



WEEK 20: Sunday, 10 May - Saturday, 16 May 2020 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-05-10	0500	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G	
2020-05-10	0530	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G	
2020-05-10	0600	Secret Meat Business	Secret Meat Business Series 2 Ep 6	Claiming to have settled a century old feud between the clans of Scotland, chef Adrian Richardson demystifies the art of cooking Scotland's national dish, haggis.	AUSTRALIA	English-100		G	
2020-05-10	0630	Lyndey And Herbie's Moveable Feast	Dazzling Coast, The	Queensland's Sunshine Coast has crystal blue waters, white sands, and is surrounded by green rolling hills, which makes for perfect agricultural conditions and a haven for food producers.	AUSTRALIA	English-100		G	
2020-05-10	0700	Lyndey And Herbie's Moveable Feast	Sunshine Extra	In this second visit to the sunny coast, Lyndey meets a great character who breeds water buffalo, and combined with a local trumpet player's cheese, she creates her 'Spiced Bocconcini Salad'.	AUSTRALIA	English-100		G	
2020-05-10	0730	Cheese Slices	Camambert And The Normandy Cheeses	Revisiting one of his favourite regions in Europe, Will Studd explores the challenges facing the traditional raw milk cheesemakers of Normandy, long renowned for its quality dairy products.	AUSTRALIA	English-100		PG	
2020-05-10	0800	Cheese Slices	Shepherds Cheeses Of The Pyrenees	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making.	AUSTRALIA	English-100		PG	
2020-05-10	0830	Kylie Kwong: Heart And Soul	Mushroom	There's a party for the opening of an art exhibition and Kylie is doing the catering.	AUSTRALIA	English-100	RPT	G	Y
2020-05-10	0900	Kylie Kwong: Heart And Soul	Egg	Kylie has been invited to a delicious outdoor lunch by the sea, the only catch is she has to cook.	AUSTRALIA	English-100	RPT	G	Y
2020-05-10	0930	The Best In Australia	Best Main Game And The Best Potato Dish, The	Ben, Anna, and Darren compete for the titles of The Best Main Game and The Best Potato Dish in Australia.	AUSTRALIA	English-100		PG	
2020-05-10	1030	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 1	Cricketing legend Freddie Flintoff and writer and adventurer Rob Penn leave the world of fish and chips behind as they take on a brand-new challenge.	UNITED KINGDOM	English-100		PG	
2020-05-10	1130	Lyndey And Herbie's Moveable Feast	Dazzling Coast, The	Queensland's Sunshine Coast has crystal blue waters, white sands, and is surrounded by green rolling hills, which makes for perfect agricultural conditions and a haven for food producers.	AUSTRALIA	English-100		G	
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2020-05-10	1330	Kylie Kwong: Heart And Soul	Mushroom	There's a party for the opening of an art exhibition and Kylie is doing the catering.	AUSTRALIA	English-100	RPT	G	Y
2020-05-10	1400	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		G	

2020-05-10	1500	Secret Meat Business	Secret Meat Business Series 2 Ep 8	Chef Adrian Richardson shows us a dish that is sure to wow at the dinner table, a succulent slow roasted Greek-style tender goat with honey, rosemary and garlic.	AUSTRALIA	English-100			G	
2020-05-10	1530	Secret Meat Business	Secret Meat Business Series 2 Ep 9	This episode, chef Adrian Richardson cooks Feijoada - a Brazilian slow cooked stew, packed full of black beans, five types of meat and loads of flavour.	AUSTRALIA	English-100			G	
2020-05-10	1600	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100			G	
2020-05-10	1630	The Cook And The Chef	Winter And Chocolate	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100			G	
2020-05-10	1700	The Cook And The Chef	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100			G	
2020-05-10	1730	Donal's Kitchen Hero Feast	Wexford	Donal heads to Wexford this week visiting local producers O'Neill's Dry Cure Bacon, Killowen Yoghurt, and Greenhill Fruit Farm. Using their delicious local produce, Donal prepares a feast.	IRELAND	English-100			PG	
2020-05-10	1800	Jimmy Shu's Taste of The Territory	Seafood	At one of Darwin's wharfs Jimmy meets self-taught chef Rachael Ciesolka, who shows Jimmy how to cook her signature lemon citrus mud crab dish.	AUSTRALIA	English-100			PG	
2020-05-10	1830	Asia Unplated With Diana Chan	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100			G	
2020-05-10	1900	Bonacini's Italy	Venetto	From hearty inland crops to fresh food of the sea, the Venetian region covers it all. Michael begins with the sea as he serves up soft shell crab which he pairs with aioli made from sundried tomatoes.	CANADA	English-100			G	
2020-05-10	1930	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 5	Ainsley's journey takes him to the coastal haven of Wollongong for the hustle and bustle of the 'Friday Foragers Market'. There's a big emphasis on organic food.	AUSTRALIA	English-100	RPT		G	Y
2020-05-10	2030	Jonathan Phang's Gourmet Express	Vancouver To Jasper	Jonathan takes the trip of a lifetime from the beautiful coastal city of Vancouver across the spectacular Rocky Mountains to Jasper, an idyllic Canadian town set in a stunning national park.	UNITED KINGDOM	English-100			PG	
2020-05-10	2130	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 5	Gino travels through the spectacular landscape of Tuscany, and is eager to experience the glorious, timeless city of Siena.	UNITED KINGDOM	English-100			G	
2020-05-10	2200	Destination Flavour China	Hainan Island	Adam arrives in Hainan, ready for the Liaw family reunion. After months apart, he's meeting his wife and two kids here in Haikou, to join him at the family reunion.	AUSTRALIA	English-70; Mandarin-30	RPT		G	Y
2020-05-10	2230	Heston's Great British Food	Afternoon Tea	Heston gives the classic British afternoon tea a few very special twists, conjuring something the Mad Hatter himself would be proud of.	UNITED KINGDOM	English-100	RPT		G	Y
2020-05-10	2330	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
2020-05-10	2400	Jimmy Shu's Taste of The Territory	Seafood	At one of Darwin's wharfs Jimmy meets self-taught chef Rachael Ciesolka, who shows Jimmy how to cook her signature lemon citrus mud crab dish.	AUSTRALIA	English-100			PG	
2020-05-10	2430	Asia Unplated With Diana Chan	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100			G	
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2020-05-10	2630	Jonathan Phang's Gourmet Express	Vancouver To Jasper	Jonathan takes the trip of a lifetime from the beautiful coastal city of Vancouver across the spectacular Rocky Mountains to Jasper, an idyllic Canadian town set in a stunning national park.	UNITED KINGDOM	English-100			PG	

2020-05-10	2730	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 5	Gino travels through the spectacular landscape of Tuscany, and is eager to experience the glorious, timeless city of Siena.	UNITED KINGDOM	English-100		G	
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2020-05-11	1330	Surfing The Menu	Sydney	Ben and Curtis are on the last leg of their culinary journey around Australia. They have made it to Sydney, the rendezvous for Ben's wedding to De-Arne.	AUSTRALIA	English-100		PG	
2020-05-11	1400	Oliver's Twist	Very British Bbq, A	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100		G	

2020-05-11	1430	The Chefs' Line	Japanese	Four home cooks with a passion for Japanese cuisine battle it out with the chefs' line from Sydney restaurant Sokyo.	AUSTRALIA	English-100	RPT	G	Y
2020-05-11	1500	Gourmet Goes Tribal	Tiwa Tribe	Pablo explores more about Tiwas of Tharakunchi after learning that they are divided into two - the Tiwas of the Hills and Tiwas of the Plains.	INDIA	English-100		PG	
2020-05-11	1530	Destination Flavour Down Under	Northern Western Australia - Cape Leveque	Adam begins his culinary road trip in the northern tip of Western Australia, discovering food heroes who are putting community first, and the delights of mud crab and pearl meat.	AUSTRALIA	English-100	RPT	G	Y
2020-05-11	1600	Carnival Eats	Dawn Of The Bread	Noah hits peak deliciousness at the Columbia County Fair in St. Heen's, Oregon, before hopping on the road to the El Dorado County Fair for some crazy S'mores.	USA	English-100		G	
2020-05-11	1630	The Cook And The Chef	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G	
2020-05-11	1700	The Cook And The Chef	100th Special	The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G	
2020-05-11	1730	Donal's Kitchen Hero	Christmas Special	Donal visits Rovaniemi in Finland, the official home of Santa Claus to make some homemade edible gifts - fudge, Florentines, gingerbread - and gives them to Santa Claus to deliver, though finding Santa Claus is easier said than done.	IRELAND	English-100		PG	
2020-05-11	1800	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 1	Fifteen years ago, Hugh Fearnley-Wittingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-11	1900	Nigella Bites	Fast Food	Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-11	1930	Hayden Quinn's South Africa	Durban	Where there are waves, you'll find Hayden Quinn. Hayden enjoys a new challenge as he surfs the standing wave at the Gateway Wavehouse, before taking a tour of Qutom.	SOUTH AFRICA	English-100		G	
2020-05-11	2000	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 2	Adam and Meik Wiking, the Director of The Happiness Insittute, together cook the national Danish dish, Stegt Flaesk, and discuss how Denmark is the happiest country in the world.	AUSTRALIA	English-100	RPT	G	Y
2020-05-11	2030	Tropical Gourmet: New Caledonia	Tropical Fruits	A whole coral trout is going on the barbecue as Justine prepares lunch by the waters edge. Then Jerome from the Meridian elevates chicken and vegetables to a fine dining standard.	AUSTRALIA	English-100		PG	
2020-05-11	2100	Tropical Gourmet: New Caledonia	Noumea Market	Justine takes some of Noumea's native root vegetables to put a spin on potato fritters. Then with some of the world's finest vanilla, local chef Christophe bakes his silky creme brulee.	AUSTRALIA	English-100		PG	
2020-05-11	2130	The Cook And The Chef	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G	
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2020-05-11	2330	Donal's Kitchen Hero	Christmas Special	Donal visits Rovaniemi in Finland, the official home of Santa Claus to make some homemade edible gifts - fudge, Florentines, gingerbread - and gives them to Santa Claus to deliver, though finding Santa Claus is easier said than done.	IRELAND	English-100		PG	
2020-05-11	2400	Nigella Bites	Fast Food	Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-11	2430	The Chefs' Line	Japanese	Four home cooks with a passion for Japanese cuisine battle it out with the chefs' line from Sydney restaurant Sokyo.	AUSTRALIA	English-100	RPT	G	Y

2020-05-11	2500	Gourmet Goes Tribal	Tiwa Tribe	Pablo explores more about Tiwas of Tharakunchi after learning that they are divided into two - the Tiwas of the Hills and Tiwas of the Plains.	INDIA	English-100		PG	
2020-05-11	2530	The F Word USA	F Word USA Series 1, The Ep 10	The Extinguishers compete against The Church Ladies in the kitchen, with each team adding their own twist to a Sesame Crusted Tuna dish to win over diners.	USA	English-100		PG	
2020-05-11	2630	Hayden Quinn's South Africa	Durban	Where there are waves, you'll find Hayden Quinn. Hayden enjoys a new challenge as he surfs the standing wave at the Gateway Wavehouse, before taking a tour of Qutom.	SOUTH AFRICA	English-100		G	
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2020-05-12	0700	Carnival Eats	Dawn Of The Bread	Noah hits peak deliciousness at the Columbia County Fair in St. Heen's, Oregon, before hopping on the road to the El Dorado County Fair for some crazy S'mores.	USA	English-100		G	
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2020-05-12	1100	Tropical Gourmet: New Caledonia	Noumea Market	Justine takes some of Noumea's native root vegetables to put a spin on potato fritters. Then with some of the world's finest vanilla, local chef Christophe bakes his silky creme brulee.	AUSTRALIA	English-100		PG	

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2020-05-12	1330	Surfing The Menu	Tiwi Islands	Chefs Curtis Stone and Ben O'Donoghue, travel to remote parts of Australia where they tackle adventures, meet amazing characters, and take on the surf. The Tiwi Islands are off the coast of Darwin.	AUSTRALIA	English-100		PG	
2020-05-12	1400	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100		G	
2020-05-12	1430	The Chefs' Line	Japanese	Station chef Alex from Japanese restaurant Sokyo goes up against three passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2020-05-12	1500	Gourmet Goes Tribal	Bodo Tribe	The village of Medhaghat in Assam, home to the Bodos, is soaked in festivities during Pablo's arrival with people dressed in vibrant clothes, and the air filled with all sorts of food aromas.	INDIA	English-100		PG	
2020-05-12	1530	Destination Flavour Down Under	Southern Western Australia	On his journey from the outskirts of Perth to Narembeen, Adam meets farmers who have based their livelihoods on unusual ingredients.	AUSTRALIA	English-100	RPT	G	Y
2020-05-12	1600	Carnival Eats	Meat, Pray Love	At the Delaware State Fair, Noah samples a tried and true Delaware delicacy, before heading to Obion County Fair to check out the state of Union City, Tennessee.	USA	English-100		G	
2020-05-12	1630	The Cook And The Chef	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G	
2020-05-12	1700	The Cook And The Chef	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100		G	
2020-05-12	1730	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 1	On Muckcross Traditional Farms Donal learns how to milk a cow by hand, taught by 70-year-old farmer Neily Cahill who began milking his family's cows when he was just 7 years old. Using the milk, Donal makes a creamy rice pudding with rhubarb.	IRELAND	English-100		PG	
2020-05-12	1800	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-12	1900	Nigella Bites	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-12	1930	Food Safari Earth	Food Safari Earth Series 1 Ep 10	Maeve O'Meara explores the full bodied flavours of Autumn in culinary adventures that traverse the cuisines of the world.	AUSTRALIA	English-100	RPT	G	Y
2020-05-12	2000	Loving Gluten Free	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta also shares a recipe.				G	
2020-05-12	2030	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	
2020-05-12	2100	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 2	Tonight, acclaimed Sydney chef Luke Nguyen spends time cooking with his extended family in Ho Chi Minh City.	AUSTRALIA	English-100	RPT	G	Y

2020-05-12	2130	The Cook And The Chef	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G	
2020-05-12	2200	The Cook And The Chef	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100		G	
2020-05-12	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-12	2330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 1	On Muckcross Traditional Farms Donal learns how to milk a cow by hand, taught by 70-year-old farmer Neily Cahill who began milking his family's cows when he was just 7 years old. Using the milk, Donal makes a creamy rice pudding with rhubarb.	IRELAND	English-100		PG	
2020-05-12	2400	Nigella Bites	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-12	2430	The Chefs' Line	Japanese	Station chef Alex from Japanese restaurant Sokyo goes up against three passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2020-05-12	2500	Gourmet Goes Tribal	Bodo Tribe	The village of Medhaghat in Assam, home to the Bodos, is soaked in festivities during Pablo's arrival with people dressed in vibrant clothes, and the air filled with all sorts of food aromas.	INDIA	English-100		PG	
2020-05-12	2530	The F Word USA	F Word USA Series 1, The Ep 11	In this finale, Gordon reveals which two teams he chose to compete to win \$100,000 and the title of F Word Champion!	USA	English-100		PG	
2020-05-12	2630	Food Safari Earth	Food Safari Earth Series 1 Ep 10	Maeve O'Meara explores the full bodied flavours of Autumn in culinary adventures that traverse the cuisines of the world.	AUSTRALIA	English-100	RPT	G	Y
2020-05-12	2700	Loving Gluten Free	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta also shares a recipe.				G	
2020-05-12	2730	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	
2020-05-12	2800	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 2	Tonight, acclaimed Sydney chef Luke Nguyen spends time cooking with his extended family in Ho Chi Minh City.	AUSTRALIA	English-100	RPT	G	Y
2020-05-12	2830	Surfing The Menu	Tiwi Islands	Chefs Curtis Stone and Ben O'Donoghue, travel to remote parts of Australia where they tackle adventures, meet amazing characters, and take on the surf. The Tiwi Islands are off the coast of Darwin.	AUSTRALIA	English-100		PG	
2020-05-13	0500	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100		G	
2020-05-13	0530	The Chefs' Line	Japanese	Station chef Alex from Japanese restaurant Sokyo goes up against three passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2020-05-13	0600	Gourmet Goes Tribal	Bodo Tribe	The village of Medhaghat in Assam, home to the Bodos, is soaked in festivities during Pablo's arrival with people dressed in vibrant clothes, and the air filled with all sorts of food aromas.	INDIA	English-100		PG	
2020-05-13	0630	Destination Flavour Down Under	Southern Western Australia	On his journey from the outskirts of Perth to Narembeen, Adam meets farmers who have based their livelihoods on unusual ingredients.	AUSTRALIA	English-100	RPT	G	Y
2020-05-13	0700	Carnival Eats	Meat, Pray Love	At the Delaware State Fair, Noah samples a tried and true Delaware delicacy, before heading to Obion County Fair to check out the state of Union City, Tennessee.	USA	English-100		G	
2020-05-13	0730	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	AUSTRALIA	English-100	RPT	PG	Y

2020-05-13	0830	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 1	On Muckcross Traditional Farms Donal learns how to milk a cow by hand, taught by 70-year-old farmer Neily Cahill who began milking his family's cows when he was just 7 years old. Using the milk, Donal makes a creamy rice pudding with rhubarb.	IRELAND	English-100		PG	
2020-05-13	0900	Nigella Bites	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-13	0930	Food Safari Earth	Food Safari Earth Series 1 Ep 10	Maeve O'Meara explores the full bodied flavours of Autumn in culinary adventures that traverse the cuisines of the world.	AUSTRALIA	English-100	RPT	G	Y
2020-05-13	1000	Loving Gluten Free	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta also shares a recipe.				G	
2020-05-13	1030	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	
2020-05-13	1100	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 2	Tonight, acclaimed Sydney chef Luke Nguyen spends time cooking with his extended family in Ho Chi Minh City.	AUSTRALIA	English-100	RPT	G	Y
2020-05-13	1130	Destination Flavour Down Under	Southern Western Australia	On his journey from the outskirts of Perth to Narembeen, Adam meets farmers who have based their livelihoods on unusual ingredients.	AUSTRALIA	English-100	RPT	G	Y
2020-05-13	1200	Carnival Eats	Meat, Pray Love	At the Delaware State Fair, Noah samples a tried and true Delaware delicacy, before heading to Obion County Fair to check out the state of Union City, Tennessee.	USA	English-100		G	
2020-05-13	1230	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 1	On Muckcross Traditional Farms Donal learns how to milk a cow by hand, taught by 70-year-old farmer Neily Cahill who began milking his family's cows when he was just 7 years old. Using the milk, Donal makes a creamy rice pudding with rhubarb.	IRELAND	English-100		PG	
2020-05-13	1300	Nigella Bites	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-13	1330	Surfing The Menu	Kimberley	Bender and Curtis help fishermen catch 25kg silver cobbler and native Barramundi.	AUSTRALIA	English-100		PG	
2020-05-13	1400	Oliver's Twist	World On A Plate	Jamie and New Zealand chef Peter Gordon cook the fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100		G	
2020-05-13	1430	The Chefs' Line	Japanese	Sous chef Daniel from Japanese restaurant Sokyo goes up against two passionate home cooks. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2020-05-13	1500	Gourmet Goes Tribal	Angami Naga Tribe	Pablo explores the 700-year-old village of the Angami Naga community, visiting a community house followed by a community kitchen where he devours some exotic Naga food.	INDIA	English-100		PG	
2020-05-13	1530	Destination Flavour Down Under	South Australia	Back in his home state of South Australia, Adam revisits the Eyre Peninsular where he spent many summer holidays of his youth.	AUSTRALIA	English-100	RPT	G	Y
2020-05-13	1600	Carnival Eats	Zacho Libre	Noah gets eatin' at the Eaton County Fair in Charlotte, Michigan, and then goes loco at the Mo-Co Fair in Maryland!	USA	English-100		G	
2020-05-13	1630	The Cook And The Chef	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G	
2020-05-13	1700	The Cook And The Chef	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G	
2020-05-13	1730	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 2	Donal meets Brenda Costigan, who had a cookery slot on RTE's magazine programme 'Live At Three' for 12 years. Brenda makes Donal her famous chocolate bakewell cheesecake.	IRELAND	English-100		PG	

2020-05-13	1800	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-13	1900	Nigella Bites	Family Food	We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïse.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-13	1930	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 1 Ep 8	Like the bad boy of Sicily, Palermo sits on the northern coast in the shadows of the towering mountains and it is the setting for a programme that features street food, Sicilian style.	UNITED KINGDOM	English-100		G	
2020-05-13	2000	Gourmet Farmer	Gourmet Farmer Series 2 Ep 9	Matthew has been invited to Italy as part of Slow Food's annual salon, where he learns to make salami the traditional way with local butchers.	AUSTRALIA	English-100	RPT	G	Y
2020-05-13	2030	Short Cuts To Glory	Cheap As	Matt learns how to get bang for his buck in the kitchen. Monty Koludrovic, Gregory Llewellyn, and Brigitte Hafner give mussels, mac n cheese, and pancakes the top chef treatment.	AUSTRALIA	English-100		G	
2020-05-13	2100	Italian Food Safari	Italian Food Safari Series 1 Ep 10	Guy shares his recipe for fresh pasta and Andrew Cibej from Sydney restaurant Vini makes a spinach, ricotta and potato-filled ravioli. Maeve is surrounded by almond blossom in SA.	AUSTRALIA	English-100	RPT	G	Y
2020-05-13	2130	The Cook And The Chef	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G	
2020-05-13	2200	The Cook And The Chef	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G	
2020-05-13	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-13	2330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 2	Donal meets Brenda Costigan, who had a cookery slot on RTE's magazine programme 'Live At Three' for 12 years. Brenda makes Donal her famous chocolate bakewell cheesecake.	IRELAND	English-100		PG	
2020-05-13	2400	Nigella Bites	Family Food	We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïse.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-13	2430	The Chefs' Line	Japanese	Sous chef Daniel from Japanese restaurant Sokyo goes up against two passionate home cooks. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2020-05-13	2500	Gourmet Goes Tribal	Angami Naga Tribe	Pablo explores the 700-year-old village of the Angami Naga community, visiting a community house followed by a community kitchen where he devours some exotic Naga food.	INDIA	English-100		PG	
2020-05-13	2530	Bbq Champ	Bbq Champ Series 1 Ep 1	Kuldip from London takes the 'Personality On A Plate' challenge to extremes and makes the judges dig in to his 'Dinosaur Ribs' dish.	UNITED KINGDOM	English-100		PG	
2020-05-13	2630	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 1 Ep 8	Like the bad boy of Sicily, Palermo sits on the northern coast in the shadows of the towering mountains and it is the setting for a programme that features street food, Sicilian style.	UNITED KINGDOM	English-100		G	
2020-05-13	2700	Gourmet Farmer	Gourmet Farmer Series 2 Ep 9	Matthew has been invited to Italy as part of Slow Food's annual salon, where he learns to make salami the traditional way with local butchers.	AUSTRALIA	English-100	RPT	G	Y
2020-05-13	2730	Short Cuts To Glory	Cheap As	Matt learns how to get bang for his buck in the kitchen. Monty Koludrovic, Gregory Llewellyn, and Brigitte Hafner give mussels, mac n cheese, and pancakes the top chef treatment.	AUSTRALIA	English-100		G	
2020-05-13	2800	Italian Food Safari	Italian Food Safari Series 1 Ep 10	Guy shares his recipe for fresh pasta and Andrew Cibej from Sydney restaurant Vini makes a spinach, ricotta and potato-filled ravioli. Maeve is surrounded by almond blossom in SA.	AUSTRALIA	English-100	RPT	G	Y
2020-05-13	2830	Surfing The Menu	Kimberley	Bender and Curtis help fishermen catch 25kg silver cobbler and native Barramundi.	AUSTRALIA	English-100		PG	

2020-05-14	0500	Oliver's Twist	World On A Plate	Jamie and New Zealand chef Peter Gordon cook the fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100		G	
2020-05-14	0530	The Chefs' Line	Japanese	Sous chef Daniel from Japanese restaurant Sokyo goes up against two passionate home cooks. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
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2020-05-14	0630	Destination Flavour Down Under	South Australia	Back in his home state of South Australia, Adam revisits the Eyre Peninsular where he spent many summer holidays of his youth.	AUSTRALIA	English-100	RPT	G	Y
2020-05-14	0700	Carnival Eats	Zacho Libre	Noah gets eatin' at the Eaton County Fair in Charlotte, Michigan, and then goes loco at the Mo-Co Fair in Maryland!	USA	English-100		G	
2020-05-14	0730	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-14	0830	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 2	Donal meets Brenda Costigan, who had a cookery slot on RTE's magazine programme 'Live At Three' for 12 years. Brenda makes Donal her famous chocolate bakewell cheesecake.	IRELAND	English-100		PG	
2020-05-14	0900	Nigella Bites	Family Food	We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïsse.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-14	0930	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 1 Ep 8	Like the bad boy of Sicily, Palermo sits on the northern coast in the shadows of the towering mountains and it is the setting for a programme that features street food, Sicilian style.	UNITED KINGDOM	English-100		G	
2020-05-14	1000	Gourmet Farmer	Gourmet Farmer Series 2 Ep 9	Matthew has been invited to Italy as part of Slow Food's annual salon, where he learns to make salami the traditional way with local butchers.	AUSTRALIA	English-100	RPT	G	Y
2020-05-14	1030	Short Cuts To Glory	Cheap As	Matt learns how to get bang for his buck in the kitchen. Monty Koludrovic, Gregory Llewellyn, and Brigitte Hafner give mussels, mac n cheese, and pancakes the top chef treatment.	AUSTRALIA	English-100		G	
2020-05-14	1100	Italian Food Safari	Italian Food Safari Series 1 Ep 10	Guy shares his recipe for fresh pasta and Andrew Cibej from Sydney restaurant Vini makes a spinach, ricotta and potato-filled ravioli. Maeve is surrounded by almond blossom in SA.	AUSTRALIA	English-100	RPT	G	Y
2020-05-14	1130	Destination Flavour Down Under	South Australia	Back in his home state of South Australia, Adam revisits the Eyre Peninsular where he spent many summer holidays of his youth.	AUSTRALIA	English-100	RPT	G	Y
2020-05-14	1200	Carnival Eats	Zacho Libre	Noah gets eatin' at the Eaton County Fair in Charlotte, Michigan, and then goes loco at the Mo-Co Fair in Maryland!	USA	English-100		G	
2020-05-14	1230	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 2	Donal meets Brenda Costigan, who had a cookery slot on RTE's magazine programme 'Live At Three' for 12 years. Brenda makes Donal her famous chocolate bakewell cheesecake.	IRELAND	English-100		PG	
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2020-05-14	1330	Surfing The Menu	Noosa	Bender and Curtis go to the Eumundi Markets in the Noosa hinterland and see volcanic mountains, organic growers, tree-changers and crafts.	AUSTRALIA	English-100		PG	
2020-05-14	1400	Oliver's Twist	Carnival Brazil	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100		G	
2020-05-14	1430	The Chefs' Line	Japanese	Head chef Chase from Japanese restaurant Sokyo goes up against this week's best home cook. This is the ultimate David versus Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2020-05-14	1500	Gourmet Goes Tribal	Ao Naga Tribe	As Pablo visits Mokokchung, he gets to witness the diversity of Nagas at the Moatsumung Festival. It's a colourful, spirited festival that brings together the entire Naga community.	INDIA	English-100		PG	

2020-05-14	1530	Destination Flavour Down Under	Australia - Northern Territory	During a day out on the magnificent waters of Nitmiluk Gorge, Adam nets a barramundi, which he cooks up at a breathtaking spot in front of Edith Falls.	AUSTRALIA	English-100	RPT	G	Y
2020-05-14	1600	Carnival Eats	Jurassic Pork	Host Noah Cappe Tenne-sees some authentic hot chicken at the Wilson County Fair in Lebanon, Tennessee, and later goes around the Pickaway County Fair in Circleville, Ohio.	USA	English-100		G	
2020-05-14	1630	The Cook And The Chef	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100		G	
2020-05-14	1700	The Cook And The Chef	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG	
2020-05-14	1730	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 3	On Muckcross Traditional Farms, Donal learns how to make butter and uses it to make honey scones.	IRELAND	English-100		PG	
2020-05-14	1800	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-14	1900	Nigella Bites	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-14	1930	Donna Hay: Fast, Fresh, Simple	Modern Flavours	Some flavour combinations just really work together, and quince lamb with blue cheese polenta is one of those classic combinations. And who doesn't love pavlova? Donna shares her easy recipes.	AUSTRALIA	English-100		G	
2020-05-14	2000	The Great Australian Cookbook	Ross O'meara And Anna Polyviou	Chef turned food producer Ross O'Meara cooks up a slow roasted pork shoulder with mustard and greens, while Anna Polyviou invites her staff over to sample her summer trifle with tropical fruits.	AUSTRALIA	English-100		PG	
2020-05-14	2030	Jimmy Shu's Taste of The Territory	Bush Foods	Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes harvesting with local landowners for various bush foods.	AUSTRALIA	English-100		PG	
2020-05-14	2100	Poh & Co.	Community	The front yard is ready for planting at last and Poh and Jono choose a big range of seedlings and young plants at the nursery, and meet an adventurous young chef.	AUSTRALIA	English-100	RPT	G	Y
2020-05-14	2130	The Cook And The Chef	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100		G	
2020-05-14	2200	The Cook And The Chef	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG	
2020-05-14	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-14	2330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 3	On Muckcross Traditional Farms, Donal learns how to make butter and uses it to make honey scones.	IRELAND	English-100		PG	
2020-05-14	2400	Nigella Bites	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-14	2430	The Chefs' Line	Japanese	Head chef Chase from Japanese restaurant Sokyo goes up against this week's best home cook. This is the ultimate David versus Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2020-05-14	2500	Gourmet Goes Tribal	Ao Naga Tribe	As Pablo visits Mokokchung, he gets to witness the diversity of Nagas at the Moatsumung Festival. It's a colourful, spirited festival that brings together the entire Naga community.	INDIA	English-100		PG	
2020-05-14	2530	Bbq Champ	Bbq Champ Series 1 Ep 2	The seven remaining contestants must first take on the regally named King of the Kebab challenge. Will Solomon, the youth worker from Brixton, be able to impress the judges with his spicy kebab?	UNITED KINGDOM	English-100		G	

2020-05-14	2630	Donna Hay: Fast, Fresh, Simple	Modern Flavours	Some flavour combinations just really work together, and quince lamb with blue cheese polenta is one of those classic combinations. And who doesn't love pavlova? Donna shares her easy recipes.	AUSTRALIA	English-100		G	
2020-05-14	2700	The Great Australian Cookbook	Ross O'meara And Anna Polyviou	Chef turned food producer Ross O'Meara cooks up a slow roasted pork shoulder with mustard and greens, while Anna Polyviou invites her staff over to sample her summer trifle with tropical fruits.	AUSTRALIA	English-100		PG	
2020-05-14	2730	Jimmy Shu's Taste of The Territory	Bush Foods	Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes harvesting with local landowners for various bush foods.	AUSTRALIA	English-100		PG	
2020-05-14	2800	Poh & Co.	Community	The front yard is ready for planting at last and Poh and Jono choose a big range of seedlings and young plants at the nursery, and meet an adventurous young chef.	AUSTRALIA	English-100	RPT	G	Y
2020-05-14	2830	Surfing The Menu	Noosa	Bender and Curtis go to the Eumundi Markets in the Noosa hinterland and see volcanic mountains, organic growers, tree-changers and crafts.	AUSTRALIA	English-100		PG	
2020-05-15	0500	Oliver's Twist	Carnival Brazil	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100		G	
2020-05-15	0530	The Chefs' Line	Japanese	Head chef Chase from Japanese restaurant Sokyo goes up against this week's best home cook. This is the ultimate David versus Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2020-05-15	0600	Gourmet Goes Tribal	Ao Naga Tribe	As Pablo visits Mokokchung, he gets to witness the diversity of Nagas at the Moatsumung Festival. It's a colourful, spirited festival that brings together the entire Naga community.	INDIA	English-100		PG	
2020-05-15	0630	Destination Flavour Down Under	Australia - Northern Territory	During a day out on the magnificent waters of Nitmiluk Gorge, Adam nets a barramundi, which he cooks up at a breathtaking spot in front of Edith Falls.	AUSTRALIA	English-100	RPT	G	Y
2020-05-15	0700	Carnival Eats	Jurassic Pork	Host Noah Cappe Tenne-sees some authentic hot chicken at the Wilson County Fair in Lebanon, Tennessee, and later goes around the Pickaway County Fair in Circleville, Ohio.	USA	English-100		G	
2020-05-15	0730	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-15	0830	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 3	On Muckcross Traditional Farms, Donal learns how to make butter and uses it to make honey scones.	IRELAND	English-100		PG	
2020-05-15	0900	Nigella Bites	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-15	0930	Donna Hay: Fast, Fresh, Simple	Modern Flavours	Some flavour combinations just really work together, and quince lamb with blue cheese polenta is one of those classic combinations. And who doesn't love pavlova? Donna shares her easy recipes.	AUSTRALIA	English-100		G	
2020-05-15	1000	The Great Australian Cookbook	Ross O'meara And Anna Polyviou	Chef turned food producer Ross O'Meara cooks up a slow roasted pork shoulder with mustard and greens, while Anna Polyviou invites her staff over to sample her summer trifle with tropical fruits.	AUSTRALIA	English-100		PG	
2020-05-15	1030	Jimmy Shu's Taste of The Territory	Bush Foods	Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes harvesting with local landowners for various bush foods.	AUSTRALIA	English-100		PG	
2020-05-15	1100	Poh & Co.	Community	The front yard is ready for planting at last and Poh and Jono choose a big range of seedlings and young plants at the nursery, and meet an adventurous young chef.	AUSTRALIA	English-100	RPT	G	Y
2020-05-15	1130	Destination Flavour Down Under	Australia - Northern Territory	During a day out on the magnificent waters of Nitmiluk Gorge, Adam nets a barramundi, which he cooks up at a breathtaking spot in front of Edith Falls.	AUSTRALIA	English-100	RPT	G	Y
2020-05-15	1200	Carnival Eats	Jurassic Pork	Host Noah Cappe Tenne-sees some authentic hot chicken at the Wilson County Fair in Lebanon, Tennessee, and later goes around the Pickaway County Fair in Circleville, Ohio.	USA	English-100		G	
2020-05-15	1230	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 3	On Muckcross Traditional Farms, Donal learns how to make butter and uses it to make honey scones.	IRELAND	English-100		PG	

2020-05-15	1300	Nigella Bites	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-15	1330	Surfing The Menu	Sapphire Coast	On the far south coast of NSW, an indigenous Park Ranger teaches Curtis and Bender how to catch local abalone. Then they taste Sydney rock oysters.	AUSTRALIA	English-100		PG	
2020-05-15	1400	Oliver's Twist	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100		G	
2020-05-15	1430	The Chefs' Line	Japanese	Inside Japanese restaurant Sokyo, Maeve O'Meara learns the art of sushi and sashimi and experiences executive chef Chase's creation of slow-cooked and grilled lamb chop in miso and vegemite sauce.	AUSTRALIA	English-100	RPT	G	Y
2020-05-15	1500	Gourmet Goes Tribal	Fermentation	Pablo learns more about the diversity of India as he digs through the fermentation practices of the north-east of the country, brought by people from countries like Tibet, Burma, Laos, and Vietnam.	INDIA	English-100		G	
2020-05-15	1530	Destination Flavour Down Under	Australia - Queensland	It is one tropical surprise after another when Adam takes to the road around Rockhampton, beginning his trip at a petrol station known for making the best crab sandwiches in QLD.	AUSTRALIA	English-100	RPT	G	Y
2020-05-15	1600	Carnival Eats	Guac To Remember, A	Host Noah Cappe takes the west coast by storm starting with the Pacific National Exhibition in Vancouver, Canada.	USA	English-100		G	
2020-05-15	1630	The Cook And The Chef	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G	
2020-05-15	1700	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G	
2020-05-15	1730	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 4	There has been a Benedictine Abbey at Kylemore since 1919, and one of the Benedictine traditions is extending hospitality to anyone who visits. Donal visits the Abbey and meets Sister Karol.	IRELAND	English-100		PG	
2020-05-15	1800	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-15	1900	Nigella Bites	Weekend	Nigella Lawson shares her favourite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-15	1930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 12	Paul Hollywood proves that Britains Pies and Puds are among the best in the world as he is joined by American baking boys Outsider Tart for a Great Transatlantic Bake Off.	UNITED KINGDOM	English-100		PG	
2020-05-15	2030	Rick Stein's Taste Of Shanghai	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-15	2130	The Cook And The Chef	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G	
2020-05-15	2200	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G	
2020-05-15	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-15	2330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 4	There has been a Benedictine Abbey at Kylemore since 1919, and one of the Benedictine traditions is extending hospitality to anyone who visits. Donal visits the Abbey and meets Sister Karol.	IRELAND	English-100		PG	
2020-05-15	2400	Nigella Bites	Weekend	Nigella Lawson shares her favourite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake.	UNITED KINGDOM	English-100	RPT	G	Y

2020-05-15	2430	The Chefs' Line	Japanese	Inside Japanese restaurant Sokyo, Maeve O'Meara learns the art of sushi and sashimi and experiences executive chef Chase's creation of slow-cooked and grilled lamb chop in miso and vegemite sauce.	AUSTRALIA	English-100	RPT	G	Y
2020-05-15	2500	Gourmet Goes Tribal	Fermentation	Pablo learns more about the diversity of India as he digs through the fermentation practices of the north-east of the country, brought by people from countries like Tibet, Burma, Laos, and Vietnam.	INDIA	English-100		G	
2020-05-15	2530	Bbq Champ	Bbq Champ Series 1 Ep 3	It's time for the contestants to dust down their pinstripes and power suits as they head to the city for the epic low and slow location challenge.	UNITED KINGDOM	English-100		G	
2020-05-15	2630	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 12	Paul Hollywood proves that Britains Pies and Puds are among the best in the world as he is joined by American baking boys Outsider Tart for a Great Transatlantic Bake Off.	UNITED KINGDOM	English-100		PG	
2020-05-15	2730	Rick Stein's Taste Of Shanghai	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-15	2830	Surfing The Menu	Sapphire Coast	On the far south coast of NSW, an indigenous Park Ranger teaches Curtis and Bender how to catch local abalone. Then they taste Sydney rock oysters.	AUSTRALIA	English-100		PG	
2020-05-16	0500	Oliver's Twist	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100		G	
2020-05-16	0530	The Chefs' Line	Japanese	Inside Japanese restaurant Sokyo, Maeve O'Meara learns the art of sushi and sashimi and experiences executive chef Chase's creation of slow-cooked and grilled lamb chop in miso and vegemite sauce.	AUSTRALIA	English-100	RPT	G	Y
2020-05-16	0600	Gourmet Goes Tribal	Fermentation	Pablo learns more about the diversity of India as he digs through the fermentation practices of the north-east of the country, brought by people from countries like Tibet, Burma, Laos, and Vietnam.	INDIA	English-100		G	
2020-05-16	0630	Destination Flavour Down Under	Australia - Queensland	It is one tropical surprise after another when Adam takes to the road around Rockhampton, beginning his trip at a petrol station known for making the best crab sandwiches in QLD.	AUSTRALIA	English-100	RPT	G	Y
2020-05-16	0700	Carnival Eats	Guac To Remember, A	Host Noah Cappe takes the west coast by storm starting with the Pacific National Exhibition in Vancouver, Canada.	USA	English-100		G	
2020-05-16	0730	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-16	0830	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 4	There has been a Benedictine Abbey at Kylemore since 1919, and one of the Benedictine traditions is extending hospitality to anyone who visits. Donal visits the Abbey and meets Sister Karol.	IRELAND	English-100		PG	
2020-05-16	0900	Nigella Bites	Weekend	Nigella Lawson shares her favourite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-16	0930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 12	Paul Hollywood proves that Britains Pies and Puds are among the best in the world as he is joined by American baking boys Outsider Tart for a Great Transatlantic Bake Off.	UNITED KINGDOM	English-100		PG	
2020-05-16	1030	Rick Stein's Taste Of Shanghai	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-16	1130	Destination Flavour Down Under	Australia - Queensland	It is one tropical surprise after another when Adam takes to the road around Rockhampton, beginning his trip at a petrol station known for making the best crab sandwiches in QLD.	AUSTRALIA	English-100	RPT	G	Y
2020-05-16	1200	Carnival Eats	Guac To Remember, A	Host Noah Cappe takes the west coast by storm starting with the Pacific National Exhibition in Vancouver, Canada.	USA	English-100		G	
2020-05-16	1230	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 4	There has been a Benedictine Abbey at Kylemore since 1919, and one of the Benedictine traditions is extending hospitality to anyone who visits. Donal visits the Abbey and meets Sister Karol.	IRELAND	English-100		PG	

2020-05-16	1300	Nigella Bites	Weekend	Nigella Lawson shares her favourite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-16	1330	The Chefs' Line	Japanese	Inside Japanese restaurant Sokyo, Maeve O'Meara learns the art of sushi and sashimi and experiences executive chef Chase's creation of slow-cooked and grilled lamb chop in miso and vegemite sauce.	AUSTRALIA	English-100	RPT	G	Y
2020-05-16	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		G	
2020-05-16	1500	Secret Meat Business	Secret Meat Business Series 2 Ep 10	Chef Adrian Richardson shares his Mum's recipe for an Aussie family favourite, succulent roast chicken. Plus, he whips up a hearty Sicilian chilli beef ragu.	AUSTRALIA	English-100		G	
2020-05-16	1530	Secret Meat Business	Secret Meat Business Series 2 Ep 11	Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison.	AUSTRALIA	English-100		G	
2020-05-16	1600	The Cook And The Chef	Old Favourites	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100		G	
2020-05-16	1630	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100		G	
2020-05-16	1700	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100		PG	
2020-05-16	1730	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 2	Freddie and Rob head toward the East Coast of Australia where they attempt to swim with sharks, and Rob's booked an unusual camping spot for the night - hanging off a cliff.	UNITED KINGDOM	English-100		PG	
2020-05-16	1830	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 5	Blair takes a dip in a cold spring in the Mediterranean while Lyndey learns about fisherman's soup. And a visit to a local gypsy market offers the chance of roast pig.	AUSTRALIA	English-100	RPT	G	Y
2020-05-16	1900	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 6	Lyndey and Blair discover Kalamata olives, local sausage, and souvlaki at a Kalamata market, where they try chocolate covered figs at Athanasiou Patisserie.	AUSTRALIA	English-100	RPT	G	Y
2020-05-16	1930	Cheese Slices	Cheeses Of La Mancha And Cabrales	The most famous cheese made in the high plateau of La Mancha is Manchego. Will and Ellie visit several farms that still make raw milk Manchego using traditional methods.	AUSTRALIA	English-100		PG	
2020-05-16	2000	Cheese Slices	Cheesemakers Of Vermont	Will and Ellie sample the famous cheddar of Jasper Hills farm in Vermont, and discuss the many government challenges the dairy has faced in recent years and their close bond with the local economy.	AUSTRALIA	English-100		PG	
2020-05-16	2030	Kylie Kwong: Heart And Soul	Marinade	Kylie is having a steamboat party for ten friends at home - she provides the food, the guests do the cooking.	AUSTRALIA	English-100	RPT	G	Y
2020-05-16	2100	Kylie Kwong: Heart And Soul	Shanghai Heart	Kylie finds inspiration for her cooking from the generous people she meets in the heart of Shanghai's old town.	AUSTRALIA	English-100	RPT	G	Y
2020-05-16	2130	Two Greedy Italians	Family, The	Chefs Antonio Carluccio and Gennaro Contaldo tour Italy to discover how their home country's culture has changed since they left more than 40 years ago.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-05-16	2235	Comfort Eating	Islington	Nick shows us around his home town of Islington. He eats a Vietnamese banquet at The Little Viet Kitchen, and shares a mega-sized cowboy chop at the Pig and Butcher with one of his comedy heroes.	UNITED KINGDOM	English-100		PG	
2020-05-16	2305	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 2	Freddie and Rob head toward the East Coast of Australia where they attempt to swim with sharks, and Rob's booked an unusual camping spot for the night - hanging off a cliff.	UNITED KINGDOM	English-100		PG	
2020-05-16	2400	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 6	Lyndey and Blair discover Kalamata olives, local sausage, and souvlaki at a Kalamata market, where they try chocolate covered figs at Athanasiou Patisserie.	AUSTRALIA	English-100	RPT	G	Y

2020-05-16	2430	Cheese Slices	Cheeses Of La Mancha And Cabrales	The most famous cheese made in the high plateau of La Mancha is Manchego. Will and Ellie visit several farms that still make raw milk Manchego using traditional methods.	AUSTRALIA	English-100		PG	
2020-05-16	2500	Cheese Slices	Cheesemakers Of Vermont	Will and Ellie sample the famous cheddar of Jasper Hills farm in Vermont, and discuss the many government challenges the dairy has faced in recent years and their close bond with the local economy.	AUSTRALIA	English-100		PG	
2020-05-16	2530	Kylie Kwong: Heart And Soul	Marinade	Kylie is having a steamboat party for ten friends at home - she provides the food, the guests do the cooking.	AUSTRALIA	English-100	RPT	G	Y
2020-05-16	2600	Kylie Kwong: Heart And Soul	Shanghai Heart	Kylie finds inspiration for her cooking from the generous people she meets in the heart of Shanghai's old town.	AUSTRALIA	English-100	RPT	G	Y
2020-05-16	2630	Two Greedy Italians	Family, The	Chefs Antonio Carluccio and Gennaro Contaldo tour Italy to discover how their home country's culture has changed since they left more than 40 years ago.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-05-16	2735	The Cook And The Chef	Old Favourites	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100		G	
2020-05-16	2800	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100		G	
2020-05-16	2830	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100		PG	