



WEEK 14: Sunday, 31 March - Saturday, 6 April 2019 (NSW, SA, TAS, VIC)

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-03-31	0500	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		
2019-03-31	0530	The Cook And The Chef	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		
2019-03-31	0600	The Cook And The Chef	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		
2019-03-31	0630	Big Food Rescue	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		
2019-03-31	0730	The Travelling Chef	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		
2019-03-31	0800	The Travelling Chef	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		G		
2019-03-31	0830	Dinner Date	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		
2019-03-31	0930	Destination Flavour Down Under	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	
2019-03-31	1000	Destination Flavour Down Under	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
2019-03-31	1030	Food Porn	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		
2019-03-31	1100	Food Porn	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		
2019-03-31	1130	The Travelling Chef	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		
2019-03-31	1200	The Travelling Chef	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		G		
2019-03-31	1230	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		

2019-03-31	1300	The Cook And The Chef	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		
2019-03-31	1330	The Cook And The Chef	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		
2019-03-31	1400	Say It To My Face	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	
2019-03-31	1500	Big Food Rescue	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		
2019-03-31	1600	Food Porn	Aloha Eats	Michael says aloha to the buzziest restaurants in Hawaii, serving the most exquisite and exotic island treasures. Beach side restaurant Hula Grill uses local ingredients to create mouth-watering food.	USA	English-100	PG		
2019-03-31	1630	Food Porn	Sweet Sensations	Michael brings us the inside scoop on the most innovative dessert inventions, like Thai-inspired rolled ice cream in NYC, where patrons can watch their order being made from simple base cream.	USA	English-100	PG		
2019-03-31	1700	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100	G		
2019-03-31	1730	The Cook And The Chef	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100	G		
2019-03-31	1800	The Cook And The Chef	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100	G		
2019-03-31	1830	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		PG		
2019-03-31	1900	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA		PG		
2019-03-31	1930	Outback Gourmet	Outback Gourmet Series 1 Ep 1	Justine travels from Darwin to Kakadu exploring the Ubirri Rock Art walk, where she prepares a picnic lunch by the stunning Maguk Pools and experiences a pop up dining experience like no other.	AUSTRALIA	English-100			
2019-03-31	2000	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100			
2019-03-31	2030	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage.	UNITED KINGDOM	English-100	G		
2019-03-31	2100	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100	G	Y	
2019-03-31	2130	Food Safari	Brazilian Safari	Food Safari is an enticing blend of exotic food with down to earth practicality. Tonight Maeve O'Meara explores the flavour, texture and complexity of Brazilian food.	AUSTRALIA	English-100	RPT	G	Y
2019-03-31	2200	Food Safari	Korean Safari	Maeve O'Meara visits Chung Jae Lee at Mapo Korean Restaurant - voted Adelaide's top Asian restaurant.	AUSTRALIA	English-100	RPT	G	Y

2019-03-31	2230	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G	
2019-03-31	2300	The Cook And The Chef	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100		G	
2019-03-31	2330	The Cook And The Chef	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100		G	
2019-03-31	2400	Say It To My Face	Fish And Chip Fiasco	British Ex-Pat Sonny Sehmi and his American wife Sage are struggling after opening a British and Indian Fish and Chips shop.	USA	English-100		PG	Y
2019-03-31	2500	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			PG	
2019-03-31	2530	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA			PG	
2019-03-31	2600	Outback Gourmet	Outback Gourmet Series 1 Ep 1	Justine travels from Darwin to Kakadu exploring the Ubirri Rock Art walk, where she prepares a picnic lunch by the stunning Maguk Pools and experiences a pop up dining experience like no other.	AUSTRALIA	English-100			
2019-03-31	2630	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100			
2019-03-31	2700	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage.	UNITED KINGDOM	English-100		G	
2019-03-31	2730	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	Y
2019-03-31	2800	Food Safari	Brazilian Safari	Food Safari is an enticing blend of exotic food with down to earth practicality. Tonight Maeve O'Meara explores the flavour, texture and complexity of Brazilian food.	AUSTRALIA	English-100	RPT	G	Y
2019-03-31	2830	Food Safari	Korean Safari	Maeve O'Meara visits Chung Jae Lee at Mapo Korean Restaurant - voted Adelaide's top Asian restaurant.	AUSTRALIA	English-100	RPT	G	Y
2019-04-01	0500	Food Porn	Aloha Eats	Michael says aloha to the buzziest restaurants in Hawaii, serving the most exquisite and exotic island treasures. Beach side restaurant Hula Grill uses local ingredients to create mouth-watering food.	USA	English-100		PG	
2019-04-01	0530	Food Porn	Sweet Sensations	Michael brings us the inside scoop on the most innovative dessert inventions, like Thai-inspired rolled ice cream in NYC, where patrons can watch their order being made from simple base cream.	USA	English-100		PG	
2019-04-01	0600	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G	
2019-04-01	0630	The Cook And The Chef	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100		G	
2019-04-01	0700	The Cook And The Chef	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100		G	

2019-04-01	0730	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			PG	
2019-04-01	0800	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA			PG	
2019-04-01	0830	Outback Gourmet	Outback Gourmet Series 1 Ep 1	Justine travels from Darwin to Kakadu exploring the Ubirri Rock Art walk, where she prepares a picnic lunch by the stunning Maguk Pools and experiences a pop up dining experience like no other.	AUSTRALIA	English-100			
2019-04-01	0900	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100			
2019-04-01	0930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage.	UNITED KINGDOM	English-100		G	
2019-04-01	1000	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	Y
2019-04-01	1030	Food Safari	Brazilian Safari	Food Safari is an enticing blend of exotic food with down to earth practicality. Tonight Maeve O'Meara explores the flavour, texture and complexity of Brazilian food.	AUSTRALIA	English-100	RPT	G	Y
2019-04-01	1100	Food Safari	Korean Safari	Maeve O'Meara visits Chung Jae Lee at Mapo Korean Restaurant - voted Adelaide's top Asian restaurant.	AUSTRALIA	English-100	RPT	G	Y
2019-04-01	1130	Say It To My Face	Fish And Chip Fiasco	British Ex-Pat Sonny Sehmi and his American wife Sage are struggling after opening a British and Indian Fish and Chips shop.	USA	English-100		PG	Y
2019-04-01	1230	Food Porn	Aloha Eats	Michael says aloha to the buzziest restaurants in Hawaii, serving the most exquisite and exotic island treasures. Beach side restaurant Hula Grill uses local ingredients to create mouth-watering food.	USA	English-100		PG	
2019-04-01	1300	Food Porn	Sweet Sensations	Michael brings us the inside scoop on the most innovative dessert inventions, like Thai-inspired rolled ice cream in NYC, where patrons can watch their order being made from simple base cream.	USA	English-100		PG	
2019-04-01	1330	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			PG	
2019-04-01	1400	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA			PG	
2019-04-01	1430	Outback Gourmet	Outback Gourmet Series 1 Ep 1	Justine travels from Darwin to Kakadu exploring the Ubirri Rock Art walk, where she prepares a picnic lunch by the stunning Maguk Pools and experiences a pop up dining experience like no other.	AUSTRALIA	English-100			
2019-04-01	1500	One World Kitchen	Dim Yum	Host Mary Tang cooks up traditional Cantonese dim sum recipes. These brunch dishes are bite-sized but big on flavour.	CANADA	English-100			
2019-04-01	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 31	Ben explores protein denaturation when it comes to meat by massaging and adding salt. Joel offers an extended scientific explanation to this.	AUSTRALIA	English-100		G	Y
2019-04-01	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers the secrets of saffron, and a few facts about the world's most costly spice.	AUSTRALIA	English-100	RPT	G	Y

2019-04-01	1630	Andy & Ben Eat Australia	Queensland	Andy and Ben meet up in sunny Cairns and head straight to Crystal Cascades for a spring waterfall swim. They end their trip with a helicopter adventure to the remote sand bank Vlascoff Cay.	AUSTRALIA	English-100		PG			
2019-04-01	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 11	Ben and Joel are cooking with eggs and the different ways they are used. In Australia, we consume 6.2 billion annually, so it is no surprise that eggs are essential to so many dishes.	AUSTRALIA	English-100		PG			
2019-04-01	1730	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro, herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G			
2019-04-01	1800	Drive Thru Australia	Mooloolaba	Chef Ben O'Donoghue gears up for an Aussie road trip of epic proportions. Ben plans to take in some of the country's most amazing destinations and indulge in some of its finest gourmet offerings.	AUSTRALIA	English-100		G			
2019-04-01	1830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G		Y	
2019-04-01	1900	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 2	Silvia Colloca returns to her family home in Italy, and with the help of her sister, she demonstrates how to make a fool proof potato gnocchi with zucchini and pecorino sauce.	AUSTRALIA	English-100	RPT	G		Y	
2019-04-01	1930	Kylie Kwong: My China	Fujian Province	Kylie works her way to the Fujian province and the south coast of China. The region is the ancestral homeland of millions of overseas Chinese of Southeast Asia.	AUSTRALIA	English-100	RPT	G		Y	
2019-04-01	2000	Kylie Kwong: My China	Hangzhou	This Eastern city is the doorway to the Grand Canal and well-known for its scenic beauty. Amidst the lushly green surrounds of a tea plantation, Kylie is busy arm wrestling a 60 year old woman.	AUSTRALIA	English-100	RPT	G		Y	Y
2019-04-01	2030	Sara's Australia Unveiled	Northern Territory: Tranquil And Adrenaline Outback	Cooking on fire is a part of outback life, and ladies from Murumburr tribe teach Sara their traditional ways of cooking. A love for food and pride in cooking joins Sara and the tribal ladies together.	UNITED KINGDOM	English-100					
2019-04-01	2100	Sara's Australia Unveiled	Western Australia: Broome	Sara arrives at the busy airport of Broome and is welcomed by the sunny WA weather. Broome is famous for Cable Beach, and is full of hidden treasures Sara aims to discover.	UNITED KINGDOM	English-100					
2019-04-01	2130	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro, herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G			
2019-04-01	2200	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100		G			
2019-04-01	2230	United Plates Of America	New York - Melting Pot Of Food	The Statue Liberty has welcomed millions of immigrants from all over the world to New York, creating a melting pot of different cultures.	USA	English-100		PG			
2019-04-01	2300	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G		Y	
2019-04-01	2330	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 2	Silvia Colloca returns to her family home in Italy, and with the help of her sister, she demonstrates how to make a fool proof potato gnocchi with zucchini and pecorino sauce.	AUSTRALIA	English-100	RPT	G		Y	
2019-04-01	2400	Worst Cooks In America	Glazed And Confused	Anne and Bobby train the remaining ten recruits' palettes as this week is all about creating their own flavour combinations. The recruits sample unique doughnut flavours that blow their minds.	USA	English-100		PG			Y
2019-04-01	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 11	Ben and Joel are cooking with eggs and the different ways they are used. In Australia, we consume 6.2 billion annually, so it is no surprise that eggs are essential to so many dishes.	AUSTRALIA	English-100		PG			
2019-04-01	2530	Kylie Kwong: My China	Fujian Province	Kylie works her way to the Fujian province and the south coast of China. The region is the ancestral homeland of millions of overseas Chinese of Southeast Asia.	AUSTRALIA	English-100	RPT	G		Y	

2019-04-01	2600	Kylie Kwong: My China	Hangzhou	This Eastern city is the doorway to the Grand Canal and well-known for its scenic beauty. Amidst the lushly green surrounds of a tea plantation, Kylie is busy arm wrestling a 60 year old woman.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-01	2630	Sara's Australia Unveiled	Northern Territory: Tranquil And Adrenaline Outback	Cooking on fire is a part of outback life, and ladies from Murumburr tribe teach Sara their traditional ways of cooking. A love for food and pride in cooking joins Sara and the tribal ladies together.	UNITED KINGDOM	English-100				
2019-04-01	2700	Sara's Australia Unveiled	Western Australia: Broome	Sara arrives at the busy airport of Broome and is welcomed by the sunny WA weather. Broome is famous for Cable Beach, and is full of hidden treasures Sara aims to discover.	UNITED KINGDOM	English-100				
2019-04-01	2730	United Plates Of America	New York - Melting Pot Of Food	The Statue Liberty has welcomed millions of immigrants from all over the world to New York, creating a melting pot of different cultures.	USA	English-100		PG		
2019-04-01	2800	Worst Cooks In America	Glazed And Confused	Anne and Bobby train the remaining ten recruits' palettes as this week is all about creating their own flavour combinations. The recruits sample unique doughnut flavours that blow their minds.	USA	English-100		PG		Y
2019-04-02	0500	One World Kitchen	Dim Yum	Host Mary Tang cooks up traditional Cantonese dim sum recipes. These brunch dishes are bite-sized but big on flavour.	CANADA	English-100				
2019-04-02	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 31	Ben explores protein denaturation when it comes to meat by massaging and adding salt. Joel offers an extended scientific explanation to this.	AUSTRALIA	English-100		G		Y
2019-04-02	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers the secrets of saffron, and a few facts about the world's most costly spice.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	0630	Andy & Ben Eat Australia	Queensland	Andy and Ben meet up in sunny Cairns and head straight to Crystal Cascades for a spring waterfall swim. They end their trip with a helicopter adventure to the remote sand bank Vlascoff Cay.	AUSTRALIA	English-100		PG		
2019-04-02	0700	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro, herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G		
2019-04-02	0730	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100		G		
2019-04-02	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 11	Ben and Joel are cooking with eggs and the different ways they are used. In Australia, we consume 6.2 billion annually, so it is no surprise that eggs are essential to so many dishes.	AUSTRALIA	English-100		PG		
2019-04-02	0830	Worst Cooks In America	Glazed And Confused	Anne and Bobby train the remaining ten recruits' palettes as this week is all about creating their own flavour combinations. The recruits sample unique doughnut flavours that blow their minds.	USA	English-100		PG		Y
2019-04-02	0930	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	1000	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 2	Silvia Colloca returns to her family home in Italy, and with the help of her sister, she demonstrates how to make a fool proof potato gnocchi with zucchini and pecorino sauce.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	1030	One World Kitchen	Dim Yum	Host Mary Tang cooks up traditional Cantonese dim sum recipes. These brunch dishes are bite-sized but big on flavour.	CANADA	English-100				
2019-04-02	1100	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers the secrets of saffron, and a few facts about the world's most costly spice.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	1130	Kylie Kwong: My China	Fujian Province	Kylie works her way to the Fujian province and the south coast of China. The region is the ancestral homeland of millions of overseas Chinese of Southeast Asia.	AUSTRALIA	English-100	RPT	G	Y	

2019-04-02	1200	Kylie Kwong: My China	Hangzhou	This Eastern city is the doorway to the Grand Canal and well-known for its scenic beauty. Amidst the lushly green surrounds of a tea plantation, Kylie is busy arm wrestling a 60 year old woman.	AUSTRALIA	English-100	RPT	G	Y	Y
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2019-04-02	1400	Worst Cooks In America	Glazed And Confused	Anne and Bobby train the remaining ten recruits' palettes as this week is all about creating their own flavour combinations. The recruits sample unique doughnut flavours that blow their minds.	USA	English-100		PG		Y
2019-04-02	1500	One World Kitchen	Irresistible Pork Recipes	Cantonese expert Mary Tang shows us three mouth-watering dishes using one of her favourite ingredients - savoury pork.	CANADA	English-100				
2019-04-02	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 32	Ben's friend and go-to butcher Scotty, teaches us how to get the most out of a leg of lamb, featuring minimal wastage, and money saving secrets.	AUSTRALIA	English-100		G		Y
2019-04-02	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve goes blue swimmer crab harvesting, and Joanna visits the rice paddies of the Riverina.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G		
2019-04-02	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 12	On today's episode of Food Lab, it is all about quick and simple. Ben will show you how to maximise the use of surface area to cook quickly and efficiently.	AUSTRALIA	English-100		PG		
2019-04-02	1730	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G		
2019-04-02	1800	Drive Thru Australia	Caloundra And Noosa	The Caloundra area at the southern end of the Sunshine Coast is the perfect spot for a bucket and spade holiday.	AUSTRALIA	English-100		G		
2019-04-02	1830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 3	Silvia journeys to Ascoli Piceno and immerses herself in Italian cafe culture. Inspired, she returns to her Italian family home to make the perfect coffee dunking cookie - tozzetti.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	1900	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 4	Travelling south to from her mother's hometown of Abruzzo to Molise, Silvia collects some roadside onions and teams up with her brother to make mouth-watering onion Focaccia.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	1930	Luke Nguyen's France	Paris	Follows Luke's latest journey as his appetite for food leads him out of Asia and into France, the culinary wonderland that shaped his ancestral home, Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-02	2000	Luke Nguyen's France	Paris	Luke digs deeper into Parisian culture. He sets up a kitchen on a rooftop to cook the original version of the French dish that became Vietnam's staple, pho.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	2030	Poh's Kitchen	Breakfast With Bill Granger	Renowned chef Bill Granger visits Poh to share some great breakfast secrets. Bill's scrambled eggs have been described by The Times as the best in the world.	AUSTRALIA	English-100	RPT	G	Y	

2019-04-02	2100	Poh's Kitchen	Joyeux Noel With Emmanuel Mollois	In the season finale, Poh and chef Emmanuel Mollois get caught up in the Christmas spirit when they prepare two delicious Yuletide desserts.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	2130	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G		
2019-04-02	2200	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G		
2019-04-02	2230	United Plates Of America	Los Angeles - Healthy Food	Los Angeles is not only the centre of the world's biggest film and television industry, it is also the leader in setting trends.	USA	English-100		PG		
2019-04-02	2300	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 3	Silvia journeys to Ascoli Piceno and immerses herself in Italian cafe culture. Inspired, she returns to her Italian family home to make the perfect coffee dunking cookie - tozzetti.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	2330	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 4	Travelling south to from her mother's hometown of Abruzzo to Molise, Silvia collects some roadside onions and teams up with her brother to make mouth-watering onion Focaccia.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	2400	Worst Cooks In America	Surprise!	In an effort to learn how to cook efficiently for a crowd, the recruits work together as a team to make enough California rolls and Spicy Salmon rolls to feed the public during the lunch rush.	USA	English-100		PG	Y	
2019-04-02	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 12	On today's episode of Food Lab, it is all about quick and simple. Ben will show you how to maximise the use of surface area to cook quickly and efficiently.	AUSTRALIA	English-100		PG		
2019-04-02	2530	Luke Nguyen's France	Paris	Follows Luke's latest journey as his appetite for food leads him out of Asia and into France, the culinary wonderland that shaped his ancestral home, Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-02	2600	Luke Nguyen's France	Paris	Luke digs deeper into Parisian culture. He sets up a kitchen on a rooftop to cook the original version of the French dish that became Vietnam's staple, pho.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	2630	Poh's Kitchen	Breakfast With Bill Granger	Renowned chef Bill Granger visits Poh to share some great breakfast secrets. Bill's scrambled eggs have been described by The Times as the best in the world.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	2700	Poh's Kitchen	Joyeux Noel With Emmanuel Mollois	In the season finale, Poh and chef Emmanuel Mollois get caught up in the Christmas spirit when they prepare two delicious Yuletide desserts.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-02	2730	United Plates Of America	Los Angeles - Healthy Food	Los Angeles is not only the centre of the world's biggest film and television industry, it is also the leader in setting trends.	USA	English-100		PG		
2019-04-02	2800	Worst Cooks In America	Surprise!	In an effort to learn how to cook efficiently for a crowd, the recruits work together as a team to make enough California rolls and Spicy Salmon rolls to feed the public during the lunch rush.	USA	English-100		PG	Y	
2019-04-03	0500	One World Kitchen	Irresistible Pork Recipes	Cantonese expert Mary Tang shows us three mouth-watering dishes using one of her favourite ingredients - savoury pork.	CANADA	English-100				
2019-04-03	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 32	Ben's friend and go-to butcher Scotty, teaches us how to get the most out of a leg of lamb, featuring minimal wastage, and money saving secrets.	AUSTRALIA	English-100		G	Y	
2019-04-03	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve goes blue swimmer crab harvesting, and Joanna visits the rice paddies of the Riverina.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-03	0630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G		

2019-04-03	0700	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G		
2019-04-03	0730	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G		
2019-04-03	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 12	On today's episode of Food Lab, it is all about quick and simple. Ben will show you how to maximise the use of surface area to cook quickly and efficiently.	AUSTRALIA	English-100		PG		
2019-04-03	0830	Worst Cooks In America	Surprise!	In an effort to learn how to cook efficiently for a crowd, the recruits work together as a team to make enough California rolls and Spicy Salmon rolls to feed the public during the lunch rush.	USA	English-100		PG		Y
2019-04-03	0930	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 3	Silvia journeys to Ascoli Piceno and immerses herself in Italian cafe culture. Inspired, she returns to her Italian family home to make the perfect coffee dunking cookie - tozzetti.	AUSTRALIA	English-100	RPT	G		Y
2019-04-03	1000	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 4	Travelling south to from her mother's hometown of Abruzzo to Molise, Silvia collects some roadside onions and teams up with her brother to make mouth-watering onion Focaccia.	AUSTRALIA	English-100	RPT	G		Y
2019-04-03	1030	One World Kitchen	Irrestistable Pork Recipes	Cantonese expert Mary Tang shows us three mouth-watering dishes using one of her favourite ingredients - savoury pork.	CANADA	English-100				
2019-04-03	1100	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve goes blue swimmer crab harvesting, and Joanna visits the rice paddies of the Riverina.	AUSTRALIA	English-100	RPT	G		Y
2019-04-03	1130	Luke Nguyen's France	Paris	Follows Luke's latest journey as his appetite for food leads him out of Asia and into France, the culinary wonderland that shaped his ancestral home, Vietnam.	AUSTRALIA	English-100	RPT	G		Y
2019-04-03	1200	Luke Nguyen's France	Paris	Luke digs deeper into Parisian culture. He sets up a kitchen on a rooftop to cook the original version of the French dish that became Vietnam's staple, pho.	AUSTRALIA	English-100	RPT	G		Y
2019-04-03	1230	Poh's Kitchen	Breakfast With Bill Granger	Renowned chef Bill Granger visits Poh to share some great breakfast secrets. Bill's scrambled eggs have been described by The Times as the best in the world.	AUSTRALIA	English-100	RPT	G		Y
2019-04-03	1300	Poh's Kitchen	Joyeux Noel With Emmanuel Mollois	In the season finale, Poh and chef Emmanuel Mollois get caught up in the Christmas spirit when they prepare two delicious Yuletide desserts.	AUSTRALIA	English-100	RPT	G		Y
2019-04-03	1330	United Plates Of America	Los Angeles - Healthy Food	Los Angeles is not only the centre of the world's biggest film and television industry, it is also the leader in setting trends.	USA	English-100		PG		
2019-04-03	1400	Worst Cooks In America	Surprise!	In an effort to learn how to cook efficiently for a crowd, the recruits work together as a team to make enough California rolls and Spicy Salmon rolls to feed the public during the lunch rush.	USA	English-100		PG		Y
2019-04-03	1500	One World Kitchen	Cantonese Comfort Foods	From Shrimp Toast to Coconut Pudding, host Mary Tang cooks up Cantonese recipes that are perfect for days when you need comfort food.	CANADA	English-100				
2019-04-03	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 33	Ben creates a fiery Armaticianna Pizza at Fairholme on the OzPig and Dr Andrew Stephenson helps us to understand the different methods of energy transfer.	AUSTRALIA	English-100		PG		Y
2019-04-03	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers how luscious strawberries can make the perfect love potion.	AUSTRALIA	English-100	RPT	G		Y

2019-04-03	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 2	From Green Island, one of the oldest and most beautiful Islands in the Great Barrier Reef, Miguel reveals some simple steps to a stunning Tuna Carpaccio.	AUSTRALIA	English-100		G	
2019-04-03	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 13	Ben and Joel are focusing on vegetarian dishes. Tasty salads and delicious desserts are created in sunny Queensland, and the stunning East Coast of Tasmania.	AUSTRALIA	English-100		PG	
2019-04-03	1730	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G	
2019-04-03	1800	Andy & Ben Eat Australia	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	
2019-04-03	1830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G	Y
2019-04-03	1900	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 6	In Abruzzo, Silva collects eggs from the freshest and most sustainable source possible, the local hens, and makes her son's favourite dunking cake, lemon and ricotta ring cake.	AUSTRALIA	English-100	RPT	G	Y
2019-04-03	1930	Paul And Nick's Big American Food Trip	Elizabeth Town	Paul and Nick cook for the Pastor and members of Donegal Presbyterian Church. They see what's left of an old oak outside the church, known as the 'Witness Tree'.	IRELAND	English-100		PG	
2019-04-03	2000	Paul And Nick's Big American Food Trip	Philadelphia 2	Philadelphia was one of the main entry ports for immigrants to America in the 18th century. Paul and Nick meet Drew McGinty and Joyce Alexander, the founder of the Center for Ulster-Scots Studies.	IRELAND	English-100		PG	
2019-04-03	2030	Heston's Great British Food	Roast Beef Dinner	Heston discovers the origins of the great British roast, before serving up a spectacular roast beef dinner to the people who make it possible - butchers and farmers.	UNITED KINGDOM	English-100	RPT	G	Y
2019-04-03	2125	Eat Australia In ACT	Eat Australia In Act	Andy Allen travels to Canberra to experience all different kinds of culinary adventures.	AUSTRALIA	English-100			
2019-04-03	2130	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G	
2019-04-03	2200	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G	
2019-04-03	2230	United Plates Of America	San Francisco - Vietnamese Food	After the Vietnam War ended in 1975, many Vietnamese people migrated to California, much of them settling in San Francisco. In this episode we meet several Vietnamese immigrants.	USA	English-100		PG	Y
2019-04-03	2300	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G	Y
2019-04-03	2330	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 6	In Abruzzo, Silva collects eggs from the freshest and most sustainable source possible, the local hens, and makes her son's favourite dunking cake, lemon and ricotta ring cake.	AUSTRALIA	English-100	RPT	G	Y
2019-04-03	2400	Worst Cooks In America	Two A Day	The recruits wake up to find Anne and Bobby in their pyjamas demanding breakfast at the recruit house. The remaining recruits make breakfast for them based on guest chef Sara Beth's eggs benedict.	USA	English-100		PG	
2019-04-03	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 13	Ben and Joel are focusing on vegetarian dishes. Tasty salads and delicious desserts are created in sunny Queensland, and the stunning East Coast of Tasmania.	AUSTRALIA	English-100		PG	

2019-04-03	2530	Paul And Nick's Big American Food Trip	Elizabeth Town	Paul and Nick cook for the Pastor and members of Donegal Presbyterian Church. They see what's left of an old oak outside the church, known as the 'Witness Tree'.	IRELAND	English-100		PG		
2019-04-03	2600	Paul And Nick's Big American Food Trip	Philadelphia 2	Philadelphia was one of the main entry ports for immigrants to America in the 18th century. Paul and Nick meet Drew McGinty and Joyce Alexander, the founder of the Center for Ulster-Scots Studies.	IRELAND	English-100		PG		
2019-04-03	2630	Heston's Great British Food	Roast Beef Dinner	Heston discovers the origins of the great British roast, before serving up a spectacular roast beef dinner to the people who make it possible - butchers and farmers.	UNITED KINGDOM	English-100	RPT	G		Y
2019-04-03	2730	United Plates Of America	San Francisco - Vietnamese Food	After the Vietnam War ended in 1975, many Vietnamese people migrated to California, much of them settling in San Francisco. In this episode we meet several Vietnamese immigrants.	USA	English-100		PG		Y
2019-04-03	2800	Worst Cooks In America	Two A Day	The recruits wake up to find Anne and Bobby in their pyjamas demanding breakfast at the recruit house. The remaining recruits make breakfast for them based on guest chef Sara Beth's eggs benedict.	USA	English-100		PG		
2019-04-04	0500	One World Kitchen	Cantonese Comfort Foods	From Shrimp Toast to Coconut Pudding, host Mary Tang cooks up Cantonese recipes that are perfect for days when you need comfort food.	CANADA	English-100				
2019-04-04	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 33	Ben creates a fiery Armaticianna Pizza at Fairholme on the OzPig and Dr Andrew Stephenson helps us to understand the different methods of energy transfer.	AUSTRALIA	English-100		PG		Y
2019-04-04	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers how luscious strawberries can make the perfect love potion.	AUSTRALIA	English-100	RPT	G		Y
2019-04-04	0630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 2	From Green Island, one of the oldest and most beautiful Islands in the Great Barrier Reef, Miguel reveals some simple steps to a stunning Tuna Carpaccio.	AUSTRALIA	English-100		G		
2019-04-04	0700	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G		
2019-04-04	0730	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G		
2019-04-04	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 13	Ben and Joel are focusing on vegetarian dishes. Tasty salads and delicious desserts are created in sunny Queensland, and the stunning East Coast of Tasmania.	AUSTRALIA	English-100		PG		
2019-04-04	0830	Worst Cooks In America	Two A Day	The recruits wake up to find Anne and Bobby in their pyjamas demanding breakfast at the recruit house. The remaining recruits make breakfast for them based on guest chef Sara Beth's eggs benedict.	USA	English-100		PG		
2019-04-04	0930	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G		Y
2019-04-04	1000	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 6	In Abruzzo, Silva collects eggs from the freshest and most sustainable source possible, the local hens, and makes her son's favourite dunking cake, lemon and ricotta ring cake.	AUSTRALIA	English-100	RPT	G		Y
2019-04-04	1030	One World Kitchen	Cantonese Comfort Foods	From Shrimp Toast to Coconut Pudding, host Mary Tang cooks up Cantonese recipes that are perfect for days when you need comfort food.	CANADA	English-100				
2019-04-04	1100	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers how luscious strawberries can make the perfect love potion.	AUSTRALIA	English-100	RPT	G		Y
2019-04-04	1130	Paul And Nick's Big American Food Trip	Elizabeth Town	Paul and Nick cook for the Pastor and members of Donegal Presbyterian Church. They see what's left of an old oak outside the church, known as the 'Witness Tree'.	IRELAND	English-100		PG		

2019-04-04	1200	Paul And Nick's Big American Food Trip	Philadelphia 2	Philadelphia was one of the main entry ports for immigrants to America in the 18th century. Paul and Nick meet Drew McGinty and Joyce Alexander, the founder of the Center for Ulster-Scots Studies.	IRELAND	English-100		PG		
2019-04-04	1230	Heston's Great British Food	Roast Beef Dinner	Heston discovers the origins of the great British roast, before serving up a spectacular roast beef dinner to the people who make it possible - butchers and farmers.	UNITED KINGDOM	English-100	RPT	G		Y
2019-04-04	1330	United Plates Of America	San Francisco - Vietnamese Food	After the Vietnam War ended in 1975, many Vietnamese people migrated to California, much of them settling in San Francisco. In this episode we meet several Vietnamese immigrants.	USA	English-100		PG		Y
2019-04-04	1400	Worst Cooks In America	Two A Day	The recruits wake up to find Anne and Bobby in their pyjamas demanding breakfast at the recruit house. The remaining recruits make breakfast for them based on guest chef Sara Beth's eggs benedict.	USA	English-100		PG		
2019-04-04	1500	One World Kitchen	Hong Kong Foodie Favourites	Home cook Mary Tang shows us popular Hong Kong culinary delights, including Pineapple Buns, a sweet treat bun that doesn't have pineapples.	CANADA	English-100				
2019-04-04	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 34	From his home, Ben demonstrates one of his childhood family favourites.	AUSTRALIA	English-100		G		Y
2019-04-04	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve visits the old Sun Pictures - a Broome institution, and Joanna discovers pistachios.	AUSTRALIA	English-100	RPT	G		Y
2019-04-04	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 3	Miguel finds time to take a dip at the breathtaking Milla Milla Waterfalls before whipping up a fresh Asian salad that really packs a punch.	AUSTRALIA	English-100		G		
2019-04-04	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 14	Ben and Joel are showing you DIY. Ben has his good friend, and butcher turned chef, in the studio to demonstrate how to break down a whole cut of beef, while Joel makes cheese from scratch.	AUSTRALIA	English-100		PG		
2019-04-04	1730	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G		
2019-04-04	1800	Andy & Ben Eat Australia	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
2019-04-04	1830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 7	Silvia Colloca journeys to her mother's birthplace in Abruzzo, where she learns how to transform locally grown organic goods into the joys of a summer BBQ Italian style.	AUSTRALIA	English-100	RPT	G		Y
2019-04-04	1900	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 8	Heading south to Castelbottaccio in Molise, Silvia and her mother embark on a quest to find a long lost recipe - pesche di Castelbottaccio (sponge cake peaches).	AUSTRALIA	English-100	RPT	G		Y
2019-04-04	1930	Rick Stein's Mediterranean Escapes	Puglia And Corfu	Rick makes his way to the Greek island of Corfu, where he attends a family feast, visits restaurant kitchens all over the island, and learns to make authentic Greek dishes like pastitsio.	UNITED KINGDOM	English-100	RPT	G		Y
2019-04-04	2035	Two Greedy Italians... Still Hungry	Rome And Machismo	Rome and Machismo - Gennaro and Antonio look at the modern Italian man and ask if there is still a place in Italy for 'macho' men. They start in the rugged mountain villages of Lazio.	UNITED KINGDOM	English-100	RPT	PG		
2019-04-04	2135	Eat Australia In NSW	Eat Australia In NSW	Andy Allen travels throughout New South Wales to experience the new ways in which we are cooking in the home.	AUSTRALIA	English-100				
2019-04-04	2140	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G		
2019-04-04	2210	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G		

2019-04-04	2240	United Plates Of America	Chicago - Italian Food	No other cuisine has had such an impact on modern dishes then Italians. Italians arrived here in droves and got straight to work. They are now loved by all, but it wasn't always that way.	USA	English-100		PG	
2019-04-04	2315	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 7	Silvia Colloca journeys to her mother's birthplace in Abruzzo, where she learns how to transform locally grown organic goods into the joys of a summer BBQ Italian style.	AUSTRALIA	English-100	RPT	G	Y
2019-04-04	2340	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 8	Heading south to Castelbottaccio in Molise, Silvia and her mother embark on a quest to find a long lost recipe - pesche di Castelbottaccio (sponge cake peaches).	AUSTRALIA	English-100	RPT	G	Y

2019-04-04	2410	Worst Cooks In America	Eat, Pray, Love	Four recruits are left and are one week away from a chance of winning \$25,000. Bobby and Anne challenge their recruits to show them how much they've learned by a role reversal teaching tool.	USA	English-100		PG		
2019-04-04	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 14	Ben and Joel are showing you DIY. Ben has his good friend, and butcher turned chef, in the studio to demonstrate how to break down a whole cut of beef, while Joel makes cheese from scratch.	AUSTRALIA	English-100		PG		
2019-04-04	2530	Rick Stein's Mediterranean Escapes	Puglia And Corfu	Rick makes his way to the Greek island of Corfu, where he attends a family feast, visits restaurant kitchens all over the island, and learns to make authentic Greek dishes like pastitsio.	UNITED KINGDOM	English-100	RPT	G		Y
2019-04-04	2635	Two Greedy Italians... Still Hungry	Rome And Machismo	Rome and Machismo - Gennaro and Antonio look at the modern Italian man and ask if there is still a place in Italy for 'macho' men. They start in the rugged mountain villages of Lazio.	UNITED KINGDOM	English-100	RPT	PG		
2019-04-04	2735	United Plates Of America	Chicago - Italian Food	No other cuisine has had such an impact on modern dishes then Italians. Italians arrived here in droves and got straight to work. They are now loved by all, but it wasn't always that way.	USA	English-100		PG		
2019-04-04	2810	Worst Cooks In America	Eat, Pray, Love	Four recruits are left and are one week away from a chance of winning \$25,000. Bobby and Anne challenge their recruits to show them how much they've learned by a role reversal teaching tool.	USA	English-100		PG		
2019-04-05	0500	One World Kitchen	Hong Kong Foodie Favourites	Home cook Mary Tang shows us popular Hong Kong culinary delights, including Pineapple Buns, a sweet treat bun that doesn't have pineapples.	CANADA	English-100				
2019-04-05	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 34	From his home, Ben demonstrates one of his childhood family favourites.	AUSTRALIA	English-100		G		Y
2019-04-05	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve visits the old Sun Pictures - a Broome institution, and Joanna discovers pistachios.	AUSTRALIA	English-100	RPT	G		Y
2019-04-05	0630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 3	Miguel finds time to take a dip at the breathtaking Milla Milla Waterfalls before whipping up a fresh Asian salad that really packs a punch.	AUSTRALIA	English-100		G		
2019-04-05	0700	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't be able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G		
2019-04-05	0730	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G		
2019-04-05	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 14	Ben and Joel are showing you DIY. Ben has his good friend, and butcher turned chef, in the studio to demonstrate how to break down a whole cut of beef, while Joel makes cheese from scratch.	AUSTRALIA	English-100		PG		
2019-04-05	0830	Worst Cooks In America	Eat, Pray, Love	Four recruits are left and are one week away from a chance of winning \$25,000. Bobby and Anne challenge their recruits to show them how much they've learned by a role reversal teaching tool.	USA	English-100		PG		
2019-04-05	0930	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 7	Silvia Colloca journeys to her mother's birthplace in Abruzzo, where she learns how to transform locally grown organic goods into the joys of a summer BBQ Italian style.	AUSTRALIA	English-100	RPT	G		Y
2019-04-05	1000	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 8	Heading south to Castelbottaccio in Molise, Silvia and her mother embark on a quest to find a long lost recipe - pesche di Castelbottaccio (sponge cake peaches).	AUSTRALIA	English-100	RPT	G		Y
2019-04-05	1030	One World Kitchen	Hong Kong Foodie Favourites	Home cook Mary Tang shows us popular Hong Kong culinary delights, including Pineapple Buns, a sweet treat bun that doesn't have pineapples.	CANADA	English-100				
2019-04-05	1100	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve visits the old Sun Pictures - a Broome institution, and Joanna discovers pistachios.	AUSTRALIA	English-100	RPT	G		Y

2019-04-05	1130	Rick Stein's Mediterranean Escapes	Puglia And Corfu	Rick makes his way to the Greek island of Corfu, where he attends a family feast, visits restaurant kitchens all over the island, and learns to make authentic Greek dishes like pastitsio.	UNITED KINGDOM	English-100	RPT	G	Y
2019-04-05	1235	Two Greedy Italians... Still Hungry	Rome And Machismo	Rome and Machismo - Gennaro and Antonio look at the modern Italian man and ask if there is still a place in Italy for 'macho' men. They start in the rugged mountain villages of Lazio.	UNITED KINGDOM	English-100	RPT	PG	
2019-04-05	1335	United Plates Of America	Chicago - Italian Food	No other cuisine has had such an impact on modern dishes then Italians. Italians arrived here in droves and got straight to work. They are now loved by all, but it wasn't always that way.	USA	English-100		PG	
2019-04-05	1410	Worst Cooks In America	Eat, Pray, Love	Four recruits are left and are one week away from a chance of winning \$25,000. Bobby and Anne challenge their recruits to show them how much they've learned by a role reversal teaching tool.	USA	English-100		PG	
2019-04-05	1500	One World Kitchen	Fun With Woks	Using her trusty wok, host Mary Tang cooks up some classic Chinese take-out favourites including Wonton Soup and Chicken Chow Mein.	CANADA	English-100			
2019-04-05	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 35	Ben shows how to make a tasty Mexican Salmon dish with next to no clean up.	AUSTRALIA	English-100		G	Y
2019-04-05	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Shum Chun Kong demonstrates the art of Yum Cha preparation.	AUSTRALIA	English-100	RPT	G	
2019-04-05	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 4	Miguel puts on a show at the Cairns Races, dazzling the ladies with his Fruit Skewers Bombe Alaska, and then it's back to the pool for home made Prawn Ravioli that's simply to die for.	AUSTRALIA	English-100		G	
2019-04-05	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 15	Joel and Ben are focusing their attention on alcohol. Whether drinking it or cooking with it Ben and Joel have a creative and delicious way to use it.	AUSTRALIA	English-100		PG	
2019-04-05	1730	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G	
2019-04-05	1800	Andy & Ben Eat Australia	Queensland	Andy and Ben meet up in sunny Cairns and head straight to Crystal Cascades for a spring waterfall swim. They end their trip with a helicopter adventure to the remote sand bank Vlascoff Cay.	AUSTRALIA	English-100		PG	
2019-04-05	1830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 9	Silvia Colloca journeys to the medieval village Roccascalenga, and calls upon the expertise of the local to learn how to make heavenly hand rolled cannelloni with slow braised meat.	AUSTRALIA	English-100	RPT	G	Y
2019-04-05	1900	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 10	Silvia Colloca ventures north to Abruzzo and finds inspiration from the delicious meat cold cuts that the region is renowned for to make an Italian savoury pie.	AUSTRALIA	English-100	RPT	G	Y
2019-04-05	1930	Late Nite Eats	Vancouver	Jordan's on the west coast checking out what Vancouver has to offer after hours. His first stop is for a taste of Espana, a tapas bar in English Bay that keeps tradition alive.	USA	English-100			
2019-04-05	2000	Late Nite Eats	Pittsburgh	When the sun sets on Steeltown, Jordan Andino hits the streets to uncover unexpected late night delights in Pittsburgh. First Jordan heads to The Yard in Shadyside.	USA	English-100			
2019-04-05	2030	Nigella Kitchen	Kitchen Comforts	It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper.	UNITED KINGDOM	English-100		PG	
2019-04-05	2100	Nigella Kitchen	Kitchen Tourist	Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen.	UNITED KINGDOM	English-100		PG	
2019-04-05	2130	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G	

2019-04-05	2200	The Cook And The Chef	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100		G	
2019-04-05	2230	United Plates Of America	St Louis - Bosnian Food	Believe it or not there are over 70,000 Bosnian people who migrated to St Louis during the Bosnian war. They love their new country but they have brought some customs that might seem a bit different.	USA	English-100		PG	
2019-04-05	2300	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 9	Silvia Colloca journeys to the medieval village Roccascalenga, and calls upon the expertise of the local to learn how to make heavenly hand rolled cannelloni with slow braised meat.	AUSTRALIA	English-100	RPT	G	Y
2019-04-05	2330	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 10	Silvia Colloca ventures north to Abruzzo and finds inspiration from the delicious meat cold cuts that the region is renowned for to make an Italian savoury pie.	AUSTRALIA	English-100	RPT	G	Y
2019-04-05	2400	Worst Cooks In America	Timer's Up	The final two recruits will have to prepare a three-course menu for a panel of culinary titans at a New York City Restaurant with no help from Anne and Bobby.	USA	English-100		PG	
2019-04-05	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 15	Joel and Ben are focusing their attention on alcohol. Whether drinking it or cooking with it Ben and Joel have a creative and delicious way to use it.	AUSTRALIA	English-100		PG	
2019-04-05	2530	Late Nite Eats	Vancouver	Jordan's on the west coast checking out what Vancouver has to offer after hours. His first stop is for a taste of Espana, a tapas bar in English Bay that keeps tradition alive.	USA	English-100			
2019-04-05	2600	Late Nite Eats	Pittsburgh	When the sun sets on Steeltown, Jordan Andino hits the streets to uncover unexpected late night delights in Pittsburgh. First Jordan heads to The Yard in Shadyside.	USA	English-100			
2019-04-05	2630	Nigella Kitchen	Kitchen Comforts	It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper.	UNITED KINGDOM	English-100		PG	
2019-04-05	2700	Nigella Kitchen	Kitchen Tourist	Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen.	UNITED KINGDOM	English-100		PG	
2019-04-05	2730	United Plates Of America	St Louis - Bosnian Food	Believe it or not there are over 70,000 Bosnian people who migrated to St Louis during the Bosnian war. They love their new country but they have brought some customs that might seem a bit different.	USA	English-100		PG	
2019-04-05	2800	Worst Cooks In America	Timer's Up	The final two recruits will have to prepare a three-course menu for a panel of culinary titans at a New York City Restaurant with no help from Anne and Bobby.	USA	English-100		PG	
2019-04-06	0500	One World Kitchen	Fun With Woks	Using her trusty wok, host Mary Tang cooks up some classic Chinese take-out favourites including Wonton Soup and Chicken Chow Mein.	CANADA	English-100			
2019-04-06	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 35	Ben shows how to make a tasty Mexican Salmon dish with next to no clean up.	AUSTRALIA	English-100		G	Y
2019-04-06	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Shum Chun Kong demonstrates the art of Yum Cha preparation.	AUSTRALIA	English-100	RPT	G	
2019-04-06	0630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 4	Miguel puts on a show at the Cairns Races, dazzling the ladies with his Fruit Skewers Bombe Alaska, and then it's back to the pool for home made Prawn Ravioli that's simply to die for.	AUSTRALIA	English-100		G	
2019-04-06	0700	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G	

2019-04-06	0730	The Cook And The Chef	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100		G	
2019-04-06	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 15	Joel and Ben are focusing their attention on alcohol. Whether drinking it or cooking with it Ben and Joel have a creative and delicious way to use it.	AUSTRALIA	English-100		PG	
2019-04-06	0830	Worst Cooks In America	Timer's Up	The final two recruits will have to prepare a three-course menu for a panel of culinary titans at a New York City Restaurant with no help from Anne and Bobby.	USA	English-100		PG	
2019-04-06	0930	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 9	Silvia Colloca journeys to the medieval village Roccascalenga, and calls upon the expertise of the local to learn how to make heavenly hand rolled cannelloni with slow braised meat.	AUSTRALIA	English-100	RPT	G	Y
2019-04-06	1000	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 10	Silvia Colloca ventures north to Abruzzo and finds inspiration from the delicious meat cold cuts that the region is renowned for to make an Italian savoury pie.	AUSTRALIA	English-100	RPT	G	Y
2019-04-06	1030	One World Kitchen	Fun With Woks	Using her trusty wok, host Mary Tang cooks up some classic Chinese take-out favourites including Wonton Soup and Chicken Chow Mein.	CANADA	English-100			
2019-04-06	1100	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Shum Chun Kong demonstrates the art of Yum Cha preparation.	AUSTRALIA	English-100	RPT	G	
2019-04-06	1130	Late Nite Eats	Vancouver	Jordan's on the west coast checking out what Vancouver has to offer after hours. His first stop is for a taste of Espana, a tapas bar in English Bay that keeps tradition alive.	USA	English-100			
2019-04-06	1200	Late Nite Eats	Pittsburgh	When the sun sets on Steeltown, Jordan Andino hits the streets to uncover unexpected late night delights in Pittsburgh. First Jordan heads to The Yard in Shadyside.	USA	English-100			
2019-04-06	1230	Nigella Kitchen	Kitchen Comforts	It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper.	UNITED KINGDOM	English-100		PG	
2019-04-06	1300	Nigella Kitchen	Kitchen Tourist	Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen.	UNITED KINGDOM	English-100		PG	
2019-04-06	1330	United Plates Of America	St Louis - Bosnian Food	Believe it or not there are over 70,000 Bosnian people who migrated to St Louis during the Bosnian war. They love their new country but they have brought some customs that might seem a bit different.	USA	English-100		PG	
2019-04-06	1400	Worst Cooks In America	Timer's Up	The final two recruits will have to prepare a three-course menu for a panel of culinary titans at a New York City Restaurant with no help from Anne and Bobby.	USA	English-100		PG	
2019-04-06	1455	Eat Australia In ACT	Eat Australia In Act	Andy Allen travels to Canberra to experience all different kinds of culinary adventures.	AUSTRALIA	English-100			
2019-04-06	1500	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 9	Silvia Colloca journeys to the medieval village Roccascalenga, and calls upon the expertise of the local to learn how to make heavenly hand rolled cannelloni with slow braised meat.	AUSTRALIA	English-100	RPT	G	Y
2019-04-06	1530	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 10	Silvia Colloca ventures north to Abruzzo and finds inspiration from the delicious meat cold cuts that the region is renowned for to make an Italian savoury pie.	AUSTRALIA	English-100	RPT	G	Y
2019-04-06	1600	Food Porn	Size Matters	Michael is on a food porn adventure, uncovering some of America's most outrageously portioned meals. Waikiki's M.A.C 24/7 serves colossal, fluffy, 14-inch pancakes that many have attempted to finish.	USA	English-100		PG	
2019-04-06	1630	Food Porn	Eggcellent	Eggs are in the spotlight as chefs create the most buzz-worthy dishes using one of the hottest ingredients in food porn - the runny egg. Michael's first EGGtraordinary find is a poached egg.	USA	English-100		PG	

2019-04-06	1700	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG	
2019-04-06	1730	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G	
2019-04-06	1800	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G	
2019-04-06	1830	Big Food Rescue	Big Food Rescue Series 1 Ep 3	New volunteers are starting at the charity set up by David and Robin to try and change the food habits of Britain. It's just as well as it's all hands on deck.	UNITED KINGDOM	English-100		PG	
2019-04-06	1930	The Travelling Chef	Travelling Chef Series 2, The Ep 9	Brett is back in Hong Kong. Squeezed into a corner of Asia, this is a fast paced concrete jungle where eating is a serious business. He's on a quest to eat like the locals eat.	NEW ZEALAND	English-100		PG	
2019-04-06	2000	The Travelling Chef	Travelling Chef Series 2, The Ep 10	In this final episode, Brett's heading for Koh Samui, a Thai island south of Bangkok, in the South China Sea. The whole island is reliant on, and geared to, tourism.	NEW ZEALAND	English-100		PG	
2019-04-06	2030	Dinner Date	Maura	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	
2019-04-06	2130	Destination Flavour	Destination Flavour Series 1 Episode 1	Renee meets winemaker turned sheep farmer David Hohnen, Adam learns about the new craze for hot and cold smoking in Melbourne, while Lily catches up with leading providore Simon Johnson.	AUSTRALIA	English-100	RPT	G	Y
2019-04-06	2200	Destination Flavour	Destination Flavour Series 1 Episode 2	Lily samples a gourmet fig tart in the southern highlands, Renee experiences the buzz behind the Latin American food scene in Melbourne, and Adam pairs lobster with superb wine.	AUSTRALIA	English-100	RPT	G	Y
2019-04-06	2230	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG	

2019-04-06	2300	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100	G
2019-04-06	2330	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100	G
2019-04-06	2400	Say It To My Face	Lead From The Front	Best friends Nick Velez and Calvin Spencer own 'Bastards' a sports bar in Downey, CA. They are proud of their military service - so much so they have decorated their restaurant like a combat zone.	USA	English-100	PG
2019-04-06	2500	Big Food Rescue	Big Food Rescue Series 1 Ep 3	New volunteers are starting at the charity set up by David and Robin to try and change the food habits of Britain. It's just as well as it's all hands on deck.	UNITED KINGDOM	English-100	PG
2019-04-06	2559	Dinner Date	Maura	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
2019-04-06	2600	Dinner Date	James Hill	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
2019-04-06	2700	The Travelling Chef	Travelling Chef Series 2, The Ep 9	Brett is back in Hong Kong. Squeezed into a corner of Asia, this is a fast paced concrete jungle where eating is a serious business. He's on a quest to eat like the locals eat.	NEW ZEALAND	English-100	PG
2019-04-06	2730	The Travelling Chef	Travelling Chef Series 2, The Ep 10	In this final episode, Brett's heading for Koh Samui, a Thai island south of Bangkok, in the South China Sea. The whole island is reliant on, and geared to, tourism.	NEW ZEALAND	English-100	PG

2019-04-06	2800	Destination Flavour	Destination Flavour Series 1 Episode 1	Renee meets winemaker turned sheep farmer David Hohnen, Adam learns about the new craze for hot and cold smoking in Melbourne, while Lily catches up with leading providore Simon Johnson.	AUSTRALIA	English-100	RPT	G	Y
2019-04-06	2830	Destination Flavour	Destination Flavour Series 1 Episode 2	Lily samples a gourmet fig tart in the southern highlands, Renee experiences the buzz behind the Latin American food scene in Melbourne, and Adam pairs lobster with superb wine.	AUSTRALIA	English-100	RPT	G	Y