		G	
2020-03-25	0530	The Chefs' Line	Chinese	Watch station chef Wandy from Chinese restaurant China Doll go up against three passionate home cooks. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2020-03-25	0600	Mercurio's Menu	Sydney	From the business power lunch to the romantic harbourside dinner, or the buzzing atmosphere of the city's nightlife, there is no shortage of great places to eat out in Sydney.	AUSTRALIA	English-100		G	
2020-03-25	0630	Pati's Mexican Table	Women Of Oaxaca	Pati meets with women chefs, business owners and leaders of society, exploring the role of women in Oaxaca, and their influence on the customs and cuisine.	USA	English-100		G	
2020-03-25	0700	The Delicious Miss Dahl	Celebratory	Sophie is in a celebratory mood, and she is putting on a dinner party. Not a stuffy, sit down affair but a de-constructed, fun event.	UNITED KINGDOM	English-100		G	
2020-03-25	0730	Donal's Kitchen Hero	Barbeque	Donal prepares dishes to take on a barbeque, including spatchcock chicken, sticky barbeque spare ribs, red cabbage and carrot coleslaw, chorizo, rocket and red onion salad, a couple of marinades, and some mojitos.	IRELAND	English-100		PG	
2020-03-25	0800	Bake With Anna Olson	Petit Fours	French petit fours, or 'little cakes' are truly something special. These individual, two-bite sweets are each baked in a particular pan, and have a very interesting story behind them.	CANADA	English-100		PG	
2020-03-25	0830	Great British Food Revival	Real Ale And Carrots	Angela Harnett champions ale's revival, while Michael Caines celebrates the charms of the hardworking British carrot, and proves that it can be much more than just a side dish.	UNITED KINGDOM	English-100		PG	Y
2020-03-25	0935	Food Safari Earth	Food Safari Earth Series 1 Ep 3	Maeva O'Meara explores the iconic dishes of the world that honour spring, when vegetables are at their sweetest and most tender.	AUSTRALIA	English-100	RPT	G	Y
2020-03-25	1005	Loving Gluten Free	Loving Gluten Free Series 1 Ep 3	Helen honours her Greek roots with a gluten free recipe for lamb pastitsio. Kathy Tsaples, founder of Sweet Greek, shares her recipe for savoury tarts that have a delicious polenta pastry base.	AUSTRALIA	English-100		G	
2020-03-25	1035	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 1	Reunited with the fish and chip van, Freddie and Rob set off into the unfamiliar wilds of Northumberland. First stop is a date with a thousand seals where Freddie gets an unexpected kiss.	UNITED KINGDOM	English-100		G	
2020-03-25	1135	Hairy Bikers' Every Day Gourmet	Party Food	The bikers show how to create a gourmet party in lean times. They cook up canapes, cakes and tasty party treats, and learn from history how to create a party centrepiece without blowing the budget.	UNITED KINGDOM	English-100		PG	
2020-03-25	1230	Donal's Kitchen Hero	Barbeque	Donal prepares dishes to take on a barbeque, including spatchcock chicken, sticky barbeque spare ribs, red cabbage and carrot coleslaw, chorizo, rocket and red onion salad, a couple of marinades, and some mojitos.	IRELAND	English-100		PG	
2020-03-25	1300	Bake With Anna Olson	Petite Fours	French petit fours, or 'little cakes' are truly something special. These individual, two-bite sweets are each baked in a particular pan, and have a very interesting story behind them.	CANADA	English-100		PG	

2020-03-25	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 48	Ben is at the Eagles Nest Retreat cooking up a delicious casarecce pasta with bresaola and tomatoes. At the University of Queensland St Lucia campus, Joel is joined by plant breeder Dr Lee Hickey.	AUSTRALIA	English-100		PG	
2020-03-25	1400	Delia's How To Cook	Hot Puddings	Delia Smith extols the joys of the good old British pud. Comfort food, beloved of schoolboys, traditional hot British desserts, are currently enjoying a resurgence of popularity.	UNITED KINGDOM	English-100		G	
2020-03-25	1430	The Chefs' Line	Chinese	Watch Chef Chris from Chinese restaurant China Doll go 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
2020-03-25	1500	Mercurio's Menu	City Of Melbourne	Melbourne is known for its amazing food, art, sport, music, and beautiful gardens. A sunrise to sunset tour through the laneways and streets that make up the CBD is the best way to explore the city.	AUSTRALIA	English-100		G	
2020-03-25	1530	Pati's Mexican Table	Art Of Mole, The	Pati explores the history and importance of mole. She shares a few of her favourite recipes including mole verde with pork and white beans, and chicken almendrado.	USA	English-100		G	
2020-03-25	1600	New Scandinavian Cooking	Pale Fish	Andreas visits the small community of Bulandet, a group of wind-blown islands in Western Norway. He goes fishing after saithe, summers most delicious fish.	NORWAY	English-100		PG	
2020-03-25	1630	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G	
2020-03-25	1700	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G	
2020-03-25	1730	Donal's Kitchen Hero	Food For Romance	Donal cooks dinner for his girlfriend. He serves up a platter of baked shellfish, a chicken tagine with pomegranate, and a white chocolate and blueberry cheesecake.	IRELAND	English-100		PG	
2020-03-25	1800	Bake With Anna Olson	Flat Breads	Flatbreads are a common bread style around the world, with each culture having its own style. Anna showcases a number of the most popular or common flatbreads.	CANADA	English-100		PG	
2020-03-25	1830	Great British Food Revival	Oats And Beans	Allegra McEvedy champions the humble oat, and discovers that there is much more to it than just porridge, while Gary Rhodes fights for the revival of British runner beans.	UNITED KINGDOM	English-100		PG	Y
2020-03-25	1935	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 1 Ep 1	Enzo and Aldo visit the beautiful city of Syracuse, where they combine a delicious mix of history, ice cream, fish, and light hearted banter.	UNITED KINGDOM	English-100		G	
2020-03-25	2005	Gourmet Farmer	Gourmet Farmer Series 2 Ep 2	While on the North West coast of Tasmania, herding cattle across the ocean at low tide to Robbins Island, Matthew has a new business idea for long table lunches.	AUSTRALIA	English-100	RPT	G	Y
2020-03-25	2035	Short Cuts To Glory	Fit And Healthy	What's not to like about super tasty meals that are healthy, guilt free, and good not just for the hip pocket but also the hips? Matt visits food legend Neil Perry.	AUSTRALIA	English-100		G	
2020-03-25	2105	Italian Food Safari	Italian Food Safari Series 1 Ep 3	Tonight is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's plains during harvest. Maeve then shares tomato day with a large Calabrese clan.	AUSTRALIA	English-100	RPT	G	Y
2020-03-25	2135	Hairy Bikers' Every Day Gourmet	Luxury Lunches	The bikers share the very best of their budget-busting gourmet recipes, picking up some set-menu secrets from one of Britain's best Indian chefs.	UNITED KINGDOM	English-100		PG	
2020-03-25	2230	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G	
2020-03-25	2300	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G	
2020-03-25	2330	Great British Food Revival	Oats And Beans	Allegra McEvedy champions the humble oat, and discovers that there is much more to it than just porridge, while Gary Rhodes fights for the revival of British runner beans.	UNITED KINGDOM	English-100		PG	Y
2020-03-25	2435	Bake With Anna Olson	Flat Breads	Flatbreads are a common bread style around the world, with each culture having its own style. Anna showcases a number of the most popular or common flatbreads.	CANADA	English-100		PG	

2020-03-25	2505	Donal's Kitchen Hero	Food For Romance	Donal cooks dinner for his girlfriend. He serves up a platter of baked shellfish, a chicken tagine with pomegranate, and a white chocolate and blueberry cheesecake.	IRELAND	English-100		PG	
2020-03-25	2535	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 18	It's the last of the semi-finals. The two remaining semi-finalists head to the Michelin-starred Wild Honey in London's Mayfair, where they face a frenetic lunchtime service.	UNITED KINGDOM	English-100		G	
2020-03-25	2640	Pati's Mexican Table	Art Of Mole, The	Pati explores the history and importance of mole. She shares a few of her favourite recipes including mole verde with pork and white beans, and chicken almendrado.	USA	English-100		G	
2020-03-25	2710	New Scandinavian Cooking	Pale Fish	Andreas visits the small community of Bulandet, a group of wind-blown islands in Western Norway. He goes fishing after saithe, summers most delicious fish.	NORWAY	English-100		PG	
2020-03-25	2740	Hairy Bikers' Every Day Gourmet	Luxury Lunches	The bikers share the very best of their budget-busting gourmet recipes, picking up some set-menu secrets from one of Britain's best Indian chefs.	UNITED KINGDOM	English-100		PG	
2020-03-25	2835	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 48	Ben is at the Eagles Nest Retreat cooking up a delicious casarecce pasta with bresaola and tomatoes. At the University of Queensland St Lucia campus, Joel is joined by plant breeder Dr Lee Hickey.	AUSTRALIA	English-100		PG	
2020-03-26	0500	Delia's How To Cook	Hot Puddings	Delia Smith extols the joys of the good old British pud. Comfort food, beloved of schoolboys, traditional hot British desserts, are currently enjoying a resurgence of popularity.	UNITED KINGDOM	English-100		G	
2020-03-26	0530	The Chefs' Line	Chinese	Watch Chef Chris from Chinese restaurant China Doll go 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
2020-03-26	0600	Mercurio's Menu	City Of Melbourne	Melbourne is known for its amazing food, art, sport, music, and beautiful gardens. A sunrise to sunset tour through the laneways and streets that make up the CBD is the best way to explore the city.	AUSTRALIA	English-100		G	
2020-03-26	0630	Pati's Mexican Table	Art Of Mole, The	Pati explores the history and importance of mole. She shares a few of her favourite recipes including mole verde with pork and white beans, and chicken almendrado.	USA	English-100		G	
2020-03-26	0700	New Scandinavian Cooking	Pale Fish	Andreas visits the small community of Bulandet, a group of wind-blown islands in Western Norway. He goes fishing after saithe, summers most delicious fish.	NORWAY	English-100		PG	
2020-03-26	0730	Donal's Kitchen Hero	Food For Romance	Donal cooks dinner for his girlfriend. He serves up a platter of baked shellfish, a chicken tagine with pomegranate, and a white chocolate and blueberry cheesecake.	IRELAND	English-100		PG	
2020-03-26	0800	Bake With Anna Olson	Flat Breads	Flatbreads are a common bread style around the world, with each culture having its own style. Anna showcases a number of the most popular or common flatbreads.	CANADA	English-100		PG	
2020-03-26	0830	Great British Food Revival	Oats And Beans	Allegra McEvedy champions the humble oat, and discovers that there is much more to it than just porridge, while Gary Rhodes fights for the revival of British runner beans.	UNITED KINGDOM	English-100		PG	Y
2020-03-26	0935	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 1 Ep 1	Enzo and Aldo visit the beautiful city of Syracuse, where they combine a delicious mix of history, ice cream, fish, and light hearted banter.	UNITED KINGDOM	English-100		G	
2020-03-26	1005	Gourmet Farmer	Gourmet Farmer Series 2 Ep 2	While on the North West coast of Tasmania, herding cattle across the ocean at low tide to Robbins Island, Matthew has a new business idea for long table lunches.	AUSTRALIA	English-100	RPT	G	Y
2020-03-26	1035	Short Cuts To Glory	Fit And Healthy	What's not to like about super tasty meals that are healthy, guilt free, and good not just for the hip pocket but also the hips? Matt visits food legend Neil Perry.	AUSTRALIA	English-100		G	
2020-03-26	1105	Italian Food Safari	Italian Food Safari Series 1 Ep 3	Tonight is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's plains during harvest. Maeve then shares tomato day with a large Calabrese clan.	AUSTRALIA	English-100	RPT	G	Y
2020-03-26	1135	Hairy Bikers' Every Day Gourmet	Luxury Lunches	The bikers share the very best of their budget-busting gourmet recipes, picking up some set-menu secrets from one of Britain's best Indian chefs.	UNITED KINGDOM	English-100		PG	

2020-03-26	1230	Donal's Kitchen Hero	Food For Romance	Donal cooks dinner for his girlfriend. He serves up a platter of baked shellfish, a chicken tagine with pomegranate, and a white chocolate and blueberry cheesecake.	IRELAND	English-100		PG	
2020-03-26	1300	Bake With Anna Olson	Flat Breads	Flatbreads are a common bread style around the world, with each culture having its own style. Anna showcases a number of the most popular or common flatbreads.	CANADA	English-100		PG	
2020-03-26	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 49	Ben is at the Eagles Nest Retreat cooking a nectarine and prosciutto pasta. At the University of Queensland Gatton campus, Joel is joined by Dr Aaron Herndon as they begin to cook a steak.	AUSTRALIA	English-100		G	
2020-03-26	1400	Delia's How To Cook	Low Fat	With most of the Western World on a diet these days, Delia Smith takes up the challenge of low-fat cooking - is it possible to eat well but stay slim?	UNITED KINGDOM	English-100		G	
2020-03-26	1430	The Chefs' Line	Chinese	Watch Head Chef Frank from Chinese restaurant China Doll go up against this week's best home cook. This is the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2020-03-26	1500	Mercurio's Menu	Sunshine Coast	If you're looking for pristine coastline, brilliant cuisine, fun, adventure, and excitement, then Queensland's Sunshine Coast is the place to be.	AUSTRALIA	English-100		PG	
2020-03-26	1530	Pati's Mexican Table	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She creates recipes based on her experience - corn soup with queso, and pescado agridulce.	USA	English-100		G	
2020-03-26	1600	New Scandinavian Cooking	Traveller's Bite, A	Andreas travels by train through different climates and the mountainous heart of Norway, between Bergen and Oslo. He starts to prepare a travellers must, a shrimp sandwich inspired by Western Norway.	NORWAY	English-100		G	
2020-03-26	1630	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG	
2020-03-26	1700	The Cook And The Chef	Shellfish	What do you do with Sea Urchin? How do you prepare Abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G	
2020-03-26	1730	Donal's Kitchen Hero	Gone Fishin'	A mackerel fishing trip inspires Donal to cook mussels, fish and chips, and mackerel with chilli and garlic, which he cooks on the boat.	IRELAND	English-100		PG	
2020-03-26	1800	Bake With Anna Olson	Savoury Pies	Anna showcases the dough recipe that best suits savoury pie fillings, and adapts common pastry principles to achieve a flaky and tender savoury result.	CANADA	English-100		PG	
2020-03-26	1830	Simply Italian	Linguine, Farfalle, Bologna, Ragu	Michela shows us how easy it is to make delicious fresh pasta at home - without the use of any gadgets.	UNITED KINGDOM	English-100		G	
2020-03-26	1900	Simply Italian	Tortelli, Lobster Ravioli, Cinque Terre, Pasta Reale	This episode is all about how to create the perfect filled pasta. Michela takes us back to Italy to the stunning Cinque Terre coastline in north east Italy.	UNITED KINGDOM	English-100		PG	
2020-03-26	1930	Donna Hay: Fast, Fresh, Simple	Taste, Tips And Tarts	Donna has a cheat's version of chicken pie, where you don't have to wait around for it to cool down. She also shows how to achieve the perfect puff pastry every time.	AUSTRALIA	English-100		G	
2020-03-26	2000	The Great Australian Cookbook	Gilbert Lau & Darren Robertson	Gilbert Lau reveals the secrets to his families roast chicken and fried rice, and Darren Robertson serves up the perfect breakfast of avocado, poached eggs, sourdough, and fermented white cabbage.	AUSTRALIA	English-100		G	
2020-03-26	2030	Kylie Kwong: My China	Hangzhou	This Eastern city is the doorway to the Grand Canal and well-known for its scenic beauty. Amidst the lusciously green surrounds of a tea plantation, Kylie is busy arm wrestling a 60 year old woman.	AUSTRALIA	English-100	RPT	G	Y
2020-03-26	2100	Delia's How To Cook	Cakes And Biscuits	Aspiring cooks with a sweet tooth will love this episode, as Delia demystifies cakes and biscuits. Home-made varieties contain no preservatives or E numbers.	UNITED KINGDOM	English-100		G	
2020-03-26	2130	Hairy Bikers' Every Day Gourmet	Restaurant Revelations	The bikers show how to create a restaurant quality meal on the tightest of budgets and pick up some insider secrets from two Michelin starred, king of foraging, David Everitt-Matthais.	UNITED KINGDOM	English-100		G	
2020-03-26	2230	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG	

2020-03-26	2300	The Cook And The Chef	Shellfish	What do you do with Sea Urchin? How do you prepare Abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G	
2020-03-26	2330	Simply Italian	Linguine, Farfalle, Bologna, Ragu	Michela shows us how easy it is to make delicious fresh pasta at home - without the use of any gadgets.	UNITED KINGDOM	English-100		G	
2020-03-26	2400	Simply Italian	Tortelli, Lobster Ravioli, Cinque Terre, Pasta Reale	This episode is all about how to create the perfect filled pasta. Michela takes us back to Italy to the stunning Cinque Terre coastline in north east Italy.	UNITED KINGDOM	English-100		PG	
2020-03-26	2430	Bake With Anna Olson	Savoury Pies	Anna showcases the dough recipe that best suits savoury pie fillings, and adapts common pastry principles to achieve a flaky and tender savoury result.	CANADA	English-100		PG	
2020-03-26	2500	Donal's Kitchen Hero	Gone Fishin'	A mackerel fishing trip inspires Donal to cook mussels, fish and chips, and mackerel with chilli and garlic, which he cooks on the boat.	IRELAND	English-100		PG	
2020-03-26	2530	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 19	Five talented chefs have cooked their way to a place in Final Week and the chance to take part in the amazing culinary adventures that lie ahead over the next three nights.	UNITED KINGDOM	English-100		G	
2020-03-26	2635	Pati's Mexican Table	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She creates recipes based on her experience - corn soup with queso, and pescado agridulce.	USA	English-100		G	
2020-03-26	2705	New Scandinavian Cooking	Traveller's Bite, A	Andreas travels by train through different climates and the mountainous heart of Norway, between Bergen and Oslo. He starts to prepare a travellers must, a shrimp sandwich inspired by Western Norway.	NORWAY	English-100		G	
2020-03-26	2735	Hairy Bikers' Every Day Gourmet	Restaurant Revelations	The bikers show how to create a restaurant quality meal on the tightest of budgets and pick up some insider secrets from two Michelin starred, king of foraging, David Everitt-Matthais.	UNITED KINGDOM	English-100		G	
2020-03-26	2835	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 49	Ben is at the Eagles Nest Retreat cooking a nectarine and prosciutto pasta. At the University of Queensland Gatton campus, Joel is joined by Dr Aaron Herndon as they begin to cook a steak.	AUSTRALIA	English-100		G	
2020-03-27	0500	Delia's How To Cook	Low Fat	With most of the Western World on a diet these days, Delia Smith takes up the challenge of low-fat cooking - is it possible to eat well but stay slim?	UNITED KINGDOM	English-100		G	
2020-03-27	0530	The Chefs' Line	Chinese	Watch Head Chef Frank from Chinese restaurant China Doll go up against this week's best home cook. This is the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2020-03-27	0600	Mercurio's Menu	Sunshine Coast	If you're looking for pristine coastline, brilliant cuisine, fun, adventure, and excitement, then Queensland's Sunshine Coast is the place to be.	AUSTRALIA	English-100		PG	
2020-03-27	0630	Pati's Mexican Table	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She creates recipes based on her experience - corn soup with queso, and pescado agridulce.	USA	English-100		G	
2020-03-27	0700	New Scandinavian Cooking	Traveller's Bite, A	Andreas travels by train through different climates and the mountainous heart of Norway, between Bergen and Oslo. He starts to prepare a travellers must, a shrimp sandwich inspired by Western Norway.	NORWAY	English-100		G	
2020-03-27	0730	Donal's Kitchen Hero	Gone Fishin'	A mackerel fishing trip inspires Donal to cook mussels, fish and chips, and mackerel with chilli and garlic, which he cooks on the boat.	IRELAND	English-100		PG	
2020-03-27	0800	Bake With Anna Olson	Savoury Pies	Anna showcases the dough recipe that best suits savoury pie fillings, and adapts common pastry principles to achieve a flaky and tender savoury result.	CANADA	English-100		PG	
2020-03-27	0830	Simply Italian	Linguine, Farfalle, Bologna, Ragu	Michela shows us how easy it is to make delicious fresh pasta at home - without the use of any gadgets.	UNITED KINGDOM	English-100		G	
2020-03-27	0900	Simply Italian	Tortelli, Lobster Ravioli, Cinque Terre, Pasta Reale	This episode is all about how to create the perfect filled pasta. Michela takes us back to Italy to the stunning Cinque Terre coastline in north east Italy.	UNITED KINGDOM	English-100		PG	

2020-03-27	0930	Donna Hay: Fast, Fresh, Simple	Taste, Tips And Tarts	Donna has a cheat's version of chicken pie, where you don't have to wait around for it to cool down. She also shows how to achieve the perfect puff pastry every time.	AUSTRALIA	English-100		G	
2020-03-27	1000	The Great Australian Cookbook	Gilbert Lau & Darren Robertson	Gilbert Lau reveals the secrets to his families roast chicken and fried rice, and Darren Robertson serves up the perfect breakfast of avocado, poached eggs, sourdough, and fermented white cabbage.	AUSTRALIA	English-100		G	
2020-03-27	1030	Kylie Kwong: My China	Hangzhou	This Eastern city is the doorway to the Grand Canal and well-known for its scenic beauty. Amidst the lusciously green surrounds of a tea plantation, Kylie is busy arm wrestling a 60 year old woman.	AUSTRALIA	English-100	RPT	G	Y
2020-03-27	1100	Delia's How To Cook	Cakes And Biscuits	Aspiring cooks with a sweet tooth will love this episode, as Delia demystifies cakes and biscuits. Home-made varieties contain no preservatives or E numbers.	UNITED KINGDOM	English-100		G	
2020-03-27	1130	Hairy Bikers' Every Day Gourmet	Restaurant Revelations	The bikers show how to create a restaurant quality meal on the tightest of budgets and pick up some insider secrets from two Michelin starred, king of foraging, David Everitt-Matthais.	UNITED KINGDOM	English-100		G	
2020-03-27	1230	Donal's Kitchen Hero	Gone Fishin'	A mackerel fishing trip inspires Donal to cook mussels, fish and chips, and mackerel with chilli and garlic, which he cooks on the boat.	IRELAND	English-100		PG	
2020-03-27	1300	Bake With Anna Olson	Savoury Pies	Anna showcases the dough recipe that best suits savoury pie fillings, and adapts common pastry principles to achieve a flaky and tender savoury result.	CANADA	English-100		PG	
2020-03-27	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 50	Ben is at the Eagles Nest Retreat cooking a delicious eye fillet steak over the coals of his fire. At the University of Queensland Gatton campus, Joel is joined by Dr Aaron Herndon.	AUSTRALIA	English-100		PG	
2020-03-27	1400	Delia's How To Cook	Starters	Delia turns her attention to perfect first courses. She recommends simple, fresh, seasonal produce. Favourite starters are smoked fish, eggs and salads, soups and pates.	UNITED KINGDOM	English-100		G	
2020-03-27	1430	The Chefs' Line	Chinese	Maeve O'Meara goes inside the kitchen of hatted restaurant China Doll. Maeve and the chefs' line will reminisce about the week and delve into delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-03-27	1500	Mercurio's Menu	Eyre Peninsula	Bordered by the Spencer Gulf to the east and the Great Australian Bight to the west, the Eyre Peninsula's major towns of Port Lincoln, Whyalla, and Ceduna form a triangle of tourism.	AUSTRALIA	English-100		PG	
2020-03-27	1530	Pati's Mexican Table	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100		G	
2020-03-27	1600	New Scandinavian Cooking	Norwegian Versions Of Classic Recipes	As Andreas travels through Norway's biggest national park, he investigates traditional recipes that are deceptively similar to classic Mexican, Italian and American dishes, and just as tasty.	NORWAY	English-100		G	
2020-03-27	1630	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG	
2020-03-27	1700	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G	
2020-03-27	1730	Donal's Kitchen Hero	Birthday Party	Donal's hosting a birthday party and decides to go for food that's easily eaten standing up, rather than a formal dinner party. The menu includes Swedish meatballs, shredded duck salad, and chocolate and pistachio meringues.	IRELAND	English-100		PG	
2020-03-27	1800	Bake With Anna Olson	Sponge Cakes	Light and airy, sponge cakes embody that great balance of technique and creativity and this lesson shows how limitless the options are.	CANADA	English-100		PG	
2020-03-27	1830	Simply Italian	Gnocchi, Torta, Pancake Nidi, Tagliatelle	Michela kicks off with gorgeous Gnocchi Tricolore served with a Creamy Hazelnut Sauce. She creates dainty red, white and green potato dumplings in honour of her Italian roots.	UNITED KINGDOM	English-100		G	
2020-03-27	1900	Simply Italian	Ravioli In Uovo, Pappardelle, Beetroot Pasts, Tortelli	Michela Chiappa might have been born in the valleys of South Wales but her family's Italian and she's grown up learning all there is to know about the country's cuisine.	UNITED KINGDOM	English-100		G	
2020-03-27	1930	Luke Nguyen's Street Food Asia	Jakarta, Indonesia - Part 1	Meeting up with his old friend, Derice, Luke unearths the delicious delicacies of Jakarta's Chinatown, finding the experience a melting pot of diverse cultural cuisines.	AUSTRALIA	English-100	RPT	G	Y

2020-03-27	2000	Luke Nguyen's Street Food Asia	Jakarta, Indonesia - Part 2	Luke completes his street food journey in Jakarta, Indonesia where he visits a busy stall that's been serving a traditional Indonesian salad since 1961.	AUSTRALIA	English-100	RPT	G	Y
2020-03-27	2030	Rick Stein's From Venice To Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 1	Rick begins his journey in Venice and makes his way to the idyllic Greek island of Symi where he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu, and gnocchi with spider crab.	UNITED KINGDOM	English-100			
2020-03-27	2135	The Hairy Bikers: Mums Know Best	Comforting Food	Si and Dave visit three mums' homes where they cook meals designed to cheer anyone up including tomato soup with spicy rouille and cheesy croutons, homemade fish fingers, and oxtail stew.	UNITED KINGDOM	English-100		G	
2020-03-27	2240	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG	
2020-03-27	2310	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G	
2020-03-27	2340	Simply Italian	Gnocchi, Torta, Pancake Nidi, Tagliatelle	Michela kicks off with gorgeous Gnocchi Tricolore served with a Creamy Hazelnut Sauce. She creates dainty red, white and green potato dumplings in honour of her Italian roots.	UNITED KINGDOM	English-100		G	
2020-03-27	2405	Simply Italian	Ravioli In Uovo, Pappardelle, Beetroot Pastas, Tortelli	Michela Chiappa might have been born in the valleys of South Wales but her family's Italian and she's grown up learning all there is to know about the country's cuisine.	UNITED KINGDOM	English-100		G	
2020-03-27	2430	Bake With Anna Olson	Sponge Cakes	Light and airy, sponge cakes embody that great balance of technique and creativity and this lesson shows how limitless the options are.	CANADA	English-100		PG	
2020-03-27	2500	Donal's Kitchen Hero	Birthday Party	Donal's hosting a birthday party and decides to go for food that's easily eaten standing up, rather than a formal dinner party. The menu includes Swedish meatballs, shredded duck salad, and chocolate and pistachio meringues.	IRELAND	English-100		PG	
2020-03-27	2530	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 20	The four remaining finalists battle it out to make it to the last three and the chance go on the trip of a lifetime to cook in one of the world's most creative restaurants.	UNITED KINGDOM	English-100		G	
2020-03-27	2635	Pati's Mexican Table	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100		G	
2020-03-27	2705	New Scandinavian Cooking	Norwegian Versions Of Classic Recipes	As Andreas travels through Norway's biggest national park, he investigates traditional recipes that are deceptively similar to classic Mexican, Italian and American dishes, and just as tasty.	NORWAY	English-100		G	
2020-03-27	2735	The Hairy Bikers: Mums Know Best	Comforting Food	Si and Dave visit three mums' homes where they cook meals designed to cheer anyone up including tomato soup with spicy rouille and cheesy croutons, homemade fish fingers, and oxtail stew.	UNITED KINGDOM	English-100		G	
2020-03-27	2840	Silvia's Tasty Bites	No Knead Focaccia	Join famed cook Silvia Colloca in her kitchen as she cooks up some deliciously easy recipes, inspired by her Italian roots and family traditions.	AUSTRALIA	English-100		G	
2020-03-27	2850	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2020-03-28	0500	Delia's How To Cook	Starters	Delia turns her attention to perfect first courses. She recommends simple, fresh, seasonal produce. Favourite starters are smoked fish, eggs and salads, soups and pates.	UNITED KINGDOM	English-100		G	
2020-03-28	0530	The Chefs' Line	Chinese	Maeve O'Meara goes inside the kitchen of hatted restaurant China Doll. Maeve and the chefs' line will reminisce about the week and delve into delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-03-28	0600	Mercurio's Menu	Eyre Peninsula	Bordered by the Spencer Gulf to the east and the Great Australian Bight to the west, the Eyre Peninsula's major towns of Port Lincoln, Whyalla, and Ceduna form a triangle of tourism.	AUSTRALIA	English-100		PG	
2020-03-28	0630	Pati's Mexican Table	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100		G	

2020-03-28	0700	New Scandinavian Cooking	Norwegian Versions Of Classic Recipes	As Andreas travels through Norway's biggest national park, he investigates traditional recipes that are deceptively similar to classic Mexican, Italian and American dishes, and just as tasty.	NORWAY	English-100	G		
2020-03-28	0730	The Hairy Bikers: Mums Know Best	Taste Of Home, A	Si and Dave cook spaghetti bolognese and Battenburg cake as well as liver and onions with mash and spinach, while in the big top at the recipe fair.	UNITED KINGDOM	English-100	G		
2020-03-28	0835	The Hairy Bikers: Mums Know Best	Alfresco	The bikers go in search of three mums who love cooking and eating outdoors as much as they do.	UNITED KINGDOM	English-100	G		
2020-03-28	0940	The Hairy Bikers: Mums Know Best	Lazy Weekends	The bikers celebrate the lazy weekend - those precious two days where every hour is yours to do and cook exactly what you please.	UNITED KINGDOM	English-100	G		
2020-03-28	1045	The Hairy Bikers: Mums Know Best	Distant Shores	Si and Dave cook up their favourite dishes from around the globe, including mulligatawny soup, roti, chicken and chorizo paella as well as fresh fruit pavlova.	UNITED KINGDOM	English-100	G		
2020-03-28	1145	Delia's How To Cook	Party Food	Delia Smith rounds off her series with essential advice on party planning and stress-free entertaining. From menus to checklists, she has plenty of tips for perfect parties and gatherings.	UNITED KINGDOM	English-100	G		
2020-03-28	1215	Anthony Bourdain: Parts Unknown	French Alps	The gloves are off and the rivalry continues as Bourdain and his long-time friend, three-Michelin-starred chef Eric Ripert, embark on a ski-and-cheese-filled journey through the French Alps.	USA	English-100	PG		
2020-03-28	1310	Anthony Bourdain: Parts Unknown	Singapore	Bourdain tours the historically rich streets of Singapore and immerses himself in the vast array of multicultural foods found throughout this island city-state.	USA	English-100	PG		
2020-03-28	1405	Saturday Kitchen	Saturday Kitchen Series 2 Ep 1	Comedian Chris Ramsey faces the Heaven or Hell challenge, gambling between a delectable Nduja Curry with Mozzarella Pizza, and his citrus nightmare, a Lemon cake served with a goat's cheese cream.	UNITED KINGDOM	English-100	PG		
2020-03-28	1500	Ask The Butcher	Pork	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100	G		
2020-03-28	1530	Ask The Butcher	Game	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100	G		
2020-03-28	1600	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100	G		
2020-03-28	1630	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100	G		
2020-03-28	1700	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100	G		
2020-03-28	1730	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 10	Parveen prepares spiced scrambled eggs and chai, a quick saag aloo, and homemade naans. She also pays a visit to a Parsi cafe in a former motorcycle garage in Mumbai.	UNITED KINGDOM	English-100	PG		
2020-03-28	1830	Rick Stein's Seafood Odyssey	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simpleThai dipping sauce to horseshoe crab roes with green mango salad.	UNITED KINGDOM	English-100	PG		
2020-03-28	1900	Rick Stein's Seafood Odyssey	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab.	UNITED KINGDOM	English-100	PG		
2020-03-28	1935	Cheese Slices	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	English-100	G		
2020-03-28	2005	Cheese Slices	France: The Last Of The Trappist Monk's Cheese	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA	English-100	G		
2020-03-28	2030	Heston's Dinner In Space	Heston's Space Food Series 1 Ep 2	Heston and his team create a nostalgic menu for the first ever dinner party in space. With meals reminiscent of Tim's childhood, Heston puts his out-of-this-world twist on a bacon sandwich.	UNITED KINGDOM	English-100	RPT	G	Y

2020-03-28	2130	The Best In Australia	Best WA Shellfish Dish And The Best White Chocolate Dessert, The	Ben, Anna, and Darren compete in a friendly competition that becomes more intense as their recipes build up momentum and speed, cooking their best shellfish and best white chocolate dishes.	AUSTRALIA	English-100	PG
2020-03-28	2230	Comfort Eating	Leeds	Nick travels to Leeds with his best mate David Trent where they tuck into Yorkshire pudding wraps for breakfast before Nick seeks out some chicken soup	UNITED KINGDOM	English-100	PG
2020-03-28	2300	Comfort Eating	Brighton	Nick goes back to Brighton to catch up with some old friends. First stop is Nowhere Man, a cafe specialising in American pancakes.	UNITED KINGDOM	English-100	PG
2020-03-28	2330	Martha's Cooking School	Chicken	Martha shows viewers how to prepare Chicken Paillard - which sounds fancy but is really quite simple - as well as Chicken Pot Pie, and Spatchcocked Chicken.	USA	English-100	G
2020-03-28	2400	Martha's Cooking School	Onions	Martha walks the viewer through four onion dishes that make use of different cooking techniques.	USA	English-100	G
2020-03-28	2430	Martha's Cooking School	Roasting	Roasting is a wonderful technique for a formal dinner or a casual get together. Watch Martha as she makes Roast Rack of Lamb, an ideal choice when you want to impress your guests.	USA	English-100	G
2020-03-28	2500	Martha's Cooking School	Noodles	Who doesn't love a big bowl of noodles? In this episode, Martha shows viewers how to make three of her favourites.	USA	English-100	G
2020-03-28	2530	Martha's Cooking School	Braising	Martha explores braising, the technique behind so many iconic dishes. Osso Buco is an Italian specialty and a perfect example of how a less tender cut of meat can be transformed into a delicious dish.	USA	English-100	G
2020-03-28	2600	Martha's Cooking School	Rice	One of the most popular starches, rice can be transformed from plain to extraordinary in a variety of ways, including Martha's fabulous paella.	USA	English-100	G
2020-03-28	2630	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 10	Parveen prepares spiced scrambled eggs and chai, a quick saag aloo, and homemade naans. She also pays a visit to a Parsi cafe in a former motorcycle garage in Mumbai.	UNITED KINGDOM	English-100	PG
2020-03-28	2730	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100	G
2020-03-28	2800	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100	G
2020-03-28	2830	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100	G