



WEEK 19: Sunday, 5 May - Saturday, 11 May 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-05-05	0500	United Plates Of America	Seattle - Seafood	Lurking beneath the waters of the northwest is some of the best seafood in the country and in fact, the world. We meet the original custodians of the areas.	USA	English-100		G		
2019-05-05	0530	United Plates Of America	United Plates Of America Series 2 Ep 1	Today on the show we meet New York realtor, Sam and visit some inspiring restaurants with mouth-watering cuisine. We kick off with a Greek restaurant that specialises in seafood.	USA	English-100		G		
2019-05-05	0600	The Cook And The Chef	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100		G		
2019-05-05	0630	The Cook And The Chef	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100		G		
2019-05-05	0700	The Cook And The Chef	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100		G		
2019-05-05	0730	My Second Restaurant In India	My Second Restaurant In India Series 2, Ep 2	With the gas still not connected in the kitchen, Sarah is unable to train her staff or test the new menu. As the restaurant launch fast approaches, there's more bad news.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-05-05	0830	The Travelling Chef	Travelling Chef Series 3, The Ep 7	Brett heads out to the Fijian islands on an organic quest. The Fijians have some of the cleanest, greenest produce in the world, and Brett learns some tips on organic food preparation.	NEW ZEALAND	English-100		PG		
2019-05-05	0900	The Travelling Chef	Travelling Chef Series 3, The Ep 8	Brett heads north from the Kenyan capital, Nairobi, to rural Africa to learn authentic African recipes. He learns an ancient goat dish and meets a kiwi who has set up a business in central Kenya.	NEW ZEALAND	English-100		G		
2019-05-05	0930	Dinner Date	Matt	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		
2019-05-05	1030	Destination Flavour	Destination Flavour Series 1 Episode 9	This week Lily tracks down the best food in Queensland's Darling Downs, Adam pairs a magnificent duck dish with a classic Tasmanian pinot, and Renee finds Australia's best butter.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-05	1100	Destination Flavour	Destination Flavour Series 1 Episode 10	Adam meets the chefs behind two of Melbourne's top restaurants, Lily finds out why some of our favourite foods are fermented, and Renee discovers two food pioneers in Queensland.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-05	1130	United Plates Of America	Seattle - Seafood	Lurking beneath the waters of the northwest is some of the best seafood in the country and in fact, the world. We meet the original custodians of the areas.	USA	English-100		G		
2019-05-05	1200	United Plates Of America	United Plates Of America Series 2 Ep 1	Today on the show we meet New York realtor, Sam and visit some inspiring restaurants with mouth-watering cuisine. We kick off with a Greek restaurant that specialises in seafood.	USA	English-100		G		
2019-05-05	1230	The Cook And The Chef	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100		G		

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2019-05-05	1500	Dinner Date	Craig	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		
2019-05-05	1600	United Plates Of America	United Plates Of America Series 2 Ep 2	Today we're in Florida and we visit some inspiring restaurants with mouth watering cuisine. We kick off in Tampa, at Ulele, a rustic chic restaurant with native Floridian flair.	USA	English-100		G		
2019-05-05	1630	United Plates Of America	United Plates Of America Series 2 Ep 3	We visit some inspiring restaurants in the Pacific Northwest with mouth-watering cuisine and meet some remarkable locals who know a thing or two about food.	USA	English-100		G		
2019-05-05	1700	The Cook And The Chef	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always being part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100		G		
2019-05-05	1730	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas (complete with cakes and cucumber sandwiches) were quite the done thing.	AUSTRALIA	English-100		G		
2019-05-05	1800	The Cook And The Chef	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100		G		
2019-05-05	1830	Cheese Slices	Brie From Brie And The Frence Affinuer	If the name "Brie" conjures up images of a mild creamy flat cheese covered with a pure white mould, chances are you have never experienced authentic Brie from Brie.	AUSTRALIA	English-100		G		
2019-05-05	1900	Cheese Slices	Champion Of English Cheese, The	Will visits influential cheese retailer Neal's Yard Dairy in London, where cheese champion Randolph Hodgson explains how English traditional farmhouse country cheese was saved from extinction.	AUSTRALIA	English-100		G		
2019-05-05	1930	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine meets Ippei Murakoshi to find out the secrets of the perfect miso soup and visits the Ganyuudo sweet shop in Hamamatsu.	AUSTRALIA	English-100		G		
2019-05-05	2000	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Something for the adults and something for the kids - Justine visits a sake brewery and makes kid's bento boxes with Momo. Mitoshi shares some secrets of shabu shabu.	AUSTRALIA	English-100		G		
2019-05-05	2030	Rick Stein's Long Weekends	Berlin	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-05-05	2130	Food Safari	Syrian	Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-05	2200	Food Safari	USA	Food Safari discovers some of the vast range of flavours and dishes that can be found across the expanse of the United States of America. Hosted by Maeve O'Meara.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-05	2230	The Cook And The Chef	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always being part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100		G		
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2019-05-05	2400	Cheese Slices	Brie From Brie And The France Affinuer	If the name 'Brie' conjures up images of a mild creamy flat cheese covered with a pure white mould, chances are you have never experienced authentic Brie from Brie.	AUSTRALIA	English-100		G	
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2019-05-05	2530	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Something for the adults and something for the kids - Justine visits a sake brewery and makes kid's bento boxes with Momo. Mitoshi shares some secrets of shabu shabu.	AUSTRALIA	English-100		G	
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2019-05-06	0500	United Plates Of America	United Plates Of America Series 2 Ep 2	Today we're in Florida and we visit some inspiring restaurants with mouth watering cuisine. We kick off in Tampa, at Ulele, a rustic chic restaurant with native Floridian flair.	USA	English-100		G	
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2019-05-06	1500	One World Kitchen	Opa!	Things get fun in the One World Kitchen cooking studio as Greek home cook Joanna Chery bakes cookies using ouzo.	CANADA	English-100		G			
2019-05-06	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 56	At the University of Queensland, Ben cooks a Mexican street snack inspired by his gassy dog, Mollie.	AUSTRALIA	English-100		G		Y	
2019-05-06	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT	G		Y	Y
2019-05-06	1630	Drive Thru Australia	Southern Highlands	This week Ben travels to the Southern Highlands - a treasure trove of attractions, like award-winning restaurants and wineries, magnificent gardens, rare antiques and amazing natural features.	AUSTRALIA	English-100		G			
2019-05-06	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 36	At Devonports Roundhouse Park, Ben will be joined by Dr Vigya Sharma, who examines India's energy policy paradox using non-western philosophy. They discuss why energy is so important for India.	AUSTRALIA	English-100		PG			
2019-05-06	1730	The Cook And The Chef	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G			
2019-05-06	1800	The Cook And The Chef	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G			
2019-05-06	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 6	Pop star Ronan Keating faces the heaven or hell challenge as he contemplates the proliferation of beetroot in burgers.	UNITED KINGDOM	English-100		G			
2019-05-06	1930	The Urban Vegetarian	Go Green	Desiree Nielsen shows us how to add more plants to your plate with a chocolate avocado smoothie, nori rolls, and sweet potato noodles.	CANADA	English-100		PG			

2019-05-06	2000	The Urban Vegetarian	Quick Eats	Host Desiree Nielsen spiralises zucchini into 'zoodles' to create a balanced, veggie-packed pad thai dish.	CANADA	English-100		PG		
2019-05-06	2030	Thai Street Food With David Thompson	What Goes Around Comes Around	This episode explores just how important the monks are in Thai society. David gets up close with the monks and sees how they interact with the public.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-06	2100	Thai Street Food With David Thompson	Communities	Bangkok is a city of villages that are drawn together by their love of food and eating. From Indian to Vietnamese, and Indonesian to Chinese, Bangkok is the mixing bowl of Asia.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-06	2130	Avec Eric	Avec Eric Series 1 Ep 1	Join super chef Eric Ripert as he takes us inside his world of big flavours. First, we get an inside look at, and introduction to, the legendary saucier at Le Bernardin.	USA	English-100		PG		
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2019-05-06	2400	Worst Cooks In America	Worst Of The Worst	Fourteen 'recruits', each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne and Bobby with grocery bags full of food found in their homes.	USA	English-100		PG		
2019-05-06	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 36	At Devonports Roundhouse Park, Ben will be joined by Dr Vigya Sharma, who examines India's energy policy paradox using non-western philosophy. They discuss why energy is so important for India.	AUSTRALIA	English-100		PG		
2019-05-06	2530	The Urban Vegetarian	Go Green	Desiree Nielsen shows us how to add more plants to your plate with a chocolate avocado smoothie, nori rolls, and sweet potato noodles.	CANADA	English-100		PG		
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2019-05-06	2730	Avec Eric	Avec Eric Series 1 Ep 1	Join super chef Eric Ripert as he takes us inside his world of big flavours. First, we get an inside look at, and introduction to, the legendary saucier at Le Bernardin.	USA	English-100		PG		
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2019-05-07	0500	One World Kitchen	Opa!	Things get fun in the One World Kitchen cooking studio as Greek home cook Joanna Chery bakes cookies using ouzo.	CANADA	English-100		G		
2019-05-07	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 56	At the University of Queensland, Ben cooks a Mexican street snack inspired by his gassy dog, Mollie.	AUSTRALIA	English-100		G		Y
2019-05-07	0600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT	G	Y	Y

2019-05-07	0630	Drive Thru Australia	Southern Highlands	This week Ben travels to the Southern Highlands - a treasure trove of attractions, like award-winning restaurants and wineries, magnificent gardens, rare antiques and amazing natural features.	AUSTRALIA	English-100		G		
2019-05-07	0700	The Urban Vegetarian	Go Green	Desiree Nielsen shows us how to add more plants to your plate with a chocolate avocado smoothie, nori rolls, and sweet potato noodles.	CANADA	English-100		PG		
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2019-05-07	1500	One World Kitchen	Cheese With Every Meal	Host Joanna Chery shows us her cheesy side with four traditional Greek recipes using everyone's favourite ooey-goey ingredient.	CANADA	English-100		G		
2019-05-07	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 57	Ben invites friend Emily Bell to the studio to work out the maths behind the perfect sized platter.	AUSTRALIA	English-100		PG		Y
2019-05-07	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Nuevo Latino food, koeksisters - a sticky South African sweet, and Spanish chorizo.	AUSTRALIA	English-100	RPT	G	Y	

2019-05-07	1630	Drive Thru Australia	Limestone Coast	This week Ben visits the Limestone Coast in south-east South Australia, an idyllic combination of beautiful beaches, stunning coastline, and irresistible food and wine.	AUSTRALIA	English-100		G	
2019-05-07	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 37	Ben will be joined by Vigya Sharma as they pick up a coffee at one of Ben's favourite spots before heading to Devonport's Bluff Beach to eat seafood sourced from the Bass Straight right behind them.	AUSTRALIA	English-100		PG	
2019-05-07	1730	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2019-05-07	1800	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G	
2019-05-07	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 7	The man at the helm of the award winning Audex restaurant and the pride of Wales himself, Bryn Williams joins James this week to whip up lemon sole with slow-cooked leeks, brown shrimp, and capers.	UNITED KINGDOM	English-100		G	Y
2019-05-07	1930	Short Cuts To Glory	Basics, The	Where better to start a series that's packed full of recipes and tips for cooks of every ability than with the basics?	AUSTRALIA	English-100		PG	
2019-05-07	2005	Short Cuts To Glory	Fit And Healthy	What's not to like about super tasty meals that are healthy, guilt free, and good not just for the hip pocket but also the hips? Matt visits food legend Neil Perry.	AUSTRALIA	English-100		G	
2019-05-07	2035	Poh's Kitchen On The Road	King Of Islands, The	Poh's road trip takes her to King Island, where she visits a dairy farm owned by Philip and Kelly Lancaster, before catching up with master cheese maker Ueli Berger.	AUSTRALIA	English-100	RPT	G	Y
2019-05-07	2105	Poh's Kitchen On The Road	Too Much Coffee	Poh is in Melbourne to find out why this city takes its coffee so seriously. Many factors have influenced the growth of our coffee culture and Poh finds them all here.	AUSTRALIA	English-100	RPT	G	Y
2019-05-07	2135	Avec Eric	Avec Eric Series 1 Ep 2	Join Eric as he demonstrates the importance of quality ingredients in great cooking. In the kitchen of Le Bernardin, Eric takes us through the preparation of raw ingredient dishes.	USA	English-100		G	
2019-05-07	2205	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2019-05-07	2235	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G	
2019-05-07	2305	Saturday Kitchen	Saturday Kitchen Series 2 Ep 7	The man at the helm of the award winning Audex restaurant and the pride of Wales himself, Bryn Williams joins James this week to whip up lemon sole with slow-cooked leeks, brown shrimp, and capers.	UNITED KINGDOM	English-100		G	Y
2019-05-07	2400	Worst Cooks In America	Straight Edge Skills	The remaining recruits wake up to a note from Anne and Bobby saying they are going on a culinary field trip on the high seas. They head to the docks and jump aboard a fishing boat.	USA	English-100		PG	Y
2019-05-07	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 37	Ben will be joined by Vigya Sharma as they pick up a coffee at one of Ben's favourite spots before heading to Devonport's Bluff Beach to eat seafood sourced from the Bass Straight right behind them.	AUSTRALIA	English-100		PG	
2019-05-07	2530	Short Cuts To Glory	Basics, The	Where better to start a series that's packed full of recipes and tips for cooks of every ability than with the basics?	AUSTRALIA	English-100		PG	
2019-05-07	2605	Short Cuts To Glory	Fit And Healthy	What's not to like about super tasty meals that are healthy, guilt free, and good not just for the hip pocket but also the hips? Matt visits food legend Neil Perry.	AUSTRALIA	English-100		G	
2019-05-07	2635	Poh's Kitchen On The Road	King Of Islands, The	Poh's road trip takes her to King Island, where she visits a dairy farm owned by Philip and Kelly Lancaster, before catching up with master cheese maker Ueli Berger.	AUSTRALIA	English-100	RPT	G	Y

2019-05-07	2705	Poh's Kitchen On The Road	Too Much Coffee	Poh is in Melbourne to find out why this city takes its coffee so seriously. Many factors have influenced the growth of our coffee culture and Poh finds them all here.	AUSTRALIA	English-100	RPT	G	Y
2019-05-07	2735	Avec Eric	Avec Eric Series 1 Ep 2	Join Eric as he demonstrates the importance of quality ingredients in great cooking. In the kitchen of Le Bernardin, Eric takes us through the preparation of raw ingredient dishes.	USA	English-100		G	
2019-05-07	2805	Worst Cooks In America	Straight Edge Skills	The remaining recruits wake up to a note from Anne and Bobby saying they are going on a culinary field trip on the high seas. They head to the docks and jump aboard a fishing boat.	USA	English-100		PG	Y
2019-05-08	0500	One World Kitchen	Cheese With Every Meal	Host Joanna Chery shows us her cheesy side with four traditional Greek recipes using everyone's favourite ooey-goey ingredient.	CANADA	English-100		G	
2019-05-08	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 57	Ben invites friend Emily Bell to the studio to work out the maths behind the perfect sized platter.	AUSTRALIA	English-100		PG	Y
2019-05-08	0600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Nuevo Latino food, koeksisters - a sticky South African sweet, and Spanish chorizo.	AUSTRALIA	English-100	RPT	G	Y
2019-05-08	0630	Drive Thru Australia	Limestone Coast	This week Ben visits the Limestone Coast in south-east South Australia, an idyllic combination of beautiful beaches, stunning coastline, and irresistible food and wine.	AUSTRALIA	English-100		G	
2019-05-08	0700	Short Cuts To Glory	Basics, The	Where better to start a series that's packed full of recipes and tips for cooks of every ability than with the basics?	AUSTRALIA	English-100		PG	
2019-05-08	0735	Short Cuts To Glory	Fit And Healthy	What's not to like about super tasty meals that are healthy, guilt free, and good not just for the hip pocket but also the hips? Matt visits food legend Neil Perry.	AUSTRALIA	English-100		G	
2019-05-08	0805	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 37	Ben will be joined by Vigya Sharma as they pick up a coffee at one of Ben's favourite spots before heading to Devonport's Bluff Beach to eat seafood sourced from the Bass Strait right behind them.	AUSTRALIA	English-100		PG	
2019-05-08	0830	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2019-05-08	0900	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G	
2019-05-08	0930	Saturday Kitchen	Saturday Kitchen Series 2 Ep 7	The man at the helm of the award winning Audex restaurant and the pride of Wales himself, Bryn Williams joins James this week to whip up lemon sole with slow-cooked leeks, brown shrimp, and capers.	UNITED KINGDOM	English-100		G	Y
2019-05-08	1030	One World Kitchen	Cheese With Every Meal	Host Joanna Chery shows us her cheesy side with four traditional Greek recipes using everyone's favourite ooey-goey ingredient.	CANADA	English-100		G	
2019-05-08	1100	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 57	Ben invites friend Emily Bell to the studio to work out the maths behind the perfect sized platter.	AUSTRALIA	English-100		PG	Y
2019-05-08	1130	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Nuevo Latino food, koeksisters - a sticky South African sweet, and Spanish chorizo.	AUSTRALIA	English-100	RPT	G	Y
2019-05-08	1200	Drive Thru Australia	Limestone Coast	This week Ben visits the Limestone Coast in south-east South Australia, an idyllic combination of beautiful beaches, stunning coastline, and irresistible food and wine.	AUSTRALIA	English-100		G	
2019-05-08	1230	Poh's Kitchen On The Road	King Of Islands, The	Poh's road trip takes her to King Island, where she visits a dairy farm owned by Philip and Kelly Lancaster, before catching up with master cheese maker Ueli Berger.	AUSTRALIA	English-100	RPT	G	Y
2019-05-08	1300	Poh's Kitchen On The Road	Too Much Coffee	Poh is in Melbourne to find out why this city takes its coffee so seriously. Many factors have influenced the growth of our coffee culture and Poh finds them all here.	AUSTRALIA	English-100	RPT	G	Y

2019-05-08	1330	Worst Cooks In America	Straight Edge Skills	The remaining recruits wake up to a note from Anne and Bobby saying they are going on a culinary field trip on the high seas. They head to the docks and jump aboard a fishing boat.	USA	English-100		PG		Y
2019-05-08	1430	Avec Eric	Avec Eric Series 1 Ep 2	Join Eric as he demonstrates the importance of quality ingredients in great cooking. In the kitchen of Le Bernardin, Eric takes us through the preparation of raw ingredient dishes.	USA	English-100		G		
2019-05-08	1500	One World Kitchen	Classic Greek Recipes	Host Joanna Chery shows us recipes that pay homage to traditional Greek cuisine including succulent roast lamb with potatoes.	CANADA	English-100		G		
2019-05-08	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 58	Ben heads down to his local beach, the Mersey Bluff to create his version of the Prawn Cocktail.	AUSTRALIA	English-100		PG		
2019-05-08	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT	G		Y
2019-05-08	1630	Drive Thru Australia	Kangaroo Island	Kangaroo Island is a pristine wilderness, a place that has offered protection to substantial populations of native Australian animals, a place of beauty and a place of escape.	AUSTRALIA	English-100		G		
2019-05-08	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 38	Ben and Vigya are at the Ghost Rock Vineyard enjoying a platter with Bens three favourite Ghost Rock wines, the sparkling, rose, and pinot noir.	AUSTRALIA	English-100		PG		
2019-05-08	1730	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G		
2019-05-08	1800	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G		
2019-05-08	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 8	The Spaniard with an array of best-selling books and award winning restaurants, José Pizarro, joins James this week to whip up Hake and clams in a green sauce.	UNITED KINGDOM	English-100		G		
2019-05-08	1930	Paul And Nick's Big Food Trip	Glenarm	Chefs Paul Rankin and Nick Nairn set off on a culinary journey along the coasts of Northern Ireland and Scotland to find out more about their Ulster-Scots roots.	IRELAND	English-100		G		
2019-05-08	2000	Paul And Nick's Big Food Trip	Portpatrick	Top chefs Paul Rankin and Nick Nairn continue their maritime adventure exploring their Ulster-Scots culinary heritage. This week they sail to Portpatrick on the west coast of Scotland.	IRELAND	English-100		G		
2019-05-08	2030	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shares her secrets to making the perfect pork belly with the ultimate crackling, together with the lightest and crispiest tempura batter.	AUSTRALIA	English-100		G		
2019-05-08	2100	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shows us how to perfect an irresistible slow-cooked beef brisket, along with a versatile Asian chilli jam and a delicious light and fluffy meringue.	AUSTRALIA	English-100		G		
2019-05-08	2130	Avec Eric	Avec Eric Series 1 Ep 3	We travel with Eric to experience farming the sea. We begin at Le Bernardin with the preparation of thousands of pounds of fresh fish delivered every morning to the restaurant.	USA	English-100		G		
2019-05-08	2200	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G		
2019-05-08	2230	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G		
2019-05-08	2300	Saturday Kitchen	Saturday Kitchen Series 2 Ep 8	The Spaniard with an array of best-selling books and award winning restaurants, José Pizarro, joins James this week to whip up Hake and clams in a green sauce.	UNITED KINGDOM	English-100		G		

2019-05-08	2400	Worst Cooks In America	Fire And Ice	Anne Burrell and Bobby Flay train the remaining ten recruits' palettes as this episode is all about creating their own flavour combinations.	USA	English-100		PG	Y
2019-05-08	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 38	Ben and Vigya are at the Ghost Rock Vineyard enjoying a platter with Bens three favourite Ghost Rock wines, the sparkling, rose, and pinot noir.	AUSTRALIA	English-100		PG	
2019-05-08	2530	Paul And Nick's Big Food Trip	Glenarm	Chefs Paul Rankin and Nick Nairn set off on a culinary journey along the coasts of Northern Ireland and Scotland to find out more about their Ulster-Scots roots.	IRELAND	English-100		G	
2019-05-08	2600	Paul And Nick's Big Food Trip	Portpatrick	Top chefs Paul Rankin and Nick Nairn continue their maritime adventure exploring their Ulster-Scots culinary heritage. This week they sail to Portpatrick on the west coast of Scotland.	IRELAND	English-100		G	
2019-05-08	2630	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shares her secrets to making the perfect pork belly with the ultimate crackling, together with the lightest and crispiest tempura batter.	AUSTRALIA	English-100		G	
2019-05-08	2700	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shows us how to perfect an irresistible slow-cooked beef brisket, along with a versatile Asian chilli jam and a delicious light and fluffy meringue.	AUSTRALIA	English-100		G	
2019-05-08	2730	Avec Eric	Avec Eric Series 1 Ep 3	We travel with Eric to experience farming the sea. We begin at Le Bernardin with the preparation of thousands of pounds of fresh fish delivered every morning to the restaurant.	USA	English-100			
2019-05-08	2800	Worst Cooks In America	Fire And Ice	Anne Burrell and Bobby Flay train the remaining ten recruits' palettes as this episode is all about creating their own flavour combinations.	USA	English-100		PG	Y
2019-05-09	0500	One World Kitchen	Classic Greek Recipes	Host Joanna Chery shows us recipes that pay homage to traditional Greek cuisine including succulent roast lamb with potatoes.	CANADA	English-100		G	
2019-05-09	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 58	Ben heads down to his local beach, the Mersey Bluff to create his version of the Prawn Cocktail.	AUSTRALIA	English-100		PG	
2019-05-09	0600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT	G	Y
2019-05-09	0630	Drive Thru Australia	Kangaroo Island	Kangaroo Island is a pristine wilderness, a place that has offered protection to substantial populations of native Australian animals, a place of beauty and a place of escape.	AUSTRALIA	English-100		G	
2019-05-09	0700	Paul And Nick's Big Food Trip	Glenarm	Chefs Paul Rankin and Nick Nairn set off on a culinary journey along the coasts of Northern Ireland and Scotland to find out more about their Ulster-Scots roots.	IRELAND	English-100		G	
2019-05-09	0730	Paul And Nick's Big Food Trip	Portpatrick	Top chefs Paul Rankin and Nick Nairn continue their maritime adventure exploring their Ulster-Scots culinary heritage. This week they sail to Portpatrick on the west coast of Scotland.	IRELAND	English-100		G	
2019-05-09	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 38	Ben and Vigya are at the Ghost Rock Vineyard enjoying a platter with Bens three favourite Ghost Rock wines, the sparkling, rose, and pinot noir.	AUSTRALIA	English-100		PG	
2019-05-09	0830	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G	
2019-05-09	0900	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G	
2019-05-09	0930	Saturday Kitchen	Saturday Kitchen Series 2 Ep 8	The Spaniard with an array of best-selling books and award winning restaurants, José Pizarro, joins James this week to whip up Hake and clams in a green sauce.	UNITED KINGDOM	English-100		G	
2019-05-09	1030	One World Kitchen	Classic Greek Recipes	Host Joanna Chery shows us recipes that pay homage to traditional Greek cuisine including succulent roast lamb with potatoes.	CANADA	English-100		G	

2019-05-09	1100	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 58	Ben heads down to his local beach, the Mersey Bluff to create his version of the Prawn Cocktail.	AUSTRALIA	English-100		PG		
2019-05-09	1130	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-09	1200	Drive Thru Australia	Kangaroo Island	Kangaroo Island is a pristine wilderness, a place that has offered protection to substantial populations of native Australian animals, a place of beauty and a place of escape.	AUSTRALIA	English-100		G		
2019-05-09	1230	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shares her secrets to making the perfect pork belly with the ultimate crackling, together with the lightest and crispiest tempura batter.	AUSTRALIA	English-100		G		
2019-05-09	1300	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shows us how to perfect an irresistible slow-cooked beef brisket, along with a versatile Asian chilli jam and a delicious light and fluffy meringue.	AUSTRALIA	English-100		G		
2019-05-09	1330	Worst Cooks In America	Fire And Ice	Anne Burrell and Bobby Flay train the remaining ten recruits' palettes as this episode is all about creating their own flavour combinations.	USA	English-100		PG		Y
2019-05-09	1430	Avec Eric	Avec Eric Series 1 Ep 3	We travel with Eric to experience farming the sea. We begin at Le Bernardin with the preparation of thousands of pounds of fresh fish delivered every morning to the restaurant.	USA	English-100				
2019-05-09	1500	Mercurio's Menu	Hunter Valley	Paul visits the famous Hunter Valley wine region, serving up snails and Australia's fresh water crayfish the yabby cooked with the Hunter's local brews.	AUSTRALIA	English-100		PG		
2019-05-09	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 59	Ben begins his Tamar Farm Gate tour with friend and fellow chef, Rhys Hannan.	AUSTRALIA	English-100		PG		
2019-05-09	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria, and the Rattlesnake Grill in Neutral Bay.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-09	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		
2019-05-09	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 39	At Ben's restaurant Charlotte Jack, Ben cooks Dr Vigya Sharma a charred cos lettuce dish with a creme fraiche dressing using fresh locally sourced produce.	AUSTRALIA	English-100		PG		
2019-05-09	1730	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G		
2019-05-09	1800	Saturday Kitchen	Saturday Kitchen Series 2 Ep 9	James Martin hosts his last show ever on Saturday Kitchen with help from some his mates Paul Ainsworth, Claude Bosi, Vivek Singh, Sat Bains, and Brian Turner.	UNITED KINGDOM	English-100		PG		
2019-05-09	1930	The F Word USA	F Word USA Series 1, The Ep 4	Gordon grills live in The F Word restaurant with Joel McHale and tests Leslie Jones's taste buds, while teams Slaw & Order and Food Bosses try to impress diners with their New York Steak dishes.	USA	English-100		M		
2019-05-09	2030	The Wine Show	Wine Show Series 1 Ep 5, The	From their villa HQ in the Italian hills, the boys the head to Chianti and the one time home of Mona Lisa Gherardini, subject of Da Vinci's famous portrait.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-05-09	2130	Avec Eric	Avec Eric Series 1 Ep 4	We go on a journey with Eric to follow the birth a new dish. Eric travels to coastal Livorno in Tuscany where he starts the day early in the morning at the local fish and vegetable markets.	USA	English-100				
2019-05-09	2200	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G		

2019-05-09	2230	Saturday Kitchen	Saturday Kitchen Series 2 Ep 9	James Martin hosts his last show ever on Saturday Kitchen with help from some his mates Paul Ainsworth, Claude Bosi, Vivek Singh, Sat Bains, and Brian Turner.	UNITED KINGDOM	English-100		PG		
2019-05-09	2400	Worst Cooks In America	Do It Yourself Cooking	Anne Burrell and Bobby Flay give the Worst Cooks in America a surprise visit to their house in order to give them a lesson on how to stop relying on others to cook for them.	USA	English-100		PG		Y
2019-05-09	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 39	At Ben's restaurant Charlotte Jack, Ben cooks Dr Vigya Sharma a charred cos lettuce dish with a creme fraiche dressing using fresh locally sourced produce.	AUSTRALIA	English-100		PG		
2019-05-09	2530	The F Word USA	F Word USA Series 1, The Ep 4	Gordon grills live in The F Word restaurant with Joel McHale and tests Leslie Jones's taste buds, while teams Slaw & Order and Food Bosses try to impress diners with their New York Steak dishes.	USA	English-100		M		
2019-05-09	2630	The Wine Show	Wine Show Series 1 Ep 5, The	From their villa HQ in the Italian hills, the boys the head to Chianti and the one time home of Mona Lisa Gherardini, subject of Da Vinci's famous portrait.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-05-09	2730	Avec Eric	Avec Eric Series 1 Ep 4	We go on a journey with Eric to follow the birth a new dish. Eric travels to coastal Livorno in Tuscany where he starts the day early in the morning at the local fish and vegetable markets.	USA	English-100				
2019-05-09	2800	Worst Cooks In America	Do It Yourself Cooking	Anne Burrell and Bobby Flay give the Worst Cooks in America a surprise visit to their house in order to give them a lesson on how to stop relying on others to cook for them.	USA	English-100		PG		Y
2019-05-10	0500	Mercurio's Menu	Hunter Valley	Paul visits the famous Hunter Valley wine region, serving up snails and Australia's fresh water crayfish the yabby cooked with the Hunter's local brews.	AUSTRALIA	English-100		PG		
2019-05-10	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 59	Ben begins his Tamar Farm Gate tour with friend and fellow chef, Rhys Hannan.	AUSTRALIA	English-100		PG		
2019-05-10	0600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria, and the Rattlesnake Grill in Neutral Bay.	AUSTRALIA	English-100	RPT	G		Y
2019-05-10	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		
2019-05-10	0700	The F Word USA	F Word USA Series 1, The Ep 4	Gordon grills live in The F Word restaurant with Joel McHale and tests Leslie Jones's taste buds, while teams Slaw & Order and Food Bosses try to impress diners with their New York Steak dishes.	USA	English-100				
2019-05-10	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 39	At Ben's restaurant Charlotte Jack, Ben cooks Dr Vigya Sharma a charred cos lettuce dish with a creme fraiche dressing using fresh locally sourced produce.	AUSTRALIA	English-100		PG		
2019-05-10	0830	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G		

2019-05-10	0900	Saturday Kitchen	Saturday Kitchen Series 2 Ep 9	James Martin hosts his last show ever on Saturday Kitchen with help from some his mates Paul Ainsworth, Claude Bosi, Vivek Singh, Sat Bains, and Brian Turner.	UNITED KINGDOM	English-100		PG		
2019-05-10	1030	Mercurio's Menu	Hunter Valley	Paul visits the famous Hunter Valley wine region, serving up snails and Australia's fresh water crayfish the yabby cooked with the Hunter's local brews.	AUSTRALIA	English-100		PG		
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2019-05-10	1130	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria, and the Rattlesnake Grill in Neutral Bay.	AUSTRALIA	English-100	RPT	G		Y
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2019-05-10	1230	The Wine Show	Wine Show Series 1 Ep 5, The	From their villa HQ in the Italian hills, the boys the head to Chianti and the one time home of Mona Lisa Gherardini, subject of Da Vinci's famous portrait.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-05-10	1330	Worst Cooks In America	Do It Yourself Cooking	Anne Burrell and Bobby Flay give the Worst Cooks in America a surprise visit to their house in order to give them a lesson on how to stop relying on others to cook for them.	USA	English-100		PG		Y
2019-05-10	1430	Avec Eric	Avec Eric Series 1 Ep 4	We go on a journey with Eric to follow the birth a new dish. Eric travels to coastal Livorno in Tuscany where he starts the day early in the morning at the local fish and vegetable markets.	USA	English-100				
2019-05-10	1500	Mercurio's Menu	Fleurieu Peninsula	Paul finds foodie paradise on the little known Fleurieu Peninsula south of Adelaide, offering wine, wildlife, and water in abundance.	AUSTRALIA	English-100		PG		
2019-05-10	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 60	Ben and Rhys head to their second location for their Tamar Farm Gate Tour, Langdale Farm.	AUSTRALIA	English-100		PG		
2019-05-10	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, and Czech summer fruit dumplings.	AUSTRALIA	English-100	RPT	G		Y
2019-05-10	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		
2019-05-10	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 40	Ben purchases a fresh Mahi Mahi from a Chennai fish market before heading down to the beach to cook a Mahi Mahi crudo.	AUSTRALIA	English-100		PG		
2019-05-10	1730	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G		
2019-05-10	1800	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G		
2019-05-10	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 10	Michel Roux Jr presents Saturday Kitchen this week with help from two of Europe's top chefs, the Welsh sensation Bryn Williams and the founding father of New Nordic cuisine Claus Meyer.	UNITED KINGDOM	English-100		PG		
2019-05-10	1930	Late Nite Eats	Oakland	Jordan checks out the bay area's biggest city, Oakland, California, long known for its tremendous diversity and thriving arts and entertainment scene, and amazing Asian cuisine.	USA	English-100		G		
2019-05-10	2000	Late Nite Eats	Toronto	Jordan checks out Toronto, Canada's most diverse city, and it dishes out all kinds of delights. He kicks off his tour at Chanticleer, a French style bistro located in Parkdale.	USA	English-100		G		

2019-05-10	2030	Instant Noodles Diary	South Korea	Per capita, South Koreans consume the most instant noodles per year compared to the rest of the world. How did instant noodles become as synonymous as Kim chi in Seoul?	SINGAPORE	English-100	G	Y	
2019-05-10	2100	Instant Noodles Diary	Hong Kong	This stop, Hong Kong! And on this dynamic island where residents eat noodles on their birthday for a long, blessed life, surely, instant noodles has a special place in their hearts?	SINGAPORE	English-100	G	Y	
2019-05-10	2130	Avec Eric	Avec Eric Series 1 Ep 5	Eric explores the importance of teamwork - in the remarkable complexity of a honeybee hive, and in the coordination of the staff of a 4-star restaurant.	USA	English-100			
2019-05-10	2200	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100	G		
2019-05-10	2230	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100	G		
2019-05-10	2300	Saturday Kitchen	Saturday Kitchen Series 2 Ep 10	Michel Roux Jr presents Saturday Kitchen this week with help from two of Europe's top chefs, the Welsh sensation Bryn Williams and the founding father of New Nordic cuisine Claus Meyer.	UNITED KINGDOM	English-100	PG		
2019-05-10	2400	Worst Cooks In America	Face Your Fears Of Feeding Others	As being some of the six Worst Cooks in America, they haven't been able to give their friends and family a healthy, sufficient meal but today Anne Burrell and Bobby Flay are going to change that.	USA	English-100	PG	Y	
2019-05-10	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 40	Ben purchases a fresh Mahi Mahi from a Chennai fish market before heading down to the beach to cook a Mahi Mahi crudo.	AUSTRALIA	English-100	PG		
2019-05-10	2530	Late Nite Eats	Oakland	Jordan checks out the bay area's biggest city, Oakland, California, long known for its tremendous diversity and thriving arts and entertainment scene, and amazing Asian cuisine.	USA	English-100	G		
2019-05-10	2600	Late Nite Eats	Toronto	Jordan checks out Toronto, Canada's most diverse city, and it dishes out all kinds of delights. He kicks off his tour at Chanticleer, a French style bistro located in Parkdale.	USA	English-100	G		
2019-05-10	2630	Instant Noodles Diary	South Korea	Per capita, South Koreans consume the most instant noodles per year compared to the rest of the world. How did instant noodles become as synonymous as Kim chi in Seoul?	SINGAPORE	English-100	G	Y	
2019-05-10	2700	Instant Noodles Diary	Hong Kong	This stop, Hong Kong! And on this dynamic island where residents eat noodles on their birthday for a long, blessed life, surely, instant noodles has a special place in their hearts?	SINGAPORE	English-100	G	Y	
2019-05-10	2730	Avec Eric	Avec Eric Series 1 Ep 5	Eric explores the importance of teamwork - in the remarkable complexity of a honeybee hive, and in the coordination of the staff of a 4-star restaurant.	USA	English-100			
2019-05-10	2800	Worst Cooks In America	Face Your Fears Of Feeding Others	As being some of the six Worst Cooks in America, they haven't been able to give their friends and family a healthy, sufficient meal but today Anne Burrell and Bobby Flay are going to change that.	USA	English-100	PG	Y	
2019-05-11	0500	Mercurio's Menu	Fleurieu Peninsula	Paul finds foodie paradise on the little known Fleurieu Peninsula south of Adelaide, offering wine, wildlife, and water in abundance.	AUSTRALIA	English-100	PG		
2019-05-11	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 60	Ben and Rhys head to their second location for their Tamar Farm Gate Tour, Langdale Farm.	AUSTRALIA	English-100	PG		
2019-05-11	0600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, and Czech summer fruit dumplings.	AUSTRALIA	English-100	RPT	G	Y
2019-05-11	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		

2019-05-11	0700	Late Nite Eats	Oakland	Jordan checks out the bay area's biggest city, Oakland, California, long known for its tremendous diversity and thriving arts and entertainment scene, and amazing Asian cuisine.	USA	English-100	G	
2019-05-11	0730	Late Nite Eats	Toronto	Jordan checks out Toronto, Canada's most diverse city, and it dishes out all kinds of delights. He kicks off his tour at Chanticleer, a French style bistro located in Parkdale.	USA	English-100	G	
2019-05-11	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 40	Ben purchases a fresh Mahi Mahi from a Chennai fish market before heading down to the beach to cook a Mahi Mahi crudo.	AUSTRALIA	English-100	PG	
2019-05-11	0830	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100	G	
2019-05-11	0900	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100	G	
2019-05-11	0930	Saturday Kitchen	Saturday Kitchen Series 2 Ep 10	Michel Roux Jr presents Saturday Kitchen this week with help from two of Europe's top chefs, the Welsh sensation Bryn Williams and the founding father of New Nordic cuisine Claus Meyer.	UNITED KINGDOM	English-100	PG	
2019-05-11	1030	Paul And Nick's Big American Food Trip	Boston	Paul and Nick cook for friends of the Scots' Charitable Society, the oldest charity in America, set up to help fund the education of Scots in America.	IRELAND	English-100	PG	
2019-05-11	1100	Paul And Nick's Big American Food Trip	South Portland	Paul and Nick meet Mary Drymon, who has written about how Scottish and Ulster food traditions have widely influenced how America eats today.	IRELAND	English-100	PG	
2019-05-11	1130	Paul And Nick's Big American Food Trip	Bowdoin	In the middle of rural Maine, Paul and Nick create an outside barbeque for the family of John Mann, an eighth generation Ulster-Scot immigrant.	IRELAND	English-100	PG	
2019-05-11	1200	Paul And Nick's Big American Food Trip	Londonderry	Paul and Nick cook for some descendants of the Reverend McGregor, the Ulster-Scot who led five ships to New Hampshire in 1714.	IRELAND	English-100	G	
2019-05-11	1230	Instant Noodles Diary	South Korea	Per capita, South Koreans consume the most instant noodles per year compared to the rest of the world. How did instant noodles become as synonymous as Kim chi in Seoul?	SINGAPORE	English-100	G	Y
2019-05-11	1300	Instant Noodles Diary	Hong Kong	This stop, Hong Kong! And on this dynamic island where residents eat noodles on their birthday for a long, blessed life, surely, instant noodles has a special place in their hearts?	SINGAPORE	English-100	G	Y
2019-05-11	1330	Worst Cooks In America	Face Your Fears Of Feeding Others	As being some of the six Worst Cooks in America, they haven't been able to give their friends and family a healthy, sufficient meal but today Anne Burrell and Bobby Flay are going to change that.	USA	English-100	PG	Y
2019-05-11	1430	Avec Eric	Avec Eric Series 1 Ep 5	Eric explores the importance of teamwork - in the remarkable complexity of a honeybee hive, and in the coordination of the staff of a 4-star restaurant.	USA	English-100		
2019-05-11	1500	Dinner Date	Roxanne	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	
2019-05-11	1600	United Plates Of America	United Plates Of America Series 2 Ep 4	We visit some inspiring restaurants in the Rust Belt. We kick off in beautiful Detroit, we meet a local foodie and try some hipster fare.	USA	English-100	G	
2019-05-11	1630	United Plates Of America	United Plates Of America Series 2 Ep 5	We head into the hot American desert to try some scrumptious food. We kick off in beautiful Scottsdale Arizona. We try some Cuban food at the magnificent Scott Resort.	USA	English-100	G	
2019-05-11	1700	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100	G	

2019-05-11	1730	The Cook And The Chef	Tetsuya Part 1	Fifty years ago, Australia was gastronomically a very bleak part of the world. In the early 1950s, dining out for Maggie's family often meant a meal at the local Chinese restaurant.	AUSTRALIA	English-100		G		
2019-05-11	1800	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G		
2019-05-11	1830	My Second Restaurant In India	My Second Restaurant In India Series 2, Ep 3	Further setbacks at the restaurant and the furious pace of Mumbai are beginning to wear Sarah down. With only hours before the restaurant is due to open the kitchen remains in chaos.	AUSTRALIA	English-100		G	Y	Y
2019-05-11	1930	The Travelling Chef	Travelling Chef Series 3, The Ep 9	Brett travels to North Queensland to learn aboriginal food preparations in the Daintree rainforest. Brett also visits Cairn's famous Rusty's Market.	NEW ZEALAND	English-100		PG		
2019-05-11	2000	The Travelling Chef	Travelling Chef Series 3, The Ep 10	Brett heads south from Bangkok to the southern province of Phetchaburi. He learns Thai sweets, a local fish delicacy and finds an unexpected vineyard making Thai wine.	NEW ZEALAND	English-100				
2019-05-11	2030	Bill's Tasty Weekends	Essex	Bill and the family are going camping but they're not roughing it. This luxury campsite is in the grounds of the spectacular Layer Marney Tower in Essex and Bill's in his element.	UNITED KINGDOM	English-100		PG		
2019-05-11	2130	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 1	A food revolution has hit Scandinavia! Adam Liaw heads far north to investigate the cleanest, healthiest, and happiest part of the world.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-11	2200	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 2	Adam and Meik Wiking, the Director of The Happiness Insittute, together cook the national Danish dish, Stegt Flaesk, and discuss how Denmark is the happiest country in the world.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-11	2230	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G		
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2019-05-11	2330	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G		
2019-05-11	2400	Dinner Date	Roxanne	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		
2019-05-11	2500	My Second Restaurant In India	My Second Restaurant In India Series 2, Ep 3	Further setbacks at the restaurant and the furious pace of Mumbai are beginning to wear Sarah down. With only hours before the restaurant is due to open the kitchen remains in chaos.	AUSTRALIA	English-100		G	Y	Y
2019-05-11	2600	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 1	A food revolution has hit Scandinavia! Adam Liaw heads far north to investigate the cleanest, healthiest, and happiest part of the world.	AUSTRALIA	English-100	RPT	G	Y	
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2019-05-11	2700	Bill's Tasty Weekends	Essex	Bill and the family are going camping but they're not roughing it. This luxury campsite is in the grounds of the spectacular Layer Marney Tower in Essex and Bill's in his element.	UNITED KINGDOM	English-100		PG		
2019-05-11	2800	United Plates Of America	United Plates Of America Series 2 Ep 4	We visit some inspiring restaurants in the Rust Belt. We kick of in beautiful Detroit, we meet a local foodie and try some hipster fare.	USA	English-100		G		

2019-05-11 2830

United Plates Of America

United Plates Of America
Series 2 Ep 5

We head into the hot American desert to try some scrumptious food. We kick off in beautiful Scottsdale Arizona. We try some Cuban food at the magnificent Scott Resort.

USA

English-100

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