



WEEK 16: Sunday, 14 April - Saturday, 20 April 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-04-14	0500	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		
2019-04-14	0600	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		
2019-04-14	0630	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		
2019-04-14	0700	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		
2019-04-14	0730	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		
2019-04-14	0800	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		
2019-04-14	0830	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		
2019-04-14	0930	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				
2019-04-14	1000	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				
2019-04-14	1030	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		
2019-04-14	1130	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
2019-04-14	1200	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
2019-04-14	1230	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		
2019-04-14	1300	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		

2019-04-14	1330	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	
2019-04-14	1400	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	
2019-04-14	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			
2019-04-14	1500	Dinner Date	Rhea Bailey	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	
2019-04-14	1600	United Plates Of America	Miami - Cuban Food	Miami is not jut close to Cuba in proximity but the real Cuban food here is plentiful. We meet the Cubans who know the real Cuba and find out how their life here in Miami is so sweet.	USA	English-100		G	
2019-04-14	1630	United Plates Of America	Boston - Irish Food	It is estimated that as many as 4.5 million Irish arrived in America between 1820 and 1930. In the 1840s, they comprised nearly half of all immigrants to this nation.	USA	English-100		PG	
2019-04-14	1700	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2019-04-14	1730	The Cook And The Chef	Winter And Chocolate	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100		G	
2019-04-14	1800	The Cook And The Chef	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100		G	
2019-04-14	1830	Cheese Slices	Cheeses Of Quebec	The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance.	AUSTRALIA	English-100		PG	
2019-04-14	1900	Cheese Slices	Ancient Cheese Of Portugal, The	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese.	AUSTRALIA	English-100		G	
2019-04-14	1930	Outback Gourmet	Outback Gourmet Series 1 Ep 5	Justine prepares a dish showcasing products from a local family run mango farm, followed by a visit to the pristine Berry Springs Nature Park, and catches up with Radek Zalsky at Wharf One.	AUSTRALIA	English-100		PG	
2019-04-14	2000	Outback Gourmet	Outback Gourmet Series 1 Ep 6	Justine prepares a dish at Little Miss Korea, takes a plunge in the Crocasauras Cove, and checks out Darwin's nightlife at The Trader Bar with a Green Ant Cocktail.	AUSTRALIA	English-100		PG	
2019-04-14	2030	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G	
2019-04-14	2100	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG	
2019-04-14	2130	Food Safari	South American	Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special.	AUSTRALIA	English-100	RPT	G	Y
2019-04-14	2200	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G	Y
2019-04-14	2230	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	

2019-04-14	2300	The Cook And The Chef	Winter And Chocolate	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100		G	
2019-04-14	2330	The Cook And The Chef	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100		G	
2019-04-14	2400	Say It To My Face	Cater Haters	Chef Jen Story is a freelance caterer and owner of 'Cooking Thyme' in Lawndale, CA. Even though she has managed to produce a successful catering business all by herself, Jen is beginning to struggle.	USA	English-100		PG	
2019-04-14	2500	Cheese Slices	Cheeses Of Quebec	The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance.	AUSTRALIA	English-100		PG	
2019-04-14	2530	Cheese Slices	Ancient Cheese Of Portugal, The	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese.	AUSTRALIA	English-100		G	
2019-04-14	2600	Outback Gourmet	Outback Gourmet Series 1 Ep 5	Justine prepares a dish showcasing products from a local family run mango farm, followed by a visit to the pristine Berry Springs Nature Park, and catches up with Radek Zalsky at Wharf One.	AUSTRALIA	English-100		PG	
2019-04-14	2630	Outback Gourmet	Outback Gourmet Series 1 Ep 6	Justine prepares a dish at Little Miss Korea, takes a plunge in the Crocasauras Cove, and checks out Darwin's nightlife at The Trader Bar with a Green Ant Cocktail.	AUSTRALIA	English-100		PG	
2019-04-14	2700	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G	
2019-04-14	2730	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG	
2019-04-14	2800	Food Safari	South American	Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special.	AUSTRALIA	English-100	RPT	G	Y
2019-04-14	2830	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G	Y
2019-04-15	0500	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2019-04-15	0530	The Cook And The Chef	Winter And Chocolate	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100		G	
2019-04-15	0600	The Cook And The Chef	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100		G	
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2019-04-15	0700	Cheese Slices	Ancient Cheese Of Portugal, The	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese.	AUSTRALIA	English-100		G	
2019-04-15	0730	Outback Gourmet	Outback Gourmet Series 1 Ep 5	Justine prepares a dish showcasing products from a local family run mango farm, followed by a visit to the pristine Berry Springs Nature Park, and catches up with Radek Zalsky at Wharf One.	AUSTRALIA	English-100		PG	

2019-04-15	0800	Outback Gourmet	Outback Gourmet Series 1 Ep 6	Justine prepares a dish at Little Miss Korea, takes a plunge in the Crocasauras Cove, and checks out Darwin's nightlife at The Trader Bar with a Green Ant Cocktail.	AUSTRALIA	English-100		PG	
2019-04-15	0830	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G	
2019-04-15	0900	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG	
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2019-04-15	1030	Dinner Date	Rhea Bailey	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	
2019-04-15	1130	Cheese Slices	Cheeses Of Quebec	The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance.	AUSTRALIA	English-100		PG	
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2019-04-15	1230	Outback Gourmet	Outback Gourmet Series 1 Ep 5	Justine prepares a dish showcasing products from a local family run mango farm, followed by a visit to the pristine Berry Springs Nature Park, and catches up with Radek Zalsky at Wharf One.	AUSTRALIA	English-100		PG	
2019-04-15	1300	Outback Gourmet	Outback Gourmet Series 1 Ep 6	Justine prepares a dish at Little Miss Korea, takes a plunge in the Crocasauras Cove, and checks out Darwin's nightlife at The Trader Bar with a Green Ant Cocktail.	AUSTRALIA	English-100		PG	
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2019-04-15	1500	One World Kitchen	Hanoi Specialities	Host Lisa Nguyen shows us recipes from Vietnam's capital city of Hanoi, including a perfectly Grilled Pork Patty with a sweet caramel dipping sauce.	CANADA	English-100		PG	
2019-04-15	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 41	Ben and Rhys make their third stop on their food crawl at Templo, a small Italian-style restaurant.	AUSTRALIA	English-100		G	
2019-04-15	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, exotic fruits from far north Qld, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G	
2019-04-15	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 10	Miguel gets into the tropical spirit with his favourite tropical produce. Fresh mussels, lobster cocktail, and for lovers of the sweeter things in life, a coconut trifle.	AUSTRALIA	English-100		PG	
2019-04-15	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 21	Joel and Ben are cooking with mushrooms. A versatile ingredient that goes with many different flavours and styles, Joel and Ben are going to show you great ways to cook with them.	AUSTRALIA	English-100		PG	
2019-04-15	1730	The Cook And The Chef	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G	

2019-04-15	1800	Outback Gourmet	Outback Gourmet Series 1 Ep 1	Justine travels from Darwin to Kakadu exploring the Ubirri Rock Art walk, where she prepares a picnic lunch by the stunning Maguk Pools and experiences a pop up dining experience like no other.	AUSTRALIA	English-100		PG		
2019-04-15	1830	Thai Street Food With David Thompson	Dtam Sang Stalls	David Thompson hits the night markets introducing us to some of his favourite dtam sang stalls. He also cooks up a few dishes himself, including a quick and easy Tom Yum soup.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-15	1900	Thai Street Food With David Thompson	Big Night Out!	Starting at the famous Lumpinee Stadium, David talks to the boxers about the art of Muay Thai boxing. Outside the stadium, banana roti is served to hungry patrons.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-04-15	1930	Kylie Kwong: My China	Sichuan Province	Kylie heads out to the Western frontier, to the successful city known for its spice and traffic jams. Just like its famous opera, Sichuan food is hidden under many faces and not all of it is spicy.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-15	2000	Kylie Kwong: My China	Shandong Province	Kylie heads North, the land of bone chilling winds and harsh winters. She pays homage to the greatest Chinese chef in history - Confucius and wonders if she will ever taste any of his recipes.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-15	2030	Sara's Australia Unveiled	Victoria: Southern Melting Pot	After touring the outback, Sara arrives at her final destination - Melbourne. She tours the city and ends up at the famous Vic marker and gets lost for hours talking to the sellers.	UNITED KINGDOM	English-100		G		
2019-04-15	2100	Sara's Australia Unveiled	Victoria	Victoria is not just the area around Melbourne but a diverse and most opulent territory filled with destinations on and off the map.	UNITED KINGDOM	English-100		G		
2019-04-15	2130	The Cook And The Chef	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G		
2019-04-15	2200	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G		
2019-04-15	2230	United Plates Of America	United Plates Of America Series 2 Ep 2	Today we're in Florida and we visit some inspiring restaurants with mouth watering cuisine. We kick off in Tampa, at Ulele, a rustic chic restaurant with native Floridian flair.	USA	English-100		G		
2019-04-15	2300	Thai Street Food With David Thompson	Dtam Sang Stalls	David Thompson hits the night markets introducing us to some of his favourite dtam sang stalls. He also cooks up a few dishes himself, including a quick and easy Tom Yum soup.	AUSTRALIA	English-100	RPT	G	Y	Y
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2019-04-15	2400	Worst Cooks In America	Final Food Fight	Mentors Anne and Rachael take the final two celebrity recruits to a professional kitchen for their last challenge: cook a refined three-course menu for a panel of culinary experts.	USA	English-100		PG		Y
2019-04-15	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 21	Joel and Ben are cooking with mushrooms. A versatile ingredient that goes with many different flavours and styles, Joel and Ben are going to show you great ways to cook with them.	AUSTRALIA	English-100		PG		
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2019-04-15	2800	One World Kitchen	Hanoi Specialities	Host Lisa Nguyen shows us recipes from Vietnam's capital city of Hanoi, including a perfectly Grilled Pork Patty with a sweet caramel dipping sauce.	CANADA	English-100		PG		
2019-04-15	2830	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 41	Ben and Rhys make their third stop on their food crawl at Templo, a small Italian-style restaurant.	AUSTRALIA	English-100		G		
2019-04-16	0500	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, exotic fruits from far north Qld, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G		
2019-04-16	0530	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 10	Miguel gets into the tropical spirit with his favourite tropical produce. Fresh mussels, lobster cocktail, and for lovers of the sweeter things in life, a coconut trifle.	AUSTRALIA	English-100		PG		
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2019-04-16	0930	One World Kitchen	Hanoi Specialities	Host Lisa Nguyen shows us recipes from Vietnam's capital city of Hanoi, including a perfectly Grilled Pork Patty with a sweet caramel dipping sauce.	CANADA	English-100		PG		
2019-04-16	1000	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 41	Ben and Rhys make their third stop on their food crawl at Templo, a small Italian-style restaurant.	AUSTRALIA	English-100		G		
2019-04-16	1030	Kylie Kwong: My China	Sichuan Province	Kylie heads out to the Western frontier, to the successful city known for its spice and traffic jams. Just like its famous opera, Sichuan food is hidden under many faces and not all of it is spicy.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-16	1100	Kylie Kwong: My China	Shandong Province	Kylie heads North, the land of bone chilling winds and harsh winters. She pays homage to the greatest Chinese chef in history - Confucius and wonders if she will ever taste any of his recipes.	AUSTRALIA	English-100	RPT	G	Y	
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2019-04-16	1500	One World Kitchen	Vietnam's Love For Noodles	Fun host Lisa Nguyen shows us just how versatile noodles are with four different recipes, including Crispy Egg Noodle Pillows.	CANADA	English-100		PG		
2019-04-16	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 42	The fourth stop on Ben and Rhys's food crawl is Tom Mchugo's, the place Rhys acclaims for having the best fried chicken in Hobart.	AUSTRALIA	English-100		G		Y
2019-04-16	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, Cyril's Delicatessen in Sydney, and world class cheeses from Exton, Tasmania.	AUSTRALIA	English-100	RPT	G		
2019-04-16	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 11	Miguel stops in at a stunning eco lodge in Thala Beach to whip up a healthy teriyaki stir fry with seared tofu.	AUSTRALIA	English-100		G		
2019-04-16	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 22	Ben is giving you a seafood masterclass. Oysters, ceviche's and tacos are all in store along with great ways to prepare your seafood next time you go to the fishmonger.	AUSTRALIA	English-100		PG		
2019-04-16	1730	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G		
2019-04-16	1800	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100		G		
2019-04-16	1830	Thai Street Food With David Thompson	Modern Bangkok	In the final episode of Thai Street Food, we look at modern Bangkok and the cosmopolitan city that it has become. David reflects on his journey of Thai food and culture, and what it means.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-16	1900	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 1	Chef Luke Nguyen takes a culinary journey across the Greater Mekong region of Southeast Asia. Luke explores the cultures and centuries-old traditions of Yunnan Province.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-16	1930	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-16	2000	Luke Nguyen's France	Marseille	Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-16	2030	Poh's Kitchen On The Road	Singapore	Poh is on the road and this week she's in Singapore, one of the great international food capitals of the world. She meets ex-pat Antonia Kidman and food stars Andre Chiang and Janice Wong.	AUSTRALIA	English-100	RPT	G		Y
2019-04-16	2100	Poh's Kitchen On The Road	One Magic Bowl	Poh is on the road to South Australia's Fleurieu Peninsular, where she attends the 'One Magic Bowl' in Port Willunga, an event where 11 local chefs create 11 seafood dishes.	AUSTRALIA	English-100	RPT	G		Y

2019-04-16	2130	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G		
2019-04-16	2200	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing sub tropical food enterprises.	AUSTRALIA	English-100		G		
2019-04-16	2230	United Plates Of America	United Plates Of America Series 2 Ep 3	We visit some inspiring restaurants in the Pacific Northwest with mouth-watering cuisine and meet some remarkable locals who know a thing or two about food.	USA	English-100		G		
2019-04-16	2300	Thai Street Food With David Thompson	Modern Bangkok	In the final episode of Thai Street Food, we look at modern Bangkok and the cosmopolitan city that it has become. David reflects on his journey of Thai food and culture, and what it means.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-16	2330	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 1	Chef Luke Nguyen takes a culinary journey across the Greater Mekong region of Southeast Asia. Luke explores the cultures and centuries-old traditions of Yunnan Province.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-16	2400	Worst Cooks In America	Celebrity Dish-Asters	The new cast of celebrity recruits quickly learn that Boot Camp is no walk down the red carpet. To assess everyone's skill, Anne and Rachael have the celebrities cook using some unique ingredients.	USA	English-100		PG		
2019-04-16	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 22	Ben is giving you a seafood masterclass. Oysters, ceviche's and tacos are all in store along with great ways to prepare your seafood next time you go to the fishmonger.	AUSTRALIA	English-100		PG		
2019-04-16	2530	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-16	2600	Luke Nguyen's France	Marseille	Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-16	2630	Poh's Kitchen On The Road	Singapore	Poh is on the road and this week she's in Singapore, one of the great international food capitals of the world. She meets ex-pat Antonia Kidman and food stars Andre Chiang and Janice Wong.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-16	2700	Poh's Kitchen On The Road	One Magic Bowl	Poh is on the road to South Australia's Fleurieu Peninsular, where she attends the 'One Magic Bowl' in Port Willunga, an event where 11 local chefs create 11 seafood dishes.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-16	2730	United Plates Of America	United Plates Of America Series 2 Ep 3	We visit some inspiring restaurants in the Pacific Northwest with mouth-watering cuisine and meet some remarkable locals who know a thing or two about food.	USA	English-100		G		
2019-04-16	2800	One World Kitchen	Vietnam's Love For Noodles	Fun host Lisa Nguyen shows us just how versatile noodles are with four different recipes, including Crispy Egg Noodle Pillows.	CANADA	English-100		PG		
2019-04-16	2830	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 42	The fourth stop on Ben and Rhys's food crawl is Tom Mchugo's, the place Rhys acclaims for having the best fried chicken in Hobart.	AUSTRALIA	English-100		G		Y
2019-04-17	0500	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, Cyril's Delicatessen in Sydney, and world class cheeses from Exton, Tasmania.	AUSTRALIA	English-100	RPT	G		
2019-04-17	0530	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 11	Miguel stops in at a stunning eco lodge in Thala Beach to whip up a healthy teriyaki stir fry with seared tofu.	AUSTRALIA	English-100		G		
2019-04-17	0600	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G		
2019-04-17	0630	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100		G		

2019-04-17	0700	Thai Street Food With David Thompson	Modern Bangkok	In the final episode of Thai Street Food, we look at modern Bangkok and the cosmopolitan city that it has become. David reflects on his journey of Thai food and culture, and what it means.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-17	0730	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 1	Chef Luke Nguyen takes a culinary journey across the Greater Mekong region of Southeast Asia. Luke explores the cultures and centuries-old traditions of Yunnan Province.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-17	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 22	Ben is giving you a seafood masterclass. Oysters, ceviche's and tacos are all in store along with great ways to prepare your seafood next time you go to the fishmonger.	AUSTRALIA	English-100		PG		
2019-04-17	0830	Worst Cooks In America	Celebrity Dish-Asters	The new cast of celebrity recruits quickly learn that Boot Camp is no walk down the red carpet. To assess everyone's skill, Anne and Rachael have the celebrities cook using some unique ingredients.	USA	English-100		PG		
2019-04-17	0930	One World Kitchen	Vietnam's Love For Noodles	Fun host Lisa Nguyen shows us just how versatile noodles are with four different recipes, including Crispy Egg Noodle Pillows.	CANADA	English-100		PG		
2019-04-17	1000	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 42	The fourth stop on Ben and Rhys's food crawl is Tom Mchugo's, the place Rhys acclaims for having the best fried chicken in Hobart.	AUSTRALIA	English-100		G		Y
2019-04-17	1030	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-17	1100	Luke Nguyen's France	Marseille	Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-17	1130	Poh's Kitchen On The Road	Singapore	Poh is on the road and this week she's in Singapore, one of the great international food capitals of the world. She meets ex-pat Antonia Kidman and food stars Andre Chiang and Janice Wong.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-17	1200	Poh's Kitchen On The Road	One Magic Bowl	Poh is on the road to South Australia's Fleurieu Peninsular, where she attends the 'One Magic Bowl' in Port Willunga, an event where 11 local chefs create 11 seafood dishes.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-17	1230	United Plates Of America	United Plates Of America Series 2 Ep 3	We visit some inspiring restaurants in the Pacific Northwest with mouth-watering cuisine and meet some remarkable locals who know a thing or two about food.	USA	English-100		G		
2019-04-17	1300	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G		
2019-04-17	1330	Worst Cooks In America	Celebrity Dish-Asters	The new cast of celebrity recruits quickly learn that Boot Camp is no walk down the red carpet. To assess everyone's skill, Anne and Rachael have the celebrities cook using some unique ingredients.	USA	English-100		PG		
2019-04-17	1430	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100		G		
2019-04-17	1500	One World Kitchen	Balancing Sweet With Savoury	Host Lisa Nguyen combines fruit with savoury flavours in four classic Vietnamese dishes, including Sour Fish Soup and Pomelo and Crab Salad.	CANADA	English-100		PG		
2019-04-17	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 43	Ben and Rhys make their final stop on the food crawl at Maq01, a brand new hotel in Hobart which has many stories behind it.	AUSTRALIA	English-100		G		

2019-04-17	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, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT	G		
2019-04-17	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 12	Miguel fires up the barbie at the Cairns lagoon, impressing the tourists with his giant prawn skewers. Then it's time for something totally indulgent, Miguel's classic chocolate and almond cake.	AUSTRALIA	English-100		G		
2019-04-17	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 23	Ben and Joel are using everyday pantry items in a particular way to create flavour 'boosters' for their dishes. Simple dressings, spice mixes and sauces can all be made better.	AUSTRALIA	English-100		PG		
2019-04-17	1730	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with Brussels Sprouts and Avocados. Enjoy their warm winter take on the much maligned Sprout and take a trip back to the seventies with Simon's Avocado Ice Cream.	AUSTRALIA	English-100		G		
2019-04-17	1800	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		G		
2019-04-17	1830	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 2	Luke discovers the unique flavours and culinary traditions of the Bai and Yai people in the historic Chinese towns of Dali and Shaxi. There, Luke experiences the best fishing of his life.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-17	1900	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 3	Travelling in China's Yunnan Province, chef Luke Nguyen reaches the fabled town of Lijiang where the nightlife reigns and a Naxi 'aunty' teaches Luke how to cook a local speciality.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-17	1930	Paul And Nick's Big Canadian Food Trip	Eaton	Paul Rankin and Nick Nairn are on a culinary road trip in Canada exploring their shared Ulster Scots heritage. This week they're in the city of Toronto, once nicknamed the Belfast of Canada.	IRELAND	English-100				
2019-04-17	2000	Paul And Nick's Big Canadian Food Trip	St. John	Paul Rankin and Nick Nairn continue on their culinary road trip in Canada. They're in the province of New Brunswick, cooking for an Ulster Scot descendant whose ancestors settled on an island.	IRELAND	English-100				
2019-04-17	2030	Heston's Great British Food	Pies	Heston pays homage to British classic - the pie - and serves his pie banquet to a select group of British pie-makers, 100 feet in the air over the East End of London.	UNITED KINGDOM	English-100	RPT	PG	Y	
2019-04-17	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		PG		
2019-04-17	2130	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with Brussels Sprouts and Avocados. Enjoy their warm winter take on the much maligned Sprout and take a trip back to the seventies with Simon's Avocado Ice Cream.	AUSTRALIA	English-100		G		
2019-04-17	2200	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland has embraced its reputation as Australia's hippy capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100		G		
2019-04-17	2230	United Plates Of America	United Plates Of America Series 2 Ep 4	We visit some inspiring restaurants in the Rust Belt. We kick off in beautiful Detroit, we meet a local foodie and try some hipster fare.	USA	English-100		G		
2019-04-17	2300	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 2	Luke discovers the unique flavours and culinary traditions of the Bai and Yai people in the historic Chinese towns of Dali and Shaxi. There, Luke experiences the best fishing of his life.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-17	2330	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 3	Travelling in China's Yunnan Province, chef Luke Nguyen reaches the fabled town of Lijiang where the nightlife reigns and a Naxi 'aunty' teaches Luke how to cook a local speciality.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-17	2400	Worst Cooks In America	Hawaiian Pig And A Poke	Anne and Rachael play a unique taste and describe game with the celebrity recruits in order to introduce them to unique tropical flavours. The mentors then demonstrate Hawaiian poke and pork dishes.	USA	English-100		PG		

2019-04-17	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 23	Ben and Joel are using everyday pantry items in a particular way to create flavour 'boosters' for their dishes. Simple dressings, spice mixes and sauces can all be made better.	AUSTRALIA	English-100		PG			
2019-04-17	2530	Paul And Nick's Big Canadian Food Trip	Eaton	Paul Rankin and Nick Nairn are on a culinary road trip in Canada exploring their shared Ulster Scots heritage. This week they're in the city of Toronto, once nicknamed the Belfast of Canada.	IRELAND	English-100					
2019-04-17	2600	Paul And Nick's Big Canadian Food Trip	St. John	Paul Rankin and Nick Nairn continue on their culinary road trip in Canada. They're in the province of New Brunswick, cooking for an Ulster Scot descendant whose ancestors settled on an island.	IRELAND	English-100					
2019-04-17	2630	Heston's Great British Food	Pies	Heston pays homage to British classic - the pie - and serves his pie banquet to a select group of British pie-makers, 100 feet in the air over the East End of London.	UNITED KINGDOM	English-100	RPT	PG		Y	
2019-04-17	2730	United Plates Of America	United Plates Of America Series 2 Ep 4	We visit some inspiring restaurants in the Rust Belt. We kick off in beautiful Detroit, we meet a local foodie and try some hipster fare.	USA	English-100				G	
2019-04-17	2800	One World Kitchen	Balancing Sweet With Savoury	Host Lisa Nguyen combines fruit with savoury flavours in four classic Vietnamese dishes, including Sour Fish Soup and Pomelo and Crab Salad.	CANADA	English-100				PG	
2019-04-17	2830	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 43	Ben and Rhys make their final stop on the food crawl at Maq01, a brand new hotel in Hobart which has many stories behind it.	AUSTRALIA	English-100				G	
2019-04-18	0500	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, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT			G	
2019-04-18	0530	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 12	Miguel fires up the barbie at the Cairns lagoon, impressing the tourists with his giant prawn skewers. Then it's time for something totally indulgent, Miguel's classic chocolate and almond cake.	AUSTRALIA	English-100				G	
2019-04-18	0600	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with Brussels Sprouts and Avocados. Enjoy their warm winter take on the much maligned Sprout and take a trip back to the seventies with Simon's Avocado Ice Cream.	AUSTRALIA	English-100				G	
2019-04-18	0630	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				G	
2019-04-18	0700	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 2	Luke discovers the unique flavours and culinary traditions of the Bai and Yai people in the historic Chinese towns of Dali and Shaxi. There, Luke experiences the best fishing of his life.	AUSTRALIA	English-100	RPT		G	Y	Y
2019-04-18	0730	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 3	Travelling in China's Yunnan Province, chef Luke Nguyen reaches the fabled town of Lijiang where the nightlife reigns and a Naxi 'aunty' teaches Luke how to cook a local speciality.	AUSTRALIA	English-100	RPT		G	Y	Y
2019-04-18	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 23	Ben and Joel are using everyday pantry items in a particular way to create flavour 'boosters' for their dishes. Simple dressings, spice mixes and sauces can all be made better.	AUSTRALIA	English-100				PG	
2019-04-18	0830	Worst Cooks In America	Hawaiian Pig And A Poke	Anne and Rachael play a unique taste and describe game with the celebrity recruits in order to introduce them to unique tropical flavours. The mentors then demonstrate Hawaiian poke and pork dishes.	USA	English-100				PG	
2019-04-18	0930	One World Kitchen	Balancing Sweet With Savoury	Host Lisa Nguyen combines fruit with savoury flavours in four classic Vietnamese dishes, including Sour Fish Soup and Pomelo and Crab Salad.	CANADA	English-100				PG	
2019-04-18	1000	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 43	Ben and Rhys make their final stop on the food crawl at Maq01, a brand new hotel in Hobart which has many stories behind it.	AUSTRALIA	English-100				G	

2019-04-18	1030	Paul And Nick's Big Canadian Food Trip	Eaton	Paul Rankin and Nick Nairn are on a culinary road trip in Canada exploring their shared Ulster Scots heritage. This week they're in the city of Toronto, once nicknamed the Belfast of Canada.	IRELAND	English-100					
2019-04-18	1100	Paul And Nick's Big Canadian Food Trip	St. John	Paul Rankin and Nick Nairn continue on their culinary road trip in Canada. They're in the province of New Brunswick, cooking for an Ulster Scot descendant whose ancestors settled on an island.	IRELAND	English-100					
2019-04-18	1130	Heston's Great British Food	Pies	Heston pays homage to British classic - the pie - and serves his pie banquet to a select group of British pie-makers, 100 feet in the air over the East End of London.	UNITED KINGDOM	English-100	RPT	PG		Y	
2019-04-18	1230	United Plates Of America	United Plates Of America Series 2 Ep 4	We visit some inspiring restaurants in the Rust Belt. We kick off in beautiful Detroit, we meet a local foodie and try some hipster fare.	USA	English-100			G		
2019-04-18	1300	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with Brussels Sprouts and Avocados. Enjoy their warm winter take on the much maligned Sprout and take a trip back to the seventies with Simon's Avocado Ice Cream.	AUSTRALIA	English-100			G		
2019-04-18	1330	Worst Cooks In America	Hawaiian Pig And A Poke	Anne and Rachael play a unique taste and describe game with the celebrity recruits in order to introduce them to unique tropical flavours. The mentors then demonstrate Hawaiian poke and pork dishes.	USA	English-100			PG		
2019-04-18	1430	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			G		
2019-04-18	1500	One World Kitchen	Banquet Fit For An Emperor, A	Vietnamese expert Lisa Nguyen takes us back in time with Spicy Hue Beef Noodle Soup and other recipes that are fit for a royal dinner party.	CANADA	English-100			PG		
2019-04-18	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 44	Ben and the crew begin a journey into the Tarkine, the dense, rugged rainforest in Tasmania's west.	AUSTRALIA	English-100			G		
2019-04-18	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, diving for abalone, and a visit to Maggie Beer in South Australia.	AUSTRALIA	English-100	RPT		G		
2019-04-18	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 13	This Spanish chef is mixing tropical produce with global cuisine, dishing up an exotic Asian beef sala, an Italian angel hair pasta with scallops and a beautiful French pineapple tart tartin.	AUSTRALIA	English-100			G		
2019-04-18	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 24	Ben is cooking comfort food, moorish, sweet, salty and textural. These dishes combine technique and a mixture of ingredients that are greater than the sum of their parts.	AUSTRALIA	English-100			PG		
2019-04-18	1730	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100			G		
2019-04-18	1800	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			G		
2019-04-18	1830	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 4	Continuing through China, Luke journeys to Xishuangbana, where China meets Southeast Asia, to experience Dai culture and cuisines and try the acquired tastes of the tea horse trail.	AUSTRALIA	English-100	RPT	G		Y	Y
2019-04-18	1900	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 5	Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making Mohinga.	AUSTRALIA	English-100	RPT	G		Y	
2019-04-18	1930	Rick Stein's Mediterranean Escapes	Morocco And Turkey	In Morocco, Rick enjoys couscous and tucks into the tagines and mint tea found in the bazaars. His Mediterranean travels end in Turkey, where he feasts on kebabs and lahmacun.	UNITED KINGDOM	English-100	RPT	G		Y	

2019-04-18	2030	The Wine Show	Wine Show Series 1 Ep 2, The	The boys travel to Montalcino to meet a Super Tuscan called Cinzano, where they crash his vintage Fiat 500. Wine expert Joe Fattorini heads to Chile to find out if Gregorian chant can affect the wine.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-04-18	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			
2019-04-18	2130	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G	
2019-04-18	2200	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G	
2019-04-18	2230	United Plates Of America	United Plates Of America Series 2 Ep 5	We head into the hot American desert to try some scrumptious food. We kick off in beautiful Scottsdale Arizona. We try some Cuban food at the magnificent Scott Resort.	USA	English-100		G	

2019-04-18	2300	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 4	Continuing through China, Luke journeys to Xishuangbana, where China meets Southeast Asia, to experience Dai culture and cuisines and try the acquired tastes of the tea horse trail.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-18	2330	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 5	Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making Mohinga.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-18	2400	Worst Cooks In America	Oktoberfest Feast	In the spirit of Oktoberfest, Anne and Rachael have their teams cook a traditional wiener schnitzel - but in a relay-race while playing beer pong.	USA	English-100		PG		
2019-04-18	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 24	Ben is cooking comfort food, moorish, sweet, salty and textural. These dishes combine technique and a mixture of ingredients that are greater than the sum of their parts.	AUSTRALIA	English-100		PG		
2019-04-18	2530	Rick Stein's Mediterranean Escapes	Morocco And Turkey	In Morocco, Rick enjoys couscous and tucks into the tagines and mint tea found in the bazaars. His Mediterranean travels end in Turkey, where he feasts on kebabs and lahmacun.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-04-18	2630	The Wine Show	Wine Show Series 1 Ep 2, The	The boys travel to Montalcino to meet a Super Tuscan called Cinzano, where they crash his vintage Fiat 500. Wine expert Joe Fattorini heads to Chile to find out if Gregorian chant can affect the wine.	UNITED KINGDOM	English-100	RPT	PG	Y	
2019-04-18	2730	United Plates Of America	United Plates Of America Series 2 Ep 5	We head into the hot American desert to try some scrumptious food. We kick off in beautiful Scottsdale Arizona. We try some Cuban food at the magnificent Scott Resort.	USA	English-100		G		
2019-04-18	2800	One World Kitchen	Banquet Fit For An Emperor, A	Vietnamese expert Lisa Nguyen takes us back in time with Spicy Hue Beef Noodle Soup and other recipes that are fit for a royal dinner party.	CANADA	English-100		PG		
2019-04-18	2830	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 44	Ben and the crew begin a journey into the Tarkine, the dense, rugged rainforest in Tasmania's west.	AUSTRALIA	English-100		G		
2019-04-19	0500	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, diving for abalone, and a visit to Maggie Beer in South Australia.	AUSTRALIA	English-100	RPT	G		
2019-04-19	0530	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 13	This Spanish chef is mixing tropical produce with global cuisine, dishing up an exotic Asian beef sala, an Italian angel hair pasta with scallops and a beautiful French pineapple tart tartin.	AUSTRALIA	English-100		G		
2019-04-19	0600	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G		
2019-04-19	0630	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		G		
2019-04-19	0700	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 4	Continuing through China, Luke journeys to Xishuangbana, where China meets Southeast Asia, to experience Dai culture and cuisines and try the acquired tastes of the tea horse trail.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-19	0730	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 5	Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making Mohinga.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-19	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 24	Ben is cooking comfort food, moorish, sweet, salty and textural. These dishes combine technique and a mixture of ingredients that are greater than the sum of their parts.	AUSTRALIA	English-100		PG		
2019-04-19	0830	Worst Cooks In America	Oktoberfest Feast	In the spirit of Oktoberfest, Anne and Rachael have their teams cook a traditional wiener schnitzel - but in a relay-race while playing beer pong.	USA	English-100		PG		
2019-04-19	0930	One World Kitchen	Banquet Fit For An Emperor, A	Vietnamese expert Lisa Nguyen takes us back in time with Spicy Hue Beef Noodle Soup and other recipes that are fit for a royal dinner party.	CANADA	English-100		PG		

2019-04-19	1000	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 44	Ben and the crew begin a journey into the Tarkine, the dense, rugged rainforest in Tasmania's west.	AUSTRALIA	English-100		G		
2019-04-19	1030	Rick Stein's Mediterranean Escapes	Morocco And Turkey	In Morocco, Rick enjoys couscous and tucks into the tagines and mint tea found in the bazaars. His Mediterranean travels end in Turkey, where he feasts on kebabs and lahmacun.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-04-19	1130	The Wine Show	Wine Show Series 1 Ep 2, The	The boys travel to Montalcino to meet a Super Tuscan called Cinzano, where they crash his vintage Fiat 500. Wine expert Joe Fattorini heads to Chile to find out if Gregorian chant can affect the wine.	UNITED KINGDOM	English-100	RPT	PG	Y	
2019-04-19	1230	United Plates Of America	United Plates Of America Series 2 Ep 5	We head into the hot American desert to try some scrumptious food. We kick off in beautiful Scottsdale Arizona. We try some Cuban food at the magnificent Scott Resort.	USA	English-100		G		
2019-04-19	1300	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G		
2019-04-19	1330	Worst Cooks In America	Oktoberfest Feast	In the spirit of Oktoberfest, Anne and Rachael have their teams cook a traditional wiener schnitzel - but in a relay-race while playing beer pong.	USA	English-100		PG		
2019-04-19	1430	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		G		
2019-04-19	1500	One World Kitchen	Lebanese Culinary Favourites	Host Jasmin Ibrahim cooks up popular Lebanese dishes, including a mouth-watering, decadent cheese pastry smothered in sweet syrup.	CANADA	English-100		PG		
2019-04-19	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 45	Ben and Joel throw a Mexican twist onto a scrambled eggs dish.	AUSTRALIA	English-100		G	Y	
2019-04-19	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, fishing for sardines and anchovies, and a look at an electric samovar.	AUSTRALIA	English-100	RPT	G		
2019-04-19	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G		
2019-04-19	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 25	Joel are focusing on your greens, infusing flavour and making it easier for you get a healthy serve of the nutrient packed ingredients into your diet.	AUSTRALIA	English-100		PG		
2019-04-19	1730	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100		G		
2019-04-19	1800	Outback Gourmet	Outback Gourmet Series 1 Ep 5	Justine prepares a dish showcasing products from a local family run mango farm, followed by a visit to the pristine Berry Springs Nature Park, and catches up with Radek Zalsky at Wharf One.	AUSTRALIA	English-100		PG		
2019-04-19	1830	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 6	Luke Nguyen ventures to the Shan State where entire villages and kilometres of tomato farms float upon Inle Lake. There he experiences the warm hospitality of the Shan people.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-19	1900	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 7	Luke hikes to the hill tribe villages of the Shan State and the township of Keng Tung, where he cooks some unusual delicacies and local marketplace favourites.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-19	1930	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		PG		
2019-04-19	2000	Late Nite Eats	Nashville	Jordan's journey takes a turn full south with a trip to Music City. While Nashville may be best known for its music, it's next known for its mouthwatering cuisine.	USA	English-100		PG		

2019-04-19	2030	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100		G		
2019-04-19	2100	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G		
2019-04-19	2130	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100		G		
2019-04-19	2200	The Cook And The Chef	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100		G		
2019-04-19	2230	United Plates Of America	United Plates Of America Series 2 Ep 6	We check out what food the Bay Area has to offer. We catch up with a local FM morning radio host and try some local fare in Palo Alto.	USA	English-100		G		
2019-04-19	2300	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 6	Luke Nguyen ventures to the Shan State where entire villages and kilometres of tomato farms float upon Inle Lake. There he experiences the warm hospitality of the Shan people.	AUSTRALIA	English-100	RPT	G		Y
2019-04-19	2330	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 7	Luke hikes to the hill tribe villages of the Shan State and the township of Keng Tung, where he cooks some unusual delicacies and local marketplace favourites.	AUSTRALIA	English-100	RPT	G		Y Y
2019-04-19	2400	Worst Cooks In America	Booooot Camp!	Anne and Rachael have some scary things in store for this week's Halloween-themed Boot Camp - but first the celebrities must make unique monster Bloody Mary's.	USA	English-100		PG		
2019-04-19	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 25	Joel are focusing on your greens, infusing flavour and making it easier for you get a healthy serve of the nutrient packed ingredients into your diet.	AUSTRALIA	English-100		PG		
2019-04-19	2530	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		PG		
2019-04-19	2600	Late Nite Eats	Nashville	Jordan's journey takes a turn full south with a trip to Music City. While Nashville may be best known for its music, it's next known for its mouthwatering cuisine.	USA	English-100		PG		
2019-04-19	2630	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100		G		
2019-04-19	2700	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G		
2019-04-19	2730	United Plates Of America	United Plates Of America Series 2 Ep 6	We check out what food the Bay Area has to offer. We catch up with a local FM morning radio host and try some local fare in Palo Alto.	USA	English-100		G		
2019-04-19	2800	One World Kitchen	Lebanese Culinary Favourites	Host Jasmin Ibrahim cooks up popular Lebanese dishes, including a mouth-watering, decadent cheese pastry smothered in sweet syrup.	CANADA	English-100		PG		
2019-04-19	2830	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 45	Ben and Joel throw a Mexican twist onto a scrambled eggs dish.	AUSTRALIA	English-100		G		Y
2019-04-20	0500	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, fishing for sardines and anchovies, and a look at an electric samovar.	AUSTRALIA	English-100	RPT	G		

2019-04-20	0530	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G		
2019-04-20	0600	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100		G		
2019-04-20	0630	Outback Gourmet	Outback Gourmet Series 1 Ep 5	Justine prepares a dish showcasing products from a local family run mango farm, followed by a visit to the pristine Berry Springs Nature Park, and catches up with Radek Zalsky at Wharf One.	AUSTRALIA	English-100		PG		
2019-04-20	0700	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 6	Luke Nguyen ventures to the Shan State where entire villages and kilometres of tomato farms float upon Inle Lake. There he experiences the warm hospitality of the Shan people.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-20	0730	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 7	Luke hikes to the hill tribe villages of the Shan State and the township of Keng Tung, where he cooks some unusual delicacies and local marketplace favourites.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-20	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 25	Joel are focusing on your greens, infusing flavour and making it easier for you get a healthy serve of the nutrient packed ingredients into your diet.	AUSTRALIA	English-100		PG		
2019-04-20	0830	Worst Cooks In America	Booooot Camp!	Anne and Rachael have some scary things in store for this week's Halloween-themed Boot Camp - but first the celebrities must make unique monster Bloody Mary's.	USA	English-100		PG		
2019-04-20	0930	One World Kitchen	Lebanese Culinary Favourites	Host Jasmin Ibrahim cooks up popular Lebanese dishes, including a mouth-watering, decadent cheese pastry smothered in sweet syrup.	CANADA	English-100		PG		
2019-04-20	1000	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 45	Ben and Joel throw a Mexican twist onto a scrambled eggs dish.	AUSTRALIA	English-100		G		Y
2019-04-20	1030	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		PG		
2019-04-20	1100	Late Nite Eats	Nashville	Jordan's journey takes a turn full south with a trip to Music City. While Nashville may be best known for its music, it's next known for its mouthwatering cuisine.	USA	English-100		PG		
2019-04-20	1130	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100		G		
2019-04-20	1200	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G		
2019-04-20	1230	United Plates Of America	United Plates Of America Series 2 Ep 6	We check out what food the Bay Area has to offer. We catch up with a local FM morning radio host and try some local fare in Palo Alto.	USA	English-100		G		
2019-04-20	1300	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100		G		
2019-04-20	1330	Outback Gourmet	Outback Gourmet Series 1 Ep 5	Justine prepares a dish showcasing products from a local family run mango farm, followed by a visit to the pristine Berry Springs Nature Park, and catches up with Radek Zalsky at Wharf One.	AUSTRALIA	English-100		PG		
2019-04-20	1400	Worst Cooks In America	Booooot Camp!	Anne and Rachael have some scary things in store for this week's Halloween-themed Boot Camp - but first the celebrities must make unique monster Bloody Mary's.	USA	English-100		PG		
2019-04-20	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		PG		

2019-04-20	1500	Dinner Date	Andrew Hayden-Smith	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
2019-04-20	1600	United Plates Of America	New York - Melting Pot Of Food	The Statue Liberty has welcomed millions of immigrants from all over the world to New York, creating a melting pot of different cultures.	USA	English-100	PG
2019-04-20	1630	United Plates Of America	Los Angeles - Healthy Food	Los Angeles is not only the centre of the world's biggest film and television industry, it is also the leader in setting trends.	USA	English-100	PG
2019-04-20	1700	The Cook And The Chef	Old Favourites	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100	G
2019-04-20	1730	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100	G
2019-04-20	1800	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100	PG
2019-04-20	1830	Big Food Rescue	Big Food Rescue Series 1 Ep 5	Looking to expand the charity set up by David and Robin to try and change the food habits of Britain, the search is on for a second depot.	UNITED KINGDOM	English-100	G
2019-04-20	1930	The Travelling Chef	Travelling Chef Series 3, The Ep 3	Brett heads to Chiang Rai in the extreme north of Thailand. He takes a spectacular zip line ride across the tea plantations and indulges in local northern Thai flavours at the local markets.	NEW ZEALAND	English-100	
2019-04-20	2000	The Travelling Chef	Travelling Chef Series 3, The Ep 4	Brett journeys to Perth, Western Australia and forages for ancient aboriginal flavours. He heads south to Margaret River and takes on a surfing chef at his own game.	NEW ZEALAND	English-100	
2019-04-20	2030	Dinner Date	Jerome	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

2019-04-20	2130	Destination Flavour	Destination Flavour Series 1 Episode 5	Adam finds Tasmania's freshest oysters and two of the Hobart's most intriguing cafes, Renee samples truffles and marron in WA, while Lily joins top Sydney caterer Peter McClosky.	AUSTRALIA	English-100	RPT	G	Y
2019-04-20	2200	Destination Flavour	Destination Flavour Series 1 Episode 6	Lily finds a two-hatted family-run restaurant in Bellingen, Renee gets a taste for real 'nose to tail' eating in Perth, and Adam heads to Kangaroo Island for some 'lamb ham'.	AUSTRALIA	English-100	RPT	G	Y
2019-04-20	2230	The Cook And The Chef	Old Favourites	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100		G	
2019-04-20	2300	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100		G	
2019-04-20	2330	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100		PG	
2019-04-20	2400	Say It To My Face	Health Hazard Pizza	Ramy Abdh and Damon Tavis are the owners and best friends of Uncle Red's Pizza place in Bellflower, CA. They thought that opening up a pizza place would be the perfect way to break free.	USA	English-100		PG	
2019-04-20	2500	Big Food Rescue	Big Food Rescue Series 1 Ep 5	Looking to expand the charity set up by David and Robin to try and change the food habits of Britain, the search is on for a second depot.	UNITED KINGDOM	English-100		G	
2019-04-20	2600	The Travelling Chef	Travelling Chef Series 3, The Ep 3	Brett heads to Chiang Rai in the extreme north of Thailand. He takes a spectacular zip line ride across the tea plantations and indulges in local northern Thai flavours at the local markets.	NEW ZEALAND	English-100			

2019-04-20	2630	The Travelling Chef	Travelling Chef Series 3, The Ep 4	Brett journeys to Perth, Western Australia and forages for ancient aboriginal flavours. He heads south to Margaret River and takes on a surfing chef at his own game.	NEW ZEALAND	English-100			
2019-04-20	2700	Dinner Date	Jerome	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	
2019-04-20	2800	Destination Flavour	Destination Flavour Series 1 Episode 5	Adam finds Tasmania's freshest oysters and two of the Hobart's most intriguing cafes, Renee samples truffles and marron in WA, while Lily joins top Sydney caterer Peter McClosky.	AUSTRALIA	English-100	RPT	G	Y
2019-04-20	2830	Destination Flavour	Destination Flavour Series 1 Episode 6	Lily finds a two-hatted family-run restaurant in Bellingen, Renee gets a taste for real 'nose to tail' eating in Perth, and Adam heads to Kangaroo Island for some 'lamb ham'.	AUSTRALIA	English-100	RPT	G	Y