



**WEEK 14: Sunday, 29 March - Saturday, 4 April 2020 NSW, SA, TAS, VIC, ACT**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-03-29	0500	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	
2020-03-29	0530	Martha's Cooking School	Onions	Martha walks the viewer through four onion dishes that make use of different cooking techniques.	USA	English-100		G	
2020-03-29	0600	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	
2020-03-29	0630	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	
2020-03-29	0700	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	
2020-03-29	0730	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	
2020-03-29	0800	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	
2020-03-29	0830	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	
2020-03-29	0900	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	
2020-03-29	0930	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	
2020-03-29	1030	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	
2020-03-29	1130	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	
2020-03-29	1200	Anthony Bourdain: Parts Unknown	Puerto Rico	When Bourdain heads to Puerto Rico to check out the reality behind the pina coladas and fancy resorts, he finds natural splendor, delicious food and warm people.	USA	English-100		PG	
2020-03-29	1300	Anthony Bourdain: Parts Unknown	Lagos, Nigeria	The ingenuity of the Nigerian people is the focus of Bourdain's travels as he explores its food, music, and rich cultural diversity.	USA	English-100		PG	
2020-03-29	1400	Saturday Kitchen	Saturday Kitchen Series 2 Ep 2	Australia's very own John Torode joins Saturday Kitchen this week, cooking up a Malaysian inspired Curry Mee. Canadian Cary Docherty keeps things European with a Pork Pomme puree.	UNITED KINGDOM	English-100		G	
2020-03-29	1500	Ask The Butcher	Cured Meats	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	
2020-03-29	1530	Ask The Butcher	Poultry	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	

2020-03-29	1600	<b>The Cook And The Chef</b>	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100		G	
2020-03-29	1630	<b>The Cook And The Chef</b>	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
2020-03-29	1700	<b>Bonacini's Italy</b>	Puglia	Host Michael Bonacini makes Apulian classics like artichoke cheese panzerotti.	CANADA	English-100		G	
2020-03-29	1730	<b>Bonacini's Italy</b>	Calabria	Chef Michael Bonacini explores the diversity of the Italian region Calabria by making fresh tuna to hearty pork to a sumptuous orange cake.	CANADA	English-100		G	
2020-03-29	1800	<b>Thai Street Food With David Thompson</b>	Communities	Bangkok is a city of villages that are drawn together by their love of food and eating. From Indian to Vietnamese, and Indonesian to Chinese, Bangkok is the mixing bowl of Asia.	AUSTRALIA	English-100	RPT	G	Y
2020-03-29	1830	<b>Asia Unplated With Diana Chan</b>	Vietnamese	The series is off to an energetic start as Diana delves into the vibrant flavours of Vietnamese cooking. With the expertise of her flatmate Khanh Ong, the pair create Kem Chuoi - beef in betel leaves.	AUSTRALIA	English-100		G	
2020-03-29	1900	<b>Lyndey And Herbie's Moveable Feast</b>	Byron Or Bust	Lyndey and Herbie immerse themselves in the beautiful environment of the coast and hinterland. From bush tucker to talking turkey, they discover some great characters.	AUSTRALIA	English-100		PG	
2020-03-29	1930	<b>Ainsley's Caribbean Kitchen</b>	Antigua	Ainsley travels to Antigua to experience the island of sea and sun. His first stop is at the English Harbour, where he meets with local historian Dr Reg Murphy.	UNITED KINGDOM	English-100		PG	
2020-03-29	2030	<b>Jonathan Phang's Gourmet Express</b>	Bucharest To Istanbul	Jonathan Phang retraces Queen of crime Agatha Christie's footsteps in a journey which inspired her most famous novel - Murder On The Orient Express.	UNITED KINGDOM	English-100	RPT	G	Y
2020-03-29	2130	<b>Gino's Italian Escape</b>	Gragnano	Gino D'Acampo returns to his native Campania - the Italian region where he grew up and where his family still live.	UNITED KINGDOM	English-100		G	
2020-03-29	2200	<b>Destination Flavour China</b>	Shanghai	Adam takes a side trip to a city he knew all-too-well during his years working as a corporate lawyer for the Disney company - Shanghai.	AUSTRALIA	English-70; Mandarin-30	RPT	PG	Y
2020-03-29	2230	<b>Heston's Great British Food</b>	Fish And Chips	Celebrity chef Heston Blumenthal is back with a brand new series where he explores the stories behind Britain's favourite dishes.	UNITED KINGDOM	English-100	RPT	G	Y
2020-03-29	2330	<b>Martha's Cooking School</b>	Vegetables	Martha shows how to make four extremely tasty dishes using vegetables that may not be in everyone's regular rotation - steamed artichokes, braised leeks, fried okra, and whole roasted garlic.	USA	English-100		G	
2020-03-29	2400	<b>Martha's Cooking School</b>	Grains	There are infinite ways to prepare grains. Martha shares three of her favourites including mushroom barley soup, couscous royale, and grits with broiled tomatoes, bubbly cheddar cheese and bacon.	USA	English-100		G	
2020-03-29	2430	<b>Martha's Cooking School</b>	Sauces	A great sauce can take a dish from good to fantastic. Martha goes over some classics including Bearnaise sauce, Kansas City barbecue sauce, tartar sauce, and salsa verde.	USA	English-100		G	
2020-03-29	2505	<b>Martha's Cooking School</b>	Pork	There is no end to the amount of impressive dishes you can make with pork. Martha makes porchetta, highly seasoned roasted pork with soft, juicy meat and crisp, crackling skin.	USA	English-100		G	
2020-03-29	2535	<b>Martha's Cooking School</b>	Potatoes	Martha offers a primer on a favourite starch - potatoes. She cooks potatoes gratin - thinly sliced potatoes cooked in milk and baked in a cream mixture with cheese, potato salad, and smashed potatoes.	USA	English-100		G	
2020-03-29	2605	<b>Martha's Cooking School</b>	Salads	Salads are a terrific way to make vegetables your main course. When Martha invites guests to lunch, she loves to make frisee aux lardons, a classic French salad made with greens and crispy bacon.	USA	English-100		G	
2020-03-29	2635	<b>Martha's Cooking School</b>	Corn	Martha demonstrates her recipe for corn fritters, a sweet and savory treat topped with honey, followed by corn stock, which can serve as the base for a tasty summer corn chowder.	USA	English-100		G	
2020-03-29	2705	<b>Ask The Butcher</b>	Cured Meats	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	

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2020-03-30	1330	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 51	Ben is at the Eagles Nest Retreat, where he recreates a dish he had from a bakery in Hobart. At the University of Queensland St Lucia Campus, Ben will show you how to make seared swordfish.	AUSTRALIA	English-100		G	
2020-03-30	1400	<b>Oliver's Twist</b>	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	
2020-03-30	1430	<b>The Chefs' Line</b>	Greek	Four home cooks with a passion for Greek cuisine battle it out with the chefs' line from Sydney restaurant Alpha. Chef Matthew goes up against the four home cooks.	AUSTRALIA	English-100	RPT	G	Y
2020-03-30	1500	<b>Mercurio's Menu</b>	A.C.T.	Canberra is the political centre of Australia. It's where all the big decisions to do with this great country happen. On top of this it boasts some wonderfully diverse produce such as Galloway beef.	AUSTRALIA	English-100		G	

2020-03-30	1530	<b>Pati's Mexican Table</b>	How I Got To Now	People are always asking Pati how she turned a passion for food into a career. Over the years, she's told the story in bits and pieces but she's never told the full story, until now.	USA	English-100		G	
2020-03-30	1600	<b>New Scandinavian Cooking</b>	Journey To The North, A	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		G	
2020-03-30	1630	<b>The Cook And The Chef</b>	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G	
2020-03-30	1700	<b>The Cook And The Chef</b>	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100		G	
2020-03-30	1730	<b>Donal's Kitchen Hero</b>	Sunday Lunch	Donal cooks Sunday lunch for the women who taught him how to cook - his mother and grandmother. He serves simple garlic and rosemary roast lamb with asparagus, carrots, and potato dauphinoise, followed by individual lemon meringue pies.	IRELAND	English-100		PG	
2020-03-30	1800	<b>Bake With Anna Olson</b>	Bagels And Pretzels	Bagels and pretzels can be categorized under the same umbrella, since they share the common technique of being boiled before they are baked. Anna expands on the basic techniques.	CANADA	English-100		G	
2020-03-30	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 1	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
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2020-03-30	1930	<b>Hayden Quinn's South Africa</b>	Cape Town	Hayden kicks off his journey in the mother city. He starts with a sunrise surf at Muizenberg beach, then follows Cape Town's 'local is lekker' food culture.	SOUTH AFRICA	English-100		PG	
2020-03-30	2000	<b>Hayden Quinn's South Africa</b>	Paternoster	This episode begins with a splash and a paddle as Hayden joins local foodie and WWF-SA Trailblazer chef Kobus van der Merwe on a kayak along the coast of Paternoster.	SOUTH AFRICA	English-100		G	
2020-03-30	2030	<b>Carluccio's Six Seasons</b>	Balladong And York	Richard takes Antonio to a special place where people have gathered for thousands of years to cook traditional and contemporary food.	AUSTRALIA	English-100	RPT	G	Y
2020-03-30	2100	<b>Carluccio's Six Seasons</b>	Margaret River Gourmet Escape	The Karri Forest is the final destination in this amazing journey. At Gourmet Escape, chefs Jock Zonfrillo and mark Pierre White are also experimenting with Indigenous food.	AUSTRALIA	English-100	RPT	G	Y
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2020-03-30	2400	<b>Mercurio's Menu</b>	A.C.T.	Canberra is the political centre of Australia. It's where all the big decisions to do with this great country happen. On top of this it boasts some wonderfully diverse produce such as Galloway beef.	AUSTRALIA	English-100		G	
2020-03-30	2430	<b>Bake With Anna Olson</b>	Bagels And Pretzels	Bagels and pretzels can be categorized under the same umbrella, since they share the common technique of being boiled before they are baked. Anna expands on the basic techniques.	CANADA	English-100		G	

2020-03-30	2500	<b>Donal's Kitchen Hero</b>	Sunday Lunch	Donal cooks Sunday lunch for the women who taught him how to cook - his mother and grandmother. He serves simple garlic and rosemary roast lamb with asparagus, carrots, and potato dauphinoise, followed by individual lemon meringue pies.	IRELAND	English-100		PG	
2020-03-30	2530	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 21	It's the final, and for Marcus Wareing, Monica Galetti and Gregg Wallace, the search for a culinary talent exceptional enough to be crowned champion is almost over.	UNITED KINGDOM	English-100		G	
2020-03-30	2635	<b>Carluccio's Six Seasons</b>	Balladong And York	Richard takes Antonio to a special place where people have gathered for thousands of years to cook traditional and contemporary food.	AUSTRALIA	English-100	RPT	G	Y
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2020-03-31	1330	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 52	Ben is in the Eagles Nest Retreat kitchen, where he will show you how to make salmon fish cakes. At the University of Queensland St Lucia Campus, Ben and Joel team up and make red wine jelly.	AUSTRALIA	English-100		PG	
2020-03-31	1400	<b>Oliver's Twist</b>	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2020-03-31	1430	<b>The Chefs' Line</b>	Greek	Station Chef Natalia Gaspari represents her restaurant, Alpha, and goes up against three passionate home cooks. Natalia's hoping that her professional training and heritage will give her the edge.	AUSTRALIA	English-100	RPT	G	Y
2020-03-31	1500	<b>Mercurio's Menu</b>	Orange	Orange is the central tablelands of NSW and is home to around 40,000 residents. Two of those residents, Borry and Gaye Bartrell, run an apple farm called Borrodell on the Mount.	AUSTRALIA	English-100		PG	
2020-03-31	1530	<b>Pati's Mexican Table</b>	Juju's Chocolate-Covered Life	Pati spends the day with her youngest son, Juju. Juju is known for his obsession with chocolate. In this episode, they spend the day in the kitchen coming up with three delicious chocolate recipes.	USA	English-100		G	
2020-03-31	1600	<b>New Scandinavian Cooking</b>	Eat Like The Vikings	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	
2020-03-31	1630	<b>The Cook And The Chef</b>	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100		G	
2020-03-31	1700	<b>The Cook And The Chef</b>	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100		PG	
2020-03-31	1730	<b>Donal's Kitchen Hero</b>	Last Minute Fixes	You're tired, it's late, but you need to eat, so Donal cooks some of his fail-safe stand-by dishes - vodka penne, spaghetti amatriciana, scrambled eggs with bagels, and an omelette with avocado.	IRELAND	English-100		PG	
2020-03-31	1800	<b>Bake With Anna Olson</b>	Batter Cookies	Batter cookies start with a soft batter that is shaped, piped or formed before baking, and are a classic part of a pastry chef's repertoire. Anna shares her favourite batter cookie recipes.	CANADA	English-100		G	
2020-03-31	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-03-31	1900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-03-31	1930	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 4	Maeve O'Meara pays tribute to the power of pulses and legumes in dishes from around the world. Protein-rich beans have always been the heavy lifters of the vegetable world.	AUSTRALIA	English-100	RPT	G	Y
2020-03-31	2000	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 4	Helen makes 'zoodles', or zucchini noodles, a clever solution for making stir-fry recipes gluten free. She also meets with the owners of a low FODMAP catering company to make gluten free pita bread.	AUSTRALIA	English-100		G	
2020-03-31	2030	<b>Flintoff's Great British Road Trip</b>	Flintoff's Great British Road Trip Series 2 Ep 2	While in East Anglia, Freddie and Rob try to impress a Michelin-star fish and chip maestro and later attempt a high-speed water ski trial.	UNITED KINGDOM	English-100			

2020-03-31	2130	<b>The Cook And The Chef</b>	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100		G	
2020-03-31	2200	<b>The Cook And The Chef</b>	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100		PG	
2020-03-31	2230	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-03-31	2300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-03-31	2330	<b>The Chefs' Line</b>	Greek	Station Chef Natalia Gaspari represents her restaurant, Alpha, and goes up against three passionate home cooks. Natalia's hoping that her professional training and heritage will give her the edge.	AUSTRALIA	English-100	RPT	G	Y
2020-03-31	2400	<b>Mercurio's Menu</b>	Orange	Orange is the central tablelands of NSW and is home to around 40,000 residents. Two of those residents, Borry and Gaye Bartrell, run an apple farm called Borrodell on the Mount.	AUSTRALIA	English-100		PG	
2020-03-31	2430	<b>Bake With Anna Olson</b>	Batter Cookies	Batter cookies start with a soft batter that is shaped, piped or formed before baking, and are a classic part of a pastry chef's repertoire. Annna shares her favourite batter cookie recipes.	CANADA	English-100		G	
2020-03-31	2500	<b>Donal's Kitchen Hero</b>	Last Minute Fixes	You're tired, it's late, but you need to eat, so Donal cooks some of his fail-safe stand-by dishes - vodka penne, spaghetti amatriciana, scrambled eggs with bagels, and an omelette with avocado.	IRELAND	English-100		PG	
2020-03-31	2530	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 8 Ep 1	In this opening heat, six aspiring chefs from all over the country arrive at the MasterChef kitchen to stake their claim to the coveted title.	UNITED KINGDOM	English-100		G	
2020-03-31	2635	<b>Flintoff's Great British Road Trip</b>	Flintoff's Great British Road Trip Series 2 Ep 2	While in East Anglia, Freddie and Rob try to impress a Michelin-star fish and chip maestro and later attempt a high-speed water ski trial.	UNITED KINGDOM	English-100			
2020-03-31	2735	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 4	Maeve O'Meara pays tribute to the power of pulses and legumes in dishes from around the world. Protein-rich beans have always been the heavy lifters of the vegetable world.	AUSTRALIA	English-100	RPT	G	Y
2020-03-31	2805	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 4	Helen makes 'zoodles', or zucchini noodles, a clever solution for making stir-fry recipes gluten free. She also meets with the owners of a low FODMAP catering company to make gluten free pita bread.	AUSTRALIA	English-100		G	
2020-03-31	2830	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 52	Ben is in the Eagles Nest Retreat kitchen, where he will show you how to make salmon fish cakes. At the University of Queensland St Lucia Campus, Ben and Joel team up and make red wine jelly.	AUSTRALIA	English-100		PG	
2020-04-01	0500	<b>Oliver's Twist</b>	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2020-04-01	0530	<b>The Chefs' Line</b>	Greek	Station Chef Natalia Gaspari represents her restaurant, Alpha, and goes up against three passionate home cooks. Natalia's hoping that her professional training and heritage will give her the edge.	AUSTRALIA	English-100	RPT	G	Y
2020-04-01	0600	<b>Mercurio's Menu</b>	Orange	Orange is the central tablelands of NSW and is home to around 40,000 residents. Two of those residents, Borry and Gaye Bartrell, run an apple farm called Borrodell on the Mount.	AUSTRALIA	English-100		PG	
2020-04-01	0630	<b>Pati's Mexican Table</b>	Juju's Chocolate-Covered Life	Pati spends the day with her youngest son, Juju. Juju is known for his obsession with chocolate. In this episode, they spend the day in the kitchen coming up with three delicious chocolate recipes.	USA	English-100		G	
2020-04-01	0700	<b>New Scandinavian Cooking</b>	Eat Like The Vikings	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	
2020-04-01	0730	<b>Donal's Kitchen Hero</b>	Last Minute Fixes	You're tired, it's late, but you need to eat, so Donal cooks some of his fail-safe stand-by dishes - vodka penne, spaghetti amatriciana, scrambled eggs with bagels, and an omelette with avocado.	IRELAND	English-100		PG	
2020-04-01	0800	<b>Bake With Anna Olson</b>	Batter Cookies	Batter cookies start with a soft batter that is shaped, piped or formed before baking, and are a classic part of a pastry chef's repertoire. Annna shares her favourite batter cookie recipes.	CANADA	English-100		G	

2020-04-01	0830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-04-01	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-04-01	0930	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 4	Maeve O'Meara pays tribute to the power of pulses and legumes in dishes from around the world. Protein-rich beans have always been the heavy lifters of the vegetable world.	AUSTRALIA	English-100	RPT	G	Y
2020-04-01	1000	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 4	Helen makes 'zoodles', or zucchini noodles, a clever solution for making stir-fry recipes gluten free. She also meets with the owners of a low FODMAP catering company to make gluten free pita bread.	AUSTRALIA	English-100			G
2020-04-01	1030	<b>Flintoff's Great British Road Trip</b>	Flintoff's Great British Road Trip Series 2 Ep 2	While in East Anglia, Freddie and Rob try to impress a Michelin-star fish and chip maestro and later attempt a high-speed water ski trial.	UNITED KINGDOM	English-100			
2020-04-01	1130	<b>Donal's Kitchen Hero</b>	Last Minute Fixes	You're tired, it's late, but you need to eat, so Donal cooks some of his fail-safe stand-by dishes - vodka penne, spaghetti amatriciana, scrambled eggs with bagels, and an omelette with avocado.	IRELAND	English-100			PG
2020-04-01	1200	<b>Bake With Anna Olson</b>	Batter Cookies	Batter cookies start with a soft batter that is shaped, piped or formed before baking, and are a classic part of a pastry chef's repertoire. Anna shares her favourite batter cookie recipes.	CANADA	English-100			G
2020-04-01	1230	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-04-01	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-04-01	1330	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 53	Ben is at Eagles Nest Retreat, where he will show you how to make fajitas roast pumpkin topped with sour cream and parmesan cheese.	AUSTRALIA	English-100			G
2020-04-01	1400	<b>Oliver's Twist</b>	Scrumptious And Sinful	Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them.	UNITED KINGDOM	English-100			PG
2020-04-01	1430	<b>The Chefs' Line</b>	Greek	Sous Chef Michael from Greek restaurant Alpha goes up against two passionate home cooks. He hopes the restaurant cooking tastes like what yia yia would make, but with a professional edge.	AUSTRALIA	English-100	RPT	G	Y
2020-04-01	1500	<b>Mercurio's Menu</b>	Daylesford	The central Victorian town of Daylesford is best known for its day spas, mineral springs, and as a great romantic holiday destination. It is now quickly being recognised as a real foodies paradise.	AUSTRALIA	English-100			PG
2020-04-01	1530	<b>Pati's Mexican Table</b>	Cheesy	Pati cooks three mouthwatering cheesy recipes - one for each of her boys. Later in Oaxaca, Pati and her three sons visit a cheese producer to see how the famous Oaxacan cheese is made.	USA	English-100			G
2020-04-01	1600	<b>New Scandinavian Cooking</b>	Northern Sea Passage	Andreas investigates what the sea and land can offer, while travelling north on the Norwegian Coastal Express.	NORWAY	English-100			G
2020-04-01	1630	<b>The Cook And The Chef</b>	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100			G
2020-04-01	1700	<b>The Cook And The Chef</b>	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100			G
2020-04-01	1730	<b>Donal's Kitchen Hero</b>	Food For A Crowd	Donal provides food for the cast of Dublin's Beauty and the Best production including jumbo chicken sandwiches, hummus with crispy pitta bread, and rocky road chocolate bars.	IRELAND	English-100			PG
2020-04-01	1800	<b>Bake With Anna Olson</b>	Bread Pudding	Bread pudding falls into the category of custard, since the bread is baked in an eggcream mixture to achieve its delicate richness. Anna demonstrates the principles behind the custard base and the baking technique required to make a perfect bread pudding.	CANADA	English-100			G
2020-04-01	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG



2020-04-01	1900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-01	1930	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 1 Ep 2	A big favourite for tourists, the hill side town of Taormina, is the setting for Sicilian dishes of baked sea bream and wild strawberries in pepper.	UNITED KINGDOM	English-100		G	
2020-04-01	2000	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 3	Matthew starts to get hardcore with his locavore philosophy when he decides to learn how to make his own brew.	AUSTRALIA	English-100	RPT	G	Y
2020-04-01	2030	<b>Short Cuts To Glory</b>	Home Takeaway	Christine Manfield, Martin Boetz, and Daniel Wilson show Matt how to create our takeaway favourites in your own kitchen. On the menu - veggie curry, beef stir fry, and burgers.	AUSTRALIA	English-100		PG	
2020-04-01	2100	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. And Maeve learns about the Italian passion for veal.	AUSTRALIA	English-100	RPT	G	Y
2020-04-01	2130	<b>The Cook And The Chef</b>	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G	
2020-04-01	2200	<b>The Cook And The Chef</b>	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G	
2020-04-01	2230	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-01	2300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-01	2330	<b>The Chefs' Line</b>	Greek	Sous Chef Michael from Greek restaurant Alpha goes up against two passionate home cooks. He hopes the restaurant cooking tastes like what yia yia would make, but with a professional edge.	AUSTRALIA	English-100	RPT	G	Y
2020-04-01	2400	<b>Mercurio's Menu</b>	Daylesford	The central Victorian town of Daylesford is best known for its day spas, mineral springs, and as a great romantic holiday destination. It is now quickly being recognised as a real foodies paradise.	AUSTRALIA	English-100		PG	
2020-04-01	2430	<b>Bake With Anna Olson</b>	Bread Pudding	Bread pudding falls into the category of custard, since the bread is baked in an eggcream mixture to achieve its delicate richness. Anna demonstrates the principles behind the custard base and the baking technique required to make a perfect bread pudding.	CANADA	English-100		G	
2020-04-01	2500	<b>Donal's Kitchen Hero</b>	Food For A Crowd	Donal provides food for the cast of Dublin's Beauty and the Best production including jumbo chicken sandwiches, hummus with crispy pitta bread, and rocky road chocolate bars.	IRELAND	English-100		PG	
2020-04-01	2530	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 8 Ep 2	In this heat, six ambitious new chefs set out to prove to the judges that they have the ability, commitment and style to push them to the top of their demanding industry.	UNITED KINGDOM	English-100		G	
2020-04-01	2635	<b>Short Cuts To Glory</b>	Home Takeaway	Christine Manfield, Martin Boetz, and Daniel Wilson show Matt how to create our takeaway favourites in your own kitchen. On the menu - veggie curry, beef stir fry, and burgers.	AUSTRALIA	English-100		PG	
2020-04-01	2705	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. And Maeve learns about the Italian passion for veal.	AUSTRALIA	English-100	RPT	G	Y
2020-04-01	2735	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 1 Ep 2	A big favourite for tourists, the hill side town of Taormina, is the setting for Sicilian dishes of baked sea bream and wild strawberries in pepper.	UNITED KINGDOM	English-100		G	
2020-04-01	2805	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 3	Matthew starts to get hardcore with his locavore philosophy when he decides to learn how to make his own brew.	AUSTRALIA	English-100	RPT	G	Y
2020-04-01	2830	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 53	Ben is at Eagles Nest Retreat, where he will show you how to make fajitas roast pumpkin topped with sour cream and parmesan cheese.	AUSTRALIA	English-100		G	

2020-04-02	0500	<b>Oliver's Twist</b>	Scrumptious And Sinful	Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them.	UNITED KINGDOM	English-100		PG	
2020-04-02	0530	<b>The Chefs' Line</b>	Greek	Sous Chef Michael from Greek restaurant Alpha goes up against two passionate home cooks. He hopes the restaurant cooking tastes like what yia yia would make, but with a professional edge.	AUSTRALIA	English-100	RPT	G	Y
2020-04-02	0600	<b>Mercurio's Menu</b>	Daylesford	The central Victorian town of Daylesford is best known for its day spas, mineral springs, and as a great romantic holiday destination. It is now quickly being recognised as a real foodies paradise.	AUSTRALIA	English-100		PG	
2020-04-02	0630	<b>Pati's Mexican Table</b>	Cheesy	Pati cooks three mouthwatering cheesy recipes - one for each of her boys. Later in Oaxaca, Pati and her three sons visit a cheese producer to see how the famous Oaxacan cheese is made.	USA	English-100		G	
2020-04-02	0700	<b>New Scandinavian Cooking</b>	Northern Sea Passage	Andreas investigates what the sea and land can offer, while travelling north on the Norwegian Coastal Express.	NORWAY	English-100		G	
2020-04-02	0730	<b>Donal's Kitchen Hero</b>	Food For A Crowd	Donal provides food for the cast of Dublin's Beauty and the Best production including jumbo chicken sandwiches, hummus with crispy pitta bread, and rocky road chocolate bars.	IRELAND	English-100		PG	
2020-04-02	0800	<b>Bake With Anna Olson</b>	Bread Pudding	Bread pudding falls into the category of custard, since the bread is baked in an eggcream mixture to achieve its delicate richness. Anna demonstrates the principles behind the custard base and the baking technique required to make a perfect bread pudding.	CANADA	English-100		G	
2020-04-02	0830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-02	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-02	0930	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 1 Ep 2	A big favourite for tourists, the hill side town of Taormina, is the setting for Sicilian dishes of baked sea bream and wild strawberries in pepper.	UNITED KINGDOM	English-100		G	
2020-04-02	1000	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 3	Matthew starts to get hardcore with his locavore philosophy when he decides to learn how to make his own brew.	AUSTRALIA	English-100	RPT	G	Y
2020-04-02	1030	<b>Short Cuts To Glory</b>	Home Takeaway	Christine Manfield, Martin Boetz, and Daniel Wilson show Matt how to create our takeaway favourites in your own kitchen. On the menu - veggie curry, beef stir fry, and burgers.	AUSTRALIA	English-100		PG	
2020-04-02	1100	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. And Maeve learns about the Italian passion for veal.	AUSTRALIA	English-100	RPT	G	Y
2020-04-02	1130	<b>Donal's Kitchen Hero</b>	Food For A Crowd	Donal provides food for the cast of Dublin's Beauty and the Best production including jumbo chicken sandwiches, hummus with crispy pitta bread, and rocky road chocolate bars.	IRELAND	English-100		PG	
2020-04-02	1200	<b>Bake With Anna Olson</b>	Bread Pudding	Bread pudding falls into the category of custard, since the bread is baked in an eggcream mixture to achieve its delicate richness. Anna demonstrates the principles behind the custard base and the baking technique required to make a perfect bread pudding.	CANADA	English-100		G	
2020-04-02	1230	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-02	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-02	1330	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 54	Ben is at Eagles Nest Retreat where he will cook a Mexican chicken frittata. At the University of Queensland Oral Health Centre, Ben will be use an assortment of mushrooms to make a mushroom risotto.	AUSTRALIA	English-100		G	
2020-04-02	1400	<b>Oliver's Twist</b>	Great Packed Lunches	Bicycle couriers Steven and David pedal all day long in London and usually only eat sandwiches to keep them going. Jamie shows them how to prepare tasty lunches.	UNITED KINGDOM	English-100		G	
2020-04-02	1430	<b>The Chefs' Line</b>	Greek	The best home cook has made it to the end of the line. They must take on Executive Chef Peter Conistis. Can the passion of a talented home cook beat the top chef of Alpha?	AUSTRALIA	English-100	RPT	G	Y

2020-04-02	1500	<b>Mercurio's Menu</b>	Devonport	Devonport is just a hop, skip, and a jump south from Victoria and offers some of the world's best produce.	AUSTRALIA	English-100	PG		
2020-04-02	1530	<b>Pati's Mexican Table</b>	More Than Just A Meal	Pati makes a few family staples with recipes that have many different uses. Perfect for busy families on the go, these recipes can be set aside or kept in the fridge to use later.	USA	English-100	G		
2020-04-02	1600	<b>New Scandinavian Cooking</b>	Food For A Polar Expedition	Andreas goes on a polar expedition onboard Hurtigruten, and travels north along the beautiful and icy coastline of Norway. He visits the mountains of Northern Norway, where he cooks king crab.	NORWAY	English-100	G		
2020-04-02	1630	<b>The Cook And The Chef</b>	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100	G		
2020-04-02	1700	<b>The Cook And The Chef</b>	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100	G		
2020-04-02	1730	<b>Donal's Kitchen Hero</b>	Christmas Special	Donal travels to the far north, above the Arctic Circle, to the world's original Ice Hotel in Kiruna to make baked ham, gravadlax, and a special Christmas rice pudding.	IRELAND	English-100	PG		
2020-04-02	1800	<b>Bake With Anna Olson</b>	Trifle	There's nothing trifling about a good trifle! To call a dessert a trifle it must have layers of cake, cream, and fruit. This leaves a lot of room to experiment with both classic and creative recipes.	CANADA	English-100	G		
2020-04-02	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	PG		
2020-04-02	1900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	PG		
2020-04-02	1930	<b>Donna Hay: Fast, Fresh, Simple</b>	Standby Staples	Having a test kitchen makes it easy for Donna to play around with recipes and take all the annoying bits out. She gives her tips and tricks for making shnitzel, grilled feta Greek salad, and tiramisu.	AUSTRALIA	English-100	G		
2020-04-02	2000	<b>The Great Australian Cookbook</b>	Matt Moran & Rayleen Brown	Food icon, Matt Moran cooks the perfect BBQ of prawns and pan-fried barramundi with raw zucchini salad and Indigenous trailblazer, Rayleen Brown shares her recipe for a bush fruit Christmas cake.	AUSTRALIA	English-100	PG		
2020-04-02	2030	<b>The Sweet Life With Elise Strachan</b>	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100			
2020-04-02	2130	<b>The Cook And The Chef</b>	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100	G		
2020-04-02	2200	<b>The Cook And The Chef</b>	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100	G		
2020-04-02	2230	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	PG		
2020-04-02	2300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	PG		
2020-04-02	2330	<b>The Chefs' Line</b>	Greek	The best home cook has made it to the end of the line. They must take on Executive Chef Peter Conistis. Can the passion of a talented home cook beat the top chef of Alpha?	AUSTRALIA	English-100	RPT	G	Y
2020-04-02	2400	<b>Mercurio's Menu</b>	Devonport	Devonport is just a hop, skip, and a jump south from Victoria and offers some of the world's best produce.	AUSTRALIA	English-100	PG		
2020-04-02	2430	<b>Bake With Anna Olson</b>	Trifle	There's nothing trifling about a good trifle! To call a dessert a trifle it must have layers of cake, cream, and fruit. This leaves a lot of room to experiment with both classic and creative recipes.	CANADA	English-100	G		

2020-04-02	2500	<b>Donal's Kitchen Hero</b>	Christmas Special	Donal travels to the far north, above the Arctic Circle, to the world's original Ice Hotel in Kiruna to make baked ham, gravadlax, and a special Christmas rice pudding.	IRELAND	English-100			PG	
2020-04-02	2530	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 8 Ep 3	In this first quarter final, the six strongest chefs from the heats attempt to impress Monica and Marcus in two challenges.	UNITED KINGDOM	English-100			G	
2020-04-02	2635	<b>The Sweet Life With Elise Strachan</b>	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100				
2020-04-02	2735	<b>Donna Hay: Fast, Fresh, Simple</b>	Standby Staples	Having a test kitchen makes it easy for Donna to play around with recipes and take all the annoying bits out. She gives her tips and tricks for making shnitzel, grilled feta Greek salad, and tiramisu.	AUSTRALIA	English-100			G	
2020-04-02	2800	<b>The Great Australian Cookbook</b>	Matt Moran & Rayleen Brown	Food icon, Matt Moran cooks the perfect BBQ of prawns and pan-fried barramundi with raw zucchini salad and Indigenous trailblazer, Rayleen Brown shares her recipe for a bush fruit Christmas cake.	AUSTRALIA	English-100			PG	
2020-04-02	2830	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 54	Ben is at Eagles Nest Retreat where he will cook a Mexican chicken frittata. At the University of Queensland Oral Health Centre, Ben will be use an assortment of mushrooms to make a mushroom risotto.	AUSTRALIA	English-100			G	
2020-04-03	0500	<b>Oliver's Twist</b>	Great Packed Lunches	Bicycle couriers Steven and David pedal all day long in London and usually only eat sandwiches to keep them going. Jamie shows them how to prepare tasty lunches.	UNITED KINGDOM	English-100			G	
2020-04-03	0530	<b>The Chefs' Line</b>	Greek	The best home cook has made it to the end of the line. They must take on Executive Chef Peter Conistis. Can the passion of a talented home cook beat the top chef of Alpha?	AUSTRALIA	English-100	RPT		G	Y
2020-04-03	0600	<b>Mercurio's Menu</b>	Devonport	Devonport is just a hop, skip, and a jump south from Victoria and offers some of the world's best produce.	AUSTRALIA	English-100			PG	
2020-04-03	0630	<b>Pati's Mexican Table</b>	More Than Just A Meal	Pati makes a few family staples with recipes that have many different uses. Perfect for busy families on the go, these recipes can be set aside or kept in the fridge to use later.	USA	English-100			G	
2020-04-03	0700	<b>New Scandinavian Cooking</b>	Food For A Polar Expedition	Andreas goes on a polar expedition onboard Hurtigruten, and travels north along the beautiful and icy coastline of Norway. He visits the mountains of Northern Norway, where he cooks king crab.	NORWAY	English-100			G	
2020-04-03	0730	<b>Donal's Kitchen Hero</b>	Christmas Special	Donal travels to the far north, above the Arctic Circle, to the world's original Ice Hotel in Kiruna to make baked ham, gravadlax, and a special Christmas rice pudding.	IRELAND	English-100			PG	
2020-04-03	0800	<b>Bake With Anna Olson</b>	Trifle	There's nothing trifling about a good trifle! To call a dessert a trifle it must have layers of cake, cream, and fruit. This leaves a lot of room to experiment with both classic and creative recipes.	CANADA	English-100			G	
2020-04-03	0830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-03	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-03	0930	<b>Donna Hay: Fast, Fresh, Simple</b>	Standby Staples	Having a test kitchen makes it easy for Donna to play around with recipes and take all the annoying bits out. She gives her tips and tricks for making shnitzel, grilled feta Greek salad, and tiramisu.	AUSTRALIA	English-100			G	
2020-04-03	1000	<b>The Great Australian Cookbook</b>	Matt Moran & Rayleen Brown	Food icon, Matt Moran cooks the perfect BBQ of prawns and pan-fried barramundi with raw zucchini salad and Indigenous trailblazer, Rayleen Brown shares her recipe for a bush fruit Christmas cake.	AUSTRALIA	English-100			PG	
2020-04-03	1030	<b>The Sweet Life With Elise Strachan</b>	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100				
2020-04-03	1130	<b>Donal's Kitchen Hero</b>	Christmas Special	Donal travels to the far north, above the Arctic Circle, to the world's original Ice Hotel in Kiruna to make baked ham, gravadlax, and a special Christmas rice pudding.	IRELAND	English-100			PG	
2020-04-03	1200	<b>Bake With Anna Olson</b>	Trifle	There's nothing trifling about a good trifle! To call a dessert a trifle it must have layers of cake, cream, and fruit. This leaves a lot of room to experiment with both classic and creative recipes.	CANADA	English-100			G	

2020-04-03	1230	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-03	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-03	1330	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 55	Ben is at Eagles Nest Retreat where he will show you how to cook a chicken burrito bowl over the charcoal of his woodfire.	AUSTRALIA	English-100			PG	
2020-04-03	1400	<b>Oliver's Twist</b>	Kitchen Builders	Jamie treats the men renovating his flat to a 'thank you' meal. Dishes include chick pea and leek soup, braised lamb shanks, and English trifle.	UNITED KINGDOM	English-100			G	
2020-04-03	1430	<b>The Chefs' Line</b>	Greek	Maeve goes inside the kitchen of Alpha restaurant as she and the chefs reminisce about the week, and delve into delicious new dishes like loukamades, lobster haloumi tart, and baklava muffins.	AUSTRALIA	English-100	RPT		G	Y
2020-04-03	1500	<b>Mercurio's Menu</b>	Cobram	Paul Mercurio travels to Sun Country on the Murray River, where the Farm Gate Trail offers up a wealth of produce including free range pork, salt bush lamb, edible cactus, oranges, award winning cheese, and wonderful winery cellar doors.	AUSTRALIA	English-100				
2020-04-03	1530	<b>Pati's Mexican Table</b>	Tijuana's Culinary Revolution	One of the most up and coming food destinations in all of Mexico, Tijuana is full of young, fresh talent across the culinary scene.	USA	English-100			G	
2020-04-03	1600	<b>New Scandinavian Cooking</b>	Whole Salmon, A	Andreas shows how to make his favourite salmon dish using a whole fish, before he discloses his secret family waffle recipe.	NORWAY	English-100			PG	
2020-04-03	1630	<b>The Cook And The Chef</b>	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100			G	
2020-04-03	1700	<b>The Cook And The Chef</b>	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100			G	
2020-04-03	1730	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 1	Donal visits the School of Culinary Arts, at the Dublin Institute of Technology, and prepares cheap, healthy and tasty recipes for students including a beetroot and feta salad and chickpea burgers.	IRELAND	English-100			PG	
2020-04-03	1800	<b>Bake With Anna Olson</b>	Cake Cookies	Exactly as they sound, cake cookies are soft and moist like a cake, but you bake them on a tray like a traditional cookie. Anna demonstrates the cake-like batter and how to achieve the best, fluffiest results -	CANADA	English-100			G	
2020-04-03	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-03	1900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-03	1930	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 6	Paul Hollywood creates his favourite Pies and Puddings with a lovingly crafted Cheese from Botton in Yorkshire, Lavender from Kent, and a huge amount of perfect chocolate.	UNITED KINGDOM	English-100			G	
2020-04-03	2030	<b>Rick Stein: From Venice to Istanbul</b>	Rick Stein's From Venice To Istanbul Series 1 Ep 2	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes.	UNITED KINGDOM	English-100				
2020-04-03	2135	<b>The Cook And The Chef</b>	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100			G	
2020-04-03	2205	<b>The Cook And The Chef</b>	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100			G	
2020-04-03	2235	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	

2020-04-03	2305	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-04-03	2335	<b>The Chefs' Line</b>	Greek	Maeve goes inside the kitchen of Alpha restaurant as she and the chefs reminisce about the week, and delve into delicious new dishes like loukamades, lobster haloumi tart, and baklava muffins.	AUSTRALIA	English-100	RPT	G	Y
2020-04-03	2405	<b>Mercurio's Menu</b>	Cobram	Paul Mercurio travels to Sun Country on the Murray River, where the Farm Gate Trail offers up a wealth of produce including free range pork, salt bush lamb, edible cactus, oranges, award winning cheese, and wonderful winery cellar doors.	AUSTRALIA	English-100			
2020-04-03	2430	<b>Bake With Anna Olson</b>	Cake Cookies	Exactly as they sound, cake cookies are soft and moist like a cake, but you bake them on a tray like a traditional cookie. Anna demonstrates the cake-like batter and how to achieve the best, fluffiest results.	CANADA	English-100			G
2020-04-03	2500	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 1	Donal visits the School of Culinary Arts, at the Dublin Institute of Technology, and prepares cheap, healthy and tasty recipes for students including a beetroot and feta salad and chickpea burgers.	IRELAND	English-100			PG
2020-04-03	2530	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 8 Ep 4	Six new chefs begin their bid for the coveted Professional MasterChef title as they take on two challenges set by the judges.	UNITED KINGDOM	English-100			G
2020-04-03	2635	<b>Rick Stein: From Venice to Istanbul</b>	Rick Stein's From Venice To Istanbul Series 1 Ep 2	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes.	UNITED KINGDOM	English-100			
2020-04-03	2740	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 6	Paul Hollywood creates his favourite Pies and Puddings with a lovingly crafted Cheese from Botton in Yorkshire, Lavender from Kent, and a huge amount of perfect chocolate.	UNITED KINGDOM	English-100			G
2020-04-03	2835	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 55	Ben is at Eagles Nest Retreat where he will show you how to cook a chicken burrito bowl over the charcoal of his woodfire.	AUSTRALIA	English-100			PG
2020-04-04	0500	<b>Oliver's Twist</b>	Kitchen Builders	Jamie treats the men renovating his flat to a 'thank you' meal. Dishes include chick pea and leek soup, braised lamb shanks, and English trifle.	UNITED KINGDOM	English-100			G
2020-04-04	0530	<b>The Chefs' Line</b>	Greek	Maeve goes inside the kitchen of Alpha restaurant as she and the chefs reminisce about the week, and delve into delicious new dishes like loukamades, lobster haloumi tart, and baklava muffins.	AUSTRALIA	English-100	RPT	G	Y
2020-04-04	0600	<b>Mercurio's Menu</b>	Cobram	Paul Mercurio travels to Sun Country on the Murray River, where the Farm Gate Trail offers up a wealth of produce including free range pork, salt bush lamb, edible cactus, oranges, award winning cheese, and wonderful winery cellar doors.	AUSTRALIA	English-100			
2020-04-04	0630	<b>Pati's Mexican Table</b>	Tijuana's Culinary Revolution	One of the most up and coming food destinations in all of Mexico, Tijuana is full of young, fresh talent across the culinary scene.	USA	English-100			G
2020-04-04	0700	<b>New Scandinavian Cooking</b>	Whole Salmon, A	Andreas shows how to make his favourite salmon dish using a whole fish, before he discloses his secret family waffle recipe.	NORWAY	English-100			PG
2020-04-04	0730	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 1	Donal visits the School of Culinary Arts, at the Dublin Institute of Technology, and prepares cheap, healthy and tasty recipes for students including a beetroot and feta salad and chickpea burgers.	IRELAND	English-100			PG
2020-04-04	0800	<b>Bake With Anna Olson</b>	Cake Cookies	Exactly as they sound, cake cookies are soft and moist like a cake, but you bake them on a tray like a traditional cookie. Anna demonstrates the cake-like batter and how to achieve the best, fluffiest results -	CANADA	English-100			G
2020-04-04	0830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-04-04	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-04-04	0930	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 6	Paul Hollywood creates his favourite Pies and Puddings with a lovingly crafted Cheese from Botton in Yorkshire, Lavender from Kent, and a huge amount of perfect chocolate.	UNITED KINGDOM	English-100			G
2020-04-04	1030	<b>Rick Stein: From Venice to Istanbul</b>	Rick Stein's From Venice To Istanbul Series 1 Ep 2	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes.	UNITED KINGDOM	English-100			

2020-04-04	1135	<b>New Scandinavian Cooking</b>	Whole Salmon, A	Andreas shows how to make his favourite salmon dish using a whole fish, before he discloses his secret family waffle recipe.	NORWAY	English-100			PG	
2020-04-04	1205	<b>Anthony Bourdain: Parts Unknown</b>	Seattle	Bourdain immerses himself in the 'boom or bust' city of Seattle. Two industries are reshaping the city and its culture - tech and the newly legalised cannabis industry.	USA	English-100			PG	
2020-04-04	1300	<b>Anthony Bourdain: Parts Unknown</b>	Sri Lanka	As peace and hope spread throughout Sri Lanka following the end of its brutal civil war, Bourdain travels to the once divided regions to experience the reinvigorated people, and savoury food.	USA	English-100			PG	
2020-04-04	1400	<b>Saturday Kitchen</b>	Saturday Kitchen Series 2 Ep 3	Mary Berry joins Saturday Kitchen this week and shares some cooking secrets from her long and lustrous career. Mary prepares some mouthwatering stuffed chicken thighs with lemon sauce.	UNITED KINGDOM	English-100			G	
2020-04-04	1500	<b>Ask The Butcher</b>	Lean Meats	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	
2020-04-04	1530	<b>Ask The Butcher</b>	Wagyu	Anthony Puharich heads to Japan to the national Wagyu show and inside the Wagyu processing rooms. This is a world never seen before.	AUSTRALIA	English-100			G	
2020-04-04	1600	<b>The Cook And The Chef</b>	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100			G	
2020-04-04	1630	<b>The Cook And The Chef</b>	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100			G	
2020-04-04	1700	<b>The Cook And The Chef</b>	Margaret Fulton	Simon and Maggie recreate several Margaet Fulton recipes - the cookery writer of half a century who brought the world to Australian dinner tables.	AUSTRALIA	English-100			G	
2020-04-04	1730	<b>Thai Street Food With David Thompson</b>	Noodles	From the sophisticated to the simple, noodle dishes vary in every province and part of the country. But no matter where they come from, Thai noodles all share a common street heritage.	AUSTRALIA	English-100	RPT		G	Y
2020-04-04	1800	<b>Thai Street Food With David Thompson</b>	Lunch	David Thompson takes us on this culinary tour of a hectic and bustling lunchtime, teaching us two dishes which are regular lunch favourites in Bangkok.	AUSTRALIA	English-100	RPT		G	Y
2020-04-04	1830	<b>Rachel Khoo: My Swedish Kitchen</b>	Swedish Pantry	Follow Rachel as she discovers how Swedish cooking is both resourceful in using what nature has to offer, and maximising its shelf life.	UNITED KINGDOM	English-100			PG	
2020-04-04	1900	<b>Rachel Khoo: My Swedish Kitchen</b>	Sausages From Scratch	Rachel explores Sweden's love for the humble sausage, where there is a long tradition of hotdog stands and sausage making.	UNITED KINGDOM	English-100			PG	
2020-04-04	1930	<b>Cheese Slices</b>	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	English-100			G	
2020-04-04	2000	<b>Cheese Slices</b>	Brazil - Clandestine Cheeses Of Brazil	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese.	AUSTRALIA	English-100			PG	
2020-04-04	2030	<b>Kylie Kwong: My China</b>	Shanghai	The journey continues along the Eastern seaboard and leads Kylie into China's largest and youngest city. With her foodie friend in tow, Kylie goes hunting for the origins of Shanghainese food.	AUSTRALIA	English-100	RPT		G	Y
2020-04-04	2100	<b>Kylie Kwong: My China</b>	Yangzhou	This small, olde worlde city has given its name to its fried rice dish. Kylie, however, finds herself in a school of fine cutting and failing miserably in pastry making.	AUSTRALIA	English-100	RPT		G	Y
2020-04-04	2130	<b>The Best In Australia</b>	Best Vegetarian Pasta And The Best Sausage Lovers' Bbq, The	Ben, Anna, and Darren prepare inventive dishes as they compete for the titles of Best Vegetarian Pasta, and the Best Sausage Lovers' Barbeque in Australia.	AUSTRALIA	English-100			PG	
2020-04-04	2230	<b>Comfort Eating</b>	Berlin	Nick journeys to Berlin to reinvent himself with help from Game of Thrones actor Gemma Whelan in a multi-cultural weekend full of currywurst and chips, Korean BBQ, traditional German cakes, and Turkish tapas.	UNITED KINGDOM	English-100			PG	
2020-04-04	2300	<b>Comfort Eating</b>	St Albans	Nick returns to his family home town of St Albans for waffles with bacon, followed by a visit to his parents' house for his mum's prawn lasagne.	UNITED KINGDOM	English-100			PG	

2020-04-04	2330	<b>Thai Street Food With David Thompson</b>	Noodles	From the sophisticated to the simple, noodle dishes vary in every province and part of the country. But no matter where they come from, Thai noodles all share a common street heritage.	AUSTRALIA	English-100	RPT	G	Y
2020-04-04	2400	<b>Thai Street Food With David Thompson</b>	Lunch	David Thompson takes us on this culinary tour of a hectic and bustling lunchtime, teaching us two dishes which are regular lunch favourites in Bangkok.	AUSTRALIA	English-100	RPT	G	Y
2020-04-04	2430	<b>Rachel Khoo: My Swedish Kitchen</b>	Swedish Pantry	Follow Rachel as she discovers how Swedish cooking is both resourceful in using what nature has to offer, and maximising its shelf life.	UNITED KINGDOM	English-100		PG	
2020-04-04	2500	<b>Rachel Khoo: My Swedish Kitchen</b>	Sausages From Scratch	Rachel explores Sweden's love for the humble sausage, where there is a long tradition of hotdog stands and sausage making.	UNITED KINGDOM	English-100		PG	
2020-04-04	2530	<b>Cheese Slices</b>	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	English-100		G	
2020-04-04	2559	<b>Ainsley's Caribbean Kitchen</b>	Jamaica	Ainsley's first stop is Jamaica, the island where his father grew up, to re-discover the country that has long been linked to great food, music and culture.	UNITED KINGDOM	English-100		G	
2020-04-04	2600	<b>Dinner Date</b>	Kirby	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	
2020-04-04	2700	<b>Kylie Kwong: My China</b>	Yangzhou	This small, olde worlde city has given its name to its fried rice dish. Kylie, however, finds herself in a school of fine cutting and failing miserably in pastry making.	AUSTRALIA	English-100	RPT	G	Y
2020-04-04	2730	<b>The Best In Australia</b>	Best Vegetarian Pasta And The Best Sausage Lovers' Bbq, The	Ben, Anna, and Darren prepare inventive dishes as they compete for the titles of Best Vegetarian Pasta, and the Best Sausage Lovers' Barbeque in Australia.	AUSTRALIA	English-100		PG	
2020-04-04	2830	<b>Ask The Butcher</b>	Lean Meats	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	