



WEEK 22: Sunday, 23 May - Saturday, 29 May 2021 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2021-05-23	0500	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 6	The 'Tour de Murray' is an annual bike race held between Mildura and Echuca, a town on the Murray River some four hundred kilometres upstream. Stefano prepares the cyclists pasta fagioli.	AUSTRALIA	English-100		PG	
2021-05-23	0530	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 7	Not far from the Murray River, vast areas of the countryside around Mildura grow wheat and barley. Stefano cooks a magnificent wheat cake known as a pastiera Napoletana.	AUSTRALIA	English-100		G	
2021-05-23	0600	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 1	In this first episode, Michela prepares meatballs, cooks up her favourite version of the rice dish risotto, and reveals a delicious recipe for gelato.	UNITED KINGDOM	English-100		G	
2021-05-23	0630	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 2	Michela shows us how to cook the very best Italian food in the very best way, including gnocchi, tiramisu, and melanzane parmigiana. Guests include Theo Randall and Michela's own sister.	UNITED KINGDOM	English-100		PG	
2021-05-23	0700	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 3	Michela prepares fresh pasta dishes, homemade pizzas and a dish she considers 'summer on a plate', linguine alle vongole. Guests include Ruth Rogers and Jacob Kennedy.	UNITED KINGDOM	English-100		G	
2021-05-23	0730	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 3	The Butlands from Cornwall, Lees from Warrington, Gohil and Al-Sheikhs from London, and Whites from Scotland must each feed a family of four for a tenner - from the freezer!	UNITED KINGDOM	English-100		G	
2021-05-23	0840	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 7	Nadia Sawalha is joined in the kitchen by chef Christian Stevenson - aka DJ BBQ - and together they prepare a family feast, including buttermilk fried chicken, smash burgers, and a tomato pie.	UNITED KINGDOM	English-100		G	
2021-05-23	0930	Heston's Feasts	Chocolate Feast	Heston explores the 1960s, an amazing age of food experimentation, with a Charlie and the Chocolate Factory feast including psychedelic duck a l'orange.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-23	1030	Jamie's American Road Trip	Georgia	Jamie searches for the best cheap food in America. He starts his journey in Georgia, where despite a recession, he finds a hopeful nation.	UNITED KINGDOM	English-100		PG	
2021-05-23	1130	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 4	Only lemon meringue pie, lamb, and almonds stand between the three remaining families from the heat, as they compete to win a place in the next playoff. Only two will make it through.	UNITED KINGDOM	English-100		G	
2021-05-23	1240	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 8	Nadia Sawalha is joined in the kitchen by food writer Alex Hollywood and together they prepare a festive feast, including the ultimate turkey dinner and a white chocolate and cranberry brioche.	UNITED KINGDOM	English-100		G	
2021-05-23	1330	Secret Meat Business	Secret Meat Business Series 2 Ep 8	Chef Adrian Richardson shows us a dish that is sure to wow at the dinner table, a succulent slow roasted Greek-style tender goat with honey, rosemary and garlic.	AUSTRALIA	English-100		G	
2021-05-23	1400	The Cook Up with Adam Liaw	Tart	Queen of cakes Katherine Sabbath and top chef Mark Best take on Adam Liaw in The Cook Up kitchen to see who can create the best tart.	AUSTRALIA	English-100	RPT	PG	
2021-05-23	1430	The Cook Up with Adam Liaw	Coffee	Author and journalist Anthony Huckstep and LP's Quality Meats Luke Powell are in The Cook Up kitchen with Adam Liaw to share their ideas for using coffee in cooking.	AUSTRALIA	English-100	RPT	PG	
2021-05-23	1500	The Cook Up with Adam Liaw	Lemon	Adam Liaw, Fred's head chef Danielle Alvarez, and Delicious magazines Warren Mendez show off their lemon creations made in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-05-23	1530	The Cook Up with Adam Liaw	Salmon	The Lebanese Plate's Lina Jebeile and chef Guy Turland are in The Cook Up kitchen with Adam Liaw cooking up a salmon storm, sharing the many different ways to hero salmon in cooking.	AUSTRALIA	English-100	RPT	PG	
2021-05-23	1600	The Cook Up with Adam Liaw	Sardinian	Adam Liaw, Pilu restaurant's Giovanni Pilu, and Acme famed chef Mitch Orr share how to make their favourite Sardinian inspired dishes.	AUSTRALIA	English-100		PG	

2021-05-23	1630	The Cook And The Chef	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	
2021-05-23	1700	The Cook And The Chef	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	
2021-05-23	1730	Gordon Ramsay Uncharted	Laos	Gordon travels to Laos, where he takes on a rapid stretch of white water, kayaking down the Mekong in search of culinary inspiration, and learning from the locals, he treks through dense jungle.	UNITED KINGDOM	English-100		PG	
2021-05-23	1825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-05-23	1830	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 5	Peter Kuruvita explores local food being produced with medicinal properties and creates delicious recipes to create at home using ginger, turmeric, millet and camel milk.	AUSTRALIA	English-100	RPT	G	Y
2021-05-23	1900	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 7	Silvia dishes up two special seafood dishes for a close friend's 60th birthday - zuppa di pesce and baked snapper.	AUSTRALIA	English-90; Italian-10		PG	
2021-05-23	1930	Secrets Of The Factories	Secrets Of The Kelloggs Factory	The Kellogg's factory in Manchester opens its doors to reveal step by step how some of United Kingdom's favourite breakfast cereals are made in one of Britain's biggest factories.	UNITED KINGDOM	English-100		PG	
2021-05-23	2025	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-05-23	2030	Rick Stein's Long Weekends	Lisbon	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.	UNITED KINGDOM	English-100		PG	
2021-05-23	2140	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 6	Two sisters, both engaged, convince Marianne and Lauren in Ohio to make competing cakes for their double engagement party. Which cake will outdo the other?	USA	English-100		PG	
2021-05-23	2230	Gordon Ramsay Uncharted	Laos	Gordon travels to Laos, where he takes on a rapid stretch of white water, kayaking down the Mekong in search of culinary inspiration, and learning from the locals, he treks through dense jungle.	UNITED KINGDOM	English-100		PG	
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2021-05-23	2400	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 7	Silvia dishes up two special seafood dishes for a close friend's 60th birthday - zuppa di pesce and baked snapper.	AUSTRALIA	English-90; Italian-10		PG	
2021-05-23	2430	Secrets Of The Factories	Secrets Of The Kelloggs Factory	The Kellogg's factory in Manchester opens its doors to reveal step by step how some of United Kingdom's favourite breakfast cereals are made in one of Britain's biggest factories.	UNITED KINGDOM	English-100		PG	
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2021-05-23	2730	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 8	Nadia Sawalha is joined in the kitchen by food writer Alex Hollywood and together they prepare a festive feast, including the ultimate turkey dinner and a white chocolate and cranberry brioche.	UNITED KINGDOM	English-100		G	

2021-05-23	2825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
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2021-05-24	1125	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-05-24	1130	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 5	Peter Kuruvita explores local food being produced with medicinal properties and creates delicious recipes to create at home using ginger, turmeric, millet and camel milk.	AUSTRALIA	English-100	RPT	G	Y
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2021-05-24	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Pantacchini's, burek pasties, and meeting an Irish butcher.	AUSTRALIA	English-100	RPT	G	
2021-05-24	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 24	Matt shows how to make his favourite dish of all time - a super simple laksa, while Michael cooks up a fun summer breakfast - corn fritters with a touch of Mexican spice.	AUSTRALIA	English-100		PG	

2021-05-24	1430	Pati's Mexican Table	Mexitalian	Pati welcomes Fabio Viviani to her kitchen to create a full menu featuring the perfect blend of Italian and Mexican cuisine.	USA	English-100		G	
2021-05-24	1500	The Chefs' Line	Vietnamese	Watch apprentice chef Hannah from top Melbourne Vietnamese restaurant, Annam, go up against four passionate home cooks in a battle of the Rice Noodle Rolls.	AUSTRALIA	English-100	RPT	G	Y
2021-05-24	1530	New Scandinavian Cooking	Campfire Fish	Niklas investigates the great variety of produce from the productive farmland in Eastern Norway. He also escapes to a small lake to fish for perch, a freshwater gamefish.	NORWAY	English-100		G	
2021-05-24	1600	Martha Bakes	One Bowl Desserts	Less is more with these one-bowl desserts that make the baking, and the clean up, a breeze.	USA	English-100		G	
2021-05-24	1630	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100		G	
2021-05-24	1700	Mary's Kitchen Crush	Fish Full Of Flavour, A	Mary shows some love to her friendly MasterChef Canada rival, Jeremy, with a flavourful fish dinner.	CANADA	English-100		PG	
2021-05-24	1730	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2021-05-24	1800	Jamie & Jimmy's Food Fight Club	Kate Hudson	Kate Hudson cooks up an authentic Goan vindaloo, Jamie cooks his ultimate Southern fried chicken, and Jimmy serves wood-fired Italian pizzas fresh from his DIY flowerpot oven.	UNITED KINGDOM	English-100		PG	
2021-05-24	1900	The Cook Up with Adam Liaw	Snapper	TV and radio personality Yumi Stynes and much-loved chef Colin Fassnidge join Adam Liaw in The Cook Up kitchen to share some fun and easy ideas for cooking snapper.	AUSTRALIA	English-100		PG	
2021-05-24	1930	Jerusalem On A Plate	Jerusalem On A Plate	Internationally renowned chef Yotam Ottolenghi returns to his hometown of Jerusalem to discover the hidden treasures of its extraordinarily rich and diverse food culture.	UNITED KINGDOM	English-100	RPT	G	Y
2021-05-24	2035	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 1	The first helping of this epic adventure runs from Chicago to St Louis and provides a wholesome bite into the story of America. Dave and Si enjoy a championship winning apple pie.	UNITED KINGDOM	English-100		PG	
2021-05-24	2135	Mystery Diners	Hawaiian Club Crashers	Hosted by Charles Stiles, this hidden-camera show uses mystery diners to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	
2021-05-24	2205	The Cook Up with Adam Liaw	Snapper	TV and radio personality Yumi Stynes and much-loved chef Colin Fassnidge join Adam Liaw in The Cook Up kitchen to share some fun and easy ideas for cooking snapper.	AUSTRALIA	English-100		PG	
2021-05-24	2235	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
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2021-05-24	2405	The Chefs' Line	Vietnamese	Watch apprentice chef Hannah from top Melbourne Vietnamese restaurant, Annam, go up against four passionate home cooks in a battle of the Rice Noodle Rolls.	AUSTRALIA	English-100	RPT	G	Y
2021-05-24	2435	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 36	Wildlife TV presenters Steve Backshall and Terry Nutkins cook up some unusual ingredients and reveal the extraordinary things they eat when living in the wild.	UNITED KINGDOM	English-100		G	
2021-05-24	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-05-24	2530	Jerusalem On A Plate	Jerusalem On A Plate	Internationally renowned chef Yotam Ottolenghi returns to his hometown of Jerusalem to discover the hidden treasures of its extraordinarily rich and diverse food culture.	UNITED KINGDOM	English-100	RPT	G	Y

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2021-05-24	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Pantacchini's, burek pasties, and meeting an Irish butcher.	AUSTRALIA	English-100	RPT	G	
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2021-05-25	0630	Martha Bakes	One Bowl Desserts	Less is more with these one-bowl desserts that make the baking, and the clean up, a breeze.	USA	English-100		G	
2021-05-25	0700	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100		G	
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2021-05-25	1035	Mary's Kitchen Crush	Fish Full Of Flavour, A	Mary shows some love to her friendly MasterChef Canada rival, Jeremy, with a flavourful fish dinner.	CANADA	English-100		PG	
2021-05-25	1105	The Cook Up with Adam Liaw	Snapper	TV and radio personality Yumi Stynes and much-loved chef Colin Fassnidge join Adam Liaw in The Cook Up kitchen to share some fun and easy ideas for cooking snapper.	AUSTRALIA	English-100		PG	
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2021-05-25	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, a visit to the Adelaide Central Markets, and traditional Lebanese homestyle cooking.	AUSTRALIA	English-100	RPT	G	
2021-05-25	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 25	Matt cooks a dish with a Middle Eastern twist - grilled eggplant and zucchini. Michael is on location at Drumshang Farm at Spring Hill where Michael cooks up an Indian classic - Rogan Josh.	AUSTRALIA	English-100		PG	

2021-05-25	1430	Pati's Mexican Table	Girls Just Wanna Have Fun	Pati invites a few of her girlfriends over for a much needed girls' night in. But these girls are here to grill.	USA	English-100		G	
2021-05-25	1500	The Chefs' Line	Vietnamese	Watch station chef Danton from top Melbourne Vietnamese restaurant, Annam, go up against three passionate home cooks in the ultimate Lemongrass Chicken challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-05-25	1530	New Scandinavian Cooking	Roasted Coastal Lamb And Dried Kelp	Niklas travels to Austevoll, an island just outside Bergen in Western Norway, where he meets up with an award-winning chef. He is introduced to the best produce of the season, along with coastal lamb.	NORWAY	English-100		PG	
2021-05-25	1600	Martha Bakes	Layered Yeast Dough	Whether you're a beginner or a seasoned pro, you'll welcome Martha's expert tips for turning layered yeast dough into masterful creations, starting with the classic kouign-amann.	USA	English-100		G	
2021-05-25	1630	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100		G	
2021-05-25	1700	Mary's Kitchen Crush	Prep For Time	Meal prep never tasted so good as Mary spins a pesto chicken and roasted vegetable dinner into three more meals.	CANADA	English-100		PG	
2021-05-25	1730	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G	
2021-05-25	1800	Jamie & Jimmy's Food Fight Club	Tinie Tempah	Tinie Tempah cooks suya - a Nigerian street food classic, Jamie makes his ultimate salt and pepper squid, and Jimmy serves authentic Italian gelato from a DIY ice cream maker.	UNITED KINGDOM	English-100		PG	
2021-05-25	1900	The Cook Up with Adam Liaw	Spice	Adam Liaw is joined by Ready Steady Cook presenter Janelle Bloom and China Doll chef Frank Shek in The Cook Up kitchen to prepare dishes with with their favourite spices.	AUSTRALIA	English-100		PG	
2021-05-25	1930	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G	Y
2021-05-25	2000	David Rocco's Dolce South East Asia	Being A Refugee	David is in Kuala Lumpur. KL has a long history of being the landing place for many different people - which has given it a reputation for being a diverse and culturally open society.	CANADA	English-100		PG	
2021-05-25	2030	Rick Stein's Seafood Odyssey	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simpleThai dipping sauce to horseshoe crab roes with green mango salad.	UNITED KINGDOM	English-100		PG	
2021-05-25	2100	Red Chef Revival	Blood Tribe	Braving a recent breakup, host Shane Chartrand visits the Blood Tribe, a First Nations band government in southern Alberta, Canada, to cook a bison heart over an open fire.	CANADA	English-100	RPT	PG	
2021-05-25	2130	Mystery Diners	Fyre On The Beach	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	
2021-05-25	2200	The Cook Up with Adam Liaw	Spice	Adam Liaw is joined by Ready Steady Cook presenter Janelle Bloom and China Doll chef Frank Shek in The Cook Up kitchen to prepare dishes with with their favourite spices.	AUSTRALIA	English-100		PG	
2021-05-25	2230	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G	
2021-05-25	2300	Jamie & Jimmy's Food Fight Club	Tinie Tempah	Tinie Tempah cooks suya - a Nigerian street food classic, Jamie makes his ultimate salt and pepper squid, and Jimmy serves authentic Italian gelato from a DIY ice cream maker.	UNITED KINGDOM	English-100		PG	
2021-05-25	2400	The Chefs' Line	Vietnamese	Watch station chef Danton from top Melbourne Vietnamese restaurant, Annam, go up against three passionate home cooks in the ultimate Lemongrass Chicken challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-05-25	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 37	Strictly Come Dancing stars Darren Bennett and Lilia Kopylova bring their fiercely competitive streak to the kitchen today as Ainsley Harriott hosts another mouth-watering cookery challenge.	UNITED KINGDOM	English-100		G	

2021-05-25	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-05-25	2530	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G	Y
2021-05-25	2600	David Rocco's Dolce South East Asia	Being A Refugee	David is in Kuala Lumpur. KL has a long history of being the landing place for many different people - which has given it a reputation for being a diverse and culturally open society.	CANADA	English-100		PG	
2021-05-25	2630	Rick Stein's Seafood Odyssey	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simpleThai dipping sauce to horseshoe crab roes with green mango salad.	UNITED KINGDOM	English-100		PG	
2021-05-25	2700	Red Chef Revival	Blood Tribe	Braving a recent breakup, host Shane Chartrand visits the Blood Tribe, a First Nations band government in southern Alberta, Canada, to cook a bison heart over an open fire.	CANADA	English-100	RPT	PG	
2021-05-25	2730	Mystery Diners	Fyre On The Beach	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	
2021-05-25	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, a visit to the Adelaide Central Markets, and traditional Lebanese homestyle cooking.	AUSTRALIA	English-100	RPT	G	
2021-05-25	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 25	Matt cooks a dish with a Middle Eastern twist - grilled eggplant and zucchini. Michael is on location at Drumshang Farm at Spring Hill where Michael cooks up an Indian classic - Rogan Josh.	AUSTRALIA	English-100		PG	
2021-05-26	0500	Pati's Mexican Table	Girls Just Wanna Have Fun	Pati invites a few of her girlfriends over for a much needed girls' night in. But these girls are here to grill.	USA	English-100		G	
2021-05-26	0530	The Chefs' Line	Vietnamese	Watch station chef Danton from top Melbourne Vietnamese restaurant, Annam, go up against three passionate home cooks in the ultimate Lemongrass Chicken challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-05-26	0600	New Scandinavian Cooking	Roasted Coastal Lamb And Dried Kelp	Niklas travels to Austevoll, an island just outside Bergen in Western Norway, where he meets up with an award-winning chef. He is introduced to the best produce of the season, along with coastal lamb.	NORWAY	English-100		PG	
2021-05-26	0630	Martha Bakes	Layered Yeast Dough	Whether you're a beginner or a seasoned pro, you'll welcome Martha's expert tips for turning layered yeast dough into masterful creations, starting with the classic kouign-amann.	USA	English-100		G	
2021-05-26	0700	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100		G	
2021-05-26	0730	Jamie & Jimmy's Food Fight Club	Tinie Tempah	Tinie Tempah cooks suya - a Nigerian street food classic, Jamie makes his ultimate salt and pepper squid, and Jimmy serves authentic Italian gelato from a DIY ice cream maker.	UNITED KINGDOM	English-100		PG	
2021-05-26	0830	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G	Y
2021-05-26	0900	David Rocco's Dolce South East Asia	Being A Refugee	David is in Kuala Lumpur. KL has a long history of being the landing place for many different people - which has given it a reputation for being a diverse and culturally open society.	CANADA	English-100		PG	
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2021-05-26	1000	Red Chef Revival	Blood Tribe	Braving a recent breakup, host Shane Chartrand visits the Blood Tribe, a First Nations band government in southern Alberta, Canada, to cook a bison heart over an open fire.	CANADA	English-100	RPT	PG	
2021-05-26	1030	Mary's Kitchen Crush	Prep For Time	Meal prep never tasted so good as Mary spins a pesto chicken and roasted vegetable dinner into three more meals.	CANADA	English-100		PG	

2021-05-26	1100	The Cook Up with Adam Liaw	Spice	Adam Liaw is joined by Ready Steady Cook presenter Janelle Bloom and China Doll chef Frank Shek in The Cook Up kitchen to prepare dishes with their favourite spices.	AUSTRALIA	English-100		PG	
2021-05-26	1130	Martha Bakes	Layered Yeast Dough	Whether you're a beginner or a seasoned pro, you'll welcome Martha's expert tips for turning layered yeast dough into masterful creations, starting with the classic kouign-amann.	USA	English-100		G	
2021-05-26	1200	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100		G	
2021-05-26	1230	Jamie & Jimmy's Food Fight Club	Tinie Tempah	Tinie Tempah cooks suya - a Nigerian street food classic, Jamie makes his ultimate salt and pepper squid, and Jimmy serves authentic Italian gelato from a DIY ice cream maker.	UNITED KINGDOM	English-100		PG	
2021-05-26	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Overlander Steak House in Alice Springs, and handmade Indian sweets.	AUSTRALIA	English-100	RPT	G	
2021-05-26	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 26	Matt kicks things off with a simple yoghurt cake with homemade anglaise, while Michael shares a versatile miso glaze that can be used on just about anything.	AUSTRALIA	English-100		G	
2021-05-26	1430	Pati's Mexican Table	My Pinata Party	What better way to end the season than with a big party. Pati throws a neighbourhood party and cooks up the easiest and best Mexican-themed dishes.	USA	English-100		G	
2021-05-26	1500	The Chefs' Line	Vietnamese	Watch sous chef Judy from top Melbourne Vietnamese restaurant, Annam, go up against three remaining home cooks in a bid to make the most delicious Coconut Dessert.	AUSTRALIA	English-100	RPT	G	Y
2021-05-26	1530	New Scandinavian Cooking	Burning Sweet Desire	There is a specific word in Swedish for having something sweet together with a cup of coffee - fika. Niklas makes sweet buns at his restaurant in the middle of Stockholm.	NORWAY	English-100		G	
2021-05-26	1600	Martha Bakes	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100		G	
2021-05-26	1630	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna demonstrates just how easy it is to make perfectly sticky and saucy pork ribs, together with a tantalising Asian-style poached chicken, and the recipe for the ultimate chocolate fudge cake.	AUSTRALIA	English-100		G	
2021-05-26	1700	Mary's Kitchen Crush	Turkey With A Twist	Mary and her family celebrate Thanksgiving with a feast of family favourites including a turkey with a Southern twist.	CANADA	English-100		PG	
2021-05-26	1730	The Cook And The Chef	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G	
2021-05-26	1800	Jamie & Jimmy's Food Fight Club	Hugh Bonneville	Hugh Bonneville serves up an authentic pad Thai, Jamie cooks an overnight roasted pork shoulder, and Jimmy builds an offset smoker to create a real-deal Southern-style barbeque brisket.	UNITED KINGDOM	English-100		PG	
2021-05-26	1900	The Cook Up with Adam Liaw	Peas	Host Adam Liaw is in The Cook Up kitchen with one of Australia's favourite cooks and TV presenters Lyndey Milan and chef Hugh Piper who create their favourite pea-inspired dishes.	AUSTRALIA	English-100		PG	
2021-05-26	1930	Gino's Italian Coastal Escape	Calabria	Gino reveals the rugged and wild region that is Calabria. Its landscape is as breathtaking as the powerhouse ingredients it produces.	UNITED KINGDOM	English-100		PG	
2021-05-26	2000	Poh & Co.	Small Business	Poh and her best friend Sarah have dreamt about opening their own market food stall since their days together at art school. Now that it's a reality and they are constantly experimenting.	AUSTRALIA	English-100	RPT	G	Y
2021-05-26	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 2	Deep in the Cornish countryside, Rick Stein meets an extraordinary family who are making some of the best Gouda cheese in Britain, from which he cooks a tortilla dish with caramelised apples.	UNITED KINGDOM	English-100		PG	
2021-05-26	2100	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM	English-100		PG	

2021-05-26	2130	Mystery Diners	Bad Credit	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-05-26	2200	The Cook Up with Adam Liaw	Peas	Host Adam Liaw is in The Cook Up kitchen with one of Australia's favourite cooks and TV presenters Lyndey Milan and chef Hugh Piper who create their favourite pea-inspired dishes.	AUSTRALIA	English-100		PG	
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2021-05-26	2400	The Chefs' Line	Vietnamese	Watch sous chef Judy from top Melbourne Vietnamese restaurant, Annam, go up against three remaining home cooks in a bid to make the most delicious Coconut Dessert.	AUSTRALIA	English-100	RPT	G	Y
2021-05-26	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 38	Top British golfer Ian Poulter tees off in the kitchen with his golf buddy - radio presenter DJ Spooky. Ainsley Harriott hosts another classic 20-minutes of high-energy cookery.	UNITED KINGDOM	English-100		G	
2021-05-26	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-05-26	2530	Gino's Italian Coastal Escape	Calabria	Gino reveals the rugged and wild region that is Calabria. Its landscape is as breathtaking as the powerhouse ingredients it produces.	UNITED KINGDOM	English-100		PG	
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2021-05-26	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 26	Matt kicks things off with a simple yoghurt cake with homemade anglaise, while Michael shares a versatile miso glaze that can be used on just about anything.	AUSTRALIA	English-100		G	
2021-05-27	0500	Pati's Mexican Table	My Pinata Party	What better way to end the season than with a big party. Pati throws a neighbourhood party and cooks up the easiest and best Mexican-themed dishes.	USA	English-100		G	
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2021-05-27	0630	Martha Bakes	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100		G	
2021-05-27	0700	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna demonstrates just how easy it is to make perfectly sticky and saucy pork ribs, together with a tantalising Asian-style poached chicken, and the recipe for the ultimate chocolate fudge cake.	AUSTRALIA	English-100		G	

2021-05-27	0730	Jamie & Jimmy's Food Fight Club	Hugh Bonneville	Hugh Bonneville serves up an authentic pad Thai, Jamie cooks an overnight roasted pork shoulder, and Jimmy builds an offset smoker to create a real-deal Southern-style barbeque brisket.	UNITED KINGDOM	English-100			PG	
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2021-05-27	0930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 2	Deep in the Cornish countryside, Rick Stein meets an extraordinary family who are making some of the best Gouda cheese in Britain, from which he cooks a tortilla dish with caramelised apples.	UNITED KINGDOM	English-100			PG	
2021-05-27	1000	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM	English-100			PG	
2021-05-27	1030	Mary's Kitchen Crush	Turkey With A Twist	Mary and her family celebrate Thanksgiving with a feast of family favourites including a turkey with a Southern twist.	CANADA	English-100			PG	
2021-05-27	1100	The Cook Up with Adam Liaw	Peas	Host Adam Liaw is in The Cook Up kitchen with one of Australia's favourite cooks and TV presenters Lyndey Milan and chef Hugh Piper who create their favourite pea-inspired dishes.	AUSTRALIA	English-100			PG	
2021-05-27	1130	Martha Bakes	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100			G	
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2021-05-27	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, yabby farming, and a French Patisserie in Kings Cross.	AUSTRALIA	English-100	RPT		G	Y
2021-05-27	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 27	Matt soaks some oats to make one of his breakfast favourites - bircher muesli, while Michael shares a perfect date night dish - crispy skin barramundi.	AUSTRALIA	English-100			G	
2021-05-27	1430	Pati's Mexican Table	Good Morning, Mexico	Pati and family visit San Miguel de Allende, a tourist-friendly vacation town in the Mexican state of Guanajuato.	USA	English-100			G	
2021-05-27	1500	The Chefs' Line	Vietnamese	Watch Head Chef Jerry Mai from top Melbourne Vietnamese restaurant, Annam, face off against this week's final home cook. Things really heat up in the battle of the Hot and Sour Soups.	AUSTRALIA	English-100	RPT		G	Y
2021-05-27	1530	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 1	Anjum starts with the basics - how to tell how hot a fresh chilli is, what the key spices of Indian food are, and what equipment to use.	UNITED KINGDOM	English-100			G	
2021-05-27	1600	Martha Bakes	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100			G	
2021-05-27	1630	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna divulges her secrets for the ultimate crowd-pleaser; the simple way to make delicious butterflied chicken. We learn the perfect combination for a salt and pepper spice mix.	AUSTRALIA	English-100			G	
2021-05-27	1700	Mary's Kitchen Crush	Bon Appetit	Mary and her friend Marissa plan the perfect Parisian getaway over a classic French meal sprinkled with some Mary magic.	CANADA	English-100			PG	
2021-05-27	1730	The Cook And The Chef	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100			G	

2021-05-27	1800	Jamie & Jimmy's Food Fight Club	Ellie Goulding	Ellie Goulding relives the junk food of her past, when she gives the 'dirty burger' a vegan twist, Jamie cooks an indulgent Japanese steaming ramen, and Jimmy reinvents the humble roast chicken.	UNITED KINGDOM	English-100			PG	
2021-05-27	1900	The Cook Up with Adam Liaw	Grapefruit	Adam Liaw is joined by Masterchef star Amina Elshafei and home cook Clarissa Feidel in The Cook Up kitchen and they share dishes inspired by grapefruit.	AUSTRALIA	English-100			PG	
2021-05-27	1930	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 1	Many factors affect the limited water supply to farmers of Australia's Food Bowl. Stefano visits some local producers who are developing ways to overcome these challenges.	AUSTRALIA	English-100				
2021-05-27	2000	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10			PG	
2021-05-27	2030	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 1	Mary draws on inspiration from some of her earliest and fondest memories from her childhood holidays and regular trips to the British seaside as she prepares seafood linguine and royal crab cakes.	UNITED KINGDOM	English-100			G	
2021-05-27	2100	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 2	Mary is inspired by her love of the great British countryside as she prepares mushroom Scotch eggs - perfect for a country picnic hamper. She also tries her hand at fly-fishing on the River Test.	UNITED KINGDOM	English-100			G	
2021-05-27	2130	Mystery Diners	Deli Drama	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100			PG	
2021-05-27	2200	The Cook Up with Adam Liaw	Grapefruit	Adam Liaw is joined by Masterchef star Amina Elshafei and home cook Clarissa Feidel in The Cook Up kitchen and they share dishes inspired by grapefruit.	AUSTRALIA	English-100			PG	
2021-05-27	2230	The Cook And The Chef	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100			G	
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2021-05-27	2400	The Chefs' Line	Vietnamese	Watch Head Chef Jerry Mai from top Melbourne Vietnamese restaurant, Annam, face off against this week's final home cook. Things really heat up in the battle of the Hot and Sour Soups.	AUSTRALIA	English-100	RPT		G	Y
2021-05-27	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 39	TV presenter Chris Tarrant and his former Tiswas co-host Sally James try to outdo each other in the red and green kitchens.	UNITED KINGDOM	English-100			G	
2021-05-27	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT		G	Y
2021-05-27	2530	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 1	Many factors affect the limited water supply to farmers of Australia's Food Bowl. Stefano visits some local producers who are developing ways to overcome these challenges.	AUSTRALIA	English-100				
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2021-05-27	2700	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 2	Mary is inspired by her love of the great British countryside as she prepares mushroom Scotch eggs - perfect for a country picnic hamper. She also tries her hand at fly-fishing on the River Test.	UNITED KINGDOM	English-100			G	
2021-05-27	2730	Mystery Diners	Deli Drama	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100			PG	
2021-05-27	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, yabby farming, and a French Patisserie in Kings Cross.	AUSTRALIA	English-100	RPT		G	Y

2021-05-27	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 27	Matt soaks some oats to make one of his breakfast favourites - bircher muesli, while Michael shares a perfect date night dish - crispy skin barramundi.	AUSTRALIA	English-100		G	
2021-05-28	0500	Pati's Mexican Table	Good Morning, Mexico	Pati and family visit San Miguel de Allende, a tourist-friendly vacation town in the Mexican state of Guanajuato.	USA	English-100		G	
2021-05-28	0530	The Chefs' Line	Vietnamese	Watch Head Chef Jerry Mai from top Melbourne Vietnamese restaurant, Annam, face off against this week's final home cook. Things really heat up in the battle of the Hot and Sour Soups.	AUSTRALIA	English-100	RPT	G	Y
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2021-05-28	0630	Martha Bakes	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100		G	
2021-05-28	0700	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna divulges her secrets for the ultimate crowd-pleaser; the simple way to make delicious butterflied chicken. We learn the perfect combination for a salt and pepper spice mix.	AUSTRALIA	English-100		G	
2021-05-28	0730	Jamie & Jimmy's Food Fight Club	Ellie Goulding	Ellie Goulding relives the junk food of her past, when she gives the 'dirty burger' a vegan twist, Jamie cooks an indulgent Japanese steaming ramen, and Jimmy reinvents the humble roast chicken.	UNITED KINGDOM	English-100		PG	
2021-05-28	0830	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 1	Many factors affect the limited water supply to farmers of Australia's Food Bowl. Stefano visits some local producers who are developing ways to overcome these challenges.	AUSTRALIA	English-100		G	
2021-05-28	0900	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10		PG	
2021-05-28	0930	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 1	Mary draws on inspiration from some of her earliest and fondest memories from her childhood holidays and regular trips to the British seaside as she prepares seafood linguine and royal crab cakes.	UNITED KINGDOM	English-100		G	
2021-05-28	1000	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 2	Mary is inspired by her love of the great British countryside as she prepares mushroom Scotch eggs - perfect for a country picnic hamper. She also tries her hand at fly-fishing on the River Test.	UNITED KINGDOM	English-100		G	
2021-05-28	1030	Mary's Kitchen Crush	Bon Appetit	Mary and her friend Marissa plan the perfect Parisian getaway over a classic French meal sprinkled with some Mary magic.	CANADA	English-100		PG	
2021-05-28	1100	The Cook Up with Adam Liaw	Grapefruit	Adam Liaw is joined by Masterchef star Amina Elshafei and home cook Clarissa Feidel in The Cook Up kitchen and they share dishes inspired by grapefruit.	AUSTRALIA	English-100		PG	
2021-05-28	1130	Martha Bakes	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100		G	
2021-05-28	1200	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna divulges her secrets for the ultimate crowd-pleaser; the simple way to make delicious butterflied chicken. We learn the perfect combination for a salt and pepper spice mix.	AUSTRALIA	English-100		G	
2021-05-28	1230	Jamie & Jimmy's Food Fight Club	Ellie Goulding	Ellie Goulding relives the junk food of her past, when she gives the 'dirty burger' a vegan twist, Jamie cooks an indulgent Japanese steaming ramen, and Jimmy reinvents the humble roast chicken.	UNITED KINGDOM	English-100		PG	
2021-05-28	1330	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the botanical ark in Queensland, and Japanese sashimi with Hideo Dekura.	AUSTRALIA	English-100	RPT	G	Y
2021-05-28	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 28	Matt prepares a lamb and hummus wrap, Courtney makes almond butter and blueberry jam, and Michael makes one of America's favourite bar snacks - the jalapeno popper.	AUSTRALIA	English-100		G	
2021-05-28	1430	Pati's Mexican Table	Adventures In San Miguel	Pati explores the food scene in San Miguel de Allende, Mexico. She cooks up a feast - fish with plums, pasilla and tequila, orange blossom rice, and chardonnay mango pecan tart.	USA	English-100		G	

2021-05-28	1500	The Chefs' Line	Vietnamese	Judge Melissa Leong takes us inside the kitchen of top Melbourne Vietnamese restaurant, Annam. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-05-28	1530	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 2	Anjum persuades a friend to cook up an Indian feast for their friends as an alternative to takeaway. Together they prepare spicy lamb burgers made with fresh chillies, ginger, mint, and coriander.	UNITED KINGDOM	English-100		G	
2021-05-28	1600	Martha Bakes	Press-In Crusts	Easy no roll pie crust? Martha teaches a foolproof method to creating perfect crusts in no time - say goodbye to hassle and hello to ease.	USA	English-100		G	
2021-05-28	1630	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her recipe for a delicious slow-roasted lamb shoulder, along with the easiest spelt dough you'll ever make, and a velvety smooth dark chocolate ganache.	AUSTRALIA	English-100		G	
2021-05-28	1700	Mary's Kitchen Crush	Tuesday Night	It's a burger bonanza with Mary treating Aaron's friends to fast and flavourful midweek feast.	CANADA	English-100		PG	
2021-05-28	1730	The Cook And The Chef	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G	
2021-05-28	1800	Jamie & Jimmy's Food Fight Club	Michael Sheen	Michael Sheen returns to his roots when he cooks the national dish of Wales - a delicious lamb cawl, Jamie wows the diners with his winter nights chilli, and Jimmy builds a DIY peking duck oven.	UNITED KINGDOM	English-100		PG	
2021-05-28	1900	The Cook Up with Adam Liaw	Turkish	Ester chef Ozge Kalvo and Oz Harvest's Travis Harvey join Adam Liaw in The Cook Up Kitchen to create some Turkish dishes and talk Turkish cuisine.	AUSTRALIA	English-100		PG	
2021-05-28	1930	River Cottage Australia	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.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-28	2030	Rick Stein's India	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-28	2135	Mystery Diners	Bowling For Dollars	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	
2021-05-28	2200	The Cook Up with Adam Liaw	Turkish	Ester chef Ozge Kalvo and Oz Harvest's Travis Harvey join Adam Liaw in The Cook Up Kitchen to create some Turkish dishes and talk Turkish cuisine.	AUSTRALIA	English-100		PG	
2021-05-28	2230	The Cook And The Chef	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G	
2021-05-28	2300	Jamie & Jimmy's Food Fight Club	Michael Sheen	Michael Sheen returns to his roots when he cooks the national dish of Wales - a delicious lamb cawl, Jamie wows the diners with his winter nights chilli, and Jimmy builds a DIY peking duck oven.	UNITED KINGDOM	English-100		PG	
2021-05-28	2400	The Chefs' Line	Vietnamese	Judge Melissa Leong takes us inside the kitchen of top Melbourne Vietnamese restaurant, Annam. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-05-28	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 40	Watchdog presenters Nicky Campbell and Julia Bradbury ensure there'll be no dodgy dealing in the kitchen today, but that won't stifle the rivalry between them.	UNITED KINGDOM	English-100		G	
2021-05-28	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-05-28	2530	River Cottage Australia	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.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-28	2630	Rick Stein's India	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands.	UNITED KINGDOM	English-100	RPT	PG	Y

2021-05-28	2735	Mystery Diners	Bowling For Dollars	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	
2021-05-28	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the botanical ark in Queensland, and Japanese sashimi with Hideo Dekura.	AUSTRALIA	English-100	RPT	G	Y
2021-05-28	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 28	Matt prepares a lamb and hummus wrap, Courtney makes almond butter and blueberry jam, and Michael makes one of America's favourite bar snacks - the jalapeno popper.	AUSTRALIA	English-100		G	
2021-05-29	0500	Pati's Mexican Table	Adventures In San Miguel	Pati explores the food scene in San Miguel de Allende, Mexico. She cooks up a feast - fish with plums, pasilla and tequila, orange blossom rice, and chardonnay mango pecan tart.	USA	English-100		G	
2021-05-29	0530	The Chefs' Line	Vietnamese	Judge Melissa Leong takes us inside the kitchen of top Melbourne Vietnamese restaurant, Annam. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-05-29	0600	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 2	Anjum persuades a friend to cook up an Indian feast for their friends as an alternative to takeaway. Together they prepare spicy lamb burgers made with fresh chillies, ginger, mint, and coriander.	UNITED KINGDOM	English-100		G	
2021-05-29	0630	Martha Bakes	Press-In Crusts	Easy no roll pie crust? Martha teaches a foolproof method to creating perfect crusts in no time - say goodbye to hassle and hello to ease.	USA	English-100		G	
2021-05-29	0700	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her recipe for a delicious slow-roasted lamb shoulder, along with the easiest spelt dough you'll ever make, and a velvety smooth dark chocolate ganache.	AUSTRALIA	English-100		G	
2021-05-29	0730	Jamie & Jimmy's Food Fight Club	Michael Sheen	Michael Sheen returns to his roots when he cooks the national dish of Wales - a delicious lamb cawl, Jamie wows the diners with his winter nights chilli, and Jimmy builds a DIY peking duck oven.	UNITED KINGDOM	English-100		PG	
2021-05-29	0830	River Cottage Australia	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.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-29	0930	Rick Stein's India	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-29	1035	Mary's Kitchen Crush	Tuesday Night	It's a burger bonanza with Mary treating Aaron's friends to fast and flavourful midweek feast.	CANADA	English-100		PG	
2021-05-29	1105	The Cook Up with Adam Liaw	Turkish	Ester chef Ozge Kalvo and Oz Harvest's Travis Harvey join Adam Liaw in The Cook Up Kitchen to create some Turkish dishes and talk Turkish cuisine.	AUSTRALIA	English-100		PG	
2021-05-29	1135	Martha Bakes	Press-In Crusts	Easy no roll pie crust? Martha teaches a foolproof method to creating perfect crusts in no time - say goodbye to hassle and hello to ease.	USA	English-100		G	
2021-05-29	1205	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her recipe for a delicious slow-roasted lamb shoulder, along with the easiest spelt dough you'll ever make, and a velvety smooth dark chocolate ganache.	AUSTRALIA	English-100		G	
2021-05-29	1230	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 2	Anjum persuades a friend to cook up an Indian feast for their friends as an alternative to takeaway. Together they prepare spicy lamb burgers made with fresh chillies, ginger, mint, and coriander.	UNITED KINGDOM	English-100		G	
2021-05-29	1300	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 5	The four winning families from this week's heats return to the kitchen to compete for a place in finals week, but whose ultimate treat-night meal will wow the judges?	UNITED KINGDOM	English-100		PG	
2021-05-29	1410	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 6	Four new families are tasked with making comfort food for a tenner and 'breakfast with a twist'.	UNITED KINGDOM	English-100		G	
2021-05-29	1515	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 9	Nadia Sawalha is joined in the kitchen by Michelin starred chef Mark Sergeant and together they prepare a festive feast, including roasted poussin and beef Wellington.	UNITED KINGDOM	English-100		G	

2021-05-29	1610	Secret Meat Business	Secret Meat Business Series 2 Ep 9	This episode, chef Adrian Richardson cooks Feijoada - a Brazilian slow cooked stew, packed full of black beans, five types of meat and loads of flavour.	AUSTRALIA	English-100		G	
2021-05-29	1635	The Cook And The Chef	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	
2021-05-29	1705	Pacific Island Food Revolution	Tonga	Welcome to the Kingdom of Tonga. Host Robert Oliver introduces the talented teams competing to represent their country in the shows finals!	NEW ZEALAND	English-100		G	
2021-05-29	1800	Adam Liaw's Road Trip For Good	Stokes Bay, Forge Creek & Berrima	Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.	AUSTRALIA	English-100		PG	Y
2021-05-29	1830	Heston's Feasts	Fairytale Feast	Heston makes a fairytale meal featuring a Cinderella pumpkin, a stuffed boar's head inspired by Snow White, and an edible Hansel and Gretel house for pudding.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-29	1930	Jamie's American Road Trip	Wyoming	Jamie heads to Wyoming where he visits a rodeo before heading into the wilds upstate to see if he can cut it living and working on a real American ranch, and cooking for proper cowboys.	UNITED KINGDOM	English-100		PG	
2021-05-29	2030	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 2	Ainsley's next stop is the coastal town of Warrnambool in Victoria, where rolling green pastures meet the deep blue sea.	AUSTRALIA	English-100	RPT	G	Y
2021-05-29	2130	Hairy Bikers Northern Exposure	Russia	The bikers preconceptions of Russia are challenged as they spend a night back-stage at the ballet courtesy of one of Russia's most powerful Oligarchs.	UNITED KINGDOM	English-100		PG	
2021-05-29	2240	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 5	Rob takes Freddie to his adopted homeland of Wales to see if he can persuade him that it truly is the best place in the British Isles.	UNITED KINGDOM	English-100		PG	
2021-05-29	2335	Pacific Island Food Revolution	Tonga	Welcome to the Kingdom of Tonga. Host Robert Oliver introduces the talented teams competing to represent their country in the shows finals!	NEW ZEALAND	English-100		G	
2021-05-29	2430	Heston's Feasts	Fairytale Feast	Heston makes a fairytale meal featuring a Cinderella pumpkin, a stuffed boar's head inspired by Snow White, and an edible Hansel and Gretel house for pudding.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-29	2530	Jamie's American Road Trip	Wyoming	Jamie heads to Wyoming where he visits a rodeo before heading into the wilds upstate to see if he can cut it living and working on a real American ranch, and cooking for proper cowboys.	UNITED KINGDOM	English-100		PG	
2021-05-29	2630	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 2	Ainsley's next stop is the coastal town of Warrnambool in Victoria, where rolling green pastures meet the deep blue sea.	AUSTRALIA	English-100	RPT	G	Y
2021-05-29	2730	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 5	Rob takes Freddie to his adopted homeland of Wales to see if he can persuade him that it truly is the best place in the British Isles.	UNITED KINGDOM	English-100		PG	
2021-05-29	2825	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-05-29	2830	Adam Liaw's Road Trip For Good	Stokes Bay, Forge Creek & Berrima	Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.	AUSTRALIA	English-100		PG	Y