



WEEK 22: Sunday, 26 May - Saturday, 1 June 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-05-26	0500	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	
2019-05-26	0530	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	
2019-05-26	0600	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		
2019-05-26	0700	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		
2019-05-26	0730	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		
2019-05-26	0800	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		
2019-05-26	0830	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		
2019-05-26	0900	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		
2019-05-26	0930	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	
2019-05-26	1000	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
2019-05-26	1030	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		
2019-05-26	1100	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		
2019-05-26	1130	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	
2019-05-26	1200	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	

2019-05-26	1230	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	
2019-05-26	1300	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	
2019-05-26	1330	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		G	
2019-05-26	1430	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
2019-05-26	1500	Dinner Date	Josh	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	Y
2019-05-26	1600	United Plates Of America	Los Angeles - Japanese Food	California has one of the largest populations of Japanese people in America. Their life here and their transition into American culture hasn't been a smooth one.	USA	English-100		G	
2019-05-26	1630	United Plates Of America	San Diego - Mexican Food	California was once called Mexico before the United States purchased it. In San Diego we eat the real Mexican food from those who do it best.	USA	English-100		G	
2019-05-26	1700	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100		G	
2019-05-26	1730	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100		G	
2019-05-26	1800	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100		G	
2019-05-26	1830	Cheese Slices	Rare Traditional Cheeses From The Hills And Alps: Piedmont	No Italian region boasts as many traditional cheeses as Piedmont. Will investigates the many different types of Toma cheese made in the Alps before travelling to the Langhe Hills.	AUSTRALIA	English-100		G	
2019-05-26	1900	Cheese Slices	Artisan Cheese Champions: Wales	Many people think the only traditional cheese made in Wales is mild young crumbly Caerphilly, but they're wrong.	AUSTRALIA	English-100		G	
2019-05-26	1930	Outback Gourmet	Outback Gourmet Series 1 Ep 1	Justine travels from Darwin to Kakadu exploring the Ubirri Rock Art walk, where she prepares a picnic lunch by the stunning Maguk Pools and experiences a pop up dining experience like no other.	AUSTRALIA	English-100		PG	
2019-05-26	2000	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100		G	
2019-05-26	2030	Jerusalem On A Plate	Jerusalem On A Plate	Internationally renowned chef Yotam Ottolenghi returns to his hometown of Jerusalem to discover the hidden treasures of its extraordinarily rich and diverse food culture.	UNITED KINGDOM	English-100	RPT	G	Y
2019-05-26	2140	Food Safari	Food Safari Series 4 Episode 3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients.	AUSTRALIA	English-100	RPT	G	Y
2019-05-26	2210	Food Safari	Food Safari Series 4 Episode 4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie introduces her to one of his favourite dishes: pancit palabok.	AUSTRALIA	English-100	RPT	G	Y
2019-05-26	2240	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100		G	

2019-05-26	2310	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100		G	
2019-05-26	2340	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100		G	
2019-05-26	2410	Dinner Date	Josh	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	Y
2019-05-26	2500	United Plates Of America	Los Angeles - Japanese Food	California has one of the largest populations of Japanese people in America. Their life here and their transition into American culture hasn't been a smooth one.	USA	English-100		G	
2019-05-26	2530	United Plates Of America	San Diego - Mexican Food	California was once called Mexico before the United States purchased it. In San Diego we eat the real Mexican food from those who do it best.	USA	English-100		G	
2019-05-26	2600	Cheese Slices	Rare Traditional Cheeses From The Hills And Alps: Piedmont	No Italian region boasts as many traditional cheeses as Piedmont. Will investigates the many different types of Toma cheese made in the Alps before travelling to the Langhe Hills.	AUSTRALIA	English-100		G	
2019-05-26	2630	Cheese Slices	Artisan Cheese Champions: Wales	Many people think the only traditional cheese made in Wales is mild young crumbly Caerphilly, but they're wrong.	AUSTRALIA	English-100		G	
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2019-05-26	2755	Jerusalem On A Plate	Jerusalem On A Plate	Internationally renowned chef Yotam Ottolenghi returns to his hometown of Jerusalem to discover the hidden treasures of its extraordinarily rich and diverse food culture.	UNITED KINGDOM	English-100	RPT	G	Y
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2019-05-27	1500	Mercurio's Menu	Townsville Queensland	Paul goes topless in the tropical paradise of Townsville to fish for barramundi and prawns. He enjoys some uniquely flavoured ice-creams, and finds out why sugar means big business in these parts.	AUSTRALIA	English-100		G	
2019-05-27	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 6	Adrian shares what he believes is the perfect recipe for Texan spicy ribs. Later, Adrian continues on the theme of spice with a Moroccan tagine.	AUSTRALIA	English-100		PG	
2019-05-27	1600	Food Lovers' Guide To Australia	Food Lovers' Guide To Australia Series 3 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, French cooking with home grown produce, and Australian grown mustard seed.	AUSTRALIA	English-100	RPT	G	Y
2019-05-27	1630	Sachie's Kitchen	Old Traditions	While Japan is a truly modern country, it is also rich in history and tradition. In this episode, Sachie meets some Japanese artisans carrying on very old traditions.	NEW ZEALAND	English-100		G	Y
2019-05-27	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 51	Ben is at the Eagles Nest Retreat, where he recreates a dish he had from a bakery in Hobart. At the University of Queensland St Lucia Campus, Ben will show you how to make seared swordfish.	AUSTRALIA	English-100		PG	
2019-05-27	1730	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro, herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G	
2019-05-27	1800	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100		G	
2019-05-27	1830	Hairy Bikers' Bakeation	Norway	The Hairy Bikers start their epic 5000 mile bakeation in Kristiansund on Norway's stunning West coast. They ride out along the Atlantic highway, ferry hopping from island to island.	UNITED KINGDOM	English-100		PG	
2019-05-27	1930	The Urban Vegetarian	Urban Eats	Fa-what? Fa-waffles! Desiree Nielsen cooks up protein-rich falafel waffles for breakfast.	CANADA	English-100		G	
2019-05-27	2000	The Urban Vegetarian	Healthy And Delicious	Desiree Nielsen shows how salads can be a tasty main and served warm with a grilled romaine salad.	CANADA	English-100		G	

2019-05-27	2030	Thai Street Food With David Thompson	Transitions	This episode will focus on transitions: that of day to night, of traditional Bangkok to the modern day city and market transformation in surrounding areas.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-27	2100	Thai Street Food With David Thompson	Seafood	This episode sees David learns about the life of the Thai fishermen, before he sets up a cooking session with a fresh catch, right on the boat.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-05-27	2130	Avec Eric	Cayman Cookout	A chef's job is much more than cooking in a restaurant. Eric travels to Grand Cayman for a grand cookout and grilling competition with his friend Anthony Bourdain.	USA	English-100		G		
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2019-05-27	2400	Worst Cooks In America	Take Out Or Get Out	Rachael and Anne help the celebs lose their biggest kitchen crutch by testing them on making their own take out from scratch. Two recruits with the worst dishes go head-to-head in elimination.	USA	English-100		PG		
2019-05-27	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 51	Ben is at the Eagles Nest Retreat, where he recreates a dish he had from a bakery in Hobart. At the University of Queensland St Lucia Campus, Ben will show you how to make seared swordfish.	AUSTRALIA	English-100		PG		
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2019-05-28	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, French cooking with home grown produce, and Australian grown mustard seed.	AUSTRALIA	English-100	RPT	G	Y	
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2019-05-28	1500	Mercurio's Menu	Outback Queensland	Welcome to Outback Queensland and a true Australian food experience not to be missed. Bush tucker, emu, kangaroo, and prime Australian beef are all on the menu.	AUSTRALIA	English-100		G		
2019-05-28	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 7	Adrian demonstrates how to make authentic tandoori chicken at home and serves up the perfect roast complete with Yorkshire puddings.	AUSTRALIA	English-100		G		
2019-05-28	1600	Food Lovers' Guide To Australia	Food Lovers' Guide To Australia Series 3 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chestnut trees in the alps, new organic produce, and eel farming in New England.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-28	1630	Delia's How To Cook	Eggs: Boiling And Scrambling	From how to test for freshness, to how to boil, poach, and scramble eggs to perfection, Delia explains all you need to know about the humble egg.	UNITED KINGDOM	English-100		G		
2019-05-28	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 52	Ben is in the Eagles Nest Retreat kitchen, where he will show you how to make salmon fish cakes. At the University of Queensland St Lucia Campus, Ben and Joel team up and make red wine jelly.	AUSTRALIA	English-100		PG		

2019-05-28	1730	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G	
2019-05-28	1800	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G	
2019-05-28	1830	Hairy Bikers' Bakeation	Low Countries	The second leg of the Hairy Bikers Bakeation begins on the flatlands of the Netherlands where Si and Dave bake Lazybones buns beside a windmill.	UNITED KINGDOM	English-100		G	
2019-05-28	1930	Short Cuts To Glory	Comfort Food	It doesn't matter if you are suffering from a big night out, or simply wanting to treat the family - the answer always is comfort food wins the day. Matt learns how to make sticky lamb ribs.	AUSTRALIA	English-100		G	
2019-05-28	2000	Short Cuts To Glory	Date Night	If food is the way to the heart, then Matt is sorted. Justine Schofield gets the mains and dessert sorted with classics that are sure to impress - chicken schnitzel and creme caramel.	AUSTRALIA	English-100		G	
2019-05-28	2035	Poh's Kitchen Lends A Hand	Bedford	Bedford is a not for profit organisation in Adelaide that employs hundreds of workers with a disability. Poh's journey begins in the kitchen of the organisation's headquarters.	AUSTRALIA	English-100	RPT	G	Y
2019-05-28	2100	Poh's Kitchen Lends A Hand	Fred's Van	Every night on Adelaide's streets, Fred's Van feeds the homeless. Volunteers have less than an hour to prepare food for over 100 people who have not eaten since the previous nights' free feed.	AUSTRALIA	English-100	RPT	PG	Y
2019-05-28	2130	Avec Eric	City Harvest	Celebrity chef Eric Ripert doesn't always cook in his 4-Star restaurant kitchen. Today, we'll see him in action at City Harvest Mobile Market.	USA	English-100		G	
2019-05-28	2200	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G	
2019-05-28	2230	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G	
2019-05-28	2300	Hairy Bikers' Bakeation	Low Countries	The second leg of the Hairy Bikers Bakeation begins on the flatlands of the Netherlands where Si and Dave bake Lazybones buns beside a windmill.	UNITED KINGDOM	English-100		G	
2019-05-28	2400	Worst Cooks In America	Celebrity Showdown	The recruits use their newfound food knowledge to make their own signature Celebrity Sandwich. Anne and Rachael nominate the cooks of their least favourite into a blind elimination.	USA	English-100		PG	
2019-05-28	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 52	Ben is in the Eagles Nest Retreat kitchen, where he will show you how to make salmon fish cakes. At the University of Queensland St Lucia Campus, Ben and Joel team up and make red wine jelly.	AUSTRALIA	English-100		PG	
2019-05-28	2530	Short Cuts To Glory	Comfort Food	It doesn't matter if you are suffering from a big night out, or simply wanting to treat the family - the answer always is comfort food wins the day. Matt learns how to make sticky lamb ribs.	AUSTRALIA	English-100		G	
2019-05-28	2600	Short Cuts To Glory	Date Night	If food is the way to the heart, then Matt is sorted. Justine Schofield gets the mains and dessert sorted with classics that are sure to impress - chicken schnitzel and creme caramel.	AUSTRALIA	English-100		G	
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2019-05-29	0500	Mercurio's Menu	Outback Queensland	Welcome to Outback Queensland and a true Australian food experience not to be missed. Bush tucker, emu, kangaroo, and prime Australian beef are all on the menu.	AUSTRALIA	English-100		G	
2019-05-29	0530	Secret Meat Business	Secret Meat Business Series 1 Ep 7	Adrian demonstrates how to make authentic tandoori chicken at home and serves up the perfect roast complete with Yorkshire puddings.	AUSTRALIA	English-100		G	
2019-05-29	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chestnut trees in the alps, new organic produce, and eel farming in New England.	AUSTRALIA	English-100	RPT	G	Y
2019-05-29	0630	Delia's How To Cook	Eggs: Boiling And Scrambling	From how to test for freshness, to how to boil, poach, and scramble eggs to perfection, Delia explains all you need to know about the humble egg.	UNITED KINGDOM	English-100		G	
2019-05-29	0700	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G	
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2019-05-29	1500	Mercurio's Menu	Hunter Valley	Paul returns to the Hunter to uncover a whole lot more in this famous wine region. It's avocado harvest season, and Paul's there to give a hand. Plus, he learns the art of pasta making.	AUSTRALIA	English-100		G		
2019-05-29	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 8	Adrian heads to Canada for some influence cooking up Canadian beans with crispy bacon and maple syrup.	AUSTRALIA	English-100		G		
2019-05-29	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, ocean trout, stuffed zucchini flowers, and an Ethiopian feast.	AUSTRALIA	English-100	RPT	G		Y
2019-05-29	1630	Delia's How To Cook	Eggs: Omelettes	Delia continues on the theme of eggs, this time concentrating on the versatile omelette, from light and fluffy, to the classic Spanish tortilla.	UNITED KINGDOM	English-100		G		
2019-05-29	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 53	Ben is at Eagles Nest Retreat, where he will show you how to make fajitas roast pumpkin topped with sour cream and parmesan cheese.	AUSTRALIA	English-100		PG		
2019-05-29	1730	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G		
2019-05-29	1800	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G		
2019-05-29	1830	Hairy Bikers' Bakeation	Germany	Germany is one of Dave's favourite countries. Travelling from the wine region of the Rhine Valley to the spiritual home of beer, Bavaria, they discover the German's passion for bread of every shape.	UNITED KINGDOM	English-100		PG		Y
2019-05-29	1930	Two Greedy Italians	Saints And Miracles	Religious sceptic Antonio and fanatical believer Gennaro eat their way along a culinary pilgrimage through Puglia's monasteries, holy shrines and festivals.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-05-29	2035	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna divulges her secrets for the ultimate crowd-pleaser; the simple way to make delicious butterflied chicken. We learn the perfect combination for a salt and pepper spice mix.	AUSTRALIA	English-100		G		
2019-05-29	2100	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her recipe for a delicious slow-roasted lamb shoulder, along with the easiest spelt dough you'll ever make, and a velvety smooth dark chocolate ganache.	AUSTRALIA	English-100		G		
2019-05-29	2130	Avec Eric	Building Flavours	Eric Ripert visits Surryano Ham in Virginia to learn about their organic and artisanal preparation methods. Eric tries his hand at the salting process of Surryano Hams.	USA	English-100		G		
2019-05-29	2200	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G		
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2019-05-29	2400	Worst Cooks In America	Riddle Me This	The recruits work as a team to fill in the missing blanks of an incomplete recipe before cooking it. Then, a fresh pasta and seafood challenge tests some culinary boundaries.	USA	English-100		PG		
2019-05-29	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 53	Ben is at Eagles Nest Retreat, where he will show you how to make fajitas roast pumpkin topped with sour cream and parmesan cheese.	AUSTRALIA	English-100		PG		
2019-05-29	2530	Paul And Nick's Big Food Trip	Donaghadee	Award winning chefs Paul Rankin and Nick Nairn sail to Donaghadee to prepare a gourmet feast for a local Ulster-Scots folk band.	IRELAND	English-100		G		
2019-05-29	2600	Paul And Nick's Big Food Trip	Armoyn	Top chefs Paul Rankin and Nick Nairn sail along the north Antrim coast and prepare a culinary feast for some hungry Armoyn bikers. A visit to a local pig farm inspires them in the kitchen.	IRELAND	English-100		G		

2019-05-29	2630	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna divulges her secrets for the ultimate crowd-pleaser; the simple way to make delicious butterflied chicken. We learn the perfect combination for a salt and pepper spice mix.	AUSTRALIA	English-100		G	
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2019-05-30	1000	Paul And Nick's Big Food Trip	Armoy	Top chefs Paul Rankin and Nick Nairn sail along the north Antrim coast and prepare a culinary feast for some hungry Armoy bikers. A visit to a local pig farm inspires them in the kitchen.	IRELAND	English-100		G	
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2019-05-30	1430	Delia's How To Cook	Eggs: Omelettes	Delia continues on the theme of eggs, this time concentrating on the versatile omelette, from light and fluffy, to the classic Spanish tortilla.	UNITED KINGDOM	English-100		G	
2019-05-30	1500	Mercurio's Menu	Gippsland	Paul travels across this beautiful and diverse region starting east of Melbourne to check out the booming fishing industry and find out about organic lamb farming.	AUSTRALIA	English-100		G	
2019-05-30	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 9	Celebrity chef Adrian Richardson shares his version of a Thai green curry, with fresh, spicy ingredients.	AUSTRALIA	English-100		G	
2019-05-30	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Lebanese food in country NSW, Cantonese cooking, and Barossa Valley food and wine.	AUSTRALIA	English-100	RPT	G	Y
2019-05-30	1630	Delia's How To Cook	Eggs: Souffles, Custards And Hollandaise	Delia shows how the simple technique of separating an egg yolk from the white can open up a whole range of easy-to-cook possibilities.	UNITED KINGDOM	English-100		G	
2019-05-30	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 54	Ben is at Eagles Nest Retreat where he will cook a Mexican chicken frittata. At the University of Queensland Oral Health Centre, Ben will be use an assortment of mushrooms to make a mushroom risotto.	AUSTRALIA	English-100		PG	
2019-05-30	1730	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G	
2019-05-30	1800	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G	
2019-05-30	1830	Hairy Bikers' Bakeation	Eastern Europe	The half-way point of the Hairy Bikers' Bakeation sees them journey to the furthest reaches of Europe culminating in an amazing family party thrown by Dave's wife Lil, who comes from Romania.	UNITED KINGDOM	English-100		PG	Y
2019-05-30	1930	The F Word USA	F Word USA Series 1, The Ep 7	Gordon and his daughter Tilly face the McCurdy family in a live rematch for a Guinness World Records egg cracking title. Celebrity guests Cheryl Hines and Justin Hartley are also live with Gordon.	USA	English-100		PG	Y
2019-05-30	2030	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-05-30	2135	Avec Eric	Chef's Table	Chefs Anthony Bourdain, Dean Fearing, Jose Andres, Grant Achatz, and David Chang sit down with Eric Ripert to talk about the world of being a chef.	USA	English-100		G	
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2019-05-30	2400	Worst Cooks In America	Tapas Can't Stop Us	The final 3 celebrity recruits are left to battle it out for a spot in the finale and bragging rights. Which two recruits will get the opportunity to win \$50,000 for the charity of their choice?	USA	English-100		PG	

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2019-05-30	2630	The Wine Show	Wine Show Series 1 Ep 8, The	The duo heads to Bologna, where they get a masterclass in making that cities most famous dish. Joe Fattorini fulfils a lifelong dream.	UNITED KINGDOM	English-100		PG	Y	Y
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2019-05-31	1330	Hairy Bikers' Bakeation	Eastern Europe	The half-way point of the Hairy Bikers' Bakeation sees them journey to the furthest reaches of Europe culminating in an amazing family party thrown by Dave's wife Lil, who comes from Romania.	UNITED KINGDOM	English-100		PG		Y
2019-05-31	1430	Delia's How To Cook	Eggs: Souffles, Custards And Hollandaise	Delia shows how the simple technique of separating an egg yolk from the white can open up a whole range of easy-to-cook possibilities.	UNITED KINGDOM	English-100		G		
2019-05-31	1500	Mercurio's Menu	Sydney Asian Experience	Paul meets up with expert cook Carol Selva Rajah for a visit to Sydney's Cabramatta which is known as 'Little Asia' and where the amazing flavours and tastes from six Asian countries come together.	AUSTRALIA	English-100		G		
2019-05-31	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 10	Adrian reconnects with his Italian heritage and shares his recipe for veal saltimbocca with pancetta, garlic and sage.	AUSTRALIA	English-100		G		
2019-05-31	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Tasmanian cheese with a Czech cheese pioneer, and Vietnamese vegetable carving.	AUSTRALIA	English-100	RPT	G	Y	
2019-05-31	1630	Delia's How To Cook	Bread	Delia revives the art of home baking with a programme devoted to flour. According to Delia, it takes less time to make a loaf of wholemeal bread than it does to drive to the supermarket.	UNITED KINGDOM	English-100				
2019-05-31	1700	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 55	Ben is at Eagles Nest Retreat where he will show you how to cook a chicken burrito bowl over the charcoal of his woodfire.	AUSTRALIA	English-100		PG		
2019-05-31	1730	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G		
2019-05-31	1800	The Cook And The Chef	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100		G		
2019-05-31	1830	Hairy Bikers' Bakeation	Austria	The home of Mozart, the Sound of Music and Arnie (Schwarznegger) provides the fifth leg of the Hairy Bikers' adventure. The trip starts in Vienna, patisserie capital of the world.	UNITED KINGDOM	English-100		PG		
2019-05-31	1930	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 5	Pull up a bar stool and grab a drink as Richo shares his recipes for the perfect Espresso Martini, stylish Oyster Shooters and his favourite, Maple and Coffee Glazed Bacon.	AUSTRALIA	English-100		G		
2019-05-31	2000	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 6	Richo adapts a comforting family meal into the perfect bar snack (Roast Chicken and Gravy Roll) and shares the recipe for one of the bars staple ingredients, Bacon Jam.	AUSTRALIA	English-100		G		
2019-05-31	2030	Bonacini's Italy	Tuscany	Chef Michael Bonacini uses the fresh ingredients from rich Tuscan soil to make regional dishes like Spinach Ricotta Gnudi.	CANADA	English-100		G		

2019-05-31	2100	Bonacini's Italy	Le Marche	Celebrity chef Michael Bonacini explores classic dishes from the central Italian region, Le Marche.	CANADA	English-100		G	
2019-05-31	2130	Avec Eric	Service With Flare	Great food calls for great service. Eric visits the Culinary Institute of America.	USA	English-100		G	
2019-05-31	2200	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G	
2019-05-31	2230	The Cook And The Chef	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100		G	
2019-05-31	2300	Hairy Bikers' Bakeation	Austria	The home of Mozart, the Sound of Music and Arnie (Schwarznegger) provides the fifth leg of the Hairy Bikers' adventure. The trip starts in Vienna, patisserie capital of the world.	UNITED KINGDOM	English-100		PG	
2019-05-31	2400	Worst Cooks In America	Final Food Fight	Mentors Anne and Rachael take the final two celebrity recruits to a professional kitchen for their last challenge: cook a refined three-course menu for a panel of culinary experts.	USA	English-100		PG	Y
2019-05-31	2500	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 55	Ben is at Eagles Nest Retreat where he will show you how to cook a chicken burrito bowl over the charcoal of his woodfire.	AUSTRALIA	English-100		PG	
2019-05-31	2530	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 5	Pull up a bar stool and grab a drink as Richo shares his recipes for the perfect Espresso Martini, stylish Oyster Shooters and his favourite, Maple and Coffee Glazed Bacon.	AUSTRALIA	English-100		G	
2019-05-31	2600	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 6	Richo adapts a comforting family meal into the perfect bar snack (Roast Chicken and Gravy Roll) and shares the recipe for one of the bars staple ingredients, Bacon Jam.	AUSTRALIA	English-100		G	
2019-05-31	2630	Bonacini's Italy	Tuscany	Chef Michael Bonacini uses the fresh ingredients from rich Tuscan soil to make regional dishes like Spinach Ricotta Gnudi.	CANADA	English-100		G	
2019-05-31	2700	Bonacini's Italy	Le Marche	Celebrity chef Michael Bonacini explores classic dishes from the central Italian region, Le Marche.	CANADA	English-100		G	
2019-05-31	2730	Hairy Bikers' Bakeation	Austria	The home of Mozart, the Sound of Music and Arnie (Schwarznegger) provides the fifth leg of the Hairy Bikers' adventure. The trip starts in Vienna, patisserie capital of the world.	UNITED KINGDOM	English-100		PG	
2019-05-31	2830	Avec Eric	Service With Flare	Great food calls for great service. Eric visits the Culinary Institute of America.	USA	English-100		G	
2019-06-01	0500	Mercurio's Menu	Sydney Asian Experience	Paul meets up with expert cook Carol Selva Rajah for a visit to Sydney's Cabramatta which is known as 'Little Asia' and where the amazing flavours and tastes from six Asian countries come together.	AUSTRALIA	English-100		G	
2019-06-01	0530	Secret Meat Business	Secret Meat Business Series 1 Ep 10	Adrian reconnects with his Italian heritage and shares his recipe for veal saltimbocca with pancetta, garlic and sage.	AUSTRALIA	English-100		G	
2019-06-01	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Tasmanian cheese with a Czech cheese pioneer, and Vietnamese vegetable carving.	AUSTRALIA	English-100	RPT	G	Y
2019-06-01	0630	Delia's How To Cook	Bread	Delia revives the art of home baking with a programme devoted to flour. According to Delia, it takes less time to make a loaf of wholemeal bread than it does to drive to the supermarket.	UNITED KINGDOM	English-100			
2019-06-01	0700	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G	

2019-06-01	0730	The Cook And The Chef	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100		G	
2019-06-01	0800	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 55	Ben is at Eagles Nest Retreat where he will show you how to cook a chicken burrito bowl over the charcoal of his woodfire.	AUSTRALIA	English-100		PG	
2019-06-01	0830	Hairy Bikers' Bakeation	Austria	The home of Mozart, the Sound of Music and Arnie (Schwarznegger) provides the fifth leg of the Hairy Bikers' adventure. The trip starts in Vienna, patisserie capital of the world.	UNITED KINGDOM	English-100		PG	
2019-06-01	0930	Paul And Nick's Big Food Trip	Glenarm	Chefs Paul Rankin and Nick Nairn set off on a culinary journey along the coasts of Northern Ireland and Scotland to find out more about their Ulster-Scots roots.	IRELAND	English-100		G	
2019-06-01	1000	Paul And Nick's Big Food Trip	Portpatrick	Top chefs Paul Rankin and Nick Nairn continue their maritime adventure exploring their Ulster-Scots culinary heritage. This week they sail to Portpatrick on the west coast of Scotland.	IRELAND	English-100		G	
2019-06-01	1030	Paul And Nick's Big Food Trip	Bushmills	Award winning chefs Paul Rankin and Nick Nairn set off on a culinary journey along the coast of Northern Ireland and Scotland to find out more about their Ulster-Scots roots.	IRELAND	English-100		G	
2019-06-01	1100	Paul And Nick's Big Food Trip	Downpatrick	Top chefs Paul Rankin and Nick Nairn continue their maritime trip exploring their shared Ulster-Scots heritage. This week they sail into Strangford Lough, where local venison is on the menu.	IRELAND	English-100		G	
2019-06-01	1130	Avec Eric	Service With Flare	Great food calls for great service. Eric visits the Culinary Institute of America.	USA	English-100		G	
2019-06-01	1200	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Tasmanian cheese with a Czech cheese pioneer, and Vietnamese vegetable carving.	AUSTRALIA	English-100	RPT	G	Y
2019-06-01	1230	Worst Cooks In America	Final Food Fight	Mentors Anne and Rachael take the final two celebrity recruits to a professional kitchen for their last challenge: cook a refined three-course menu for a panel of culinary experts.	USA	English-100		PG	Y
2019-06-01	1330	Hairy Bikers' Bakeation	Austria	The home of Mozart, the Sound of Music and Arnie (Schwarznegger) provides the fifth leg of the Hairy Bikers' adventure. The trip starts in Vienna, patisserie capital of the world.	UNITED KINGDOM	English-100		PG	
2019-06-01	1430	Delia's How To Cook	Bread	Delia revives the art of home baking with a programme devoted to flour. According to Delia, it takes less time to make a loaf of wholemeal bread than it does to drive to the supermarket.	UNITED KINGDOM	English-100			
2019-06-01	1500	Dinner Date	Kirby	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	
2019-06-01	1600	Say It To My Face	Asian Confusion	Guest hosts Michael Chernow and Daniel Holzman, owners of 'The Meatball Shop', travel to Pasadena, CA to help the owner of Equator Cafe conquer his terrible online reviews.	USA	English-100		PG	Y
2019-06-01	1700	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	
2019-06-01	1730	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	
2019-06-01	1800	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	
2019-06-01	1830	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 5	Blair takes a dip in a cold spring in the Mediterranean while Lyndey learns about fisherman's soup. And a visit to a local gypsy market offers the chance of roast pig.	AUSTRALIA	English-100	RPT	G	Y

2019-06-01	1900	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 6	Lyndey and Blair discover Kalamata olives, local sausage, and souvlaki at a Kalamata market, where they try chocolate covered figs at Athanasiou Patisserie.	AUSTRALIA	English-100	RPT	G	Y	
2019-06-01	1930	Tom Kerridge's Best Ever Dishes	Old Skool Favourites	Tom cooks dishes based on some of his favourites from his childhood. These dishes bring back many happy memories, full of flavours that he loves and that he's improved on over the years.	UNITED KINGDOM	English-100				
2019-06-01	2000	Tom Kerridge's Best Ever Dishes	Lush Lunches	Tom believes that we all deserve a proper lunch and he's not talking about soggy sandwiches and a packet of crisps. In this episode, Tom shows us some great recipes for livening up your lunches.	UNITED KINGDOM	English-100				
2019-06-01	2030	Bill's Tasty Weekends	Gloucestershire	Bill's in the Cotswolds staying at a former banqueting hall on a Jacobean estate. The perfect location for a foodie weekend - he takes on the local chutney queen at her own game.	UNITED KINGDOM	English-100		PG		
2019-06-01	2130	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 7	Adam visits the world's most northern fine dining restaurant, visits 1930s wooden barracks adorned with mining and hunting memorabilia, and visits the Global Seed Vault.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-06-01	2200	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 1	A food revolution has hit Scandinavia! Adam Liaw heads far north to investigate the cleanest, healthiest, and happiest part of the world.	AUSTRALIA	English-100	RPT	G	Y	
2019-06-01	2230	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		
2019-06-01	2300	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		
2019-06-01	2330	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		
2019-06-01	2400	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 5	Blair takes a dip in a cold spring in the Mediterranean while Lyndey learns about fisherman's soup. And a visit to a local gypsy market offers the chance of roast pig.	AUSTRALIA	English-100	RPT	G	Y	
2019-06-01	2430	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 6	Lyndey and Blair discover Kalamata olives, local sausage, and souvlaki at a Kalamata market, where they try chocolate covered figs at Athanasiou Patisserie.	AUSTRALIA	English-100	RPT	G	Y	
2019-06-01	2500	Tom Kerridge's Best Ever Dishes	Old Skool Favourites	Tom cooks dishes based on some of his favourites from his childhood. These dishes bring back many happy memories, full of flavours that he loves and that he's improved on over the years.	UNITED KINGDOM	English-100				
2019-06-01	2530	Tom Kerridge's Best Ever Dishes	Lush Lunches	Tom believes that we all deserve a proper lunch and he's not talking about soggy sandwiches and a packet of crisps. In this episode, Tom shows us some great recipes for livening up your lunches.	UNITED KINGDOM	English-100				
2019-06-01	2600	Bill's Tasty Weekends	Gloucestershire	Bill's in the Cotswolds staying at a former banqueting hall on a Jacobean estate. The perfect location for a foodie weekend - he takes on the local chutney queen at her own game.	UNITED KINGDOM	English-100		PG		
2019-06-01	2700	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 7	Adam visits the world's most northern fine dining restaurant, visits 1930s wooden barracks adorned with mining and hunting memorabilia, and visits the Global Seed Vault.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-06-01	2730	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 1	A food revolution has hit Scandinavia! Adam Liaw heads far north to investigate the cleanest, healthiest, and happiest part of the world.	AUSTRALIA	English-100	RPT	G	Y	
2019-06-01	2800	Say It To My Face	Asian Confusion	Guest hosts Michael Chernow and Daniel Holzman, owners of 'The Meatball Shop', travel to Pasadena, CA to help the owner of Equator Cafe conquer his terrible online reviews.	USA	English-100		PG		Y