



WEEK 20: Sunday, 9 May - Saturday, 15 May - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2021-05-09	0500	Lidia's Kitchen	Acidity	Lidia prepares red cabbage and bacon salad with a warm bacon and balsamic vinegar dressing, chicken in vinegar sauce, and savoy cabbage and potatoes with garlic.	USA	English-100		G	
2021-05-09	0530	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 11	It's the semi finals as the Bellamoore, Piggot, and Masochaseys families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes.	UNITED KINGDOM	English-100		PG	
2021-05-09	0640	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 3	Nadia Sawalha is joined in the kitchen by chef Zoe Adjonyoh, and together they prepare a family feast from Africa, including Ghanaian-spiced chicken kebabs and peanut butter stew.	UNITED KINGDOM	English-100		G	
2021-05-09	0730	Heston's Fantastical Food	Massive Lunch Box	Heston fills an entire theme park with packed-lunch favourites such as a supersized sandwich, a giant KitKat and a packet of crisps so big they're only accessible by ladder!	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-09	0825	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-05-09	0830	Jamie's American Road Trip	Los Angeles	Jamie explores East Los Angeles where he discovers a community proud of its food, committed to family, and striving to make the American dream a reality.	UNITED KINGDOM	English-100		PG	
2021-05-09	0930	Ainsley Eats The Streets	Madrid	Ainsley sets out to discover where the locals eat in Madrid. He visits the world famous tapas bars, tasting salt cod fritters, garlic prawns, and grilled sardines.	UNITED KINGDOM	English-100	RPT	G	Y
2021-05-09	1025	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-05-09	1030	Hairy Bikers' Asian Adventure	South Korea	Korean food is set to be the next big thing in the UK so the bikers want to find out more about this hot new trend on the horizon.	UNITED KINGDOM	English-100	RPT	G	Y
2021-05-09	1135	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 12	It's the grand final as the teams battle it out for the chance to be crowned the UK's best family of home cooks.	UNITED KINGDOM	English-100		G	
2021-05-09	1240	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 4	Nadia Sawalha is joined in the kitchen by chef Jeremy Pang, and together they prepare a family feast from China, including prawn toasts with smacked cucumber, and claypot chicken.	UNITED KINGDOM	English-100		G	
2021-05-09	1330	Secret Meat Business	Secret Meat Business Series 2 Ep 4	Taking a leaf out of his mother-in-law's recipe book, chef Adrian Richardson makes a Dutch recipe for delicious and decadent glazed pork hock marsala.	AUSTRALIA	English-100		G	
2021-05-09	1400	The Cook Up with Adam Liaw	Oats	Bake Club's Anneka Manning and SBS award winning science and technology journalist Rae Johnson join Adam Liaw in The Cook Up kitchen to chat about an Australian staple - oats!	AUSTRALIA	English-100	RPT	PG	
2021-05-09	1430	The Cook Up with Adam Liaw	Noodles	Adam Liaw is joined in The Cook Up kitchen by Delicious magazine's Phoebe Wood and political satirist Mark Humphries to share their take on noodles.	AUSTRALIA	English-100	RPT	PG	
2021-05-09	1500	The Cook Up with Adam Liaw	Lentils	DJ and chef Andrew Levins and SBS host of Water Heart Foods, Palisa Anderson are in The Cook Up kitchen with Adam Liaw to give their take on lentils. It's a cheap and cheerful staple.	AUSTRALIA	English-100	RPT	PG	
2021-05-09	1530	The Cook Up with Adam Liaw	\$20 Family Meals	Need some cheap and easy dinner ideas that don't break the bank? Lucy Tweed and Woodcut restaurant's Ross Lusted join Adam Liaw to cook up their ideas.	AUSTRALIA	English-100	RPT	PG	
2021-05-09	1600	The Cook Up with Adam Liaw	Cheap And Cheerful	Adam Liaw is with SBS Mastermind host Marc Fennell and top chef Chase Kojima in The Cook Up kitchen to cook up their ideas on cheap and cheerful meals that everyone will love.	AUSTRALIA	English-100		PG	

2021-05-09	1630	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G	
2021-05-09	1700	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies.	AUSTRALIA	English-100		G	
2021-05-09	1730	Gordon Ramsay Uncharted	Peru	Chef Gordon Ramsay travels by motorbike through Peru's Sacred Valley of the Incas to discover traditional high-altitude cuisine. He samples local delicacies like fried worms, and rare potatoes.	UNITED KINGDOM	English-100		PG	
2021-05-09	1825	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-05-09	1830	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 3	The Sunshine Coast is home to an amazing array of indigenous flora and fauna. Peter Kuruvita discovers the secrets of bush tucker and creates dishes inspired by native ingredients.	AUSTRALIA	English-100	RPT	G	Y
2021-05-09	1900	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 5	Silvia shares delicious gluten-free alternatives to some of Italy's most classic and authentic meals including red lentil penne with ragout and risotto with beetroot and stracciatella.	AUSTRALIA	English-100		PG	
2021-05-09	1930	Secrets Of The Factories	Inside Heinz	The Heinz Factory in Wigan opens its doors to reveal how it produces millions of cans of baked beans, soup and pasta in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G	
2021-05-09	2025	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-05-09	2030	Rick Stein: From Venice to Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 6	Rick's epic journey is nearing its completion as he leaves southern Greece for the shores of Western Turkey. On the Cesme Peninsula he enjoys creamy Armola cheese matured in goat skins.	UNITED KINGDOM	English-100		PG	
2021-05-09	2140	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 4	In Minneapolis, Hailey and Chelsea want to host a party for their soon-to-wed older sister, Heather. They concocted a unique theme - it's an ode to really bad bridesmaid dresses.	USA	English-100		PG	
2021-05-09	2235	Gordon Ramsay Uncharted	Peru	Chef Gordon Ramsay travels by motorbike through Peru's Sacred Valley of the Incas to discover traditional high-altitude cuisine. He samples local delicacies like fried worms, and rare potatoes.	UNITED KINGDOM	English-100		PG	
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2021-05-10	1235	Gordon Ramsay Uncharted	Morocco	Chef Gordon Ramsay travels to Morocco, North Africa, where he embarks on an adventure deep in the Middle Atlas Mountains to understand ancient Berber cuisine.	UNITED KINGDOM	English-100		PG		
2021-05-10	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Timorese kids learn to cook the traditional way in Darwin, and goat's cheese from WA.	AUSTRALIA	English-100	RPT	G		
2021-05-10	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 14	Matt kicks things off with a lovely yoghurt semifreddo, while Courtney prepares a sabich - a popular Israeli sandwich. Michael cooks up braised baby potatoes - a perfect side for a Sunday roast.	AUSTRALIA	English-100		G		
2021-05-10	1430	Pati's Mexican Table	I Was Born In The Kitchen	Pati travels to Mexico to reconnect with her father and help him cook one of her favourite childhood meals - her Dad's eggs.	USA	English-100		G		
2021-05-10	1500	The Chefs' Line	French	Watch apprentice chef Damien from top Sydney French restaurant, Bistro Rex, go up against four passionate home cooks in a classic French Mussels battle.	AUSTRALIA	English-100	RPT	G		Y
2021-05-10	1530	New Scandinavian Cooking	Very Local Stews	Andreas travels southwards from Trondheim to Oslo, and the first stop is Oppdal in the breadbasket of Mid-Norway, where he prepares a beef stew with rye bread and beer.	NORWAY	English-100		G		

2021-05-10	1600	Martha Bakes	Green Tea	Green tea is showing up in everything from cocktails to cakes. In this lesson, Martha incorporates this antioxidant-rich ingredient into four remarkable desserts.	USA	English-100		G	
2021-05-10	1630	Oliver's Twist	Health Kick	Jamie Oliver rustles up more tasty food. Here, he prepares a particularly healthy meal: crab and grapefruit salad and steamed sea bass with spring vegetables.	UNITED KINGDOM	English-100		G	
2021-05-10	1700	Mary's Kitchen Crush	Southern Charm	Mary whips up a southern spread for her Aunt Joanie full of bold flavours and fond memories.	CANADA	English-100		PG	
2021-05-10	1730	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100		G	
2021-05-10	1800	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100		G	
2021-05-10	1830	Come Dine With Me UK	Hull Day 1	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-10	1900	The Cook Up with Adam Liaw	Scallops	Top Michelin star chef Nelly Robinson and Bondi Harvest chef Taylor Cullen are in The Cook Up kitchen with Adam Liaw to create their favourite scallop dishes.	AUSTRALIA	English-100		PG	
2021-05-10	1930	Anthony Bourdain: Parts Unknown	Parts Unknown Behind The Scenes	A closer look at Bourdain's relationship with his crew - the team that travelled with him and slogged through the trenches - which was like no other in his life.	USA	English-100		PG	
2021-05-10	2025	Poh & Co. Bitesize	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-05-10	2030	Taste The Nation With Padma Lakshmi	Pad Thai Gamble, The	Las Vegas is home to one of the largest groups of Thai immigrants in America. Padma shares stories with the community over delicious food - Pad Thai is just the start.	USA	English-100		PG	
2021-05-10	2105	Tales From River Cottage	Wild Larder, The	Hugh recalls three years of tuning in to the wild Dorset landscape, and then feeding off it. He explains why wild food should always be a prime part of the smallholders diet.	UNITED KINGDOM	English-100		PG	
2021-05-10	2130	Mystery Diners	Thanksgiving Thievery	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	
2021-05-10	2200	The Cook Up with Adam Liaw	Scallops	Top Michelin star chef Nelly Robinson and Bondi Harvest chef Taylor Cullen are in The Cook Up kitchen with Adam Liaw to create their favourite scallop dishes.	AUSTRALIA	English-100		PG	
2021-05-10	2230	Come Dine With Me UK	Hull Day 1	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
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2021-05-10	2400	The Chefs' Line	French	Watch apprentice chef Damien from top Sydney French restaurant, Bistro Rex, go up against four passionate home cooks in a classic French Mussels battle.	AUSTRALIA	English-100	RPT	G	Y
2021-05-10	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 26	Top fashion model agent and mentor Jonathon Phang goes head to head in the kitchen with one of his protegees, winner of Britain's Missing Top Model - Kelly Knox.	UNITED KINGDOM	English-100		G	
2021-05-10	2520	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y

2021-05-10	2530	Martha Bakes	Green Tea	Green tea is showing up in everything from cocktails to cakes. In this lesson, Martha incorporates this antioxidant-rich ingredient into four remarkable desserts.	USA	English-100		G	
2021-05-10	2600	Oliver's Twist	Health Kick	Jamie Oliver rustles up more tasty food. Here, he prepares a particularly healthy meal: crab and grapefruit salad and steamed sea bass with spring vegetables.	UNITED KINGDOM	English-100		G	
2021-05-10	2630	Taste The Nation With Padma Lakshmi	Pad Thai Gamble, The	Las Vegas is home to one of the largest groups of Thai immigrants in America. Padma shares stories with the community over delicious food - Pad Thai is just the start.	USA	English-100		PG	
2021-05-10	2705	Tales From River Cottage	Wild Larder, The	Hugh recalls three years of tuning in to the wild Dorset landscape, and then feeding off it. He explains why wild food should always be a prime part of the smallholders diet.	UNITED KINGDOM	English-100		PG	
2021-05-10	2730	Mystery Diners	Thanksgiving Thievery	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	
2021-05-10	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Timorese kids learn to cook the traditional way in Darwin, and goat's cheese from WA.	AUSTRALIA	English-100	RPT	G	
2021-05-10	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 14	Matt kicks things off with a lovely yoghurt semifreddo, while Courtney prepares a sabich - a popular Israeli sandwich. Michael cooks up braised baby potatoes - a perfect side for a Sunday roast.	AUSTRALIA	English-100		G	
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2021-05-11	0530	The Chefs' Line	French	Watch apprentice chef Damien from top Sydney French restaurant, Bistro Rex, go up against four passionate home cooks in a classic French Mussels battle.	AUSTRALIA	English-100	RPT	G	Y
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2021-05-11	0730	Mary's Kitchen Crush	Southern Charm	Mary whips up a southern spread for her Aunt Joanie full of bold flavours and fond memories.	CANADA	English-100		PG	
2021-05-11	0800	Come Dine With Me UK	Hull Day 1	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
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2021-05-11	1005	Tales From River Cottage	Wild Larder, The	Hugh recalls three years of tuning in to the wild Dorset landscape, and then feeding off it. He explains why wild food should always be a prime part of the smallholders diet.	UNITED KINGDOM	English-100		PG	
2021-05-11	1030	Mystery Diners	Thanksgiving Thievery	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	

2021-05-11	1100	The Cook Up with Adam Liaw	Scallops	Top Michelin star chef Nelly Robinson and Bondi Harvest chef Taylor Cullen are in The Cook Up kitchen with Adam Liaw to create their favourite scallop dishes.	AUSTRALIA	English-100		PG	
2021-05-11	1130	Martha Bakes	Green Tea	Green tea is showing up in everything from cocktails to cakes. In this lesson, Martha incorporates this antioxidant-rich ingredient into four remarkable desserts.	USA	English-100		G	
2021-05-11	1200	Oliver's Twist	Health Kick	Jamie Oliver rustles up more tasty food. Here, he prepares a particularly healthy meal: crab and grapefruit salad and steamed sea bass with spring vegetables.	UNITED KINGDOM	English-100		G	
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2021-05-11	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, exotic fruits from far north Qld, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G	
2021-05-11	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 15	Matt kicks things off with a simple and nourishing miso soup, while Courtney jazzes up a sweet potato and chicken salad.	AUSTRALIA	English-100		G	
2021-05-11	1430	Pati's Mexican Table	Pati's Texican	Inspired by her years living in Texas, Pati creates a series of dishes that combine her passion for Mexican cuisine and her favourite foods of America s Lone Star State.	USA	English-100		G	
2021-05-11	1500	The Chefs' Line	French	Watch station chef Joshua from top Sydney French restaurant, Bistro Rex, go up against three passionate home cooks in the ultimate French Omelette challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-05-11	1530	New Scandinavian Cooking	Innovative And Old Fashioned	Andreas investigates how the isolated, UNESCO-listed mountain town of Roros has become a culinary attraction. He makes crispy sour cream waffles, and homemade cloudberry ice cream.	NORWAY	English-100		G	
2021-05-11	1600	Martha Bakes	Extraordinary Fruits	Martha's favourite desserts have something in common - fruit - nature's sweetest gift. Learn step-by-step how-tos for a souffle with intensely fragrant passion fruit, and rhubarb cobblers.	USA	English-100		G	
2021-05-11	1630	Oliver's Twist	Jekka The Herb Lady	More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.	UNITED KINGDOM	English-100		G	
2021-05-11	1700	Mary's Kitchen Crush	Game Time Grub	Mary hits it out of the park with a smorgasbord of stadium food staples for her sports-fan friends to enjoy with the game.	CANADA	English-100		PG	
2021-05-11	1730	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100		G	
2021-05-11	1800	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G	
2021-05-11	1830	Come Dine With Me UK	Hull Day 2	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-11	1900	The Cook Up with Adam Liaw	Almonds	The Salloum sisters from Sydney's Almond Bar are with Adam Liaw in The Cook Up kitchen creating their favourite almond dishes.	AUSTRALIA	English-100		PG	
2021-05-11	1930	Food Safari	Mauritian Safari	Features the best in food the world has to offer. Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT	G	Y
2021-05-11	2000	David Rocco's Dolce South East Asia	Finding Purpose	The coming together of Chinese, Malay, and Indian cultures, gives the food in Penang an identity of its own. David meets a few of the locals who share their love of food.	CANADA	English-100		PG	

2021-05-11	2030	Rick Stein's Seafood Odyssey	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing.	UNITED KINGDOM	English-100		PG	
2021-05-11	2100	Red Chef Revival	Prince Rupert	Host Shane Chartrand explores the iconic North Pacific Cannery on Canada's West Coast - a place where Chinese, Indigenous, and Japanese communities converged.	CANADA	English-100	RPT	PG	
2021-05-11	2130	Mystery Diners	Employee Discount	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-05-11	2200	The Cook Up with Adam Liaw	Almonds	The Salloum sisters from Sydney's Almond Bar are with Adam Liaw in The Cook Up kitchen creating their favourite almond dishes.	AUSTRALIA	English-100		PG	
2021-05-11	2230	Come Dine With Me UK	Hull Day 2	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-11	2300	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100		G	
2021-05-11	2330	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G	
2021-05-11	2400	The Chefs' Line	French	Watch station chef Joshua from top Sydney French restaurant, Bistro Rex, go up against three passionate home cooks in the ultimate French Omelette challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-05-11	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 27	Family rivalry takes over the kitchen as radio and TV presenter Toby Anstis competes for cooking glory against his twin sister Kate.	UNITED KINGDOM	English-100		G	
2021-05-11	2520	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-05-11	2530	Food Safari	Mauritian Safari	Features the best in food the world has to offer. Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT	G	Y
2021-05-11	2600	David Rocco's Dolce South East Asia	Finding Purpose	The coming together of Chinese, Malay, and Indian cultures, gives the food in Penang an identity of its own. David meets a few of the locals who share their love of food.	CANADA	English-100		PG	
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2021-05-11	2730	Mystery Diners	Employee Discount	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-05-11	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, exotic fruits from far north Qld, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G	
2021-05-11	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 15	Matt kicks things off with a simple and nourishing miso soup, while Courtney jazzes up a sweet potato and chicken salad.	AUSTRALIA	English-100		G	
2021-05-12	0500	Pati's Mexican Table	Pati's Texican	Inspired by her years living in Texas, Pati creates a series of dishes that combine her passion for Mexican cuisine and her favourite foods of America s Lone Star State.	USA	English-100		G	
2021-05-12	0530	The Chefs' Line	French	Watch station chef Joshua from top Sydney French restaurant, Bistro Rex, go up against three passionate home cooks in the ultimate French Omelette challenge.	AUSTRALIA	English-100	RPT	G	Y

2021-05-12	0600	New Scandinavian Cooking	Innovative And Old Fashioned	Andreas investigates how the isolated, UNESCO-listed mountain town of Roros has become a culinary attraction. He makes crispy sour cream waffles, and homemade cloudberry ice cream.	NORWAY	English-100		G	
2021-05-12	0630	Martha Bakes	Extraordinary Fruits	Martha's favourite desserts have something in common - fruit - nature's sweetest gift. Learn step-by-step how-tos for a soufflé with intensely fragrant passion fruit, and rhubarb cobblers.	USA	English-100		G	
2021-05-12	0700	Oliver's Twist	Jekka The Herb Lady	More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.	UNITED KINGDOM	English-100		G	
2021-05-12	0730	Mary's Kitchen Crush	Game Time Grub	Mary hits it out of the park with a smorgasbord of stadium food staples for her sports-fan friends to enjoy with the game.	CANADA	English-100		PG	
2021-05-12	0800	Come Dine With Me UK	Hull Day 2	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-12	0830	Food Safari	Mauritian Safari	Features the best in food the world has to offer. Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT	G	Y
2021-05-12	0900	David Rocco's Dolce South East Asia	Finding Purpose	The coming together of Chinese, Malay, and Indian cultures, gives the food in Penang an identity of its own. David meets a few of the locals who share their love of food.	CANADA	English-100		PG	
2021-05-12	0930	Rick Stein's Seafood Odyssey	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing.	UNITED KINGDOM	English-100		PG	
2021-05-12	1000	Red Chef Revival	Prince Rupert	Host Shane Chartrand explores the iconic North Pacific Cannery on Canada's West Coast - a place where Chinese, Indigenous, and Japanese communities converged.	CANADA	English-100	RPT	PG	
2021-05-12	1030	Mystery Diners	Employee Discount	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-05-12	1100	The Cook Up with Adam Liaw	Almonds	The Salloum sisters from Sydney's Almond Bar are with Adam Liaw in The Cook Up kitchen creating their favourite almond dishes.	AUSTRALIA	English-100		PG	
2021-05-12	1130	Martha Bakes	Extraordinary Fruits	Martha's favourite desserts have something in common - fruit - nature's sweetest gift. Learn step-by-step how-tos for a soufflé with intensely fragrant passion fruit, and rhubarb cobblers.	USA	English-100		G	
2021-05-12	1200	Oliver's Twist	Jekka The Herb Lady	More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.	UNITED KINGDOM	English-100		G	
2021-05-12	1230	Mary's Kitchen Crush	Game Time Grub	Mary hits it out of the park with a smorgasbord of stadium food staples for her sports-fan friends to enjoy with the game.	CANADA	English-100		PG	
2021-05-12	1300	Come Dine With Me UK	Hull Day 2	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-12	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Cyril's Delicatessen in Sydney, and world class cheeses from Exton, Tasmania.	AUSTRALIA	English-100	RPT	G	
2021-05-12	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 16	Matt kicks things off with his succulent Korean braised beef ribs, while Courtney dishes up chargrilled beans with a twist. Michael serves up prawn tacos with a refreshing pineapple salsa.	AUSTRALIA	English-100		G	
2021-05-12	1430	Pati's Mexican Table	My Three Favourite Boys	It's time for a little mother-son time. First, Pati takes the boys to their favourite place to have fun in DC - miniature golf - then for lunch the boys give mum a hand in the kitchen.	USA	English-100		G	
2021-05-12	1500	The Chefs' Line	French	Watch sous chef Mishy from top Sydney French restaurant, Bistro Rex, go up against two passionate home cooks in a bid to make the best classic Tarte Tatin.	AUSTRALIA	English-100	RPT	G	Y

2021-05-12	1530	New Scandinavian Cooking	Plenty Of Foods	Andreas investigates the great variety of inland Norway, the most productive farmland in the country. He makes a dish flavoured by the mountains - veal liver with mushrooms, honey, and heather oil.	NORWAY	English-100			G	
2021-05-12	1600	Martha Bakes	Fruit Curds	Fruit has more delicious potential when made into a rich luscious curd. So watch step-by-step how-tos and learn to make three fruit curds.	USA	English-100			G	
2021-05-12	1630	Oliver's Twist	East Meets West	Chef Jamie Oliver rustles up another delicious meal. Today, he makes some Japanese food including gyozas with dipping sauce, sakatini cocktails, and shabu shabu.	UNITED KINGDOM	English-100			G	
2021-05-12	1700	Mary's Kitchen Crush	Celebrating Dad	Mary remembers her dad by cooking up a delicious meal inspired by his southern BBQ favourites.	CANADA	English-100			PG	
2021-05-12	1730	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100			G	
2021-05-12	1800	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100			G	
2021-05-12	1830	Come Dine With Me UK	Hull Day 3	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100			PG	
2021-05-12	1900	The Cook Up with Adam Liaw	Dill	Paramount chef Christine Mansfield and Bird Cow Fish chef Alex Herbert give their take on an underrated herb, dill while in The Cook Up kitchen with Adam Liaw.	AUSTRALIA	English-100			PG	
2021-05-12	1930	Gino's Italian Coastal Escape	Paestum	Gino is in Italy's food basket and the home of one of its food heroes - water buffalo mozzarella. He also takes a trip to the ancient ruins in Paestum and learns how to make handmade fusilli pasta.	UNITED KINGDOM	English-100			PG	
2021-05-12	2000	French Food Safari	French Food Safari Series 1 Episode 9	Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes.	AUSTRALIA	English-100	RPT		G	Y
2021-05-12	2030	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 10	Every Sunday the Hemsley sisters batch cook a selection of nutrient rich recipes that will last them all week. For a ready made breakfast they prepare cranberry and quinoa breakfast bars.	UNITED KINGDOM	English-100			PG	
2021-05-12	2100	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 10	Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins.	UNITED KINGDOM	English-100			PG	
2021-05-12	2130	Mystery Diners	Poaching Profits	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100			PG	
2021-05-12	2200	The Cook Up with Adam Liaw	Dill	Paramount chef Christine Mansfield and Bird Cow Fish chef Alex Herbert give their take on an underrated herb, dill while in The Cook Up kitchen with Adam Liaw.	AUSTRALIA	English-100			PG	
2021-05-12	2230	Come Dine With Me UK	Hull Day 3	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100			PG	
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2021-05-12	2400	The Chefs' Line	French	Watch sous chef Mishy from top Sydney French restaurant, Bistro Rex, go up against two passionate home cooks in a bid to make the best classic Tarte Tatin.	AUSTRALIA	English-100	RPT		G	Y
2021-05-12	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 28	Ainsley Harriott hosts another classic 20-minutes of high-energy cookery with Ali Bastian and Graeme Cole from The Bill in the kitchen.	UNITED KINGDOM	English-100			G	

2021-05-12	2520	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-05-12	2530	Gino's Italian Coastal Escape	Paestum	Gino is in Italy's food basket and the home of one of its food heroes - water buffalo mozzarella. He also takes a trip to the ancient ruins in Paestum and learns how to make handmade fusilli pasta.	UNITED KINGDOM	English-100		PG	
2021-05-12	2600	French Food Safari	French Food Safari Series 1 Episode 9	Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-05-12	2630	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 10	Every Sunday the Hemsley sisters batch cook a selection of nutrient rich recipes that will last them all week. For a ready made breakfast they prepare cranberry and quinoa breakfast bars.	UNITED KINGDOM	English-100		PG	
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2021-05-13	0500	Pati's Mexican Table	My Three Favourite Boys	It's time for a little mother-son time. First, Pati takes the boys to their favourite place to have fun in DC - miniature golf - then for lunch the boys give mum a hand in the kitchen.	USA	English-100		G	
2021-05-13	0530	The Chefs' Line	French	Watch sous chef Mishy from top Sydney French restaurant, Bistro Rex, go up against two passionate home cooks in a bid to make the best classic Tarte Tatin.	AUSTRALIA	English-100	RPT	G	Y
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2021-05-13	0630	Martha Bakes	Fruit Curds	Fruit has more delicious potential when made into a rich luscious curd. So watch step-by-step how-tos and learn to make three fruit curds.	USA	English-100		G	
2021-05-13	0700	Oliver's Twist	East Meets West	Chef Jamie Oliver rustles up another delicious meal. Today, he makes some Japanese food including gyozas with dipping sauce, sakatini cocktails, and shabu shabu.	UNITED KINGDOM	English-100		G	
2021-05-13	0730	Mary's Kitchen Crush	Celebrating Dad	Mary remembers her dad by cooking up a delicious meal inspired by his southern BBQ favourites.	CANADA	English-100		PG	
2021-05-13	0800	Come Dine With Me UK	Hull Day 3	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-13	0830	Gino's Italian Coastal Escape	Paestum	Gino is in Italy's food basket and the home of one of its food heroes - water buffalo mozzarella. He also takes a trip to the ancient ruins in Paestum and learns how to make handmade fusilli pasta.	UNITED KINGDOM	English-100		PG	
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2021-05-13	0930	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 10	Every Sunday the Hemsley sisters batch cook a selection of nutrient rich recipes that will last them all week. For a ready made breakfast they prepare cranberry and quinoa breakfast bars.	UNITED KINGDOM	English-100		PG	
2021-05-13	1000	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 10	Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins.	UNITED KINGDOM	English-100		PG	

2021-05-13	1030	Mystery Diners	Poaching Profits	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-05-13	1100	The Cook Up with Adam Liaw	Dill	Paramount chef Christine Mansfield and Bird Cow Fish chef Alex Herbert give their take on an underrated herb, dill while in The Cook Up kitchen with Adam Liaw.	AUSTRALIA	English-100		PG	
2021-05-13	1130	Martha Bakes	Fruit Curds	Fruit has more delicious potential when made into a rich luscious curd. So watch step-by-step how-tos and learn to make three fruit curds.	USA	English-100		G	
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2021-05-13	1230	Mary's Kitchen Crush	Celebrating Dad	Mary remembers her dad by cooking up a delicious meal inspired by his southern BBQ favourites.	CANADA	English-100		PG	
2021-05-13	1300	Come Dine With Me UK	Hull Day 3	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-13	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT	G	
2021-05-13	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 17	Michael shows Matt how to make a classic smash burger, while Courtney serves up her most requested dish of all time - tuna tartare tostadas.	AUSTRALIA	English-100		G	
2021-05-13	1430	Pati's Mexican Table	Meals In A Minute	Pati's a busy mum on the go, so she shows us some of her favourite quick and easy meals to pack in your arsenal.	USA	English-100		G	
2021-05-13	1500	The Chefs' Line	French	Watch Head Chef Jo Ward from top Sydney French restaurant, Bistro Rex, face off against this week's final home cook, Yolaine, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2021-05-13	1530	New Scandinavian Cooking	Arctic Food	Onboard a research vessel Andreas makes a lightly cured cod with beetroot and anise, he cooks freshly caught cod and serves it with charred leek, and back on the island he makes crispy seared cod.	NORWAY	English-100		PG	
2021-05-13	1600	Martha Bakes	Homemade Doughnuts	Make the fryer your friend and delve into the depths of the donut to master crave-worthy classics like the jelly-filled doughnut, apple fritter, and sugary beignet.	USA	English-100		G	
2021-05-13	1630	Oliver's Twist	New Kids On The Block	Jamie prepares a dinner party for some of his new trainees.	UNITED KINGDOM	English-100		G	
2021-05-13	1700	Mary's Kitchen Crush	Pride	Mary puts on her Pride party hat and hosts a summer soiree for her friends with a lively citrus marinated chicken.	CANADA	English-100		PG	
2021-05-13	1730	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G	
2021-05-13	1800	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G	
2021-05-13	1830	Come Dine With Me UK	Hull Day 4	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-13	1900	The Cook Up with Adam Liaw	Tofu	Do you want to know how to master tofu? Join Adam Liaw, Yellow's Nina Huynh, and radio and podcast personality Linda Marigliano as their share some easy ways to eat this meat substitute.	AUSTRALIA	English-100		PG	
2021-05-13	1930	Strait To The Plate	Npa Tombstone	Aaron is invited back to the community of New Mapoon to celebrate a Tombstone opening. With 1500 guests coming for dinner, it's all hands on deck!	AUSTRALIA	English-100		PG	

2021-05-13	2000	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 6	Silvia shares a wonderful cooking experience with her children in the kitchen. She prepares pizza fritta, risi e bisi soup, and yoghurt and olive oil cake with mascarpone and roasted berries.	AUSTRALIA	English-100			PG	
2021-05-13	2030	Jamie's Great Italian Escape	Monastery	Jamie Oliver spends time at Farfa monastery in Lazio, living and working with the monks, who were the first people to collect recipes in the area.	UNITED KINGDOM	English-100			PG	
2021-05-13	2100	Jamie's Great Italian Escape	Le Marche	Jamie heads north to the mountains of Le Marche - a relatively unexplored region next door to Umbria - to stay with a family of hunters.	UNITED KINGDOM	English-100			PG	
2021-05-13	2130	Mystery Diners	Missing Memorabilia	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100			PG	
2021-05-13	2200	The Cook Up with Adam Liaw	Tofu	Do you want to know how to master tofu? Join Adam Liaw, Yellow's Nina Huynh, and radio and podcast personality Linda Marigliano as their share some easy ways to eat this meat substitute.	AUSTRALIA	English-100			PG	
2021-05-13	2230	Come Dine With Me UK	Hull Day 4	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100			PG	
2021-05-13	2300	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100			G	
2021-05-13	2330	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100			G	
2021-05-13	2400	The Chefs' Line	French	Watch Head Chef Jo Ward from top Sydney French restaurant, Bistro Rex, face off against this week's final home cook, Yolaine, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT		G	Y
2021-05-13	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep29	TV presenter Josie D'Arby faces her comedian friend, actor and writer Emma Kennedy for another bout of food rivalry in the red and green kitchens.	UNITED KINGDOM	English-100			G	
2021-05-13	2520	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT		G	Y
2021-05-13	2530	Strait To The Plate	Npa Tombstone	Aaron is invited back to the community of New Mapoon to celebrate a Tombstone opening. With 1500 guests coming for dinner, it's all hands on deck!	AUSTRALIA	English-100	RPT		PG	
2021-05-13	2600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 6	Silvia shares a wonderful cooking experience with her children in the kitchen. She prepares pizza fritta, risi e bisi soup, and yoghurt and olive oil cake with mascarpone and roasted berries.	AUSTRALIA	English-100			PG	
2021-05-13	2630	Jamie's Great Italian Escape	Monastery	Jamie Oliver spends time at Farfa monastery in Lazio, living and working with the monks, who were the first people to collect recipes in the area.	UNITED KINGDOM	English-100			PG	
2021-05-13	2700	Jamie's Great Italian Escape	Le Marche	Jamie heads north to the mountains of Le Marche - a relatively unexplored region next door to Umbria - to stay with a family of hunters.	UNITED KINGDOM	English-100			PG	
2021-05-13	2730	Mystery Diners	Missing Memorabilia	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100			PG	
2021-05-13	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT		G	
2021-05-13	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 17	Michael shows Matt how to make a classic smash burger, while Courtney serves up her most requested dish of all time - tuna tartare tostadas.	AUSTRALIA	English-100			G	
2021-05-14	0500	Pati's Mexican Table	Meals In A Minute	Pati's a busy mum on the go, so she shows us some of her favourite quick and easy meals to pack in your arsenal.	USA	English-100			G	

2021-05-14	0530	The Chefs' Line	French	Watch Head Chef Jo Ward from top Sydney French restaurant, Bistro Rex, face off against this week's final home cook, Yolaine, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2021-05-14	0600	New Scandinavian Cooking	Arctic Food	Onboard a research vessel Andreas makes a lightly cured cod with beetroot and anise, he cooks freshly caught cod and serves it with charred leek, and back on the island he makes crispy seared cod.	NORWAY	English-100		PG	
2021-05-14	0630	Martha Bakes	Homemade Doughnuts	Make the fryer your friend and delve into the depths of the donut to master crave-worthy classics like the jelly-filled doughnut, apple fritter, and sugary beignet.	USA	English-100		G	
2021-05-14	0700	Oliver's Twist	New Kids On The Block	Jamie prepares a dinner party for some of his new trainees.	UNITED KINGDOM	English-100		G	
2021-05-14	0730	Mary's Kitchen Crush	Pride	Mary puts on her Pride party hat and hosts a summer soiree for her friends with a lively citrus marinated chicken.	CANADA	English-100		PG	
2021-05-14	0800	Come Dine With Me UK	Hull Day 4	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-14	0830	Strait To The Plate	Npa Tombstone	Aaron is invited back to the community of New Mapoon to celebrate a Tombstone opening. With 1500 guests coming for dinner, it's all hands on deck!	AUSTRALIA	English-100	RPT	PG	
2021-05-14	0900	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 6	Silvia shares a wonderful cooking experience with her children in the kitchen. She prepares pizza frita, risi e bisi soup, and yoghurt and olive oil cake with mascarpone and roasted berries.	AUSTRALIA	English-100		PG	
2021-05-14	0930	Jamie's Great Italian Escape	Monastery	Jamie Oliver spends time at Farfa monastery in Lazio, living and working with the monks, who were the first people to collect recipes in the area.	UNITED KINGDOM	English-100		PG	
2021-05-14	1000	Jamie's Great Italian Escape	Le Marche	Jamie heads north to the mountains of Le Marche - a relatively unexplored region next door to Umbria - to stay with a family of hunters.	UNITED KINGDOM	English-100		PG	
2021-05-14	1030	Mystery Diners	Missing Memorabilia	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	
2021-05-14	1100	The Cook Up with Adam Liaw	Tofu	Do you want to know how to master tofu? Join Adam Liaw, Yellow's Nina Huynh, and radio and podcast personality Linda Marigliano as their share some easy ways to eat this meat substitute.	AUSTRALIA	English-100		PG	
2021-05-14	1130	Martha Bakes	Homemade Doughnuts	Make the fryer your friend and delve into the depths of the donut to master crave-worthy classics like the jelly-filled doughnut, apple fritter, and sugary beignet.	USA	English-100		G	
2021-05-14	1200	Oliver's Twist	New Kids On The Block	Jamie prepares a dinner party for some of his new trainees.	UNITED KINGDOM	English-100		G	
2021-05-14	1230	Mary's Kitchen Crush	Pride	Mary puts on her Pride party hat and hosts a summer soiree for her friends with a lively citrus marinated chicken.	CANADA	English-100		PG	
2021-05-14	1300	Come Dine With Me UK	Hull Day 4	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-14	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, diving for abalone, and a visit to Maggie Beer in South Australia.	AUSTRALIA	English-100	RPT	G	
2021-05-14	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 18	Matt prepares a French classic with his onion soup, while Courtney shares her version of a Basque cheesecake.	AUSTRALIA	English-100		G	
2021-05-14	1430	Pati's Mexican Table	Family Fiesta	Everyone knows that Mexican food is great for a party. In this episode, Pati invites her son's friends and their parents over to make some of her favourite fiesta dishes.	USA	English-100		G	

2021-05-14	1500	The Chefs' Line	French	Judge Melissa Leong takes us inside the kitchen of top Sydney French restaurant, Bistro Rex. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-05-14	1530	New Scandinavian Cooking	Historical Garden	Some of Scandinavia's grandest farms can be found around Norway's largest lake, Mjosa. Andreas visits one of them, Hovelsrud, where he combines innovation, tradition and world class vegetables.	NORWAY	English-100		PG	
2021-05-14	1600	Martha Bakes	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100		G	
2021-05-14	1630	Oliver's Twist	Late Night Munchies	Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.	UNITED KINGDOM	English-100		G	
2021-05-14	1700	Mary's Kitchen Crush	Cousins' Summer	Mary catches up with her cousins over her special summery spin on a creamy Indian butter chicken.	CANADA	English-100		PG	
2021-05-14	1730	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G	
2021-05-14	1800	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G	
2021-05-14	1830	Come Dine With Me UK	Hull Final	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-14	1900	The Cook Up with Adam Liaw	Apple	Radio and TV personality Yumi Styne and author, journalist and TV personality Benjamin Law join Adam Liaw in The Cook Up kitchen to cook and chat all things apples.	AUSTRALIA	English-100		PG	
2021-05-14	1930	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.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-14	2030	Rick Stein's India	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-14	2140	Mystery Diners	Robbed Kabobs	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-05-14	2205	The Cook Up with Adam Liaw	Apple	Radio and TV personality Yumi Styne and author, journalist and TV personality Benjamin Law join Adam Liaw in The Cook Up kitchen to cook and chat all things apples.	AUSTRALIA	English-100		PG	
2021-05-14	2235	Come Dine With Me UK	Hull Final	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-14	2305	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G	
2021-05-14	2335	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G	
2021-05-14	2405	The Chefs' Line	French	Judge Melissa Leong takes us inside the kitchen of top Sydney French restaurant, Bistro Rex. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-05-14	2435	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 30	Last Choir Standing judge Suzi Digby faces Maestro mentor Jason Lai in the green and red kitchens.	UNITED KINGDOM	English-100		G	
2021-05-14	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y

2021-05-14	2530	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.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-14	2630	Rick Stein's India	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-14	2740	Mystery Diners	Robbed Kabobs	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-05-14	2805	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, diving for abalone, and a visit to Maggie Beer in South Australia.	AUSTRALIA	English-100	RPT	G	
2021-05-14	2835	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 18	Matt prepares a French classic with his onion soup, while Courtney shares her version of a Basque cheesecake.	AUSTRALIA	English-100		G	
2021-05-15	0500	Pati's Mexican Table	Family Fiesta	Everyone knows that Mexican food is great for a party. In this episode, Pati invites her son's friends and their parents over to make some of her favourite fiesta dishes.	USA	English-100		G	
2021-05-15	0530	The Chefs' Line	French	Judge Melissa Leong takes us inside the kitchen of top Sydney French restaurant, Bistro Rex. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-05-15	0600	New Scandinavian Cooking	Historical Garden	Some of Scandinavia's grandest farms can be found around Norway's largest lake, Mjosa. Andreas visits one of them, Hovelsrud, where he combines innovation, tradition and world class vegetables.	NORWAY	English-100		PG	
2021-05-15	0630	Martha Bakes	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100		G	
2021-05-15	0700	Oliver's Twist	Late Night Munchies	Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.	UNITED KINGDOM	English-100		G	
2021-05-15	0730	Mary's Kitchen Crush	Cousins' Summer	Mary catches up with her cousins over her special summery spin on a creamy Indian butter chicken.	CANADA	English-100		PG	
2021-05-15	0800	Come Dine With Me UK	Hull Final	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100		PG	
2021-05-15	0830	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.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-15	0930	Rick Stein's India	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-15	1040	Mystery Diners	Robbed Kabobs	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-05-15	1105	The Cook Up with Adam Liaw	Apple	Radio and TV personality Yumi Styne and author, journalist and TV personality Benjamin Law join Adam Liaw in The Cook Up kitchen to cook and chat all things apples.	AUSTRALIA	English-100		PG	
2021-05-15	1135	Martha Bakes	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100		G	
2021-05-15	1205	Oliver's Twist	Late Night Munchies	Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.	UNITED KINGDOM	English-100		G	
2021-05-15	1230	Mary's Kitchen Crush	Cousins' Summer	Mary catches up with her cousins over her special summery spin on a creamy Indian butter chicken.	CANADA	English-100		PG	

2021-05-15	1300	Come Dine With Me UK	Hull Final	Five total strangers take turns hosting the ultimate dinner party for their fellow contestants, and guests, who give points for the night based on the food and atmosphere.	UNITED KINGDOM	English-100			PG	
2021-05-15	1330	New Scandinavian Cooking	Historical Garden	Some of Scandinavia's grandest farms can be found around Norway's largest lake, Mjosa. Andreas visits one of them, Hovelsrud, where he combines innovation, tradition and world class vegetables.	NORWAY	English-100			PG	
2021-05-15	1400	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 1	The Big Family Cooking Showdown is back! The Abimbola-Younger, Penman, White, and Stone families make brunch for a tenner and serve up their take on pasta bake.	UNITED KINGDOM	English-100			PG	
2021-05-15	1505	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 5	Nadia Sawalha is joined in the kitchen by Michelin-starred chef Asimakis Chaniotis, and together they prepare a family feast from Greece, including chicken gyros and meatball soup.	UNITED KINGDOM	English-100			G	
2021-05-15	1600	Secret Meat Business	Secret Meat Business Series 2 Ep 5	Adrian shows us how to use a not-so-common cut of meat, creating his aromatic, West Indian inspired pork cheek stew. Plus, a tasty marinated skirt steak salad.	AUSTRALIA	English-100			G	
2021-05-15	1630	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100			G	
2021-05-15	1700	The Perfect Serve	Perfect Serve Series 1, The Ep 4	Along with the world's best tennis players, Bo Songvisava touches down in Melbourne to kick off the AO Chef Series.	AUSTRALIA	English-100			PG	Y
2021-05-15	1730	Cheese Slices	Parmigiano / Reggiano	Parmigiano Reggiano is the undisputed king of Italian cheese and is still made by hand the old fashioned way in giant copper cauldrons, in the beautiful countryside near Parma in Reggio Emilia.	AUSTRALIA	English-100			G	
2021-05-15	1800	Cheese Slices	Pecorino	Pecorino is one of the most ancient of all European cheeses. Will explains the different types before travelling to Tuscany to visit the 'Il Forteto' dairy.	AUSTRALIA	English-100			G	
2021-05-15	1830	Heston's Fantastical Food	Fantastical Christmas	Heston Blumenthal tackles the challenge of making the ultimate Christmas dinner, including edible decorations and a pudding so huge - you can step inside it!	UNITED KINGDOM	English-100	RPT		PG	Y
2021-05-15	1925	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT		G	Y
2021-05-15	1930	Jamie's American Road Trip	Arizona	With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with Navajo Indian community.	UNITED KINGDOM	English-100			PG	
2021-05-15	2030	Ainsley Eats The Streets	Penang	Ainsley meets foodies who come from each of the major communities living in Penang, and discovers how the world's original fusion cuisine was born.	UNITED KINGDOM	English-100	RPT		G	Y
2021-05-15	2125	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 10	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT		G	Y
2021-05-15	2130	Hairy Bikers Northern Exposure	Poland	Si and Dave make sausages in the polish countryside with a family who have been making them for generations. They also visit the home of gingerbread and the astronomer, Copernicus.	UNITED KINGDOM	English-100			PG	
2021-05-15	2240	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 3	Freddie and Rob continue their epic fish and chip roadtrip on The South Coast. It's a rollercoaster of a ride that doesn't start well for Rob. He takes on, and fails, at a monster breakfast challenge.	UNITED KINGDOM	English-100			PG	
2021-05-15	2335	Heston's Fantastical Food	Fantastical Christmas	Heston Blumenthal tackles the challenge of making the ultimate Christmas dinner, including edible decorations and a pudding so huge - you can step inside it!	UNITED KINGDOM	English-100	RPT		PG	Y
2021-05-15	2430	Jamie's American Road Trip	Arizona	With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with Navajo Indian community.	UNITED KINGDOM	English-100			PG	
2021-05-15	2530	Ainsley Eats The Streets	Penang	Ainsley meets foodies who come from each of the major communities living in Penang, and discovers how the world's original fusion cuisine was born.	UNITED KINGDOM	English-100	RPT		G	Y

2021-05-15	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 10	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-05-15	2630	Hairy Bikers Northern Exposure	Poland	Si and Dave make sausages in the polish countryside with a family who have been making them for generations. They also visit the home of gingerbread and the astronomer, Copernicus.	UNITED KINGDOM	English-100		PG	
2021-05-15	2740	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 3	Freddie and Rob continue their epic fish and chip roadtrip on The South Coast. It's a rollercoaster of a ride that doesn't start well for Rob. He takes on, and fails, at a monster breakfast challenge.	UNITED KINGDOM	English-100		PG	
2021-05-15	2835	The Perfect Serve	Perfect Serve Series 1, The Ep 4	Along with the world's best tennis players, Bo Songvisava touches down in Melbourne to kick off the AO Chef Series.	AUSTRALIA	English-100		PG	Y