



WEEK 14: Sunday, 28 March - Saturday, 3 April 2021 (NSW, VIC, TAS, ACT, SA)

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2021-03-28	0500	Cheese Slices	Italy - Cheeses Of The Great Track	Will follows the ancient shepherds trail known as the Traturro Magno or Great Track from the mountains of Abruzzo to the plains of Puglia, and discovers the secrets behind the local Pecorino cheese.	AUSTRALIA	English-100		G	
2021-03-28	0530	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 17	Its the last day of the heat and one kitchen will win a place in the weekly final. Cooking today are teams - North and Wild, The Glutton Club, and Olive and Caramel.	UNITED KINGDOM	English-100		G	
2021-03-28	0600	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 18	Three new pairs of cooks compete for a place in the final - The Souvlaki Social, Sabrina's Kitchen, and Cultured Eats. Who will make the most profit when today's 50 diners arrive?	UNITED KINGDOM	English-100		G	
2021-03-28	0630	Living On The Veg	Living On The Veg Series 1 Ep 1	Henry and Ian kick things off with their take on a British classic - a plant-based Sunday roast - before whipping up a grilled cheese melt using their homemade vegan cheese.	UNITED KINGDOM	English-100		G	
2021-03-28	0725	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-03-28	0730	Inside Heston's World	Series 1 Ep 3	The Fat Duck Melbourne opens its doors to the Australian public for the first time and Heston's success lies in the hands of his Australian diners.	AUSTRALIA	English-100	RPT	PG	Y
2021-03-28	0830	Pacific Island Food Revolution	Kai Class	The four finalist teams from each country are finally together in the Revolution Kitchen in Suva. In a surprising twist, it's their individual mentors who are doing the cooking.	NEW ZEALAND	English-100		PG	
2021-03-28	0925	Ainsley Eats The Streets	Reykjavik	Ainsley goes to Reykjavik, where he finds a thriving street food culture at the docks, sampling rich lobster soup, salt cod, croquettes and crayfish bakes.	UNITED KINGDOM	English-100	RPT	G	Y
2021-03-28	1025	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-03-28	1030	Hairy Bikers' Mississippi Adventure	Best Of	Experience some of the best bits of the bikers' journey through the Mississippi regions, as they relive some of the most memorable stories, food, and music.	UNITED KINGDOM	English-100		PG	
2021-03-28	1120	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-03-28	1130	Flintoff's Great British Road Trip	Northern Ireland	Flintoff and Rob's fish and chip roadtrip takes them to Northern Ireland. The first stop for their striking green chip van is the mysterious Cushendun Caves.	UNITED KINGDOM	English-100		PG	
2021-03-28	1225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-03-28	1230	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	
2021-03-28	1300	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	
2021-03-28	1330	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	
2021-03-28	1400	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 19	It's the last day of the heat and one kitchen will win a place in the weekly final. The teams cooking today are The Souvlaki Social, Sabrina's Kitchen, and Cultured Eats.	UNITED KINGDOM	English-100		G	

2021-03-28	1430	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 20	It's the final and the two winners from the heats are back to go head to head. Tensions are high as at stake is the chance to try running a restaurant business at one of the UK's busiest food arenas.	UNITED KINGDOM	English-100			G	
2021-03-28	1500	Living On The Veg	Living On The Veg Series 1 Ep 2	Henry and Tom cook up a completely plant-based classic lasagne, as well as their ultimate vegan breakfast packed with flavours that rival any full English, including smoky BBQ beans.	UNITED KINGDOM	English-100			G	
2021-03-28	1555	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT		G	Y
2021-03-28	1600	Late Nite Eats	Portland	Jordan hits up Portland, Maine, a tiny New England town with a tremendous amount to offer late night. He starts off his night at Nosh, a late night hangout known for supersized sandwiches.	USA	English-100			PG	
2021-03-28	1630	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	
2021-03-28	1700	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	
2021-03-28	1730	For The Love Of Bread	Paris	Andrew is in Paris where he visits Sucre for pain au chocolat and Stohrer - one of the oldest patisseries in Paris founded in 1730 with impeccable presentation.	AUSTRALIA	English-100			PG	
2021-03-28	1800	Vanishing Foods	Tribal Rice Dish	A culinary discovery takes food blogger Aun Koh up Taiwan's central mountain range to a Paiwan tribal village. He learns about yao yao fan - a rice dish that hails back to the tribe's past.	UNITED KINGDOM	English-100			PG	
2021-03-28	1830	Sourced	Markets	Green markets, fish markets, all the markets! Guy heads to Italy, Japan, and California's Central Coast and discovers where some of the oldest, most sacred, and freshest ingredients come from.	USA	English-100			PG	
2021-03-28	1900	Asia Unplated With Diana Chan	Thai	Diana explores the balance of salty, sweet, and sour flavours that is fundamental in Thai cuisine. Chef Adam D'Sylva perfects this harmony of flavours with his seared tuna with nahm jim.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25; Vietnamese-.25			PG	
2021-03-28	1930	Mary Berry's Foolproof Cooking	Comfort Days	Mary cooks up the best of her comforting home cooked dishes - those that pick you up and put a smile on your face, including a roasted butternut squash soup with indulgent cheese and Parma ham twists.	UNITED KINGDOM	English-100			G	
2021-03-28	2000	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 7	Michela samples the delights of fresh truffles grown in the hills around Siena, and revives her love for chickpeas upon discovering a unique chickpea pancake in a back street local eatery.	UNITED KINGDOM	English-100			PG	
2021-03-28	2030	Inside Heston's World	Series 1 Ep 4	It's the final lunch service in Melbourne and the Fat Duck's last chance to dazzle the Australian public with a special menu featuring Heston's biggest culinary hits.	AUSTRALIA	English-100	RPT		PG	Y
2021-03-28	2130	Top Of The Shop With Tom Kerridge	Drinks	In the penultimate heat, four food producers with fledgling drinks businesses come to test out their products on the locals in Malhamdale, in the heart of the Yorkshire Dales.	UNITED KINGDOM	English-100			PG	
2021-03-28	2235	Gino's Italian Escape: Hidden Italy	Abruzzo	Starting in the coastal town of Pescara, Gino though first starts his food odyssey learning about the Abruzzo region's unique contribution to the culinary landscape - chitarra pasta.	UNITED KINGDOM	English-100			PG	
2021-03-28	2300	Gino's Italian Escape: Hidden Italy	Trentino Alto-Adige	To uncover the secrets of Trentino Alto-Adige, Gino rolls up his sleeves and gets stuck into two local products - cheese, and speck.	UNITED KINGDOM	English-100			G	
2021-03-28	2330	For The Love Of Bread	Paris	Andrew is in Paris where he visits Sucre for pain au chocolat and Stohrer - one of the oldest patisseries in Paris founded in 1730 with impeccable presentation.	AUSTRALIA	English-100			PG	
2021-03-28	2400	Vanishing Foods	Tribal Rice Dish	A culinary discovery takes food blogger Aun Koh up Taiwan's central mountain range to a Paiwan tribal village. He learns about yao yao fan - a rice dish that hails back to the tribe's past.	UNITED KINGDOM	English-100			PG	

2021-03-28	2430	Sourced	Markets	Green markets, fish markets, all the markets! Guy heads to Italy, Japan, and California's Central Coast and discovers where some of the oldest, most sacred, and freshest ingredients come from.	USA	English-100			PG	
2021-03-28	2500	Asia Unplated With Diana Chan	Thai	Diana explores the balance of salty, sweet, and sour flavours that is fundamental in Thai cuisine. Chef Adam D'Sylva perfects this harmony of flavours with his seared tuna with nahm jim.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25; Vietnamese-.25			PG	
2021-03-28	2530	Mary Berry's Foolproof Cooking	Comfort Days	Mary cooks up the best of her comforting home cooked dishes - those that pick you up and put a smile on your face, including a roasted butternut squash soup with indulgent cheese and Parma ham twists.	UNITED KINGDOM	English-100			G	
2021-03-28	2600	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 7	Michela samples the delights of fresh truffles grown in the hills around Siena, and revives her love for chickpeas upon discovering a unique chickpea pancake in a back street local eatery.	UNITED KINGDOM	English-100			PG	
2021-03-28	2630	Inside Heston's World	Series 1 Ep 4	It's the final lunch service in Melbourne and the Fat Duck's last chance to dazzle the Australian public with a special menu featuring Heston's biggest culinary hits.	AUSTRALIA	English-100	RPT		PG	Y
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2021-03-29	0500	Gino's Italian Escape: Hidden Italy	Trentino Alto-Adige	To uncover the secrets of Trentino Alto-Adige, Gino rolls up his sleeves and gets stuck into two local products - cheese, and speck.	UNITED KINGDOM	English-100			G	
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2021-03-29	0630	Living On The Veg	Living On The Veg Series 1 Ep 2	Henry and Tom cook up a completely plant-based classic lasagne, as well as their ultimate vegan breakfast packed with flavours that rival any full English, including smoky BBQ beans.	UNITED KINGDOM	English-100			G	
2021-03-29	0725	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT		G	Y
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2021-03-29	1000	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 7	Michela samples the delights of fresh truffles grown in the hills around Siena, and revives her love for chickpeas upon discovering a unique chickpea pancake in a back street local eatery.	UNITED KINGDOM	English-100			PG	

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2021-03-29	1330	Donal's Kitchen Hero Feast	Meath	Donal Skehan heads to Meath where he visits Martry Mill in Kells and Blast and Wilde in Slane. He ends his trip with a delicious feast in Tankardstown House.	IRELAND	English-100		PG	
2021-03-29	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 54	Matt kicks things off by making his buckwheat pancakes - his slightly healthier version of a breakfast favourite, while Courtney makes a delicious eggplant masala.	AUSTRALIA	English-100		G	
2021-03-29	1430	Lidia's Italy	Lidia's Italy Series 4 Ep 21	Join Lidia as she travels to Le Marche - a region known for its beautiful hills and mountains where you will certainly find lambs and sheep roaming. Lidia creates a wonderful meatloaf with ricotta.	USA	English-100		G	
2021-03-29	1500	Hayden Quinn's South Africa	Stellenbosch	After exploring the Afrikaans Taal Monument and learning a bit about Afrikaans culture, Hayden heads to the heart of the city of oaks, where he meets master baker Fritz Schoon.	SOUTH AFRICA	English-100		G	
2021-03-29	1530	Hayden Quinn's South Africa	Franschhoek	Hayden visits the food and wine capital of South Africa - Franschhoek. Hayden rides the famous Wine Tram to experience wine making first hand as he stomps grapes at Rickety Bridge.	SOUTH AFRICA	English-100		G	
2021-03-29	1600	Rachel Allen: All Things Sweet	Afternoon Tea	Rachel shows how to make sure your afternoon tea guests always come a-knocking, with a selection of tempting snacks that are the perfect accompaniment to a good brew.	UNITED KINGDOM	English-100		G	
2021-03-29	1630	Mercurio's Menu	Echuca	Echuca is set within an irrigated pastoral and agricultural district on the Murray River, offering organic fruit and veggies, tender veal and goat, fresh greens, and olive oil.	AUSTRALIA	English-100		G	
2021-03-29	1700	Mercurio's Menu	Hunter Valley	Paul's first stop in the Hunter Valley is at Binnorie Dairy where he meets cheese maker Simon Gough. Simon happily shows off his array of cheese making equipment and homemade cheeses.	AUSTRALIA	English-100		PG	
2021-03-29	1730	The Cook And The Chef	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G	
2021-03-29	1800	The Cook And The Chef	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G	
2021-03-29	1830	Come Dine With Me UK Couples	Essex A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-03-29	1930	Anthony Bourdain: Parts Unknown	Cajun Mardi Gras	In this celebration of Louisiana's Cajun culture, complete with Zydeco music and a crawfish boil, Bourdain goes off the beaten path and takes part in the less familiar Mardi Gras traditions.	USA	English-100		PG	
2021-03-29	2025	Poh & Co. Bitesize	Garden, The	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-03-29	2030	Taste The Nation With Padma Lakshmi	Don't Mind If I Dosa	Padma asks family, friends, and those she admires how they hold onto Indian culture and pass it to the next generation. Later in New York she cooks the dishes that remind her of her original home.	USA	English-100		PG	
2021-03-29	2100	Tales From River Cottage	Joy Of Pigs, The	Hugh celebrates his growing affection for pigs and pork over his three years as a Dorset smallholder. From how to buy a pig, to how to make dry-cured bacon and hams, this is a guide to all things pig.	UNITED KINGDOM	English-100		PG	

2021-03-29	2130	Mystery Diners	Lactose Intolerant	Too many customers are completing the eating challenge at Cheesie's Pub.	USA	English-100		PG
2021-03-29	2200	Mystery Diners	Deliver Us From Evil	Charles Stiles helps Bella Luna Cafe uncover problems with delivery service.	USA	English-100		PG
2021-03-29	2230	The Cook And The Chef	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G
2021-03-29	2300	The Cook And The Chef	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G
2021-03-29	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 6	Singer and actor Richard Fleeshman brings a touch of family rivalry to the red and green kitchens today, cooking against his mother, actor Sue Jenkins.	UNITED KINGDOM	English-100		G
2021-03-29	2420	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G Y
2021-03-29	2430	Come Dine With Me UK Couples	Essex A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG
2021-03-29	2530	Mercurio's Menu	Echuca	Echuca is set within an irrigated pastoral and agricultural district on the Murray River, offering organic fruit and veggies, tender veal and goat, fresh greens, and olive oil.	AUSTRALIA	English-100		G
2021-03-29	2600	Mercurio's Menu	Hunter Valley	Paul's first stop in the Hunter Valley is at Binnorie Dairy where he meets cheese maker Simon Gough. Simon happily shows off his array of cheese making equipment and homemade cheeses.	AUSTRALIA	English-100		PG
2021-03-29	2630	Taste The Nation With Padma Lakshmi	Don't Mind If I Dosa	Padma asks family, friends, and those she admires how they hold onto Indian culture and pass it to the next generation. Later in New York she cooks the dishes that remind her of her original home.	USA	English-100		PG
2021-03-29	2700	Tales From River Cottage	Joy Of Pigs, The	Hugh celebrates his growing affection for pigs and pork over his three years as a Dorset smallholder. From how to buy a pig, to how to make dry-cured bacon and hams, this is a guide to all things pig.	UNITED KINGDOM	English-100		PG
2021-03-29	2730	Mystery Diners	Lactose Intolerant	Too many customers are completing the eating challenge at Cheesie's Pub.	USA	English-100		PG
2021-03-29	2800	Mystery Diners	Deliver Us From Evil	Charles Stiles helps Bella Luna Cafe uncover problems with delivery service.	USA	English-100		PG
2021-03-29	2830	Donal's Kitchen Hero Feast	Meath	Donal Skehan heads to Meath where he visits Martry Mill in Kells and Blast and Wilde in Slane. He ends his trip with a delicious feast in Tankardstown House.	IRELAND	English-100		PG
2021-03-30	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 54	Matt kicks things off by making his buckwheat pancakes - his slightly healthier version of a breakfast favourite, while Courtney makes a delicious eggplant masala.	AUSTRALIA	English-100		G
2021-03-30	0530	Lidia's Italy	Lidia's Italy Series 4 Ep 21	Join Lidia as she travels to Le Marche - a region known for its beautiful hills and mountains where you will certainly find lambs and sheep roaming. Lidia creates a wonderful meatloaf with ricotta.	USA	English-100		G
2021-03-30	0600	Hayden Quinn's South Africa	Stellenbosch	After exploring the Afrikaans Taal Monument and learning a bit about Afrikaans culture, Hayden heads to the heart of the city of oaks, where he meets master baker Fritz Schoon.	SOUTH AFRICA	English-100		G
2021-03-30	0630	Hayden Quinn's South Africa	Franschhoek	Hayden visits the food and wine capital of South Africa - Franschhoek. Hayden rides the famous Wine Tram to experience wine making first hand as he stomps grapes at Rickety Bridge.	SOUTH AFRICA	English-100		G
2021-03-30	0700	Rachel Allen: All Things Sweet	Afternoon Tea	Rachel shows how to make sure your afternoon tea guests always come a-knocking, with a selection of tempting snacks that are the perfect accompaniment to a good brew.	UNITED KINGDOM	English-100		G

2021-03-30	0730	Mercurio's Menu	Echuca	Echuca is set within an irrigated pastoral and agricultural district on the Murray River, offering organic fruit and veggies, tender veal and goat, fresh greens, and olive oil.	AUSTRALIA	English-100	G
2021-03-30	0800	Mercurio's Menu	Hunter Valley	Paul's first stop in the Hunter Valley is at Binnorie Dairy where he meets cheese maker Simon Gough. Simon happily shows off his array of cheese making equipment and homemade cheeses.	AUSTRALIA	English-100	PG
2021-03-30	0830	Come Dine With Me UK Couples	Essex A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100	PG
2021-03-30	0930	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 54	Matt kicks things off by making his buckwheat pancakes - his slightly healthier version of a breakfast favourite, while Courtney makes a delicious eggplant masala.	AUSTRALIA	English-100	G
2021-03-30	1000	Lidia's Italy	Lidia's Italy Series 4 Ep 21	Join Lidia as she travels to Le Marche - a region known for its beautiful hills and mountains where you will certainly find lambs and sheep roaming. Lidia creates a wonderful meatloaf with ricotta.	USA	English-100	G
2021-03-30	1030	Taste The Nation With Padma Lakshmi	Don't Mind If I Dosa	Padma asks family, friends, and those she admires how they hold onto Indian culture and pass it to the next generation. Later in New York she cooks the dishes that remind her of her original home.	USA	English-100	PG
2021-03-30	1100	Tales From River Cottage	Joy Of Pigs, The	Hugh celebrates his growing affection for pigs and pork over his three years as a Dorset smallholder. From how to buy a pig, to how to make dry-cured bacon and hams, this is a guide to all things pig.	UNITED KINGDOM	English-100	PG
2021-03-30	1130	Mystery Diners	Lactose Intolerant	Too many customers are completing the eating challenge at Cheesie's Pub.	USA	English-100	PG
2021-03-30	1200	Mystery Diners	Deliver Us From Evil	Charles Stiles helps Bella Luna Cafe uncover problems with delivery service.	USA	English-100	PG
2021-03-30	1230	The Cook And The Chef	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100	G
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2021-03-30	1330	Donal's Kitchen Hero Feast	Antrim	Donal heads to Antrim and visits Glenarm Shorthorn Beef - producers of premium quality beef farmed at the Glenarm Estate and winners of various Great Taste Awards and suppliers to Fortnum and Mason.	IRELAND	English-100	PG
2021-03-30	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 55	Matt and Courtney prepare an exotic poached barramundi dish that is easily cooked in less than 15 minutes, while Michael shares his recipe for a family favourite - cottage pie.	AUSTRALIA	English-100	G
2021-03-30	1430	Lidia's Italy	Lidia's Italy Series 4 Ep 22	Lidia travels to Valle D'Aosta - a region known for its cheese and dairy. With the help of Chef Cody from Felidia Kansas City, Lidia demonstrates how to make three delicious hearty recipes.	USA	English-100	G
2021-03-30	1500	Hayden Quinn's South Africa	Hermanus	Hayden passes through the apple and pear groves of Elgin, before making his way to cook on the shoreline of the Whale Coast capital, Hermanus. Hayden meets up with country cook Mariana Esterhuizen.	SOUTH AFRICA	English-100	G
2021-03-30	1530	Hayden Quinn's South Africa	Knysna	In this exhilarating episode, Hayden visits The Big Tree and puts his fear of heights to the test by ziplining through the treetops of Tsitsikamma. Hayden treks through the Knysna forests.	SOUTH AFRICA	English-100	G
2021-03-30	1600	Rachel Allen: All Things Sweet	Fresh & Fruity	Rachel gives a masterclass in mouth-watering desserts that showcase the flavours of fresh fruit. On the menu are poached peaches with raspberry sherbet, and prosecco and raspberry jelly.	UNITED KINGDOM	English-100	G
2021-03-30	1630	Mercurio's Menu	Shepparton	In Shepparton, Paul collects and cooks with fresh fruit straight from the orchard, organic pheasant, olive oil, local milk produced and marketed under its own label, and local lamb.	AUSTRALIA	English-100	PG
2021-03-30	1700	Mercurio's Menu	Blue Mountains	When it's the right time of the year, the Oberon state pine forest is a fantastic location for picking fresh tasty mushrooms from slippery jacks to saffron milk cups.	AUSTRALIA	English-100	G

2021-03-30	1730	The Cook And The Chef	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G	
2021-03-30	1800	The Cook And The Chef	100th Special	The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G	
2021-03-30	1830	Come Dine With Me UK Couples	Glasgow A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-03-30	1930	Food Safari	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G	Y
2021-03-30	2000	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 3	Mary takes inspiration from the herb garden as she prepares her favourite summer salad - watermelon and feta with lashings of fresh mint, followed by succulent tomato and herb meatballs.	UNITED KINGDOM	English-100		G	
2021-03-30	2030	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100		G	
2021-03-30	2100	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 10	Luke hits the ground running in Hong Kong taking us to a few of his favourite spots to eat and drink in Hong Kong. Luke explores the hustle and bustle of the city to show his favourite food spots.	AUSTRALIA	English-100	RPT	G	Y
2021-03-30	2130	Mystery Diners	Throw Mama From The Restaurant	When Tommy, the owner of Gigi Restaurant in Philadelphia, suspects that his mother-slash-manager is discriminating against younger customers, he contacts Charles to investigate.	USA	English-100		PG	
2021-03-30	2200	Mystery Diners	Security Issues	After hearing complaints that their late night security guard is being too rough with customers, Dave and Mike Frank, co-owners of Del Rossi's Cheesesteak Co. contact the Mystery Diners for help.	USA	English-100		PG	
2021-03-30	2230	The Cook And The Chef	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G	
2021-03-30	2300	The Cook And The Chef	100th Special	The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G	
2021-03-30	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 7	Ainsley Harriott hosts a feisty family cookery challenge in the green and red kitchens with record-breaking explorer David Hempleman-Adams.	UNITED KINGDOM	English-100		G	
2021-03-30	2420	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-03-30	2430	Come Dine With Me UK Couples	Glasgow A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-03-30	2530	Food Safari	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G	Y
2021-03-30	2600	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 3	Mary takes inspiration from the herb garden as she prepares her favourite summer salad - watermelon and feta with lashings of fresh mint, followed by succulent tomato and herb meatballs.	UNITED KINGDOM	English-100		G	
2021-03-30	2630	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100		G	
2021-03-30	2700	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 10	Luke hits the ground running in Hong Kong taking us to a few of his favourite spots to eat and drink in Hong Kong. Luke explores the hustle and bustle of the city to show his favourite food spots.	AUSTRALIA	English-100	RPT	G	Y
2021-03-30	2730	Mystery Diners	Throw Mama From The Restaurant	When Tommy, the owner of Gigi Restaurant in Philadelphia, suspects that his mother-slash-manager is discriminating against younger customers, he contacts Charles to investigate.	USA	English-100		PG	

2021-03-30	2800	Mystery Diners	Security Issues	After hearing complaints that their late night security guard is being too rough with customers, Dave and Mike Frank, co-owners of Del Rossi's Cheesesteak Co. contact the Mystery Diners for help.	USA	English-100		PG	
2021-03-30	2830	Donal's Kitchen Hero Feast	Antrim	Donal heads to Antrim and visits Glenarm Shorthorn Beef - producers of premium quality beef farmed at the Glenarm Estate and winners of various Great Taste Awards and suppliers to Fortnum and Mason.	IRELAND	English-100		PG	
2021-03-31	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 55	Matt and Courtney prepare an exotic poached barramundi dish that is easily cooked in less than 15 minutes, while Michael shares his recipe for a family favourite - cottage pie.	AUSTRALIA	English-100		G	
2021-03-31	0530	Lidia's Italy	Lidia's Italy Series 4 Ep 22	Lidia travels to Valle D'Aosta - a region known for its cheese and dairy. With the help of Chef Cody from Felidia Kansas City, Lidia demonstrates how to make three delicious hearty recipes.	USA	English-100		G	
2021-03-31	0600	Hayden Quinn's South Africa	Hermanus	Hayden passes through the apple and pear groves of Elgin, before making his way to cook on the shoreline of the Whale Coast capital, Hermanus. Hayden meets up with country cook Mariana Esterhuizen.	SOUTH AFRICA	English-100		G	
2021-03-31	0630	Hayden Quinn's South Africa	Knysna	In this exhilarating episode, Hayden visits The Big Tree and puts his fear of heights to the test by ziplining through the treetops of Tsitsikamma. Hayden treks through the Knysna forests.	SOUTH AFRICA	English-100		G	
2021-03-31	0700	Rachel Allen: All Things Sweet	Fresh & Fruity	Rachel gives a masterclass in mouth-watering desserts that showcase the flavours of fresh fruit. On the menu are poached peaches with raspberry sherbet, and prosecco and raspberry jelly.	UNITED KINGDOM	English-100		G	
2021-03-31	0730	Mercurio's Menu	Shepparton	In Shepparton, Paul collects and cooks with fresh fruit straight from the orchard, organic pheasant, olive oil, local milk produced and marketed under its own label, and local lamb.	AUSTRALIA	English-100		PG	
2021-03-31	0800	Mercurio's Menu	Blue Mountains	When it's the right time of the year, the Oberon state pine forest is a fantastic location for picking fresh tasty mushrooms from slippery jacks to saffron milk cups.	AUSTRALIA	English-100		G	
2021-03-31	0830	Come Dine With Me UK Couples	Glasgow A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-03-31	0930	Food Safari	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G	Y
2021-03-31	1000	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 3	Mary takes inspiration from the herb garden as she prepares her favourite summer salad - watermelon and feta with lashings of fresh mint, followed by succulent tomato and herb meatballs.	UNITED KINGDOM	English-100		G	
2021-03-31	1030	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100		G	
2021-03-31	1100	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 10	Luke hits the ground running in Hong Kong taking us to a few of his favourite spots to eat and drink in Hong Kong. Luke explores the hustle and bustle of the city to show his favourite food spots.	AUSTRALIA	English-100	RPT	G	Y
2021-03-31	1130	Mystery Diners	Throw Mama From The Restaurant	When Tommy, the owner of Gigi Restaurant in Philadelphia, suspects that his mother-slash-manager is discriminating against younger customers, he contacts Charles to investigate.	USA	English-100		PG	
2021-03-31	1200	Mystery Diners	Security Issues	After hearing complaints that their late night security guard is being too rough with customers, Dave and Mike Frank, co-owners of Del Rossi's Cheesesteak Co. contact the Mystery Diners for help.	USA	English-100		PG	
2021-03-31	1230	The Cook And The Chef	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G	
2021-03-31	1300	The Cook And The Chef	100th Special	The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G	
2021-03-31	1330	Donal's Kitchen Hero Feast	Tipperary	Donal heads to Tipperary to meet the producers of O'Donnell Crisps which are made using Tipperary grown potatoes.	IRELAND	English-100		PG	

2021-03-31	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 56	Matt heads back to his hometown of Noosa - a place famous for the largest triathlon in the world. He cooks up a healthy little triathlete number - chia pudding.	AUSTRALIA	English-100			G	
2021-03-31	1430	Lidia's Italy	Lidia's Italy Series 4 Ep 23	Join Lidia as she travels to Trentino Alto Adige - a beautiful region known for hiking, skiing, and apple picking. Lidia makes three wonderful recipes all containing fresh apples.	USA	English-100			G	
2021-03-31	1500	Hayden Quinn's South Africa	Oudtshoorn	Hayden wakes up a few furry locals as he meets a family of meerkats at sunrise in the veld, then for breakfast, Hayden cooks a mighty ostrich egg omelette with chef Alister Scharnek.	SOUTH AFRICA	English-100			G	
2021-03-31	1530	Hayden Quinn's South Africa	Northern Cape	Hayden takes on South Africa's biggest province in a big way. He travels through towns both large and small and visits free range lamb farmers living on the outskirts of the Kalahari.	SOUTH AFRICA	English-100			G	
2021-03-31	1600	Rachel Allen: All Things Sweet	Summer Days	Rachel serves up the flavours of summer with some scrumptious and colourful treats you can enjoy at any time of the year.	UNITED KINGDOM	English-100			G	
2021-03-31	1630	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles.	AUSTRALIA	English-100			PG	
2021-03-31	1700	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100			PG	
2021-03-31	1730	The Cook And The Chef	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100			G	
2021-03-31	1800	The Cook And The Chef	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100			G	
2021-03-31	1830	Come Dine With Me UK Couples	East Anglia A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100			PG	
2021-03-31	1930	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 9	Peter Kuruvita explores Rarotonga in the Cook Islands, where self-sufficiency is a necessary way of life. There he learns how to search for octopi and catch freshwater prawns.	AUSTRALIA	English-100	RPT		G	Y
2021-03-31	2000	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT		G	Y
2021-03-31	2030	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 4	Jasmine and Melissa serve up their favourite comfort foods and are joined in the kitchen by their mum to make chicken tinola - a Filipino chicken soup.	UNITED KINGDOM	English-100			PG	
2021-03-31	2100	Rachel Khoo's Cosmopolitan Cook	Swedish Archipelago	Rachel indulges her passion for the great outdoors. Inspired by both the woodland and the water she shows off her fishing skills and cooks Scandinavian style at the waterside.	UNITED KINGDOM	English-100	RPT		G	Y
2021-03-31	2130	Mystery Diners	What A Drag	After hearing complaints from his cross-dressing customers that the weekly quiz night is rigged, Bob, the owner of Venture Inn in Philadelphia, suspects his manager is responsible.	USA	English-100			PG	
2021-03-31	2200	Mystery Diners	Three's A Crowd	Marvin, the owner of Falls Taproom in Philadelphia, contacts Charles Stiles to help investigate an ongoing feud between his girlfriend-slash-manager and best friend-slash-customer.	USA	English-100			PG	
2021-03-31	2230	The Cook And The Chef	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100			G	
2021-03-31	2300	The Cook And The Chef	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100			G	
2021-03-31	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 8	Former Blue Peter presenters Zoe Salmon and Matt Baker battle it out to see who's top of the hobs? Ainsley Harriott hosts the conversation and the cooking for another classic twenty-minute challenge.	UNITED KINGDOM	English-100			G	

2021-03-31	2420	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-03-31	2430	Come Dine With Me UK Couples	East Anglia A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-03-31	2530	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 9	Peter Kuruvita explores Rarotonga in the Cook Islands, where self-sufficiency is a necessary way of life. There he learns how to search for octopi and catch freshwater prawns.	AUSTRALIA	English-100	RPT	G	Y
2021-03-31	2600	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y
2021-03-31	2630	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 4	Jasmine and Melissa serve up their favourite comfort foods and are joined in the kitchen by their mum to make chicken tinola - a Filipino chicken soup.	UNITED KINGDOM	English-100		PG	
2021-03-31	2700	Rachel Khoo's Cosmopolitan Cook	Swedish Archipelago	Rachel indulges her passion for the great outdoors. Inspired by both the woodland and the water she shows off her fishing skills and cooks Scandinavian style at the waterside.	UNITED KINGDOM	English-100	RPT	G	Y
2021-03-31	2730	Mystery Diners	What A Drag	After hearing complaints from his cross-dressing customers that the weekly quiz night is rigged, Bob, the owner of Venture Inn in Philadelphia, suspects his manager is responsible.	USA	English-100		PG	
2021-03-31	2800	Mystery Diners	Three's A Crowd	Marvin, the owner of Falls Taproom in Philadelphia, contacts Charles Stiles to help investigate an ongoing feud between his girlfriend-slash-manager and best friend-slash-customer.	USA	English-100		PG	
2021-03-31	2830	Donal's Kitchen Hero Feast	Tipperary	Donal heads to Tipperary to meet the producers of O'Donnell Crisps which are made using Tipperary grown potatoes.	IRELAND	English-100		PG	
2021-04-01	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 56	Matt heads back to his hometown of Noosa - a place famous for the largest triathlon in the world. He cooks up a healthy little triathlete number - chia pudding.	AUSTRALIA	English-100		G	
2021-04-01	0530	Lidia's Italy	Lidia's Italy Series 4 Ep 23	Join Lidia as she travels to Trentino Alto Adige - a beautiful region known for hiking, skiing, and apple picking. Lidia makes three wonderful recipes all containing fresh apples.	USA	English-100		G	
2021-04-01	0600	Hayden Quinn's South Africa	Oudtshoorn	Hayden wakes up a few furry locals as he meets a family of meerkats at sunrise in the veld, then for breakfast, Hayden cooks a mighty ostrich egg omelette with chef Alister Scharnek.	SOUTH AFRICA	English-100		G	
2021-04-01	0630	Hayden Quinn's South Africa	Northern Cape	Hayden takes on South Africa's biggest province in a big way. He travels through towns both large and small and visits free range lamb farmers living on the outskirts of the Kalahari.	SOUTH AFRICA	English-100		G	
2021-04-01	0700	Rachel Allen: All Things Sweet	Summer Days	Rachel serves up the flavours of summer with some scrumptious and colourful treats you can enjoy at any time of the year.	UNITED KINGDOM	English-100		G	
2021-04-01	0730	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles.	AUSTRALIA	English-100		PG	
2021-04-01	0800	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100		PG	
2021-04-01	0830	Come Dine With Me UK Couples	East Anglia A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-01	0930	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 9	Peter Kuruvita explores Rarotonga in the Cook Islands, where self-sufficiency is a necessary way of life. There he learns how to search for octopi and catch freshwater prawns.	AUSTRALIA	English-100	RPT	G	Y
2021-04-01	1000	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y
2021-04-01	1030	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 4	Jasmine and Melissa serve up their favourite comfort foods and are joined in the kitchen by their mum to make chicken tinola - a Filipino chicken soup.	UNITED KINGDOM	English-100		PG	

2021-04-01	1100	Rachel Khoo's Cosmopolitan Cook	Swedish Archipelago	Rachel indulges her passion for the great outdoors. Inspired by both the woodland and the water she shows off her fishing skills and cooks Scandinavian style at the waterside.	UNITED KINGDOM	English-100	RPT	G	Y
2021-04-01	1130	Mystery Diners	What A Drag	After hearing complaints from his cross-dressing customers that the weekly quiz night is rigged, Bob, the owner of Venture Inn in Philadelphia, suspects his manager is responsible.	USA	English-100		PG	
2021-04-01	1200	Mystery Diners	Three's A Crowd	Marvin, the owner of Falls Taproom in Philadelphia, contacts Charles Stiles to help investigate an ongoing feud between his girlfriend-slash-manager and best friend-slash-customer.	USA	English-100		PG	
2021-04-01	1230	The Cook And The Chef	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G	
2021-04-01	1300	The Cook And The Chef	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100		G	
2021-04-01	1330	Donal's Kitchen Hero Feast	Belfast And Down	Donal heads to Bangor where he visits Keen Nut - producers of healthy nut butters, and in Portaferry he calls in to Marfield Chickens - producers of free range chickens.	IRELAND	English-100		PG	
2021-04-01	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 57	Matt cooks up a Chinese classic - drunken chicken. Michael is location in Murroka Farm in Gippsland, Victoria where he explains the benefits of grass fed beef and cooks up a tangy Thai Beef Salad.	AUSTRALIA	English-100		G	
2021-04-01	1430	Lidia's Italy	Lidia's Italy Series 4 Ep 24	Lidia travels to Umbria where she creates two delicious dishes - strangozzi with veal and chicken liver sauce, and pork chops with capers, lemon, and pepperoncino.	USA	English-100		G	
2021-04-01	1500	Hayden Quinn's South Africa	Johannesburg	Hayden ascends the heights of the Johannesburg city skyline to cook up a delicious Jozi meal with chef Citrum Khumalo on the balcony of Randlords.	SOUTH AFRICA	English-100		G	
2021-04-01	1530	Hayden Quinn's South Africa	Lesotho	Hayden resides on the shores of the immaculate Katse Dam, where he visits a responsible trout farming operation and enjoys the wonders of the dam.	SOUTH AFRICA	English-100		G	
2021-04-01	1600	Rachel Allen: All Things Sweet	Chocoholics	For anyone with a passion for chocolate, you can never have too much of a good thing. Rachel takes us to chocolate heaven with these sweet dishes that showcase one of our favourite guilty pleasures.	UNITED KINGDOM	English-100		G	
2021-04-01	1630	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100		PG	
2021-04-01	1700	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Jack spends time with a local farming family to help them with their fruit picking, earning himself a key ingredient for Watermelon Nahm Jim, an incredible side-dish recipe.	AUSTRALIA	English-100		G	
2021-04-01	1730	The Cook And The Chef	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G	
2021-04-01	1800	The Cook And The Chef	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G	
2021-04-01	1830	Come Dine With Me UK Couples	Cardiff B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-01	1930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding.	UNITED KINGDOM	English-100		PG	
2021-04-01	2000	Asia Unplated With Diana Chan	Vietnamese	Diana delves into the vibrant and healthy flavours of Vietnamese cooking. She's joined in the kitchen by Khanh Ong and together they create cha gio re.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25; Vietnamese-.25		PG	

2021-04-01	2030	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100			G	
2021-04-01	2130	Mystery Diners	Fired Up	Fearing that his staff is pranking customers with the restaurant's mouth burning 'Devil's XXX' hot sauce, Ken asks Charles Stiles to investigate.	USA	English-100			PG	
2021-04-01	2200	Mystery Diners	Tastes Like Chicken	After hearing rumours that customers are being served meat at his vegan restaurant, Mitch contacts Charles Stiles for help.	USA	English-100			PG	
2021-04-01	2230	The Cook And The Chef	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100			G	
2021-04-01	2300	The Cook And The Chef	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100			G	
2021-04-01	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 9	Who will win the Ready Steady Cook gold medal as Ainsley presides over a twenty-minute cooking challenge with a maritime flavour?	UNITED KINGDOM	English-100			G	
2021-04-01	2420	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 10	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT		G	Y
2021-04-01	2430	Come Dine With Me UK Couples	Cardiff B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100			PG	
2021-04-01	2530	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding.	UNITED KINGDOM	English-100			PG	
2021-04-01	2600	Asia Unplated With Diana Chan	Vietnamese	Diana delves into the vibrant and healthy flavours of Vietnamese cooking. She's joined in the kitchen by Khanh Ong and together they create cha gio re.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25; Vietnamese-.25			PG	
2021-04-01	2630	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100			G	
2021-04-01	2730	Mystery Diners	Fired Up	Fearing that his staff is pranking customers with the restaurant's mouth burning 'Devil's XXX' hot sauce, Ken asks Charles Stiles to investigate.	USA	English-100			PG	
2021-04-01	2800	Mystery Diners	Tastes Like Chicken	After hearing rumours that customers are being served meat at his vegan restaurant, Mitch contacts Charles Stiles for help.	USA	English-100			PG	
2021-04-01	2830	Donal's Kitchen Hero Feast	Belfast And Down	Donal heads to Bangor where he visits Keen Nut - producers of healthy nut butters, and in Portaferry he calls in to Marlfield Chickens - producers of free range chickens.	IRELAND	English-100			PG	
2021-04-02	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 57	Matt cooks up a Chinese classic - drunken chicken. Michael is location in Murroka Farm in Gippsland, Victoria where he explains the benefits of grass fed beef and cooks up a tangy Thai Beef Salad.	AUSTRALIA	English-100			G	
2021-04-02	0530	Lidia's Italy	Lidia's Italy Series 4 Ep 24	Lidia travels to Umbria where she creates two delicious dishes - strangozzi with veal and chicken liver sauce, and pork chops with capers, lemon, and pepperoncino.	USA	English-100			G	
2021-04-02	0600	Hayden Quinn's South Africa	Johannesburg	Hayden ascends the heights of the Johannesburg city skyline to cook up a delicious Jozi meal with chef Citrum Khumalo on the balcony of Randlords.	SOUTH AFRICA	English-100			G	
2021-04-02	0630	Hayden Quinn's South Africa	Lesotho	Hayden resides on the shores of the immaculate Katse Dam, where he visits a responsible trout farming operation and enjoys the wonders of the dam.	SOUTH AFRICA	English-100			G	

2021-04-02	0700	Rachel Allen: All Things Sweet	Chocoholics	For anyone with a passion for chocolate, you can never have too much of a good thing. Rachel takes us to chocolate heaven with these sweet dishes that showcase one of our favourite guilty pleasures.	UNITED KINGDOM	English-100			G	
2021-04-02	0730	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100			PG	
2021-04-02	0800	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Jack spends time with a local farming family to help them with their fruit picking, earning himself a key ingredient for Watermelon Nahm Jim, an incredible side-dish recipe.	AUSTRALIA	English-100			G	
2021-04-02	0830	Come Dine With Me UK Couples	Cardiff B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100			PG	
2021-04-02	0930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding.	UNITED KINGDOM	English-100			PG	
2021-04-02	1000	Asia Unplated With Diana Chan	Vietnamese	Diana delves into the vibrant and healthy flavours of Vietnamese cooking. She's joined in the kitchen by Khanh Ong and together they create cha gio re.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25; Vietnamese-.25			PG	
2021-04-02	1030	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100			G	
2021-04-02	1130	Heston's Feasts	Chocolate Feast	Heston explores the 1960s, an amazing age of food experimentation, with a Charlie and the Chocolate Factory feast including psychedelic duck a l'orange.	UNITED KINGDOM	English-100	RPT		PG	Y
2021-04-02	1230	Oliver's Twist	Chocoholic	Jamie has to write a column about chocolate and so visits 'The Chocolate Society' for sweet inspiration.	UNITED KINGDOM	English-100			G	
2021-04-02	1300	Rachel Allen: All Things Sweet	Chocoholics	For anyone with a passion for chocolate, you can never have too much of a good thing. Rachel takes us to chocolate heaven with these sweet dishes that showcase one of our favourite guilty pleasures.	UNITED KINGDOM	English-100			G	
2021-04-02	1330	Donal's Kitchen Hero Feast	Cork	Donal heads to Cork where he meets Declan Ryan of Arbutus Bread - the first chef to be awarded a Michelin Star in Ireland. In Kanturk he checks out McCarthy's Black Pudding.	IRELAND	English-100			PG	
2021-04-02	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 58	Matt heads to the banks of the Noosa River to create a delicious duck breast dish with green mango slaw, while Michael cooks an affordable, mid-week dinner of beef and broccoli with oyster sauce.	AUSTRALIA	English-100			G	
2021-04-02	1430	Lidia's Italy	Lidia's Italy Series 4 Ep 25	Lidia travels to Emilia Romagna where she creates three wonderful dishes made of vegetables. She begins by making sweet and sour onions, followed by erbazzone with a delicious squash filling.	USA	English-100			G	
2021-04-02	1500	Hayden Quinn's South Africa	Midlands	Hayden and local celebrity chef Jackie Cameron take off from Hartford House with the charismatic Bill Harrop and tour of the rolling green hills of the midlands aloft a gentle floating giant.	SOUTH AFRICA	English-100			G	
2021-04-02	1530	Hayden Quinn's South Africa	Zululand	Hayden visits the live-in museum and set of the wildly successful TV series Shaka Zulu at Shakaland outside Eshowe. There, Hayden learns about Zulu culture and learns to stick fight.	SOUTH AFRICA	English-100			G	
2021-04-02	1600	Rachel Allen: All Things Sweet	Exotic Tastes	Even a home-cooked treat can whisk our taste buds off to far-flung lands. Rachel presents a selection of recipes using exotic spices and other ingredients for a truly international sweet menu.	UNITED KINGDOM	English-100			G	
2021-04-02	1630	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	The Kimberley's coastline ranges over 12,000 kilometres, much of which is inaccessible by land, so local guides take Jack island hopping to find some of the world's most pristine oyster beds.	AUSTRALIA	English-100			G	
2021-04-02	1700	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	In the season finale, Jack honours the truly amazing people and food he has encountered in the Kimberley with a long table dinner under the stars.	AUSTRALIA	English-100			G	

2021-04-02	1730	The Cook And The Chef	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100		G	
2021-04-02	1800	The Cook And The Chef	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG	
2021-04-02	1830	Come Dine With Me UK Couples	Brighton B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-02	1930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100		G	
2021-04-02	2000	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100		G	
2021-04-02	2030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extremadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G	Y
2021-04-02	2140	Mystery Diners	Money On The Side	When Don, owner of Rocco's Cafe in San Francisco, hears rumours that his new manager is running unauthorised promotions, he contacts Charles Stiles to investigate.	USA	English-100		PG	
2021-04-02	2205	Mystery Diners	Pardon My French	Philippe, owner of Chapeau! in San Francisco, contacts Charles Stiles to investigate complaints that his wait staff is rude with customers.	USA	English-100		PG	
2021-04-02	2230	The Cook And The Chef	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100		G	
2021-04-02	2300	The Cook And The Chef	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG	
2021-04-02	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 10	Olympic bronze medal gymnast Louis Smith and sprinter Christian Malcolm reveal the food secrets behind their sporting success, while battling it out for glory in the kitchen today.	UNITED KINGDOM	English-100		G	
2021-04-02	2420	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 9	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-04-02	2430	Come Dine With Me UK Couples	Brighton B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-02	2530	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100		G	
2021-04-02	2600	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100		G	
2021-04-02	2630	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extremadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G	Y
2021-04-02	2740	Mystery Diners	Money On The Side	When Don, owner of Rocco's Cafe in San Francisco, hears rumours that his new manager is running unauthorised promotions, he contacts Charles Stiles to investigate.	USA	English-100		PG	
2021-04-02	2805	Mystery Diners	Pardon My French	Philippe, owner of Chapeau! in San Francisco, contacts Charles Stiles to investigate complaints that his wait staff is rude with customers.	USA	English-100		PG	
2021-04-02	2830	Donal's Kitchen Hero Feast	Cork	Donal heads to Cork where he meets Declan Ryan of Arbutus Bread - the first chef to be awarded a Michelin Star in Ireland. In Kanturk he checks out McCarthy's Black Pudding.	IRELAND	English-100		PG	

2021-04-03	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 58	Matt heads to the banks of the Noosa River to create a delicious duck breast dish with green mango slaw, while Michael cooks an affordable, mid-week dinner of beef and broccoli with oyster sauce.	AUSTRALIA	English-100		G	
2021-04-03	0530	Lidia's Italy	Lidia's Italy Series 4 Ep 25	Lidia travels to Emilia Romagna where she creates three wonderful dishes made of vegetables. She begins by making sweet and sour onions, followed by erbazzone with a delicious squash filling.	USA	English-100		G	
2021-04-03	0600	Hayden Quinn's South Africa	Midlands	Hayden and local celebrity chef Jackie Cameron take off from Hartford House with the charismatic Bill Harrop and tour of the rolling green hills of the midlands aloft a gentle floating giant.	SOUTH AFRICA	English-100		G	
2021-04-03	0630	Hayden Quinn's South Africa	Zululand	Hayden visits the live-in museum and set of the wildly successful TV series Shaka Zulu at Shakaland outside Eshowe. There, Hayden learns about Zulu culture and learns to stick fight.	SOUTH AFRICA	English-100		G	
2021-04-03	0700	Rachel Allen: All Things Sweet	Exotic Tastes	Even a home-cooked treat can whisk our taste buds off to far-flung lands. Rachel presents a selection of recipes using exotic spices and other ingredients for a truly international sweet menu.	UNITED KINGDOM	English-100		G	
2021-04-03	0730	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	The Kimberley's coastline ranges over 12,000 kilometres, much of which is inaccessible by land, so local guides take Jack island hopping to find some of the world's most pristine oyster beds.	AUSTRALIA	English-100		G	
2021-04-03	0800	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	In the season finale, Jack honours the truly amazing people and food he has encountered in the Kimberley with a long table dinner under the stars.	AUSTRALIA	English-100		G	
2021-04-03	0830	Come Dine With Me UK Couples	Brighton B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-03	0930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100		G	
2021-04-03	1000	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100		G	
2021-04-03	1030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extramadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G	Y
2021-04-03	1140	Pati's Mexican Table	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	
2021-04-03	1205	Martha Bakes	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100		G	
2021-04-03	1235	Heston's Great British Food	Chocolate	Heston cooks a British chocolate feast and brings all of the nation's chocolate history together into one supersized chocolate bar inspired by Mint Aero, Mini Eggs, Flake, Caramel and Twix.	UNITED KINGDOM	English-100	RPT	G	Y
2021-04-03	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 26	Lidia travels to Lombardy - a region known for its gorgeous scenery and beautiful fashion. Join Lidia as she shows us the beauty of flavour by creating braised cabbage rolls stuffed with sausage.	USA	English-100		G	
2021-04-03	1400	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 1	The Marks and the Charles families face a series of challenges, based on the realities of everyday meals as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		G	
2021-04-03	1510	Living On The Veg	Living On The Veg Series 1 Ep 3	The boys prepare their version of Britain's favourite cake - the Victoria sponge, and later prepare a cowboy-inspired pizza, served up Texan-style with smoky, spiced tofu and Bourbon sauce.	UNITED KINGDOM	English-100		G	
2021-04-03	1600	Late Nite Eats	St. Louis	Jordan is headed to St. Louis. Known as the gateway to the west, this city is a gateway to a wide variety of culinary delights. Jordan kicks off his journey at a restaurant close to his own heart.	USA	English-100		G	
2021-04-03	1630	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G	

2021-04-03	1700	The Cook And The Chef	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100			G	
2021-04-03	1730	Cheese Slices	Sweden - Jamtland Cheese	Will travels to the beautiful Jamtland region in central of Sweden to learn about traditional cave ripened goats milk cheese, and an ancient way of preserving long milk.	AUSTRALIA	English-100			G	
2021-04-03	1800	Cheese Slices	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100			G	
2021-04-03	1830	Heston's Fantastical Food	Big Breakfast	On the morning menu is a two metre high boiled egg with toast soldiers, a box of cereal fit for a giant, a wacky flavour mash-up of the traditional English fry up, and even an edible daily newspaper.	UNITED KINGDOM	English-100	RPT	PG		Y
2021-04-03	1930	Pacific Island Food Revolution	Biodiversity	The four finalist teams come together in the Revolution Kitchen in Suva where the focus is on protecting the abundant biodiversity of the Pacific.	NEW ZEALAND	English-100			PG	
2021-04-03	2030	Ainsley Eats The Streets	Osaka	Ainsley's world tour moves on to Osaka, Japan, birthplace of the sushi conveyor belt and the pot noodle. Ainsley prepares local pancake delicacy okonomiyaki, oyster tempura and udon noodles.	UNITED KINGDOM	English-100	RPT	G		Y
2021-04-03	2125	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2021-04-03	2130	Hairy Bikers' Asian Adventure	Hong Kong	In the fast-paced megacity of Hong Kong, the bikers go in search of the authentic roots of their favourite Chinese takeaway dishes.	UNITED KINGDOM	English-100	RPT	G		Y
2021-04-03	2235	Flintoff's Great British Road Trip	West Country, The	Freddie and Rob continue their fish and chip road trip in the West Country. After attempting to surf the world famous Severn bore, they face off in a sand sculpture competition.	UNITED KINGDOM	English-100			PG	
2021-04-03	2330	Cheese Slices	Sweden - Jamtland Cheese	Will travels to the beautiful Jamtland region in central of Sweden to learn about traditional cave ripened goats milk cheese, and an ancient way of preserving long milk.	AUSTRALIA	English-100			G	
2021-04-03	2400	Cheese Slices	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100			G	
2021-04-03	2430	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100			G	
2021-04-03	2500	Pacific Island Food Revolution	Biodiversity	The four finalist teams come together in the Revolution Kitchen in Suva where the focus is on protecting the abundant biodiversity of the Pacific.	NEW ZEALAND	English-100			PG	
2021-04-03	2559	Heston's Fantastical Food	Big Breakfast	On the morning menu is a two metre high boiled egg with toast soldiers, a box of cereal fit for a giant, a wacky flavour mash-up of the traditional English fry up, and even an edible daily newspaper.	UNITED KINGDOM	English-100	RPT	PG		Y
2021-04-03	2600	Ainsley Eats The Streets	Osaka	Ainsley's world tour moves on to Osaka, Japan, birthplace of the sushi conveyor belt and the pot noodle. Ainsley prepares local pancake delicacy okonomiyaki, oyster tempura and udon noodles.	UNITED KINGDOM	English-100	RPT	G		Y
2021-04-03	2700	The Cook And The Chef	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100			G	
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2021-04-03	2835	Late Nite Eats	St. Louis	Jordan is headed to St. Louis. Known as the gateway to the west, this city is a gateway to a wide variety of culinary delights. Jordan kicks off his journey at a restaurant close to his own heart.	USA	English-100			G	