



**WEEK 22: Sunday, 18 May - Saturday, 30 May 2020 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-05-18	0500	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 12	Chef Adrian Richardson dishes up a robust French-style boned lamb shoulder with pommes boulangere, a delicious variation on what we know as roast lamb with veggies.	AUSTRALIA	English-100		G	
2020-05-18	0530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 13	Adrian is sure to have you breathing fire with his Thai inspired marinated steak, bursting with south-east Asian flavour and heat.	AUSTRALIA	English-100		G	
2020-05-18	0600	<b>Bonacini's Italy</b>	Puglia	Puglia's lush landscape and large coastline characterise its cuisine. Michael explores its native ingredients through some of his favourite Puglian meals.	CANADA	English-100		G	
2020-05-18	0630	<b>Donal's Kitchen Hero Feast</b>	Kilkenny	Donal travels to Kilkenny and meets local producers at Mileevens Honey, Goatsbridge Trout Farm, and Knockdrinna Cheese, and then prepares his Kilkenny Feast at the magnificent Uppercourt Manor.	IRELAND	English-100		PG	
2020-05-18	0700	<b>Jimmy Shu's Taste of The Territory</b>	Bush Foods	Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes harvesting with local landowners for various bush foods.	AUSTRALIA	English-100		G	
2020-05-18	0730	<b>Asia Unplated With Diana Chan</b>	Indonesian	Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado.	AUSTRALIA	English-100		G	
2020-05-18	0800	<b>The Cook And The Chef</b>	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2020-05-18	0830	<b>Ainsley's Australian Market Menu</b>	Ainsley's Market Menu Series 1 Ep 6	It's the last stop on this tour, and we've arrived in the heart of Adelaide to visit the Adelaide Central Market, the largest undercover fresh produce market in the southern hemisphere.	AUSTRALIA	English-100	RPT	G	Y
2020-05-18	0930	<b>Jonathan Phang's Gourmet Express</b>	Edmonton To Winnipeg	Stopping in Edmonton, Jonathan visits a living museum and finds out what life, and food, were like for the first Ukrainian settlers.	UNITED KINGDOM	English-100		G	
2020-05-18	1030	<b>Gino's Italian Escape</b>	Gino's Italian Escape Series 2 Ep 6	Gino's final leg of his Italian escape takes place in the fascinating city of Bologna - the city seen as Italy's gastronomic capital. He samples Bolognese sauce, mortadella, and toretellini.	UNITED KINGDOM	English-100		G	
2020-05-18	1100	<b>Destination Flavour Scandinavia</b>	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
2020-05-18	1130	<b>Bonacini's Italy</b>	Puglia	Puglia's lush landscape and large coastline characterise its cuisine. Michael explores its native ingredients through some of his favourite Puglian meals.	CANADA	English-100		G	
2020-05-18	1200	<b>Donal's Kitchen Hero Feast</b>	Kilkenny	Donal travels to Kilkenny and meets local producers at Mileevens Honey, Goatsbridge Trout Farm, and Knockdrinna Cheese, and then prepares his Kilkenny Feast at the magnificent Uppercourt Manor.	IRELAND	English-100		PG	
2020-05-18	1230	<b>Jimmy Shu's Taste of The Territory</b>	Bush Foods	Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes harvesting with local landowners for various bush foods.	AUSTRALIA	English-100		G	
2020-05-18	1300	<b>Asia Unplated With Diana Chan</b>	Indonesian	Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado.	AUSTRALIA	English-100		G	
2020-05-18	1330	<b>Surfing The Menu</b>	Yarra Valley	Yarra Valley is one of the world's great wine growing regions. The boys visit wine-growers enjoy a dawn Balloon ride over the valley.	AUSTRALIA	English-100		PG	
2020-05-18	1400	<b>Oliver's Twist</b>	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite: oven baked fat chips with rosemary salt, Elvis' burger and American chopped salad.	UNITED KINGDOM	English-100		G	



2020-05-18	1430	<b>The Chefs' Line</b>	Mexican	Junior Chef Aaron from Mexican restaurant el Publico in Perth goes up against four home cooks with a passion for Mexican cuisine. Can a home cooked meal beat the refinement of a restaurant dish?	AUSTRALIA	English-100	RPT	G	Y
2020-05-18	1500	<b>Gourmet Goes Tribal</b>	Best I Cooked	Food has always been a way to spread joy and happiness for Pablo. When he gets a chance to return the favour, Pablo can't think of a better way than to cook for the people of North East.	INDIA	English-100		PG	
2020-05-18	1530	<b>Destination Flavour Down Under</b>	Australia - New South Wales North Coast	Adam sources the famous Yamba prawns straight from the trawler. Heading further north to Byron Bay, Adam visits a must-see produce attraction, the Mullumbimby farmers market.	AUSTRALIA	English-100	RPT	G	Y
2020-05-18	1600	<b>Carnival Eats</b>	Cheesy Rider	At the Prince William County Fair in Manassas, Virginia, Host Noah Cappe eats big with the Monumental Grilled Cheese a sandwich piled high with burger patties, bacon, onions, and of course, an egg.	USA	English-100		G	
2020-05-18	1630	<b>The Cook And The Chef</b>	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G	
2020-05-18	1700	<b>The Cook And The Chef</b>	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing sub tropical food enterprises.	AUSTRALIA	English-100		G	
2020-05-18	1730	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 4 Ep 5	Donal meets Marie O'Toole, a senior member of the ICA, for lunch. Marie tells Donal about the role the ICA has had in improving the lives of women in Ireland.	IRELAND	English-100		G	
2020-05-18	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-18	1900	<b>Nigella Kitchen</b>	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'.	UNITED KINGDOM	English-100		G	
2020-05-18	1930	<b>Len And Ainsley's Big Food Adventure</b>	Manchester	Len and Ainsley join Mexico-born Enrique in his vibrant Manchester restaurant. They marvel at the country's mouth-watering food and sample zingy burritos washed down with a glass of tamarind water.	UNITED KINGDOM	English-100		PG	
2020-05-18	2030	<b>Tropical Gourmet: New Caledonia</b>	Cooking With Gabi	Justine goes fishing and gathers a spectacular array of fresh seafood for a beachside barbeque. Later, using delicious local ingredients, she puts together a simple parrotfish salad.	AUSTRALIA	English-100		PG	
2020-05-18	2100	<b>Tropical Gourmet: New Caledonia</b>	Final Days In Noumea	Justine celebrates the fresh, flavoursome seafood available among the waters of Noumea by serving up the ultimate prawn and crab sandwich. That's followed by a decadent chocolate tart.	AUSTRALIA	English-100		PG	
2020-05-18	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 1	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-18	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 2	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-18	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-18	2330	<b>The Cook And The Chef</b>	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G	
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2020-05-18	2500	<b>Nigella Kitchen</b>	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'.	UNITED KINGDOM	English-100		G	
2020-05-18	2530	<b>Bbq Champ</b>	Bbq Champ Series 1 Ep 4	It's the semi-final and the stakes are high with just five BBQers remain in the hunt for the title BBQ Champ 2015 and the 25,000 cash prize.	UNITED KINGDOM	English-100		PG	

2020-05-18	2630	<b>Len And Ainsley's Big Food Adventure</b>	Manchester	Len and Ainsley join Mexico-born Enrique in his vibrant Manchester restaurant. They marvel at the country's mouth-watering food and sample zingy burritos washed down with a glass of tamarind water.	UNITED KINGDOM	English-100		PG	
2020-05-18	2730	<b>Tropical Gourmet: New Caledonia</b>	Cooking With Gabi	Justine goes fishing and gathers a spectacular array of fresh seafood for a beachside barbeque. Later, using delicious local ingredients, she puts together a simple parrotfish salad.	AUSTRALIA	English-100		PG	
2020-05-18	2800	<b>Tropical Gourmet: New Caledonia</b>	Final Days In Noumea	Justine celebrates the fresh, flavoursome seafood available among the waters of Noumea by serving up the ultimate prawn and crab sandwich. That's followed by a decadent chocolate tart.	AUSTRALIA	English-100		PG	
2020-05-18	2830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 1	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
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2020-05-19	1330	<b>Surfing The Menu</b>	Fleurieu	McLaren Vale on the Fleurieu Peninsula, full of great South Australian wineries. Bender and Curtis go to look at the quintessential Australian wine, Sparkling Shiraz.	AUSTRALIA	English-100		PG	
2020-05-19	1400	<b>Oliver's Twist</b>	Birthday Boy	It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends.	UNITED KINGDOM	English-100		G	
2020-05-19	1430	<b>The Chefs' Line</b>	Mexican	Station chef Chris from Mexican restaurant el Publico goes up against three passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
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2020-05-19	1530	<b>Destination Flavour Down Under</b>	Australia - Victoria	On a tour of the Victorian High Country, one of the great food centres of Australia, Adam is on a mission to track down all the ingredients necessary for the perfect picnic.	AUSTRALIA	English-100	RPT	G	Y
2020-05-19	1600	<b>Carnival Eats</b>	Get Him To The Greek Pizza	The Big Butler Fair in Butler Pennsylvania is host Noah Cappe's first stop where he'll dine on Greek pizza, a Euro-fusion pizza pie loaded with feta, olives, and gyro meat.	USA	English-100		G	
2020-05-19	1630	<b>The Cook And The Chef</b>	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100		G	
2020-05-19	1700	<b>The Cook And The Chef</b>	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland has embraced its reputation as Australia's hippy capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100		G	
2020-05-19	1730	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 4 Ep 6	Donal visits Mary O'Rourke who taught English before she became a politician. In studio, he prepares braised rabbit and also bakes a Black Forest Cake.	IRELAND	English-100		G	
2020-05-19	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 7	The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-19	1900	<b>Nigella Kitchen</b>	Hurry Up, I'm Hungry	Nigella has an armoury of short cut recipes to ensure there is no waiting around.	UNITED KINGDOM	English-100		G	
2020-05-19	1930	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 11	Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalonian favourite - char-grilled baby leeks with romesco sauce.	AUSTRALIA	English-100	RPT	G	Y
2020-05-19	2000	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 1	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100		G	
2020-05-19	2030	<b>Richo's Bar Snacks</b>	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	
2020-05-19	2100	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 3	Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-19	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
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2020-05-19	2500	<b>Nigella Kitchen</b>	Hurry Up, I'm Hungry	Nigella has an armoury of short cut recipes to ensure there is no waiting around.	UNITED KINGDOM	English-100		G	
2020-05-19	2530	<b>Bbq Champ</b>	Bbq Champ Series 1 Ep 5	It's the final - just four BBQers remain in the competition, but only one of them can win the title of BBQ Champ 2015 and the 25,000 pound cash prize.	UNITED KINGDOM	English-100		PG	
2020-05-19	2630	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 11	Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalonian favourite - char-grilled baby leeks with romesco sauce.	AUSTRALIA	English-100	RPT	G	Y
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2020-05-20	1030	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 11	Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalanian favourite - char-grilled baby leeks with romesco sauce.	AUSTRALIA	English-100	RPT	G	Y
2020-05-20	1100	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 1	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100		G	
2020-05-20	1130	<b>Richo's Bar Snacks</b>	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	
2020-05-20	1200	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 3	Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-20	1230	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-20	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-20	1330	<b>Surfing The Menu</b>	Cockburn Sound	Cockburn Sound in Western Australia is a natural sweeping bay used as both a nature reserve and naval base.	AUSTRALIA	English-100		PG	
2020-05-20	1400	<b>Oliver's Twist</b>	Boat Trip	Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.	UNITED KINGDOM	English-100		G	
2020-05-20	1430	<b>The Chefs' Line</b>	Mexican	Sous chef Gianni from Mexican restaurant el Publico goes up against two home cooks. Can the passion of a home cook beat the professional skills of a chef?	AUSTRALIA	English-99; Spanish-1	RPT	G	Y
2020-05-20	1500	<b>Kriol Kitchen</b>	Patty Mamid: Creamy Chilli Squid & Soybean Seafood Soup	Patty Mamid shows us how to prepare Creamy Chilli Squid and Soybean Seafood Soup. Drawing on her multicultural heritage, Patty cooks up two exotic dishes of her own making.	AUSTRALIA	English-100	RPT	G	
2020-05-20	1530	<b>Destination Flavour Down Under</b>	New Zealand - North Island	Adam explores New Zealand's North Island starting in the majestic kauri forests in the north. He visits Dargaville, the kumara capital of NZ, then a kiwifruit farm in Te Puke.	AUSTRALIA	English-100	RPT	G	Y
2020-05-20	1600	<b>Carnival Eats</b>	Rainbow Confection, The	Noah heads to the bright lights of the L.A. County Fair in Pomona, California and later finds gold at the end of the rainbow at the Markham County Fair in Markham, Ontario.	USA	English-100		G	
2020-05-20	1630	<b>The Cook And The Chef</b>	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G	
2020-05-20	1700	<b>The Cook And The Chef</b>	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G	
2020-05-20	1730	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 4 Ep 7	At Muckcross Traditional Farms, Donal is shown how to make soda bread in a bastible and makes Gur Cake, a popular Dublin sweet bread.	IRELAND	English-100		G	
2020-05-20	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-20	1900	<b>Nigella Kitchen</b>	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100		G	
2020-05-20	1930	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 1 Ep 9	The bustling town of Monreale boasts a thriving collection of well stocked butchers, one of which provides Aldo and Enzo with the lamb cutlets needed for their dish of Sicilian-style lamb.	UNITED KINGDOM	English-100		G	
2020-05-20	2000	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 10	Matthew continues his exploration of the possibilities of preserving pork by heading off to meet some French providores - experts at preserving high end product in cans.	AUSTRALIA	English-100	RPT	G	Y

2020-05-20	2030	<b>Short Cuts To Glory</b>	Family Dinner	What's not to love about the traditional family dinner? Matt hangs out with Nathan Sasi and a roast chicken. Jill Duplex's mashed potatoes are pure magic.	AUSTRALIA	English-100		G	
2020-05-20	2100	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G	Y
2020-05-20	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-20	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-20	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	AUSTRALIA	English-100	RPT	PG	Y
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2020-05-20	2400	<b>The Cook And The Chef</b>	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G	
2020-05-20	2430	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 4 Ep 7	At Muckcross Traditional Farms, Donal is shown how to make soda bread in a bastible and makes Gur Cake, a popular Dublin sweet bread.	IRELAND	English-100		G	
2020-05-20	2500	<b>Nigella Kitchen</b>	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100		G	
2020-05-20	2530	<b>BBQ Crawl</b>	Texas Competition	Danielle starts her BBQ roadtrip in Texas, the land of beef. She's visiting two joints owned by members of the Mueller family.	USA	English-100		PG	
2020-05-20	2600	<b>BBQ Crawl</b>	Texas To Arkansas Crawl	Danielle visits the oldest BBQ joint in the state of Texas - the Southside Market. Their sausages are famous all over the world - she gets to eat them and see how they're made.	USA	English-100		PG	
2020-05-20	2630	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 1 Ep 9	The bustling town of Monreale boasts a thriving collection of well stocked butchers, one of which provides Aldo and Enzo with the lamb cutlets needed for their dish of Sicilian-style lamb.	UNITED KINGDOM	English-100		G	
2020-05-20	2700	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 10	Matthew continues his exploration of the possibilities of preserving pork by heading off to meet some French providores - experts at preserving high end product in cans.	AUSTRALIA	English-100	RPT	G	Y
2020-05-20	2730	<b>Short Cuts To Glory</b>	Family Dinner	What's not to love about the traditional family dinner? Matt hangs out with Nathan Sasi and a roast chicken. Jill Duplex's mashed potatoes are pure magic.	AUSTRALIA	English-100		G	
2020-05-20	2800	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G	Y
2020-05-20	2830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-21	0500	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-21	0530	<b>Surfing The Menu</b>	Cockburn Sound	Cockburn Sound in Western Australia is a natural sweeping bay used as both a nature reserve and naval base.	AUSTRALIA	English-100		PG	
2020-05-21	0600	<b>Oliver's Twist</b>	Boat Trip	Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.	UNITED KINGDOM	English-100		G	



2020-05-21	0630	<b>The Chefs' Line</b>	Mexican	Sous chef Gianni from Mexican restaurant el Publico goes up against two home cooks. Can the passion of a home cook beat the professional skills of a chef?	AUSTRALIA	English-99; Spanish-1	RPT	G	Y
2020-05-21	0700	<b>Kriol Kitchen</b>	Patty Mamid: Creamy Chilli Squid & Soybean Seafood Soup	Patty Mamid shows us how to prepare Creamy Chilli Squid and Soybean Seafood Soup. Drawing on her multicultural heritage, Patty cooks up two exotic dishes of her own making.	AUSTRALIA	English-100	RPT	G	
2020-05-21	0730	<b>Destination Flavour Down Under</b>	New Zealand - North Island	Adam explores New Zealand's North Island starting in the majestic kauri forests in the north. He visits Dargaville, the kumara capital of NZ, then a kiwifruit farm in Te Puke.	AUSTRALIA	English-100	RPT	G	Y
2020-05-21	0800	<b>Carnival Eats</b>	Rainbow Confection, The	Noah heads to the bright lights of the L.A. County Fair in Pomona, California and later finds gold at the end of the rainbow at the Markham County Fair in Markham, Ontario.	USA	English-100		G	
2020-05-21	0830	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-21	0930	<b>Nigella Kitchen</b>	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100		G	
2020-05-21	1000	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 4 Ep 7	At Muckcross Traditional Farms, Donal is shown how to make soda bread in a bastible and makes Gur Cake, a popular Dublin sweet bread.	IRELAND	English-100		G	
2020-05-21	1030	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 1 Ep 9	The bustling town of Monreale boasts a thriving collection of well stocked butchers, one of which provides Aldo and Enzo with the lamb cutlets needed for their dish of Sicilian-style lamb.	UNITED KINGDOM	English-100		G	
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2020-05-21	1230	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-21	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-21	1330	<b>Surfing The Menu</b>	Esperance	On the south coast of Western Australia, Bender and Stoney go in search of the famous giant Southern Rock Lobster.	AUSTRALIA	English-100		PG	
2020-05-21	1400	<b>Oliver's Twist</b>	Jamie And The Soccer Girls	Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team.	UNITED KINGDOM	English-100		G	
2020-05-21	1430	<b>The Chefs' Line</b>	Mexican	Head chef Tommy from Mexican restaurant El Publico goes up against this week's best home cook. It's the ultimate David versus Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-99; Spanish-1	RPT	G	Y
2020-05-21	1500	<b>Kriol Kitchen</b>	Neville Poelina: Orange Duck & Curry Bush Turkey	Neville Poelina will show us how to make two delicious dishes with duck and bush turkey - making the most out of his outdoor forty four gallon homemade bush oven. Orange Duck and Bush Turkey Curry.	AUSTRALIA	English-100	RPT	G	
2020-05-21	1530	<b>Destination Flavour Down Under</b>	New Zealand - Northern South Island	Adam takes a short ferry ride across the Cook Strait to New Zealand's South Island, headed for Akaroa, a historic French settlement nestled in the heart of an ancient volcano.	AUSTRALIA	English-100	RPT	G	Y
2020-05-21	1600	<b>Carnival Eats</b>	50 Shades Of Crepe	Noah Cappe heads to Vancouver to sample some amazing eats like the truly Canadian poutine-stuffed burger, the shrimp fried rice balls and jerk chicken dumplings.	USA	English-100		G	



2020-05-21	1630	<b>The Cook And The Chef</b>	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100			G	
2020-05-21	1700	<b>The Cook And The Chef</b>	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100			G	
2020-05-21	1730	<b>Donal's Cook, Eat, Burn</b>	Climbing Carrauntoohil	Donal tackles Carrauntoohil, the highest mountain in Ireland. To help him reach the top, he cooks recipes specially designed to sustain energy on a challenging day of mountaineering.	IRELAND	English-100			G	
2020-05-21	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	AUSTRALIA	English-100	RPT		PG	Y
2020-05-21	1900	<b>Nigella Kitchen</b>	Rags To Riches	Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings.	UNITED KINGDOM	English-100			G	
2020-05-21	1930	<b>Jimmy's Australian Food Adventure</b>	Crocodile Farming	In Litchfield National Park, south-west of Darwin, Jimmy joins crocodile ranger Matt Wright for a close encounter with a giant saltwater crocodile.	UNITED KINGDOM	English-100			PG	
2020-05-21	2000	<b>The Great Australian Cookbook</b>	Frank Camorra And Clayton Donovan	Frank Camorra shares traditional Spanish recipes including tortilla de patatas and asadillo. Clayton Donovan cooks up kangaroo san choy bow and oysters with finger lime, carrot foam and avocado cream.	AUSTRALIA	English-100			G	
2020-05-21	2030	<b>Jimmy Shu's Taste of The Territory</b>	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100			G	
2020-05-21	2100	<b>Poh &amp; Co.</b>	Love... And Pizza!	Poh and Jono start building a wood-fired pizza oven to enhance their outdoor entertaining area, so of course Poh enlists Andre's help to find a good tutor in the art of pizza dough.	AUSTRALIA	English-100	RPT		G	Y
2020-05-21	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-21	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-21	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	AUSTRALIA	English-100	RPT		PG	Y
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2020-05-21	2530	<b>BBQ Crawl</b>	Tennessee Competition	Danielle cruises into Memphis Tennessee and although there are hundreds of prospective BBQ joints to visit, she only chooses one - A and R BBQ. It is the heart and soul of Memphis 'cue.	USA	English-100			PG	
2020-05-21	2600	<b>BBQ Crawl</b>	Mississippi Crawl	Danielle heads south to Mississippi to the crazy fun filled joint known as The Shed. Danielle is made an honoree 'Shed Hed' as she hangs out, and chases alligators.	USA	English-100			PG	
2020-05-21	2630	<b>Jimmy's Australian Food Adventure</b>	Crocodile Farming	In Litchfield National Park, south-west of Darwin, Jimmy joins crocodile ranger Matt Wright for a close encounter with a giant saltwater crocodile.	UNITED KINGDOM	English-100			PG	

2020-05-21	2700	<b>The Great Australian Cookbook</b>	Frank Camorra And Clayton Donovan	Frank Camorra shares traditional Spanish recipes including tortilla de patatas and asadillo. Clayton Donovan cooks up kangaroo san choy bow and oysters with finger lime, carrot foam and avocado cream.	AUSTRALIA	English-100		G	
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2020-05-22	1330	<b>Surfing The Menu New Zealand</b>	Otago And Canterbury	Mark Gardner and Ben O'Donoghue take off on a Kiwi Food Surfari. Ben and Mark soar above the spectacular snow-covered Southern Alps in Gliders. Down below them is the Mt Cook Salmon Farm.	AUSTRALIA	English-100			PG	
2020-05-22	1400	<b>Oliver's Twist</b>	Session, The	Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates.	UNITED KINGDOM	English-100			G	
2020-05-22	1430	<b>The Chefs' Line</b>	Mexican	Celebrate the fun of Mexican cuisine as Maeve O'Meara takes us inside the kitchen of el Publico. There's more to Mexican than tacos, including a dish that uses Australian Green Ants - the tuna tostada	AUSTRALIA	English-100	RPT		G	Y
2020-05-22	1500	<b>Kriol Kitchen</b>	Denise Andrews Macale	Denise Andrews Macale with the help of Mitch and Ali turn the humble bush turkey into a delicious stew using basic vegetables and Asian sauces to complement the gamey taste of this native bird.	AUSTRALIA	English-100	RPT		G	
2020-05-22	1530	<b>Destination Flavour Down Under</b>	New Zealand - Southern South Island	In tonight's final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to stunning Lake Wakatipu.	AUSTRALIA	English-100	RPT		G	Y
2020-05-22	1600	<b>Carnival Eats</b>	Piefidelity	Host Noah Cappe knows Dela-where to find amazing fresh seafood, the Delaware State Fair in Harrington. Noah starts with the shrimp dog - succulent shrimp in a corn dog batter.	USA	English-100			G	
2020-05-22	1630	<b>The Cook And The Chef</b>	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100			G	
2020-05-22	1700	<b>The Cook And The Chef</b>	Produce Of Two Islands	South of Hobart in the delightfully named Sandlfy Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100			G	
2020-05-22	1730	<b>Donal's Cook, Eat, Burn</b>	Rock Climbing	Donal goes rock climbing on the beautiful but challenging North Antrim Coast. He prepares new recipes, specially selected to help the body recover after day of activity and exertion,	IRELAND	English-100			G	
2020-05-22	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	AUSTRALIA	English-100	RPT		PG	Y
2020-05-22	1900	<b>Nigella Kitchen</b>	Suppertime And The Cooking Is Easy	If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes is the work of moments.	UNITED KINGDOM	English-100			PG	
2020-05-22	1930	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 13	Paul Hollywood gets his best of British Pies and Puds well and truly spiced up with the irrepressible Levi Roots, before returning the favour with his own amazing Caribbean Banana Tarte Tatin.	UNITED KINGDOM	English-100			G	
2020-05-22	2030	<b>Rick Stein's German Bite</b>	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage with his usual appetite seeking out tantalising culinary gems.	UNITED KINGDOM	English-100	RPT		G	Y
2020-05-22	2135	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-22	2205	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-22	2235	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	AUSTRALIA	English-100	RPT		PG	Y
2020-05-22	2330	<b>The Cook And The Chef</b>	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100			G	
2020-05-22	2400	<b>The Cook And The Chef</b>	Produce Of Two Islands	South of Hobart in the delightfully named Sandlfy Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100			G	
2020-05-22	2430	<b>Donal's Cook, Eat, Burn</b>	Rock Climbing	Donal goes rock climbing on the beautiful but challenging North Antrim Coast. He prepares new recipes, specially selected to help the body recover after day of activity and exertion,	IRELAND	English-100			G	

2020-05-22	2500	<b>Nigella Kitchen</b>	Suppertime And The Cooking Is Easy	If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes is the work of moments.	UNITED KINGDOM	English-100			PG	
2020-05-22	2530	<b>BBQ Crawl</b>	Alabama Competition	Danielle is headed to the Decatur Jaycee's Riverfest to compete but before she gets there, she's looking forward to meeting up with old friends and eating some local 'bama' cue.	USA	English-100			PG	
2020-05-22	2600	<b>BBQ Crawl</b>	Atlanta To North Carolina Crawl	Danielle heads east through Georgia - land of peaches and Bubba Q BBQ. Her buddy, William 'Bubba' Latimer owns the place with his wife.	USA	English-100			PG	
2020-05-22	2630	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 13	Paul Hollywood gets his best of British Pies and Puds well and truly spiced up with the irrepressible Levi Roots, before returning the favour with his own amazing Caribbean Banana Tarte Tatin.	UNITED KINGDOM	English-100			G	
2020-05-22	2730	<b>Rick Stein's German Bite</b>	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage with his usual appetite seeking out tantalising culinary gems.	UNITED KINGDOM	English-100	RPT		G	Y
2020-05-22	2835	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-23	0500	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-23	0530	<b>Surfing The Menu New Zealand</b>	Otago And Canterbury	Mark Gardner and Ben O'Donoghue take off on a Kiwi Food Surfari. Ben and Mark soar above the spectacular snow-covered Southern Alps in Gliders. Down below them is the Mt Cook Salmon Farm.	AUSTRALIA	English-100			PG	
2020-05-23	0600	<b>Oliver's Twist</b>	Session, The	Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates.	UNITED KINGDOM	English-100			G	
2020-05-23	0630	<b>The Chefs' Line</b>	Mexican	Celebrate the fun of Mexican cuisine as Maeve O'Meara takes us inside the kitchen of el Publico. There's more to Mexican than tacos, including a dish that uses Australian Green Ants - the tuna tostada	AUSTRALIA	English-100	RPT		G	Y
2020-05-23	0700	<b>Kriol Kitchen</b>	Denise Andrews Macale	Denise Andrews Macale with the help of Mitch and Ali turn the humble bush turkey into a delicious stew using basic vegetables and Asian sauces to complement the gamey taste of this native bird.	AUSTRALIA	English-100	RPT		G	
2020-05-23	0730	<b>Destination Flavour Down Under</b>	New Zealand - Southern South Island	In tonight's final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to stunning Lake Wakatipu.	AUSTRALIA	English-100	RPT		G	Y
2020-05-23	0800	<b>Carnival Eats</b>	Piefidelity	Host Noah Cappe knows Dela-where to find amazing fresh seafood, the Delaware State Fair in Harrington. Noah starts with the shrimp dog - succulent shrimp in a corn dog batter.	USA	English-100			G	
2020-05-23	0830	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	AUSTRALIA	English-100	RPT		PG	Y
2020-05-23	0930	<b>Nigella Kitchen</b>	Suppertime And The Cooking Is Easy	If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes is the work of moments.	UNITED KINGDOM	English-100			PG	
2020-05-23	1000	<b>Donal's Cook, Eat, Burn</b>	Rock Climbing	Donal goes rock climbing on the beautiful but challenging North Antrim Coast. He prepares new recipes, specially selected to help the body recover after day of activity and exertion,	IRELAND	English-100			G	
2020-05-23	1030	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 13	Paul Hollywood gets his best of British Pies and Puds well and truly spiced up with the irrepressible Levi Roots, before returning the favour with his own amazing Caribbean Banana Tarte Tatin.	UNITED KINGDOM	English-100			G	
2020-05-23	1130	<b>Rick Stein's German Bite</b>	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage with his usual appetite seeking out tantalising culinary gems.	UNITED KINGDOM	English-100	RPT		G	Y
2020-05-23	1235	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-23	1305	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	



2020-05-23	1335	<b>Carnival Eats</b>	Piefidelity	Host Noah Cappe knows Dela-where to find amazing fresh seafood, the Delaware State Fair in Harrington. Noah starts with the shrimp dog - succulent shrimp in a corn dog batter.	USA	English-100			G	
2020-05-23	1400	<b>Saturday Kitchen</b>	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			G	
2020-05-23	1500	<b>Secret Meat Business</b>	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100			G	
2020-05-23	1530	<b>Secret Meat Business</b>	Tunisian	Adrian dishes up a succulent roast duck cooked in classic Tunisian spices, served on a bed of nutty rice. A feast to share with friends and family, or in Adrian's case, enjoy all by yourself.	AUSTRALIA	English-100			G	
2020-05-23	1600	<b>The Cook And The Chef</b>	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make Asparagus with Soft Boiled Egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100			G	
2020-05-23	1630	<b>The Cook And The Chef</b>	Just Vegetables	Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies.	AUSTRALIA	English-100			G	
2020-05-23	1700	<b>The Cook And The Chef</b>	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100			G	
2020-05-23	1730	<b>Freddie Fries Down Under</b>	Freddie Fries Down Under Series 1 Ep 3	Freddie and Rob continue their Australian adventure. They get up close and personal with some the country's deadliest animals by becoming snake catchers for the day.	UNITED KINGDOM	English-100			PG	
2020-05-23	1830	<b>Lyndey And Blair's Taste Of Greece</b>	Lyndey And Blair's Taste Of Greece Series 1 Episode 7	In the final episode, Lyndey times Blair as he runs the length of the original ancient stadium of Olympia. Next, the pair taste wine from Refosco grapes at Mercouri Winery.	AUSTRALIA	English-100	RPT		G	Y
2020-05-23	1930	<b>Cheese Slices</b>	Roquefort, Revisiting King Of The Blues	Will and Ellie sample Roquefort - the most significant of all blue cheeses. It's one of the world's oldest cheeses, and one of the few blue cheeses still made from raw milk.	AUSTRALIA	English-100			G	
2020-05-23	2000	<b>Cheese Slices</b>	Gorgonzola / Taleggio	Under the spot light in this episode are gorgonzola and taleggio. Cheese authority Will Studd travels to Northern Italy to see how and where these fascinating cheeses are created.	AUSTRALIA	English-100			G	
2020-05-23	2030	<b>Kylie Kwong: Heart And Soul</b>	Hong Kong High Life	Kylie goes straight to the top in Hong Kong, for some of the finest dining in the world.	AUSTRALIA	English-100	RPT		G	Y
2020-05-23	2100	<b>Kylie Kwong: Heart And Soul</b>	New Shanghai	Kylie finds trendy shops and bars as well as traditional street food when she explores modern Shanghai.	AUSTRALIA	English-100	RPT		G	Y
2020-05-23	2130	<b>Two Greedy Italians</b>	Poor Man's Food	Chefs Antonio Carluccio and Gennaro Contaldo tour Campania, where they learn how poverty in the area created Italy's best-loved dishes and made the region rich.	UNITED KINGDOM	English-100	RPT		G	Y
2020-05-23	2235	<b>Destination Flavour Scandinavia</b>	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
2020-05-23	2305	<b>Comfort Eating</b>	Leeds	Nick travels to Leeds with his best mate David Trent where they tuck into Yorkshire pudding wraps for breakfast before Nick seeks out some chicken soup.	UNITED KINGDOM	English-100			PG	
2020-05-23	2330	<b>Freddie Fries Down Under</b>	Freddie Fries Down Under Series 1 Ep 3	Freddie and Rob continue their Australian adventure. They get up close and personal with some the country's deadliest animals by becoming snake catchers for the day.	UNITED KINGDOM	English-100			PG	
2020-05-23	2430	<b>Lyndey And Blair's Taste Of Greece</b>	Lyndey And Blair's Taste Of Greece Series 1 Episode 7	In the final episode, Lyndey times Blair as he runs the length of the original ancient stadium of Olympia. Next, the pair taste wine from Refosco grapes at Mercouri Winery.	AUSTRALIA	English-100	RPT		G	Y
2020-05-23	2530	<b>Cheese Slices</b>	Roquefort, Revisiting King Of The Blues	Will and Ellie sample Roquefort - the most significant of all blue cheeses. It's one of the world's oldest cheeses, and one of the few blue cheeses still made from raw milk.	AUSTRALIA	English-100			G	

2020-05-23	2600	<b>Cheese Slices</b>	Gorgonzola / Taleggio	Under the spot light in this episode are gorgonzola and taleggio. Cheese authority Will Studd travels to Northern Italy to see how and where these fascinating cheeses are created.	AUSTRALIA	English-100		G	
2020-05-23	2630	<b>Kylie Kwong: Heart And Soul</b>	Hong Kong High Life	Kylie goes straight to the top in Hong Kong, for some of the finest dining in the world.	AUSTRALIA	English-100	RPT	G	Y
2020-05-23	2700	<b>Kylie Kwong: Heart And Soul</b>	New Shanghai	Kylie finds trendy shops and bars as well as traditional street food when she explores modern Shanghai.	AUSTRALIA	English-100	RPT	G	Y
2020-05-23	2730	<b>Two Greedy Italians</b>	Poor Man's Food	Chefs Antonio Carluccio and Gennaro Contaldo tour Campania, where they learn how poverty in the area created Italy's best-loved dishes and made the region rich.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-23	2835	<b>Destination Flavour Scandinavia</b>	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
2020-05-24	0500	<b>Secret Meat Business</b>	Tunisian	Adrian dishes up a succulent roast duck cooked in classic Tunisian spices, served on a bed of nutty rice. A feast to share with friends and family, or in Adrian's case, enjoy all by yourself.	AUSTRALIA	English-100		G	
2020-05-24	0530	<b>Freddie Fries Down Under</b>	Freddie Fries Down Under Series 1 Ep 3	Freddie and Rob continue their Australian adventure. They get up close and personal with some the country's deadliest animals by becoming snake catchers for the day.	UNITED KINGDOM	English-100		PG	
2020-05-24	0630	<b>Lyndey And Blair's Taste Of Greece</b>	Lyndey And Blair's Taste Of Greece Series 1 Episode 7	In the final episode, Lyndey times Blair as he runs the length of the original ancient stadium of Olympia. Next, the pair taste wine from Refosco grapes at Mercouri Winery.	AUSTRALIA	English-100	RPT	G	Y
2020-05-24	0730	<b>Cheese Slices</b>	Roquefort, Revisiting King Of The Blues	Will and Ellie sample Roquefort - the most significant of all blue cheeses. It's one of the world's oldest cheeses, and one of the few blue cheeses still made from raw milk.	AUSTRALIA	English-100		G	
2020-05-24	0800	<b>Cheese Slices</b>	Gorgonzola / Taleggio	Under the spot light in this episode are gorgonzola and taleggio. Cheese authority Will Studd travels to Northern Italy to see how and where these fascinating cheeses are created.	AUSTRALIA	English-100		G	
2020-05-24	0830	<b>Kylie Kwong: Heart And Soul</b>	Hong Kong High Life	Kylie goes straight to the top in Hong Kong, for some of the finest dining in the world.	AUSTRALIA	English-100	RPT	G	Y
2020-05-24	0900	<b>Kylie Kwong: Heart And Soul</b>	New Shanghai	Kylie finds trendy shops and bars as well as traditional street food when she explores modern Shanghai.	AUSTRALIA	English-100	RPT	G	Y
2020-05-24	0930	<b>Two Greedy Italians</b>	Poor Man's Food	Chefs Antonio Carluccio and Gennaro Contaldo tour Campania, where they learn how poverty in the area created Italy's best-loved dishes and made the region rich.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-24	1035	<b>Destination Flavour Scandinavia</b>	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
2020-05-24	1105	<b>Secret Meat Business</b>	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100		G	
2020-05-24	1130	<b>Secret Meat Business</b>	Tunisian	Adrian dishes up a succulent roast duck cooked in classic Tunisian spices, served on a bed of nutty rice. A feast to share with friends and family, or in Adrian's case, enjoy all by yourself.	AUSTRALIA	English-100		G	
2020-05-24	1200	<b>Lyndey And Blair's Taste Of Greece</b>	Lyndey And Blair's Taste Of Greece Series 1 Episode 7	In the final episode, Lyndey times Blair as he runs the length of the original ancient stadium of Olympia. Next, the pair taste wine from Refosco grapes at Mercouri Winery.	AUSTRALIA	English-100	RPT	G	Y
2020-05-24	1230	<b>Freddie Fries Down Under</b>	Freddie Fries Down Under Series 1 Ep 3	Freddie and Rob continue their Australian adventure. They get up close and personal with some the country's deadliest animals by becoming snake catchers for the day.	UNITED KINGDOM	English-100		PG	
2020-05-24	1400	<b>Saturday Kitchen</b>	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	



2020-05-24	1500	<b>Secret Meat Business</b>	Canadian	Double trouble, Adrian combines two of his favourite proteins in an indulgent Canadian dish, Bacon wrapped duck breasts Tournedos.	AUSTRALIA	English-100			G	
2020-05-24	1530	<b>Secret Meat Business</b>	Malaysian	Malaysian cooking is a cuisine that melds Chinese, Indian and traditional Malay flavours. Adrian pays homage to his time spent there as a child preparing mouth-watering Beef Rendang.	AUSTRALIA	English-100			G	
2020-05-24	1600	<b>The Cook And The Chef</b>	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100			G	
2020-05-24	1630	<b>The Cook And The Chef</b>	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100			G	
2020-05-24	1700	<b>The Cook And The Chef</b>	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100			PG	
2020-05-24	1730	<b>Donal's Kitchen Hero Feast</b>	Dublin - Donal's Christmas Feast	With Christmas fast approaching, Donal visits a turkey farm and a bakery selling mince pies. The Garden florists in the Powerscourt Centre will be showing Donal how to decorate a table at Christmas.	IRELAND	English-100			PG	
2020-05-24	1800	<b>Jimmy Shu's Taste of The Territory</b>	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100			G	
2020-05-24	1830	<b>Asia Unplated With Diana Chan</b>	South Indian	Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav.	AUSTRALIA	English-100			G	
2020-05-24	1900	<b>Bonacini's Italy</b>	Sicily	Simplicity is key with Sicilian cuisine and Michael explores just how the region balances simplicity with intensity through four flavourful dishes. He starts with an antipasto of folded flatbread.	CANADA	English-100			G	
2020-05-24	1930	<b>Rick Stein's Far Eastern Odyssey</b>	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT		PG	Y
2020-05-24	2035	<b>Jonathan Phang's Gourmet Express</b>	Perth To Sydney	Starting in Australia's thriving cosmopolitan west coast city of Perth, Jonathan lives like a true Aussie when he cooks prawns on the barbie with chef Russell Blaikie.	UNITED KINGDOM	English-100			PG	
2020-05-24	2130	<b>The Sweet Life With Elise Strachan</b>	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100			G	
2020-05-24	2230	<b>Destination Flavour Scandinavia</b>	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
2020-05-24	2300	<b>Comfort Eating</b>	Brighton	Nick goes back to Brighton to catch up with some old friends. First stop is Nowhere Man, a cafe specialising in American pancakes.	UNITED KINGDOM	English-100			PG	
2020-05-24	2330	<b>Jimmy Shu's Taste of The Territory</b>	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100			G	
2020-05-24	2400	<b>Asia Unplated With Diana Chan</b>	South Indian	Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav.	AUSTRALIA	English-100			G	
2020-05-24	2430	<b>Bonacini's Italy</b>	Sicily	Simplicity is key with Sicilian cuisine and Michael explores just how the region balances simplicity with intensity through four flavourful dishes. He starts with an antipasto of folded flatbread.	CANADA	English-100			G	
2020-05-24	2500	<b>Secret Meat Business</b>	Canadian	Double trouble, Adrian combines two of his favourite proteins in an indulgent Canadian dish, Bacon wrapped duck breasts Tournedos.	AUSTRALIA	English-100			G	
2020-05-24	2530	<b>Rick Stein's Far Eastern Odyssey</b>	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT		PG	Y

2020-05-24	2635	<b>Jonathan Phang's Gourmet Express</b>	Perth To Sydney	Starting in Australia's thriving cosmopolitan west coast city of Perth, Jonathan lives like a true Aussie when he cooks prawns on the barbie with chef Russell Blaikie.	UNITED KINGDOM	English-100		PG	
2020-05-24	2730	<b>The Sweet Life With Elise Strachan</b>	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100		G	
2020-05-24	2830	<b>Destination Flavour Scandinavia</b>	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
2020-05-25	0500	<b>Secret Meat Business</b>	Malaysian	Malaysian cooking is a cuisine that melds Chinese, Indian and traditional Malay flavours. Adrian pays homage to his time spent there as a child preparing mouth-watering Beef Rendang.	AUSTRALIA	English-100		G	
2020-05-25	0530	<b>Donal's Kitchen Hero Feast</b>	Dublin - Donal's Christmas Feast	With Christmas fast approaching, Donal visits a turkey farm and a bakery selling mince pies. The Garden florists in the Powerscourt Centre will be showing Donal how to decorate a table at Christmas.	IRELAND	English-100		PG	
2020-05-25	0600	<b>Jimmy Shu's Taste of The Territory</b>	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100		G	
2020-05-25	0630	<b>Asia Unplated With Diana Chan</b>	South Indian	Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav.	AUSTRALIA	English-100		G	
2020-05-25	0700	<b>Bonacini's Italy</b>	Sicily	Simplicity is key with Sicilian cuisine and Michael explores just how the region balances simplicity with intensity through four flavourful dishes. He starts with an antipasto of folded flatbread.	CANADA	English-100		G	
2020-05-25	0730	<b>Rick Stein's Far Eastern Odyssey</b>	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-05-25	0835	<b>Jonathan Phang's Gourmet Express</b>	Perth To Sydney	Starting in Australia's thriving cosmopolitan west coast city of Perth, Jonathan lives like a true Aussie when he cooks prawns on the barbie with chef Russell Blaikie.	UNITED KINGDOM	English-100		PG	
2020-05-25	0930	<b>The Sweet Life With Elise Strachan</b>	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100		G	
2020-05-25	1030	<b>Destination Flavour Scandinavia</b>	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
2020-05-25	1100	<b>Donal's Kitchen Hero Feast</b>	Dublin - Donal's Christmas Feast	With Christmas fast approaching, Donal visits a turkey farm and a bakery selling mince pies. The Garden florists in the Powerscourt Centre will be showing Donal how to decorate a table at Christmas.	IRELAND	English-100		PG	
2020-05-25	1130	<b>Jimmy Shu's Taste of The Territory</b>	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100		G	
2020-05-25	1200	<b>Asia Unplated With Diana Chan</b>	South Indian	Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav.	AUSTRALIA	English-100		G	
2020-05-25	1230	<b>Bonacini's Italy</b>	Sicily	Simplicity is key with Sicilian cuisine and Michael explores just how the region balances simplicity with intensity through four flavourful dishes. He starts with an antipasto of folded flatbread.	CANADA	English-100		G	
2020-05-25	1300	<b>Secret Meat Business</b>	Malaysian	Malaysian cooking is a cuisine that melds Chinese, Indian and traditional Malay flavours. Adrian pays homage to his time spent there as a child preparing mouth-watering Beef Rendang.	AUSTRALIA	English-100		G	
2020-05-25	1330	<b>Surfing The Menu New Zealand</b>	Gisborne	Gisborne is Mark's hometown. He knows everyone and everyone seems to know him. Mark Checks up on his new surfboard being finished off nearby.	AUSTRALIA	English-100		PG	
2020-05-25	1400	<b>Oliver's Twist</b>	George's Day Off	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100		G	
2020-05-25	1430	<b>The Chefs' Line</b>	Italian	Watch apprentice chef Giorgia from legendary hatted Italian restaurant Sotto Sopra go up against four passionate home cooks in a classic eggplant parmigiana battle.	AUSTRALIA	English-100	RPT	G	Y



2020-05-25	1500	<b>Kriol Kitchen</b>	Alex Rogers	This episode is a salute to the fighting freshwater and saltwater barramundi. Alex Rogers whips up a simple dish with one of his favourite fish.	AUSTRALIA	English-100	RPT	G	
2020-05-25	1530	<b>Pati's Mexican Table</b>	Family Favourites	Pati prepares chile rellenos, salsa roja, drunken rice with chicken, and a meringue cake with whipped cream and strawberries.	USA	English-100		G	
2020-05-25	1600	<b>Carnival Eats</b>	Good, The Bacon, The Ugly, The	First up Noah heads to the Texas State Fair in Dallas for a Tex-ified take on lobster before heading to Oakland County in Michigan where he'll lasso in the Rodeo Pizza.	USA	English-100		G	
2020-05-25	1630	<b>The Cook And The Chef</b>	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100		G	
2020-05-25	1700	<b>The Cook And The Chef</b>	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G	
2020-05-25	1730	<b>Donal's Cook, Eat, Burn</b>	Bootcamp	Donal cooks recipes specially picked to help him fuel up and prepare for a tough boot camp work out, including squash tagine with quinoa, a selection of smoothies, and sweet potato 'shepherdless' pie.	IRELAND	English-100		G	
2020-05-25	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-25	1900	<b>Nigella Express</b>	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-25	1930	<b>Len And Ainsley's Big Food Adventure</b>	Bristol	Ainsley leads Len to one of his favourite styles of restaurant, serving fascinating Jamaican food. But will curried goat be a step too far for Len's tastebuds?	UNITED KINGDOM	English-100		PG	
2020-05-25	2030	<b>Macao Gourmet With Justine Schofield</b>	Macao Gourmet Series 1 Ep 1	Join Justine as she explores Macao, a region steeped in Chinese and Portuguese heritage. Justine visits a local market and prepares a dish that showcases the Chinese and Portuguese fusion that Macanese cuisine is renowned for.	AUSTRALIA	English-100		PG	
2020-05-25	2100	<b>Macao Gourmet With Justine Schofield</b>	Macao Gourmet Series 1 Ep 2	Justine visits one of the oldest Chinese Tea Houses in Macao and later is joined by one of Macao's most distinguished Portuguese chefs, Antonio Coelho, to prepare one of his most popular dishes.	AUSTRALIA	English-100		G	
2020-05-25	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 11	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-25	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 12	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-25	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-25	2330	<b>The Cook And The Chef</b>	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100		G	
2020-05-25	2400	<b>The Cook And The Chef</b>	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G	
2020-05-25	2430	<b>Donal's Cook, Eat, Burn</b>	Bootcamp	Donal cooks recipes specially picked to help him fuel up and prepare for a tough boot camp work out, including squash tagine with quinoa, a selection of smoothies, and sweet potato 'shepherdless' pie.	IRELAND	English-100		G	
2020-05-25	2500	<b>Nigella Express</b>	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-25	2530	<b>BBQ Crawl</b>	Kentucky Competition	Danielle heads to Kentucky to compete in the Owensboro Grillin' and Chillin' BBQ cookoff.	USA	English-100		PG	
2020-05-25	2600	<b>BBQ Crawl</b>	Kentucky To Missouri Crawl	Danielle is leaving Kentucky but can't miss out on Billy's BBQ in Louisville where they are known for their eclectic decor, Mexcian cornbread and loin-back pork ribs.	USA	English-100		PG	
2020-05-25	2630	<b>Len And Ainsley's Big Food Adventure</b>	Bristol	Ainsley leads Len to one of his favourite styles of restaurant, serving fascinating Jamaican food. But will curried goat be a step too far for Len's tastebuds?	UNITED KINGDOM	English-100		PG	
2020-05-25	2730	<b>Macao Gourmet With Justine Schofield</b>	Macao Gourmet Series 1 Ep 1	Join Justine as she explores Macao, a region steeped in Chinese and Portuguese heritage. Justine visits a local market and prepares a dish that showcases the Chinese and Portuguese fusion that Macanese cuisine is renowned for.	AUSTRALIA	English-100		PG	

2020-05-25	2800	<b>Macao Gourmet With Justine Schofield</b>	Macao Gourmet Series 1 Ep 2	Justine visits one of the oldest Chinese Tea Houses in Macao and later is joined by one of Macao's most distinguished Portuguese chefs, Antonio Coelho, to prepare one of his most popular dishes.	AUSTRALIA	English-100			G	
2020-05-25	2830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 11	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-26	0500	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 12	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-26	0530	<b>Surfing The Menu New Zealand</b>	Gisborne	Gisborne is Mark's hometown. He knows everyone and everyone seems to know him. Mark Checks up on his new surfboard being finished off nearby.	AUSTRALIA	English-100			PG	
2020-05-26	0600	<b>Oliver's Twist</b>	George's Day Off	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100			G	
2020-05-26	0630	<b>The Chefs' Line</b>	Italian	Watch apprentice chef Giorgia from legendary hatted Italian restaurant Sotto Sopra go up against four passionate home cooks in a classic eggplant parmigiana battle.	AUSTRALIA	English-100	RPT		G	Y
2020-05-26	0700	<b>Kriol Kitchen</b>	Alex Rogers	This episode is a salute to the fighting freshwater and saltwater barramundi. Alex Rogers whips up a simple dish with one of his favourite fish.	AUSTRALIA	English-100	RPT		G	
2020-05-26	0730	<b>Pati's Mexican Table</b>	Family Favourites	Pati prepares chile rellenos, salsa roja, drunken rice with chicken, and a meringue cake with whipped cream and strawberries.	USA	English-100			G	
2020-05-26	0800	<b>Carnival Eats</b>	Good, The Bacon, The Ugly, The	First up Noah heads to the Texas State Fair in Dallas for a Tex-ified take on lobster before heading to Oakland County in Michigan where he'll lasso in the Rodeo Pizza.	USA	English-100			G	
2020-05-26	0830	<b>Nigella Express</b>	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT		G	Y
2020-05-26	0900	<b>Donal's Cook, Eat, Burn</b>	Bootcamp	Donal cooks recipes specially picked to help him fuel up and prepare for a tough boot camp work out, including squash tagine with quinoa, a selection of smoothies, and sweet potato 'shepherdless' pie.	IRELAND	English-100			G	
2020-05-26	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	AUSTRALIA	English-100	RPT		PG	Y
2020-05-26	1030	<b>Len And Ainsley's Big Food Adventure</b>	Bristol	Ainsley leads Len to one of his favourite styles of restaurant, serving fascinating Jamaican food. But will curried goat be a step too far for Len's tastebuds?	UNITED KINGDOM	English-100			PG	
2020-05-26	1130	<b>Macao Gourmet With Justine Schofield</b>	Macao Gourmet Series 1 Ep 1	Join Justine as she explores Macao, a region steeped in Chinese and Portuguese heritage. Justine visits a local market and prepares a dish that showcases the Chinese and Portuguese fusion that Macanese cuisine is renowned for.	AUSTRALIA	English-100			PG	
2020-05-26	1200	<b>Macao Gourmet With Justine Schofield</b>	Macao Gourmet Series 1 Ep 2	Justine visits one of the oldest Chinese Tea Houses in Macao and later is joined by one of Macao's most distinguished Portuguese chefs, Antonio Coelho, to prepare one of his most popular dishes.	AUSTRALIA	English-100			G	
2020-05-26	1230	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 11	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-26	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 12	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-26	1330	<b>Surfing The Menu New Zealand</b>	Marlborough	From the tranquil Marlborough Sounds, the region spreads south along some amazing beaches with spectacular views, plus vineyard after vineyard.	AUSTRALIA	English-100			PG	
2020-05-26	1400	<b>Oliver's Twist</b>	Picnic In The Park	Brilliant summer weather allows for Jamie to cook up an exciting picnic.	UNITED KINGDOM	English-100			G	
2020-05-26	1430	<b>The Chefs' Line</b>	Italian	Watch station chef Flavia from legendary hatted Italian restaurant Sotto Sopra go up against three passionate home cooks in the ultimate Carpaccio challenge.	AUSTRALIA	English-100	RPT		G	Y
2020-05-26	1500	<b>Kriol Kitchen</b>	Maria Morgan: Ox Tail Stew & Veggie Bake	Marie Morgan draws on the Kimberley history of station and mission days. Marie shares with us a family recipe that takes us back to a simpler time.	AUSTRALIA	English-100	RPT		G	
2020-05-26	1530	<b>Pati's Mexican Table</b>	Baked	Baked egg casserole, salsa ranchera, dulce de leche and pecan cinnamon rolls and baked fruit mixiote.	USA	English-100			G	

2020-05-26	1600	<b>Carnival Eats</b>	French Toast Connection, The	Noah heads to the San Diego County Fair, and then it's doors open at the La Porte Country Fair in Indiana.	USA	English-100		G	
2020-05-26	1630	<b>The Cook And The Chef</b>	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100		G	
2020-05-26	1700	<b>The Cook And The Chef</b>	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100		G	
2020-05-26	1730	<b>Donal's Cook, Eat, Burn</b>	Greenway, The	It's all about eating on-the-go as Donal heads to the Atlantic Coast to cycle the stunning Greenway in Mayo. He prepares food perfect for eating on a day of exercise and activity.	IRELAND	English-100		G	
2020-05-26	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-26	1900	<b>Nigella Express</b>	Against The Clock	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-26	1930	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 12	This week Maeve O'Meara delves into the intricate and specialised realm of preserved and fermented vegetables and fruit from around the world.	AUSTRALIA	English-100	RPT	G	Y
2020-05-26	2000	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100		G	
2020-05-26	2030	<b>Richo's Bar Snacks</b>	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	
2020-05-26	2100	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 4	The Vietnamese island of Phu Quoc is well known for its production of fish sauce, and its peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke.	AUSTRALIA	English-100	RPT	G	Y
2020-05-26	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 13	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-26	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 14	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-26	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-26	2330	<b>The Cook And The Chef</b>	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100		G	
2020-05-26	2400	<b>The Cook And The Chef</b>	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100		G	
2020-05-26	2430	<b>Donal's Cook, Eat, Burn</b>	Greenway, The	It's all about eating on-the-go as Donal heads to the Atlantic Coast to cycle the stunning Greenway in Mayo. He prepares food perfect for eating on a day of exercise and activity.	IRELAND	English-100		G	
2020-05-26	2500	<b>Nigella Express</b>	Against The Clock	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-26	2530	<b>BBQ Crawl</b>	Missouri Competition	Danielle is almost done her roadtrip but she has the granddaddy of all competitions coming up. It's the American Royal and her very own professional competition team is flying down to join her.	USA	English-100		PG	
2020-05-26	2600	<b>BBQ Crawl</b>	Missouri Competition Pt 2	Danielle and her team are competing for four days at American Royal BBQ competition. Between power outages and barbecue fires, they have their work cut out for them.	USA	English-100		PG	
2020-05-26	2630	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 12	This week Maeve O'Meara delves into the intricate and specialised realm of preserved and fermented vegetables and fruit from around the world.	AUSTRALIA	English-100	RPT	G	Y
2020-05-26	2700	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100		G	
2020-05-26	2730	<b>Richo's Bar Snacks</b>	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	



2020-05-26	2800	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 4	The Vietnamese island of Phu Quoc is well known for its production of fish sauce, and its peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke.	AUSTRALIA	English-100	RPT	G	Y
2020-05-26	2830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 13	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-27	0500	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 14	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-27	0530	<b>Surfing The Menu New Zealand</b>	Marlborough	From the tranquil Marlborough Sounds, the region spreads south along some amazing beaches with spectacular views, plus vineyard after vineyard.	AUSTRALIA	English-100		PG	
2020-05-27	0600	<b>Oliver's Twist</b>	Picnic In The Park	Brilliant summer weather allows for Jamie to cook up an exciting picnic.	UNITED KINGDOM	English-100		G	
2020-05-27	0630	<b>The Chefs' Line</b>	Italian	Watch station chef Flavia from legendary hatted Italian restaurant Sotto Sopra go up against three passionate home cooks in the ultimate Carpaccio challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-05-27	0700	<b>Kriol Kitchen</b>	Maria Morgan: Ox Tail Stew & Vegie Bake	Marie Morgan draws on the Kimberley history of station and mission days. Marie shares with us a family recipe that takes us back to a simpler time.	AUSTRALIA	English-100	RPT	G	
2020-05-27	0730	<b>Pati's Mexican Table</b>	Baked	Baked egg casserole, salsa ranchera, dulce de leche and pecan cinnamon rolls and baked fruit mixiote.	USA	English-100		G	
2020-05-27	0800	<b>Carnival Eats</b>	French Toast Connection, The	Noah heads to the San Diego County Fair, and then it's doors open at the La Porte Country Fair in Indiana.	USA	English-100		G	
2020-05-27	0830	<b>Nigella Express</b>	Against The Clock	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-27	0900	<b>Donal's Cook, Eat, Burn</b>	Greenway, The	It's all about eating on-the-go as Donal heads to the Atlantic Coast to cycle the stunning Greenway in Mayo. He prepares food perfect for eating on a day of exercise and activity.	IRELAND	English-100		G	
2020-05-27	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	AUSTRALIA	English-100	RPT	PG	Y
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2020-05-27	1100	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100		G	
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2020-05-27	1230	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 13	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-27	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 14	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-27	1330	<b>Surfing The Menu New Zealand</b>	Southern Lakes	Bender and Mark are in a hopper with wilderness expert Jeremaia, who takes them out to Big Bay past snow-covered peaks and thick dense forests to meet back-woodsman Dale Hunter.	AUSTRALIA	English-100		PG	
2020-05-27	1400	<b>Oliver's Twist</b>	Daddy's Girl	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100		G	
2020-05-27	1430	<b>The Chefs' Line</b>	Italian	Watch sous chef Mattia from legendary hatted Italian restaurant Sotto Sopra go up against two passionate home cooks in a bid to make the best Zabaglione.	AUSTRALIA	English-100	RPT	G	Y
2020-05-27	1500	<b>Kriol Kitchen</b>	Bo Carne	Everyone has a stew they can brag about. In this episode, Bo Carne shares his Nana's version of the good old billabong stew - in this case his family calls it 'Nana's Half Caste Stew'.	AUSTRALIA	English-100	RPT	G	
2020-05-27	1530	<b>Pati's Mexican Table</b>	Backyard Picnic	The season four finale features a sandwich with chicken, refried beans, plantain and avocado, potato and poblano rajas salad, mango puff, and grapefruit and guava spritzer.	USA	English-100		G	
2020-05-27	1600	<b>Carnival Eats</b>	Million Dollar Baby Cakes	Noah gets ready to pig out at Rio Rancho's Pork and Brew festival in New Mexico, then sees his money go a long way at the Ionia Free Fair in Michigan.	USA	English-100		G	
2020-05-27	1630	<b>The Cook And The Chef</b>	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100		G	

2020-05-27	1700	<b>The Cook And The Chef</b>	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100		G	
2020-05-27	1730	<b>Donal's Cook, Eat, Burn</b>	Coasteering	Donal prepares food designed to enhance his day of healthy activity, including fudge, coriander fishcakes with a spiralised-veggie Thai salad, spiced Indian dahl, and filo pastry pie.	IRELAND	English-100		G	
2020-05-27	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-27	1900	<b>Nigella Express</b>	Hey Presto	Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-27	1930	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 1 Ep 10	Trapani is a major fishing town that is closer to the coast of North Africa than it is to mainland Italy. It's here Aldo and Enzo serve cous cous and an impressive baked sea bass encased in salt.	UNITED KINGDOM	English-100		G	
2020-05-27	2000	<b>Gourmet Farmer</b>	Gourmet Farmer Series 3 Episode 1	Matthew Evans, the former food critic turned farmer, returns for another season of Gourmet Farmer. Now Matthew is up-scaling - he has bought a new 70 acre farm.	AUSTRALIA	English-100	RPT	G	Y
2020-05-27	2030	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 1	Having bid farewell to city life and moved to the tropical seaside town of Noosa, chef and restaurateur Peter Kuruvita heads out to learn about the fresh local produce.	AUSTRALIA	English-100	RPT	G	Y
2020-05-27	2100	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT	G	Y
2020-05-27	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 15	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-27	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 16	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-27	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-27	2330	<b>The Cook And The Chef</b>	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100		G	
2020-05-27	2400	<b>The Cook And The Chef</b>	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100		G	
2020-05-27	2430	<b>Donal's Cook, Eat, Burn</b>	Coasteering	Donal prepares food designed to enhance his day of healthy activity, including fudge, coriander fishcakes with a spiralised-veggie Thai salad, spiced Indian dahl, and filo pastry pie.	IRELAND	English-100		G	
2020-05-27	2500	<b>Nigella Express</b>	Hey Presto	Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-27	2530	<b>BBQ Crawl</b>	Nashville's Kings Of Q	Danielle and her two favourite BBQ buddies, Randy and Andy, hit up the brightly lit Jack's BBQ in downtown Nashville Tennessee. It's as much a tourist stop as the Grand Ol' Opry!	USA	English-100		PG	
2020-05-27	2600	<b>BBQ Crawl</b>	Tennessee Pork, Pie And Muddy Ribs	In rural Tennessee, Danielle visits Helen's BBQ, a place run by a female pitmaster! She's been stacking wood and hauling pigs since 1995.	USA	English-100		G	
2020-05-27	2630	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 1 Ep 10	Trapani is a major fishing town that is closer to the coast of North Africa than it is to mainland Italy. It's here Aldo and Enzo serve cous cous and an impressive baked sea bass encased in salt.	UNITED KINGDOM	English-100		G	
2020-05-27	2700	<b>Gourmet Farmer</b>	Gourmet Farmer Series 3 Episode 1	Matthew Evans, the former food critic turned farmer, returns for another season of Gourmet Farmer. Now Matthew is up-scaling - he has bought a new 70 acre farm.	AUSTRALIA	English-100	RPT	G	Y
2020-05-27	2730	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 1	Having bid farewell to city life and moved to the tropical seaside town of Noosa, chef and restaurateur Peter Kuruvita heads out to learn about the fresh local produce.	AUSTRALIA	English-100	RPT	G	Y
2020-05-27	2800	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT	G	Y
2020-05-27	2830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 15	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	



2020-05-28	0500	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 16	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-28	0530	<b>Surfing The Menu New Zealand</b>	Southern Lakes	Bender and Mark are in a hopper with wilderness expert Jeremaia, who takes them out to Big Bay past snow-covered peaks and thick dense forests to meet back-woodsman Dale Hunter.	AUSTRALIA	English-100			PG	
2020-05-28	0600	<b>Oliver's Twist</b>	Daddy's Girl	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100			G	
2020-05-28	0630	<b>The Chefs' Line</b>	Italian	Watch sous chef Mattia from legendary hatted Italian restaurant Sotto Sopra go up against two passionate home cooks in a bid to make the best Zabaglione.	AUSTRALIA	English-100	RPT		G	Y
2020-05-28	0700	<b>Kriol Kitchen</b>	Bo Carne	Everyone has a stew they can brag about. In this episode, Bo Carne shares his Nana's version of the good old billabong stew - in this case his family calls it 'Nana's Half Caste Stew'.	AUSTRALIA	English-100	RPT		G	
2020-05-28	0730	<b>Pati's Mexican Table</b>	Backyard Picnic	The season four finale features a sandwich with chicken, refried beans, plantain and avocado, potato and poblano rajas salad, mango puff, and grapefruit and guava spritzer.	USA	English-100			G	
2020-05-28	0800	<b>Carnival Eats</b>	Million Dollar Baby Cakes	Noah gets ready to pig out at Rio Rancho's Pork and Brew festival in New Mexico, then sees his money go a long way at the Ionia Free Fair in Michigan.	USA	English-100			G	
2020-05-28	0830	<b>Nigella Express</b>	Hey Presto	Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.	UNITED KINGDOM	English-100	RPT		G	Y
2020-05-28	0900	<b>Donal's Cook, Eat, Burn</b>	Coasteering	Donal prepares food designed to enhance his day of healthy activity, including fudge, coriander fishcakes with a spiralsed-veggie Thai salad, spiced Indian dahl, and filo pastry pie.	IRELAND	English-100			G	
2020-05-28	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	AUSTRALIA	English-100	RPT		PG	Y
2020-05-28	1030	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 1 Ep 10	Trapani is a major fishing town that is closer to the coast of North Africa than it is to mainland Italy. It's here Aldo and Enzo serve cous cous and an impressive baked sea bass encased in salt.	UNITED KINGDOM	English-100			G	
2020-05-28	1100	<b>Gourmet Farmer</b>	Gourmet Farmer Series 3 Episode 1	Matthew Evans, the former food critic turned farmer, returns for another season of Gourmet Farmer. Now Matthew is up-scaling - he has bought a new 70 acre farm.	AUSTRALIA	English-100	RPT		G	Y
2020-05-28	1130	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 1	Having bid farewell to city life and moved to the tropical seaside town of Noosa, chef and restaurateur Peter Kuruvita heads out to learn about the fresh local produce.	AUSTRALIA	English-100	RPT		G	Y
2020-05-28	1200	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT		G	Y
2020-05-28	1230	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 15	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-28	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 16	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-28	1330	<b>Surfing The Menu New Zealand</b>	Wairarapa	Bender and Mark surf an amazing break on a black volcanic beach. Nearby they help a lobsterman beach his boat with the help of a bulldozer.	AUSTRALIA	English-100			G	
2020-05-28	1400	<b>Oliver's Twist</b>	Peter's Party	Jamie caters his friend Peter's birthday party.	UNITED KINGDOM	English-100			G	
2020-05-28	1430	<b>The Chefs' Line</b>	Italian	Watch executive chef Alessandro Pavoni from legendary hatted Italian restaurant Sotto Sopra in Sydney go up against this week's final home cook, Ivano, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT		G	Y
2020-05-28	1500	<b>Kriol Kitchen</b>	Helani Doolah	Drawing back to her grandmother and other family members, Helani Doolah will show and teach us how to make some staple dishes that are made every day in the Torres Strait Islander community.	AUSTRALIA	English-100	RPT		G	
2020-05-28	1530	<b>Pati's Mexican Table</b>	Chachi's Champoton Kitchen	Pati's in the coastal city of Champoton with her friend Chachi. She learns the secrets behind the area's most prized dishes - pibi pollo, a gigantic tamal cooked underground, and pan de cazon.	USA	English-100			G	
2020-05-28	1600	<b>Carnival Eats</b>	Children Of The Corn On The Cob	Noah Cappe starts in the Midwest at the Three Rivers Fest then goes for the gold at the Orange County Fair.	USA	English-100			G	



2020-05-28	1630	<b>The Cook And The Chef</b>	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100			G	
2020-05-28	1700	<b>The Cook And The Chef</b>	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always being part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100			G	
2020-05-28	1730	<b>Donal's Cook, Eat, Burn</b>	Kayaking	Donal travels to Antrim to go kayaking on the River Bann. He prepares dishes specially picked to keep him going on the long day ahead, including homemade granola, and blueberry and chia muffins.	IRELAND	English-100			G	
2020-05-28	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	AUSTRALIA	English-100	RPT		PG	Y
2020-05-28	1900	<b>Nigella Express</b>	Workday Wonders	This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.	UNITED KINGDOM	English-100	RPT		G	Y
2020-05-28	1930	<b>Jimmy's Australian Food Adventure</b>	Bush Camp Cooking	Jimmy Doherty is on the trail of Australia's wild foods. At Adelaide Central Market in South Australia, he has a go at making gourmet kangaroo bangers with farmer Richard Gunner.	UNITED KINGDOM	English-100			PG	
2020-05-28	2000	<b>The Great Australian Cookbook</b>	Alla Wolf-Tasker And Rodney Dunn	Alla Wolf-Tasker prepares her share platter recipe, while Agrarian Cook Rodney Dunn showcases his Tasmanian property's produce, baking a rhubarb and berry crumble with goats milk and vanilla custard.	AUSTRALIA	English-100			PG	
2020-05-28	2030	<b>Jimmy Shu's Taste of The Territory</b>	Meat	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal people have been eating for thousands of years.	AUSTRALIA	English-100			G	
2020-05-28	2100	<b>Poh &amp; Co.</b>	Celebration	The garden is nearing completion and Poh and Jono decide to have a party to say 'thank you' to everyone who helped and to christen the new pizza oven.	AUSTRALIA	English-100	RPT		G	Y
2020-05-28	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 17	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-28	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 18	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-05-28	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	AUSTRALIA	English-100	RPT		PG	Y
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2020-05-28	2530	<b>BBQ Crawl</b>	Texas Brisket, Food Trucks And Heat Waves	Danielle visits Longoria's BBQ outside of Fort Worth for their famous beef jerkey and brisket sausage.	USA	English-100			PG	
2020-05-28	2600	<b>BBQ Crawl</b>	Lockhart's Legendary Q	Danielle heads south to Lockhart, the birthplace of Texas BBQ. First up, is Smithy's Market, a beloved old building that serves up traditional German-style BBQ, which means smoked sausage.	USA	English-100			PG	
2020-05-28	2630	<b>Jimmy's Australian Food Adventure</b>	Bush Camp Cooking	Jimmy Doherty is on the trail of Australia's wild foods. At Adelaide Central Market in South Australia, he has a go at making gourmet kangaroo bangers with farmer Richard Gunner.	UNITED KINGDOM	English-100			PG	
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2020-05-29	1330	<b>Surfing The Menu New Zealand</b>	Hawkes Bay	Bender is a fly-fishing tragic and the world-expert on flies is Derek Quilliam who makes the boys Trout Flies for the exact lake they're going to.	AUSTRALIA	English-100			PG	
2020-05-29	1400	<b>Oliver's Twist</b>	Chocoholic	Jamie has to write a column about chocolate and so visits 'The Chocolate Society' for sweet inspiration.	UNITED KINGDOM	English-100			G	
2020-05-29	1430	<b>The Chefs' Line</b>	Italian	Judge Melissa Leong takes us inside the kitchen of hatted restaurant Sotto Sopra. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT		G	Y
2020-05-29	1500	<b>Kriol Kitchen</b>	Eric Fejo	Eric Fejo tells us he is an average cook, but we think he is more than that. In this episode, Eric shows us his family recipes for three amazing dishes.	AUSTRALIA	English-100	RPT		G	
2020-05-29	1530	<b>Pati's Mexican Table</b>	Merida: Exploring With The Locals	The Yucatan Peninsula is known for vast jungles, underground cenotes, pristine beaches, ancient architecture and sensational food like chaya empanandas filled with gooey Edam cheese.	USA	English-100			PG	
2020-05-29	1600	<b>Carnival Eats</b>	Point Break-Fast	Mr. Big Bite Noah Cappe starts the day right at the Shasta District Fair and takes to the skies at the National Balloon Classic in Iowa.	USA	English-100			G	



2020-05-29	1630	<b>The Cook And The Chef</b>	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas (complete with cakes and cucumber sandwiches) were quite the done thing.	AUSTRALIA	English-100		G	
2020-05-29	1700	<b>The Cook And The Chef</b>	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100		G	
2020-05-29	1730	<b>Donal's Kitchen Hero Feast</b>	Galway	Donal visits three of Galway's finest artisan food producers - Connemara Salmon Smokehouse, Connemara Hill Lamb, and Cuinneog Buttermilk	IRELAND	English-100		G	
2020-05-29	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-29	1900	<b>Nigella Express</b>	On The Run	Nigella whips up a minimum effort portable picnic with marinaded buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-29	1930	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 14	Paul Hollywood celebrates British Pies and Puds during a day with the ladies of Chippenham Truck Stop, and creates a Bacon and Egg Pie inspired by their surprisingly healthy roadside fare.	UNITED KINGDOM	English-100		G	
2020-05-29	2030	<b>Rick Stein's India</b>	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-05-29	2135	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 19	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-29	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 20	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-29	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-29	2330	<b>The Cook And The Chef</b>	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas (complete with cakes and cucumber sandwiches) were quite the done thing.	AUSTRALIA	English-100		G	
2020-05-29	2400	<b>The Cook And The Chef</b>	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100		G	
2020-05-29	2430	<b>Donal's Kitchen Hero Feast</b>	Galway	Donal visits three of Galway's finest artisan food producers - Connemara Salmon Smokehouse, Connemara Hill Lamb, and Cuinneog Buttermilk	IRELAND	English-100		G	
2020-05-29	2500	<b>Nigella Express</b>	On The Run	Nigella whips up a minimum effort portable picnic with marinaded buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-29	2530	<b>BBQ Crawl</b>	Bison Beer And Bbq	Kansas is known for bison, so that's what Danielle is out to find. At 'Public at the Brickyard' they serve up tasty bison burgers complete with crushed espresso seasoning and chipotle aioli.	USA	English-100		PG	
2020-05-29	2600	<b>BBQ Crawl</b>	Firehall Q, Cattle Auctions And Strawberry Banana Cake	Danielle heads to Jet BBQ in Wichita Kansas. Located in a historical firehouse, this is a true drive-thru - drive in one door, order your goods, and drive out.	USA	English-100		PG	
2020-05-29	2630	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 14	Paul Hollywood celebrates British Pies and Puds during a day with the ladies of Chippenham Truck Stop, and creates a Bacon and Egg Pie inspired by their surprisingly healthy roadside fare.	UNITED KINGDOM	English-100		G	
2020-05-29	2730	<b>Rick Stein's India</b>	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-05-29	2835	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 19	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-30	0500	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 20	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-30	0530	<b>Surfing The Menu New Zealand</b>	Hawkes Bay	Bender is a fly-fishing tragic and the world-expert on flies is Derek Quilliam who makes the boys Trout Flies for the exact lake they're going to.	AUSTRALIA	English-100		PG	
2020-05-30	0600	<b>Oliver's Twist</b>	Chocoholic	Jamie has to write a column about chocolate and so visits 'The Chocolate Society' for sweet inspiration.	UNITED KINGDOM	English-100		G	



2020-05-30	0630	<b>The Chefs' Line</b>	Italian	Judge Melissa Leong takes us inside the kitchen of hatted restaurant Sotto Sopra. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-05-30	0700	<b>Kriol Kitchen</b>	Eric Fejo	Eric Fejo tells us he is an average cook, but we think he is more than that. In this episode, Eric shows us his family recipes for three amazing dishes.	AUSTRALIA	English-100	RPT	G	
2020-05-30	0730	<b>Pati's Mexican Table</b>	Merida: Exploring With The Locals	The Yucatan Peninsula is known for vast jungles, underground cenotes, pristine beaches, ancient architecture and sensational food like chaya empanandas filled with gooey Edam cheese.	USA	English-100		PG	
2020-05-30	0800	<b>Carnival Eats</b>	Point Break-Fast	Mr. Big Bite Noah Cappe starts the day right at the Shasta District Fair and takes to the skies at the National Balloon Classic in Iowa.	USA	English-100		G	
2020-05-30	0830	<b>Nigella Express</b>	On The Run	Nigella whips up a minimum effort portable picnic with marinaded buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-30	0900	<b>Donal's Kitchen Hero Feast</b>	Galway	Donal visits three of Galway's finest artisan food producers - Connemara Salmon Smokehouse, Connemara Hill Lamb, and Cuinneog Buttermilk	IRELAND	English-100		G	
2020-05-30	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	AUSTRALIA	English-100	RPT	PG	Y
2020-05-30	1030	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 14	Paul Hollywood celebrates British Pies and Puds during a day with the ladies of Chippenham Truck Stop, and creates a Bacon and Egg Pie inspired by their surprisingly healthy roadside fare.	UNITED KINGDOM	English-100		G	
2020-05-30	1130	<b>Rick Stein's India</b>	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-05-30	1225	<b>Richo's Bar Snacks</b>	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	
2020-05-30	1235	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 19	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-30	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 20	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-05-30	1330	<b>Nigella Express</b>	On The Run	Nigella whips up a minimum effort portable picnic with marinaded buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-30	1400	<b>Saturday Kitchen</b>	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	
2020-05-30	1500	<b>Secret Meat Business</b>	Cornish	Taking his doctor's advice to eat more veggies, Adrian makes a classic Cornish Pasty filled with beef, bacon and some rabbit food for good luck.	AUSTRALIA	English-100		G	
2020-05-30	1530	<b>Secret Meat Business</b>	Filipino	Adrian whips up a simple Filipino recipe that has delicious Spanish and Chinese influences. A taste of Manila.	AUSTRALIA	English-100		G	
2020-05-30	1600	<b>The Cook And The Chef</b>	Shellfish	What do you do with Sea Urchin? How do you prepare Abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G	
2020-05-30	1630	<b>The Cook And The Chef</b>	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG	
2020-05-30	1700	<b>The Cook And The Chef</b>	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G	
2020-05-30	1730	<b>Freddie Fries Down Under</b>	Freddie Fries Down Under Series 1 Ep 4	Freddie Flintoff and his friend, adventurer Rob Penn, head to Darwin in the next instalment of their Australian road trip.	UNITED KINGDOM	English-100		PG	
2020-05-30	1830	<b>Lyndey Milan's Taste Of Ireland</b>	County Belfast	Lyndey takes in the sights and sounds of Belfast, where she dines on the last menu served to the passengers of the Titanic, visits a magnificent cliff-side castle, and meets Irish chef Andy Rae.	AUSTRALIA	English-100		G	
2020-05-30	1900	<b>Lyndey Milan's Taste Of Ireland</b>	County Cork	In County Cork, Lyndey explores the food mecca of The English Market, and learns the secrets of 'spotted dog' with Darina Allen of Ballymaloo.	AUSTRALIA	English-100		G	

2020-05-30	1930	<b>Cook Like An Italian With Silvia Colloca</b>	Shop Like An Italian	Silvia starts by detailing the best way to stock an Italian pantry, proving that when a pantry is well stocked, you only need a few fresh ingredients to create simple yet memorable meals.	AUSTRALIA	English-100		G	
2020-05-30	2000	<b>Poh &amp; Co.</b>	Episode 1	Poh is back as she perfects mushroom risotto, learns tea-blending techniques from a doyen and reveals her secret to roasting marshmallows.	AUSTRALIA	English-100		G	
2020-05-30	2030	<b>Kylie Kwong: Heart And Soul</b>	Hong Kong Food Craze	Kylie samples some of the delicacies Hong Kong residents are crazy about, and finds ideas for her own recipes.	AUSTRALIA	English-100	RPT	G	Y
2020-05-30	2100	<b>Kylie Kwong: Heart And Soul</b>	Shanghai Europe In The Far East	Kylie meets an Australian who has been part of the rapid changes in Shanghai.	AUSTRALIA	English-100	RPT	G	Y
2020-05-30	2130	<b>Two Greedy Italians</b>	Regional Pride	Chef Antonio Carluccio returns to his home town of Borgofranco, in the Italian Piedmont region, to look at whether the rivalry between north and south is as strong as ever.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-30	2230	<b>Destination Flavour Scandinavia</b>	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
2020-05-30	2300	<b>Comfort Eating</b>	Berlin	Nick journeys to Berlin to reinvent himself with help from Game of Thrones actor Gemma Whelan in a multi-cultural weekend full of currywurst and chips, Korean BBQ, and Turkish tapas.	UNITED KINGDOM	English-100		G	
2020-05-30	2330	<b>Freddie Fries Down Under</b>	Freddie Fries Down Under Series 1 Ep 4	Freddie Flintoff and his friend, adventurer Rob Penn, head to Darwin in the next instalment of their Australian road trip.	UNITED KINGDOM	English-100		PG	
2020-05-30	2430	<b>Lyndey Milan's Taste Of Ireland</b>	County Belfast	Lyndey takes in the sights and sounds of Belfast, where she dines on the last menu served to the passengers of the Titanic, visits a magnificent cliff-side castle, and meets Irish chef Andy Rae.	AUSTRALIA	English-100		G	
2020-05-30	2500	<b>Lyndey Milan's Taste Of Ireland</b>	County Cork	In County Cork, Lyndey explores the food mecca of The English Market, and learns the secrets of 'spotted dog' with Darina Allen of Ballymaloo.	AUSTRALIA	English-100		G	
2020-05-30	2530	<b>Cheese Slices</b>	Goats Cheese	Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre.	AUSTRALIA	English-100		G	
2020-05-30	2600	<b>Cheese Slices</b>	Parmigiano / Reggiano	Parmigiano Reggiano is the undisputed king of Italian cheese and is still made by hand the old fashioned way in giant copper cauldrons, in the beautiful countryside near Parma in Reggio Emilia.	AUSTRALIA	English-100		G	
2020-05-30	2630	<b>Kylie Kwong: Heart And Soul</b>	Hong Kong Food Craze	Kylie samples some of the delicacies Hong Kong residents are crazy about, and finds ideas for her own recipes.	AUSTRALIA	English-100	RPT	G	Y
2020-05-30	2700	<b>Kylie Kwong: Heart And Soul</b>	Shanghai Europe In The Far East	Kylie meets an Australian who has been part of the rapid changes in Shanghai.	AUSTRALIA	English-100	RPT	G	Y
2020-05-30	2730	<b>Two Greedy Italians</b>	Regional Pride	Chef Antonio Carluccio returns to his home town of Borgofranco, in the Italian Piedmont region, to look at whether the rivalry between north and south is as strong as ever.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-30	2830	<b>Destination Flavour Scandinavia</b>	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