



WEEK 15: Sunday, 7 April - Saturday, 13 April 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-04-07	0500	Food Porn	Size Matters	Michael is on a food porn adventure, uncovering some of America's most outrageously portioned meals. Waikiki's M.A.C 24/7 serves colossal, fluffy, 14-inch pancakes that many have attempted to finish.	USA	English-100		PG		
2019-04-07	0530	Food Porn	Eggcellent	Eggs are in the spotlight as chefs create the most buzz-worthy dishes using one of the hottest ingredients in food porn - the runny egg. Michael's first EGGtraordinary find is a poached egg.	USA	English-100		PG		
2019-04-07	0600	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG		
2019-04-07	0630	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G		
2019-04-07	0700	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G		
2019-04-07	0730	Say It To My Face	Lead From The Front	Best friends Nick Velez and Calvin Spencer own 'Bastards' a sports bar in Downey, CA. They are proud of their military service - so much so they have decorated their restaurant like a combat zone.	USA	English-100		PG		
2019-04-07	0830	Big Food Rescue	Big Food Rescue Series 1 Ep 3	New volunteers are starting at the charity set up by David and Robin to try and change the food habits of Britain. It's just as well as it's all hands on deck.	UNITED KINGDOM	English-100		PG		
2019-04-07	0930	The Travelling Chef	Travelling Chef Series 2, The Ep 9	Brett is back in Hong Kong. Squeezed into a corner of Asia, this is a fast paced concrete jungle where eating is a serious business. He's on a quest to eat like the locals eat.	NEW ZEALAND	English-100		PG		
2019-04-07	1000	The Travelling Chef	Travelling Chef Series 2, The Ep 10	In this final episode, Brett's heading for Koh Samui, a Thai island south of Bangkok, in the South China Sea. The whole island is reliant on, and geared to, tourism.	NEW ZEALAND	English-100		PG		
2019-04-07	1030	Dinner Date	Maura	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-04-07	1130	Destination Flavour	Destination Flavour Series 1 Episode 1	Renee meets winemaker turned sheep farmer David Hohnen, Adam learns about the new craze for hot and cold smoking in Melbourne, while Lily catches up with leading providore Simon Johnson.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-07	1200	Destination Flavour	Destination Flavour Series 1 Episode 2	Lily samples a gourmet fig tart in the southern highlands, Renee experiences the buzz behind the Latin American food scene in Melbourne, and Adam pairs lobster with superb wine.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-07	1230	Food Porn	Size Matters	Michael is on a food porn adventure, uncovering some of America's most outrageously portioned meals. Waikiki's M.A.C 24/7 serves colossal, fluffy, 14-inch pancakes that many have attempted to finish.	USA	English-100		PG		
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2019-04-07	1455	Eat Australia In NSW	Eat Australia In NSW	Andy Allen travels throughout New South Wales to experience the new ways in which we are cooking in the home.	AUSTRALIA	English-100			
2019-04-07	1500	The Travelling Chef	Travelling Chef Series 2, The Ep 9	Brett is back in Hong Kong. Squeezed into a corner of Asia, this is a fast paced concrete jungle where eating is a serious business. He's on a quest to eat like the locals eat.	NEW ZEALAND	English-100		PG	
2019-04-07	1530	The Travelling Chef	Travelling Chef Series 2, The Ep 10	In this final episode, Brett's heading for Koh Samui, a Thai island south of Bangkok, in the South China Sea. The whole island is reliant on, and geared to, tourism.	NEW ZEALAND	English-100		PG	
2019-04-07	1600	Food Porn	For The Love Of Pie	Grandma's traditional pies get a modern face lift with some of the most inventive creations capturing the hearts of pie lovers everywhere.	USA	English-100		PG	
2019-04-07	1630	Food Porn	Ice Cream Insanity	Social media is in a frenzy over the most outrageous ice cream creations. Black Tap's whimsical and over-the-top shakes, like the cotton candy shake, create an explosion of sweet goodness.	USA	English-100		PG	
2019-04-07	1700	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons Vegetables and shows us how to pickle ginger and daikon while Maggie uses ginger to make an Eggplant Salad.	AUSTRALIA	English-100		PG	
2019-04-07	1730	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G	
2019-04-07	1800	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG	
2019-04-07	1830	Cheese Slices	Champion Of English Cheese, The	Will visits influential cheese retailer Neal's Yard Dairy in London, where cheese champion Randolph Hodgson explains how English traditional farmhouse country cheese was saved from extinction.	AUSTRALIA	English-100		G	
2019-04-07	1900	Cheese Slices	Twins Of The Mediterranean: Corsica And Sardinia	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions.	AUSTRALIA	English-100		G	
2019-04-07	1930	Outback Gourmet	Outback Gourmet Series 1 Ep 3	Justine visits Marksie's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100			
2019-04-07	2000	Outback Gourmet	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laksa. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100			
2019-04-07	2030	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	
2019-04-07	2100	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	Y
2019-04-07	2130	Food Safari	Mauritian Safari	Features the best in food the world has to offer. Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT	G	Y

2019-04-07	2200	Food Safari	Japanese Safari	Maeve O'Meara joins legendary restaurateur Tetsuya Wakuda who gives tips on the key ingredients in Japanese cuisine.	AUSTRALIA	English-100	RPT	G	Y
2019-04-07	2230	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons Vegetables and shows us how to pickle ginger and daikon while Maggie uses ginger to make an Eggplant Salad.	AUSTRALIA	English-100		PG	
2019-04-07	2300	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G	
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2019-04-07	2400	Say It To My Face	Cookin' With Lenny	Lenny Bent, the owner of 'Cooking with Lenny's Smokehouse' in Chatsworth, CA is an eclectic individual who has fashioned his restaurant in his own very unique way.	USA	English-100		PG	Y
2019-04-07	2500	Cheese Slices	Champion Of English Cheese, The	Will visits influential cheese retailer Neal's Yard Dairy in London, where cheese champion Randolph Hodgson explains how English traditional farmhouse country cheese was saved from extinction.	AUSTRALIA	English-100		G	
2019-04-07	2530	Cheese Slices	Twins Of The Mediterranean: Corsica And Sardinia	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions.	AUSTRALIA	English-100		G	
2019-04-07	2600	Outback Gourmet	Outback Gourmet Series 1 Ep 3	Justine visits Marksie's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100			
2019-04-07	2630	Outback Gourmet	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laksa. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100			
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2019-04-08	0500	Food Porn	For The Love Of Pie	Grandma's traditional pies get a modern face lift with some of the most inventive creations capturing the hearts of pie lovers everywhere.	USA	English-100		PG	
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2019-04-08	0730	Say It To My Face	Cookin' With Lenny	Lenny Bent, the owner of 'Cooking with Lenny's Smokehouse' in Chatsworth, CA is an eclectic individual who has fashioned his restaurant in his own very unique way.	USA	English-100		PG	Y
2019-04-08	0830	Cheese Slices	Champion Of English Cheese, The	Will visits influential cheese retailer Neal's Yard Dairy in London, where cheese champion Randolph Hodgson explains how English traditional farmhouse country cheese was saved from extinction.	AUSTRALIA	English-100		G	
2019-04-08	0900	Cheese Slices	Twins Of The Mediterranean: Corsica And Sardinia	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions.	AUSTRALIA	English-100		G	
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2019-04-08	1000	Outback Gourmet	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laska. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100			
2019-04-08	1030	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	
2019-04-08	1100	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	Y
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2019-04-08	1500	One World Kitchen	Cantonese Seafood	There are endless Cantonese seafood recipes and host Mary Tang shows us four easy-to-make recipes using clams, shrimp, squid, and then lobster.	CANADA	English-100			
2019-04-08	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 36	Brussel sprouts have a bad reputation. Ben shows a way in which everyone can learn to love brussel sprouts again by simply changing the way they're cooked.	AUSTRALIA	English-100		G	
2019-04-08	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Danni Murray cooks with crocodile meat, and a beach BBQ of Qld mud crabs.	AUSTRALIA	English-100	RPT	G	
2019-04-08	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 5	Miguel creates his Asian inspired Lemongrass Chicken Skewers from an ancient rainforest in Cairns, shows us the secret to a Mango Sorbet without an ice cream machine and feasts on fresh Coral Trout.	AUSTRALIA	English-100		G	

2019-04-08	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 16	Joel and Ben are giving old recipes a new lease on life with healthier ingredients, making them a great addition to any menu for an exciting healthy twist.	AUSTRALIA	English-100		PG		
2019-04-08	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		
2019-04-08	1800	Andy & Ben Eat Australia	Tasmania: Devonport Reunion And The Abalone	It's time to go diving and Andy Allen and Ben Milbourne, together with Ben's dad, cook the Milbourne's family special: lightly battered and fried abalone dish from the boat.	AUSTRALIA	English-100		PG		
2019-04-08	1830	Thai Street Food With David Thompson	Morning, Bangkok Awakes	Over 13 colourful and vibrant episodes, renowned Australian chef and Thai food expert David Thompson offers a glimpse into the vibrant world of Thailand's streets and markets.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-08	1900	Thai Street Food With David Thompson	Chinatown	Chinatown is one of the key epicentres of street food, and in this episode, David explores the rich offerings that can be found in Chinatown's markets, as well as its architecture and history.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-08	1930	Kylie Kwong: My China	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	Y
2019-04-08	2000	Kylie Kwong: My China	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	Y
2019-04-08	2030	Sara's Australia Unveiled	Western Australia: Driving In The Dusty Kimberley	Sara drives to East Kimberley, soaking in the unforgettable scenery of the Cockburn Range mountains. She makes a stop on her dusty road trip to hike to Emma Gorge's waterfall.	UNITED KINGDOM	English-100		G		
2019-04-08	2100	Sara's Australia Unveiled	Western Australia: More Than Meets The Eye	Wishing to gain an insight to Broome, Sara meets up with a local blogger Katinka, who takes her on a Broome tour. Learning about the multicultural history of Broome, Sara is excited to know more.	UNITED KINGDOM	English-100		G		
2019-04-08	2130	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		
2019-04-08	2200	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		
2019-04-08	2230	United Plates Of America	Nashville - American Food	Over the many years of colonisation America has burrowed their fare from the immigrants that settled here. Now there is a cuisine called 'American' and it's delicious.	USA	English-100		G		
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2019-04-08	2400	Worst Cooks In America	Celebrity Pot (Un) Lucky	With new kid on the block Rachael Ray now beside her, Anne Burrell steps up to a new challenge: celebrities who can't cook. They have six weeks to turn 7 pampered celebs into kitchen stars.	USA	English-100		PG		
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2019-04-09	1330	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		
2019-04-09	1400	Worst Cooks In America	Celebrity Pot (Un) Lucky	With new kid on the block Rachael Ray now beside her, Anne Burrell steps up to a new challenge: celebrities who can't cook. They have six weeks to turn 7 pampered celebs into kitchen stars.	USA	English-100		PG		
2019-04-09	1500	One World Kitchen	Moon Festival Menu	Host Mary Tang shows us how to celebrate the Moon Festival with a tasty menu using ingredients that are perfect for this annual harvest holiday.	CANADA	English-100				
2019-04-09	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 37	Ben discusses the benefits to cooking with ethical free range chicken, and then demonstrates how to break down a whole bird in a way that limits wastage.	AUSTRALIA	English-100		G		Y
2019-04-09	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a look at Chinese cooking with Kylie Kwong, and an authentic Thai green curry.	AUSTRALIA	English-100	RPT	G		Y
2019-04-09	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 6	Miguel serves up a fruity surprise on the beach in Cape Tribulation then goes back to his Spanish roots with his favourite fish tapas and a tropical sangria.	AUSTRALIA	English-100		G		
2019-04-09	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 17	Ben and Joel are cooking up delicious finger food. Easy, tasty, and extremely satisfying, these are great recipes to whip up next time you are entertaining.	AUSTRALIA	English-100		PG		
2019-04-09	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		
2019-04-09	1800	Andy & Ben Eat Australia	Tasmania: From Cape Grim To Franklin	Andy Allen and Ben Milbourne have abalone diving on their minds, but with wet weather upon them they visit Cape Grim instead where the boys learn about some of the best beef in the world.	AUSTRALIA	English-100		PG		
2019-04-09	1830	Thai Street Food With David Thompson	What Goes Around Comes Around	This episode explores just how important the monks are in Thai society. David gets up close with the monks and sees how they interact with the public.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-09	1900	Thai Street Food With David Thompson	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	Y
2019-04-09	1930	Luke Nguyen's France	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-09	2000	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-09	2030	Poh's Kitchen On The Road	Cowboys Of The Sea	When it comes to food, often it's the locals who know best and in this new instalment, Poh is on a culinary adventure to meet some of the country's finest producers and chefs.	AUSTRALIA	English-100	RPT	G	Y	

2019-04-09	2100	Poh's Kitchen On The Road	Tasmanian Flour	Poh is on the road in central Tasmania to discover the secrets of flour. At a restored flour mill in Oatlands, Poh learns about the delights of stone ground Tasmanian flour.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-09	2130	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		
2019-04-09	2200	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		
2019-04-09	2230	United Plates Of America	New Orleans - Soul Food	It's always so intriguing to discover the roots of a culture. We track the history of African Americans around their fix-ins in gorgeous New Orleans.	USA	English-100		G		
2019-04-09	2300	Thai Street Food With David Thompson	What Goes Around Comes Around	This episode explores just how important the monks are in Thai society. David gets up close with the monks and sees how they interact with the public.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-09	2330	Thai Street Food With David Thompson	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	Y
2019-04-09	2400	Worst Cooks In America	Take Out Or Get Out	Rachael and Anne help the celebs lose their biggest kitchen crutch by testing them on making their own take out from scratch. Two recruits with the worst dishes go head-to-head in elimination.	USA	English-100		PG		
2019-04-09	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 17	Ben and Joel are cooking up delicious finger food. Easy, tasty, and extremely satisfying, these are great recipes to whip up next time you are entertaining.	AUSTRALIA	English-100		PG		
2019-04-09	2530	Luke Nguyen's France	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-09	2600	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-09	2630	Poh's Kitchen On The Road	Cowboys Of The Sea	When it comes to food, often it's the locals who know best and in this new instalment, Poh is on a culinary adventure to meet some of the country's finest producers and chefs.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-09	2700	Poh's Kitchen On The Road	Tasmanian Flour	Poh is on the road in central Tasmania to discover the secrets of flour. At a restored flour mill in Oatlands, Poh learns about the delights of stone ground Tasmanian flour.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-09	2730	United Plates Of America	New Orleans - Soul Food	It's always so intriguing to discover the roots of a culture. We track the history of African Americans around their fix-ins in gorgeous New Orleans.	USA	English-100		G		
2019-04-09	2800	Thai Street Food With David Thompson	What Goes Around Comes Around	This episode explores just how important the monks are in Thai society. David gets up close with the monks and sees how they interact with the public.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-09	2830	Thai Street Food With David Thompson	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	Y
2019-04-10	0500	One World Kitchen	Moon Festival Menu	Host Mary Tang shows us how to celebrate the Moon Festival with a tasty menu using ingredients that are perfect for this annual harvest holiday.	CANADA	English-100				
2019-04-10	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 37	Ben discusses the benefits to cooking with ethical free range chicken, and then demonstrates how to break down a whole bird in a way that limits wastage.	AUSTRALIA	English-100		G		Y
2019-04-10	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a look at Chinese cooking with Kylie Kwong, and an authentic Thai green curry.	AUSTRALIA	English-100	RPT	G		Y

2019-04-10	0630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 6	Miguel serves up a fruity surprise on the beach in Cape Tribulation then goes back to his Spanish roots with his favourite fish tapas and a tropical sangria.	AUSTRALIA	English-100		G		
2019-04-10	0700	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		
2019-04-10	0730	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		
2019-04-10	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 17	Ben and Joel are cooking up delicious finger food. Easy, tasty, and extremely satisfying, these are great recipes to whip up next time you are entertaining.	AUSTRALIA	English-100		PG		
2019-04-10	0830	Worst Cooks In America	Take Out Or Get Out	Rachael and Anne help the celebs lose their biggest kitchen crutch by testing them on making their own take out from scratch. Two recruits with the worst dishes go head-to-head in elimination.	USA	English-100		PG		
2019-04-10	0930	Thai Street Food With David Thompson	What Goes Around Comes Around	This episode explores just how important the monks are in Thai society. David gets up close with the monks and sees how they interact with the public.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-10	1000	Thai Street Food With David Thompson	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	Y
2019-04-10	1030	Luke Nguyen's France	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-10	1100	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-10	1130	Poh's Kitchen On The Road	Cowboys Of The Sea	When it comes to food, often it's the locals who know best and in this new instalment, Poh is on a culinary adventure to meet some of the country's finest producers and chefs.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-10	1200	Poh's Kitchen On The Road	Tasmanian Flour	Poh is on the road in central Tasmania to discover the secrets of flour. At a restored flour mill in Oatlands, Poh learns about the delights of stone ground Tasmanian flour.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-10	1230	United Plates Of America	New Orleans - Soul Food	It's always so intriguing to discover the roots of a culture. We track the history of African Americans around their fix-ins in gorgeous New Orleans.	USA	English-100		G		
2019-04-10	1300	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		
2019-04-10	1330	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		
2019-04-10	1400	Worst Cooks In America	Take Out Or Get Out	Rachael and Anne help the celebs lose their biggest kitchen crutch by testing them on making their own take out from scratch. Two recruits with the worst dishes go head-to-head in elimination.	USA	English-100		PG		
2019-04-10	1500	One World Kitchen	Vietnamese Street Food With A French Twist	Host Lisa Nguyen shows us irresistible Vietnamese dishes with French influences, including a melt-in-your-mouth Mango Crème Caramel.	CANADA	English-100				
2019-04-10	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 38	Ben explains how moisture is drawn out of a protein through osmosis. He demonstrates this by putting a steak on a bed of rock salt and reveals the benefits of doing so.	AUSTRALIA	English-100		G		Y

2019-04-10	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, award-winning chef Tetsuya Wakuda, and on the African tucker trail with Dorinda Hafner.	AUSTRALIA	English-100	RPT	G		
2019-04-10	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 7	Miguel serves up the ultimate in tropical indulgence with succulent vanilla-infused boar cheeks, fried lychee ice cream on the beach at sunrise and a Spanish inspired sweet and salty midnight snack.	AUSTRALIA	English-100		G		
2019-04-10	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 18	Ben is cooking seafood, great dressings, crispy batters, and fresh salads are all apart of this seafood masterclass.	AUSTRALIA	English-100		PG		
2019-04-10	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		
2019-04-10	1800	Andy & Ben Eat Australia	Tasmania: The Island & The Wallaby	Andy and Ben take a trip over to the unique Bruny Island and learn how to skin Wallaby and possum. They visit Bruny Island Cheese Co. and finish the day in one of Tasmania's finest glamping setups.	AUSTRALIA	English-100		PG		
2019-04-10	1830	Thai Street Food With David Thompson	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	Y
2019-04-10	1900	Thai Street Food With David Thompson	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	Y
2019-04-10	1930	Paul And Nick's Big Canadian Food Trip	Parkwood	The series kicks off in Oshawa, Ontario where Paul and Nick find out about car manufacturer RS McLaughlin of General Motors Canada and his brother John James McLaughlin.	IRELAND	English-100				
2019-04-10	2000	Paul And Nick's Big Canadian Food Trip	Pictou	The duo visit the town of Pictou in the province of Nova Scotia. They find out about the 189 immigrants who travelled from Scotland in 1773 on board the Ship Hector.	IRELAND	English-100				
2019-04-10	2030	Heston's Great British Food	Puddings	Heston takes on the classic British pudding, making one that looks like a hot dog, another involving a cow's udder, a Victorian sponge, and some custard with nice lumps for a change.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-04-10	2125	Eat Australia In ACT	Eat Australia In Act	Andy Allen travels to Canberra to experience all different kinds of culinary adventures.	AUSTRALIA	English-100				
2019-04-10	2130	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		
2019-04-10	2200	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		
2019-04-10	2230	United Plates Of America	Atlanta - Food Trucks	This moving trend is sweeping states and is taking the food to the people. We get on the bandwagon and taste the food.	USA	English-100		PG		
2019-04-10	2300	Thai Street Food With David Thompson	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	Y
2019-04-10	2330	Thai Street Food With David Thompson	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	Y

2019-04-10	2400	Worst Cooks In America	Celebrity Showdown	The recruits use their newfound food knowledge to make their own signature Celebrity Sandwich. Anne and Rachael nominate the cooks of their least favourite into a blind elimination.	USA	English-100		PG			
2019-04-10	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 18	Ben is cooking seafood, great dressings, crispy batters, and fresh salads are all apart of this seafood masterclass.	AUSTRALIA	English-100		PG			
2019-04-10	2530	Paul And Nick's Big Canadian Food Trip	Parkwood	The series kicks off in Oshawa, Ontario where Paul and Nick find out about car manufacturer RS McLaughlin of General Motors Canada and his brother John James McLaughlin.	IRELAND	English-100					
2019-04-10	2600	Paul And Nick's Big Canadian Food Trip	Pictou	The duo visit the town of Pictou in the province of Nova Scotia. They find out about the 189 immigrants who travelled from Scotland in 1773 on board the Ship Hector.	IRELAND	English-100					
2019-04-10	2630	Heston's Great British Food	Puddings	Heston takes on the classic British pudding, making one that looks like a hot dog, another involving a cow's udder, a Victorian sponge, and some custard with nice lumps for a change.	UNITED KINGDOM	English-100	RPT	G		Y	
2019-04-10	2730	United Plates Of America	Atlanta - Food Trucks	This moving trend is sweeping states and is taking the food to the people. We get on the bandwagon and taste the food.	USA	English-100		PG			
2019-04-10	2800	Thai Street Food With David Thompson	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	Y
2019-04-10	2830	Thai Street Food With David Thompson	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	Y
2019-04-11	0500	One World Kitchen	Vietnamese Street Food With A French Twist	Host Lisa Nguyen shows us irresistible Vietnamese dishes with French influences, including a melt-in-your-mouth Mango Crème Caramel.	CANADA	English-100					
2019-04-11	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 38	Ben explains how moisture is drawn out of a protein through osmosis. He demonstrates this by putting a steak on a bed of rock salt and reveals the benefits of doing so.	AUSTRALIA	English-100		G			Y
2019-04-11	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, award-winning chef Tetsuya Wakuda, and on the African tucker trail with Dorinda Hafner.	AUSTRALIA	English-100	RPT	G			
2019-04-11	0630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 7	Miguel serves up the ultimate in tropical indulgence with succulent vanilla-infused boar cheeks, fried lychee ice cream on the beach at sunrise and a Spanish inspired sweet and salty midnight snack.	AUSTRALIA	English-100		G			
2019-04-11	0700	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			
2019-04-11	0730	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			
2019-04-11	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 18	Ben is cooking seafood, great dressings, crispy batters, and fresh salads are all apart of this seafood masterclass.	AUSTRALIA	English-100		PG			
2019-04-11	0830	Worst Cooks In America	Celebrity Showdown	The recruits use their newfound food knowledge to make their own signature Celebrity Sandwich. Anne and Rachael nominate the cooks of their least favourite into a blind elimination.	USA	English-100		PG			
2019-04-11	0930	Thai Street Food With David Thompson	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	Y

2019-04-11	1000	Thai Street Food With David Thompson	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	Y
2019-04-11	1030	Paul And Nick's Big Canadian Food Trip	Parkwood	The series kicks off in Oshawa, Ontario where Paul and Nick find out about car manufacturer RS McLaughlin of General Motors Canada and his brother John James McLaughlin.	IRELAND	English-100				
2019-04-11	1100	Paul And Nick's Big Canadian Food Trip	Pictou	The duo visit the town of Pictou in the province of Nova Scotia. They find out about the 189 immigrants who travelled from Scotland in 1773 on board the Ship Hector.	IRELAND	English-100				
2019-04-11	1130	Heston's Great British Food	Puddings	Heston takes on the classic British pudding, making one that looks like a hot dog, another involving a cow's udder, a Victorian sponge, and some custard with nice lumps for a change.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-04-11	1230	United Plates Of America	Atlanta - Food Trucks	This moving trend is sweeping states and is taking the food to the people. We get on the bandwagon and taste the food.	USA	English-100		PG		
2019-04-11	1300	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		
2019-04-11	1330	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		
2019-04-11	1400	Worst Cooks In America	Celebrity Showdown	The recruits use their newfound food knowledge to make their own signature Celebrity Sandwich. Anne and Rachael nominate the cooks of their least favourite into a blind elimination.	USA	English-100		PG		
2019-04-11	1500	One World Kitchen	Vietnamese Street Food	It's all about street food in this Vietnamese episode as host Lisa Nguyen cooks up some crispy Sizzling Crepes and Grilled Lemongrass Pork.	CANADA	English-100				
2019-04-11	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 39	Ben begins his journey on his Hobart Food Crawl with friend and fellow chef Rhys Hannan at Pigeon Hole Cafe.	AUSTRALIA	English-100		G		Y
2019-04-11	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an oyster harvest off the Tasmanian coast, and a look at Pesach - Jewish Passover.	AUSTRALIA	English-100	RPT	G		
2019-04-11	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 8	Coffee, coffee, coffee! Miguel gets his caffeine buzz at a tropical coffee plantation in Skybury where he shows us the Spanish way to make coffee - strong and sweet.	AUSTRALIA	English-100		PG		
2019-04-11	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 19	Ben and Joel are cooking with dairy and showing you how its varied ingredients can be used in simple, interesting ways to make fantastic meals.	AUSTRALIA	English-100		PG		
2019-04-11	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		
2019-04-11	1800	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G		
2019-04-11	1830	Thai Street Food With David Thompson	Curry	Episode seven takes us on a discovery of the most authentic dishes that add to this vast repertoire that is curry. David Thompson teaches us to make a delicious red catfish curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-11	1900	Thai Street Food With David Thompson	Desserts	Desserts are considered to be the pinnacle of Thai food. They're colourful, rich and varied in both their presentation and taste. In this episode, David Thompson will celebrate Thai desserts.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-11	1930	Rick Stein's Mediterranean Escapes	Mallorca And Catalonia	In Mallorca, Rick eats the most succulent lamb ever tasted and interprets Mallorcan-style cooking with Chicken and sobrasada. Then with Catalonia in mind, he cooks local food of salt cod fritters.	UNITED KINGDOM	English-100	RPT	PG	Y	

2019-04-11	2035	The Wine Show	Wine Show Series 1 Ep 1, The	Matthew Goode and Matthew Rhys investigate the stories behind some of the world's most fascinating wines. From their villa HQ in the Italian hills, they head to Tuscany for a barrel race.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-04-11	2125	Eat Australia In NSW	Eat Australia In NSW	Andy Allen travels throughout New South Wales to experience the new ways in which we are cooking in the home.	AUSTRALIA	English-100				
2019-04-11	2130	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		
2019-04-11	2200	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		

2019-04-11	2230	United Plates Of America	Seattle - Seafood	Lurking beneath the waters of the northwest is some of the best seafood in the country and in fact, the world. We meet the original custodians of the areas.	USA	English-100		G		
2019-04-11	2300	Thai Street Food With David Thompson	Curry	Episode seven takes us on a discovery of the most authentic dishes that add to this vast repertoire that is curry. David Thompson teaches us to make a delicious red catfish curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-11	2330	Thai Street Food With David Thompson	Desserts	Desserts are considered to be the pinnacle of Thai food. They're colourful, rich and varied in both their presentation and taste. In this episode, David Thompson will celebrate Thai desserts.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-11	2400	Worst Cooks In America	Riddle Me This	The recruits work as a team to fill in the missing blanks of an incomplete recipe before cooking it. Then, a fresh pasta and seafood challenge tests some culinary boundaries.	USA	English-100		PG		
2019-04-11	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 19	Ben and Joel are cooking with dairy and showing you how its varied ingredients can be used in simple, interesting ways to make fantastic meals.	AUSTRALIA	English-100		PG		
2019-04-11	2530	Rick Stein's Mediterranean Escapes	Mallorca And Catalonia	In Mallorca, Rick eats the most succulent lamb ever tasted and interprets Mallorcan-style cooking with Chicken and sobrasada. Then with Catalonia in mind, he cooks local food of salt cod fritters.	UNITED KINGDOM	English-100	RPT	PG	Y	
2019-04-11	2635	The Wine Show	Wine Show Series 1 Ep 1, The	Matthew Goode and Matthew Rhys investigate the stories behind some of the world's most fascinating wines. From their villa HQ in the Italian hills, they head to Tuscany for a barrel race.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-04-11	2730	United Plates Of America	Seattle - Seafood	Lurking beneath the waters of the northwest is some of the best seafood in the country and in fact, the world. We meet the original custodians of the areas.	USA	English-100		G		
2019-04-11	2800	Thai Street Food With David Thompson	Curry	Episode seven takes us on a discovery of the most authentic dishes that add to this vast repertoire that is curry. David Thompson teaches us to make a delicious red catfish curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-11	2830	Thai Street Food With David Thompson	Desserts	Desserts are considered to be the pinnacle of Thai food. They're colourful, rich and varied in both their presentation and taste. In this episode, David Thompson will celebrate Thai desserts.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-12	0500	One World Kitchen	Vietnamese Street Food	It's all about street food in this Vietnamese episode as host Lisa Nguyen cooks up some crispy Sizzling Crepes and Grilled Lemongrass Pork.	CANADA	English-100				
2019-04-12	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 39	Ben begins his journey on his Hobart Food Crawl with friend and fellow chef Rhys Hannan at Pigeon Hole Cafe.	AUSTRALIA	English-100		G		Y
2019-04-12	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an oyster harvest off the Tasmanian coast, and a look at Pesach - Jewish Passover.	AUSTRALIA	English-100	RPT	G		
2019-04-12	0630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 8	Coffee, coffee, coffee! Miguel gets his caffeine buzz at a tropical coffee plantation in Skybury where he shows us the Spanish way to make coffee - strong and sweet.	AUSTRALIA	English-100		PG		
2019-04-12	0700	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		
2019-04-12	0730	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		
2019-04-12	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 19	Ben and Joel are cooking with dairy and showing you how its varied ingredients can be used in simple, interesting ways to make fantastic meals.	AUSTRALIA	English-100		PG		
2019-04-12	0830	Worst Cooks In America	Riddle Me This	The recruits work as a team to fill in the missing blanks of an incomplete recipe before cooking it. Then, a fresh pasta and seafood challenge tests some culinary boundaries.	USA	English-100		PG		

2019-04-12	0930	Thai Street Food With David Thompson	Curry	Episode seven takes us on a discovery of the most authentic dishes that add to this vast repertoire that is curry. David Thompson teaches us to make a delicious red catfish curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-12	1000	Thai Street Food With David Thompson	Desserts	Desserts are considered to be the pinnacle of Thai food. They're colourful, rich and varied in both their presentation and taste. In this episode, David Thompson will celebrate Thai desserts.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-12	1030	Rick Stein's Mediterranean Escapes	Mallorca And Catalonia	In Mallorca, Rick eats the most succulent lamb ever tasted and interprets Mallorcan-style cooking with Chicken and sobrasada. Then with Catalonia in mind, he cooks local food of salt cod fritters.	UNITED KINGDOM	English-100	RPT	PG	Y	
2019-04-12	1135	The Wine Show	Wine Show Series 1 Ep 1, The	Matthew Goode and Matthew Rhys investigate the stories behind some of the world's most fascinating wines. From their villa HQ in the Italian hills, they head to Tuscany for a barrel race.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-04-12	1230	United Plates Of America	Seattle - Seafood	Lurking beneath the waters of the northwest is some of the best seafood in the country and in fact, the world. We meet the original custodians of the areas.	USA	English-100		G		
2019-04-12	1300	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		
2019-04-12	1330	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		
2019-04-12	1400	Worst Cooks In America	Riddle Me This	The recruits work as a team to fill in the missing blanks of an incomplete recipe before cooking it. Then, a fresh pasta and seafood challenge tests some culinary boundaries.	USA	English-100		PG		
2019-04-12	1500	One World Kitchen	No Cutlery Required	Easy to make, easy to serve, and no cutlery to clean. Cooking instructor Lisa Nguyen shows us four delectable Vietnamese finger food recipes.	CANADA	English-100				
2019-04-12	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 40	Ben and Rhys head to their second location of their Hobart food crawl, Pigeon Whole Bakery.	AUSTRALIA	English-100		G		Y
2019-04-12	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Timorese kids learn to cook the traditional way in Darwin, and goat's cheese from WA.	AUSTRALIA	English-100	RPT	G		
2019-04-12	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 9	Living it up on Green Island, Miguel gets his hands on a monster crayfish for a sumptuous Crayfish Risotto, then heads to an exotic fruit farm to find unique ingredients for his Tropical Cheesecake.	AUSTRALIA	English-100		PG		
2019-04-12	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 20	Ben and Joel are cooking with pork as the main ingredient. Such a versatile ingredient that is used all over the world, Ben and Joel are going to show you a great mix of delicious pork focused meals.	AUSTRALIA	English-100		PG		
2019-04-12	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		
2019-04-12	1800	Poh's Kitchen On The Road	Tasmanian Flour	Poh is on the road in central Tasmania to discover the secrets of flour. At a restored flour mill in Oatlands, Poh learns about the delights of stone ground Tasmanian flour.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-12	1830	Thai Street Food With David Thompson	Transitions	This episode will focus on transitions: that of day to night, of traditional Bangkok to the modern day city and market transformation in surrounding areas.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-12	1900	Thai Street Food With David Thompson	Seafood	This episode sees David learn about the life of the Thai fishermen, before he sets up a cooking session with a fresh catch, right on the boat.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-12	1930	Late Nite Eats	Providence	Jordan heads to Providence, Rhode Island, a small town bursting with late night eating opportunities. He starts off in College Hill at Durk's BBQ, the city's only Texas BBQ joint.	USA	English-100		PG		

2019-04-12	2000	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		
2019-04-12	2030	Nigella Kitchen	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert.	UNITED KINGDOM	English-100			PG		
2019-04-12	2100	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100			PG		
2019-04-12	2130	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		
2019-04-12	2200	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		
2019-04-12	2230	United Plates Of America	United Plates Of America Series 2 Ep 1	Today on the show we meet New York realtor, Sam and visit some inspiring restaurants with mouth-watering cuisine. We kick off with a Greek restaurant that specialises in seafood.	USA	English-100			G		
2019-04-12	2300	Thai Street Food With David Thompson	Transitions	This episode will focus on transitions: that of day to night, of traditional Bangkok to the modern day city and market transformation in surrounding areas.	AUSTRALIA	English-100	RPT		G	Y	Y
2019-04-12	2330	Thai Street Food With David Thompson	Seafood	This episode sees David learns about the life of the Thai fishermen, before he sets up a cooking session with a fresh catch, right on the boat.	AUSTRALIA	English-100	RPT		G	Y	Y
2019-04-12	2400	Worst Cooks In America	Tapas Can't Stop Us	The final 3 celebrity recruits are left to battle it out for a spot in the finale and bragging rights. Which two recruits will get the opportunity to win \$50,000 for the charity of their choice?	USA	English-100			PG		
2019-04-12	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 20	Ben and Joel are cooking with pork as the main ingredient. Such a versatile ingredient that is used all over the world, Ben and Joel are going to show you a great mix of delicious pork focused meals.	AUSTRALIA	English-100			PG		
2019-04-12	2530	Late Nite Eats	Providence	Jordan heads to Providence, Rhode Island, a small town bursting with late night eating opportunities. He starts off in College Hill at Durk's BBQ, the city's only Texas BBQ joint.	USA	English-100			PG		
2019-04-12	2600	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		
2019-04-12	2630	Nigella Kitchen	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert.	UNITED KINGDOM	English-100			PG		
2019-04-12	2700	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100			PG		
2019-04-12	2730	United Plates Of America	United Plates Of America Series 2 Ep 1	Today on the show we meet New York realtor, Sam and visit some inspiring restaurants with mouth-watering cuisine. We kick off with a Greek restaurant that specialises in seafood.	USA	English-100			G		
2019-04-12	2800	Thai Street Food With David Thompson	Transitions	This episode will focus on transitions: that of day to night, of traditional Bangkok to the modern day city and market transformation in surrounding areas.	AUSTRALIA	English-100	RPT		G	Y	Y
2019-04-12	2830	Thai Street Food With David Thompson	Seafood	This episode sees David learns about the life of the Thai fishermen, before he sets up a cooking session with a fresh catch, right on the boat.	AUSTRALIA	English-100	RPT		G	Y	Y

2019-04-13	0500	One World Kitchen	No Cutlery Required	Easy to make, easy to serve, and no cutlery to clean. Cooking instructor Lisa Nguyen shows us four delectable Vietnamese finger food recipes.	CANADA	English-100				
2019-04-13	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 40	Ben and Rhys head to their second location of their Hobart food crawl, Pigeon Whole Bakery.	AUSTRALIA	English-100		G		Y
2019-04-13	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Timorese kids learn to cook the traditional way in Darwin, and goat's cheese from WA.	AUSTRALIA	English-100	RPT	G		
2019-04-13	0630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 9	Living it up on Green Island, Miguel gets his hands on a monster crayfish for a sumptuous Crayfish Risotto, then heads to an exotic fruit farm to find unique ingredients for his Tropical Cheesecake.	AUSTRALIA	English-100		PG		
2019-04-13	0700	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		
2019-04-13	0730	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		
2019-04-13	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 20	Ben and Joel are cooking with pork as the main ingredient. Such a versatile ingredient that is used all over the world, Ben and Joel are going to show you a great mix of delicious pork focused meals.	AUSTRALIA	English-100		PG		
2019-04-13	0830	Worst Cooks In America	Tapas Can't Stop Us	The final 3 celebrity recruits are left to battle it out for a spot in the finale and bragging rights. Which two recruits will get the opportunity to win \$50,000 for the charity of their choice?	USA	English-100		PG		
2019-04-13	0930	Thai Street Food With David Thompson	Transitions	This episode will focus on transitions: that of day to night, of traditional Bangkok to the modern day city and market transformation in surrounding areas.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-13	1000	Thai Street Food With David Thompson	Seafood	This episode sees David learns about the life of the Thai fishermen, before he sets up a cooking session with a fresh catch, right on the boat.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-13	1030	Late Nite Eats	Providence	Jordan heads to Providence, Rhode Island, a small town bursting with late night eating opportunities. He starts off in College Hill at Durk's BBQ, the city's only Texas BBQ joint.	USA	English-100		PG		
2019-04-13	1100	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		
2019-04-13	1130	Nigella Kitchen	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert.	UNITED KINGDOM	English-100		PG		
2019-04-13	1200	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100		PG		
2019-04-13	1230	United Plates Of America	United Plates Of America Series 2 Ep 1	Today on the show we meet New York realtor, Sam and visit some inspiring restaurants with mouth-watering cuisine. We kick off with a Greek restaurant that specialises in seafood.	USA	English-100		G		
2019-04-13	1300	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		
2019-04-13	1330	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		

2019-04-13 1400

Worst Cooks In America

Tapas Can't Stop Us

The final 3 celebrity recruits are left to battle it out for a spot in the finale and bragging rights. Which two recruits will get the opportunity to win \$50,000 for the charity of their choice?

USA

English-100

PG

2019-04-13	1455	Eat Australia In ACT	Eat Australia In Act	Andy Allen travels to Canberra to experience all different kinds of culinary adventures.	AUSTRALIA	English-100	
2019-04-13	1500	Dinner Date	James Hill	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100	PG
2019-04-13	1600	United Plates Of America	Los Angeles - Japanese Food	California has one of the largest populations of Japanese people in America. Their life here and their transition into American culture hasn't been a smooth one.	USA	English-100	G
2019-04-13	1630	United Plates Of America	San Diego - Mexican Food	California was once called Mexico before the United States purchased it. In San Diego we eat the real Mexican food from those who do it best.	USA	English-100	G
2019-04-13	1700	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100	G
2019-04-13	1730	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100	G
2019-04-13	1800	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100	G
2019-04-13	1830	Big Food Rescue	Big Food Rescue Series 1 Ep 4	Growing fast, things are looking up at the charity set up by David and Robin to try and change the food habits of Britain.	UNITED KINGDOM	English-100	PG
2019-04-13	1930	The Travelling Chef	Travelling Chef Series 3, The Ep 1	Brett visits the Kenyan coast and explores how the Swahili culture emerged and how it plays out in the food.	NEW ZEALAND	English-100	
2019-04-13	2000	The Travelling Chef	Travelling Chef Series 3, The Ep 2	Brett experiences the Fiji mainland through the food of the native Fijians and the Fijian Indians and discovers they influence each other.	NEW ZEALAND	English-100	

2019-04-13	2030	Dinner Date	Sean	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-04-13	2130	Destination Flavour	Destination Flavour Series 1 Episode 3	Adam tries the award-winning Holy Goat cheese, Renee spends a revealing day with Peter Kuruvita on Sydney Harbour, and Lily is treated to a kaiseki menu with the Japanese ambassador.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-13	2200	Destination Flavour	Destination Flavour Series 1 Episode 4	Renee finds fusion food and real bush tucker in tropical Queensland, Adam drops in for lunch with gourmet farmer Matthew Evans in Tasmania, and Lily meets top chef Ryan Squires.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-13	2230	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G		
2019-04-13	2300	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G		
2019-04-13	2330	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G		
2019-04-13	2400	Say It To My Face	This Is Effing Personal	La Pescadora is a family run Mexican restaurant in Whittier, CA that specialises in Mexican food with a bit of an American flare. But owner April Gallegos is at her wits end with online reviewers.	USA	English-100		PG		Y
2019-04-13	2500	Big Food Rescue	Big Food Rescue Series 1 Ep 4	Growing fast, things are looking up at the charity set up by David and Robin to try and change the food habits of Britain.	UNITED KINGDOM	English-100		PG		

2019-04-13	2600	The Travelling Chef	Travelling Chef Series 3, The Ep 1	Brett visits the Kenyan coast and explores how the Swahili culture emerged and how it plays out in the food.	NEW ZEALAND	English-100				
2019-04-13	2630	The Travelling Chef	Travelling Chef Series 3, The Ep 2	Brett experiences the Fiji mainland through the food of the native Fijians and the Fijian Indians and discovers they influence each other.	NEW ZEALAND	English-100				
2019-04-13	2700	Dinner Date	Sean	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-04-13	2800	Destination Flavour	Destination Flavour Series 1 Episode 3	Adam tries the award-winning Holy Goat cheese, Renee spends a revealing day with Peter Kuruvita on Sydney Harbour, and Lily is treated to a kaiseki menu with the Japanese ambassador.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-13	2830	Destination Flavour	Destination Flavour Series 1 Episode 4	Renee finds fusion food and real bush tucker in tropical Queensland, Adam drops in for lunch with gourmet farmer Matthew Evans in Tasmania, and Lily meets top chef Ryan Squires.	AUSTRALIA	English-100	RPT	G	Y	Y