



WEEK 16: Sunday, 12 April - Saturday, 18 April 2020 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-04-12	0500	Secret Meat Business	Secret Meat Business Series 1 Ep 3	Adrian serves up his twist on the classic Australian takeaway, the meat pie floater and his families Austrian style recipe for pork with crackling.	AUSTRALIA	English-100		G	
2020-04-12	0530	Secret Meat Business	Secret Meat Business Series 1 Ep 4	Taking influence from his childhood, Adrian creates a Malaysian feast featuring beef rendang and crisp fried pigs head.	AUSTRALIA	English-100		G	
2020-04-12	0600	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
2020-04-12	0630	The Best In Australia	Best Picnic Terrine And The Best Savoury Tart, The	Ben, Anna, and Darren compete for the titles of The Best Picnic Terrine and The Best Savoury Tart in Australia.	AUSTRALIA	English-100		PG	
2020-04-12	0730	Rachel Khoo: My Swedish Kitchen	Forest Sets The Flavour, The	As autumn approaches Rachel heads into the woods in search of mushrooms. The foraged forest mushrooms become the base for a Scandinavian-style mushroom risotto, using pearl barley instead of rice.	UNITED KINGDOM	English-100		PG	
2020-04-12	0800	Rachel Khoo: My Swedish Kitchen	Swedish House Man's Food	Rachel picks kale from the west coast, and continues to the only large-scale tomato farm in Sweden. In her cabin, she makes butternut squash waffles and a mixed cherry tomato salad with crispy bacon.	UNITED KINGDOM	English-100		PG	
2020-04-12	0830	Cheese Slices	Spain - Traditional Galician Cheese	Galicia is known as 'Green Spain' and its high rainfall is perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past.	AUSTRALIA	English-100		G	
2020-04-12	0900	Cheese Slices	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100		G	
2020-04-12	0930	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
2020-04-12	1000	Bake With Anna Olson	Sticky Buns	Sticky buns are a bakery staple, made from yeast dough and baked with sweet, sticky ingredients. Starting with classic cinnamon sticky buns, Anna shares her trade secrets on baking the perfect bun.	CANADA	English-100		G	
2020-04-12	1030	Bake With Anna Olson	Drop Cookies	Anna creates a variety of drop cookies, popular with kids and grown-up kids. She starts with everybody's favourite - the classic chocolate chip cookie.	CANADA	English-100		G	
2020-04-12	1100	Bake With Anna Olson	Cake Cookies	Exactly as they sound, cake cookies are soft and moist like a cake, but you bake them on a tray like a traditional cookie. Anna demonstrates the cake-like batter and how to achieve the best results.	CANADA	English-100		G	
2020-04-12	1130	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G	
2020-04-12	1200	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
2020-04-12	1230	The Best In Australia	Best Picnic Terrine And The Best Savoury Tart, The	Ben, Anna, and Darren compete for the titles of The Best Picnic Terrine and The Best Savoury Tart in Australia.	AUSTRALIA	English-100		PG	
2020-04-12	1330	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
2020-04-12	1400	Saturday Kitchen	Saturday Kitchen Series 2 Ep 6	Pop star Ronan Keating faces the heaven or hell challenge as he contemplates the proliferation of beetroot in burgers.	UNITED KINGDOM	English-100		G	

2020-04-12	1500	Secret Meat Business	Secret Meat Business Series 1 Ep 5	Adrian shares his twist on the classic Mexican celebratory dish mole poblano.	AUSTRALIA	English-100		G	
2020-04-12	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 6	Adrian shares what he believes is the perfect recipe for Texan spicy ribs. Later, Adrian continues on the theme of spice with a Moroccan tagine.	AUSTRALIA	English-100		PG	
2020-04-12	1600	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100		G	
2020-04-12	1630	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100		G	
2020-04-12	1700	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G	
2020-04-12	1730	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 2	Ameer El-Issa's presents his famous Middle-Eastern treat knafeh, acclaimed French pastry chef Vincent Gaden showcases chocolate balls three-ways, and Italian chef Paolo Gatto makes a Sicilian bricohe.	AUSTRALIA	English-100		PG	
2020-04-12	1830	Asia Unplated With Diana Chan	Japanese	Diana shares her recipe for okonomiyaki, and is joined by executive chef Daisuke Miyake from restaurant Shinoki to cook kaburamushi, a dish of steamed turnip with snapper.	AUSTRALIA	English-100		G	
2020-04-12	1900	Bonacini's Italy	Basilicata	Chef Michael Bonacini explores the mountainous region of Basilicata. He serves a feast fit for any celebration, beginning with an antipasto that caters to the region's southern heat.	CANADA	English-100		PG	
2020-04-12	1930	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 1	The first stop on the Ainsley's Australian Market Menu is Willunga, a bustling farmers market in a charming, little town in South Australia.	AUSTRALIA	English-100	RPT	G	Y
2020-04-12	2030	Jonathan Phang's Gourmet Express	Penang To Bangkok	In George Town, the historic capital of the Malaysian state of Penang, Jonathan explores a Sunday morning market and ends up buying a 100 year-old egg which he eats back on the train.	UNITED KINGDOM	English-100	RPT	G	Y
2020-04-12	2130	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 1	Chef Gino D'Acampo begins his second Italian Escape in beautiful Florence. He's on a mission to examine the food that has shaped this Renaissance city.	UNITED KINGDOM	English-100		G	
2020-04-12	2200	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-04-12	2230	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
2020-04-12	2330	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 2	Ameer El-Issa's presents his famous Middle-Eastern treat knafeh, acclaimed French pastry chef Vincent Gaden showcases chocolate balls three-ways, and Italian chef Paolo Gatto makes a Sicilian bricohe.	AUSTRALIA	English-100		PG	
2020-04-12	2430	Asia Unplated With Diana Chan	Japanese	Diana shares her recipe for okonomiyaki, and is joined by executive chef Daisuke Miyake from restaurant Shinoki to cook kaburamushi, a dish of steamed turnip with snapper.	AUSTRALIA	English-100		G	
2020-04-12	2500	Bonacini's Italy	Basilicata	Chef Michael Bonacini explores the mountainous region of Basilicata. He serves a feast fit for any celebration, beginning with an antipasto that caters to the region's southern heat.	CANADA	English-100		PG	
2020-04-12	2530	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 1	The first stop on the Ainsley's Australian Market Menu is Willunga, a bustling farmers market in a charming, little town in South Australia.	AUSTRALIA	English-100	RPT	G	Y
2020-04-12	2630	Jonathan Phang's Gourmet Express	Penang To Bangkok	In George Town, the historic capital of the Malaysian state of Penang, Jonathan explores a Sunday morning market and ends up buying a 100 year-old egg which he eats back on the train.	UNITED KINGDOM	English-100	RPT	G	Y
2020-04-12	2730	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 1	Chef Gino D'Acampo begins his second Italian Escape in beautiful Florence. He's on a mission to examine the food that has shaped this Renaissance city.	UNITED KINGDOM	English-100		G	
2020-04-12	2800	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y

2020-04-12	2830	Secret Meat Business	Secret Meat Business Series 1 Ep 5	Adrian shares his twist on the classic Mexican celebratory dish mole poblano.	AUSTRALIA	English-100		G	
2020-04-13	0500	Secret Meat Business	Secret Meat Business Series 1 Ep 6	Adrian shares what he believes is the perfect recipe for Texan spicy ribs. Later, Adrian continues on the theme of spice with a Moroccan tagine.	AUSTRALIA	English-100		PG	
2020-04-13	0530	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 1	The first stop on the Ainsley's Australian Market Menu is Willunga, a bustling farmers market in a charming, little town in South Australia.	AUSTRALIA	English-100	RPT	G	Y
2020-04-13	0630	Jonathan Phang's Gourmet Express	Penang To Bangkok	In George Town, the historic capital of the Malaysian state of Penang, Jonathan explores a Sunday morning market and ends up buying a 100 year-old egg which he eats back on the train.	UNITED KINGDOM	English-100	RPT	G	Y
2020-04-13	0730	Bonacini's Italy	Basilicata	Chef Michael Bonacini explores the mountainous region of Basilicata. He serves a feast fit for any celebration, beginning with an antipasto that caters to the region's southern heat.	CANADA	English-100		PG	
2020-04-13	0800	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-04-13	0830	Secret Meat Business	Secret Meat Business Series 1 Ep 5	Adrian shares his twist on the classic Mexican celebratory dish mole poblano.	AUSTRALIA	English-100		G	
2020-04-13	0900	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 2	Ameer El-Issa's presents his famous Middle-Eastern treat knafeh, acclaimed French pastry chef Vincent Gaden showcases chocolate balls three-ways, and Italian chef Paolo Gatto makes a Sicilian bricohe.	AUSTRALIA	English-100		PG	
2020-04-13	1000	Bake With Anna Olson	Biscotti	Anna shares her recipes for biscotti, which translates from Italian to mean twice baked. From classic, crunchy biscotti to a more tender version, Anna shares everything you need to know.	CANADA	English-100		G	
2020-04-13	1030	Bake With Anna Olson	Italian Meringue	Italian meringue is made from whipping egg whites and pouring in boiled sugar, giving the meringue strength and structure to be used in many ways.	CANADA	English-100		G	
2020-04-13	1100	Bake With Anna Olson	Sponge Cakes	Light and airy, sponge cakes embody that great balance of technique and creativity and this lesson shows how limitless the options are.	CANADA	English-100		G	
2020-04-13	1130	Lyndey Milan's Baking Secrets	Heartwarmers	Lyndey is pulling at the heartstrings in this episode as she delves into some classic recipes, including the Australian classic Lamington, and giving them a Lyndey Milan shake-up.	AUSTRALIA	English-100		G	
2020-04-13	1200	Asia Unplated With Diana Chan	Japanese	Diana shares her recipe for okonomiyaki, and is joined by executive chef Daisuke Miyake from restaurant Shinoki to cook kaburamushi, a dish of steamed turnip with snapper.	AUSTRALIA	English-100		G	
2020-04-13	1230	Bonacini's Italy	Basilicata	Chef Michael Bonacini explores the mountainous region of Basilicata. He serves a feast fit for any celebration, beginning with an antipasto that caters to the region's southern heat.	CANADA	English-100		PG	
2020-04-13	1300	Secret Meat Business	Secret Meat Business Series 1 Ep 6	Adrian shares what he believes is the perfect recipe for Texan spicy ribs. Later, Adrian continues on the theme of spice with a Moroccan tagine.	AUSTRALIA	English-100		PG	
2020-04-13	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 61	Ben is at the Providore Place Market, where he will be making some delicious breakfast tacos. 80 kilometres north-east of Gladstone, Queensland, Ben is on Herron Island.	AUSTRALIA	English-100		G	
2020-04-13	1400	Oliver's Twist	Painting Party	As a thank you to the hardworking pals who helped redecorate his kitchen, Jamie makes them the perfect paella.	UNITED KINGDOM	English-100		G	
2020-04-13	1430	The Chefs' Line	Lebanese	The home cooks this week share a love for Lebanese food. They'll compete against Apprentice Chef Jonathon lim, who didn't have any knowledge of Lebanese cuisine before starting at Nour.	AUSTRALIA	English-100	RPT	PG	Y
2020-04-13	1500	Mercurio's Menu	Adelaide Hills	Paul visits the the Adelaide Hills which proves to be a perfect location to relax and regenerate. With towns such as Hahndorf and Lobethal comes an abundance of fresh local produce.	AUSTRALIA	English-100		PG	

2020-04-13	1530	Pati's Mexican Table	La Paz The Heart Of Baja Sur	Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters.	USA	English-100	G
2020-04-13	1600	New Scandinavian Cooking	Arctic Food	Onboard a research vessel Andreas makes a lightly cured cod with beetroot and anise, he cooks freshly caught cod and serves it with charred leek, and back on the island he makes crispy seared cod.	NORWAY	English-100	PG
2020-04-13	1630	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100	G
2020-04-13	1700	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100	G
2020-04-13	1730	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 7	Donal uses soy sauce, fish sauce and Tabasco sauce, among other things, to make Nasi Goreng, meatballs with linguine, and delicately spiced chicken which he cooks on location at Bloom with Arun Kapil, a spice importer and blender.	IRELAND	English-100	PG
2020-04-13	1800	Food Factory USA	Pie Eyed	Explore the production of Necco candy wafers that have been around since 1847, an English pork pie company turning out thousands of steak and ale pies, and GinsengUp sodas, made with an ancient root.	USA	English-100	
2020-04-13	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 21	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	PG
2020-04-13	1900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 22	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	PG
2020-04-13	1930	Hayden Quinn's South Africa	Hermanus	Hayden passes through the apple and pear groves of Elgin, before making his way to cook on the shoreline of the Whale Coast capital, Hermanus. Hayden meets up with country cook Mariana Esterhuizen.	SOUTH AFRICA	English-100	G
2020-04-13	2000	Hayden Quinn's South Africa	Knysna	In this exhilarating episode, Hayden visits The Big Tree and puts his fear of heights to the test by ziplining through the treetops of Tsitsikamma. Hayden treks through the Knysna forests.	SOUTH AFRICA	English-100	G
2020-04-13	2030	Gino's Italian Escape	Southern Sardinia	Gino is back on the road again, leaving the mountains and heading south to the coast and the capital of Sardinia. On his way he takes a fishing trip.	UNITED KINGDOM	English-100	PG
2020-04-13	2100	Gino's Italian Escape	Sicily Street Food	Gino says arrivederci to Sardinia and arrives in the capital city of Sicily - Palermo. Home of the mafia, a vibrant street food culture and rich history, this portside city stops Gino in his tracks.	UNITED KINGDOM	English-100	PG
2020-04-13	2130	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100	G
2020-04-13	2200	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100	G
2020-04-13	2230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 21	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	PG
2020-04-13	2300	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 22	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	PG
2020-04-13	2330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 7	Donal uses soy sauce, fish sauce and Tabasco sauce, among other things, to make Nasi Goreng, meatballs with linguine, and delicately spiced chicken which he cooks on location at Bloom with Arun Kapil, a spice importer and blender.	IRELAND	English-100	PG
2020-04-13	2400	Food Factory USA	Pie Eyed	Explore the production of Necco candy wafers that have been around since 1847, an English pork pie company turning out thousands of steak and ale pies, and GinsengUp sodas, made with an ancient root.	USA	English-100	
2020-04-13	2430	The Chefs' Line	Lebanese	The home cooks this week share a love for Lebanese food. They'll compete against Apprentice Chef Jonathon lim, who didn't have any knowledge of Lebanese cuisine before starting at Nour.	AUSTRALIA	English-100	RPT PG Y

2020-04-13	2500	Mercurio's Menu	Adelaide Hills	Paul visits the the Adelaide Hills which proves to be a perfect location to relax and regenerate. With towns such as Hahndorf and Lobethal comes an abundance of fresh local produce.	AUSTRALIA	English-100			PG	
2020-04-13	2530	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 10	It's the last of the Professional MasterChef heats, as six new and ambitious chefs set out to prove they have what it takes to win the coveted title.	UNITED KINGDOM	English-100			PG	
2020-04-13	2635	Hayden Quinn's South Africa	Hermanus	Hayden passes through the apple and pear groves of Elgin, before making his way to cook on the shoreline of the Whale Coast capital, Hermanus. Hayden meets up with country cook Mariana Esterhuizen.	SOUTH AFRICA	English-100			G	
2020-04-13	2705	Hayden Quinn's South Africa	Knysna	In this exhilarating episode, Hayden visits The Big Tree and puts his fear of heights to the test by ziplining through the treetops of Tsitsikamma. Hayden treks through the Knysna forests.	SOUTH AFRICA	English-100			G	
2020-04-13	2735	Gino's Italian Escape	Southern Sardinia	Gino is back on the road again, leaving the mountains and heading south to the coast and the capital of Sardinia. On his way he takes a fishing trip.	UNITED KINGDOM	English-100			PG	
2020-04-13	2800	Gino's Italian Escape	Sicily Street Food	Gino says arrivederci to Sardinia and arrives in the capital city of Sicily - Palermo. Home of the mafia, a vibrant street food culture and rich history, this portside city stops Gino in his tracks.	UNITED KINGDOM	English-100			PG	
2020-04-13	2830	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 61	Ben is at the Providore Place Market, where he will be making some delicious breakfast tacos. 80 kilometres north-east of Gladstone, Queensland, Ben is on Herron Island.	AUSTRALIA	English-100			G	
2020-04-14	0500	Oliver's Twist	Painting Party	As a thank you to the hardworking pals who helped redecorate his kitchen, Jamie makes them the perfect paella.	UNITED KINGDOM	English-100			G	
2020-04-14	0530	The Chefs' Line	Lebanese	The home cooks this week share a love for Lebanese food. They'll compete against Apprentice Chef Jonathon lim, who didn't have any knowledge of Lebanese cuisine before starting at Nour.	AUSTRALIA	English-100	RPT		PG	Y
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2020-04-14	1000	Food Factory USA	Pie Eyed	Explore the production of Necco candy wafers that have been around since 1847, an English pork pie company turning out thousands of steak and ale pies, and GinsengUp sodas, made with an ancient root.	USA	English-100				
2020-04-14	1030	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 21	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	

2020-04-14	1100	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 22	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-14	1130	Hayden Quinn's South Africa	Hermanus	Hayden passes through the apple and pear groves of Elgin, before making his way to cook on the shoreline of the Whale Coast capital, Hermanus. Hayden meets up with country cook Mariana Esterhuizen.	SOUTH AFRICA	English-100			G	
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2020-04-14	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 62	Ben is at his restaurant CharlotteJack, where he will be making a kingfish crudo with a radish salad. 80 kilometres north-east of Gladstone, Queensland, Ben is on Herron Island.	AUSTRALIA	English-100			PG	
2020-04-14	1400	Oliver's Twist	Scarlet Division	Jamie reunites with his old band, Scarlet Division, for a meal. He cooks up Cheese and Spinach Cannelloni, Grilled Marinated Mushrooms with Gremolata, Caramelised Fruit Kebabs and Caipirinha.	UNITED KINGDOM	English-100			G	
2020-04-14	1430	The Chefs' Line	Lebanese	Watch station chef Lily from Lebanese restaurant Nour go up against three passionate home cooks and chefs. Who will make it to the chefs' line?	AUSTRALIA	English-100	RPT		G	Y
2020-04-14	1500	Mercurio's Menu	NZ Waikato	Paul visits the Waikato Region, located on the North Island of New Zealand. Surrounded by natural beauty, it is a region where the scenery is lush and green, the soil is fertile, and the crops prosper.	AUSTRALIA	English-100			PG	
2020-04-14	1530	Pati's Mexican Table	Road Trippin' With Javier Plascencia	Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero.	USA	English-100			PG	
2020-04-14	1600	New Scandinavian Cooking	Historical Garden	Some of Scandinavia's grandest farms can be found around Norway's largest lake, Mjosa. Andreas visits one of them, Hovelsrud, where he combines innovation, tradition and world class vegetables.	NORWAY	English-100			PG	
2020-04-14	1630	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100			G	
2020-04-14	1700	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100			G	
2020-04-14	1730	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 8	Donal cooks poultry as he heads to Naas, Co. Kildare to chat to one of a growing number of people keeping chickens in Ireland. He meets Charlie Ganly who keeps chickens in his small suburban garden.	IRELAND	English-100			PG	
2020-04-14	1800	Food Factory USA	That's A Wrap	Find out the story behind three US favourites - Bosco chocolate syrup and its blockbuster connection to Hollywood, Maria and Ricardo's flour tortillas, and Mom Made's mac'n'cheese.	USA	English-100				
2020-04-14	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 23	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-14	1900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 24	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-14	1930	Food Safari Earth	Food Safari Earth Series 1 Ep 6	Maeve explores the marvellous abundance of summer vegetables and fruits in dishes from around the world.	AUSTRALIA	English-100	RPT		G	Y
2020-04-14	2000	Loving Gluten Free	Loving Gluten Free Series 1 Ep 6	Just because you're living gluten free, doesn't mean you can't enjoy a pile of tasty pancakes. Helen shares a recipe for blueberry buckwheat pancakes, before being joined by food blogger, Jo Whitton.	AUSTRALIA				G	
2020-04-14	2030	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 4	Freddie and Rob continue their road trip in a new vehicle, and it's a beast. Their West Country adventure sees them, rather inadvisably, challenging a family of champion Cornish wrestlers.	UNITED KINGDOM	English-100			PG	

2020-04-14	2130	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100			G	
2020-04-14	2200	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100			G	
2020-04-14	2230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 23	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-14	2300	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 24	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-14	2330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 8	Donal cooks poultry as he heads to Naas, Co. Kildare to chat to one of a growing number of people keeping chickens in Ireland. He meets Charlie Ganly who keeps chickens in his small suburban garden.	IRELAND	English-100			PG	
2020-04-14	2400	Food Factory USA	That's A Wrap	Find out the story behind three US favourites - Bosco chocolate syrup and its blockbuster connection to Hollywood, Maria and Ricardo's flour tortillas, and Mom Made's mac'n'cheese.	USA	English-100				
2020-04-14	2430	The Chefs' Line	Lebanese	Watch station chef Lily from Lebanese restaurant Nour go up against three passionate home cooks and chefs. Who will make it to the chefs' line?	AUSTRALIA	English-100	RPT		G	Y
2020-04-14	2500	Mercurio's Menu	NZ Waikato	Paul visits the Waikato Region, located on the North Island of New Zealand. Surrounded by natural beauty, it is a region where the scenery is lush and green, the soil is fertile, and the crops prosper.	AUSTRALIA	English-100			PG	
2020-04-14	2530	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 11	It's the final heat of Professional MasterChef, and six brand new chefs fight for the last places in the quarter final.	UNITED KINGDOM	English-100			G	
2020-04-14	2635	Food Safari Earth	Food Safari Earth Series 1 Ep 6	Maeve explores the marvellous abundance of summer vegetables and fruits in dishes from around the world.	AUSTRALIA	English-100	RPT		G	Y
2020-04-14	2705	Loving Gluten Free	Loving Gluten Free Series 1 Ep 6	Just because you're living gluten free, doesn't mean you can't enjoy a pile of tasty pancakes. Helen shares a recipe for blueberry buckwheat pancakes, before being joined by food blogger, Jo Whitton.	AUSTRALIA				G	
2020-04-14	2730	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 4	Freddie and Rob continue their road trip in a new vehicle, and it's a beast. Their West Country adventure sees them, rather inadvisably, challenging a family of champion Cornish wrestlers.	UNITED KINGDOM	English-100			PG	
2020-04-14	2830	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 62	Ben is at his restaurant CharlotteJack, where he will be making a kingfish crudo with a radish salad. 80 kilometres north-east of Gladstone, Queensland, Ben is on Herron Island.	AUSTRALIA	English-100			PG	
2020-04-15	0500	Oliver's Twist	Scarlet Division	Jamie reunites with his old band, Scarlet Division, for a meal. He cooks up Cheese and Spinach Cannelloni, Grilled Marinated Mushrooms with Gremolata, Caramelised Fruit Kebabs and Caipirinha.	UNITED KINGDOM	English-100			G	
2020-04-15	0530	The Chefs' Line	Lebanese	Watch station chef Lily from Lebanese restaurant Nour go up against three passionate home cooks and chefs. Who will make it to the chefs' line?	AUSTRALIA	English-100	RPT		G	Y
2020-04-15	0600	Mercurio's Menu	NZ Waikato	Paul visits the Waikato Region, located on the North Island of New Zealand. Surrounded by natural beauty, it is a region where the scenery is lush and green, the soil is fertile, and the crops prosper.	AUSTRALIA	English-100			PG	
2020-04-15	0630	Pati's Mexican Table	Road Trippin' With Javier Plascencia	Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero.	USA	English-100			PG	
2020-04-15	0700	New Scandinavian Cooking	Historical Garden	Some of Scandinavia's grandest farms can be found around Norway's largest lake, Mjosa. Andreas visits one of them, Hovelsrud, where he combines innovation, tradition and world class vegetables.	NORWAY	English-100			PG	
2020-04-15	0730	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100			G	

2020-04-15	0800	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G	
2020-04-15	0830	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 62	Ben is at his restaurant CharlotteJack, where he will be making a kingfish crudo with a radish salad. 80 kilometres north-east of Gladstone, Queensland, Ben is on Herron Island.	AUSTRALIA	English-100		PG	
2020-04-15	0900	Oliver's Twist	Scarlet Division	Jamie reunites with his old band, Scarlet Division, for a meal. He cooks up Cheese and Spinach Cannelloni, Grilled Marinated Mushrooms with Gremolata, Caramelised Fruit Kebabs and Caipirinha.	UNITED KINGDOM	English-100		G	
2020-04-15	0930	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 8	Donal cooks poultry as he heads to Naas, Co. Kildare to chat to one of a growing number of people keeping chickens in Ireland. He meets Charlie Ganly who keeps chickens in his small suburban garden.	IRELAND	English-100		PG	
2020-04-15	1000	Food Factory USA	That's A Wrap	Find out the story behind three US favourites - Bosco chocolate syrup and its blockbuster connection to Hollywood, Maria and Ricardo's flour tortillas, and Mom Made's mac'n'cheese.	USA	English-100			
2020-04-15	1030	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 23	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-15	1100	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 24	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-15	1130	Food Safari Earth	Food Safari Earth Series 1 Ep 6	Maeve explores the marvellous abundance of summer vegetables and fruits in dishes from around the world.	AUSTRALIA	English-100	RPT	G	Y
2020-04-15	1200	Loving Gluten Free	Loving Gluten Free Series 1 Ep 6	Just because you're living gluten free, doesn't mean you can't enjoy a pile of tasty pancakes. Helen shares a recipe for blueberry buckwheat pancakes, before being joined by food blogger, Jo Whitton.	AUSTRALIA			G	
2020-04-15	1230	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 4	Freddie and Rob continue their road trip in a new vehicle, and it's a beast. Their West Country adventure sees them, rather inadvisably, challenging a family of champion Cornish wrestlers.	UNITED KINGDOM	English-100		PG	
2020-04-15	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 63	Ben is at his restaurant CharlotteJack, where he will be cooking a grilled corn dish over the coals of his hibachi grill.	AUSTRALIA	English-100		PG	
2020-04-15	1400	Oliver's Twist	Bollywood	Jamie throws a Bollywood-style party, treating his guests to a feast of Indian food, including vegetable pie, Indian paneer cheese, papadum bread and lots of tasty dips.	UNITED KINGDOM	English-100		PG	
2020-04-15	1430	The Chefs' Line	Lebanese	Sous chef Ran Kimelfeld takes on two passionate home cooks. He's experimental with food and always knew he wanted to be a chef. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2020-04-15	1500	Mercurio's Menu	Bellarine	Paul visits the Bellarine Peninsula, just over an hours drive from Melbourne where he cooks with lobster caught off Queens Cliff Harbour, free range eggs, fresh bread, and Port Arlington mussels.	AUSTRALIA	English-100		PG	
2020-04-15	1530	Pati's Mexican Table	Godmonth Of Cabo Cuisine, The	Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area.	USA	English-100		G	
2020-04-15	1600	New Scandinavian Cooking	Stockfish And Amber	Niklas visits beautiful Lofoten, a string of islands that stretches into the North Atlantic in Northern Norway. He goes fishing for cod and cooks the fish with inspiring recipes and fiery techniques.	NORWAY	English-100		PG	
2020-04-15	1630	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G	
2020-04-15	1700	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G	
2020-04-15	1730	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 9	Donal goes to the National Botanic Gardens to meet Colm Gibson who runs a scheme on behalf of the Environmental Protection Agency which aims to teach people how to reduce their food wastage.	IRELAND	English-100		PG	

2020-04-15	1800	Food Factory USA	Got Your Goat	Explore the production of Shriver's salt water taffy, Coach Farms goats cheese, and a Massachusetts factory that produces nearly a million thin mints in a single batch.	USA	English-100			
2020-04-15	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 25	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-04-15	1900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 26	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-04-15	1930	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 1 Ep 4	The exceptionally pretty seaside town of Cefalu provides the setting for a fish inspired programme. Enzo and Aldo arrive at the town by fishing boat.	UNITED KINGDOM	English-100			G
2020-04-15	2000	Gourmet Farmer	Gourmet Farmer Series 2 Ep 5	Matthew and Ross receive a request for suckling pig from John Jovanovic, a Serbian man, while manning their Salamanca stall. The pig is to be served at a Sino-Serbian New Year's Feast.	AUSTRALIA	English-100	RPT	G	Y
2020-04-15	2030	Short Cuts To Glory	Meat Feast	Matt lives the caveman dream with meat experts Hayden Quinn, Jill Dupleix, and Anthony Puharich, cooking up pork crackling, roast lamb, and the perfect steak respectively.	AUSTRALIA	English-100			G
2020-04-15	2105	Italian Food Safari	Italian Food Safari Series 1 Ep 6	Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.	AUSTRALIA	English-100	RPT	G	Y
2020-04-15	2135	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100			G
2020-04-15	2205	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100			G
2020-04-15	2235	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 25	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-04-15	2305	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 26	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-04-15	2335	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 9	Donal goes to the National Botanic Gardens to meet Colm Gibson who runs a scheme on behalf of the Environmental Protection Agency which aims to teach people how to reduce their food wastage.	IRELAND	English-100			PG
2020-04-15	2405	Food Factory USA	Got Your Goat	Explore the production of Shriver's salt water taffy, Coach Farms goats cheese, and a Massachusetts factory that produces nearly a million thin mints in a single batch.	USA	English-100			
2020-04-15	2435	The Chefs' Line	Lebanese	Sous chef Ran Kimelfeld takes on two passionate home cooks. He's experimental with food and always knew he wanted to be a chef. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2020-04-15	2505	Mercurio's Menu	Bellarine	Paul visits the Bellarine Peninsula, just over an hours drive from Melbourne where he cooks with lobster caught off Queens Cliff Harbour, free range eggs, fresh bread, and Port Arlington mussels.	AUSTRALIA	English-100			PG
2020-04-15	2535	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 12	it's the last of the Professional MasterChef quarter finals and the six most talented chefs from this week's heats come together to compete in two challenges set by judges Marcus and Monica.	UNITED KINGDOM	English-100			G
2020-04-15	2640	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 1 Ep 4	The exceptionally pretty seaside town of Cefalu provides the setting for a fish inspired programme. Enzo and Aldo arrive at the town by fishing boat.	UNITED KINGDOM	English-100			G
2020-04-15	2705	Gourmet Farmer	Gourmet Farmer Series 2 Ep 5	Matthew and Ross receive a request for suckling pig from John Jovanovic, a Serbian man, while manning their Salamanca stall. The pig is to be served at a Sino-Serbian New Year's Feast.	AUSTRALIA	English-100	RPT	G	Y
2020-04-15	2730	Short Cuts To Glory	Meat Feast	Matt lives the caveman dream with meat experts Hayden Quinn, Jill Dupleix, and Anthony Puharich, cooking up pork crackling, roast lamb, and the perfect steak respectively.	AUSTRALIA	English-100			G

2020-04-15	2805	Italian Food Safari	Italian Food Safari Series 1 Ep 6	Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.	AUSTRALIA	English-100	RPT	G	Y
2020-04-15	2835	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 63	Ben is at his restaurant CharlotteJack, where he will be cooking a grilled corn dish over the coals of his hibachi grill.	AUSTRALIA	English-100		PG	
2020-04-16	0500	Oliver's Twist	Bollywood	Jamie throws a Bollywood-style party, treating his guests to a feast of Indian food, including vegetable pie, Indian paneer cheese, papadum bread and lots of tasty dips.	UNITED KINGDOM	English-100		PG	
2020-04-16	0530	The Chefs' Line	Lebanese	Sous chef Ran Kimelfeld takes on two passionate home cooks. He's experimental with food and always knew he wanted to be a chef. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2020-04-16	0600	Mercurio's Menu	Bellarine	Paul visits the Bellarine Peninsula, just over an hours drive from Melbourne where he cooks with lobster caught off Queens Cliff Harbour, free range eggs, fresh bread, and Port Arlington mussels.	AUSTRALIA	English-100		PG	
2020-04-16	0630	Pati's Mexican Table	Godmonth Of Cabo Cuisine, The	Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area.	USA	English-100		G	
2020-04-16	0700	New Scandinavian Cooking	Stockfish And Amber	Niklas visits beautiful Lofoten, a string of islands that stretches into the North Atlantic in Northern Norway. He goes fishing for cod and cooks the fish with inspiring recipes and fiery techniques.	NORWAY	English-100		PG	
2020-04-16	0730	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G	
2020-04-16	0800	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G	
2020-04-16	0830	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 63	Ben is at his restaurant CharlotteJack, where he will be cooking a grilled corn dish over the coals of his hibachi grill.	AUSTRALIA	English-100		PG	
2020-04-16	0900	Oliver's Twist	Bollywood	Jamie throws a Bollywood-style party, treating his guests to a feast of Indian food, including vegetable pie, Indian paneer cheese, papadum bread and lots of tasty dips.	UNITED KINGDOM	English-100		PG	
2020-04-16	0930	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 9	Donal goes to the National Botanic Gardens to meet Colm Gibson who runs a scheme on behalf of the Environmental Protection Agency which aims to teach people how to reduce their food wastage.	IRELAND	English-100		PG	
2020-04-16	1000	Food Factory USA	Got Your Goat	Explore the production of Shriver's salt water taffy, Coach Farms goats cheese, and a Massachusetts factory that produces nearly a million thin mints in a single batch.	USA	English-100			
2020-04-16	1030	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 25	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-16	1100	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 26	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-16	1130	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 1 Ep 4	The exceptionally pretty seaside town of Cefalu provides the setting for a fish inspired programme. Enzo and Aldo arrive at the town by fishing boat.	UNITED KINGDOM	English-100		G	
2020-04-16	1200	Gourmet Farmer	Gourmet Farmer Series 2 Ep 5	Matthew and Ross receive a request for suckling pig from John Jovanovic, a Serbian man, while manning their Salamanca stall. The pig is to be served at a Sino-Serbian New Year's Feast.	AUSTRALIA	English-100	RPT	G	Y
2020-04-16	1230	Short Cuts To Glory	Meat Feast	Matt lives the caveman dream with meat experts Hayden Quinn, Jill Dupleix, and Anthony Puharich, cooking up pork crackling, roast lamb, and the perfect steak respectively.	AUSTRALIA	English-100		G	
2020-04-16	1305	Italian Food Safari	Italian Food Safari Series 1 Ep 6	Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.	AUSTRALIA	English-100	RPT	G	Y
2020-04-16	1335	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 64	Ben is in his restaurant CharlotteJack, where he will be cooking a poached kingfish with avocado and pickled fennel salad.	AUSTRALIA	English-100		G	

2020-04-16	1400	Oliver's Twist	Tiger	On a visit to London, Jamie's grandmother and her friends partake in afternoon tea with him. He serves up lemon-flavoured banana cake, quiche Lorraine and scones with jam and whipped cream.	UNITED KINGDOM	English-100		G	
2020-04-16	1430	The Chefs' Line	Lebanese	Watch Executive Chef Roy from Lebanese restaurant Nour go up against this week's best home cook. This is the ultimate David vs Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2020-04-16	1500	Mercurio's Menu	Canberra	Paul visits Australia's capital city, and discovers it possesses dedicated farmers, cellar doors, and stunning crops, including Wessex saddleback pork, French black truffles, and organic vegetables.	AUSTRALIA	English-100		PG	
2020-04-16	1530	Pati's Mexican Table	Los Cabos By Land And Sea	Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest seafood all of Los Cabos has to offer. Pati grills up her catch-of-the-day with Chef Guillermo Gomez.	USA	English-100		PG	
2020-04-16	1600	New Scandinavian Cooking	Burning Water And Melted Butter	Niklas travels by horse sleigh into the mountainous region of Roros, where he enjoys the culinary treats and sites that this old mining town has to offer.	NORWAY	English-100		G	
2020-04-16	1630	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G	
2020-04-16	1700	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G	
2020-04-16	1730	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 10	Donal returns to his old school and meets Miss Fitzgerald, his former Home Economics teacher. He teaches the class how to prepare simple kid-friendly dishes - real homemade pizza, banana and oatmeal muffins, and a creamy spinach gnocchi.	IRELAND	English-100		PG	
2020-04-16	1800	Food Factory USA	Going Nuts In This Place!	Explore the production of Highliner cod fish which transforms mountains of cod into 300 million ready-to-eat 'fillets' every year, and meet Peanut Chews, the nutty Philadelphia-born candy bar.	USA	English-100			
2020-04-16	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 27	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-16	1900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 28	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-16	1930	Donna Hay: Fast, Fresh, Simple	Dinners Updated	Donna has her own take on steak and mash, its called seared beef with garlic white Beans - its so much easier, no peeling potatoes, no boiling, no mashing, all you need is a can of white beans.	AUSTRALIA	English-100		G	
2020-04-16	2000	The Great Australian Cookbook	Sharon & Carol Salloum And Peter Russell-Clarke	Almond Bar's Sharon and Carol Salloum prepare a Syrian BBQ feast, while Aussie icon Peter Russell-Clarke shares his tips for the perfect mango and fig omelette, and smoked trout soup.	AUSTRALIA	English-100		PG	
2020-04-16	2030	Poh & Co. Best Bites	Poh & Co. Best Bites Series 1	Some of your favourite moments from Poh & Co.	AUSTRALIA	English-100	RPT	G	Y
2020-04-16	2130	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G	
2020-04-16	2200	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G	
2020-04-16	2230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 27	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-16	2300	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 28	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-04-16	2330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 10	Donal returns to his old school and meets Miss Fitzgerald, his former Home Economics teacher. He teaches the class how to prepare simple kid-friendly dishes - real homemade pizza, banana and oatmeal muffins, and a creamy spinach gnocchi.	IRELAND	English-100		PG	

2020-04-16	2400	Food Factory USA	Going Nuts In This Place!	Explore the production of Highliner cod fish which transforms mountains of cod into 300 million ready-to-eat 'fillets' every year, and meet Peanut Chews, the nutty Philadelphia-born candy bar.	USA	English-100			
2020-04-16	2430	The Chefs' Line	Lebanese	Watch Executive Chef Roy from Lebanese restaurant Nour go up against this week's best home cook. This is the ultimate David vs Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2020-04-16	2500	Mercurio's Menu	Canberra	Paul visits Australia's capital city, and discovers it possesses dedicated farmers, cellar doors, and stunning crops, including Wessex saddleback pork, French black truffles, and organic vegetables.	AUSTRALIA	English-100		PG	
2020-04-16	2530	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 13	it's Knockout Week on Professional MasterChef. Marcus Wareing, formidable perfectionist, chef Monica Galetti, and MasterChef maestro Gregg Wallace continue their search.	UNITED KINGDOM	English-100		G	
2020-04-16	2635	Donna Hay: Fast, Fresh, Simple	Dinners Updated	Donna has her own take on steak and mash, its called seared beef with garlic white Beans - its so much easier, no peeling potatoes, no boiling, no mashing, all you need is a can of white beans.	AUSTRALIA	English-100		G	
2020-04-16	2700	The Great Australian Cookbook	Sharon & Carol Salloum And Peter Russell-Clarke	Almond Bar's Sharon and Carol Salloum prepare a Syrian BBQ feast, while Aussie icon Peter Russell-Clarke shares his tips for the perfect mango and fig omelette, and smoked trout soup.	AUSTRALIA	English-100		PG	
2020-04-16	2730	Poh & Co. Best Bites	Poh & Co. Best Bites Series 1	Some of your favourite moments from Poh & Co.	AUSTRALIA	English-100	RPT	G	Y
2020-04-16	2830	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 64	Ben is in his restaurant CharlotteJack, where he will be cooking a poached kingfish with avocado and pickled fennel salad.	AUSTRALIA	English-100		G	
2020-04-17	0500	Oliver's Twist	Tiger	On a visit to London, Jamie's grandmother and her friends partake in afternoon tea with him. He serves up lemon-flavoured banana cake, quiche Lorraine and scones with jam and whipped cream.	UNITED KINGDOM	English-100		G	
2020-04-17	0530	The Chefs' Line	Lebanese	Watch Executive Chef Roy from Lebanese restaurant Nour go up against this week's best home cook. This is the ultimate David vs Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2020-04-17	0600	Mercurio's Menu	Canberra	Paul visits Australia's capital city, and discovers it possesses dedicated farmers, cellar doors, and stunning crops, including Wessex saddleback pork, French black truffles, and organic vegetables.	AUSTRALIA	English-100		PG	
2020-04-17	0630	Pati's Mexican Table	Los Cabos By Land And Sea	Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest seafood all of Los Cabos has to offer. Pati grills up her catch-of-the-day with Chef Guillermo Gomez.	USA	English-100		PG	
2020-04-17	0700	New Scandinavian Cooking	Burning Water And Melted Butter	Niklas travels by horse sleigh into the mountainous region of Roros, where he enjoys the culinary treats and sites that this old mining town has to offer.	NORWAY	English-100		G	
2020-04-17	0730	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G	
2020-04-17	0800	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G	
2020-04-17	0830	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 64	Ben is in his restaurant CharlotteJack, where he will be cooking a poached kingfish with avocado and pickled fennel salad.	AUSTRALIA	English-100		G	
2020-04-17	0900	Oliver's Twist	Tiger	On a visit to London, Jamie's grandmother and her friends partake in afternoon tea with him. He serves up lemon-flavoured banana cake, quiche Lorraine and scones with jam and whipped cream.	UNITED KINGDOM	English-100		G	
2020-04-17	0930	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 10	Donal returns to his old school and meets Miss Fitzgerald, his former Home Economics teacher. He teaches the class how to prepare simple kid-friendly dishes - real homemade pizza, banana and oatmeal muffins, and a creamy spinach gnocchi.	IRELAND	English-100		PG	
2020-04-17	1000	Food Factory USA	Going Nuts In This Place!	Explore the production of Highliner cod fish which transforms mountains of cod into 300 million ready-to-eat 'fillets' every year, and meet Peanut Chews, the nutty Philadelphia-born candy bar.	USA	English-100			
2020-04-17	1030	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 27	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	

2020-04-17	1100	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 28	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-17	1130	Donna Hay: Fast, Fresh, Simple	Dinners Updated	Donna has her own take on steak and mash, its called seared beef with garlic white Beans - its so much easier, no peeling potatoes, no boiling, no mashing, all you need is a can of white beans.	AUSTRALIA	English-100			G	
2020-04-17	1200	The Great Australian Cookbook	Sharon & Carol Salloum And Peter Russell-Clarke	Almond Bar's Sharon and Carol Salloum prepare a Syrian BBQ feast, while Aussie icon Peter Russell-Clarke shares his tips for the perfect mango and fig omelette, and smoked trout soup.	AUSTRALIA	English-100			PG	
2020-04-17	1230	Poh & Co. Best Bites	Poh & Co. Best Bites Series 1	Some of your favourite moments from Poh & Co.	AUSTRALIA	English-100	RPT		G	Y
2020-04-17	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 65	Ben is at his restaurant CharlotteJack where he will be cooking a barbacoa lamb. At the University of Queensland St Lucia Campus, Ben is joined by Robert Henry as he learns how wild rice is grown.	AUSTRALIA	English-100			G	
2020-04-17	1400	Oliver's Twist	First Date	Jamie's sister-in-law, Lisa, has offered to cook a meal for her new boyfriend. She's determined to make a lasting impression.	UNITED KINGDOM	English-100			G	
2020-04-17	1430	The Chefs' Line	Lebanese	Inside the kitchen of modern Lebanese restaurant Nour, Maeve O'Meara and the chefs' line will reminisce about the week and delve into delicious new dishes.	AUSTRALIA	English-100	RPT		G	Y
2020-04-17	1500	Mercurio's Menu	NZ Rotorua	Paul visits Rotorua on North Island of New Zealand - a destination seeped in Maori culture. He cooks with pheasant, native bush foods, and trout.	AUSTRALIA	English-100			PG	
2020-04-17	1530	Pati's Mexican Table	New York	Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House, a non-profit culinary arts orgaisation in New York City.	USA	English-100			G	
2020-04-17	1600	New Scandinavian Cooking	Flavour Of Roasted Coffee	Niklas investigates the most popular drink in Scandinavia - coffee. He wants to know more about his morning cup of coffee and meets up with some experts for this refreshing beverage.	NORWAY	English-100			G	
2020-04-17	1630	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100			G	
2020-04-17	1700	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	
2020-04-17	1730	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 11	Fruit-based puddings are on the menu, and Donal makes three of his all-time favourites. Donal makes his uncle Big Do's peach and blackberry cobbler, a jam jumble crumble tart and a rhubarb pannacotta.	IRELAND	English-100			PG	
2020-04-17	1800	Food Factory USA	Holy Cannoli!	Visit the Cheez Doodles empire where 44,000 cheesy balls are baked and sprayed with liquid cheese every minute.	USA	English-100				
2020-04-17	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 29	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-17	1900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 30	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-17	1930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 8	Paul Hollywood truly uncovers the best of British Pies and Puds with Scotland's World Champion Scotch Pie maker Andrew Chisholm.	UNITED KINGDOM	English-100			G	
2020-04-17	2030	Rick Stein: From Venice to Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 4	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted.	UNITED KINGDOM	English-100			PG	
2020-04-17	2135	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100			G	

2020-04-17	2205	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
2020-04-17	2235	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 29	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG
2020-04-17	2305	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 30	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG
2020-04-17	2335	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 11	Fruit-based puddings are on the menu, and Donal makes three of his all-time favourites. Donal makes his uncle Big Do's peach and blackberry cobbler, a jam jumble crumble tart and a rhubarb pannacotta.	IRELAND	English-100		PG
2020-04-17	2405	Food Factory USA	Holy Cannoli!	Visit the Cheez Doodles empire where 44,000 cheesy balls are baked and sprayed with liquid cheese every minute.	USA	English-100		
2020-04-17	2435	The Chefs' Line	Lebanese	Inside the kitchen of modern Lebanese restaurant Nour, Maeve O'Meara and the chefs' line will reminisce about the week and delve into delicious new dishes.	AUSTRALIA	English-100	RPT	G Y
2020-04-17	2505	Mercurio's Menu	NZ Rotorua	Paul visits Rotorua on North Island of New Zealand - a destination seeped in Maori culture. He cooks with pheasant, native bush foods, and trout.	AUSTRALIA	English-100		PG
2020-04-17	2535	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 14	Knockout Week continues on Professional MasterChef, and Marcus Wareing, formidable perfectionist, chef Monica Galetti, and MasterChef maestro Gregg Wallace continue their search.	UNITED KINGDOM	English-100		G
2020-04-17	2640	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 8	Paul Hollywood truly uncovers the best of British Pies and Puds with Scotland's World Champion Scotch Pie maker Andrew Chisholm.	UNITED KINGDOM	English-100		G
2020-04-17	2730	Rick Stein: From Venice to Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 4	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted.	UNITED KINGDOM	English-100		PG
2020-04-17	2835	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 65	Ben is at his restaurant CharlotteJack where he will be cooking a barbacoa lamb. At the University of Queensland St Lucia Campus, Ben is joined by Robert Henry as he learns how wild rice is grown.	AUSTRALIA	English-100		G
2020-04-18	0500	Oliver's Twist	First Date	Jamie's sister-in-law, Lisa, has offered to cook a meal for her new boyfriend. She's determined to make a lasting impression.	UNITED KINGDOM	English-100		G
2020-04-18	0530	The Chefs' Line	Lebanese	Inside the kitchen of modern Lebanese restaurant Nour, Maeve O'Meara and the chefs' line will reminisce about the week and delve into delicious new dishes.	AUSTRALIA	English-100	RPT	G Y
2020-04-18	0600	Mercurio's Menu	NZ Rotorua	Paul visits Rotorua on North Island of New Zealand - a destination seeped in Maori culture. He cooks with pheasant, native bush foods, and trout.	AUSTRALIA	English-100		PG
2020-04-18	0630	Pati's Mexican Table	New York	Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House, a non-profit culinary arts organisation in New York City.	USA	English-100		G
2020-04-18	0700	New Scandinavian Cooking	Flavour Of Roasted Coffee	Niklas investigates the most popular drink in Scandinavia - coffee. He wants to know more about his morning cup of coffee and meets up with some experts for this refreshing beverage.	NORWAY	English-100		G
2020-04-18	0730	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G
2020-04-18	0800	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
2020-04-18	0830	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 65	Ben is at his restaurant CharlotteJack where he will be cooking a barbacoa lamb. At the University of Queensland St Lucia Campus, Ben is joined by Robert Henry as he learns how wild rice is grown.	AUSTRALIA	English-100		G
2020-04-18	0900	Oliver's Twist	First Date	Jamie's sister-in-law, Lisa, has offered to cook a meal for her new boyfriend. She's determined to make a lasting impression.	UNITED KINGDOM	English-100		G

2020-04-18	0930	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 11	Fruit-based puddings are on the menu, and Donal makes three of his all-time favourites. Donal makes his uncle Big Do's peach and blackberry cobbler, a jam jumble crumble tart and a rhubarb pannacotta.	IRELAND	English-100			PG	
2020-04-18	1000	Food Factory USA	Holy Cannoli!	Visit the Cheez Doodles empire where 44,000 cheesy balls are baked and sprayed with liquid cheese every minute.	USA	English-100				
2020-04-18	1030	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 29	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-18	1100	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 30	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-04-18	1130	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 8	Paul Hollywood truly uncovers the best of British Pies and Puds with Scotland's World Champion Scotch Pie maker Andrew Chisholm.	UNITED KINGDOM	English-100			G	
2020-04-18	1230	Rick Stein: From Venice to Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 4	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted.	UNITED KINGDOM	English-100			PG	
2020-04-18	1335	New Scandinavian Cooking	Flavour Of Roasted Coffee	Niklas investigates the most popular drink in Scandinavia - coffee. He wants to know more about his morning cup of coffee and meets up with some experts for this refreshing beverage.	NORWAY	English-100			G	
2020-04-18	1405	Saturday Kitchen	Saturday Kitchen Series 2 Ep 7	The man at the helm of the award winning Audex restaurant and the pride of Wales himself, Bryn Williams joins James this week to whip up lemon sole with slow-cooked leeks, brown shrimp, and capers.	UNITED KINGDOM	English-100			G	
2020-04-18	1500	Secret Meat Business	Secret Meat Business Series 1 Ep 7	Adrian demonstrates how to make authentic tandoori chicken at home and serves up the perfect roast complete with Yorkshire puddings.	AUSTRALIA	English-100			G	
2020-04-18	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 8	Adrian heads to Canada for some influence cooking up Canadian beans with crispy bacon and maple syrup.	AUSTRALIA	English-100			G	
2020-04-18	1600	The Cook And The Chef	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100			G	
2020-04-18	1630	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100			G	
2020-04-18	1700	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100			G	
2020-04-18	1730	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
2020-04-18	1800	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
2020-04-18	1830	Rachel Khoo: My Swedish Kitchen	New Diverse Cuisine, A	Rachel visits Malmo, and the multicultural feel of the city gives her inspiration to make a Swedish-style green shakshuka. For dessert, Rachel prepares chocolate oat cookies.	UNITED KINGDOM	English-100			G	
2020-04-18	1900	Rachel Khoo: My Swedish Kitchen	Streets Of Gothenburg, The	After exploring Gothenburg, Rachel makes her own version of a famous Swedish dish - a Wallenberger-burger. For dessert, Rachel prepares a vegan and gluten-free chocolate cake.	UNITED KINGDOM	English-100			PG	
2020-04-18	1930	Cheese Slices	France - The Lyonnais Cheese Revolution	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system.	AUSTRALIA	English-100			G	
2020-04-18	2000	Cheese Slices	Italy - Cheeses Of The Great Track	Will follows the ancient shepherds trail known as the Traturro Magno or Great Track from the mountains of Abruzzo to the plains of Puglia, and discovers the secrets behind the local Pecorino cheese.	AUSTRALIA	English-100			G	

2020-04-18	2030	Kylie Kwong: My China	Beijing	Our culinary explorer completes her tour of China with a homage to the country's capital on the eve of the Olympic Games.	AUSTRALIA	English-100	RPT	G	Y
2020-04-18	2100	Kylie Kwong: Heart And Soul	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT	G	Y
2020-04-18	2130	The Best In Australia	Best Slow Cooked Meat Main And The Best Old-Fashioned Dessert, The	Ben, Anna, and Darren compete for the titles of the Best Slow Cooked Meat Main and the Best Old-Fashioned Dessert in Australia.	AUSTRALIA	English-100		PG	
2020-04-18	2230	Comfort Eating	Peckham	Nick attempts to get as far away from his ex as possible by house hunting in Peckham, where he stops off with his estate agent at bao bun eatery, the aptly named Mr Bao.	UNITED KINGDOM	English-100		PG	
2020-04-18	2300	Comfort Eating	Essex	Nick decides to get out of his comfort zone and travels to rural Essex for a farm to fork experience. He grinds his own meat and invents his own brand of sausages.	UNITED KINGDOM	English-100		PG	
2020-04-18	2330	Rachel Khoo: My Swedish Kitchen	New Diverse Cuisine, A	Rachel visits Malmo, and the multicultural feel of the city gives her inspiration to make a Swedish-style green shakshuka. For dessert, Rachel prepares chocolate oat cookies.	UNITED KINGDOM	English-100		G	
2020-04-18	2400	Rachel Khoo: My Swedish Kitchen	Streets Of Gothenburg, The	After exploring Gothenburg, Rachel makes her own version of a famous Swedish dish - a Wallenberger-burger. For dessert, Rachel prepares a vegan and gluten-free chocolate cake.	UNITED KINGDOM	English-100		PG	
2020-04-18	2430	Cheese Slices	France - The Lyonnais Cheese Revolution	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system.	AUSTRALIA	English-100		G	
2020-04-18	2500	Cheese Slices	Italy - Cheeses Of The Great Track	Will follows the ancient shepherds trail known as the Traturro Magno or Great Track from the mountains of Abruzzo to the plains of Puglia, and discovers the secrets behind the local Pecorino cheese.	AUSTRALIA	English-100		G	
2020-04-18	2530	Kylie Kwong: My China	Beijing	Our culinary explorer completes her tour of China with a homage to the country's capital on the eve of the Olympic Games.	AUSTRALIA	English-100	RPT	G	Y
2020-04-18	2600	Kylie Kwong: Heart And Soul	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT	G	Y
2020-04-18	2630	The Best In Australia	Best Slow Cooked Meat Main And The Best Old-Fashioned Dessert, The	Ben, Anna, and Darren compete for the titles of the Best Slow Cooked Meat Main and the Best Old-Fashioned Dessert in Australia.	AUSTRALIA	English-100		PG	
2020-04-18	2730	Comfort Eating	Peckham	Nick attempts to get as far away from his ex as possible by house hunting in Peckham, where he stops off with his estate agent at bao bun eatery, the aptly named Mr Bao.	UNITED KINGDOM	English-100		PG	
2020-04-18	2800	Comfort Eating	Essex	Nick decides to get out of his comfort zone and travels to rural Essex for a farm to fork experience. He grinds his own meat and invents his own brand of sausages.	UNITED KINGDOM	English-100		PG	
2020-04-18	2830	Rachel Khoo: My Swedish Kitchen	New Diverse Cuisine, A	Rachel visits Malmo, and the multicultural feel of the city gives her inspiration to make a Swedish-style green shakshuka. For dessert, Rachel prepares chocolate oat cookies.	UNITED KINGDOM	English-100		G	