



WEEK 17: Sunday, 18 April - Saturday, 24 April 2021 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2021-04-18	0500	Cheese Slices	Shepherds Cheeses Of The Pyrenees	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making.	AUSTRALIA	English-100		G	
2021-04-18	0530	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 5	The Herbert and the Ayoubis families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		PG	
2021-04-18	0640	Living On The Veg	Living On The Veg Series 1 Ep 7	Henry and Ian create a warming jackfruit chilli, followed by their vegan-friendly, gooey camembert hedgehog. Anna Jones brings a taste of Korea to the kitchen with her carrot and sesame pancakes.	UNITED KINGDOM	English-100		G	
2021-04-18	0730	Heston's Fantastical Food	Big Brew	Heston celebrates the tea break by making the world's biggest packet of biscuits, the largest pyramid tea bag, and a drink containing the flavours of cucumber sandwiches and Victoria sponge.	UNITED KINGDOM	English-100	RPT	G	Y
2021-04-18	0825	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 10	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-04-18	0830	Pacific Island Food Revolution	Grand Finale: Food And Faith	It is the grand finale at Revolution Kitchen, as Team Tonga and Team Fiji battle it out to be the winners of Pacific Island Food Revolution - Season Two.	NEW ZEALAND	English-100		PG	
2021-04-18	0930	Ainsley Eats The Streets	Taipei	Ainsley visits Taiwan, where he samples fragrant baked fish and chilli pork stir fry in Taipei's temple markets and witnesses the late night rush of tourists from China.	UNITED KINGDOM	English-100	RPT	G	Y
2021-04-18	1025	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-04-18	1030	Hairy Bikers' Asian Adventure	Thailand - Beaches And Mountains	The bikers travel to the palm-lined beaches of the south and the jungle-clad mountains of the north to explore Thailand's multicultural history and its place at the heart of the spice trade.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-04-18	1135	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 5	The Herbert and the Ayoubis families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		PG	
2021-04-18	1245	Living On The Veg	Living On The Veg Series 1 Ep 7	Henry and Ian create a warming jackfruit chilli, followed by their vegan-friendly, gooey camembert hedgehog. Anna Jones brings a taste of Korea to the kitchen with her carrot and sesame pancakes.	UNITED KINGDOM	English-100		G	
2021-04-18	1335	Cheese Slices	Shepherds Cheeses Of The Pyrenees	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making.	AUSTRALIA	English-100		G	
2021-04-18	1400	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 6	The Cadugan and the King families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		PG	
2021-04-18	1510	Living On The Veg	Living On The Veg Series 1 Ep 8	The boys kick things off with one of Britain's favourite takeaway dishes made vegan - duck pancakes - and then dish up spicy cauliflower 'wings' with ranch sauce.	UNITED KINGDOM	English-100		G	
2021-04-18	1605	Late Nite Eats	Tucson	Jordan's hitting up the southwest with a stop in Tucson, Arizona. Cultures collide in this city with restaurants drawing upon southern, west coast, and Mexican influences.	USA	English-100		G	
2021-04-18	1630	The Cook And The Chef	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100		G	
2021-04-18	1700	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG	

2021-04-18	1730	For The Love Of Bread	Copenhagen	No foodie trip to Copenhagen would be complete without dining at Noma and Andrew was fortunate to meet with Rene Redzepi where they discussed food, culture, and the pursuit of excellence.	AUSTRALIA	English-100	PG
2021-04-18	1800	Vanishing Foods	Eating Nose To Tail	Aun explores nose-to-tail eating - where no part of an animal goes to waste, and things get heady in the Phillipines with the pricey cabeza de jabali - cold cuts of meat made with a boar's head.	UNITED KINGDOM	English-100	PG
2021-04-18	1830	Sourced	Foraging	Guy takes things back to our hunter-gatherer days as he forages on both land and sea for aromatic truffles, giant mushrooms, and coastal clams.	USA	English-100	G
2021-04-18	1900	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-100	PG
2021-04-18	1930	Mary Berry's Foolproof Cooking	Busy Days	Mary shares her foolproof recipes for those days when you are simply run off your feet. There's tomato soup made from store cupboard ingredients, and express bacon and pesto pasta.	UNITED KINGDOM	English-100	G
2021-04-18	2000	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 10	Michela puts twist on fish and chips with seabass in a bag - a steamed parcel of fish and vegetables, and after visiting an artisan bakery in Siena makes a classic Italian cake.	UNITED KINGDOM	English-100	G
2021-04-18	2030	Rick Stein: From Venice to Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 3	Rick continues his Byzantine odyssey through Croatia, and savours the famous native oysters of Ston. In his own kitchen on the Greek island of Symi, Rick cooks traditional Albanian dishes.	UNITED KINGDOM	English-100	PG
2021-04-18	2140	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 1	Robin and her team are working on a towering wedding cake set to depict the skylines of New York, LA and Minneapolis, but will this skyscraping cake be too tall an order?	USA	English-100	G
2021-04-18	2230	Gino's Italian Escape: Hidden Italy	Piedmont	Gino is in Piemonte - one of the three regions that the Po Valley straddles, which is at the heart of the Italian rice production. He tries his hand at rice harvesting.	UNITED KINGDOM	English-100	PG
2021-04-18	2300	Late Nite Eats	Tuscson	Jordan's hitting up the southwest with a stop in Tucson, Arizona. Cultures collide in this city with restaurants drawing upon southern, west coast, and Mexican influences.	USA	English-100	G
2021-04-18	2330	For The Love Of Bread	Copenhagen	No foodie trip to Copenhagen would be complete without dining at Noma and Andrew was fortunate to meet with Rene Redzepi where they discussed food, culture, and the pursuit of excellence.	AUSTRALIA	English-100	PG
2021-04-18	2400	Vanishing Foods	Eating Nose To Tail	Aun explores nose-to-tail eating - where no part of an animal goes to waste, and things get heady in the Phillipines with the pricey cabeza de jabali - cold cuts of meat made with a boar's head.	UNITED KINGDOM	English-100	PG
2021-04-18	2430	Sourced	Foraging	Guy takes things back to our hunter-gatherer days as he forages on both land and sea for aromatic truffles, giant mushrooms, and coastal clams.	USA	English-100	G
2021-04-18	2500	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-100	PG
2021-04-18	2530	Mary Berry's Foolproof Cooking	Busy Days	Mary shares her foolproof recipes for those days when you are simply run off your feet. There's tomato soup made from store cupboard ingredients, and express bacon and pesto pasta.	UNITED KINGDOM	English-100	G
2021-04-18	2600	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 10	Michela puts twist on fish and chips with seabass in a bag - a steamed parcel of fish and vegetables, and after visiting an artisan bakery in Siena makes a classic Italian cake.	UNITED KINGDOM	English-100	G
2021-04-18	2630	Rick Stein: From Venice to Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 3	Rick continues his Byzantine odyssey through Croatia, and savours the famous native oysters of Ston. In his own kitchen on the Greek island of Symi, Rick cooks traditional Albanian dishes.	UNITED KINGDOM	English-100	PG
2021-04-18	2740	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 1	Robin and her team are working on a towering wedding cake set to depict the skylines of New York, LA and Minneapolis, but will this skyscraping cake be too tall an order?	USA	English-100	G
2021-04-18	2830	Gino's Italian Escape: Hidden Italy	Piedmont	Gino is in Piemonte - one of the three regions that the Po Valley straddles, which is at the heart of the Italian rice production. He tries his hand at rice harvesting.	UNITED KINGDOM	English-100	PG

2021-04-19	0500	Late Nite Eats	Tuscson	Jordan's hitting up the southwest with a stop in Tucson, Arizona. Cultures collide in this city with restaurants drawing upon southern, west coast, and Mexican influences.	USA	English-100		G	
2021-04-19	0530	For The Love Of Bread	Copenhagen	No foodie trip to Copenhagen would be complete without dining at Noma and Andrew was fortunate to meet with Rene Redzepi where they discussed food, culture, and the pursuit of excellence.	AUSTRALIA	English-100		PG	
2021-04-19	0600	Vanishing Foods	Eating Nose To Tail	Aun explores nose-to-tail eating - where no part of an animal goes to waste, and things get heady in the Phillipines with the pricey cabeza de jabali - cold cuts of meat made with a boar's head.	UNITED KINGDOM	English-100		PG	
2021-04-19	0630	Sourced	Foraging	Guy takes things back to our hunter-gatherer days as he forages on both land and sea for aromatic truffles, giant mushrooms, and coastal clams.	USA	English-100		G	
2021-04-19	0700	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-100		PG	
2021-04-19	0730	Mary Berry's Foolproof Cooking	Busy Days	Mary shares her foolproof recipes for those days when you are simply run off your feet. There's tomato soup made from store cupboard ingredients, and express bacon and pesto pasta.	UNITED KINGDOM	English-100		G	
2021-04-19	0800	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 10	Michela puts twist on fish and chips with seabass in a bag - a steamed parcel of fish and vegetables, and after visiting an artisan bakery in Siena makes a classic Italian cake.	UNITED KINGDOM	English-100		G	
2021-04-19	0830	Rick Stein: From Venice to Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 3	Rick continues his Byzantine odyssey through Croatia, and savours the famous native oysters of Ston. In his own kitchen on the Greek island of Symi, Rick cooks traditional Albanian dishes.	UNITED KINGDOM	English-100		PG	
2021-04-19	0940	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 1	Robin and her team are working on a towering wedding cake set to depict the skylines of New York, LA and Minneapolis, but will this skyscraping cake be too tall an order?	USA	English-100		G	
2021-04-19	1030	Gino's Italian Escape: Hidden Italy	Piedmont	Gino is in Piemonte - one of the three regions that the Po Valley straddles, which is at the heart of the Italian rice production. He tries his hand at rice harvesting.	UNITED KINGDOM	English-100		PG	
2021-04-19	1100	Late Nite Eats	Tuscson	Jordan's hitting up the southwest with a stop in Tucson, Arizona. Cultures collide in this city with restaurants drawing upon southern, west coast, and Mexican influences.	USA	English-100		G	
2021-04-19	1130	For The Love Of Bread	Copenhagen	No foodie trip to Copenhagen would be complete without dining at Noma and Andrew was fortunate to meet with Rene Redzepi where they discussed food, culture, and the pursuit of excellence.	AUSTRALIA	English-100		PG	
2021-04-19	1200	Vanishing Foods	Eating Nose To Tail	Aun explores nose-to-tail eating - where no part of an animal goes to waste, and things get heady in the Phillipines with the pricey cabeza de jabali - cold cuts of meat made with a boar's head.	UNITED KINGDOM	English-100		PG	
2021-04-19	1230	Sourced	Foraging	Guy takes things back to our hunter-gatherer days as he forages on both land and sea for aromatic truffles, giant mushrooms, and coastal clams.	USA	English-100		G	
2021-04-19	1300	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-100		PG	
2021-04-19	1330	Donal's Cook, Eat, Burn	Climbing Carrauntoohil	Donal tackles Carrauntoohil, the highest mountain in Ireland. To help him reach the top, he cooks recipes specially designed to sustain energy on a challenging day of mountaineering.	IRELAND	English-100		G	
2021-04-19	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 69	Matt and Courtney are in the festive spirit as they prepare Christmas recipes. To get things underway, Courtney prepares buttered prawns, while Matt prepares a classic pavlova.	AUSTRALIA	English-100		PG	
2021-04-19	1430	Lidia's Kitchen	Fruits And Desserts	Lidia focuses on fruits and desserts as she prepares strawberries with balsamic vinegar, panna cotta with seasonal fruit, nectarines and blueberries in prosecco, and plum crostata.	USA	English-100		G	
2021-04-19	1500	The Chefs' Line	Indian	Watch apprentice chef Indy from top Melbourne Indian restaurant, Atta, go up against four passionate home cooks in a classic Samosa battle.	AUSTRALIA	English-100	RPT	G	Y

2021-04-19	1530	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 3	Justine joins architect Carla Figueiredo to explore the St. Lazaro quater, a neighbourhood influenced by both Chinese and European cultures. She then visits Trombe Rija.	AUSTRALIA	English-100		G	
2021-04-19	1600	Rachel Allen: Coastal Cookery	Rachel Allen: Coastal Cookery Series 1 Ep 5	Rachel travels to the fishing village of Ballydavid in Dingle - and judges a mini version of their Spud Off.	UNITED KINGDOM	English-100		G	
2021-04-19	1630	Oliver's Twist	Wedding	Jamie prepares a meal to remember for a friend's wedding day. Recipes include antipasto platters, baked salmon, salsa verde, antipasto platters, and summer berries with mascarpone cream.	UNITED KINGDOM	English-100		G	
2021-04-19	1700	Oliver's Twist	Suppliers Surprise	As a regular customer at their stalls, Jamie decides to invite some Borough Market vendors to dinner, where the meals are made from their own wares. He cooks up a scrumptious Italian mixed roast.	UNITED KINGDOM	English-100		G	
2021-04-19	1730	Gourmet Farmer	Gourmet Farmer Series 4 Ep 1	After selling his original Puggle Farm, Matthew Evans moves his family to the much larger Fat Pig Farm, where he has a dream to build a farm to table restaurant in the upper paddock.	AUSTRALIA	English-100	RPT	G	Y
2021-04-19	1800	Gourmet Farmer	Gourmet Farmer Series 4 Ep 2	Money is flying out the door as Matthew Evans builds a new house and farm to table restaurant at Fat Pig Farm.	AUSTRALIA	English-100	RPT	G	Y
2021-04-19	1830	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 11	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-19	1900	The Cook Up with Adam Liaw	Family Dinner	Top chef Colin Fassnidge and much-loved tv and radio personality Yumi Stynes drop by The Cook Up kitchen to cook with Adam Liaw and show what they serve for their very own family dinner.	AUSTRALIA	English-100		PG	
2021-04-19	1930	Anthony Bourdain: Parts Unknown	Lower East Side	Bourdain takes a personal journey through this formerly bohemian New York City neighborhood, as he meets, shares meals and reflects with music, film, and art trailblazers.	USA	English-100		PG	
2021-04-19	2020	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-04-19	2030	Taste The Nation With Padma Lakshmi	Where The Kabob Is Hot	Padma tastes her way through Los Angeles, sampling one of her favourite cuisines - Persian food, one kebab at a time.	USA	English-100		PG	
2021-04-19	2100	Tales From River Cottage	Chicken And Egg	Hugh recalls the highs and lows of his poultry learning curve, from acquiring his first hens, to his experiment to try and breed the tastiest roasting chicken of all time.	UNITED KINGDOM	English-100		PG	
2021-04-19	2130	Mystery Diners	Heavy Lifting	After experiencing discrepancies with their supply of expensive protein supplements, owners of Protein House contact Charles Stiles to investigate.	USA	English-100		PG	
2021-04-19	2200	The Cook Up with Adam Liaw	Family Dinner	Top chef Colin Fassnidge and much-loved tv and radio personality Yumi Stynes drop by The Cook Up kitchen to cook with Adam Liaw and show what they serve for their very own family dinner.	AUSTRALIA	English-100		PG	
2021-04-19	2230	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 11	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-19	2300	Gourmet Farmer	Gourmet Farmer Series 4 Ep 1	After selling his original Puggle Farm, Matthew Evans moves his family to the much larger Fat Pig Farm, where he has a dream to build a farm to table restaurant in the upper paddock.	AUSTRALIA	English-100	RPT	G	Y
2021-04-19	2330	Gourmet Farmer	Gourmet Farmer Series 4 Ep 2	Money is flying out the door as Matthew Evans builds a new house and farm to table restaurant at Fat Pig Farm.	AUSTRALIA	English-100	RPT	G	Y
2021-04-19	2400	The Chefs' Line	Indian	Watch apprentice chef Indy from top Melbourne Indian restaurant, Atta, go up against four passionate home cooks in a classic Samosa battle.	AUSTRALIA	English-100	RPT	G	Y
2021-04-19	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 11	Paralympian gold medal swimmer Liz Johnson and BBC disability correspondent Peter White are chasing culinary honours in the red and green kitchens.	UNITED KINGDOM	English-100		G	

2021-04-19	2525	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-04-19	2530	Oliver's Twist	Wedding	Jamie prepares a meal to remember for a friend's wedding day. Recipes include antipasto platters, baked salmon, salsa verde, antipasto platters, and summer berries with mascarpone cream.	UNITED KINGDOM	English-100		G	
2021-04-19	2600	Oliver's Twist	Suppliers Surprise	As a regular customer at their stalls, Jamie decides to invite some Borough Market vendors to dinner, where the meals are made from their own wares. He cooks up a scrumptious Italian mixed roast.	UNITED KINGDOM	English-100		G	
2021-04-19	2630	Taste The Nation With Padma Lakshmi	Where The Kabob Is Hot	Padma tastes her way through Los Angeles, sampling one of her favourite cuisines - Persian food, one kebab at a time.	USA	English-100		PG	
2021-04-19	2700	Tales From River Cottage	Chicken And Egg	Hugh recalls the highs and lows of his poultry learning curve, from acquiring his first hens, to his experiment to try and breed the tastiest roasting chicken of all time.	UNITED KINGDOM	English-100		PG	
2021-04-19	2730	Mystery Diners	Heavy Lifting	After experiencing discrepancies with their supply of expensive protein supplements, owners of Protein House contact Charles Stiles to investigate.	USA	English-100		PG	
2021-04-19	2800	Donal's Cook, Eat, Burn	Climbing Carrauntoohil	Donal tackles Carrauntoohil, the highest mountain in Ireland. To help him reach the top, he cooks recipes specially designed to sustain energy on a challenging day of mountaineering.	IRELAND	English-100		G	
2021-04-19	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 69	Matt and Courtney are in the festive spirit as they prepare Christmas recipes. To get things underway, Courtney prepares buttered prawns, while Matt prepares a classic pavlova.	AUSTRALIA	English-100		PG	
2021-04-20	0500	Lidia's Kitchen	Fruits And Desserts	Lidia focuses on fruits and desserts as she prepares strawberries with balsamic vinegar, panna cotta with seasonal fruit, nectarines and blueberries in prosecco, and plum crostata.	USA	English-100		G	
2021-04-20	0530	The Chefs' Line	Indian	Watch apprentice chef Indy from top Melbourne Indian restaurant, Atta, go up against four passionate home cooks in a classic Samosa battle.	AUSTRALIA	English-100	RPT	G	Y
2021-04-20	0600	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 3	Justine joins architect Carla Figueiredo to explore the St. Lázaro quarter, a neighbourhood influenced by both Chinese and European cultures. She then visits Trombe Rija.	AUSTRALIA	English-100		G	
2021-04-20	0630	Rachel Allen: Coastal Cookery	Rachel Allen: Coastal Cookery Series 1 Ep 5	Rachel travels to the fishing village of Ballydavid in Dingle - and judges a mini version of their Spud Off.	UNITED KINGDOM	English-100		G	
2021-04-20	0700	Oliver's Twist	Wedding	Jamie prepares a meal to remember for a friend's wedding day. Recipes include antipasto platters, baked salmon, salsa verde, antipasto platters, and summer berries with mascarpone cream.	UNITED KINGDOM	English-100		G	
2021-04-20	0730	Oliver's Twist	Suppliers Surprise	As a regular customer at their stalls, Jamie decides to invite some Borough Market vendors to dinner, where the meals are made from their own wares. He cooks up a scrumptious Italian mixed roast.	UNITED KINGDOM	English-100		G	
2021-04-20	0800	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 11	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-20	0830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 69	Matt and Courtney are in the festive spirit as they prepare Christmas recipes. To get things underway, Courtney prepares buttered prawns, while Matt prepares a classic pavlova.	AUSTRALIA	English-100		PG	
2021-04-20	0900	Lidia's Kitchen	Fruits And Desserts	Lidia focuses on fruits and desserts as she prepares strawberries with balsamic vinegar, panna cotta with seasonal fruit, nectarines and blueberries in prosecco, and plum crostata.	USA	English-100		G	
2021-04-20	0930	Taste The Nation With Padma Lakshmi	Where The Kabob Is Hot	Padma tastes her way through Los Angeles, sampling one of her favourite cuisines - Persian food, one kebab at a time.	USA	English-100		PG	
2021-04-20	1000	Tales From River Cottage	Chicken And Egg	Hugh recalls the highs and lows of his poultry learning curve, from acquiring his first hens, to his experiment to try and breed the tastiest roasting chicken of all time.	UNITED KINGDOM	English-100		PG	

2021-04-20	1030	Mystery Diners	Heavy Lifting	After experiencing discrepancies with their supply of expensive protein supplements, owners of Protein House contact Charles Stiles to investigate.	USA	English-100		PG	
2021-04-20	1100	The Cook Up with Adam Liaw	Family Dinner	Top chef Colin Fassnidge and much-loved tv and radio personality Yumi Stynes drop by The Cook Up kitchen to cook with Adam Liaw and show what they serve for their very own family dinner.	AUSTRALIA	English-100		PG	
2021-04-20	1130	Oliver's Twist	Suppliers Surprise	As a regular customer at their stalls, Jamie decides to invite some Borough Market vendors to dinner, where the meals are made from their own wares. He cooks up a scrumptious Italian mixed roast.	UNITED KINGDOM	English-100		G	
2021-04-20	1200	Gourmet Farmer	Gourmet Farmer Series 4 Ep 1	After selling his original Puggle Farm, Matthew Evans moves his family to the much larger Fat Pig Farm, where he has a dream to build a farm to table restaurant in the upper paddock.	AUSTRALIA	English-100	RPT	G	Y
2021-04-20	1230	Gourmet Farmer	Gourmet Farmer Series 4 Ep 2	Money is flying out the door as Matthew Evans builds a new house and farm to table restaurant at Fat Pig Farm.	AUSTRALIA	English-100	RPT	G	Y
2021-04-20	1300	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 11	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-20	1330	Donal's Cook, Eat, Burn	Rock Climbing	Donal goes rock climbing on the beautiful but challenging North Antrim Coast. He prepares new recipes, specially selected to help the body recover after day of activity and exertion,	IRELAND	English-100		G	
2021-04-20	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 70	Matt kicks things off in Noosa with guest, Simon Jones from Noosa Earth, and together they make a delicious mushroom and miso soup. Michael's also on location and cooks fillet steak with pepper sauce.	AUSTRALIA	English-100		G	
2021-04-20	1430	Lidia's Kitchen	Crespelle	Lidia shares her favourite crespelle - an Italian-style crepe - dishes, including crespelle manicotti, and chocolate and walnut crespelle.	USA	English-100		G	
2021-04-20	1500	The Chefs' Line	Indian	Watch station chef Sharry from top Melbourne Indian restaurant, Atta, go up against three passionate home cooks in the ultimate Seekh Kebabs challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-04-20	1530	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 4	Justine tries some of the local Macanese street food before she prepares a dish inspired by a visit to an opulent French inspired hotel.	AUSTRALIA	English-100		PG	
2021-04-20	1600	Rachel Allen: Coastal Cookery	Rachel Allen: Coastal Cookery Series 1 Ep 6	Rachel collects up herbs and eggs from the farm to use in her pork schnitzel dish. She then heads into Limerick City to meet fermenting expert Val O'Connor, before cooking turbot in beer.	UNITED KINGDOM	English-100		PG	
2021-04-20	1630	Oliver's Twist	Friends	There's a lot to catch-up on when Jamie's old classmates turn up for a school reunion. Jamie cooks up a wealth of tasty food in preparation, including fried zucchini flowers and fig canapes.	UNITED KINGDOM	English-100		G	
2021-04-20	1700	Oliver's Twist	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100		PG	
2021-04-20	1730	Gourmet Farmer	Gourmet Farmer Series 4 Ep 3	With the new house nearly complete and the restaurant finally underway, Matthew Evans goes in search of inspiration for dishes to put on the menu at Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y
2021-04-20	1800	Gourmet Farmer	Gourmet Farmer Series 4 Ep 4	After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.	AUSTRALIA	English-100	RPT	PG	Y
2021-04-20	1830	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 12	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-20	1900	The Cook Up with Adam Liaw	Lemongrass	Adam Liaw is joined by Paramount's Christine Manfield and Longrain's Martin Boetz in The Cook Up kitchen to cook Asia-inspired specialties with lemongrass.	AUSTRALIA	English-100		PG	
2021-04-20	1930	Food Safari	Sri Lankan Safari	Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.	AUSTRALIA	English-100	RPT	G	Y

2021-04-20	2000	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 6	Mary cooks dishes inspired by her home and family. Three generations of Mary's family visit her in the kitchen and get involved with the cooking of Malay fried rice and a lemon meringue pie.	UNITED KINGDOM	English-100			G	
2021-04-20	2030	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100			PG	
2021-04-20	2100	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 13	Luke and Lynne bask in the sites of Victoria Harbour before Luke cooks a traditional Chinese XO Sauce paired with Clams. Luke visits local favourite Michelin star restaraunt Duddles.	AUSTRALIA	English-100	RPT		PG	Y
2021-04-20	2130	Mystery Diners	Italian Job, The	After a feud between his pizzeria and bakery threatens his business, John contacts Charles Stiles for help.	USA	English-100			PG	
2021-04-20	2200	The Cook Up with Adam Liaw	Lemongrass	Adam Liaw is joined by Paramount's Christine Manfield and Longrain's Martin Boetz in The Cook Up kitchen to cook Asia-inspired specialties with lemongrass.	AUSTRALIA	English-100			PG	
2021-04-20	2230	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 12	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100			PG	
2021-04-20	2300	Gourmet Farmer	Gourmet Farmer Series 4 Ep 3	With the new house nearly complete and the restaurant finally underway, Matthew Evans goes in search of inspiration for dishes to put on the menu at Fat Pig Kitchen.	AUSTRALIA	English-100	RPT		G	Y
2021-04-20	2330	Gourmet Farmer	Gourmet Farmer Series 4 Ep 4	After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.	AUSTRALIA	English-100	RPT		PG	Y
2021-04-20	2400	The Chefs' Line	Indian	Watch station chef Sharry from top Melbourne Indian restaurant, Atta, go up against three passionate home cooks in the ultimate Seekh Kebabs challenge.	AUSTRALIA	English-100	RPT		G	Y
2021-04-20	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 12	Holby Blue meets Gavin and Stacey as husband and wife actors James Thornton and Joanna Page go head to head in the kitchen.	UNITED KINGDOM	English-100			G	
2021-04-20	2525	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 7	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT		G	Y
2021-04-20	2530	Food Safari	Sri Lankan Safari	Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.	AUSTRALIA	English-100	RPT		G	Y
2021-04-20	2600	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 6	Mary cooks dishes inspired by her home and family. Three generations of Mary's family visit her in the kitchen and get involved with the cooking of Malay fried rice and a lemon meringue pie.	UNITED KINGDOM	English-100			G	
2021-04-20	2630	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100			PG	
2021-04-20	2700	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 13	Luke and Lynne bask in the sites of Victoria Harbour before Luke cooks a traditional Chinese XO Sauce paired with Clams. Luke visits local favourite Michelin star restaraunt Duddles.	AUSTRALIA	English-100	RPT		PG	Y
2021-04-20	2730	Mystery Diners	Italian Job, The	After a feud between his pizzeria and bakery threatens his business, John contacts Charles Stiles for help.	USA	English-100			PG	
2021-04-20	2800	Donal's Cook, Eat, Burn	Rock Climbing	Donal goes rock climbing on the beautiful but challenging North Antrim Coast. He prepares new recipes, specially selected to help the body recover after day of activity and exertion,	IRELAND	English-100			G	
2021-04-20	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 70	Matt kicks things off in Noosa with guest, Simon Jones from Noosa Earth, and together they make a delicious mushroom and miso soup. Michael's also on location and cooks fillet steak with pepper sauce.	AUSTRALIA	English-100			G	
2021-04-21	0500	Lidia's Kitchen	Crespelle	Lidia shares her favourite crespelle - an Italian-style crepe - dishes, including crespelle manicotti, and chocolate and walnut crespelle.	USA	English-100			G	

2021-04-21	0530	The Chefs' Line	Indian	Watch station chef Sharry from top Melbourne Indian restaurant, Atta, go up against three passionate home cooks in the ultimate Seekh Kebabs challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-04-21	0600	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 4	Justine tries some of the local Macanese street food before she prepares a dish inspired by a visit to an opulent French inspired hotel.	AUSTRALIA	English-100		PG	
2021-04-21	0630	Rachel Allen: Coastal Cookery	Rachel Allen: Coastal Cookery Series 1 Ep 6	Rachel collects up herbs and eggs from the farm to use in her pork schnitzel dish. She then heads into Limerick City to meet fermenting expert Val O'Connor, before cooking turbot in beer.	UNITED KINGDOM	English-100		PG	
2021-04-21	0700	Oliver's Twist	Friends	There's a lot to catch-up on when Jamie's old classmates turn up for a school reunion. Jamie cooks up a wealth of tasty food in preparation, including fried zucchini flowers and fig canapes.	UNITED KINGDOM	English-100		G	
2021-04-21	0730	Oliver's Twist	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100		PG	
2021-04-21	0800	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 12	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-21	0830	Food Safari	Sri Lankan Safari	Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.	AUSTRALIA	English-100	RPT	G	Y
2021-04-21	0900	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 6	Mary cooks dishes inspired by her home and family. Three generations of Mary's family visit her in the kitchen and get involved with the cooking of Malay fried rice and a lemon meringue pie.	UNITED KINGDOM	English-100		G	
2021-04-21	0930	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100		PG	
2021-04-21	1000	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 13	Luke and Lynne bask in the sites of Victoria Harbour before Luke cooks a traditional Chinese XO Sauce paired with Clams. Luke visits local favourite Michelin star restaurent Duddles.	AUSTRALIA	English-100	RPT	PG	Y
2021-04-21	1030	Mystery Diners	Italian Job, The	After a feud between his pizzeria and bakery threatens his business, John contacts Charles Stiles for help.	USA	English-100		PG	
2021-04-21	1100	The Cook Up with Adam Liaw	Lemongrass	Adam Liaw is joined by Paramount's Christine Manfield and Longrain's Martin Boetz in The Cook Up kitchen to cook Asia-inspired specialties with lemongrass.	AUSTRALIA	English-100		PG	
2021-04-21	1130	Oliver's Twist	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100		PG	
2021-04-21	1200	Gourmet Farmer	Gourmet Farmer Series 4 Ep 3	With the new house nearly complete and the restaurant finally underway, Matthew Evans goes in search of inspiration for dishes to put on the menu at Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y
2021-04-21	1230	Gourmet Farmer	Gourmet Farmer Series 4 Ep 4	After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.	AUSTRALIA	English-100	RPT	PG	Y
2021-04-21	1300	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 12	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-21	1330	Donal's Cook, Eat, Burn	Bootcamp	Donal cooks recipes specially picked to help him fuel up and prepare for a tough boot camp work out, including squash tagine with quinoa, a selection of smoothies, and sweet potato 'shepherdless' pie.	IRELAND	English-100		G	
2021-04-21	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 1	Matt kicks things off with some incredible harrissa lamb burgers, while Courtney takes a flavour journey to Italy's Amalfi Coast with her exquisite white chocolate and orange cake.	AUSTRALIA	English-100		PG	
2021-04-21	1430	Lidia's Kitchen	Agrodolce	Lidia shares her recipe for agrodolce - an Italian-style sweet-and-sour sauce - which she uses to flavour swordfish.	USA	English-100		G	

2021-04-21	1500	The Chefs' Line	Indian	Watch sous chef Atar from top Melbourne Indian restaurant, Atta, go up against two passionate home cooks in a bid to make the best Spiced Milk Dessert.	AUSTRALIA	English-100	RPT	G	Y
2021-04-21	1530	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 5	Justine meets with chef Hans Lee Rasmussen who invites her to visit to visit Macao Tourism Institute where he is training aspiring chefs to fight food waste and make their industry more sustainable.	AUSTRALIA	English-100		G	
2021-04-21	1600	Rachel Allen: Coastal Cookery	Rachel Allen: Coastal Cookery Series 1 Ep 7	Rachel heads into the mountainous limestone pavement of The Burren where she meets Sadie whose perfumes are inspired by the landscape. Rachel creates a tarragon mayonnaise to reflect the scent.	UNITED KINGDOM	English-100		G	
2021-04-21	1630	Oliver's Twist	Halloween	In preparation for a night of trick-or-treating with his friends' children, Jamie makes some party food to keep the autumn chill at bay.	UNITED KINGDOM	English-100		PG	
2021-04-21	1700	Oliver's Twist	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100		G	
2021-04-21	1730	Gourmet Farmer	Gourmet Farmer Series 4 Ep 5	With native wallabies grazing the same pasture as his livestock, Matthew Evans needs to come up with a solution that allows both to co-exist.	AUSTRALIA	English-100	RPT	PG	Y
2021-04-21	1800	Gourmet Farmer	Gourmet Farmer Series 4 Ep 6	Matthew Evans begins the month-long build of an enormous outdoor wood-fired oven for the imminent opening of Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y
2021-04-21	1830	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 13	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-21	1900	The Cook Up with Adam Liaw	Vanilla	Adam Liaw is joined by top chefs Mark Best of Marque restaurant fame and queen of cakes Katherine Sabbath in The Cook Up kitchen to see how they use the staple vanilla ingredient in their cooking.	AUSTRALIA	English-100		PG	
2021-04-21	1930	Gino's Italian Coastal Escape	Sorrento And Capri	Continuing his culinary odyssey along the Mediterranean coast, Gino sails to beautiful Capri to sample la dolce vita. While there, he also unearths the origins of Italy's most famous digestivo.	UNITED KINGDOM	English-100		PG	
2021-04-21	2000	French Food Safari	French Food Safari Series 1 Episode 6	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT	G	Y
2021-04-21	2030	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 7	It's hard to get children to eat healthily all the time but foodie sisters Jasmine and Melissa have just the recipes to ensure little ones enjoy their food while still getting optimum nutrition.	UNITED KINGDOM	English-100		PG	
2021-04-21	2100	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 7	In the Clovelly area of North Devon, Rick goes fishing for herring with Steve Perham, whose family have been fishermen for over 200 years.	UNITED KINGDOM	English-100		G	
2021-04-21	2130	Mystery Diners	Going To The Dogs	Shades Oceanfront contacts Charles Stiles for help uncovering discrepancies.	USA	English-100		PG	
2021-04-21	2200	The Cook Up with Adam Liaw	Vanilla	Adam Liaw is joined by top chefs Mark Best of Marque restaurant fame and queen of cakes Katherine Sabbath in The Cook Up kitchen to see how they use the staple vanilla ingredient in their cooking.	AUSTRALIA	English-100		PG	
2021-04-21	2230	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 13	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-21	2300	Gourmet Farmer	Gourmet Farmer Series 4 Ep 5	With native wallabies grazing the same pasture as his livestock, Matthew Evans needs to come up with a solution that allows both to co-exist.	AUSTRALIA	English-100	RPT	PG	Y
2021-04-21	2330	Gourmet Farmer	Gourmet Farmer Series 4 Ep 6	Matthew Evans begins the month-long build of an enormous outdoor wood-fired oven for the imminent opening of Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y
2021-04-21	2400	The Chefs' Line	Indian	Watch sous chef Atar from top Melbourne Indian restaurant, Atta, go up against two passionate home cooks in a bid to make the best Spiced Milk Dessert.	AUSTRALIA	English-100	RPT	G	Y

2021-04-21	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 13	Madhu Singh and Suleiman Mirza, better known as comedy dance act Signature bring a little spice to the kitchen, and even Ainsley can't resist a few dance floor moves.	UNITED KINGDOM	English-100			G	
2021-04-21	2525	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 8	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT		G	Y
2021-04-21	2530	Gino's Italian Coastal Escape	Sorrento And Capri	Continuing his culinary odyssey along the Mediterranean coast, Gino sails to beautiful Capri to sample la dolce vita. While there, he also unearths the origins of Italy's most famous digestivo.	UNITED KINGDOM	English-100			PG	
2021-04-21	2600	French Food Safari	French Food Safari Series 1 Episode 6	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT		G	Y
2021-04-21	2630	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 7	It's hard to get children to eat healthily all the time but foodie sisters Jasmine and Melissa have just the recipes to ensure little ones enjoy their food while still getting optimum nutrition.	UNITED KINGDOM	English-100			PG	
2021-04-21	2700	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 7	In the Clovelly area of North Devon, Rick goes fishing for herring with Steve Perham, whose family have been fishermen for over 200 years.	UNITED KINGDOM	English-100			G	
2021-04-21	2730	Mystery Diners	Going To The Dogs	Shades Oceanfront contacts Charles Stiles for help uncovering discrepancies.	USA	English-100			PG	
2021-04-21	2800	Donal's Cook, Eat, Burn	Bootcamp	Donal cooks recipes specially picked to help him fuel up and prepare for a tough boot camp work out, including squash tagine with quinoa, a selection of smoothies, and sweet potato 'shepherdless' pie.	IRELAND	English-100			G	
2021-04-21	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 1	Matt kicks things off with some incredible harrissa lamb burgers, while Courtney takes a flavour journey to Italy's Amalfi Coast with her exquisite white chocolate and orange cake.	AUSTRALIA	English-100			PG	
2021-04-22	0500	Lidia's Kitchen	Agrodolce	Lidia shares her recipe for agrodolce - an Italian-style sweet-and-sour sauce - which she uses to flavour swordfish.	USA	English-100			G	
2021-04-22	0530	The Chefs' Line	Indian	Watch sous chef Atar from top Melbourne Indian restaurant, Atta, go up against two passionate home cooks in a bid to make the best Spiced Milk Dessert.	AUSTRALIA	English-100	RPT		G	Y
2021-04-22	0600	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 5	Justine meets with chef Hans Lee Rasmussen who invites her to visit to visit Macao Tourism Institute where he is training aspiring chefs to fight food waste and make their industry more sustainable.	AUSTRALIA	English-100			G	
2021-04-22	0630	Rachel Allen: Coastal Cookery	Rachel Allen: Coastal Cookery Series 1 Ep 7	Rachel heads into the mountainous limestone pavement of The Burren where she meets Sadie whose perfumes are inspired by the landscape. Rachel creates a tarragon mayonnaise to reflect the scent.	UNITED KINGDOM	English-100			G	
2021-04-22	0700	Oliver's Twist	Halloween	In preparation for a night of trick-or-treating with his friends' children, Jamie makes some party food to keep the autumn chill at bay.	UNITED KINGDOM	English-100			PG	
2021-04-22	0730	Oliver's Twist	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100			G	
2021-04-22	0800	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 13	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100			PG	
2021-04-22	0830	Gino's Italian Coastal Escape	Sorrento And Capri	Continuing his culinary odyssey along the Mediterranean coast, Gino sails to beautiful Capri to sample la dolce vita. While there, he also unearths the origins of Italy's most famous digestivo.	UNITED KINGDOM	English-100			PG	
2021-04-22	0900	French Food Safari	French Food Safari Series 1 Episode 6	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT		G	Y
2021-04-22	0930	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 7	It's hard to get children to eat healthily all the time but foodie sisters Jasmine and Melissa have just the recipes to ensure little ones enjoy their food while still getting optimum nutrition.	UNITED KINGDOM	English-100			PG	

2021-04-22	1000	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 7	In the Clovelly area of North Devon, Rick goes fishing for herring with Steve Perham, whose family have been fishermen for over 200 years.	UNITED KINGDOM	English-100		G	
2021-04-22	1030	Mystery Diners	Going To The Dogs	Shades Oceanfront contacts Charles Stiles for help uncovering discrepancies.	USA	English-100		PG	
2021-04-22	1100	The Cook Up with Adam Liaw	Vanilla	Adam Liaw is joined by top chefs Mark Best of Marque restaurant fame and queen of cakes Katherine Sabbath in The Cook Up kitchen to see how they use the staple vanilla ingredient in their cooking.	AUSTRALIA	English-100		PG	
2021-04-22	1130	Oliver's Twist	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100		G	
2021-04-22	1200	Gourmet Farmer	Gourmet Farmer Series 4 Ep 5	With native wallabies grazing the same pasture as his livestock, Matthew Evans needs to come up with a solution that allows both to co-exist.	AUSTRALIA	English-100	RPT	PG	Y
2021-04-22	1230	Gourmet Farmer	Gourmet Farmer Series 4 Ep 6	Matthew Evans begins the month-long build of an enormous outdoor wood-fired oven for the imminent opening of Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y
2021-04-22	1300	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 13	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-22	1330	Donal's Cook, Eat, Burn	Greenway, The	It's all about eating on-the-go as Donal heads to the Atlantic Coast to cycle the stunning Greenway in Mayo. He prepares food perfect for eating on a day of exercise and activity.	IRELAND	English-100		G	
2021-04-22	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 2	Out in the picturesque olive groves of Cobram Estate, Matt serves up a nostalgic and delicious beef stroganoff with olive oil mash, while Courtney prepares a beetroot cured salmon.	AUSTRALIA	English-100		G	
2021-04-22	1430	Lidia's Kitchen	Herbs And Spices	Lidia shares some of her favourite recipes made with herbs and spices, including pickled carrots, and skillet cauliflower with lemon and mint.	USA	English-100		G	
2021-04-22	1500	The Chefs' Line	Indian	Watch head chef Harry Dhanjal from from top Melbourne Indian restaurant, Atta, go up against this week's final home cook, Smita, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2021-04-22	1530	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 6	Justine visits Belos Tempos, a Portuguese restaurant that serves traditional homemade Macanese dishes, and is lucky enough to learn how to prepare a popular dessert by chef Ana.	AUSTRALIA	English-100		G	
2021-04-22	1600	Rachel Allen: Coastal Cookery	Rachel Allen: Coastal Cookery Series 1 Ep 8	Rachel meets brothers Diarmud and Michael Kelly in Kilcolgan to collect oysters in the bay. Rachel lends a hand and sees champion oyster shucker Michael in action.	UNITED KINGDOM	English-100		PG	
2021-04-22	1630	Oliver's Twist	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100		G	
2021-04-22	1700	Oliver's Twist	My New Kitchen	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100		G	
2021-04-22	1730	Gourmet Farmer	Gourmet Farmer Series 4 Ep 7	The big day is nearly here, but with a forecast of snow and sleet, will Matthew Evans be ready for the grand opening of his new farm-to-table restaurant - Fat Pig Kitchen?	AUSTRALIA	English-100	RPT	PG	Y
2021-04-22	1800	Gourmet Farmer	Gourmet Farmer Series 4 Ep 8	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2021-04-22	1830	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 14	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-22	1900	The Cook Up with Adam Liaw	Sweet Comfort Food	Australian food icon Lyndey Milan and Fabbrica chef Hugh Piper are in The Cook Up kitchen with Adam Liaw as they cook together and share recipes for their favourite sweet comfort foods!	AUSTRALIA	English-100		PG	

2021-04-22	1930	Strait To The Plate	Badu	Starting his journey in the Western Islands of the Torres Strait, Aaron Fa'aoso meets an old friend. As well as warriors, sailors and fishermen, the island of Badu is also home to some amazing cooks.	AUSTRALIA	English-100				
2021-04-22	2000	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 3	Silvia meets with some distant cousins living in Australia and they spend the afternoon cooking one of the Abruzzo region's most traditional soups.	AUSTRALIA	English-100			PG	
2021-04-22	2030	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100			G	
2021-04-22	2130	Mystery Diners	Cocktail Fail	Fearing that a rivalry between her bartenders is the cause of missing alcohol, Sarra, owner of The Compass in Carlsbad, CA, asks Charles Stiles to investigate.	USA	English-100			PG	
2021-04-22	2200	The Cook Up with Adam Liaw	Sweet Comfort Food	Australian food icon Lyndey Milan and Fabbrica chef Hugh Piper are in The Cook Up kitchen with Adam Liaw as they cook together and share recipes for their favourite sweet comfort foods!	AUSTRALIA	English-100			PG	
2021-04-22	2230	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 14	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100			PG	
2021-04-22	2300	Gourmet Farmer	Gourmet Farmer Series 4 Ep 7	The big day is nearly here, but with a forecast of snow and sleet, will Matthew Evans be ready for the grand opening of his new farm-to-table restaurant - Fat Pig Kitchen?	AUSTRALIA	English-100	RPT		PG	Y
2021-04-22	2330	Gourmet Farmer	Gourmet Farmer Series 4 Ep 8	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	RPT		G	Y
2021-04-22	2400	The Chefs' Line	Indian	Watch head chef Harry Dhanjal from from top Melbourne Indian restaurant, Atta, go up against this week's final home cook, Smita, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT		G	Y
2021-04-22	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 14	Actors Charles Dale and Tony Marshall swap their Casualty uniforms for red and green aprons, but who will stitch up the opposition?	UNITED KINGDOM	English-100			G	
2021-04-22	2525	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 9	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT		G	Y
2021-04-22	2530	Strait To The Plate	Badu	Starting his journey in the Western Islands of the Torres Strait, Aaron Fa'aoso meets an old friend. As well as warriors, sailors and fishermen, the island of Badu is also home to some amazing cooks.	AUSTRALIA	English-100	RPT			
2021-04-22	2600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 3	Silvia meets with some distant cousins living in Australia and they spend the afternoon cooking one of the Abruzzo region's most traditional soups.	AUSTRALIA	English-100			PG	
2021-04-22	2630	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100			G	
2021-04-22	2730	Mystery Diners	Cocktail Fail	Fearing that a rivalry between her bartenders is the cause of missing alcohol, Sarra, owner of The Compass in Carlsbad, CA, asks Charles Stiles to investigate.	USA	English-100			PG	
2021-04-22	2800	Donal's Cook, Eat, Burn	Greenway, The	It's all about eating on-the-go as Donal heads to the Atlantic Coast to cycle the stunning Greenway in Mayo. He prepares food perfect for eating on a day of exercise and activity.	IRELAND	English-100			G	
2021-04-22	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 2	Out in the picturesque olive groves of Cobram Estate, Matt serves up a nostalgic and delicious beef stroganoff with olive oil mash, while Courtney prepares a beetroot cured salmon.	AUSTRALIA	English-100			G	
2021-04-23	0500	Lidia's Kitchen	Herbs And Spices	Lidia shares some of her favourite recipes made with herbs and spices, including pickled carrots, and skillet cauliflower with lemon and mint.	USA	English-100			G	
2021-04-23	0530	The Chefs' Line	Indian	Watch head chef Harry Dhanjal from from top Melbourne Indian restaurant, Atta, go up against this week's final home cook, Smita, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT		G	Y

2021-04-23	0600	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 6	Justine visits Belos Tempos, a Portuguese restaurant that serves traditional homemade Macanese dishes, and is lucky enough to learn how to prepare a popular dessert by chef Ana.	AUSTRALIA	English-100		G	
2021-04-23	0630	Rachel Allen: Coastal Cookery	Rachel Allen: Coastal Cookery Series 1 Ep 8	Rachel meets brothers Diarmud and Michael Kelly in Kilcolgan to collect oysters in the bay. Rachel lends a hand and sees champion oyster shucker Michael in action.	UNITED KINGDOM	English-100		PG	
2021-04-23	0700	Oliver's Twist	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100		G	
2021-04-23	0730	Oliver's Twist	My New Kitchen	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100		G	
2021-04-23	0800	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 14	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-23	0830	Strait To The Plate	Badu	Starting his journey in the Western Islands of the Torres Strait, Aaron Fa'aoso meets an old friend. As well as warriors, sailors and fishermen, the island of Badu is also home to some amazing cooks.	AUSTRALIA	English-100	RPT		
2021-04-23	0900	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 3	Silvia meets with some distant cousins living in Australia and they spend the afternoon cooking one of the Abruzzo region's most traditional soups.	AUSTRALIA	English-100		PG	
2021-04-23	0930	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100		G	
2021-04-23	1030	Mystery Diners	Cocktail Fail	Fearing that a rivalry between her bartenders is the cause of missing alcohol, Sarra, owner of The Compass in Carlsbad, CA, asks Charles Stiles to investigate.	USA	English-100		PG	
2021-04-23	1100	The Cook Up with Adam Liaw	Sweet Comfort Food	Australian food icon Lyndey Milan and Fabbrica chef Hugh Piper are in The Cook Up kitchen with Adam Liaw as they cook together and share recipes for their favourite sweet comfort foods!	AUSTRALIA	English-100		PG	
2021-04-23	1130	Oliver's Twist	My New Kitchen	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100		G	
2021-04-23	1200	Gourmet Farmer	Gourmet Farmer Series 4 Ep 7	The big day is nearly here, but with a forecast of snow and sleet, will Matthew Evans be ready for the grand opening of his new farm-to-table restaurant - Fat Pig Kitchen?	AUSTRALIA	English-100	RPT	PG	Y
2021-04-23	1230	Gourmet Farmer	Gourmet Farmer Series 4 Ep 8	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2021-04-23	1300	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 14	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-23	1330	Donal's Cook, Eat, Burn	Coasteering	Donal prepares food designed to enhance his day of healthy activity, including fudge, coriander fishcakes with a spiralised-veggie Thai salad, spiced Indian dahl, and filo pastry pie.	IRELAND	English-100		G	
2021-04-23	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 3	Matt is joined by MasterChef 2015 runner up Georgia Barnes who serves up a delicious breakfast panna cotta, while Michael cooks up a warming fish curry.	AUSTRALIA	English-100		G	
2021-04-23	1430	Lidia's Kitchen	Steak House Favourites	Lidia pays tribute to steakhouse favourites. She prepares steak with mushroom sauce and braised escarole, to be served alongside crispy baked potatoes.	USA	English-100		G	
2021-04-23	1500	The Chefs' Line	Indian	Judge Melissa Leong takes us inside the kitchen of top Indian restaurant Atta. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes prepared by the line.	AUSTRALIA	English-100	RPT	G	Y
2021-04-23	1530	Poh & Co. Best Bites	Poh & Co. Best Bites Series 2 Ep 1	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y

2021-04-23	1600	Rachel Allen: Coastal Cookery	Rachel Allen: Coastal Cookery Series 1 Ep 9	Rachel's visits Killary Fjord and meets Simon, a rope mussel farmer, and helps to haul in some mussels. Rachel also journeys to Rossaveal to a very unusual farm by the sea that breeds sea cucumbers.	UNITED KINGDOM	English-100			PG	
2021-04-23	1630	Oliver's Twist	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100			G	
2021-04-23	1700	Oliver's Twist	Flash In The PAN	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100			G	
2021-04-23	1730	Gourmet Farmer	Gourmet Farmer Series 4 Ep 9	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	RPT		G	Y
2021-04-23	1800	Gourmet Farmer	Gourmet Farmer Series 4 Ep 10	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	RPT		PG	Y
2021-04-23	1830	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 15	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100			PG	
2021-04-23	1900	The Cook Up with Adam Liaw	Burgers	Adam Liaw invites the king of meat, Vic's Meat's, Anthony Puharich and food styling queen to the stars, Lucy Tweed, into the kitchen and they create their very own version of an Aussie must-have!	AUSTRALIA	English-100			PG	
2021-04-23	1930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	UNITED KINGDOM	English-100	RPT		PG	Y
2021-04-23	2030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT		G	Y
2021-04-23	2140	Mystery Diners	Promotion Sabotage	Charles Stiles mediates as owners of Barrio Star differ on who to promote.	USA	English-100			PG	
2021-04-23	2205	The Cook Up with Adam Liaw	Burgers	Adam Liaw invites the king of meat, Vic's Meat's, Anthony Puharich and food styling queen to the stars, Lucy Tweed, into the kitchen and they create their very own version of an Aussie must-have!	AUSTRALIA	English-100			PG	
2021-04-23	2235	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 15	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100			PG	
2021-04-23	2305	Gourmet Farmer	Gourmet Farmer Series 4 Ep 9	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	RPT		G	Y
2021-04-23	2330	Gourmet Farmer	Gourmet Farmer Series 4 Ep 10	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	RPT		PG	Y
2021-04-23	2400	The Chefs' Line	Indian	Judge Melissa Leong takes us inside the kitchen of top Indian restaurant Atta. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes prepared by the line.	AUSTRALIA	English-100	RPT		G	Y
2021-04-23	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 15	Comic actors Jan Ravens and Phil Cornwell battle it out to see who can make the best impression on our studio audience in the red and green kitchens.	UNITED KINGDOM	English-100			G	
2021-04-23	2525	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 10	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT		G	Y
2021-04-23	2530	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	UNITED KINGDOM	English-100	RPT		PG	Y
2021-04-23	2630	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT		G	Y

2021-04-23	2740	Mystery Diners	Promotion Sabotage	Charles Stiles mediates as owners of Barrio Star differ on who to promote.	USA	English-100		PG	
2021-04-23	2805	Donal's Cook, Eat, Burn	Coasteering	Donal prepares food designed to enhance his day of healthy activity, including fudge, coriander fishcakes with a spiralised-veggie Thai salad, spiced Indian dahl, and filo pastry pie.	IRELAND	English-100		G	
2021-04-23	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 3	Matt is joined by MasterChef 2015 runner up Georgia Barnes who serves up a delicious breakfast panna cotta, while Michael cooks up a warming fish curry.	AUSTRALIA	English-100		G	
2021-04-24	0500	Lidia's Kitchen	Steak House Favourites	Lidia pays tribute to steakhouse favourites. She prepares steak with mushroom sauce and braised escarole, to be served alongside crispy baked potatoes.	USA	English-100		G	
2021-04-24	0530	The Chefs' Line	Indian	Judge Melissa Leong takes us inside the kitchen of top Indian restaurant Atta. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes prepared by the line.	AUSTRALIA	English-100	RPT	G	Y
2021-04-24	0600	Poh & Co. Best Bites	Poh & Co. Best Bites Series 2 Ep 1	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-04-24	0630	Rachel Allen: Coastal Cookery	Rachel Allen: Coastal Cookery Series 1 Ep 9	Rachel's visits Killary Fjord and meets Simon, a rope mussel farmer, and helps to haul in some mussels. Rachel also journeys to Rossaveal to a very unusual farm by the sea that breeds sea cucumbers.	UNITED KINGDOM	English-100		PG	
2021-04-24	0700	Oliver's Twist	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100		G	
2021-04-24	0730	Oliver's Twist	Flash In The PAN	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100		G	
2021-04-24	0800	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 15	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-24	0830	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-04-24	0930	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G	Y
2021-04-24	1040	Mystery Diners	Promotion Sabotage	Charles Stiles mediates as owners of Barrio Star differ on who to promote.	USA	English-100		PG	
2021-04-24	1105	The Cook Up with Adam Liaw	Burgers	Adam Liaw invites the king of meat, Vic's Meat's, Anthony Puharich and food styling queen to the stars, Lucy Tweed, into the kitchen and they create their very own version of an Aussie must-have!	AUSTRALIA	English-100		PG	
2021-04-24	1135	Oliver's Twist	Flash In The PAN	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100		G	
2021-04-24	1200	Gourmet Farmer	Gourmet Farmer Series 4 Ep 9	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	RPT	G	Y
2021-04-24	1230	Gourmet Farmer	Gourmet Farmer Series 4 Ep 10	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	RPT	PG	Y
2021-04-24	1300	Come Dine With Me UK	Come Dine With Me UK Daytime Series 17 Ep 15	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2021-04-24	1330	Poh & Co. Best Bites	Poh & Co. Best Bites Series 2 Ep 2	This two-part bite size series features the best of Poh Ling Yeow's nine part series, divided into sweet and savoury.	AUSTRALIA	English-100	RPT	G	Y

2021-04-24	1400	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 7	The Bellamys and the Bellamoore families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100			G	
2021-04-24	1510	Living On The Veg	Living On The Veg Series 1 Ep 9	Henry and Ian serve up a comforting dish of plant-based meatballs, mash, and gravy, as well as their baked banana French toast topped off with a warm berry compote.	UNITED KINGDOM	English-100			G	
2021-04-24	1605	Late Nite Eats	Sacramento	Jordan head to the California's bread basket, Sacramento, where the long growing season and ideal climate make the region home to all manner of amazing produce, meats, and other ingredients.	USA	English-100			G	
2021-04-24	1630	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100			G	
2021-04-24	1700	The Perfect Serve	Perfect Serve Series 1, The Ep 1	From the heart of Melbourne, we take a look inside the AO Chef Series, a unique and innovative pop-up dining experience that has become a highlight of the Australian Open.	AUSTRALIA	English-100			G	
2021-04-24	1730	Cheese Slices	Cheeses Of La Mancha And Cabrales	The most famous cheese made in the high plateau of La Mancha is Manchego. Will and Ellie visit several farms that still make raw milk Manchego using traditional methods.	AUSTRALIA	English-100			G	
2021-04-24	1800	Cheese Slices	Cheesemakers Of Vermont	Will and Ellie sample the famous cheddar of Jasper Hills farm in Vermont, and discuss the many government challenges the dairy has faced in recent years and their close bond with the local economy.	AUSTRALIA	English-100			G	
2021-04-24	1830	Heston's Fantastical Food	Giant Sweet Factory	Heston celebrates the biggest excitement of childhood - sweets - by making his own Willy Wonka inspired giant sweet shop.	UNITED KINGDOM	English-100	RPT		G	Y
2021-04-24	1925	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT		G	
2021-04-24	1930	Jamie's American Road Trip	New York	After exploring the Egyptian, Peruvian, and Szechuan communities in Queens, New York, Jamie decides to host his own supper club, with a menu that pays homage to New York's eclectic mish-mash of food.	UNITED KINGDOM	English-100			G	
2021-04-24	2030	Ainsley Eats The Streets	Amman	In Amman, Ainsley discovers how refugees have added to the already rich cuisine of Jordan as he samples Iraqi-style barbequed fish, Syrian icecream, and Palestinian baked goods.	UNITED KINGDOM	English-100	RPT		G	Y
2021-04-24	2125	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT		G	Y
2021-04-24	2130	Hairy Bikers' Asian Adventure	Japan - Tokyo	Japanese is the Hairy Bikers' all-time favourite cuisine and now they're fulfilling a lifetime's ambition to visit this incredible country.	UNITED KINGDOM	English-100	RPT		PG	Y
2021-04-24	2235	Flintoff's Great British Road Trip	Lancashire	Freddie and Rob take their beloved green chip van back home to Lancashire. Having their first day off in six weeks, the boys head to Liverpool for the Tour of Britain cycling race.	UNITED KINGDOM	English-100			PG	
2021-04-24	2330	Heston's Fantastical Food	Giant Sweet Factory	Heston celebrates the biggest excitement of childhood - sweets - by making his own Willy Wonka inspired giant sweet shop.	UNITED KINGDOM	English-100	RPT		G	Y
2021-04-24	2425	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT		G	
2021-04-24	2430	Jamie's American Road Trip	New York	After exploring the Egyptian, Peruvian, and Szechuan communities in Queens, New York, Jamie decides to host his own supper club, with a menu that pays homage to New York's eclectic mish-mash of food.	UNITED KINGDOM	English-100			G	
2021-04-24	2530	Ainsley Eats The Streets	Amman	In Amman, Ainsley discovers how refugees have added to the already rich cuisine of Jordan as he samples Iraqi-style barbequed fish, Syrian icecream, and Palestinian baked goods.	UNITED KINGDOM	English-100	RPT		G	Y
2021-04-24	2625	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT		G	Y

2021-04-24	2630	Hairy Bikers' Asian Adventure	Japan - Tokyo	Japanese is the Hairy Bikers' all-time favourite cuisine and now they're fulfilling a lifetime's ambition to visit this incredible country.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-04-24	2735	Flintoff's Great British Road Trip	Lancashire	Freddie and Rob take their beloved green chip van back home to Lancashire. Having their first day off in six weeks, the boys head to Liverpool for the Tour of Britain cycling race.	UNITED KINGDOM	English-100		PG	
2021-04-24	2830	Poh & Co. Best Bites	Poh & Co. Best Bites Series 2 Ep 2	This two-part bite size series features the best of Poh Ling Yeow's nine part series, divided into sweet and savoury.	AUSTRALIA	English-100	RPT	G	Y