



**WEEK 2: Sunday, 6 January - Saturday, 12 January 2019 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-01-06	0500	The Good Cooks	Vietnam	Join Dan Churchill as he visits Ca Mau in Vietnam to discover the innovative ways local communities are farming fresh produce and creating beautiful, fresh recipes with their harvests.	AUSTRALIA	English-60; Vietnamese-40		PG		Y
2019-01-06	0530	The Good Cooks	Fiji	Famed chef Sarah Todd travels to the tourist hub of the South Pacific, Nadi, Fiji to explore how the fledgling tropical fruit industry is being helped by Australian agricultural science.	AUSTRALIA	English-100		PG		
2019-01-06	0600	The Good Cooks	Indonesia	Australian food writer and television presenter Rebecca Sullivan travels from the Clare Valley in South Australia to Kupang in the heart of West Timor.	AUSTRALIA	English-85; Indonesian-15		G		Y
2019-01-06	0630	Ask The Butcher	Beef	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G		
2019-01-06	0700	Anthony Bourdain: No Reservations	Sicily	In Sicily, Tony eats some tripe at a local frittola stand in Il Capo Market, a spleen sandwich with Sicily's President, and salt-encrusted fish. Later, Tony also debates where to get the best cannoli.	USA	English-100		PG		Y
2019-01-06	0800	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100		PG		
2019-01-06	0830	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G		
2019-01-06	0900	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G		
2019-01-06	0930	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Sato fires up the BBQ at the picturesque Lake Tanuki to show Justine his trout chan chanyaki.	AUSTRALIA	English-100		G		
2019-01-06	1000	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine gets inspired by a green tea ceremony. Chef Toru cooks Wagyu with a Green tea crusts and makes green tea elaires. Justine prepares matcha crepes.	AUSTRALIA	English-100		G		
2019-01-06	1030	Nigella Bites	Party Girl	Nigella has found a way of providing good food while still enjoying the party. She shares her recipes for a velvety dip, some cheese, toasted nuts and BBQ chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-01-06	1100	Nigella Bites	Yellow	In the first program of the new series, Nigella Lawson turns her attention to the apparently humble lemon, with happiness soup, and slow-roasted garlic and lemon chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-01-06	1130	The Good Cooks	Fiji	Famed chef Sarah Todd travels to the tourist hub of the South Pacific, Nadi, Fiji to explore how the fledgling tropical fruit industry is being helped by Australian agricultural science.	AUSTRALIA	English-100		PG		
2019-01-06	1200	The Good Cooks	Indonesia	Australian food writer and television presenter Rebecca Sullivan travels from the Clare Valley in South Australia to Kupang in the heart of West Timor.	AUSTRALIA	English-85; Indonesian-15		G		Y

2019-01-06	1230	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					
2019-01-06	1330	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 5	In the urban sprawl of Tokyo, Adam Liaw explores a food culture which sustains the 'salaryman' workers in style and retains the culinary traditions of the annual Cherry Blossom Festival.	AUSTRALIA	English-80; Japanese-20	RPT	G	Y	Y	
2019-01-06	1400	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 6	Adam Liaw trolls the restaurants of food-crazy Tokyo to find food as diverse as Yakitori made from the reproductive organs of chickens to a degustation delight called 'soil 2013'.	AUSTRALIA	English-78; Japanese-22	RPT	G	Y	Y	
2019-01-06	1430	Ask The Butcher	Beef	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G			
2019-01-06	1500	The Good Cooks	Philippines	Australian fitness and healthy lifestyle advocate Luke Hines travels to the small island of Guimaras - home to the Southeast Asian Fisheries Development Centre (SEAFDEC) Igang Marine Station.	AUSTRALIA	English-100		PG			
2019-01-06	1530	The Good Cooks	Tanzania	Australian television presenter, chef and Indigenous mentor Mark Olive travels from Wollongong to the heart of central Tanzania to learn traditional recipes.	AUSTRALIA	English-80; Swahili-20		G		Y	
2019-01-06	1600	The Good Cooks	Mozambique	Australian TV personality and professional chef Paul West travels to Maputo. Here he meets trailblazing farmers and sees how they are improving their food security and sustainability.	AUSTRALIA	English-99; Portuguese-1		PG		Y	
2019-01-06	1630	Ask The Butcher	Lamb	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G			
2019-01-06	1700	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the "chef-y" look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G			
2019-01-06	1730	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G			
2019-01-06	1800	The Cook And The Chef	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G			
2019-01-06	1830	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					
2019-01-06	1900	Cheese Slices	Twins Of The Mediterranean: Corsica And Sardinia	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions.	AUSTRALIA	English-100					
2019-01-06	1930	Hairy Bikers' Bakeation	Norway	The Hairy Bikers start their epic 5000 mile bakeation in Kristiansund on Norway's stunning West coast. They ride out along the Atlantic highway, ferry hopping from island to island.	UNITED KINGDOM	English-100					
2019-01-06	2030	Rick Stein's Far Eastern Odyssey	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT	PG	Y		
2019-01-06	2135	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.		English-70; Mandarin-30	RPT				
2019-01-06	2205	Food Safari	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G	Y		

2019-01-06	2230	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the "chef-y" look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G		
2019-01-06	2300	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G		
2019-01-06	2330	Anthony Bourdain: No Reservations	Las Vegas	On assignment and with deadline looming for a major food magazine, Tony's got four days to cover the very best of the new chef-centric Las Vegas.	USA	English-100		PG		
2019-01-06	2430	The Cook And The Chef	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G		
2019-01-06	2500	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				
2019-01-06	2530	Cheese Slices	Twins Of The Mediterranean: Corsica And Sardinia	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions.	AUSTRALIA	English-100				
2019-01-06	2600	Hairy Bikers' Bakeation	Norway	The Hairy Bikers start their epic 5000 mile bakeation in Kristiansund on Norway's stunning West coast. They ride out along the Atlantic highway, ferry hopping from island to island.	UNITED KINGDOM	English-100				
2019-01-06	2700	Rick Stein's Far Eastern Odyssey	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT	PG		Y
2019-01-06	2805	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.		English-70; Mandarin-30	RPT			
2019-01-06	2835	Food Safari	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G		Y
2019-01-07	0500	The Good Cooks	Philippines	Australian fitness and healthy lifestyle advocate Luke Hines travels to the small island of Guimaras - home to the Southeast Asian Fisheries Development Centre (SEAFDEC) Igang Marine Station.	AUSTRALIA	English-100		PG		
2019-01-07	0530	The Good Cooks	Tanzania	Australian television presenter, chef and Indigenous mentor Mark Olive travels from Wollongong to the heart of central Tanzania to learn traditional recipes.	AUSTRALIA	English-80; Swahili-20		G		Y
2019-01-07	0600	The Good Cooks	Mozambique	Australian TV personality and professional chef Paul West travels to Maputo. Here he meets trailblazing farmers and sees how they are improving their food security and sustainability.	AUSTRALIA	English-99; Portuguese-1		PG		Y
2019-01-07	0630	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				
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2019-01-07	1235	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.		English-70; Mandarin-30	RPT		
2019-01-07	1305	Food Safari	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G	Y
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2019-01-07	1500	Surfing The Menu	Broome	The town of Broome in Australia's northwest is an oasis of colour and character. Curtis uses his fish catch in a tian of fresh mud crab with avocado and tomato.	AUSTRALIA	English-100		PG	
2019-01-07	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 36	Brussel sprouts have a bad reputation. Ben shows a way in which everyone can learn to love brussel sprouts again by simply changing the way they're cooked.	AUSTRALIA	English-100		G	
2019-01-07	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Timorese kids learn to cook the traditional way in Darwin, and goat's cheese from WA.	AUSTRALIA	English-100	RPT	G	
2019-01-07	1630	Grandma's Boy	Matera	Matera, Southern Italy, is a location for countless films and in 1993 was declared a World Heritage Site. After being inspired by a local vendor, Donal cooks all afternoon with Nonna Addolorata.	UNITED KINGDOM	English-100		G	Y
2019-01-07	1700	Secret Meat Business	Turkish	Adrian creates a fantastic Turkish chicken dish, fresh and juicy. Complete with homemade flat bread, it's a dinner party delight.	AUSTRALIA	English-100		G	
2019-01-07	1730	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100			
2019-01-07	1800	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100			
2019-01-07	1830	Oliver's Twist	Big Cheese, The	Foodie fun with Jamie Oliver. Here, he visits a friend at her new cheese shop, then returns home with some of her produce and prepares the ultimate cheese board.	UNITED KINGDOM	English-100			
2019-01-07	1900	Oliver's Twist	Night Shift	Jamie takes time to try out some new bread recipes. As the sun begins to rise John and Jamie gather all the left over dough and make a delicious breakfast pizza.	UNITED KINGDOM	English-100			

2019-01-07	1930	Thai Street Food With David Thompson	Transitions	This episode will focus on transitions: that of day to night, of traditional Bangkok to the modern day city and market transformation in surrounding areas.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-01-07	2000	Thai Street Food With David Thompson	Seafood	This episode sees David learns about the life of the Thai fishermen, before he sets up a cooking session with a fresh catch, right on the boat.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-01-07	2030	Donna Hay: Basics To Brilliance Kids	Movie Night	Donna Hay is joined by her little helpers, Jimmy and Sarah, as they get set to host the ultimate backyard movie night. It's packed with healthy change-ups of everyone's favourite cinema snacks.	AUSTRALIA	English-100				
2019-01-07	2100	Donna Hay: Basics To Brilliance Kids	Surfers	In the morning sun with the waves crashing behind them, the excitement is high for a day of surfing. Donna and the girls make a fresh café-style breakfast of corn fritters and colourful sides.	AUSTRALIA	English-100				
2019-01-07	2130	Food Porn	For The Love Of Pie	Grandma's traditional pies get a modern face lift with some of the most inventive creations capturing the hearts of pie lovers everywhere.	USA	English-100				
2019-01-07	2200	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100				
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2019-01-07	2400	Anthony Bourdain: No Reservations	Uzbekistan	Tony's in for a wild trip as he journeys through Uzbekistan's 2,000-year-old capital, Tashkent. He dines at Jumanji, goes to a belly dancing club, visits a local mosque and shops for wedding presents.	USA	English-100		PG		Y
2019-01-07	2500	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 36	Brussel sprouts have a bad reputation. Ben shows a way in which everyone can learn to love brussel sprouts again by simply changing the way they're cooked.	AUSTRALIA	English-100		G		
2019-01-07	2530	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Timorese kids learn to cook the traditional way in Darwin, and goat's cheese from WA.	AUSTRALIA	English-100	RPT	G		
2019-01-07	2600	Grandma's Boy	Matera	Matera, Southern Italy, is a location for countless films and in 1993 was declared a World Heritage Site. After being inspired by a local vendor, Donal cooks all afternoon with Nonna Addolorata.	UNITED KINGDOM	English-100		G		Y
2019-01-07	2630	Secret Meat Business	Turkish	Adrian creates a fantastic Turkish chicken dish, fresh and juicy. Complete with homemade flat bread, it's a dinner party delight.	AUSTRALIA	English-100		G		
2019-01-07	2700	Thai Street Food With David Thompson	Transitions	This episode will focus on transitions: that of day to night, of traditional Bangkok to the modern day city and market transformation in surrounding areas.	AUSTRALIA	English-100	RPT	G	Y	Y
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2019-01-08	0500	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100				
2019-01-08	0530	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100				
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2019-01-08	0700	Surfing The Menu	Broome	The town of Broome in Australia's northwest is an oasis of colour and character. Curtis uses his fish catch in a tian of fresh mud crab with avocado and tomato.	AUSTRALIA	English-100			PG	
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2019-01-08	0830	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 36	Brussel sprouts have a bad reputation. Ben shows a way in which everyone can learn to love brussel sprouts again by simply changing the way they're cooked.	AUSTRALIA	English-100			G	
2019-01-08	0900	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Timorese kids learn to cook the traditional way in Darwin, and goat's cheese from WA.	AUSTRALIA	English-100	RPT		G	
2019-01-08	0930	Food Porn	For The Love Of Pie	Grandma's traditional pies get a modern face lift with some of the most inventive creations capturing the hearts of pie lovers everywhere.	USA	English-100				
2019-01-08	1000	Secret Meat Business	Turkish	Adrian creates a fantastic Turkish chicken dish, fresh and juicy. Complete with homemade flat bread, it's a dinner party delight.	AUSTRALIA	English-100			G	
2019-01-08	1030	Thai Street Food With David Thompson	Transitions	This episode will focus on transitions: that of day to night, of traditional Bangkok to the modern day city and market transformation in surrounding areas.	AUSTRALIA	English-100	RPT		G	Y Y
2019-01-08	1100	Thai Street Food With David Thompson	Seafood	This episode sees David learns about the life of the Thai fishermen, before he sets up a cooking session with a fresh catch, right on the boat.	AUSTRALIA	English-100	RPT		G	Y Y
2019-01-08	1130	Donna Hay: Basics To Brilliance Kids	Movie Night	Donna Hay is joined by her little helpers, Jimmy and Sarah, as they get set to host the ultimate backyard movie night. It's packed with healthy change-ups of everyone's favourite cinema snacks.	AUSTRALIA	English-100				
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2019-01-08	1230	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100				
2019-01-08	1300	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100				
2019-01-08	1330	Oliver's Twist	Big Cheese, The	Foodie fun with Jamie Oliver. Here, he visits a friend at her new cheese shop, then returns home with some of her produce and prepares the ultimate cheese board.	UNITED KINGDOM	English-100				
2019-01-08	1400	Oliver's Twist	Night Shift	Jamie takes time to try out some new bread recipes. As the sun begins to rise John and Jamie gather all the left over dough and make a delicious breakfast pizza.	UNITED KINGDOM	English-100				

2019-01-08	1430	Surfing The Menu	Broome	The town of Broome in Australia's northwest is an oasis of colour and character. Curtis uses his fish catch in a tian of fresh mud crab with avocado and tomato.	AUSTRALIA	English-100		PG	
2019-01-08	1500	Surfing The Menu	Margaret River	After a surf at Margaret River, Ben and Curtis head to the kitchen to prepare roast venison stuffed with mushrooms and herbs and wrapped in prosciutto.	AUSTRALIA	English-100		G	
2019-01-08	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 37	Ben discusses the benefits to cooking with ethical free range chicken, and then demonstrates how to break down a whole bird in a way that limits wastage.	AUSTRALIA	English-100		G	Y
2019-01-08	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, exotic fruits from far north QLD, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G	
2019-01-08	1630	Grandma's Boy	Bari	Bari, Southern Italy, is famous for its huge range of seafood, while the surrounding countryside is filled with olive groves and abundant fields, and women still make fresh pasta in the streets.	UNITED KINGDOM	English-100		G	Y
2019-01-08	1700	Secret Meat Business	Secret Meat Business Series 1 Ep 1	Adrian shares his families famous recipe for Lancashire hotpot and his secrets for the prefect sausage.	AUSTRALIA	English-100			
2019-01-08	1730	The Cook And The Chef	Best In Season	Maggie searches for the perfect Tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G	
2019-01-08	1800	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2019-01-08	1830	Oliver's Twist	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	
2019-01-08	1900	Oliver's Twist	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2019-01-08	1930	How To Cook Like Heston	Chocolate	Heston challenges the way we cook chocolate as he lifts the lid on his magical popping candy, passionfruit gateaux with an exploding base, and an amazing flowerpot tiramisu.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-08	2000	How To Cook Like Heston	Chicken	It might be the most popular meat in the world but Heston Blumenthal thinks the old bird needs a bit of a makeover. First up, he attempts a new way to roast a chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-08	2030	Poh's Kitchen	Indulgence With Emmanuel Mollois	Inspired by the excitement of the Fringe Festival Street Party and some decadent desserts afterwards, she decides to cook a very labour intensive and traditional Indonesian Layer Cake.	AUSTRALIA	English-100	RPT	G	Y
2019-01-08	2100	Poh's Kitchen	Duck And Wasabi With Neil Perry	Neil Perry guides Poh through his recipe for Taro Crusted Duck with Mandarin Sauce he demonstrates that complicated recipes don't have to be intimidating.	AUSTRALIA	English-100	RPT	G	Y
2019-01-08	2130	Food Porn	Get A Look	Michael hits the road to find the country's most buzzed about dishes and heads to an Atlanta favourite - Gunshow. They're serving up a fried chicken sandwich that's so popular, it sells out daily.	USA	English-100			
2019-01-08	2200	The Cook And The Chef	Best In Season	Maggie searches for the perfect Tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G	
2019-01-08	2230	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2019-01-08	2300	Oliver's Twist	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	

2019-01-08	2330	Oliver's Twist	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2019-01-08	2400	Anthony Bourdain: No Reservations	China	As far as world cuisines go, China is the big one. On his first trip, Tony tackles Beijing and Chengdu, squeezing in as much food and culture as humanly possible.	USA	English-100		PG	Y
2019-01-08	2500	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 37	Ben discusses the benefits to cooking with ethical free range chicken, and then demonstrates how to break down a whole bird in a way that limits wastage.	AUSTRALIA	English-100		G	Y
2019-01-08	2530	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, exotic fruits from far north Qld, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G	
2019-01-08	2600	Grandma's Boy	Bari	Bari, Southern Italy, is famous for its huge range of seafood, while the surrounding countryside is filled with olive groves and abundant fields, and women still make fresh pasta in the streets.	UNITED KINGDOM	English-100		G	Y
2019-01-08	2630	Secret Meat Business	Secret Meat Business Series 1 Ep 1	Adrian shares his families famous recipe for Lancashire hotpot and his secrets for the perfect sausage.	AUSTRALIA	English-100			
2019-01-08	2700	How To Cook Like Heston	Chocolate	Heston challenges the way we cook chocolate as he lifts the lid on his magical popping candy, passionfruit gateaux with an exploding base, and an amazing flowerpot tiramisu.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-08	2730	How To Cook Like Heston	Chicken	It might be the most popular meat in the world but Heston Blumenthal thinks the old bird needs a bit of a makeover. First up, he attempts a new way to roast a chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-08	2800	Poh's Kitchen	Indulgence With Emmanuel Mollois	Inspired by the excitement of the Fringe Festival Street Party and some decadent desserts afterwards, she decides to cook a very labour intensive and traditional Indonesian Layer Cake.	AUSTRALIA	English-100	RPT	G	Y
2019-01-08	2830	Poh's Kitchen	Duck And Wasabi With Neil Perry	Neil Perry guides Poh through his recipe for Taro Crusted Duck with Mandarin Sauce he demonstrates that complicated recipes don't have to be intimidating.	AUSTRALIA	English-100	RPT	G	Y
2019-01-09	0500	The Cook And The Chef	Best In Season	Maggie searches for the perfect Tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G	
2019-01-09	0530	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidging and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2019-01-09	0600	Oliver's Twist	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	
2019-01-09	0630	Oliver's Twist	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2019-01-09	0700	Surfing The Menu	Margaret River	After a surf at Margaret River, Ben and Curtis head to the kitchen to prepare roast venison stuffed with mushrooms and herbs and wrapped in prosciutto.	AUSTRALIA	English-100		G	
2019-01-09	0730	Anthony Bourdain: No Reservations	China	As far as world cuisines go, China is the big one. On his first trip, Tony tackles Beijing and Chengdu, squeezing in as much food and culture as humanly possible.	USA	English-100		PG	Y
2019-01-09	0830	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 37	Ben discusses the benefits to cooking with ethical free range chicken, and then demonstrates how to break down a whole bird in a way that limits wastage.	AUSTRALIA	English-100		G	Y
2019-01-09	0900	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, exotic fruits from far north Qld, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G	



2019-01-09	0930	Food Porn	Get A Look	Michael hits the road to find the country's most buzzed about dishes and heads to an Atlanta favourite - Gunshow. They're serving up a fried chicken sandwich that's so popular, it sells out daily.	USA	English-100			
2019-01-09	1000	Secret Meat Business	Secret Meat Business Series 1 Ep 1	Adrian shares his families famous recipe for Lancashire hotpot and his secrets for the prefect sausage.	AUSTRALIA	English-100			
2019-01-09	1030	How To Cook Like Heston	Chocolate	Heston challenges the way we cook chocolate as he lifts the lid on his magical popping candy, passionfruit gateaux with an exploding base, and an amazing flowerpot tiramisu.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-09	1100	How To Cook Like Heston	Chicken	It might be the most popular meat in the world but Heston Blumenthal thinks the old bird needs a bit of a makeover. First up, he attempts a new way to roast a chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-09	1130	Poh's Kitchen	Indulgence With Emmanuel Mollois	Inspired by the excitement of the Fringe Festival Street Party and some decadent desserts afterwards, she decides to cook a very labour intensive and traditional Indonesian Layer Cake.	AUSTRALIA	English-100	RPT	G	Y
2019-01-09	1200	Poh's Kitchen	Duck And Wasabi With Neil Perry	Neil Perry guides Poh through his recipe for Taro Crusted Duck with Mandarin Sauce he demonstrates that complicated recipes don't have to be intimidating.	AUSTRALIA	English-100	RPT	G	Y
2019-01-09	1230	The Cook And The Chef	Best In Season	Maggie searches for the perfect Tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G	
2019-01-09	1300	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2019-01-09	1330	Oliver's Twist	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	
2019-01-09	1400	Oliver's Twist	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2019-01-09	1430	Surfing The Menu	Margaret River	After a surf at Margaret River, Ben and Curtis head to the kitchen to prepare roast venison stuffed with mushrooms and herbs and wrapped in prosciutto.	AUSTRALIA	English-100		G	
2019-01-09	1500	Surfing The Menu	Tasmania	With the picturesque coastal town of Strahan providing the background, Ben and Curtis cook up the local delights, with seafood big on the menu.	AUSTRALIA	English-100		G	
2019-01-09	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 38	Ben explains how moisture is drawn out of a protein through osmosis. He demonstrates this by putting a steak on a bed of rock salt and reveals the benefits of doing so.	AUSTRALIA	English-100		G	Y
2019-01-09	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Cyril's Delicatessen in Sydney, and world class cheeses from Exton, Tasmania.	AUSTRALIA	English-100	RPT	G	
2019-01-09	1630	Grandma's Boy	Polignano A Mare	Donal Skehan meets Nonna Rina in Polignano A Mare in Southern Italy, a lovely fishing village south of Bari, at the top of the heel of the Italian boot.	UNITED KINGDOM	English-100		G	Y
2019-01-09	1700	Secret Meat Business	Secret Meat Business Series 1 Ep 2	Adrian pays a visit to Melbourne's Spanish quarter and serves up his delicious version of Portuguese chicken with red capsicum.	AUSTRALIA	English-100			
2019-01-09	1730	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes Peach Jam, sharing a new method to check when it is ready to set, makes a simple Peach and Prosciutto salad and finishes with a Peach drink.	AUSTRALIA	English-100		G	
2019-01-09	1800	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G	

2019-01-09	1830	Oliver's Twist	Scrumptious And Sinful	Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them.	UNITED KINGDOM	English-100		PG		
2019-01-09	1900	Oliver's Twist	Great Packed Lunches	Bicycle couriers Steven and David pedal all day long in London and usually only eat sandwiches to keep them going. Jamie shows them how to prepare tasty lunches.	UNITED KINGDOM	English-100		G		
2019-01-09	1930	Yotam Ottolenghi's Mediterranean Feasts	Morocco	Renowned chef Yotam Ottolenghi travels the southern and eastern Mediterranean to discover the cuisine of these far flung places. Yotam's journey begins in Morocco.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-01-09	2025	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100				
2019-01-09	2030	Kylie Kwong: Heart And Soul	Wok School Hong Kong's Chef Academy	It's back to school for Kylie when she sees how chefs are trained in Hong Kong.	AUSTRALIA	English-100	RPT	G	Y	
2019-01-09	2100	Kylie Kwong: Heart And Soul	Mothers And Daughters A Chinese Family	Kylie is inspired by her Shanghai travels to cook some family favourites but when her mum comes round it's clear she has her own way of doing things.	AUSTRALIA	English-100	RPT	G	Y	
2019-01-09	2130	Food Porn	Deep Dish Delight	Michael hits the road, heading to Chicago for a taste of world renowned deep dish pizza. Then, he hits up San Francisco, where people are lining up for hours at a dim sum style hot spot.	USA	English-100				
2019-01-09	2200	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes Peach Jam, sharing a new method to check when it is ready to set, makes a simple Peach and Prosciutto salad and finishes with a Peach drink.	AUSTRALIA	English-100		G		
2019-01-09	2230	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G		
2019-01-09	2300	Oliver's Twist	Scrumptious And Sinful	Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them.	UNITED KINGDOM	English-100		PG		
2019-01-09	2330	Oliver's Twist	Great Packed Lunches	Bicycle couriers Steven and David pedal all day long in London and usually only eat sandwiches to keep them going. Jamie shows them how to prepare tasty lunches.	UNITED KINGDOM	English-100		G		
2019-01-09	2400	Anthony Bourdain: No Reservations	Japan	Tony's Japanese adventure begins in Osaka at an underground bar devoted to the hardcore fans of the local baseball team, the Hanshin Tigers.	USA	English-100		PG		
2019-01-09	2500	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 38	Ben explains how moisture is drawn out of a protein through osmosis. He demonstrates this by putting a steak on a bed of rock salt and reveals the benefits of doing so.	AUSTRALIA	English-100		G		Y
2019-01-09	2530	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Cyril's Delicatessen in Sydney, and world class cheeses from Exton, Tasmania.	AUSTRALIA	English-100	RPT	G		
2019-01-09	2600	Grandma's Boy	Polignano A Mare	Donal Skehan meets Nonna Rina in Polignano A Mare in Southern Italy, a lovely fishing village south of Bari, at the top of the heel of the Italian boot.	UNITED KINGDOM	English-100		G		Y
2019-01-09	2630	Secret Meat Business	Secret Meat Business Series 1 Ep 2	Adrian pays a visit to Melbourne's Spanish quarter and serves up his delicious version of Portuguese chicken with red capsicum.	AUSTRALIA	English-100				
2019-01-09	2700	Yotam Ottolenghi's Mediterranean Feasts	Morocco	Renowned chef Yotam Ottolenghi travels the southern and eastern Mediterranean to discover the cuisine of these far flung places. Yotam's journey begins in Morocco.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-01-09	2755	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100				
2019-01-09	2800	Kylie Kwong: Heart And Soul	Wok School Hong Kong's Chef Academy	It's back to school for Kylie when she sees how chefs are trained in Hong Kong.	AUSTRALIA	English-100	RPT	G	Y	

2019-01-09	2830	Kylie Kwong: Heart And Soul	Mothers And Daughters A Chinese Family	Kylie is inspired by her Shanghai travels to cook some family favourites but when her mum comes round it's clear she has her own way of doing things.	AUSTRALIA	English-100	RPT	G	Y
2019-01-10	0500	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes Peach Jam, sharing a new method to check when it is ready to set, makes a simple Peach and Prosciutto salad and finishes with a Peach drink.	AUSTRALIA	English-100		G	
2019-01-10	0530	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G	
2019-01-10	0600	Oliver's Twist	Scrumptious And Sinful	Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them.	UNITED KINGDOM	English-100		PG	
2019-01-10	0630	Oliver's Twist	Great Packed Lunches	Bicycle couriers Steven and David pedal all day long in London and usually only eat sandwiches to keep them going. Jamie shows them how to prepare tasty lunches.	UNITED KINGDOM	English-100		G	
2019-01-10	0700	Surfing The Menu	Tasmania	With the picturesque coastal town of Strahan providing the background, Ben and Curtis cook up the local delights, with seafood big on the menu.	AUSTRALIA	English-100		G	
2019-01-10	0730	Anthony Bourdain: No Reservations	Japan	Tony's Japanese adventure begins in Osaka at an underground bar devoted to the hardcore fans of the local baseball team, the Hanshin Tigers.	USA	English-100		PG	
2019-01-10	0830	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 38	Ben explains how moisture is drawn out of a protein through osmosis. He demonstrates this by putting a steak on a bed of rock salt and reveals the benefits of doing so.	AUSTRALIA	English-100		G	Y
2019-01-10	0900	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Cyril's Delicatessen in Sydney, and world class cheeses from Exton, Tasmania.	AUSTRALIA	English-100	RPT	G	
2019-01-10	0930	Food Porn	Deep Dish Delight	Michael hits the road, heading to Chicago for a taste of world renowned deep dish pizza. Then, he hits up San Francisco, where people are lining up for hours at a dim sum style hot spot.	USA	English-100			
2019-01-10	1000	Secret Meat Business	Secret Meat Business Series 1 Ep 2	Adrian pays a visit to Melbourne's Spanish quarter and serves up his delicious version of Portuguese chicken with red capsicum.	AUSTRALIA	English-100			
2019-01-10	1030	Yotam Ottolenghi's Mediterranean Feasts	Morocco	Renowned chef Yotam Ottolenghi travels the southern and eastern Mediterranean to discover the cuisine of these far flung places. Yotam's journey begins in Morocco.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-10	1125	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100			
2019-01-10	1130	Kylie Kwong: Heart And Soul	Wok School Hong Kong's Chef Academy	It's back to school for Kylie when she sees how chefs are trained in Hong Kong.	AUSTRALIA	English-100	RPT	G	Y
2019-01-10	1200	Kylie Kwong: Heart And Soul	Mothers And Daughters A Chinese Family	Kylie is inspired by her Shanghai travels to cook some family favourites but when her mum comes round it's clear she has her own way of doing things.	AUSTRALIA	English-100	RPT	G	Y
2019-01-10	1230	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes Peach Jam, sharing a new method to check when it is ready to set, makes a simple Peach and Prosciutto salad and finishes with a Peach drink.	AUSTRALIA	English-100		G	
2019-01-10	1300	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G	
2019-01-10	1330	Oliver's Twist	Scrumptious And Sinful	Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them.	UNITED KINGDOM	English-100		PG	

2019-01-10	1400	Oliver's Twist	Great Packed Lunches	Bicycle couriers Steven and David pedal all day long in London and usually only eat sandwiches to keep them going. Jamie shows them how to prepare tasty lunches.	UNITED KINGDOM	English-100		G	
2019-01-10	1430	Surfing The Menu	Tasmania	With the picturesque coastal town of Strahan providing the background, Ben and Curtis cook up the local delights, with seafood big on the menu.	AUSTRALIA	English-100		G	
2019-01-10	1500	Surfing The Menu	New Norcia	There's some wonderful characters to meet and delicious fresh produce to sample when Ben and Curtis visit the Spanish monastery town of New Norcia.	AUSTRALIA	English-100		G	Y
2019-01-10	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 39	Ben begins his journey on his Hobart Food Crawl with friend and fellow chef Rhys Hannan at Pigeon Hole Cafe.	AUSTRALIA	English-100		G	Y
2019-01-10	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT	G	
2019-01-10	1630	Grandma's Boy	Grandma's Boy Best Of	Donal Skehan looks back over the fantastic food and nonnas he's encountered. He's visited some of Italy's most beautiful areas, met a whole host of nonnas, and tasted their family recipes.	UNITED KINGDOM	English-100		G	Y
2019-01-10	1700	Secret Meat Business	Secret Meat Business Series 1 Ep 3	Adrian serves up his twist on the classic Australian takeaway, the meat pie floater and his families Austrian style recipe for pork with crackling.	AUSTRALIA	English-100			
2019-01-10	1730	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G	
2019-01-10	1800	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG	
2019-01-10	1830	Oliver's Twist	Kitchen Builders	Jamie treats the men renovating his flat to a 'thank you' meal. Dishes include chick pea and leek soup, braised lamb shanks, and English trifle.	UNITED KINGDOM	English-100		G	
2019-01-10	1900	Oliver's Twist	More Than Just A Lettuce Leaf	Jamie cooks up a range of vegetarian dishes, including a mushroom sarnie, tagliatelle, and pecan and vanilla ice cream.	UNITED KINGDOM	English-100		PG	
2019-01-10	1930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish; and cooks Prune and Almond Tart.	UNITED KINGDOM	English-100		G	
2019-01-10	2000	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100		G	
2019-01-10	2030	Big Food Rescue	Big Food Rescue Series 1 Ep 1	In order for the project to work, the team will need to sign up supermarkets and wholesalers so they can distribute the food that was going to be thrown out.	UNITED KINGDOM	English-100			
2019-01-10	2125	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100			
2019-01-10	2130	Food Porn	Mammoth Dishes Worth Waiting For	On this journey, Michael heads to Austin where a spot is cranking out burger creations so deliciously good - people are waiting hours to get their hands on one.	USA	English-100			

2019-01-10	2200	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G	
2019-01-10	2230	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG	
2019-01-10	2300	Oliver's Twist	Kitchen Builders	Jamie treats the men renovating his flat to a 'thank you' meal. Dishes include chick pea and leek soup, braised lamb shanks, and English trifle.	UNITED KINGDOM	English-100		G	
2019-01-10	2330	Oliver's Twist	More Than Just A Lettuce Leaf	Jamie cooks up a range of vegetarian dishes, including a mushroom sarnie, tagliatelle, and pecan and vanilla ice cream.	UNITED KINGDOM	English-100		PG	
2019-01-10	2400	Anthony Bourdain: No Reservations	South Florida	Tony begins his exploration of outer Miami in the vibrant Creole enclave of Little Haiti. Later, he heads out to the vast subtropical preserves of the Everglades.	USA	English-100		PG	
2019-01-10	2500	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 39	Ben begins his journey on his Hobart Food Crawl with friend and fellow chef Rhys Hannan at Pigeon Hole Cafe.	AUSTRALIA	English-100		G	Y
2019-01-10	2530	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT	G	
2019-01-10	2600	Grandma's Boy	Grandma's Boy Best Of	Donal Skehan looks back over the fantastic food and nonnas he's encountered. He's visited some of Italy's most beautiful areas, met a whole host of nonnas, and tasted their family recipes.	UNITED KINGDOM	English-100		G	Y
2019-01-10	2630	Secret Meat Business	Secret Meat Business Series 1 Ep 3	Adrian serves up his twist on the classic Australian takeaway, the meat pie floater and his families Austrian style recipe for pork with crackling.	AUSTRALIA	English-100			
2019-01-10	2700	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish; and cooks Prune and Almond Tart.	UNITED KINGDOM	English-100		G	
2019-01-10	2730	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100		G	
2019-01-10	2800	Big Food Rescue	Big Food Rescue Series 1 Ep 1	In order for the project to work, the team will need to sign up supermarkets and wholesalers so they can distribute the food that was going to be thrown out.	UNITED KINGDOM	English-100			
2019-01-10	2855	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100			
2019-01-11	0500	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G	
2019-01-11	0530	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG	
2019-01-11	0600	Oliver's Twist	Kitchen Builders	Jamie treats the men renovating his flat to a 'thank you' meal. Dishes include chick pea and leek soup, braised lamb shanks, and English trifle.	UNITED KINGDOM	English-100		G	
2019-01-11	0630	Oliver's Twist	More Than Just A Lettuce Leaf	Jamie cooks up a range of vegetarian dishes, including a mushroom sarnie, tagliatelle, and pecan and vanilla ice cream.	UNITED KINGDOM	English-100		PG	
2019-01-11	0700	Surfing The Menu	New Norcia	There's some wonderful characters to meet and delicious fresh produce to sample when Ben and Curtis visit the Spanish monastery town of New Norcia.	AUSTRALIA	English-100		G	Y
2019-01-11	0730	Anthony Bourdain: No Reservations	South Florida	Tony begins his exploration of outer Miami in the vibrant Creole enclave of Little Haiti. Later, he heads out to the vast subtropical preserves of the Everglades.	USA	English-100		PG	

2019-01-11	0830	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 39	Ben begins his journey on his Hobart Food Crawl with friend and fellow chef Rhys Hannan at Pigeon Hole Cafe.	AUSTRALIA	English-100		G	Y
2019-01-11	0900	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT	G	
2019-01-11	0930	Food Porn	Mammoth Dishes Worth Waiting For	On this journey, Michael heads to Austin where a spot is cranking out burger creations so deliciously good - people are waiting hours to get their hands on one.	USA	English-100			
2019-01-11	1000	Secret Meat Business	Secret Meat Business Series 1 Ep 3	Adrian serves up his twist on the classic Australian takeaway, the meat pie floater and his families Austrian style recipe for pork with crackling.	AUSTRALIA	English-100			
2019-01-11	1030	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish; and cooks Prune and Almond Tart.	UNITED KINGDOM	English-100		G	
2019-01-11	1100	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100		G	
2019-01-11	1130	Big Food Rescue	Big Food Rescue Series 1 Ep 1	In order for the project to work, the team will need to sign up supermarkets and wholesalers so they can distribute the food that was going to be thrown out.	UNITED KINGDOM	English-100			
2019-01-11	1225	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100			
2019-01-11	1230	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G	
2019-01-11	1300	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG	
2019-01-11	1330	Oliver's Twist	Kitchen Builders	Jamie treats the men renovating his flat to a 'thank you' meal. Dishes include chick pea and leek soup, braised lamb shanks, and English trifle.	UNITED KINGDOM	English-100		G	
2019-01-11	1400	Oliver's Twist	More Than Just A Lettuce Leaf	Jamie cooks up a range of vegetarian dishes, including a mushroom sarnie, tagliatelle, and pecan and vanilla ice cream.	UNITED KINGDOM	English-100		PG	
2019-01-11	1430	Surfing The Menu	New Norcia	There's some wonderful characters to meet and delicious fresh produce to sample when Ben and Curtis visit the Spanish monastery town of New Norcia.	AUSTRALIA	English-100		G	Y
2019-01-11	1500	Surfing The Menu	Hunter Valley	Ben and Curtis head for the Mecca of great wine and produce - the Hunter Valley. At the famous Tyrrell winery, they prepare a delicious lunch for the hosts.	AUSTRALIA	English-100		PG	
2019-01-11	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 40	Ben and Rhys head to their second location of their Hobart food crawl, Pigeon Whole Bakery.	AUSTRALIA	English-100		G	Y
2019-01-11	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, diving for abalone, and a visit to Maggie Beer in South Australia. #FoodNetworkAU	AUSTRALIA	English-100	RPT	G	
2019-01-11	1630	Grandma's Boy	Capena	Donal meets nonna Lina in Capena where he cooks up a feast with freshly picked produce to win Nonnas approval.	UNITED KINGDOM	English-100		G	Y
2019-01-11	1700	Secret Meat Business	Secret Meat Business Series 1 Ep 4	Taking influence from his childhood, Adrian creates a Malaysian feast featuring beef rendang and crisp fried pigs head.	AUSTRALIA	English-100			
2019-01-11	1730	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G	

2019-01-11	1800	The Cook And The Chef	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100				PG
2019-01-11	1830	Oliver's Twist	Late Night Snacks	Greg and Junior are both stand up comedians, and have a terrible diet of take-out and beer. Jamie shows them how to make quick and easy foods.	UNITED KINGDOM	English-100				PG
2019-01-11	1900	Oliver's Twist	Big Grub For Big Boys	Jamie prepares a post-match meal for some rugby players. Recipes include chicken in milk, proper polenta, panettone and bread-and-butter pudding.	UNITED KINGDOM	English-100				PG
2019-01-11	1930	Say It To My Face	Meatball Meltdown	Terry Gallagher, the owner of Guiseppe's restaurant in West Hills, CA feels her fine-dining Italian restaurant is being destroyed by negative online reviews.	USA	English-100				Y
2019-01-11	2030	Nigella Feasts	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT	G		Y
2019-01-11	2100	Nigella Feasts	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G		Y
2019-01-11	2130	Food Porn	Lining Up For Yummy	On this trip, Michael visits an iconic NYC pizzeria that's got one of the longest lines in the country for their classic Margarita pie. Then he travels to a San Francisco spot serving fresh pasta.	USA	English-100				
2019-01-11	2200	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100				G
2019-01-11	2230	The Cook And The Chef	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100				PG
2019-01-11	2300	Oliver's Twist	Late Night Snacks	Greg and Junior are both stand up comedians, and have a terrible diet of take-out and beer. Jamie shows them how to make quick and easy foods.	UNITED KINGDOM	English-100				PG
2019-01-11	2330	Oliver's Twist	Big Grub For Big Boys	Jamie prepares a post-match meal for some rugby players. Recipes include chicken in milk, proper polenta, panettone and bread-and-butter pudding.	UNITED KINGDOM	English-100				PG
2019-01-11	2400	Anthony Bourdain: No Reservations	Peru	Anthony Bourdain is on a mission to obtain personal enlightenment, and his travels bring him to Peru, a land of ancient culture, rich cuisine and vibrant people.	USA	English-100				PG
2019-01-11	2500	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 40	Ben and Rhys head to their second location of their Hobart food crawl, Pigeon Whole Bakery.	AUSTRALIA	English-100				G
2019-01-11	2530	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, diving for abalone, and a visit to Maggie Beer in South Australia. #FoodNetworkAU	AUSTRALIA	English-100	RPT	G		
2019-01-11	2600	Grandma's Boy	Capena	Donal meets nonna Lina in Capena where he cooks up a feast with freshly picked produce to win Nonnas approval.	UNITED KINGDOM	English-100				G
2019-01-11	2630	Secret Meat Business	Secret Meat Business Series 1 Ep 4	Taking influence from his childhood, Adrian creates a Malaysian feast featuring beef rendang and crisp fried pigs head.	AUSTRALIA	English-100				
2019-01-11	2700	Say It To My Face	Meatball Meltdown	Terry Gallagher, the owner of Guiseppe's restaurant in West Hills, CA feels her fine-dining Italian restaurant is being destroyed by negative online reviews.	USA	English-100				Y
2019-01-11	2800	Nigella Feasts	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT	G		Y
2019-01-11	2830	Nigella Feasts	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G		Y

2019-01-12	0500	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G	
2019-01-12	0530	The Cook And The Chef	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG	
2019-01-12	0600	Oliver's Twist	Late Night Snacks	Greg and Junior are both stand up comedians, and have a terrible diet of take-out and beer. Jamie shows them how to make quick and easy foods.	UNITED KINGDOM	English-100		PG	
2019-01-12	0630	Oliver's Twist	Big Grub For Big Boys	Jamie prepares a post-match meal for some rugby players. Recipes include chicken in milk, proper polenta, panettone and bread-and-butter pudding.	UNITED KINGDOM	English-100		PG	
2019-01-12	0700	Surfing The Menu	Hunter Valley	Ben and Curtis head for the Mecca of great wine and produce - the Hunter Valley. At the famous Tyrrell winery, they prepare a delicious lunch for the hosts.	AUSTRALIA	English-100		PG	
2019-01-12	0730	Anthony Bourdain: No Reservations	Peru	Anthony Bourdain is on a mission to obtain personal enlightenment, and his travels bring him to Peru, a land of ancient culture, rich cuisine and vibrant people.	USA	English-100		PG	Y
2019-01-12	0830	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 40	Ben and Rhys head to their second location of their Hobart food crawl, Pigeon Whole Bakery.	AUSTRALIA	English-100		G	Y
2019-01-12	0900	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, diving for abalone, and a visit to Maggie Beer in South Australia. #FoodNetworkAU	AUSTRALIA	English-100	RPT	G	
2019-01-12	0930	Food Porn	Lining Up For Yummy	On this trip, Michael visits an iconic NYC pizzeria that's got one of the longest lines in the country for their classic Margarita pie. Then he travels to a San Francisco spot serving fresh pasta.	USA	English-100			
2019-01-12	1000	Secret Meat Business	Secret Meat Business Series 1 Ep 4	Taking influence from his childhood, Adrian creates a Malaysian feast featuring beef rendang and crisp fried pigs head.	AUSTRALIA	English-100			
2019-01-12	1030	Say It To My Face	Meatball Meltdown	Terry Gallagher, the owner of Guiseppe's restaurant in West Hills, CA feels her fine-dining Italian restaurant is being destroyed by negative online reviews.	USA	English-100			Y
2019-01-12	1130	Nigella Feasts	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-12	1200	Nigella Feasts	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-12	1230	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G	
2019-01-12	1300	The Cook And The Chef	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG	
2019-01-12	1330	Oliver's Twist	Late Night Snacks	Greg and Junior are both stand up comedians, and have a terrible diet of take-out and beer. Jamie shows them how to make quick and easy foods.	UNITED KINGDOM	English-100		PG	
2019-01-12	1400	Oliver's Twist	Big Grub For Big Boys	Jamie prepares a post-match meal for some rugby players. Recipes include chicken in milk, proper polenta, panettone and bread-and-butter pudding.	UNITED KINGDOM	English-100		PG	
2019-01-12	1430	Surfing The Menu	Hunter Valley	Ben and Curtis head for the Mecca of great wine and produce - the Hunter Valley. At the famous Tyrrell winery, they prepare a delicious lunch for the hosts.	AUSTRALIA	English-100		PG	



2019-01-12	1500	People Of The Vines	Beyond The Cellar Door	What does it take to make a bottle of wine? Wine writer Tyson Stelzer ventures to northern Tasmania to meet six winemakers and their families and discovers all the joys and dramas of wine harvest.	AUSTRALIA	English-100		PG			
2019-01-12	1530	People Of The Vines	Wash Out	Rain during harvest is heartbreaking. Vintage has kicked off in northern Tasmania and a deluge throws picking schedules into chaos. Can they get the grapes off the vines before crops are destroyed?	AUSTRALIA	English-100		PG			
2019-01-12	1600	People Of The Vines	Mechanical Armageddon	The race is on to harvest. Stress levels hit boiling point at Josef Chromy winery when simultaneous breakdowns shut down the winery and the harvester.	AUSTRALIA	English-100		G		Y	
2019-01-12	1630	Ask The Butcher	Pork	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G			
2019-01-12	1700	The Cook And The Chef	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100		G			
2019-01-12	1730	The Cook And The Chef	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G			
2019-01-12	1800	The Cook And The Chef	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G			
2019-01-12	1830	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine visits Meijiya Soy sauce factory and makes her own soy sauce. Aoki teaches her the art of making Wagashi.	AUSTRALIA	English-100		G			
2019-01-12	1900	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine visits the traditional town Shuzenji and tries on a very traditional outfit for her walk around the temple. Recipes today include okonomiyaki and fried chicken.	AUSTRALIA	English-100		G			
2019-01-12	1930	Nigella Bites	Black	Nigella Lawson gives us her personal take on Italian food, from the classic pasta with mussels, through black rice and squid rings to her Anglo-Italian trifle.	UNITED KINGDOM	English-100	RPT	G		Y	
2019-01-12	2000	Nigella Bites	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G		Y	
2019-01-12	2030	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					
2019-01-12	2130	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 7	In Kyoto, Adam Liaw takes us on a journey of discovery we meet a Tea Master, a Maiko and Michelin Star chef who makes risotto into sushi.	AUSTRALIA	English-85; Japanese-15	RPT	G		Y	Y
2019-01-12	2200	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 8	Adam hits the streets to show us Osaka's incredibly delicious array of cheap eats. He spends the day with a retired sumo wrestler, then indulges in some delicious baseball stadium food.	AUSTRALIA	English-70; Japanese-30	RPT	G		Y	Y

2019-01-12	2230	The Cook And The Chef	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100		G	
2019-01-12	2300	The Cook And The Chef	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G	
2019-01-12	2330	Anthony Bourdain: No Reservations	Sweden	Anthony Bourdain is off to investigate Sweden, 'a land of contrasts'. He's hoping to dispel the myths of tall blondes, Swedish meatballs, and ABBA.	USA	English-100		PG	Y
2019-01-12	2430	The Cook And The Chef	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G	
2019-01-12	2500	People Of The Vines	Beyond The Cellar Door	What does it take to make a bottle of wine? Wine writer Tyson Stelzer ventures to northern Tasmania to meet six winemakers and their families and discovers all the joys and dramas of wine harvest.	AUSTRALIA	English-100		PG	
2019-01-12	2530	People Of The Vines	Wash Out	Rain during harvest is heartbreaking. Vintage has kicked off in northern Tasmania and a deluge throws picking schedules into chaos. Can they get the grapes off the vines before crops are destroyed?	AUSTRALIA	English-100		PG	
2019-01-12	2600	People Of The Vines	Mechanical Armageddon	The race is on to harvest. Stress levels hit boiling point at Josef Chromy winery when simultaneous breakdowns shut down the winery and the harvester.	AUSTRALIA	English-100		G	Y
2019-01-12	2630	Ask The Butcher	Pork	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	
2019-01-12	2700	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine visits Meijiya Soy sauce factory and makes her own soy sauce. Aoki teaches her the art of making Wagashi.	AUSTRALIA	English-100		G	
2019-01-12	2730	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine visits the traditional town Shuzenji and tries on a very traditional outfit for her walk around the temple. Recipes today include okonomiyaki and fried chicken.	AUSTRALIA	English-100		G	
2019-01-12	2800	Nigella Bites	Black	Nigella Lawson gives us her personal take on Italian food, from the classic pasta with mussels, through black rice and squid rings to her Anglo-Italian trifle.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-12	2830	Nigella Bites	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G	Y