



WEEK 20: Sunday, 12 May - Saturday, 18 May 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-05-12	0500	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		
2019-05-12	0530	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		
2019-05-12	0600	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		
2019-05-12	0630	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
2019-05-12	0730	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		
2019-05-12	0800	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		PG		
2019-05-12	0830	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		
2019-05-12	0930	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	
2019-05-12	1000	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 2	Adam and Meik Wiking, the Director of The Happiness Institute, 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	
2019-05-12	1030	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		
2019-05-12	1130	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		
2019-05-12	1200	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		
2019-05-12	1230	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		
2019-05-12	1300	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		

2019-05-12	1330	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		
2019-05-12	1400	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
2019-05-12	1500	Dinner Date	Adam	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		
2019-05-12	1600	United Plates Of America	United Plates Of America Series 2 Ep 6	We check out what food the Bay Area has to offer. We catch up with a local FM morning radio host and try some local fare in Palo Alto.	USA	English-100		G		
2019-05-12	1630	United Plates Of America	United Plates Of America Series 2 Ep 7	The focus is on comfort food. We try hearty burgers at a hipster burger joint in Washington DC. We eat dumplings made from an age-old home recipe from a Chinese mum in Denver.	USA	English-100		G		
2019-05-12	1700	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G		Y
2019-05-12	1730	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G		
2019-05-12	1800	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G		
2019-05-12	1830	Cheese Slices	Cheese Legacy Of The Vikings: Norway, The	Will travels to the spectacular fjords of Norway to look at rare skimmed milk cheeses dating back to Viking times.	AUSTRALIA	English-100		G		
2019-05-12	1900	Cheese Slices	Traditional Flavoured Pecorino Cheeses: Sicily	Sicily is the largest island in the Mediterranean and has a long history of traditional cheese-making influenced by the Greeks, Romans, and Normans - and of course the Italians.	AUSTRALIA	English-100		G		
2019-05-12	1930	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		
2019-05-12	2000	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		
2019-05-12	2030	Rick Stein's Long Weekends	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-05-12	2130	Food Safari	Jewish	In the final episode, Maeve explores the delicious and complex world of Jewish food - full of age-old traditions and customs including a strict dietary code (kasrut).	AUSTRALIA	English-100	RPT	G	Y	
2019-05-12	2200	Food Safari	South American	Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-12	2230	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G		Y
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2019-05-12	2400	Dinner Date	Adam	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	
2019-05-12	2500	Cheese Slices	Cheese Legacy Of The Vikings: Norway, The	Will travels to the spectacular fjords of Norway to look at rare skimmed milk cheeses dating back to Viking times.	AUSTRALIA	English-100		G	
2019-05-12	2530	Cheese Slices	Traditional Flavoured Pecorino Cheeses: Sicily	Sicily is the largest island in the Mediterranean and has a long history of traditional cheese-making influenced by the Greeks, Romans, and Normans - and of course the Italians.	AUSTRALIA	English-100		G	
2019-05-12	2600	Food Safari	Jewish	In the final episode, Maeve explores the delicious and complex world of Jewish food - full of age-old traditions and customs including a strict dietary code (kasrut).	AUSTRALIA	English-100	RPT	G	Y
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2019-05-12	2800	United Plates Of America	United Plates Of America Series 2 Ep 6	We check out what food the Bay Area has to offer. We catch up with a local FM morning radio host and try some local fare in Palo Alto.	USA	English-100		G	
2019-05-12	2830	United Plates Of America	United Plates Of America Series 2 Ep 7	The focus is on comfort food. We try hearty burgers at a hipster burger joint in Washington DC. We eat dumplings made from an age-old home recipe from a Chinese mum in Denver.	USA	English-100		G	
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2019-05-13	0800	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G	
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2019-05-13	1500	Mercurio's Menu	Hobart And Southern Tasmania	Paul travels to one of his favourite fresh food locations to savour oysters straight from the sea, the season's very last cherries, and fish cooked fresh off the boat.	AUSTRALIA	English-100				
2019-05-13	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 61	Third stop of the Tamar Farm Gate Tour, Ben and Rhys stop in at Honey Tasmania in the heart of Exeter.	AUSTRALIA	English-100		PG		
2019-05-13	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Macedonian food in inner city Perth, and North African spices in Rozelle.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-13	1630	Sachie's Kitchen	Fish Market	Sachie goes to the largest fish market in the world - Tsukiji Market in Tokyo - where more than two hundred different types of fish are sold.	NEW ZEALAND	English-100		G		
2019-05-13	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 41	Ben is at his favourite childhood beach at Hawley, where he cooks char grilled pesto chicken skewers with a charred lemon dressing cooked over the coals of his hibachi grill.	AUSTRALIA	English-100		PG		
2019-05-13	1730	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G		
2019-05-13	1800	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G		
2019-05-13	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 11	Lorraine Pascal steers the Saturday Kitchen ship this week with help from two Michelin chefs, the king of fish cooking Nathan Outlaw, and Michael Caines, the Southwest culinary sensation.	UNITED KINGDOM	English-100		G		
2019-05-13	1930	The Urban Vegetarian	Energy Boost	Food nerd Desiree Nielsen masters a perfectly cooked eggplant topped with a flavourful charmoula and couscous.	CANADA	English-100		PG		
2019-05-13	2000	The Urban Vegetarian	Veggies Galore	Desiree Nielsen shows how beets can make the icing on a delectable cupcake vibrant and delicious.	CANADA	English-100		PG		
2019-05-13	2030	Thai Street Food With David Thompson	Noodles	From the sophisticated to the simple, noodle dishes vary in every province and part of the country. But no matter where they come from, Thai noodles all share a common street heritage.	AUSTRALIA	English-100	RPT	G	Y	Y

2019-05-13	2100	Thai Street Food With David Thompson	Lunch	David Thompson takes us on this culinary tour of a hectic and bustling lunchtime, teaching us two dishes which are regular lunch favourites in Bangkok.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-13	2130	Avec Eric	Avec Eric Series 1 Ep 6	Eric finds inspiration in the past and shows us how traditional practices can create a base for great dishes. Eric shares his grandmother's traditional capon recipe with the sous chefs at Le Bernardi.	USA	English-100		G		
2019-05-13	2200	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G		
2019-05-13	2230	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G		
2019-05-13	2300	Saturday Kitchen	Saturday Kitchen Series 2 Ep 11	Lorraine Pascal steers the Saturday Kitchen ship this week with help from two Michelin chefs, the king of fish cooking Nathan Outlaw, and Michael Caines, the Southwest culinary sensation.	UNITED KINGDOM	English-100		G		
2019-05-13	2400	Worst Cooks In America	Revisit Your Past Before The Last	We have four recruits left and they are one week away from a chance of cooking for a panel of food experts and winning \$25,000. This week is their last chance to impress Anne Burrell and Bobby Flay.	USA	English-100		PG		Y
2019-05-13	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 41	Ben is at his favourite childhood beach at Hawley, where he cooks char grilled pesto chicken skewers with a charred lemon dressing cooked over the coals of his hibachi grill.	AUSTRALIA	English-100		PG		
2019-05-13	2530	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Macedonian food in inner city Perth, and North African spices in Rozelle.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-13	2600	Sachie's Kitchen	Fish Market	Sachie goes to the largest fish market in the world - Tsukiji Market in Tokyo - where more than two hundred different types of fish are sold.	NEW ZEALAND	English-100		G		
2019-05-13	2630	The Urban Vegetarian	Energy Boost	Food nerd Desiree Nielsen masters a perfectly cooked eggplant topped with a flavourful charmoula and couscous.	CANADA	English-100		PG		
2019-05-13	2700	The Urban Vegetarian	Veggies Galore	Desiree Nielsen shows how beets can make the icing on a delectable cupcake vibrant and delicious.	CANADA	English-100		PG		
2019-05-13	2730	Thai Street Food With David Thompson	Noodles	From the sophisticated to the simple, noodle dishes vary in every province and part of the country. But no matter where they come from, Thai noodles all share a common street heritage.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-13	2800	Thai Street Food With David Thompson	Lunch	David Thompson takes us on this culinary tour of a hectic and bustling lunchtime, teaching us two dishes which are regular lunch favourites in Bangkok.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-13	2830	Avec Eric	Avec Eric Series 1 Ep 6	Eric finds inspiration in the past and shows us how traditional practices can create a base for great dishes. Eric shares his grandmother's traditional capon recipe with the sous chefs at Le Bernardi.	USA	English-100		G		
2019-05-14	0500	Mercurio's Menu	Hobart And Southern Tasmania	Paul travels to one of his favourite fresh food locations to savour oysters straight from the sea, the season's very last cherries, and fish cooked fresh off the boat.	AUSTRALIA	English-100				
2019-05-14	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 61	Third stop of the Tamar Farm Gate Tour, Ben and Rhys stop in at Honey Tasmania in the heart of Exeter.	AUSTRALIA	English-100		PG		
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2019-05-14	0630	Sachie's Kitchen	Fish Market	Sachie goes to the largest fish market in the world - Tsukiji Market in Tokyo - where more than two hundred different types of fish are sold.	NEW ZEALAND	English-100		G		

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2019-05-14	1000	The Urban Vegetarian	Veggies Galore	Desiree Nielsen shows how beets can make the icing on a delectable cupcake vibrant and delicious.	CANADA	English-100		PG			
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2019-05-14	1430	Avec Eric	Avec Eric Series 1 Ep 6	Eric finds inspiration in the past and shows us how traditional practices can create a base for great dishes. Eric shares his grandmother's traditional capon recipe with the sous chefs at Le Bernardi.	USA	English-100		G			
2019-05-14	1500	Mercurio's Menu	Byron Bay	Gorgeous Byron Bay with its stunning beaches and laidback lifestyle creates a perfect backdrop for Paul's feast of the senses.	AUSTRALIA	English-100					
2019-05-14	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 62	Ben and Rhys arrive at their last stop of the Tamar Farm Gate Tour, York Town Organics, a boutique certified organic farm.	AUSTRALIA	English-100		PG			
2019-05-14	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza.	AUSTRALIA	English-100	RPT	G		Y	
2019-05-14	1630	Sachie's Kitchen	Street Food	The variety of food sold from roadside stalls is amazing in Japan and nowhere is it more evident than Osaka, the city with the food motto 'eat till you drop'.	NEW ZEALAND	English-100		G			
2019-05-14	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 42	Ben is at his favourite childhood beach at Hawley, where he spent many summers as a kid showing you how to make prawn jerk skewers over the charcoal of his hibachi grill.	AUSTRALIA	English-100		PG			

2019-05-14	1730	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G	
2019-05-14	1800	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G	
2019-05-14	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 12	Ireland's rising star chef Donal Skehan hosts Saturday Kitchen this week with some help from regular Michelin starred chef Theo Randall, and London's newest chef on the block, Sabrina Gidda.	UNITED KINGDOM	English-100		PG	
2019-05-14	1930	Short Cuts To Glory	Home Takeaway	Christine Manfield, Martin Boetz, and Daniel Wilson show Matt how to create our takeaway favourites in your own kitchen. On the menu - veggie curry, beef stir fry, and burgers.	AUSTRALIA	English-100		PG	
2019-05-14	2000	Short Cuts To Glory	Feed An Army	Dinner parties can send you into a meltdown, days before your guests have even walked through the door. Matt finds out how to take the stress away with Miguel Maestre's paella.	AUSTRALIA	English-100		G	
2019-05-14	2035	Poh's Kitchen On The Road	Wild Beef	Poh's road trip takes her to WA's remote East Kimberley - cattle country. On arrival, Poh enjoys the full-on outback cattle experience at Home Valley Station.	AUSTRALIA	English-100	RPT	G	Y
2019-05-14	2105	Poh's Kitchen On The Road	Chocolate Cake	While Poh loves to bake a cake, what she loves even more is to decorate it, and this week she's off to Perth to meet Rochelle Adonis.	AUSTRALIA	English-100	RPT	G	Y
2019-05-14	2135	Avec Eric	Avec Eric Series 1 Ep 7	Join Eric as he experiences the lifestyles of culinary artisans up close in Tuscany. Eric goes to a farm where they gather chestnuts for cooking and for feeding their prize-winning cows.	USA	English-100		G	
2019-05-14	2205	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G	
2019-05-14	2235	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G	
2019-05-14	2305	Saturday Kitchen	Saturday Kitchen Series 2 Ep 12	Ireland's rising star chef Donal Skehan hosts Saturday Kitchen this week with some help from regular Michelin starred chef Theo Randall, and London's newest chef on the block, Sabrina Gidda.	UNITED KINGDOM	English-100		PG	
2019-05-14	2405	Worst Cooks In America	So Close I Can Almost Taste It	In the final battle, Anne Burrell and Bobby Flay will go head to head for the second time to show who is the better teacher of the Worst Cooks in America.	USA	English-100		PG	Y
2019-05-14	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 42	Ben is at his favourite childhood beach at Hawley, where he spent many summers as a kid showing you how to make prawn jerk skewers over the charcoal of his hibachi grill.	AUSTRALIA	English-100		PG	
2019-05-14	2530	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza.	AUSTRALIA	English-100	RPT	G	Y
2019-05-14	2600	Sachie's Kitchen	Street Food	The variety of food sold from roadside stalls is amazing in Japan and nowhere is it more evident than Osaka, the city with the food motto 'eat till you drop'.	NEW ZEALAND	English-100		G	
2019-05-14	2630	Short Cuts To Glory	Home Takeaway	Christine Manfield, Martin Boetz, and Daniel Wilson show Matt how to create our takeaway favourites in your own kitchen. On the menu - veggie curry, beef stir fry, and burgers.	AUSTRALIA	English-100		PG	
2019-05-14	2700	Short Cuts To Glory	Feed An Army	Dinner parties can send you into a meltdown, days before your guests have even walked through the door. Matt finds out how to take the stress away with Miguel Maestre's paella.	AUSTRALIA	English-100		G	
2019-05-14	2735	Poh's Kitchen On The Road	Wild Beef	Poh's road trip takes her to WA's remote East Kimberley - cattle country. On arrival, Poh enjoys the full-on outback cattle experience at Home Valley Station.	AUSTRALIA	English-100	RPT	G	Y

2019-05-14	2805	Poh's Kitchen On The Road	Chocolate Cake	While Poh loves to bake a cake, what she loves even more is to decorate it, and this week she's off to Perth to meet Rochelle Adonis.	AUSTRALIA	English-100	RPT	G	Y
2019-05-14	2835	Avec Eric	Avec Eric Series 1 Ep 7	Join Eric as he experiences the lifestyles of culinary artisans up close in Tuscany. Eric goes to a farm where they gather chestnuts for cooking and for feeding their prize-winning cows.	USA	English-100		G	
2019-05-15	0500	Mercurio's Menu	Byron Bay	Gorgeous Byron Bay with its stunning beaches and laidback lifestyle creates a perfect backdrop for Paul's feast of the senses.	AUSTRALIA	English-100			
2019-05-15	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 62	Ben and Rhys arrive at their last stop of the Tamar Farm Gate Tour, York Town Organics, a boutique certified organic farm.	AUSTRALIA	English-100		PG	
2019-05-15	0600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza.	AUSTRALIA	English-100	RPT	G	Y
2019-05-15	0630	Sachie's Kitchen	Street Food	The variety of food sold from roadside stalls is amazing in Japan and nowhere is it more evident than Osaka, the city with the food motto 'eat till you drop'.	NEW ZEALAND	English-100		G	
2019-05-15	0700	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G	
2019-05-15	0730	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G	
2019-05-15	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 42	Ben is at his favourite childhood beach at Hawley, where he spent many summers as a kid showing you how to make prawn jerk skewers over the charcoal of his hibachi grill.	AUSTRALIA	English-100		PG	
2019-05-15	0830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 12	Ireland's rising star chef Donal Skehan hosts Saturday Kitchen this week with some help from regular Michelin starred chef Theo Randall, and London's newest chef on the block, Sabrina Gidda.	UNITED KINGDOM	English-100		PG	
2019-05-15	0930	Short Cuts To Glory	Home Takeaway	Christine Manfield, Martin Boetz, and Daniel Wilson show Matt how to create our takeaway favourites in your own kitchen. On the menu - veggie curry, beef stir fry, and burgers.	AUSTRALIA	English-100		PG	
2019-05-15	1000	Short Cuts To Glory	Feed An Army	Dinner parties can send you into a meltdown, days before your guests have even walked through the door. Matt finds out how to take the stress away with Miguel Maestre's paella.	AUSTRALIA	English-100		G	
2019-05-15	1035	Mercurio's Menu	Byron Bay	Gorgeous Byron Bay with its stunning beaches and laidback lifestyle creates a perfect backdrop for Paul's feast of the senses.	AUSTRALIA	English-100			
2019-05-15	1100	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 62	Ben and Rhys arrive at their last stop of the Tamar Farm Gate Tour, York Town Organics, a boutique certified organic farm.	AUSTRALIA	English-100		PG	
2019-05-15	1130	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza.	AUSTRALIA	English-100	RPT	G	Y
2019-05-15	1200	Sachie's Kitchen	Street Food	The variety of food sold from roadside stalls is amazing in Japan and nowhere is it more evident than Osaka, the city with the food motto 'eat till you drop'.	NEW ZEALAND	English-100		G	
2019-05-15	1230	Poh's Kitchen On The Road	Wild Beef	Poh's road trip takes her to WA's remote East Kimberley - cattle country. On arrival, Poh enjoys the full-on outback cattle experience at Home Valley Station.	AUSTRALIA	English-100	RPT	G	Y
2019-05-15	1300	Poh's Kitchen On The Road	Chocolate Cake	While Poh loves to bake a cake, what she loves even more is to decorate it, and this week she's off to Perth to meet Rochelle Adonis.	AUSTRALIA	English-100	RPT	G	Y
2019-05-15	1330	Saturday Kitchen	Saturday Kitchen Series 2 Ep 12	Ireland's rising star chef Donal Skehan hosts Saturday Kitchen this week with some help from regular Michelin starred chef Theo Randall, and London's newest chef on the block, Sabrina Gidda.	UNITED KINGDOM	English-100		PG	

2019-05-15	1430	Avec Eric	Avec Eric Series 1 Ep 7	Join Eric as he experiences the lifestyles of culinary artisans up close in Tuscany. Eric goes to a farm where they gather chestnuts for cooking and for feeding their prize-winning cows.	USA	English-100		G	
2019-05-15	1500	Mercurio's Menu	Tropical North Queensland	With its tropical climate, North Queensland is a grower's paradise, and Paul's ready to enjoy the amazing array of fresh fruits, vegetables, seafood, and meats on offer.	AUSTRALIA	English-100			
2019-05-15	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 63	Ben heads down to his local beach the Mersey Bluff to create an easy summer time bruschetta.	AUSTRALIA	English-100		PG	Y
2019-05-15	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosai in Crows Nest, and Indian-style chutney.	AUSTRALIA	English-100	RPT	G	Y
2019-05-15	1630	Sachie's Kitchen	Ramen Noodles	Noodles are one of Japan's most popular meals, so popular that the people voted instant noodles their most important invention of the 20th century.	NEW ZEALAND	English-100		G	
2019-05-15	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 43	Ben is at his childhood family shack at Hawley, where he will cook delicious marinated chipotle smoky ribs over the charcoal of his hibachi grill.	AUSTRALIA	English-100		PG	
2019-05-15	1730	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G	
2019-05-15	1800	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's Chilli Quail is a crispy explosion of flavours and Maggie uses Quince paste.	AUSTRALIA	English-100		G	
2019-05-15	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 13	British Chinese food writer and TV chef Ching-He Huang hosts Saturday Kitchen this week with help from two of Britain's top Michelin starred chefs, Ben Tish and Yotam Ottolenghi.	UNITED KINGDOM	English-100			
2019-05-15	1930	Paul And Nick's Big Food Trip	Bushmills	Award winning chefs Paul Rankin and Nick Nairn set off on a culinary journey along the coast of Northern Ireland and Scotland to find out more about their Ulster-Scots roots.	IRELAND	English-100		PG	
2019-05-15	2000	Paul And Nick's Big Food Trip	Downpatrick	Top chefs Paul Rankin and Nick Nairn continue their maritime trip exploring their shared Ulster-Scots heritage. This week they sail into Strangford Lough, where local venison is on the menu.	IRELAND	English-100		PG	
2019-05-15	2030	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her tricks for the tastiest fried chicken you'll ever eat, along with prawn dumplings so delicate and flavourful they'll have your mouth watering.	AUSTRALIA	English-100		G	
2019-05-15	2100	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100		G	
2019-05-15	2130	Avec Eric	Avec Eric Series 1 Ep 8	Eric explores the fundamental relationship between food and wine, in which perfect pairings serve to elevate the quality of each.	USA	English-100		G	
2019-05-15	2200	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G	
2019-05-15	2230	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's Chilli Quail is a crispy explosion of flavours and Maggie uses Quince paste.	AUSTRALIA	English-100		G	
2019-05-15	2300	Saturday Kitchen	Saturday Kitchen Series 2 Ep 13	British Chinese food writer and TV chef Ching-He Huang hosts Saturday Kitchen this week with help from two of Britain's top Michelin starred chefs, Ben Tish and Yotam Ottolenghi.	UNITED KINGDOM	English-100			
2019-05-15	2400	Worst Cooks In America	It Just Got Worse	Fourteen recruits, each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne Burrell and Bobby Flay.	USA	English-100		PG	Y
2019-05-15	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 43	Ben is at his childhood family shack at Hawley, where he will cook delicious marinated chipotle smoky ribs over the charcoal of his hibachi grill.	AUSTRALIA	English-100		PG	

2019-05-15	2530	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosai in Crows Nest, and Indian-style chutney.	AUSTRALIA	English-100	RPT	G	Y
2019-05-15	2600	Sachie's Kitchen	Ramen Noodles	Noodles are one of Japan's most popular meals, so popular that the people voted instant noodles their most important invention of the 20th century.	NEW ZEALAND	English-100		G	
2019-05-15	2630	Paul And Nick's Big Food Trip	Bushmills	Award winning chefs Paul Rankin and Nick Nairn set off on a culinary journey along the coast of Northern Ireland and Scotland to find out more about their Ulster-Scots roots.	IRELAND	English-100		PG	
2019-05-15	2700	Paul And Nick's Big Food Trip	Downpatrick	Top chefs Paul Rankin and Nick Nairn continue their maritime trip exploring their shared Ulster-Scots heritage. This week they sail into Strangford Lough, where local venison is on the menu.	IRELAND	English-100		PG	
2019-05-15	2730	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her tricks for the tastiest fried chicken you'll ever eat, along with prawn dumplings so delicate and flavourful they'll have your mouth watering.	AUSTRALIA	English-100		G	
2019-05-15	2800	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100		G	
2019-05-15	2830	Avec Eric	Avec Eric Series 1 Ep 8	Eric explores the fundamental relationship between food and wine, in which perfect pairings serve to elevate the quality of each.	USA	English-100		G	
2019-05-16	0500	Mercurio's Menu	Tropical North Queensland	With its tropical climate, North Queensland is a grower's paradise, and Paul's ready to enjoy the amazing array of fresh fruits, vegetables, seafood, and meats on offer.	AUSTRALIA	English-100			
2019-05-16	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 63	Ben heads down to his local beach the Mersey Bluff to create an easy summer time bruschetta.	AUSTRALIA	English-100		PG	Y
2019-05-16	0600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosai in Crows Nest, and Indian-style chutney.	AUSTRALIA	English-100	RPT	G	Y
2019-05-16	0630	Sachie's Kitchen	Ramen Noodles	Noodles are one of Japan's most popular meals, so popular that the people voted instant noodles their most important invention of the 20th century.	NEW ZEALAND	English-100		G	
2019-05-16	0700	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G	
2019-05-16	0730	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's Chilli Quail is a crispy explosion of flavours and Maggie uses Quince paste.	AUSTRALIA	English-100		G	
2019-05-16	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 43	Ben is at his childhood family shack at Hawley, where he will cook delicious marinated chipotle smoky ribs over the charcoal of his hibachi grill.	AUSTRALIA	English-100		PG	
2019-05-16	0830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 13	British Chinese food writer and TV chef Ching-He Huang hosts Saturday Kitchen this week with help from two of Britain's top Michelin starred chefs, Ben Tish and Yotam Ottolenghi.	UNITED KINGDOM	English-100			
2019-05-16	0930	Paul And Nick's Big Food Trip	Bushmills	Award winning chefs Paul Rankin and Nick Nairn set off on a culinary journey along the coast of Northern Ireland and Scotland to find out more about their Ulster-Scots roots.	IRELAND	English-100		PG	
2019-05-16	1000	Paul And Nick's Big Food Trip	Downpatrick	Top chefs Paul Rankin and Nick Nairn continue their maritime trip exploring their shared Ulster-Scots heritage. This week they sail into Strangford Lough, where local venison is on the menu.	IRELAND	English-100		PG	
2019-05-16	1030	Mercurio's Menu	Tropical North Queensland	With its tropical climate, North Queensland is a grower's paradise, and Paul's ready to enjoy the amazing array of fresh fruits, vegetables, seafood, and meats on offer.	AUSTRALIA	English-100			
2019-05-16	1100	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 63	Ben heads down to his local beach the Mersey Bluff to create an easy summer time bruschetta.	AUSTRALIA	English-100		PG	Y

2019-05-16	1130	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosai in Crows Nest, and Indian-style chutney.	AUSTRALIA	English-100	RPT	G	Y
2019-05-16	1200	Sachie's Kitchen	Ramen Noodles	Noodles are one of Japan's most popular meals, so popular that the people voted instant noodles their most important invention of the 20th century.	NEW ZEALAND	English-100		G	
2019-05-16	1230	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her tricks for the tastiest fried chicken you'll ever eat, along with prawn dumplings so delicate and flavourful they'll have your mouth watering.	AUSTRALIA	English-100		G	
2019-05-16	1300	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100		G	
2019-05-16	1330	Saturday Kitchen	Saturday Kitchen Series 2 Ep 13	British Chinese food writer and TV chef Ching-He Huang hosts Saturday Kitchen this week with help from two of Britain's top Michelin starred chefs, Ben Tish and Yotam Ottolenghi.	UNITED KINGDOM	English-100			
2019-05-16	1430	Avec Eric	Avec Eric Series 1 Ep 8	Eric explores the fundamental relationship between food and wine, in which perfect pairings serve to elevate the quality of each.	USA	English-100		G	
2019-05-16	1500	Mercurio's Menu	Launceston And Northern Tasmania	In this modern day Garden of Eden, Paul discovers the Valley of the Senses and is in sweet-tooth heaven on a raspberry farm.	AUSTRALIA	English-100		PG	
2019-05-16	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 64	At the University of QLD, Ben cooks a Mexican soup, while Dr Andrew Stephenson helps us understand how a pressure cooker helps speed up the cooking time.	AUSTRALIA	English-100		PG	Y
2019-05-16	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G	Y
2019-05-16	1630	Sachie's Kitchen	All About Rice	Sachie goes on an international rice journey, from planting seedlings in a paddy field in Japan, to harvesting full grown rice stalks in Northern California.	NEW ZEALAND	English-100		G	
2019-05-16	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 44	Ben is in the Eagles Nest Retreat kitchen, where he will show you how to make simple yet delicious fish tacos with a fresh homemade salsa.	AUSTRALIA	English-100		PG	
2019-05-16	1730	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G	
2019-05-16	1800	The Cook And The Chef	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G	
2019-05-16	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 14	Chef and television cooking maestro Matt Tebbutt guest hosts Saturday Kitchen this week with help from his Michelin starred mentor Galton Blackiston and another Michelin starred chef Nieves Barragan.	UNITED KINGDOM	English-100			
2019-05-16	1930	The F Word USA	F Word USA Series 1, The Ep 5	Lords of the Lake are up against Miracle in the Kitchen cooking Buttermilk Fried Chicken, joined live by celebrity guests Joe Manganiello and Rachel Bilson.	USA	English-100			Y
2019-05-16	2030	The Wine Show	Wine Show Series 1 Ep 6, The	From their villa HQ in the Italian hills, the boys travel to visit a vineyard once owned by Michelangelo and try their hand at designing their own wine label.	UNITED KINGDOM	English-100	RPT	G	Y
2019-05-16	2130	Avec Eric	Avec Eric Series 1 Ep 9	Join Eric this week as he explores the fascinating parallels between olive oil and wine. We get an insider look at one of the regular olive oil blind tastings done at Le Bernardin.	USA	English-100		G	
2019-05-16	2200	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G	
2019-05-16	2230	The Cook And The Chef	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G	

2019-05-16	2300	Saturday Kitchen	Saturday Kitchen Series 2 Ep 14	Chef and television cooking maestro Matt Tebbutt guest hosts Saturday Kitchen this week with help from his Michelin starred mentor Galton Blackiston and another Michelin starred chef Nieves Barragan.	UNITED KINGDOM	English-100			
2019-05-16	2400	Worst Cooks in America	Scratching The Surface	The remaining recruits find out they are going on a culinary field trip to the farm. Upon arrival, they must herd cows, milk them, and then make their own homemade cheese.	USA	English-100	PG		Y
2019-05-16	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 44	Ben is in the Eagles Nest Retreat kitchen, where he will show you how to make simple yet delicious fish tacos with a fresh homemade salsa.	AUSTRALIA	English-100	PG		
2019-05-16	2530	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G	Y
2019-05-16	2600	Sachie's Kitchen	All About Rice	Sachie goes on an international rice journey, from planting seedlings in a paddy field in Japan, to harvesting full grown rice stalks in Northern California.	NEW ZEALAND	English-100	G		
2019-05-16	2630	The F Word USA	F Word USA Series 1, The Ep 5	Lords of the Lake are up against Miracle in the Kitchen cooking Buttermilk Fried Chicken, joined live by celebrity guests Joe Manganiello and Rachel Bilson.	USA	English-100			Y
2019-05-16	2730	The Wine Show	Wine Show Series 1 Ep 6, The	From their villa HQ in the Italian hills, the boys travel to visit a vineyard once owned by Michelangelo and try their hand at designing their own wine label.	UNITED KINGDOM	English-100	RPT	G	Y
2019-05-16	2830	Avec Eric	Avec Eric Series 1 Ep 9	Join Eric this week as he explores the fascinating parallels between olive oil and wine. We get an insider look at one of the regular olive oil blind tastings done at Le Bernardin.	USA	English-100	G		
2019-05-17	0500	Mercurio's Menu	Launceston And Northern Tasmania	In this modern day Garden of Eden, Paul discovers the Valley of the Senses and is in sweet-tooth heaven on a raspberry farm.	AUSTRALIA	English-100	PG		
2019-05-17	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 64	At the University of QLD, Ben cooks a Mexican soup, while Dr Andrew Stephenson helps us understand how a pressure cooker helps speed up the cooking time.	AUSTRALIA	English-100	PG		Y

2019-05-17	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G	Y
2019-05-17	0630	Sachie's Kitchen	All About Rice	Sachie goes on an international rice journey, from planting seedlings in a paddy field in Japan, to harvesting full grown rice stalks in Northern California.	NEW ZEALAND	English-100		G	
2019-05-17	0700	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G	
2019-05-17	0730	The Cook And The Chef	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G	
2019-05-17	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 44	Ben is in the Eagles Nest Retreat kitchen, where he will show you how to make simple yet delicious fish tacos with a fresh homemade salsa.	AUSTRALIA	English-100		PG	
2019-05-17	0830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 14	Chef and television cooking maestro Matt Tebbutt guest hosts Saturday Kitchen this week with help from his Michelin starred mentor Galton Blackiston and another Michelin starred chef Nieves Barragán.	UNITED KINGDOM	English-100			
2019-05-17	0930	The F Word USA	F Word USA Series 1, The Ep 5	Lords of the Lake are up against Miracle in the Kitchen cooking Buttermilk Fried Chicken, joined live by celebrity guests Joe Manganiello and Rachel Bilson.	USA	English-100			Y
2019-05-17	1030	Mercurio's Menu	Launceston And Northern Tasmania	In this modern day Garden of Eden, Paul discovers the Valley of the Senses and is in sweet-tooth heaven on a raspberry farm.	AUSTRALIA	English-100		PG	
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2019-05-17	1130	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G	Y
2019-05-17	1200	Sachie's Kitchen	All About Rice	Sachie goes on an international rice journey, from planting seedlings in a paddy field in Japan, to harvesting full grown rice stalks in Northern California.	NEW ZEALAND	English-100		G	
2019-05-17	1230	The Wine Show	Wine Show Series 1 Ep 6, The	From their villa HQ in the Italian hills, the boys travel to visit a vineyard once owned by Michelangelo and try their hand a designing their own wine label.	UNITED KINGDOM	English-100	RPT	G	Y
2019-05-17	1330	Saturday Kitchen	Saturday Kitchen Series 2 Ep 14	Chef and television cooking maestro Matt Tebbutt guest hosts Saturday Kitchen this week with help from his Michelin starred mentor Galton Blackiston and another Michelin starred chef Nieves Barragán.	UNITED KINGDOM	English-100			
2019-05-17	1430	Avec Eric	Avec Eric Series 1 Ep 9	Join Eric this week as he explores the fascinating parallels between olive oil and wine. We get an insider look at one of the regular olive oil blind tastings done at Le Bernardin.	USA	English-100		G	
2019-05-17	1500	Mercurio's Menu	Bellarine Peninsula Victoria	Filled with historic fishing towns, Paul's in search of local mussels which are also used to create a unique beer plus sashimi that doesn't come any fresher.	AUSTRALIA	English-100			
2019-05-17	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 65	Ben uses his favourite ingredient, Abalone, to make simple yet delicious pasta.	AUSTRALIA	English-100		PG	
2019-05-17	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai, and Turkish delights in Melbourne.	AUSTRALIA	English-100	RPT	G	Y
2019-05-17	1630	Sachie's Kitchen	Fast Trains Fast Food	Japanese people are constantly on the move and to match this hectic lifestyle they've refined some special kinds of fast food - from thirty second udon noodles, to elegant bento boxes.	NEW ZEALAND	English-100		G	Y

2019-05-17	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 45	Ben creates a homemade chorizo meat as he cooks a fresh chorizo pasta over the charcoals of his fireplace. At the University of Queensland St Lucia Campus, Joel is joined by Bernie Woodcroft.	AUSTRALIA	English-100		PG	
2019-05-17	1730	The Cook And The Chef	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G	
2019-05-17	1800	The Cook And The Chef	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G	
2019-05-17	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 15	Two legendary Italian chefs, Antonio Carluccio and Gennaro Contaldo, team up this week to guest host Saturday Kitchen, with help from two of Britain's up and coming chefs, Joe Hurd and Anna Jones.	UNITED KINGDOM	English-100			
2019-05-17	1930	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 1	From the Ultimate Nut Mix to the classic Americano cocktail, we introduce you to Richo's bar with these classic bar snacks.	AUSTRALIA	English-100		G	
2019-05-17	2000	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 2	Putting a twist on some of our favourite bar snacks, Richo creates flavour packed Cheeseburger Spring Rolls and a decadent Lemoncello Mousse.	AUSTRALIA	English-100		G	
2019-05-17	2030	Instant Noodles Diary	India	This stop Mumbai, the melting pot of India. This coastal metropolis is India's most populous city, with an eclectic mix of people, cultures, and religions painting a picture of chaos and contrast.	SINGAPORE	English-100			
2019-05-17	2100	Instant Noodles Diary	Singapore	One of the 20 smallest countries in the world, Singapore is just a dot on the map - but there are no shortages of foodies and fascinating instant noodle stories on this little island state.	SINGAPORE	English-100			Y
2019-05-17	2130	Avec Eric	Avec Eric Series 1 Ep 10	Eric takes a closer look at craftsmanship and the importance of hands-on skills in cooking. We start in Le Bernardin where we follow the fastest fish butcher in the business.	USA	English-100		G	
2019-05-17	2200	The Cook And The Chef	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G	
2019-05-17	2230	The Cook And The Chef	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G	
2019-05-17	2300	Saturday Kitchen	Saturday Kitchen Series 2 Ep 15	Two legendary Italian chefs, Antonio Carluccio and Gennaro Contaldo, team up this week to guest host Saturday Kitchen, with help from two of Britain's up and coming chefs, Joe Hurd and Anna Jones.	UNITED KINGDOM	English-100			
2019-05-17	2400	Worst Cooks In America	Glazed And Confused	Anne and Bobby train the remaining ten recruits' palettes as this week is all about creating their own flavour combinations. The recruits sample unique doughnut flavours that blow their minds.	USA	English-100		PG	Y
2019-05-17	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 45	Ben creates a homemade chorizo meat as he cooks a fresh chorizo pasta over the charcoals of his fireplace. At the University of Queensland St Lucia Campus, Joel is joined by Bernie Woodcroft.	AUSTRALIA	English-100		PG	
2019-05-17	2530	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai, and Turkish delights in Melbourne.	AUSTRALIA	English-100	RPT	G	Y
2019-05-17	2600	Sachie's Kitchen	Fast Trains Fast Food	Japanese people are constantly on the move and to match this hectic lifestyle they've refined some special kinds of fast food - from thirty second udon noodles, to elegant bento boxes.	NEW ZEALAND	English-100		G	Y
2019-05-17	2630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 1	From the Ultimate Nut Mix to the classic Americano cocktail, we introduce you to Richo's bar with these classic bar snacks.	AUSTRALIA	English-100		G	
2019-05-17	2700	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 2	Putting a twist on some of our favourite bar snacks, Richo creates flavour packed Cheeseburger Spring Rolls and a decadent Lemoncello Mousse.	AUSTRALIA	English-100		G	

2019-05-17	2730	Instant Noodles Diary	India	This stop Mumbai, the melting pot of India. This coastal metropolis is India's most populous city, with an eclectic mix of people, cultures, and religions painting a picture of chaos and contrast.	SINGAPORE	English-100				
2019-05-17	2800	Instant Noodles Diary	Singapore	One of the 20 smallest countries in the world, Singapore is just a dot on the map - but there are no shortages of foodies and fascinating instant noodle stories on this little island state.	SINGAPORE	English-100				Y
2019-05-17	2830	Avec Eric	Avec Eric Series 1 Ep 10	Eric takes a closer look at craftsmanship and the importance of hands-on skills in cooking. We start in Le Bernardin where we follow the fastest fish butcher in the business.	USA	English-100		G		
2019-05-18	0500	Mercurio's Menu	Bellarine Peninsula Victoria	Filled with historic fishing towns, Paul's in search of local mussels which are also used to create a unique beer plus sashimi that doesn't come any fresher.	AUSTRALIA	English-100				
2019-05-18	0530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 65	Ben uses his favourite ingredient, Abalone, to make simple yet delicious pasta.	AUSTRALIA	English-100			PG	
2019-05-18	0600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai, and Turkish delights in Melbourne.	AUSTRALIA	English-100	RPT	G		Y
2019-05-18	0630	Sachie's Kitchen	Fast Trains Fast Food	Japanese people are constantly on the move and to match this hectic lifestyle they've refined some special kinds of fast food - from thirty second udon noodles, to elegant bento boxes.	NEW ZEALAND	English-100		G		Y
2019-05-18	0700	The Cook And The Chef	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G		
2019-05-18	0730	The Cook And The Chef	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G		
2019-05-18	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 45	Ben creates a homemade chorizo meat as he cooks a fresh chorizo pasta over the charcoals of his fireplace. At the University of Queensland St Lucia Campus, Joel is joined by Bernie Woodcroft.	AUSTRALIA	English-100			PG	
2019-05-18	0830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 15	Two legendary Italian chefs, Antonio Carluccio and Gennaro Contaldo, team up this week to guest host Saturday Kitchen, with help from two of Britain's up and coming chefs, Joe Hurd and Anna Jones.	UNITED KINGDOM	English-100				
2019-05-18	0930	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 1	From the Ultimate Nut Mix to the classic Americano cocktail, we introduce you to Richo's bar with these classic bar snacks.	AUSTRALIA	English-100		G		
2019-05-18	1000	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 2	Putting a twist on some of our favourite bar snacks, Richo creates flavour packed Cheeseburger Spring Rolls and a decadent Lemoncello Mousse.	AUSTRALIA	English-100		G		
2019-05-18	1030	Mercurio's Menu	Bellarine Peninsula Victoria	Filled with historic fishing towns, Paul's in search of local mussels which are also used to create a unique beer plus sashimi that doesn't come any fresher.	AUSTRALIA	English-100				
2019-05-18	1100	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 65	Ben uses his favourite ingredient, Abalone, to make simple yet delicious pasta.	AUSTRALIA	English-100			PG	
2019-05-18	1130	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai, and Turkish delights in Melbourne.	AUSTRALIA	English-100	RPT	G		Y
2019-05-18	1200	Sachie's Kitchen	Fast Trains Fast Food	Japanese people are constantly on the move and to match this hectic lifestyle they've refined some special kinds of fast food - from thirty second udon noodles, to elegant bento boxes.	NEW ZEALAND	English-100		G		Y
2019-05-18	1230	Instant Noodles Diary	India	This stop Mumbai, the melting pot of India. This coastal metropolis is India's most populous city, with an eclectic mix of people, cultures, and religions painting a picture of chaos and contrast.	SINGAPORE	English-100				
2019-05-18	1300	Instant Noodles Diary	Singapore	One of the 20 smallest countries in the world, Singapore is just a dot on the map - but there are no shortages of foodies and fascinating instant noodle stories on this little island state.	SINGAPORE	English-100				Y

2019-05-18	1330	Avec Eric	Avec Eric Series 1 Ep 10	Eric takes a closer look at craftsmanship and the importance of hands-on skills in cooking. We start in Le Bernardin where we follow the fastest fish butcher in the business.	USA	English-100		G		
2019-05-18	1400	Saturday Kitchen	Saturday Kitchen Series 2 Ep 15	Two legendary Italian chefs, Antonio Carluccio and Gennaro Contaldo, team up this week to guest host Saturday Kitchen, with help from two of Britain's up and coming chefs, Joe Hurd and Anna Jones.	UNITED KINGDOM	English-100				
2019-05-18	1500	Dinner Date	Charlotte	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		
2019-05-18	1600	United Plates Of America	United Plates Of America Series 2 Ep 8	We explore all things seafood. We try a famous fish dish in Buffalo, New York. We head to the islands of Hawaii and eat an expensive fish dish pulled fresh from the ocean that day.	USA	English-100		G		
2019-05-18	1630	United Plates Of America	United Plates Of America Series 2 Ep 9	We're in California and we try some delicious, fresh seafood in the border city of San Diego. We try the fare in gorgeous Santa Barbara where the scenery is breathtaking and the people are friendly.	USA	English-100		G		
2019-05-18	1700	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G		
2019-05-18	1730	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G		
2019-05-18	1800	The Cook And The Chef	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100		G		
2019-05-18	1830	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 1	Food and wine personality Lyndey Milan and her son Blair tour Greece's fascinating Peloponnese, seeking culinary delights, adventure, and antiquities. Their trip begins in Athens.	AUSTRALIA	English-100	RPT	G		
2019-05-18	1900	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 2	Lyndey and Blair visit Corinth, where Blair swims in thermal waters while Lyndey relaxes with a soothing massage. Then at the Gaia Winery, the pair learn about the grape vines.	AUSTRALIA	English-100	RPT	G		
2019-05-18	1930	Tom Kerridge's Best Ever Dishes	Crowd Pleasers	Tom's serving up some great crowd pleasing dishes, perfect for sharing with mates at a party. However, there are no canapes on this menu - Tom likes to make proper hearty food for his guests.	UNITED KINGDOM	English-100				
2019-05-18	2000	Tom Kerridge's Best Ever Dishes	Takeaway	Tom creates dishes inspired by some of his favourite takeaway foods. This is the kind of casual grab-and-go food that puts a smile on people's faces.	UNITED KINGDOM	English-100				
2019-05-18	2030	Bill's Tasty Weekends	Sussex	Sun, sea, and sand and Bill's trusty barbecue are the perfect ingredients for the Granger weekend. Bill is in his element staying in a spectacular house on the stunning beach at Camber Sands.	UNITED KINGDOM	English-100				
2019-05-18	2130	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 3	Adam masters the art of making traditional Danish Smorrebrod in Copenhagen and travels to Bork Havn to learn how Vikings lived and ate.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-18	2200	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 4	Adam makes Swedish Meatballs in the only Swedish meatball restaurant in Sweden and makes a delicious roast boar leg.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-18	2230	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G		

2019-05-18	2300	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G
2019-05-18	2330	The Cook And The Chef	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100		G
2019-05-18	2400	Dinner Date	Charlotte	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
2019-05-18	2500	United Plates Of America	United Plates Of America Series 2 Ep 8	We explore all things seafood. We try a famous fish dish in Buffalo, New York. We head to the islands of Hawaii and eat an expensive fish dish pulled fresh from the ocean that day.	USA	English-100		G
2019-05-18	2530	United Plates Of America	United Plates Of America Series 2 Ep 9	We're in California and we try some delicious, fresh seafood in the border city of San Diego. We try the fare in gorgeous Santa Barbara where the scenery is breathtaking and the people are friendly.	USA	English-100		G
2019-05-18	2600	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 1	Food and wine personality Lyndey Milan and her son Blair tour Greece's fascinating Peloponnese, seeking culinary delights, adventure, and antiquities. Their trip begins in Athens.	AUSTRALIA	English-100	RPT	G
2019-05-18	2630	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 2	Lyndey and Blair visit Corinth, where Blair swims in thermal waters while Lyndey relaxes with a soothing massage. Then at the Gaia Winery, the pair learn about the grape vines.	AUSTRALIA	English-100	RPT	G
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