



WEEK 17: Sunday, 21 April - Saturday, 27 April 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-04-21	0500	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		
2019-04-21	0530	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		
2019-04-21	0600	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		
2019-04-21	0630	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		
2019-04-21	0700	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		
2019-04-21	0730	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		
2019-04-21	0830	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				
2019-04-21	0900	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				
2019-04-21	0930	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		
2019-04-21	1030	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
2019-04-21	1100	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
2019-04-21	1130	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		
2019-04-21	1230	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		
2019-04-21	1300	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		

2019-04-21	1330	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	
2019-04-21	1400	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	
2019-04-21	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		G	
2019-04-21	1500	Dinner Date	Jasmin Walia	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	
2019-04-21	1600	United Plates Of America	San Francisco - Vietnamese Food	After the Vietnam War ended in 1975, many Vietnamese people migrated to California, much of them settling in San Francisco. In this episode we meet several Vietnamese immigrants.	USA	English-100		PG	Y
2019-04-21	1630	United Plates Of America	Chicago - Italian Food	No other cuisine has had such an impact on modern dishes then Italians. Italians arrived here in droves and got straight to work. They are now loved by all, but it wasn't always that way.	USA	English-100		PG	
2019-04-21	1700	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton Cheese and Pork sausages.	AUSTRALIA	English-100		G	
2019-04-21	1730	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2019-04-21	1800	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2019-04-21	1830	Cheese Slices	Mozzarella And The Cheeses Of Campania	Will journeys to Italy's picturesque Campania region to look at stretched curd cheeses and finds it hard to resist the lingering flavour and sensual texture of buffalo cheese made from raw milk.	AUSTRALIA	English-100		G	
2019-04-21	1900	Cheese Slices	Famous Cheese Of Wisconsin	The upper Midwest state is famous for its 'cheese heads' and proudly declares itself America's Dairyland because it produces more cheese than any other state in the USA.	AUSTRALIA	English-100		G	
2019-04-21	1930	Outback Gourmet	Outback Gourmet Series 1 Ep 7	Justine travels from Darwin to Alice Springs. She joins Chef Bob Taylor for a cultural tour of Sampson's Gap and later prepares a quick Spaghetti dish at ANZAC Hill.	AUSTRALIA	English-100		PG	
2019-04-21	2000	Outback Gourmet	Outback Gourmet Series 1 Ep 8	Justine stops by Alice Vietnamese Restaurant and prepares some traditional Vietnamese dishes. Later she visits Earth Sanctuary and prepares a delicious dessert over a camp fire.	AUSTRALIA	English-100		PG	
2019-04-21	2030	Rick Stein's Long Weekends	Bordeaux	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters.	UNITED KINGDOM	English-100	RPT	G	Y
2019-04-21	2130	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G	Y
2019-04-21	2200	Food Safari	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G	Y
2019-04-21	2230	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton Cheese and Pork sausages.	AUSTRALIA	English-100		G	
2019-04-21	2300	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	

2019-04-21	2330	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2019-04-21	2400	Say It To My Face	Soul Searching	Julie Peterson has been running R&J Soul Food in Downey, CA for over 19 years, using recipes she has on hand from her Louisianan grandmother, Big Mama.	USA	English-100		PG	
2019-04-21	2500	Outback Gourmet	Outback Gourmet Series 1 Ep 7	Justine travels from Darwin to Alice Springs. She joins Chef Bob Taylor for a cultural tour of Sampson's Gap and later prepares a quick Spaghetti dish at ANZAC Hill.	AUSTRALIA	English-100		PG	
2019-04-21	2530	Outback Gourmet	Outback Gourmet Series 1 Ep 8	Justine stops by Alice Vietnamese Restaurant and prepares some traditional Vietnamese dishes. Later she visits Earth Sanctuary and prepares a delicious dessert over a camp fire.	AUSTRALIA	English-100		PG	
2019-04-21	2600	Rick Stein's Long Weekends	Bordeaux	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters.	UNITED KINGDOM	English-100	RPT	G	Y
2019-04-21	2700	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G	Y
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2019-04-21	2800	United Plates Of America	San Francisco - Vietnamese Food	After the Vietnam War ended in 1975, many Vietnamese people migrated to California, much of them settling in San Francisco. In this episode we meet several Vietnamese immigrants.	USA	English-100		PG	Y
2019-04-21	2830	United Plates Of America	Chicago - Italian Food	No other cuisine has had such an impact on modern dishes then Italians. Italians arrived here in droves and got straight to work. They are now loved by all, but it wasn't always that way.	USA	English-100		PG	
2019-04-22	0500	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton Cheese and Pork sausages.	AUSTRALIA	English-100		G	
2019-04-22	0530	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2019-04-22	0600	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2019-04-22	0630	Cheese Slices	Mozzarella And The Cheeses Of Campania	Will journeys to Italy's picturesque Campania region to look at stretched curd cheeses and finds it hard to resist the lingering flavour and sensual texture of buffalo cheese made from raw milk.	AUSTRALIA	English-100		G	
2019-04-22	0700	Cheese Slices	Famous Cheese Of Wisconsin	The upper Midwest state is famous for its 'cheese heads' and proudly declares itself America's Dairyland because it produces more cheese than any other state in the USA.	AUSTRALIA	English-100		G	
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2019-04-22	0830	Rick Stein's Long Weekends	Bordeaux	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters.	UNITED KINGDOM	English-100	RPT	G	Y
2019-04-22	0930	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G	Y
2019-04-22	1000	Food Safari	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G	Y

2019-04-22	1030	United Plates Of America	San Francisco - Vietnamese Food	After the Vietnam War ended in 1975, many Vietnamese people migrated to California, much of them settling in San Francisco. In this episode we meet several Vietnamese immigrants.	USA	English-100		PG		Y
2019-04-22	1100	United Plates Of America	Chicago - Italian Food	No other cuisine has had such an impact on modern dishes then Italians. Italians arrived here in droves and got straight to work. They are now loved by all, but it wasn't always that way.	USA	English-100		PG		
2019-04-22	1130	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton Cheese and Pork sausages.	AUSTRALIA	English-100		G		
2019-04-22	1200	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG		
2019-04-22	1230	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG		
2019-04-22	1300	Say It To My Face	Soul Searching	Julie Peterson has been running R&J Soul Food in Downey, CA for over 19 years, using recipes she has on hand from her Louisianan grandmother, Big Mama.	USA	English-100		PG		
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2019-04-22	1500	One World Kitchen	Stuffed	From golden-brown spinach and feta pastries to sweet date cookies, Lebanese home cook Jasmin Ibrahim shows us a dish is best served stuffed.	CANADA	English-100		PG		
2019-04-22	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 46	Ben makes a simple and versatile penne pasta dish for the cheese lovers out there.	AUSTRALIA	English-100		G		Y
2019-04-22	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, bush tomatoes - from picking to chutney, and coffee machines through the centuries.	AUSTRALIA	English-100	RPT	G		
2019-04-22	1630	Drive Thru Australia	Mooloolaba	Chef Ben O'Donoghue gears up for an Aussie road trip of epic proportions. Ben plans to take in some of the country's most amazing destinations and indulge in some of its finest gourmet offerings.	AUSTRALIA	English-100		G		
2019-04-22	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 26	Ben and his younger brother Grant wake up in the unique Avalon City Retreat before they begin their day visiting Con Vailas at his restaurant - Born in Brunswick.	AUSTRALIA	English-100		PG		
2019-04-22	1730	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100		G		
2019-04-22	1800	The Cook And The Chef	Produce Of Two Islands	South of Hobart in the delightfully named Sandfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100		G		
2019-04-22	1830	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 8	Luke makes it to the town of Chiang Khong in northern Thailand, where he literally catches the ingredients for his traditional Tom Yum fish soup and tasty northern-style frog curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-22	1900	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 9	Travelling in north Thailand, Luke arrives at the mountainous Mae Salong where he prepare a rustic tomato dish with Apear, an Aka grandmother. He then sets up kitchen in a banana forest.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-22	1930	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	
2019-04-22	2000	Kylie Kwong: My China	Home-Coming	Kylie returns to her great grandfather's ancestral home in Toishan village, Guangdong province.	AUSTRALIA	English-100	RPT	G	Y	

2019-04-22	2030	Sara's Australia Unveiled	Sara's Favourites	This episode is all about Sara's favourites during her journey. Melbourne melted her heart, so her first item on the favourites list is enjoying one of the city's most beautiful beach - Brighton.	UNITED KINGDOM	English-100		G		
2019-04-22	2100	Sara's Australia Unveiled	Northern Territory: Darwin	Sara La Fountain starts her exploration to the Northern Territory in Darwin. She enjoys the cities ethnic nature, and tastes Australian food influenced by Asian and Greek flavours.	UNITED KINGDOM	English-100		PG		
2019-04-22	2130	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100		G		
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2019-04-22	2230	United Plates Of America	United Plates Of America Series 2 Ep 7	The focus is on comfort food. We try hearty burgers at a hipster burger joint in Washington DC. We eat dumplings made from an age-old home recipe from a Chinese mum in Denver.	USA	English-100		G		
2019-04-22	2300	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 8	Luke makes it to the town of Chiang Khong in northern Thailand, where he literally catches the ingredients for his traditional Tom Yum fish soup and tasty northern-style frog curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-22	2330	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 9	Travelling in north Thailand, Luke arrives at the mountainous Mae Salong where he prepare a rustic tomato dish with Apear, an Aka grandmother. He then sets up kitchen in a banana forest.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-22	2400	Worst Cooks In America	Celebrity Cheat Meals	The celeb recruits put their culinary knowledge to the test in a game of food and pop-culture trivia. Anne and Rachael then make their own versions of the ultimate comfort food: chicken and waffles.	USA	English-100		PG		
2019-04-22	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 26	Ben and his younger brother Grant wake up in the unique Avalon City Retreat before they begin their day visiting Con Vailas at his restaurant - Born in Brunswick.	AUSTRALIA	English-100		PG		
2019-04-22	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	
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2019-04-23	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, bush tomatoes - from picking to chutney, and coffee machines through the centuries.	AUSTRALIA	English-100	RPT	G		
2019-04-23	0630	Drive Thru Australia	Mooloolaba	Chef Ben O'Donoghue gears up for an Aussie road trip of epic proportions. Ben plans to take in some of the country's most amazing destinations and indulge in some of its finest gourmet offerings.	AUSTRALIA	English-100		G		
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2019-04-23	1430	United Plates Of America	United Plates Of America Series 2 Ep 7	The focus is on comfort food. We try hearty burgers at a hipster burger joint in Washington DC. We eat dumplings made from an age-old home recipe from a Chinese mum in Denver.	USA	English-100		G		
2019-04-23	1500	One World Kitchen	Hot And Cold Recipes	Host Jasmin Ibrahim shows us a refreshing fattoush, perfect for a hot summer day, as well as a warm lentil soup perfect for a rainy day.	CANADA	English-100		G		
2019-04-23	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 47	Ben makes a healthy Salmon Poke Bowl and heads down to Huon Aquaculture to see where his salmon has been farmed.	AUSTRALIA	English-100		G		

2019-04-23	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, Sheraton Mirage chef Christian Heidenreich, and South American caramel.	AUSTRALIA	English-100	RPT	G		
2019-04-23	1630	Drive Thru Australia	Caloundra And Noosa	The Caloundra area at the southern end of the Sunshine Coast is the perfect spot for a bucket and spade holiday.	AUSTRALIA	English-100		G		
2019-04-23	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 27	Ben and Grant make their way from Born in Brunswick down the road to one of Ben's favourite spots at Sweet Envy. Ben sits down and enjoys a delicious cupcake whilst he watches Grant do a challenge.	AUSTRALIA	English-100		PG		
2019-04-23	1730	The Cook And The Chef	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100		G		
2019-04-23	1800	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G		
2019-04-23	1830	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-23	1900	Paul And Nick's Big NZ Food Trip	Bay Of Plenty	The chefs are in the Bay of Plenty on the east coast of the North Island cooking for descendants of George Vesey Stewart.	IRELAND	English-100		G		
2019-04-23	1930	Luke Nguyen's France	Nice	Luke travels to Nice, the jewel of the French Riviera, where the fresh produce is as beautiful as the scenery. He learns the art of cooking a Nicoise salad.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-23	2000	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. Pastry chef Didier shows him how to make a gateau cake.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-23	2030	Poh's Kitchen On The Road	Beer In The Alps	Poh is on the road to the Australian Alps to visit a charming little boutique brewery near Bright. She talks to some local brewers and meets chef Anthony Simone.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-23	2100	Poh's Kitchen On The Road	Outback Lamb	Poh is on the road to the sheep country of the Flinders Ranges in northern South Australia. Once there, Poh prepares an easy spiced lamb sausage and egg breakfast.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-23	2130	The Cook And The Chef	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100		G		
2019-04-23	2200	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G		
2019-04-23	2230	United Plates Of America	United Plates Of America Series 2 Ep 8	We explore all things seafood. We try a famous fish dish in Buffalo, New York. We head to the islands of Hawaii and eat an expensive fish dish pulled fresh from the ocean that day.	USA	English-100		G		
2019-04-23	2300	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-23	2330	Paul And Nick's Big NZ Food Trip	Bay Of Plenty	The chefs are in the Bay of Plenty on the east coast of the North Island cooking for descendants of George Vesey Stewart.	IRELAND	English-100		G		
2019-04-23	2400	Worst Cooks In America	Hollywood Goes Bollywood	The tables are turned in the Skill Drill Challenge, when the remaining celebrities become the teachers and instruct Anne and Rachael to make a dish.	USA	English-100		PG		Y
2019-04-23	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 27	Ben and Grant make their way from Born in Brunswick down the road to one of Ben's favourite spots at Sweet Envy. Ben sits down and enjoys a delicious cupcake whilst he watches Grant do a challenge.	AUSTRALIA	English-100		PG		

2019-04-23	2530	Luke Nguyen's France	Nice	Luke travels to Nice, the jewel of the French Riviera, where the fresh produce is as beautiful as the scenery. He learns the art of cooking a Nicoise salad.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-23	2600	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. Pastry chef Didier shows him how to make a gateau cake.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-23	2630	Poh's Kitchen On The Road	Beer In The Alps	Poh is on the road to the Australian Alps to visit a charming little boutique brewery near Bright. She talks to some local brewers and meets chef Anthony Simone.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-23	2700	Poh's Kitchen On The Road	Outback Lamb	Poh is on the road to the sheep country of the Flinders Ranges in northern South Australia. Once there, Poh prepares an easy spiced lamb sausage and egg breakfast.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-23	2730	United Plates Of America	United Plates Of America Series 2 Ep 8	We explore all things seafood. We try a famous fish dish in Buffalo, New York. We head to the islands of Hawaii and eat an expensive fish dish pulled fresh from the ocean that day.	USA	English-100		G		
2019-04-23	2800	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-23	2830	Paul And Nick's Big NZ Food Trip	Bay Of Plenty	The chefs are in the Bay of Plenty on the east coast of the North Island cooking for descendants of George Vesey Stewart.	IRELAND	English-100		G		
2019-04-24	0500	One World Kitchen	Hot And Cold Recipes	Host Jasmin Ibrahim shows us a refreshing fattoush, perfect for a hot summer day, as well as a warm lentil soup perfect for a rainy day.	CANADA	English-100		G		
2019-04-24	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 47	Ben makes a healthy Salmon Poke Bowl and heads down to Huon Aquaculture to see where his salmon has been farmed.	AUSTRALIA	English-100		G		
2019-04-24	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Sheraton Mirage chef Christian Heidenreich, and South American caramel.	AUSTRALIA	English-100	RPT	G		
2019-04-24	0630	Drive Thru Australia	Caloundra And Noosa	The Caloundra area at the southern end of the Sunshine Coast is the perfect spot for a bucket and spade holiday.	AUSTRALIA	English-100		G		
2019-04-24	0700	The Cook And The Chef	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100		G		
2019-04-24	0730	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G		
2019-04-24	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 27	Ben and Grant make their way from Born in Brunswick down the road to one of Ben's favourite spots at Sweet Envy. Ben sits down and enjoys a delicious cupcake whilst he watches Grant do a challenge.	AUSTRALIA	English-100		PG		
2019-04-24	0830	Worst Cooks In America	Hollywood Goes Bollywood	The tables are turned in the Skill Drill Challenge, when the remaining celebrities become the teachers and instruct Anne and Rachael to make a dish.	USA	English-100		PG		Y
2019-04-24	0930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-24	1000	Paul And Nick's Big NZ Food Trip	Bay Of Plenty	The chefs are in the Bay of Plenty on the east coast of the North Island cooking for descendants of George Vesey Stewart.	IRELAND	English-100		G		
2019-04-24	1030	Luke Nguyen's France	Nice	Luke travels to Nice, the jewel of the French Riviera, where the fresh produce is as beautiful as the scenery. He learns the art of cooking a Nicoise salad.	AUSTRALIA	English-100	RPT	G	Y	Y

2019-04-24	1100	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. Pastry chef Didier shows him how to make a gateau cake.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-24	1130	Poh's Kitchen On The Road	Beer In The Alps	Poh is on the road to the Australian Alps to visit a charming little boutique brewery near Bright. She talks to some local brewers and meets chef Anthony Simone.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-24	1200	Poh's Kitchen On The Road	Outback Lamb	Poh is on the road to the sheep country of the Flinders Ranges in northern South Australia. Once there, Poh prepares an easy spiced lamb sausage and egg breakfast.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-24	1230	The Cook And The Chef	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100		G		
2019-04-24	1300	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G		
2019-04-24	1330	Worst Cooks In America	Hollywood Goes Bollywood	The tables are turned in the Skill Drill Challenge, when the remaining celebrities become the teachers and instruct Anne and Rachael to make a dish.	USA	English-100		PG		Y
2019-04-24	1430	United Plates Of America	United Plates Of America Series 2 Ep 8	We explore all things seafood. We try a famous fish dish in Buffalo, New York. We head to the islands of Hawaii and eat an expensive fish dish pulled fresh from the ocean that day.	USA	English-100		G		
2019-04-24	1500	One World Kitchen	Nuts About Walnuts, Pine Nuts And Pistachios	Host Jasmin Ibrahim shares her favourite nutty recipes, including walnut-filled pancakes doused in a sweet rose water.	CANADA	English-100		PG		
2019-04-24	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 48	Ben heads to the new Clover Hill cellar door and cooks an Asparagus and Roasted Tomato Penne matched with a glass Clover Hill Vintage Sparkling.	AUSTRALIA	English-100		G		Y
2019-04-24	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, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G		
2019-04-24	1630	Drive Thru Australia	Blackall Ranges	The charming, historic towns and villages of the Blackall Range are dotted with galleries, fashion boutiques and shops selling crafts, pottery, antiques and gifts.	AUSTRALIA	English-100		PG		
2019-04-24	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 28	Ben and Grant make their way from Sweet Envy down to the Lark Distillery, where they walk through the factory and see step-by-step how the award winning whisky is mad.	AUSTRALIA	English-100		PG		
2019-04-24	1730	The Cook And The Chef	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100		G		
2019-04-24	1800	The Cook And The Chef	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100		G		
2019-04-24	1830	Paul And Nick's Big NZ Food Trip	Auckland	The chefs are in Auckland, the capital city, cooking for descendants of Alan and John Mulgan. The Mulgan family emigrated from Ballynahinch in Co Down in the 1870s.	IRELAND	English-100		G		
2019-04-24	1900	Paul And Nick's Big NZ Food Trip	Hawke's Bay	The chefs are in Hawke's Bay, one of the best wine producing regions in the country, cooking for John Buck and family, owners of the world class Te Mata vineyard.	IRELAND	English-100		G		
2019-04-24	1930	Paul And Nick's Big Canadian Food Trip	Hamilton	Chefs Paul Rankin and Nick Nairn are on a culinary road trip in Canada exploring their shared Ulster Scots heritage. This week, they visit the city of Hamilton in Ontario.	IRELAND	English-100		PG		
2019-04-24	2000	Paul And Nick's Big Canadian Food Trip	Economy	Top chefs Paul Rankin and Nick Nairn are on a culinary road trip in Canada exploring their shared Ulster Scots heritage. This week, they find themselves in Economy in the province of Nova Scotia.	IRELAND	English-100		PG		

2019-04-24	2030	Heston's Great British Food	Curry	Heston does his own take on chicken tikka masala with whole poussins injected with tikka marinade and stuffed with tikka masala, accompanied by his own lager, 'beeryani'.	UNITED KINGDOM	English-100	RPT	G	Y
2019-04-24	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		G	
2019-04-24	2130	The Cook And The Chef	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100		G	
2019-04-24	2200	The Cook And The Chef	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100		G	
2019-04-24	2230	United Plates Of America	United Plates Of America Series 2 Ep 9	We're in California and we try some delicious, fresh seafood in the border city of San Diego. We try the fare in gorgeous Santa Barbara where the scenery is breathtaking and the people are friendly.	USA	English-100		G	
2019-04-24	2300	Paul And Nick's Big NZ Food Trip	Auckland	The chefs are in Auckland, the capital city, cooking for descendants of Alan and John Mulgan. The Mulgan family emigrated from Ballynahinch in Co Down in the 1870s.	IRELAND	English-100		G	
2019-04-24	2330	Paul And Nick's Big NZ Food Trip	Hawke's Bay	The chefs are in Hawke's Bay, one of the best wine producing regions in the country, cooking for John Buck and family, owners of the world class Te Mata vineyard.	IRELAND	English-100		G	
2019-04-24	2400	Worst Cooks In America	Live And Let Dough	For this Skill Drill Challenge, the celebrities execute a simple recipe that's missing some key words. Then the remaining recruits cook complicated pasta dishes for special guests.	USA	English-100		PG	
2019-04-24	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 28	Ben and Grant make their way from Sweet Envy down to the Lark Distillery, where they walk through the factory and see step-by-step how the award winning whisky is mad.	AUSTRALIA	English-100		PG	
2019-04-24	2530	Paul And Nick's Big Canadian Food Trip	Hamilton	Chefs Paul Rankin and Nick Nairn are on a culinary road trip in Canada exploring their shared Ulster Scots heritage. This week, they visit the city of Hamilton in Ontario.	IRELAND	English-100		PG	
2019-04-24	2600	Paul And Nick's Big Canadian Food Trip	Economy	Top chefs Paul Rankin and Nick Nairn are on a culinary road trip in Canada exploring their shared Ulster Scots heritage. This week, they find themselves in Economy in the province of Nova Scotia.	IRELAND	English-100		PG	
2019-04-24	2630	Heston's Great British Food	Curry	Heston does his own take on chicken tikka masala with whole poussins injected with tikka marinade and stuffed with tikka masala, accompanied by his own lager, 'beeryani'.	UNITED KINGDOM	English-100	RPT	G	Y
2019-04-24	2730	United Plates Of America	United Plates Of America Series 2 Ep 9	We're in California and we try some delicious, fresh seafood in the border city of San Diego. We try the fare in gorgeous Santa Barbara where the scenery is breathtaking and the people are friendly.	USA	English-100		G	
2019-04-24	2800	Paul And Nick's Big NZ Food Trip	Auckland	The chefs are in Auckland, the capital city, cooking for descendants of Alan and John Mulgan. The Mulgan family emigrated from Ballynahinch in Co Down in the 1870s.	IRELAND	English-100		G	
2019-04-24	2830	Paul And Nick's Big NZ Food Trip	Hawke's Bay	The chefs are in Hawke's Bay, one of the best wine producing regions in the country, cooking for John Buck and family, owners of the world class Te Mata vineyard.	IRELAND	English-100		G	
2019-04-25	0500	One World Kitchen	Nuts About Walnuts, Pine Nuts And Pistachios	Host Jasmin Ibrahim shares her favourite nutty recipes, including walnut-filled pancakes doused in a sweet rose water.	CANADA	English-100		PG	
2019-04-25	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 48	Ben heads to the new Clover Hill cellar door and cooks an Asparagus and Roasted Tomato Penne matched with a glass Clover Hill Vintage Sparkling.	AUSTRALIA	English-100		G	Y
2019-04-25	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G	

2019-04-25	0630	Drive Thru Australia	Blackall Ranges	The charming, historic towns and villages of the Blackall Range are dotted with galleries, fashion boutiques and shops selling crafts, pottery, antiques and gifts.	AUSTRALIA	English-100		PG	
2019-04-25	0700	The Cook And The Chef	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100		G	
2019-04-25	0730	The Cook And The Chef	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100		G	
2019-04-25	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 28	Ben and Grant make their way from Sweet Envy down to the Lark Distillery, where they walk through the factory and see step-by-step how the award winning whisky is mad.	AUSTRALIA	English-100		PG	
2019-04-25	0830	Worst Cooks In America	Live And Let Dough	For this Skill Drill Challenge, the celebrities execute a simple recipe that's missing some key words. Then the remaining recruits cook complicated pasta dishes for special guests.	USA	English-100		PG	
2019-04-25	0930	Paul And Nick's Big NZ Food Trip	Auckland	The chefs are in Auckland, the capital city, cooking for descendants of Alan and John Mulgan. The Mulgan family emigrated from Ballynahinch in Co Down in the 1870s.	IRELAND	English-100		G	
2019-04-25	1000	Paul And Nick's Big NZ Food Trip	Hawke's Bay	The chefs are in Hawke's Bay, one of the best wine producing regions in the country, cooking for John Buck and family, owners of the world class Te Mata vineyard.	IRELAND	English-100		G	
2019-04-25	1030	Paul And Nick's Big Canadian Food Trip	Hamilton	Chefs Paul Rankin and Nick Nairn are on a culinary road trip in Canada exploring their shared Ulster Scots heritage. This week, they visit the city of Hamilton in Ontario.	IRELAND	English-100		PG	
2019-04-25	1100	Paul And Nick's Big Canadian Food Trip	Economy	Top chefs Paul Rankin and Nick Nairn are on a culinary road trip in Canada exploring their shared Ulster Scots heritage. This week, they find themselves in Economy in the province of Nova Scotia.	IRELAND	English-100		PG	
2019-04-25	1130	Heston's Great British Food	Curry	Heston does his own take on chicken tikka masala with whole poussins injected with tikka marinade and stuffed with tikka masala, accompanied by his own lager, 'beeryani'.	UNITED KINGDOM	English-100	RPT	G	Y
2019-04-25	1230	The Cook And The Chef	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100		G	
2019-04-25	1300	The Cook And The Chef	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100		G	
2019-04-25	1330	Worst Cooks In America	Live And Let Dough	For this Skill Drill Challenge, the celebrities execute a simple recipe that's missing some key words. Then the remaining recruits cook complicated pasta dishes for special guests.	USA	English-100		PG	
2019-04-25	1430	United Plates Of America	United Plates Of America Series 2 Ep 9	We're in California and we try some delicious, fresh seafood in the border city of San Diego. We try the fare in gorgeous Santa Barbara where the scenery is breathtaking and the people are friendly.	USA	English-100		G	
2019-04-25	1500	One World Kitchen	Four Course Lebanese	Home cook Jasmin Ibrahim combines the sweet flavour of crunchy pomegranates with rich lamb pastry pockets and then crispy chicken.	CANADA	English-100		PG	
2019-04-25	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 49	In the Fairholme Gardens Ben throws his own twist on the classic Chicken Fajita.	AUSTRALIA	English-100		G	Y
2019-04-25	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, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G	
2019-04-25	1630	Drive Thru Australia	Geelong And The Great Ocean Road	Geelong's city waterfront is a popular attraction with historic swimming baths, an antique carousel, restaurants and cafes.	AUSTRALIA	English-100		G	

2019-04-25	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 29	Ben and Grant walk from Lark distillery down to Small Fry to visit one of Ben's mates, Rhys Hannon, who puts together a delicious lunch for the three of them.	AUSTRALIA	English-100				PG	
2019-04-25	1730	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100				G	
2019-04-25	1800	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100				G	
2019-04-25	1830	Paul And Nick's Big NZ Food Trip	Wellington	The chefs reach Wellington in the south of the north island, cooking at the residence of the British High Commissioner. The meal is in honour of John Ballance, born in Co Antrim.	IRELAND	English-100				G	
2019-04-25	1900	Paul And Nick's Big NZ Food Trip	Palmerston North	Paul Rankin and Nick Nairn are on a food adventure in New Zealand. They're in Palmerston North in the north island cooking for descendants of William Ferguson Massey.	IRELAND	English-100				G	
2019-04-25	1930	The F Word USA	F Word USA Series 1, The Ep 2	Pan-seared pork chop is on the menu as The Cooking Cubans face off against School Pride, and Kaitlin Olson stops by The F Word restaurant for a flambé demo. Gordon also challenges James Corden.	USA	English-100				Y	
2019-04-25	2030	The Wine Show	Wine Show Series 1 Ep 3, The	From their villa HQ in the Italian hills, the boys head to Italy's ancient capital, where they find out why ancient Romans added cheese to their wine.	UNITED KINGDOM	English-100	RPT			G	Y
2019-04-25	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				G	
2019-04-25	2130	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100				G	
2019-04-25	2200	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100				G	
2019-04-25	2230	United Plates Of America	United Plates Of America Series 2 Ep 10	We explore the Los Angeles food scene. We visit the San Fernando Valley to visit a New York style wine bar with gourmet style food.	USA	English-100				G	Y
2019-04-25	2300	Paul And Nick's Big NZ Food Trip	Wellington	The chefs reach Wellington in the south of the north island, cooking at the residence of the British High Commissioner. The meal is in honour of John Ballance, born in Co Antrim.	IRELAND	English-100				G	
2019-04-25	2330	Paul And Nick's Big NZ Food Trip	Palmerston North	Paul Rankin and Nick Nairn are on a food adventure in New Zealand. They're in Palmerston North in the north island cooking for descendants of William Ferguson Massey.	IRELAND	English-100				G	
2019-04-25	2400	Worst Cooks In America	Final Showdown, The	The final two recruits face their final, ultimate challenge - cook a restaurant quality meal for a panel of culinary experts. One is named the winner and awarded \$50,000 to go to their chosen charity.	USA	English-100				PG	
2019-04-25	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 29	Ben and Grant walk from Lark distillery down to Small Fry to visit one of Ben's mates, Rhys Hannon, who puts together a delicious lunch for the three of them.	AUSTRALIA	English-100				PG	

2019-04-25	2530	The F Word USA	F Word USA Series 1, The Ep 2	Pan-seared pork chop is on the menu as The Cooking Cubans face off against School Pride, and Kaitlin Olson stops by The F Word restaurant for a flambé demo. Gordon also challenges James Corden.	USA	English-100				Y
2019-04-25	2630	The Wine Show	Wine Show Series 1 Ep 3, The	From their villa HQ in the Italian hills, the boys head to Italy's ancient capital, where they find out why ancient Romans added cheese to their wine.	UNITED KINGDOM	English-100	RPT	G		Y
2019-04-25	2730	United Plates Of America	United Plates Of America Series 2 Ep 10	We explore the Los Angeles food scene. We visit the San Fernando Valley to visit a New York style wine bar with gourmet style food.	USA	English-100		G		Y
2019-04-25	2800	Paul And Nick's Big NZ Food Trip	Wellington	The chefs reach Wellington in the south of the north island, cooking at the residence of the British High Commissioner. The meal is in honour of John Ballance, born in Co Antrim.	IRELAND	English-100		G		
2019-04-25	2830	Paul And Nick's Big NZ Food Trip	Palmerston North	Paul Rankin and Nick Nairn are on a food adventure in New Zealand. They're in Palmerston North in the north island cooking for descendants of William Ferguson Massey.	IRELAND	English-100		G		
2019-04-26	0500	One World Kitchen	Four Course Lebanese	Home cook Jasmin Ibrahim combines the sweet flavour of crunchy pomegranates with rich lamb pastry pockets and then crispy chicken.	CANADA	English-100		PG		
2019-04-26	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 49	In the Fairholme Gardens Ben throws his own twist on the classic Chicken Fajita.	AUSTRALIA	English-100		G		Y
2019-04-26	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G		
2019-04-26	0630	Drive Thru Australia	Geelong And The Great Ocean Road	Geelong's city waterfront is a popular attraction with historic swimming baths, an antique carousel, restaurants and cafes.	AUSTRALIA	English-100		G		
2019-04-26	0700	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G		
2019-04-26	0730	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G		
2019-04-26	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 29	Ben and Grant walk from Lark distillery down to Small Fry to visit one of Ben's mates, Rhys Hannon, who puts together a delicious lunch for the three of them.	AUSTRALIA	English-100		PG		
2019-04-26	0830	Worst Cooks In America	Final Showdown, The	The final two recruits face their final, ultimate challenge - cook a restaurant quality meal for a panel of culinary experts. One is named the winner and awarded \$50,000 to go to their chosen charity.	USA	English-100		PG		
2019-04-26	0930	Paul And Nick's Big NZ Food Trip	Wellington	The chefs reach Wellington in the south of the north island, cooking at the residence of the British High Commissioner. The meal is in honour of John Ballance, born in Co Antrim.	IRELAND	English-100		G		
2019-04-26	1000	Paul And Nick's Big NZ Food Trip	Palmerston North	Paul Rankin and Nick Nairn are on a food adventure in New Zealand. They're in Palmerston North in the north island cooking for descendants of William Ferguson Massey.	IRELAND	English-100		G		
2019-04-26	1030	The F Word USA	F Word USA Series 1, The Ep 2	Pan-seared pork chop is on the menu as The Cooking Cubans face off against School Pride, and Kaitlin Olson stops by The F Word restaurant for a flambé demo. Gordon also challenges James Corden.	USA	English-100				Y
2019-04-26	1130	The Wine Show	Wine Show Series 1 Ep 3, The	From their villa HQ in the Italian hills, the boys head to Italy's ancient capital, where they find out why ancient Romans added cheese to their wine.	UNITED KINGDOM	English-100	RPT	G		Y
2019-04-26	1230	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G		

2019-04-26	1300	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G	
2019-04-26	1330	Worst Cooks In America	Final Showdown, The	The final two recruits face their final, ultimate challenge - cook a restaurant quality meal for a panel of culinary experts. One is named the winner and awarded \$50,000 to go to their chosen charity.	USA	English-100		PG	
2019-04-26	1430	United Plates Of America	United Plates Of America Series 2 Ep 10	We explore the Los Angeles food scene. We visit the San Fernando Valley to visit a New York style wine bar with gourmet style food.	USA	English-100		G	Y
2019-04-26	1500	One World Kitchen	Lebanese Small Plates	Food is best when it's shared with friends. Lebanese expert Jasmin Ibrahim cooks up four small plate recipes perfect for grazing.	CANADA	English-100		PG	
2019-04-26	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 50	Ben heads to the award winning Launceston Harvest Market to pick up some fresh produce.	AUSTRALIA	English-100		G	
2019-04-26	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Pantacchini's, burek pasties, and meeting an Irish butcher.	AUSTRALIA	English-100	RPT	G	
2019-04-26	1630	Drive Thru Australia	Grampians	The Grampians National Park has been 400 million years in the making. It's home to both the largest collection of Aboriginal rock art in Southern Australia and fine local food and wines.	AUSTRALIA	English-100		G	
2019-04-26	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 30	Ben and Grant say goodbye to Rhys from Small Fry and head into the city to their accommodation at the Avalon City Retreat, where Ben puts together a light seafood dish.	AUSTRALIA	English-100		PG	
2019-04-26	1730	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2019-04-26	1800	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G	
2019-04-26	1830	Paul And Nick's Big NZ Food Trip	Kapiti Coast	The chefs are in Paraparaumu on the Kapiti Coast of New Zealand's north island cooking for descendants of All Black rugby legend Dave Gallaher.	IRELAND	English-100		PG	
2019-04-26	1900	Paul And Nick's Big NZ Food Trip	Dunedin	Chefs Paul Rankin and Nick Nairn are in Dunedin in New Zealand's south island cooking for descendants of Presbyterian Minister Rutherford Waddell.	IRELAND	English-100		G	
2019-04-26	1930	Late Nite Eats	Charleston	Jordan's southern tour continues in the jewel of the south - Charleston, South Carolina. He starts off his trip at one of the city's finest taprooms, Craftmen Taphouse.	USA	English-100		PG	
2019-04-26	2000	Late Nite Eats	Atlanta	Jordan is in Atlanta where cosmopolitan glamour and southern traditions collide. In this sitting, everyone is vying for a seat at the best tables, and that's even more true late night.	USA	English-100		PG	
2019-04-26	2030	Nigella Kitchen	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100		G	
2019-04-26	2100	Nigella Kitchen	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'.	UNITED KINGDOM	English-100		G	
2019-04-26	2130	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2019-04-26	2200	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G	

2019-04-26	2230	United Plates Of America	United Plates Of America Series 2 Ep 11	We try some delicious meat dishes. We visit Houston, Texas to try a next level, mouth watering burger that might be just the biggest one we've ever seen.	USA	English-100		PG
2019-04-26	2300	Paul And Nick's Big NZ Food Trip	Kapiti Coast	The chefs are in Paraparaumu on the Kapiti Coast of New Zealand's north island cooking for descendants of All Black rugby legend Dave Gallaher.	IRELAND	English-100		PG
2019-04-26	2330	Paul And Nick's Big NZ Food Trip	Dunedin	Chefs Paul Rankin and Nick Nairn are in Dunedin in New Zealand's south island cooking for descendants of Presbyterian Minister Rutherford Waddell.	IRELAND	English-100		G
2019-04-26	2400	Worst Bakers In America	Baking Fail	For the first time ever, 12 of the worst bakers in America are drafted into the most intense baking boot camp in the world under the watchful eyes of Duff Goldman and Lorraine Pascale.	USA	English-100		PG
2019-04-26	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 30	Ben and Grant say goodbye to Rhys from Small Fry and head into the city to their accommodation at the Avalon City Retreat, where Ben puts together a light seafood dish.	AUSTRALIA	English-100		PG
2019-04-26	2530	Late Nite Eats	Charleston	Jordan's southern tour continues in the jewel of the south - Charleston, South Carolina. He starts off his trip at one of the city's finest taprooms, Craftmen Taphouse.	USA	English-100		PG
2019-04-26	2600	Late Nite Eats	Atlanta	Jordan is in Atlanta where cosmopolitan glamour and southern traditions collide. In this sitting, everyone is vying for a seat at the best tables, and that's even more true late night.	USA	English-100		PG
2019-04-26	2630	Nigella Kitchen	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100		G
2019-04-26	2700	Nigella Kitchen	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'.	UNITED KINGDOM	English-100		G
2019-04-26	2730	United Plates Of America	United Plates Of America Series 2 Ep 11	We try some delicious meat dishes. We visit Houston, Texas to try a next level, mouth watering burger that might be just the biggest one we've ever seen.	USA	English-100		PG
2019-04-26	2800	Paul And Nick's Big NZ Food Trip	Kapiti Coast	The chefs are in Paraparaumu on the Kapiti Coast of New Zealand's north island cooking for descendants of All Black rugby legend Dave Gallaher.	IRELAND	English-100		PG
2019-04-26	2830	Paul And Nick's Big NZ Food Trip	Dunedin	Chefs Paul Rankin and Nick Nairn are in Dunedin in New Zealand's south island cooking for descendants of Presbyterian Minister Rutherford Waddell.	IRELAND	English-100		G
2019-04-27	0500	One World Kitchen	Lebanese Small Plates	Food is best when it's shared with friends. Lebanese expert Jasmin Ibrahim cooks up four small plate recipes perfect for grazing.	CANADA	English-100		PG
2019-04-27	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 50	Ben heads to the award winning Launceston Harvest Market to pick up some fresh produce.	AUSTRALIA	English-100		G
2019-04-27	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Pantacchini's, burek pasties, and meeting an Irish butcher.	AUSTRALIA	English-100	RPT	G
2019-04-27	0630	Drive Thru Australia	Grampians	The Grampians National Park has been 400 million years in the making. It's home to both the largest collection of Aboriginal rock art in Southern Australia and fine local food and wines.	AUSTRALIA	English-100		G
2019-04-27	0700	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G

2019-04-27	0730	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100	G
2019-04-27	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 30	Ben and Grant say goodbye to Rhys from Small Fry and head into the city to their accommodation at the Avalon City Retreat, where Ben puts together a light seafood dish.	AUSTRALIA	English-100	PG
2019-04-27	0830	Worst Bakers In America	Baking Fail	For the first time ever, 12 of the worst bakers in America are drafted into the most intense baking boot camp in the world under the watchful eyes of Duff Goldman and Lorraine Pascale.	USA	English-100	PG
2019-04-27	0930	Paul And Nick's Big NZ Food Trip	Kapiti Coast	The chefs are in Paraparaumu on the Kapiti Coast of New Zealand's north island cooking for descendants of All Black rugby legend Dave Gallaher.	IRELAND	English-100	PG
2019-04-27	1000	Paul And Nick's Big NZ Food Trip	Dunedin	Chefs Paul Rankin and Nick Nairn are in Dunedin in New Zealand's south island cooking for descendants of Presbyterian Minister Rutherford Waddell.	IRELAND	English-100	G
2019-04-27	1030	Late Nite Eats	Charleston	Jordan's southern tour continues in the jewel of the south - Charleston, South Carolina. He starts off his trip at one of the city's finest taprooms, Craftmen Taphouse.	USA	English-100	PG
2019-04-27	1100	Late Nite Eats	Atlanta	Jordan is in Atlanta where cosmopolitan glamour and southern traditions collide. In this sitting, everyone is vying for a seat at the best tables, and that's even more true late night.	USA	English-100	PG
2019-04-27	1130	Nigella Kitchen	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100	G
2019-04-27	1200	Nigella Kitchen	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'.	UNITED KINGDOM	English-100	G
2019-04-27	1230	United Plates Of America	United Plates Of America Series 2 Ep 11	We try some delicious meat dishes. We visit Houston, Texas to try a next level, mouth watering burger that might be just the biggest one we've ever seen.	USA	English-100	PG
2019-04-27	1300	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100	G
2019-04-27	1330	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100	G
2019-04-27	1400	Worst Bakers In America	Baking Fail	For the first time ever, 12 of the worst bakers in America are drafted into the most intense baking boot camp in the world under the watchful eyes of Duff Goldman and Lorraine Pascale.	USA	English-100	PG
2019-04-27	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	G
2019-04-27	1500	Dinner Date	Nicola Hughes	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
2019-04-27	1600	United Plates Of America	St Louis - Bosnian Food	Believe it or not there are over 70,000 Bosnian people who migrated to St Louis during the Bosnian war. They love their new country but they have brought some customs that might seem a bit different.	USA	English-100	PG
2019-04-27	1630	United Plates Of America	Nashville - American Food	Over the many years of colonisation America has burrowed their fare from the immigrants that settled here. Now there is a cuisine called 'American' and it's delicious.	USA	English-100	G
2019-04-27	1700	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make Asparagus with Soft Boiled Egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100	G

2019-04-27	1730	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun; spring has arrived, and it's the perfect time to get into fresh vegies. Maggie and Simon love spring vegies.	AUSTRALIA	English-100		G		
2019-04-27	1800	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's Fish Won Tons and Garlic Prawns.	AUSTRALIA	English-100		G		
2019-04-27	1830	My Second Restaurant In India	My Second Restaurant In India Series 2, Ep 1	Seeking inspiration for her menu, Sarah immerses herself in Mumbai's thriving street food scene. Meanwhile, delays on the new restaurant kitchen are putting the team behind schedule.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-04-27	1930	The Travelling Chef	Travelling Chef Series 3, The Ep 5	Brett is personally invited by the Dilmah family to visit the tea plantations of Sri Lanka. He learns that Sri Lankan cuisine is about a whole lot more than just tea.	NEW ZEALAND	English-100				
2019-04-27	2000	The Travelling Chef	Travelling Chef Series 3, The Ep 6	Brett is on a mission to meet celebrity chef, Rick Stein and learn a new recipe from him. He heads on a road trip along the south coast of New South Wales in search of his idol.	NEW ZEALAND	English-100				
2019-04-27	2030	Dinner Date	Daisy	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		
2019-04-27	2130	Destination Flavour	Destination Flavour Series 1 Episode 7	Renee finds prime free-range pork and wild fallow deer in central western NSW, Lily has lunch with two of Brisbane's best Spanish chefs, and Adam meets a renowned Turkish chef.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-27	2200	Destination Flavour	Destination Flavour Series 1 Episode 8	This week, Adam finds premium wagyu beef, Renee meets a Michelin star chef who's set up shop in Port Douglas, and Lily hangs out with Luke Nguyen at the opening of his new restaurant.	AUSTRALIA	English-100	RPT	G	Y	
2019-04-27	2230	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make Asparagus with Soft Boiled Egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G		
2019-04-27	2300	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun; spring has arrived, and it's the perfect time to get into fresh vegies. Maggie and Simon love spring vegies.	AUSTRALIA	English-100		G		

2019-04-27	2330	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's Fish Won Tons and Garlic Prawns.	AUSTRALIA	English-100		G	
2019-04-27	2400	Say It To My Face	Those Who Forget The Past	Hosts Andrew Gruel and Anthony Dispensa count down the top five biggest restaurant redemptions on this season of Say It To My Face.	USA	English-100		PG	Y
2019-04-27	2500	The Travelling Chef	Travelling Chef Series 3, The Ep 5	Brett is personally invited by the Dilmah family to visit the tea plantations of Sri Lanka. He learns that Sri Lankan cuisine is about a whole lot more than just tea.	NEW ZEALAND	English-100			
2019-04-27	2530	The Travelling Chef	Travelling Chef Series 3, The Ep 6	Brett is on a mission to meet celebrity chef, Rick Stein and learn a new recipe from him. He heads on a road trip along the south coast of New South Wales in search of his idol.	NEW ZEALAND	English-100			
2019-04-27	2600	Dinner Date	Nicola Hughes	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	
2019-04-27	2700	Destination Flavour	Destination Flavour Series 1 Episode 7	Renee finds prime free-range pork and wild fallow deer in central western NSW, Lily has lunch with two of Brisbane's best Spanish chefs, and Adam meets a renowned Turkish chef.	AUSTRALIA	English-100	RPT	G	Y
2019-04-27	2730	Destination Flavour	Destination Flavour Series 1 Episode 8	This week, Adam finds premium wagyu beef, Renee meets a Michelin star chef who's set up shop in Port Douglas, and Lily hangs out with Luke Nguyen at the opening of his new restaurant.	AUSTRALIA	English-100	RPT	G	Y
2019-04-27	2800	United Plates Of America	St Louis - Bosnian Food	Believe it or not there are over 70,000 Bosnian people who migrated to St Louis during the Bosnian war. They love their new country but they have brought some customs that might seem a bit different.	USA	English-100		PG	

2019-04-27 2830

United Plates Of America

Nashville - American Food

Over the many years of colonisation America has burrowed their fare from the immigrants that settled here. Now there is a cuisine called 'American' and it's delicious.

USA

English-100

G