



**WEEK 21: Sunday, 19 May - Saturday, 25 May 2019 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-05-19	0500	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 3	Adam masters the art of making traditional Danish Smorrebrod in Copenhagen and travels to Bork Havn to learn how Vikings lived and ate.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-19	0530	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 4	Adam makes Swedish Meatballs in the only Swedish meatball restaurant in Sweden and makes a delicious roast boar leg.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-19	0600	Dinner Date	Charlotte	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-05-19	0700	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G		
2019-05-19	0730	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G		
2019-05-19	0800	The Cook And The Chef	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100		G		
2019-05-19	0830	Bill's Tasty Weekends	Sussex	Sun, sea, and sand and Bill's trusty barbecue are the perfect ingredients for the Granger weekend. Bill is in his element staying in a spectacular house on the stunning beach at Camber Sands.	UNITED KINGDOM	English-100				
2019-05-19	0930	Paul And Nick's Big Canadian Food Trip	Hamilton	Chefs Paul Rankin and Nick Nairn are on a culinary road trip in Canada exploring their shared Ulster Scots heritage. This week, they visit the city of Hamilton in Ontario.	IRELAND	English-100		G		
2019-05-19	1000	Paul And Nick's Big Canadian Food Trip	Economy	Top chefs Paul Rankin and Nick Nairn are on a culinary road trip in Canada exploring their shared Ulster Scots heritage. This week, they find themselves in Economy in the province of Nova Scotia.	IRELAND	English-100		G		
2019-05-19	1030	Paul And Nick's Big Canadian Food Trip	Ulster United	The duo are in the city of Toronto finding out about Ulster United one of the most legendary Canadian soccer teams of the past.	IRELAND	English-100		G		
2019-05-19	1100	Paul And Nick's Big Canadian Food Trip	Highlands Game	The pair visit the city of Fredericton, New Brunswick, during the annual Highland Games celebrations, to cook for the Lieutenant Governor and some of the heavy event athletes.	IRELAND	English-100		G		
2019-05-19	1130	Tom Kerridge's Best Ever Dishes	Crowd Pleasers	Tom's serving up some great crowd pleasing dishes, perfect for sharing with mates at a party. However, there are no canapes on this menu - Tom likes to make proper hearty food for his guests.	UNITED KINGDOM	English-100		PG		
2019-05-19	1200	Tom Kerridge's Best Ever Dishes	Takeaway	Tom creates dishes inspired by some of his favourite takeaway foods. This is the kind of casual grab-and-go food that puts a smile on people's faces.	UNITED KINGDOM	English-100		PG		
2019-05-19	1230	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 3	Adam masters the art of making traditional Danish Smorrebrod in Copenhagen and travels to Bork Havn to learn how Vikings lived and ate.	AUSTRALIA	English-100	RPT	G	Y	Y

2019-05-19	1300	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 4	Adam makes Swedish Meatballs in the only Swedish meatball restaurant in Sweden and makes a delicious roast boar leg.	AUSTRALIA	English-100	RPT	G	Y
2019-05-19	1330	Bill's Tasty Weekends	Sussex	Sun, sea, and sand and Bill's trusty barbecue are the perfect ingredients for the Granger weekend. Bill is in his element staying in a spectacular house on the stunning beach at Camber Sands.	UNITED KINGDOM	English-100			
2019-05-19	1430	United Plates Of America	United Plates Of America Series 2 Ep 8	We explore all things seafood. We try a famous fish dish in Buffalo, New York. We head to the islands of Hawaii and eat an expensive fish dish pulled fresh from the ocean that day.	USA	English-100		G	
2019-05-19	1500	Dinner Date	Alex	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-05-19	1600	United Plates Of America	United Plates Of America Series 2 Ep 10	We explore the Los Angeles food scene. We visit the San Fernando Valley to visit a New York style wine bar with gourmet style food.	USA	English-100		G	Y
2019-05-19	1630	United Plates Of America	United Plates Of America Series 2 Ep 11	We try some delicious meat dishes. We visit Houston, Texas to try a next level, mouth watering burger that might be just the biggest one we've ever seen.	USA	English-100		PG	
2019-05-19	1700	The Cook And The Chef	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
2019-05-19	1730	The Cook And The Chef	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100		G	
2019-05-19	1800	The Cook And The Chef	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100		G	
2019-05-19	1830	Cheese Slices	Nordic Cheese Revolution: Denmark, The	The Danish dairy industry is widely recognised as one of the most efficient in Europe - it produces more blue cheese than any country in the world.	AUSTRALIA	English-100		G	
2019-05-19	1900	Cheese Slices	Artisan Cheeses From The Highlands And Islands: Scotland	Scotland is not renowned for good cheese, but in the rugged rolling highland country, Will unearths an ancient sour cream 'chieftains' cheese called Caboc.	AUSTRALIA	English-100		G	
2019-05-19	1930	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine visits Meijiya Soy sauce factory and makes her own soy sauce. Aoki teaches her the art of making Wagashi.	AUSTRALIA	English-100		G	
2019-05-19	2000	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine visits the traditional town Shuzenji and tries on a very traditional outfit for her walk around the temple. Recipes today include okonomiyaki and fried chicken.	AUSTRALIA	English-100		G	
2019-05-19	2030	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y
2019-05-19	2130	Food Safari	Food Safari Series 4 Episode 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G	Y
2019-05-19	2200	Food Safari	Food Safari Series 4 Episode 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture.	AUSTRALIA	English-100	RPT	G	Y
2019-05-19	2230	The Cook And The Chef	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
2019-05-19	2300	The Cook And The Chef	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100		G	

2019-05-19	2330	The Cook And The Chef	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100		G	
2019-05-19	2400	Dinner Date	Alex	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-05-19	2500	United Plates Of America	United Plates Of America Series 2 Ep 10	We explore the Los Angeles food scene. We visit the San Fernando Valley to visit a New York style wine bar with gourmet style food.	USA	English-100		G	Y
2019-05-19	2530	United Plates Of America	United Plates Of America Series 2 Ep 11	We try some delicious meat dishes. We visit Houston, Texas to try a next level, mouth watering burger that might be just the biggest one we've ever seen.	USA	English-100		PG	
2019-05-19	2600	Cheese Slices	Nordic Cheese Revolution: Denmark, The	The Danish dairy industry is widely recognised as one of the most efficient in Europe - it produces more blue cheese than any country in the world.	AUSTRALIA	English-100		G	
2019-05-19	2630	Cheese Slices	Artisan Cheeses From The Highlands And Islands: Scotland	Scotland is not renowned for good cheese, but in the rugged rolling highland country, Will unearths an ancient sour cream 'chieftains' cheese called Caboc.	AUSTRALIA	English-100		G	
2019-05-19	2700	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine visits Meijiya Soy sauce factory and makes her own soy sauce. Aoki teaches her the art of making Wagashi.	AUSTRALIA	English-100		G	
2019-05-19	2730	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine visits the traditional town Shuzenji and tries on a very traditional outfit for her walk around the temple. Recipes today include okonomiyaki and fried chicken.	AUSTRALIA	English-100		G	
2019-05-19	2800	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y
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2019-05-20	0530	Food Safari	Food Safari Series 4 Episode 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture.	AUSTRALIA	English-100	RPT	G	Y
2019-05-20	0600	Dinner Date	Alex	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-05-20	0700	United Plates Of America	United Plates Of America Series 2 Ep 10	We explore the Los Angeles food scene. We visit the San Fernando Valley to visit a New York style wine bar with gourmet style food.	USA	English-100		G	Y
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2019-05-20	0800	The Cook And The Chef	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
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2019-05-20	1000	Cheese Slices	Artisan Cheeses From The Highlands And Islands: Scotland	Scotland is not renowned for good cheese, but in the rugged rolling highland country, Will unearths an ancient sour cream 'chieftains' cheese called Caboc.	AUSTRALIA	English-100		G	
2019-05-20	1030	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine visits Meijiya Soy sauce factory and makes her own soy sauce. Aoki teaches her the art of making Wagashi.	AUSTRALIA	English-100		G	
2019-05-20	1100	Justine's Flavours Of Fuji	Justine's Flavours Of Fuji Series 1	Justine visits the traditional town Shuzenji and tries on a very traditional outfit for her walk around the temple. Recipes today include okonomiyaki and fried chicken.	AUSTRALIA	English-100		G	
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2019-05-20	1500	Mercurio's Menu	Sydney	Paul leads a gourmet tour of discovery in one of the world's iconic cities, Sydney. With its lively fresh produce markets and colourful food stores, Paul's preparing the ultimate al-fresco menu.	AUSTRALIA	English-100		PG	
2019-05-20	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 1	Adrian shares his families famous recipe for Lancashire hotpot and his secrets for the prefect sausage.	AUSTRALIA	English-100		G	
2019-05-20	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, wild barramundi in the Gulf of Carpentaria, Thai food in Kings Cross, and Greek food in SA.	AUSTRALIA	English-100	RPT	G	Y
2019-05-20	1630	Sachie's Kitchen	Sachie's Family Bbq	Sachie and her family go foraging in the hills for bamboo shoots and other special vegetables for a Japanese style barbecue. We see how they prepare these dishes according to old family recipes.	NEW ZEALAND	English-100		G	
2019-05-20	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 46	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG	
2019-05-20	1730	The Cook And The Chef	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G	
2019-05-20	1800	The Cook And The Chef	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100		G	
2019-05-20	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 16	The Michelin starred sensation from Birmingham, Glynn Purnell, commands the kitchen this week with help from the adventurous Michael O'Hare and top French chef, Amandine Chaignot.	UNITED KINGDOM	English-100		G	
2019-05-20	1930	The Urban Vegetarian	Fun And Simple	Foodie Desiree Nielsen gives life to spotty bananas, transforming it into melt-in-your-mouth bread.	CANADA	English-100		G	
2019-05-20	2000	The Urban Vegetarian	Veggies All Day Long	It's beets for breakfast with host Desiree Nielsen. This surprising early morning addition gives you a reason to get out of bed.	CANADA	English-100		PG	

2019-05-20	2030	Thai Street Food With David Thompson	Curry	Episode seven takes us on a discovery of the most authentic dishes that add to this vast repertoire that is curry. David Thompson teaches us to make a delicious red catfish curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-20	2100	Thai Street Food With David Thompson	Desserts	Desserts are considered to be the pinnacle of Thai food. They're colourful, rich and varied in both their presentation and taste. In this episode, David Thompson will celebrate Thai desserts.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-20	2130	Avec Eric	Least Deadliest Catch, The	Urbanna, Virginia, situated on the Rappahannock River just east of the Chesapeake Bay, was established in 1680 making it one of the oldest towns in America.	USA	English-100		PG		
2019-05-20	2200	The Cook And The Chef	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G		
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2019-05-20	2300	Saturday Kitchen	Saturday Kitchen Series 2 Ep 16	The Michelin starred sensation from Birmingham, Glynn Purnell, commands the kitchen this week with help from the adventurous Michael O'Hare and top French chef, Amandine Chaignot.	UNITED KINGDOM	English-100		G		
2019-05-20	2400	Worst Cooks In America	Surprise!	In an effort to learn how to cook efficiently for a crowd, the recruits work together as a team to make enough California rolls and Spicy Salmon rolls to feed the public during the lunch rush.	USA	English-100		PG		Y
2019-05-20	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 46	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG		
2019-05-20	2530	The Urban Vegetarian	Fun And Simple	Foodie Desiree Nielsen gives life to spotty bananas, transforming it into melt-in-your-mouth bread.	CANADA	English-100		G		
2019-05-20	2600	The Urban Vegetarian	Veggies All Day Long	It's beets for breakfast with host Desiree Nielsen. This surprising early morning addition gives you a reason to get out of bed.	CANADA	English-100		PG		
2019-05-20	2630	Thai Street Food With David Thompson	Curry	Episode seven takes us on a discovery of the most authentic dishes that add to this vast repertoire that is curry. David Thompson teaches us to make a delicious red catfish curry.	AUSTRALIA	English-100	RPT	G	Y	Y
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2019-05-20	2800	The Cook And The Chef	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G		
2019-05-20	2830	The Cook And The Chef	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100		G		
2019-05-21	0500	Mercurio's Menu	Sydney	Paul leads a gourmet tour of discovery in one of the world's iconic cities, Sydney. With its lively fresh produce markets and colourful food stores, Paul's preparing the ultimate al-fresco menu.	AUSTRALIA	English-100		PG		
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2019-05-21	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, wild barramundi in the Gulf of Carpentaria, Thai food in Kings Cross, and Greek food in SA.	AUSTRALIA	English-100	RPT	G	Y	

2019-05-21	0630	Saturday Kitchen	Saturday Kitchen Series 2 Ep 16	The Michelin starred sensation from Birmingham, Glynn Purnell, commands the kitchen this week with help from the adventurous Michael O'Hare and top French chef, Amandine Chaignot.	UNITED KINGDOM	English-100		G		
2019-05-21	0730	Sachie's Kitchen	Sachie's Family Bbq	Sachie and her family go foraging in the hills for bamboo shoots and other special vegetables for a Japanese style barbecue. We see how they prepare these dishes according to old family recipes.	NEW ZEALAND	English-100		G		
2019-05-21	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 46	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG		
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2019-05-21	1030	Mercurio's Menu	Sydney	Paul leads a gourmet tour of discovery in one of the world's iconic cities, Sydney. With its lively fresh produce markets and colourful food stores, Paul's preparing the ultimate al-fresco menu.	AUSTRALIA	English-100		PG		
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2019-05-21	1230	Thai Street Food With David Thompson	Curry	Episode seven takes us on a discovery of the most authentic dishes that add to this vast repertoire that is curry. David Thompson teaches us to make a delicious red catfish curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-21	1300	Thai Street Food With David Thompson	Desserts	Desserts are considered to be the pinnacle of Thai food. They're colourful, rich and varied in both their presentation and taste. In this episode, David Thompson will celebrate Thai desserts.	AUSTRALIA	English-100	RPT	G	Y	Y
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2019-05-21	1430	Avec Eric	Least Deadliest Catch, The	Urbana, Virginia, situated on the Rappahannock River just east of the Chesapeake Bay, was established in 1680 making it one of the oldest towns in America.	USA	English-100		PG		
2019-05-21	1500	Mercurio's Menu	Queensland's Gold Coast	Paul's takes a taste adventure through the Gold Coast's Hinterland, where he meets a red hot tamale, learns the perfect way to enjoy excess fruit, and discovers a true passion for pasta.	AUSTRALIA	English-100		PG		
2019-05-21	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 2	Adrian pays a visit to Melbourne's Spanish quarter and serves up his delicious version of Portuguese chicken with red capsicum.	AUSTRALIA	English-100		G		
2019-05-21	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Japanese seaweed from Tasmania, Mediterranean-Australian cuisine, and food for Chinese New Year.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-21	1630	Sachie's Kitchen	Soy	Soy sauce is one of the main condiments in Japanese cooking, so Sachie journeys to Chiba, the home of Yamasa Soy Sauce, to see how it's made. Yamasa has been making soy sauce for more than 350 years.	NEW ZEALAND	English-100		G		

2019-05-21	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 47	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG	
2019-05-21	1730	The Cook And The Chef	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G	
2019-05-21	1800	The Cook And The Chef	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G	
2019-05-21	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 17	The Hairy Bikers, David Myers and Si King, take charge of Saturday Kitchen this week with the support of three ladies in red.	UNITED KINGDOM	English-100			
2019-05-21	1930	Short Cuts To Glory	Meat Feast	Matt lives the caveman dream with meat experts Hayden Quinn, Jill Duplex, and Anthony Puharich, cooking up pork crackling, roast lamb, and the perfect steak respectively.	AUSTRALIA	English-100		G	
2019-05-21	2005	Short Cuts To Glory	Fast Food	Fast food doesn't have to be bad food. Gregory Llewellyn, Bernard Chu, and Dan Hong each show Matt that a last-minute pasta, an instant 'cake in a mug', and minute noodles can be whipped in a flash.	AUSTRALIA	English-100		G	
2019-05-21	2035	Poh's Kitchen On The Road	Far, Far North, The	On Poh's final road trip she's in Far North Queensland and luckily she has her friend Elton along with her as a guide. Elton's father's people are the Tablelands Yidinji.	AUSTRALIA	English-100	RPT	G	Y
2019-05-21	2105	Poh's Kitchen Lends A Hand	Streat	Poh joins a community program called Streat, which is giving Melbourne's homeless youth a chance to come in from the edge of society.	AUSTRALIA	English-100	RPT	PG	Y
2019-05-21	2135	Avec Eric	Catch & Cook	Eric Ripert heads to the Cayman Islands to visit Blue, his restaurant, and serves up some fresh seafood. Heading out into the ocean, Eric goes fishing and catches some tuna.	USA	English-100		PG	
2019-05-21	2200	The Cook And The Chef	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G	
2019-05-21	2230	The Cook And The Chef	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G	
2019-05-21	2300	Saturday Kitchen	Saturday Kitchen Series 2 Ep 17	The Hairy Bikers, David Myers and Si King, take charge of Saturday Kitchen this week with the support of three ladies in red.	UNITED KINGDOM	English-100			
2019-05-21	2400	Worst Cooks In America	Two A Day	The recruits wake up to find Anne and Bobby in their pyjamas demanding breakfast at the recruit house. The remaining recruits make breakfast for them based on guest chef Sara Beth's eggs benedict.	USA	English-100		PG	
2019-05-21	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 47	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG	
2019-05-21	2530	Short Cuts To Glory	Meat Feast	Matt lives the caveman dream with meat experts Hayden Quinn, Jill Duplex, and Anthony Puharich, cooking up pork crackling, roast lamb, and the perfect steak respectively.	AUSTRALIA	English-100		G	
2019-05-21	2605	Short Cuts To Glory	Fast Food	Fast food doesn't have to be bad food. Gregory Llewellyn, Bernard Chu, and Dan Hong each show Matt that a last-minute pasta, an instant 'cake in a mug', and minute noodles can be whipped in a flash.	AUSTRALIA	English-100		G	
2019-05-21	2635	Poh's Kitchen On The Road	Far, Far North, The	On Poh's final road trip she's in Far North Queensland and luckily she has her friend Elton along with her as a guide. Elton's father's people are the Tablelands Yidinji.	AUSTRALIA	English-100	RPT	G	Y

2019-05-21	2705	Poh's Kitchen Lends A Hand	Streat	Poh joins a community program called Streat, which is giving Melbourne's homeless youth a chance to come in from the edge of society.	AUSTRALIA	English-100	RPT	PG	Y
2019-05-21	2735	Avec Eric	Catch & Cook	Eric Ripert heads to the Cayman Islands to visit Blue, his restaurant, and serves up some fresh seafood. Heading out into the ocean, Eric goes fishing and catches some tuna.	USA	English-100		PG	
2019-05-21	2800	The Cook And The Chef	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G	
2019-05-21	2830	The Cook And The Chef	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G	
2019-05-22	0500	Mercurio's Menu	Queensland's Gold Coast	Paul's takes a taste adventure through the Gold Coast's Hinterland, where he meets a red hot tamale, learns the perfect way to enjoy excess fruit, and discovers a true passion for pasta.	AUSTRALIA	English-100		PG	
2019-05-22	0530	Secret Meat Business	Secret Meat Business Series 1 Ep 2	Adrian pays a visit to Melbourne's Spanish quarter and serves up his delicious version of Portuguese chicken with red capsicum.	AUSTRALIA	English-100		G	
2019-05-22	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Japanese seaweed from Tasmania, Mediterranean-Australian cuisine, and food for Chinese New Year.	AUSTRALIA	English-100	RPT	G	Y
2019-05-22	0630	Saturday Kitchen	Saturday Kitchen Series 2 Ep 17	The Hairy Bikers, David Myers and Si King, take charge of Saturday Kitchen this week with the support of three ladies in red.	UNITED KINGDOM	English-100			
2019-05-22	0730	Sachie's Kitchen	Soy	Soy sauce is one of the main condiments in Japanese cooking, so Sachie journeys to Chiba, the home of Yamasa Soy Sauce, to see how it's made. Yamasa has been making soy sauce for more than 350 years.	NEW ZEALAND	English-100		G	
2019-05-22	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 47	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG	
2019-05-22	0830	The Cook And The Chef	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G	
2019-05-22	0900	The Cook And The Chef	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G	
2019-05-22	0930	Worst Cooks In America	Two A Day	The recruits wake up to find Anne and Bobby in their pyjamas demanding breakfast at the recruit house. The remaining recruits make breakfast for them based on guest chef Sara Beth's eggs benedict.	USA	English-100		PG	
2019-05-22	1030	Mercurio's Menu	Queensland's Gold Coast	Paul's takes a taste adventure through the Gold Coast's Hinterland, where he meets a red hot tamale, learns the perfect way to enjoy excess fruit, and discovers a true passion for pasta.	AUSTRALIA	English-100		PG	
2019-05-22	1100	Sachie's Kitchen	Soy	Soy sauce is one of the main condiments in Japanese cooking, so Sachie journeys to Chiba, the home of Yamasa Soy Sauce, to see how it's made. Yamasa has been making soy sauce for more than 350 years.	NEW ZEALAND	English-100		G	
2019-05-22	1130	Short Cuts To Glory	Meat Feast	Matt lives the caveman dream with meat experts Hayden Quinn, Jill Dupleix, and Anthony Puharich, cooking up pork crackling, roast lamb, and the perfect steak respectively.	AUSTRALIA	English-100		G	
2019-05-22	1205	Short Cuts To Glory	Fast Food	Fast food doesn't have to be bad food. Gregory Llewellyn, Bernard Chu, and Dan Hong each show Matt that a last-minute pasta, an instant 'cake in a mug', and minute noodles can be whipped in a flash.	AUSTRALIA	English-100		G	
2019-05-22	1235	Poh's Kitchen On The Road	Far, Far North, The	On Poh's final road trip she's in Far North Queensland and luckily she has her friend Elton along with her as a guide. Elton's father's people are the Tablelands Yidinji.	AUSTRALIA	English-100	RPT	G	Y



2019-05-22	1305	Poh's Kitchen Lends A Hand	Streat	Poh joins a community program called Streat, which is giving Melbourne's homeless youth a chance to come in from the edge of society.	AUSTRALIA	English-100	RPT	PG	Y
2019-05-22	1335	Saturday Kitchen	Saturday Kitchen Series 2 Ep 17	The Hairy Bikers, David Myers and Si King, take charge of Saturday Kitchen this week with the support of three ladies in red.	UNITED KINGDOM	English-100			
2019-05-22	1435	Avec Eric	Catch & Cook	Eric Ripert heads to the Cayman Islands to visit Blue, his restaurant, and serves up some fresh seafood. Heading out into the ocean, Eric goes fishing and catches some tuna.	USA	English-100		PG	
2019-05-22	1500	Mercurio's Menu	Yarra Valley, The	Paul tours the Yarra Valley, fast becoming known for its free range food and incredible local produce. With plenty of lovely local cheese and wine to savour, it's foodie heaven.	AUSTRALIA	English-100		G	
2019-05-22	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 3	Adrian serves up his twist on the classic Australian takeaway, the meat pie floater and his families Austrian style recipe for pork with crackling.	AUSTRALIA	English-100		G	
2019-05-22	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, and Malaysian sweet delights.	AUSTRALIA	English-100	RPT	G	Y
2019-05-22	1630	Sachie's Kitchen	Fine Dining	Sachie visits Kyoto - from geishas to temples to fine crafts, it's the centre of Japanese culture, and its food is no exception. First stop is the famed Nishiki vegetable market.	NEW ZEALAND	English-100		G	
2019-05-22	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 48	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG	
2019-05-22	1730	The Cook And The Chef	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G	
2019-05-22	1800	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G	
2019-05-22	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 18	Australian MasterChef UK presenter John Torode hosts Saturday Kitchen this week with help from Michelin starred chef Angela Hartnett and the master of Thai cuisine, Andy Oliver.	UNITED KINGDOM	English-100			
2019-05-22	1930	Paul And Nick's Big Food Trip	Kilkeel	Award winning chefs Paul Rankin and Nick Nairn continue their maritime trip, exploring their shared Ulster-Scots heritage.	IRELAND	English-100		G	
2019-05-22	2000	Paul And Nick's Big Food Trip	Ardrossan	Award winning chefs Paul Rankin and Nick Nairn sail to Ardrossan on the west coast of Scotland to cook a meal inspired by Scotland's national poet Robert Burns for the Ardrossan Ulster-Scots Society.	IRELAND	English-100		G	
2019-05-22	2030	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100		G	
2019-05-22	2100	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna demonstrates just how easy it is to make perfectly sticky and saucy pork ribs, together with a tantalising Asian-style poached chicken, and the recipe for the ultimate chocolate fudge cake.	AUSTRALIA	English-100		G	
2019-05-22	2130	Avec Eric	Everything Is Better With Bacon	Eric Ripert visits Tuscany to learn about the art of making and eating lardo. Along the way he enjoys fine wines, amazing meals and interesting concoctions.	USA	English-100		PG	
2019-05-22	2200	The Cook And The Chef	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G	
2019-05-22	2230	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G	

2019-05-22	2300	Saturday Kitchen	Saturday Kitchen Series 2 Ep 18	Australian MasterChef UK presenter John Torode hosts Saturday Kitchen this week with help from Michelin starred chef Angela Hartnett and the master of Thai cuisine, Andy Oliver.	UNITED KINGDOM	English-100			
2019-05-22	2400	Worst Cooks In America	Eat, Pray, Love	Four recruits are left and are one week away from a chance of winning \$25,000. Bobby and Anne challenge their recruits to show them how much they've learned by a role reversal teaching tool.	USA	English-100		PG	
2019-05-22	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 48	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG	
2019-05-22	2530	Paul And Nick's Big Food Trip	Kilkeel	Award winning chefs Paul Rankin and Nick Nairn continue their maritime trip, exploring their shared Ulster-Scots heritage.	IRELAND	English-100		G	
2019-05-22	2600	Paul And Nick's Big Food Trip	Ardrossan	Award winning chefs Paul Rankin and Nick Nairn sail to Ardrossan on the west coast of Scotland to cook a meal inspired by Scotland's national poet Robert Burns for the Ardrossan Ulster-Scots Society.	IRELAND	English-100		G	
2019-05-22	2630	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100		G	
2019-05-22	2700	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna demonstrates just how easy it is to make perfectly sticky and saucy pork ribs, together with a tantalising Asian-style poached chicken, and the recipe for the ultimate chocolate fudge cake.	AUSTRALIA	English-100		G	
2019-05-22	2730	Avec Eric	Everything Is Better With Bacon	Eric Ripert visits Tuscany to learn about the art of making and eating lardo. Along the way he enjoys fine wines, amazing meals and interesting concoctions.	USA	English-100		PG	
2019-05-22	2800	The Cook And The Chef	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G	
2019-05-22	2830	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G	
2019-05-23	0500	Mercurio's Menu	Yarra Valley, The	Paul tours the Yarra Valley, fast becoming known for its free range food and incredible local produce. With plenty of lovely local cheese and wine to savour, it's foodie heaven.	AUSTRALIA	English-100		G	
2019-05-23	0530	Secret Meat Business	Secret Meat Business Series 1 Ep 3	Adrian serves up his twist on the classic Australian takeaway, the meat pie floater and his families Austrian style recipe for pork with crackling.	AUSTRALIA	English-100		G	
2019-05-23	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, and Malaysian sweet delights.	AUSTRALIA	English-100	RPT	G	Y
2019-05-23	0630	Saturday Kitchen	Saturday Kitchen Series 2 Ep 18	Australian MasterChef UK presenter John Torode hosts Saturday Kitchen this week with help from Michelin starred chef Angela Hartnett and the master of Thai cuisine, Andy Oliver.	UNITED KINGDOM	English-100			
2019-05-23	0730	Sachie's Kitchen	Fine Dining	Sachie visits Kyoto - from geishas to temples to fine crafts, it's the centre of Japanese culture, and its food is no exception. First stop is the famed Nishiki vegetable market.	NEW ZEALAND	English-100		G	
2019-05-23	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 48	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG	
2019-05-23	0830	The Cook And The Chef	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G	
2019-05-23	0900	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G	

2019-05-23	0930	Worst Cooks In America	Eat, Pray, Love	Four recruits are left and are one week away from a chance of winning \$25,000. Bobby and Anne challenge their recruits to show them how much they've learned by a role reversal teaching tool.	USA	English-100		PG	
2019-05-23	1030	Mercurio's Menu	Yarra Valley, The	Paul tours the Yarra Valley, fast becoming known for its free range food and incredible local produce. With plenty of lovely local cheese and wine to savour, it's foodie heaven.	AUSTRALIA	English-100		G	
2019-05-23	1100	Sachie's Kitchen	Fine Dining	Sachie visits Kyoto - from geishas to temples to fine crafts, it's the centre of Japanese culture, and its food is no exception. First stop is the famed Nishiki vegetable market.	NEW ZEALAND	English-100		G	
2019-05-23	1130	Paul And Nick's Big Food Trip	Kilkeel	Award winning chefs Paul Rankin and Nick Nairn continue their maritime trip, exploring their shared Ulster-Scots heritage.	IRELAND	English-100		G	
2019-05-23	1200	Paul And Nick's Big Food Trip	Ardrossan	Award winning chefs Paul Rankin and Nick Nairn sail to Ardrossan on the west coast of Scotland to cook a meal inspired by Scotland's national poet Robert Burns for the Ardrossan Ulster-Scots Society.	IRELAND	English-100		G	
2019-05-23	1230	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100		G	
2019-05-23	1300	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna demonstrates just how easy it is to make perfectly sticky and saucy pork ribs, together with a tantalising Asian-style poached chicken, and the recipe for the ultimate chocolate fudge cake.	AUSTRALIA	English-100		G	
2019-05-23	1330	Saturday Kitchen	Saturday Kitchen Series 2 Ep 18	Australian MasterChef UK presenter John Torode hosts Saturday Kitchen this week with help from Michelin starred chef Angela Hartnett and the master of Thai cuisine, Andy Oliver.	UNITED KINGDOM	English-100		G	
2019-05-23	1430	Avec Eric	Everything Is Better With Bacon	Eric Ripert visits Tuscany to learn about the art of making and eating lardo. Along the way he enjoys fine wines, amazing meals and interesting concoctions.	USA	English-100		PG	
2019-05-23	1500	Mercurio's Menu	Sunshine Coast	With the surf and sun as a backdrop, Paul's going 'bananas' in pursuit of fabulous food on Queensland's Sunshine Coast.	AUSTRALIA	English-100		PG	
2019-05-23	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 4	Taking influence from his childhood, Adrian creates a Malaysian feast featuring beef rendang and crisp fried pigs head.	AUSTRALIA	English-100		G	
2019-05-23	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, prawn fishermen on the Clarence River, and Ukrainian Easter egg decorating.	AUSTRALIA	English-100	RPT	G	Y
2019-05-23	1630	Sachie's Kitchen	Salmon	Salmon is rapidly becoming one of the staple fish in the Japanese diet and New Zealand King salmon is one of the most prized varieties.	NEW ZEALAND	English-100		G	
2019-05-23	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 49	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG	
2019-05-23	1730	The Cook And The Chef	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G	
2019-05-23	1800	The Cook And The Chef	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G	
2019-05-23	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 19	British chef and television food presenter Matt Tebbutt hosts this week's Saturday Kitchen with a helping hand from two Michelin starred chefs.	UNITED KINGDOM	English-100		PG	
2019-05-23	1930	The F Word USA	F Word USA Series 1, The Ep 6	Live at The F Word Restaurant, Cat Deeley and Marlon Wayans stop by for some fun as Seoul Food and The Italian Stallions compete with their best take on Fish and Chips.	USA	English-100		PG	Y

2019-05-23	2030	The Wine Show	Wine Show Series 1 Ep 7, The	The boys head to Rome for a breakfast of ice cream, a class in pastry making, and a celebration of sweet wine. Joe Fattorini travels to Shanghai for two very special films.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-05-23	2130	Avec Eric	Becoming A Chef	The path that each cook takes to becoming a chef is different. Eric's journey began in his home kitchen in the South of France, where he was lucky to be influenced by both of my grandmothers.	USA	English-100		G		
2019-05-23	2200	The Cook And The Chef	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G		
2019-05-23	2230	The Cook And The Chef	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G		
2019-05-23	2300	Saturday Kitchen	Saturday Kitchen Series 2 Ep 19	British chef and television food presenter Matt Tebbutt hosts this week's Saturday Kitchen with a helping hand from two Michelin starred chefs.	UNITED KINGDOM	English-100		PG		
2019-05-23	2400	Worst Cooks In America	Timer's Up	The final two recruits will have to prepare a three-course menu for a panel of culinary titans at a New York City Restaurant with no help from Anne and Bobby.	USA	English-100		PG		
2019-05-23	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 49	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG		
2019-05-23	2530	The F Word USA	F Word USA Series 1, The Ep 6	Live at The F Word Restaurant, Cat Deeley and Marlon Wayans stop by for some fun as Seoul Food and The Italian Stallions compete with their best take on Fish and Chips.	USA	English-100		PG		Y
2019-05-23	2630	The Wine Show	Wine Show Series 1 Ep 7, The	The boys head to Rome for a breakfast of ice cream, a class in pastry making, and a celebration of sweet wine. Joe Fattorini travels to Shanghai for two very special films.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-05-23	2730	Avec Eric	Becoming A Chef	The path that each cook takes to becoming a chef is different. Eric's journey began in his home kitchen in the South of France, where he was lucky to be influenced by both of my grandmothers.	USA	English-100		G		
2019-05-23	2800	The Cook And The Chef	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G		
2019-05-23	2830	The Cook And The Chef	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G		
2019-05-24	0500	Mercurio's Menu	Sunshine Coast	With the surf and sun as a backdrop, Paul's going 'bananas' in pursuit of fabulous food on Queensland's Sunshine Coast.	AUSTRALIA	English-100		PG		
2019-05-24	0530	Secret Meat Business	Secret Meat Business Series 1 Ep 4	Taking influence from his childhood, Adrian creates a Malaysian feast featuring beef rendang and crisp fried pigs head.	AUSTRALIA	English-100		G		
2019-05-24	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, prawn fishermen on the Clarence River, and Ukrainian Easter egg decorating.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-24	0630	Saturday Kitchen	Saturday Kitchen Series 2 Ep 19	British chef and television food presenter Matt Tebbutt hosts this week's Saturday Kitchen with a helping hand from two Michelin starred chefs.	UNITED KINGDOM	English-100		PG		

2019-05-24	0730	Sachie's Kitchen	Salmon	Salmon is rapidly becoming one of the staple fish in the Japanese diet and New Zealand King salmon is one of the most prized varieties.	NEW ZEALAND	English-100		G		
2019-05-24	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 49	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG		
2019-05-24	0830	The Cook And The Chef	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G		
2019-05-24	0900	The Cook And The Chef	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G		
2019-05-24	0930	Worst Cooks In America	Timer's Up	The final two recruits will have to prepare a three-course menu for a panel of culinary titans at a New York City Restaurant with no help from Anne and Bobby.	USA	English-100		PG		
2019-05-24	1030	Mercurio's Menu	Sunshine Coast	With the surf and sun as a backdrop, Paul's going 'bananas' in pursuit of fabulous food on Queensland's Sunshine Coast.	AUSTRALIA	English-100		PG		
2019-05-24	1100	Sachie's Kitchen	Salmon	Salmon is rapidly becoming one of the staple fish in the Japanese diet and New Zealand King salmon is one of the most prized varieties.	NEW ZEALAND	English-100		G		
2019-05-24	1130	The F Word USA	F Word USA Series 1, The Ep 6	Live at The F Word Restaurant, Cat Deeley and Marlon Wayans stop by for some fun as Seoul Food and The Italian Stallions compete with their best take on Fish and Chips.	USA	English-100		PG		Y
2019-05-24	1230	The Wine Show	Wine Show Series 1 Ep 7, The	The boys head to Rome for a breakfast of ice cream, a class in pastry making, and a celebration of sweet wine. Joe Fattorini travels to Shanghai for two very special films.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-05-24	1330	Saturday Kitchen	Saturday Kitchen Series 2 Ep 19	British chef and television food presenter Matt Tebbutt hosts this week's Saturday Kitchen with a helping hand from two Michelin starred chefs.	UNITED KINGDOM	English-100		PG		
2019-05-24	1430	Avec Eric	Becoming A Chef	The path that each cook takes to becoming a chef is different. Eric's journey began in his home kitchen in the South of France, where he was lucky to be influenced by both of my grandmothers.	USA	English-100		G		
2019-05-24	1500	Mercurio's Menu	Victoria's High Country	Paul visits the home of Australia's high country cattlemen and The Man From Snowy River, seeking out free-range chickens, hand-picked olives, apples, and hazelnuts, plus some of the best beef around.	AUSTRALIA	English-100		PG		
2019-05-24	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 5	Adrian shares his twist on the classic Mexican celebratory dish mole poblano.	AUSTRALIA	English-100		G		
2019-05-24	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, gourmet foods in Darwin, and a master barista demonstrates fine coffee making.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-24	1630	Sachie's Kitchen	Miso	Miso paste dates back more than a thousand years and has become a key ingredient in Japanese cuisine. Sachie travels to Nagano, the home of Marukome.	NEW ZEALAND	English-100		G		
2019-05-24	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 50	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG		
2019-05-24	1730	The Cook And The Chef	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G		
2019-05-24	1800	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G		

2019-05-24	1830	Saturday Kitchen	Saturday Kitchen Series 2 Ep 20	Irish television presenter and cook, Donal Skehan takes charge on Saturday Kitchen this week with the help of two top British chefs.	UNITED KINGDOM	English-100	PG	
2019-05-24	1930	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 3	How much heat can you handle? Things warm up in in the bar as Richo puts on a show with his Blowtorch Burgers and Jalapeno Cheese Poppers that will separate the men from the boys.	AUSTRALIA	English-100	PG	
2019-05-24	2000	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 4	If you are going to spend the night in a bar you will need something substantial in your belly. Knackwurst with Sauerkraut, Sake Clams and Slow Cooked Pork Donuts are on the menu.	AUSTRALIA	English-100	G	
2019-05-24	2030	Instant Noodles Diary	Taiwan	It is rumoured that Taiwan have more than 291,000 street food vendors. Kai definitely has his plate full and he is in for a treat come rain or shine, typhoon, or blue skies.	SINGAPORE	English-100		Y
2019-05-24	2100	Instant Noodles Diary	Indonesia	Devouring over 14 billion packets every year, Indonesia is the world's 2nd largest instant noodle consumer behind only China.	SINGAPORE	English-100		Y
2019-05-24	2130	Avec Eric	Cultivating Taste	Eric visits a former chef colleague, now a farmer, whose mission is still all about taste and flavour.	USA	English-100	G	
2019-05-24	2200	The Cook And The Chef	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100	G	
2019-05-24	2230	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100	G	
2019-05-24	2300	Saturday Kitchen	Saturday Kitchen Series 2 Ep 20	Irish television presenter and cook, Donal Skehan takes charge on Saturday Kitchen this week with the help of two top British chefs.	UNITED KINGDOM	English-100	PG	
2019-05-24	2400	Worst Cooks In America	Celebrity Pot (Un) Lucky	With new kid on the block Rachael Ray now beside her, Anne Burrell steps up to a new challenge: celebrities who can't cook. They have six weeks to turn 7 pampered celebs into kitchen stars.	USA	English-100	PG	
2019-05-24	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 50	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100	PG	
2019-05-24	2530	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 3	How much heat can you handle? Things warm up in in the bar as Richo puts on a show with his Blowtorch Burgers and Jalapeno Cheese Poppers that will separate the men from the boys.	AUSTRALIA	English-100	PG	
2019-05-24	2600	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 4	If you are going to spend the night in a bar you will need something substantial in your belly. Knackwurst with Sauerkraut, Sake Clams and Slow Cooked Pork Donuts are on the menu.	AUSTRALIA	English-100	G	
2019-05-24	2630	Instant Noodles Diary	Taiwan	It is rumoured that Taiwan have more than 291,000 street food vendors. Kai definitely has his plate full and he is in for a treat come rain or shine, typhoon, or blue skies.	SINGAPORE	English-100		Y
2019-05-24	2700	Instant Noodles Diary	Indonesia	Devouring over 14 billion packets every year, Indonesia is the world's 2nd largest instant noodle consumer behind only China.	SINGAPORE	English-100		Y
2019-05-24	2730	Avec Eric	Cultivating Taste	Eric visits a former chef colleague, now a farmer, whose mission is still all about taste and flavour.	USA	English-100	G	
2019-05-24	2800	The Cook And The Chef	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100	G	
2019-05-24	2830	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100	G	

2019-05-25	0500	Mercurio's Menu	Victoria's High Country	Paul visits the home of Australia's high country cattlemen and The Man From Snowy River, seeking out free-range chickens, hand-picked olives, apples, and hazelnuts, plus some of the best beef around.	AUSTRALIA	English-100		PG	
2019-05-25	0530	Secret Meat Business	Secret Meat Business Series 1 Ep 5	Adrian shares his twist on the classic Mexican celebratory dish mole poblano.	AUSTRALIA	English-100		G	
2019-05-25	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, gourmet foods in Darwin, and a master barista demonstrates fine coffee making.	AUSTRALIA	English-100	RPT	G	Y
2019-05-25	0630	Saturday Kitchen	Saturday Kitchen Series 2 Ep 20	Irish television presenter and cook, Donal Skehan takes charge on Saturday Kitchen this week with the help of two top British chefs.	UNITED KINGDOM	English-100		PG	
2019-05-25	0730	Sachie's Kitchen	Miso	Miso paste dates back more than a thousand years and has become a key ingredient in Japanese cuisine. Sachie travels to Nagano, the home of Marukome.	NEW ZEALAND	English-100		G	
2019-05-25	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 50	TV presenter and chef, Ben Milbourne, along with physicist and food enthusiast Dr Joel Gilmore delve into the world of science and food.	AUSTRALIA	English-100		PG	
2019-05-25	0830	The Cook And The Chef	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G	
2019-05-25	0900	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G	
2019-05-25	0930	Worst Cooks In America	Celebrity Pot (Un) Lucky	With new kid on the block Rachael Ray now beside her, Anne Burrell steps up to a new challenge: celebrities who can't cook. They have six weeks to turn 7 pampered celebs into kitchen stars.	USA	English-100		PG	
2019-05-25	1030	Mercurio's Menu	Victoria's High Country	Paul visits the home of Australia's high country cattlemen and The Man From Snowy River, seeking out free-range chickens, hand-picked olives, apples, and hazelnuts, plus some of the best beef around.	AUSTRALIA	English-100		PG	
2019-05-25	1100	Sachie's Kitchen	Miso	Miso paste dates back more than a thousand years and has become a key ingredient in Japanese cuisine. Sachie travels to Nagano, the home of Marukome.	NEW ZEALAND	English-100		G	
2019-05-25	1130	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 3	How much heat can you handle? Things warm up in in the bar as Richo puts on a show with his Blowtorch Burgers and Jalapeno Cheese Poppers that will separate the men from the boys.	AUSTRALIA	English-100		PG	
2019-05-25	1200	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 4	If you are going to spend the night in a bar you will need something substantial in your belly. Knackwurst with Sauerkraut, Sake Clams and Slow Cooked Pork Donuts are on the menu.	AUSTRALIA	English-100		G	
2019-05-25	1230	Instant Noodles Diary	Taiwan	It is rumoured that Taiwan have more than 291,000 street food vendors. Kai definitely has his plate full and he is in for a treat come rain or shine, typhoon, or blue skies.	SINGAPORE	English-100			Y
2019-05-25	1300	Instant Noodles Diary	Indonesia	Devouring over 14 billion packets every year, Indonesia is the world's 2nd largest instant noodle consumer behind only China.	SINGAPORE	English-100			Y
2019-05-25	1330	Saturday Kitchen	Saturday Kitchen Series 2 Ep 20	Irish television presenter and cook, Donal Skehan takes charge on Saturday Kitchen this week with the help of two top British chefs.	UNITED KINGDOM	English-100		PG	
2019-05-25	1430	Avec Eric	Cultivating Taste	Eric visits a former chef colleague, now a farmer, whose mission is still all about taste and flavour.	USA	English-100		G	
2019-05-25	1500	Dinner Date	Immie	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	

2019-05-25	1600	United Plates Of America	United Plates Of America Series 2 Ep 12	We're tasting the foods of the world right here in the United States. We sample some Japanese pho, lovingly prepared with precision.	USA	English-100		G		
2019-05-25	1630	United Plates Of America	United Plates Of America Series 2 Ep 13	First up, we try some creative modern Italian food from a shop front in Hoboken in New Jersey. Then we travel to Austin, Texas and eat some delicious pasta, made the true Italian way.	USA	English-100		G		
2019-05-25	1700	The Cook And The Chef	Margaret Fulton	There are millions of bookcases around Australia that hold at least one Margaret Fulton cook book. She's an Australian living legend.	AUSTRALIA	English-100		G		
2019-05-25	1730	The Cook And The Chef	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100		G		
2019-05-25	1800	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100		G		
2019-05-25	1830	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 3	After a boat trip to Bourti, Lyndey and Blair are hungry, so they enjoy a lunch at Karathonas Beach and then move onto a tour and tasting at Karonis ouzo distillery.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-25	1900	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 4	Starting off with a traditional eggplant dish in a Leonidio taverna, Lyndey and Blair then visit the cobbled streets of Monemvasia and enjoy its magical atmosphere.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-25	1930	Tom Kerridge's Best Ever Dishes	Weekend Specials	This episode is all about dishes for the weekend - when you've got a bit more time to enjoy being in the kitchen and cook yourself something extra special to share with family and friends.	UNITED KINGDOM	English-100		PG		
2019-05-25	2000	Tom Kerridge's Best Ever Dishes	Tasty Dinners	Tom believes that we should cook and eat good food no matter what day of the week it is. So he's got some incredible dishes up his sleeve that are quick to make without compromising on flavour.	UNITED KINGDOM	English-100		G		
2019-05-25	2030	Bill's Tasty Weekends	Dartmouth	Bill is in Dartmouth and he's King of his own castle, staying in the Gun Tower of Kingswear castle. Bill's here to get his hands on Cornwall's' fabulous seafood.	UNITED KINGDOM	English-100				
2019-05-25	2130	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 5	Adam visits the first Swedish female chef Titti Qvarnstrom awarded a Michelin Star for her restaurant Bloom in the Park.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-25	2200	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 6	Adam visits the Mathallen Food Market in Oslo, and catches sustainable brown crabs to make a Krabfest, before eating traditional Sami food.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-25	2230	The Cook And The Chef	Margaret Fulton	There are millions of bookcases around Australia that hold at least one Margaret Fulton cook book. She's an Australian living legend.	AUSTRALIA	English-100		G		
2019-05-25	2300	The Cook And The Chef	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100		G		
2019-05-25	2330	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100		G		
2019-05-25	2400	Dinner Date	Immie	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-05-25	2500	United Plates Of America	United Plates Of America Series 2 Ep 12	We're tasting the foods of the world right here in the United States. We sample some Japanese pho, lovingly prepared with precision.	USA	English-100		G		



2019-05-25	2530	United Plates Of America	United Plates Of America Series 2 Ep 13	First up, we try some creative modern Italian food from a shop front in Hoboken in New Jersey. Then we travel to Austin, Texas and eat some delicious pasta, made the true Italian way.	USA	English-100		G		
2019-05-25	2600	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 3	After a boat trip to Bourtzi, Lyndey and Blair are hungry, so they enjoy a lunch at Karathonas Beach and then move onto a tour and tasting at Karonis ouzo distillery.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-25	2630	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 4	Starting off with a traditional eggplant dish in a Leonidio taverna, Lyndey and Blair then visit the cobbled streets of Monemvasia and enjoy its magical atmosphere.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-25	2700	Tom Kerridge's Best Ever Dishes	Weekend Specials	This episode is all about dishes for the weekend - when you've got a bit more time to enjoy being in the kitchen and cook yourself something extra special to share with family and friends.	UNITED KINGDOM	English-100		PG		
2019-05-25	2730	Tom Kerridge's Best Ever Dishes	Tasty Dinners	Tom believes that we should cook and eat good food no matter what day of the week it is. So he's got some incredible dishes up his sleeve that are quick to make without compromising on flavour.	UNITED KINGDOM	English-100		G		
2019-05-25	2800	Bill's Tasty Weekends	Dartmouth	Bill is in Dartmouth and he's King of his own castle, staying in the Gun Tower of Kingswear castle. Bill's here to get his hands on Cornwall's fabulous seafood.	UNITED KINGDOM	English-100				