



**WEEK 23: Sunday, 2 June - Saturday, 8 June 2019 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-06-02	0500	Dinner Date	Kirby	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-06-02	0600	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100		G		
2019-06-02	0630	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100		G		
2019-06-02	0700	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100		G		
2019-06-02	0730	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 5	Blair takes a dip in a cold spring in the Mediterranean while Lyndey learns about fisherman's soup. And a visit to a local gypsy market offers the chance of roast pig.	AUSTRALIA	English-100	RPT	G	Y	
2019-06-02	0800	Lyndey And Blair's Taste Of Greece	Lyndey And Blair's Taste Of Greece Series 1 Episode 6	Lyndey and Blair discover Kalamata olives, local sausage, and souvlaki at a Kalamata market, where they try chocolate covered figs at Athanasiou Patisserie.	AUSTRALIA	English-100	RPT	G	Y	
2019-06-02	0830	Tom Kerridge's Best Ever Dishes	Old Skool Favourites	Tom cooks dishes based on some of his favourites from his childhood. These dishes bring back many happy memories, full of flavours that he loves and that he's improved on over the years.	UNITED KINGDOM	English-100		G		
2019-06-02	0900	Tom Kerridge's Best Ever Dishes	Lush Lunches	Tom believes that we all deserve a proper lunch and he's not talking about soggy sandwiches and a packet of crisps. In this episode, Tom shows us some great recipes for livening up your lunches.	UNITED KINGDOM	English-100		G		
2019-06-02	0930	Paul And Nick's Big Food Trip	Kilkeel	Award winning chefs Paul Rankin and Nick Nairn continue their maritime trip, exploring their shared Ulster-Scots heritage.	IRELAND	English-100		G		
2019-06-02	1000	Paul And Nick's Big Food Trip	Ardrossan	Award winning chefs Paul Rankin and Nick Nairn sail to Ardrossan on the west coast of Scotland to cook a meal inspired by Scotland's national poet Robert Burns for the Ardrossan Ulster-Scots Society.	IRELAND	English-100		G		
2019-06-02	1030	Paul And Nick's Big Food Trip	Donaghadee	Award winning chefs Paul Rankin and Nick Nairn sail to Donaghadee to prepare a gourmet feast for a local Ulster-Scots folk band.	IRELAND	English-100		G		
2019-06-02	1100	Paul And Nick's Big Food Trip	Armoy	Top chefs Paul Rankin and Nick Nairn sail along the north Antrim coast and prepare a culinary feast for some hungry Armoy bikers. A visit to a local pig farm inspires them in the kitchen.	IRELAND	English-100		G		
2019-06-02	1130	Dinner Date	Kirby	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-06-02	1230	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100		G		

2019-06-02	1300	<b>The Cook And The Chef</b>	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100		G	
2019-06-02	1330	<b>The Cook And The Chef</b>	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100		G	
2019-06-02	1400	<b>Lyndey And Blair's Taste Of Greece</b>	Lyndey And Blair's Taste Of Greece Series 1 Episode 5	Blair takes a dip in a cold spring in the Mediterranean while Lyndey learns about fisherman's soup. And a visit to a local gypsy market offers the chance of roast pig.	AUSTRALIA	English-100	RPT	G	Y
2019-06-02	1430	<b>Lyndey And Blair's Taste Of Greece</b>	Lyndey And Blair's Taste Of Greece Series 1 Episode 6	Lyndey and Blair discover Kalamata olives, local sausage, and souvlaki at a Kalamata market, where they try chocolate covered figs at Athanasiou Patisserie.	AUSTRALIA	English-100	RPT	G	Y
2019-06-02	1500	<b>Dinner Date</b>	Drue	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-06-02	1600	<b>Say It To My Face</b>	Your Customers Are Dying Off!	Mother and son restaurant owners, Maria and Efen Vasquez, of Culver City steakhouse Dear John's, are losing tons of money every month, and they believe negative online reviews are to blame.	USA	English-100		PG	Y
2019-06-02	1700	<b>The Cook And The Chef</b>	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G	
2019-06-02	1730	<b>The Cook And The Chef</b>	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G	
2019-06-02	1800	<b>The Cook And The Chef</b>	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G	
2019-06-02	1830	<b>Cheese Slices</b>	Traditional Cheeses Of Provence: France	Will travels to Provence in the South East of France to try Banon, a traditional benchmark goat's milk cheese wrapped in dried chestnut leaves where he also discovers a rare cheese.	AUSTRALIA	English-100		G	
2019-06-02	1900	<b>Cheese Slices</b>	Artisan Cheeses Of Germany	Germany has a long history of cheese-making dating back to pre-Roman times, and is also the largest producer of cheese in Europe.	AUSTRALIA	English-100		G	
2019-06-02	1930	<b>Outback Gourmet</b>	Outback Gourmet Series 1 Ep 3	Justine visits Marksie's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100		G	
2019-06-02	2000	<b>Outback Gourmet</b>	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laksa. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100		G	
2019-06-02	2030	<b>Rick Stein's Long Weekends</b>	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	
2019-06-02	2130	<b>Food Safari</b>	Food Safari Series 4 Episode 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local the flavours.	AUSTRALIA	English-100	RPT	G	Y
2019-06-02	2200	<b>Food Safari</b>	Food Safari Series 4 Episode 6	Maeve O'Meara explores the many fresh herbs and vegetables used in Lao cuisine. Lao-born Tony Inthavong introduces Maeve to the fragrant flavours of Southeast Asia.	AUSTRALIA	English-100	RPT	G	Y
2019-06-02	2230	<b>The Cook And The Chef</b>	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G	
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2019-06-02	2400	<b>Cheese Slices</b>	Traditional Cheeses Of Provence: France	Will travels to Provence in the South East of France to try Banon, a traditional benchmark goat's milk cheese wrapped in dried chestnut leaves where he also discovers a rare cheese.	AUSTRALIA	English-100		G	
2019-06-02	2430	<b>Cheese Slices</b>	Artisan Cheeses Of Germany	Germany has a long history of cheese-making dating back to pre-Roman times, and is also the largest producer of cheese in Europe.	AUSTRALIA	English-100		G	
2019-06-02	2500	<b>Outback Gourmet</b>	Outback Gourmet Series 1 Ep 3	Justine visits Marksie's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100		G	
2019-06-02	2530	<b>Outback Gourmet</b>	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laksa. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100		G	
2019-06-02	2600	<b>Rick Stein's Long Weekends</b>	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	
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2019-06-02	2800	<b>Say It To My Face</b>	Your Customers Are Dying Off!	Mother and son restaurant owners, Maria and Efen Vasquez, of Culver City steakhouse Dear John's, are losing tons of money every month, and they believe negative online reviews are to blame.	USA	English-100		PG	Y
2019-06-03	0500	<b>The Cook And The Chef</b>	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G	
2019-06-03	0530	<b>The Cook And The Chef</b>	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G	
2019-06-03	0600	<b>The Cook And The Chef</b>	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G	
2019-06-03	0630	<b>Cheese Slices</b>	Traditional Cheeses Of Provence: France	Will travels to Provence in the South East of France to try Banon, a traditional benchmark goat's milk cheese wrapped in dried chestnut leaves where he also discovers a rare cheese.	AUSTRALIA	English-100		G	
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2019-06-03	1500	<b>Mercurio's Menu</b>	Mornington Peninsula	Just an hour from Melbourne, the Mornington Peninsula is a world away from the hustle of city life. Paul's discovering some unique and colourful vegetables, organic pork, and Wagyu beef steak.	AUSTRALIA	English-100		G		
2019-06-03	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 11	Adrian shares his favourite recipes from Asia including Japanese wagyu beef and Chinese peking duck with pancakes.	AUSTRALIA	English-100		G		
2019-06-03	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, jam and pickle ladies, bush food and berries, and Thai and Malaysian cuisines.	AUSTRALIA	English-100	RPT	G	Y	
2019-06-03	1630	<b>Delia's How To Cook</b>	Pastry	Delia gives an easy first lesson in the art of making pastry with a shortcrust flan and flaky pastry. Demonstrating just how easy it is to create simple but delicious meals, she bakes a smoked fish.	UNITED KINGDOM	English-100		G		
2019-06-03	1700	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 56	Ben is at Eagles Nest Retreat cooking a pink ling with in season fruits. At the University of Queensland Oral Health Centre, Ben will be making a simple yet delicious creme anglaise.	AUSTRALIA	English-100		PG		
2019-06-03	1730	<b>The Hairy Bikers USA</b>	Finger Lickin' Frogs	Bill and Paul arrive in Central, Arkansas on the opening day of frog gigging season. They learn how to spear bullfrogs with a stick and cook them up on the side of the river banks.	UNITED KINGDOM	English-100		PG		
2019-06-03	1800	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 1	Kristen Tibballs puts a twist on a household classic with her Chocolate Toasties, and prepares The Ultimate Banana Split.	AUSTRALIA	English-100		G		
2019-06-03	1830	<b>The Cook And The Chef</b>	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G		
2019-06-03	1900	<b>The Cook And The Chef</b>	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G		
2019-06-03	1930	<b>The Urban Vegetarian</b>	On Trend	Desiree Nielsen adds more plants to her plate with two epic grilled cheese recipes that sneak in veggies.	CANADA	English-100		G		
2019-06-03	2000	<b>The Urban Vegetarian</b>	Lettuce Eat Lasagna	Desiree Nielsen shows how salads can be a tasty main and served warm with a grilled romaine salad.	CANADA	English-100		G		
2019-06-03	2030	<b>Thai Street Food With David Thompson</b>	Dtam Sang Stalls	David Thompson hits the night markets introducing us to some of his favourite dtam sang stalls. He also cooks up a few dishes himself, including a quick and easy Tom Yum soup.	AUSTRALIA	English-100	RPT	G	Y	Y

2019-06-03	2100	<b>Thai Street Food With David Thompson</b>	Big Night Out!	Starting at the famous Lumpinee Stadium, David talks to the boxers about the art of Muay Thai boxing. Outside the stadium, banana roti is served to hungry patrons.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-06-03	2130	<b>Avec Eric</b>	Farm To Table	Eric visits Polyface Farms in rural Virginia. Farmer Joel Salatin has worked for 40 years creating a green, sustainable farm raising cattle, chickens, and pigs.	USA	English-100		G		
2019-06-03	2200	<b>The Hairy Bikers USA</b>	Finger Lickin' Frogs	Bill and Paul arrive in Central, Arkansas on the opening day of frog gigging season. They learn how to spear bullfrogs with a stick and cook them up on the side of the river banks.	UNITED KINGDOM	English-100		PG		
2019-06-03	2230	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 1	Kristen Tibballs puts a twist on a household classic with her Chocolate Toasties, and prepares The Ultimate Banana Split.	AUSTRALIA	English-100		G		
2019-06-03	2300	<b>The Cook And The Chef</b>	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G		
2019-06-03	2330	<b>The Cook And The Chef</b>	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G		
2019-06-03	2400	<b>Worst Cooks In America</b>	Celebrity Dish-Asters	The new cast of celebrity recruits quickly learn that Boot Camp is no walk down the red carpet. To assess everyone's skill, Anne and Rachael have the celebrities cook using some unique ingredients.	USA	English-100		PG		
2019-06-03	2500	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 56	Ben is at Eagles Nest Retreat cooking a pink ling with in season fruits. At the University of Queensland Oral Health Centre, Ben will be making a simple yet delicious creme anglaise.	AUSTRALIA	English-100		PG		
2019-06-03	2530	<b>The Urban Vegetarian</b>	On Trend	Desiree Nielsen adds more plants to her plate with two epic grilled cheese recipes that sneak in veggies.	CANADA	English-100		G		
2019-06-03	2600	<b>The Urban Vegetarian</b>	Lettuce Eat Lasagna	Desiree Nielsen shows how salads can be a tasty main and served warm with a grilled romaine salad.	CANADA	English-100		G		
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2019-06-03	2700	<b>Thai Street Food With David Thompson</b>	Big Night Out!	Starting at the famous Lumpinee Stadium, David talks to the boxers about the art of Muay Thai boxing. Outside the stadium, banana roti is served to hungry patrons.	AUSTRALIA	English-100	RPT	PG	Y	Y
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2019-06-03	2800	<b>Worst Cooks In America</b>	Celebrity Dish-Asters	The new cast of celebrity recruits quickly learn that Boot Camp is no walk down the red carpet. To assess everyone's skill, Anne and Rachael have the celebrities cook using some unique ingredients.	USA	English-100		PG		
2019-06-04	0500	<b>Mercurio's Menu</b>	Mornington Peninsula	Just an hour from Melbourne, the Mornington Peninsula is a world away from the hustle of city life. Paul's discovering some unique and colourful vegetables, organic pork, and Wagyu beef steak.	AUSTRALIA	English-100		G		
2019-06-04	0530	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 11	Adrian shares his favourite recipes from Asia including Japanese wagyu beef and Chinese peking duck with pancakes.	AUSTRALIA	English-100		G		
2019-06-04	0600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, jam and pickle ladies, bush food and berries, and Thai and Malaysian cuisines.	AUSTRALIA	English-100	RPT	G	Y	
2019-06-04	0630	<b>Delia's How To Cook</b>	Pastry	Delia gives an easy first lesson in the art of making pastry with a shortcrust flan and flaky pastry. Demonstrating just how easy it is to create simple but delicious meals, she bakes a smoked fish.	UNITED KINGDOM	English-100		G		

2019-06-04	0700	<b>The Hairy Bikers USA</b>	Finger Lickin' Frogs	Bill and Paul arrive in Central, Arkansas on the opening day of frog gigging season. They learn how to spear bullfrogs with a stick and cook them up on the side of the river banks.	UNITED KINGDOM	English-100		PG		
2019-06-04	0730	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 1	Kristen Tibballs puts a twist on a household classic with her Chocolate Toasties, and prepares The Ultimate Banana Split.	AUSTRALIA	English-100		G		
2019-06-04	0800	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 56	Ben is at Eagles Nest Retreat cooking a pink ling with in season fruits. At the University of Queensland Oral Health Centre, Ben will be making a simple yet delicious creme anglaise.	AUSTRALIA	English-100		PG		
2019-06-04	0830	<b>The Cook And The Chef</b>	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G		
2019-06-04	0900	<b>The Cook And The Chef</b>	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G		
2019-06-04	0930	<b>The Urban Vegetarian</b>	On Trend	Desiree Nielsen adds more plants to her plate with two epic grilled cheese recipes that sneak in veggies.	CANADA	English-100		G		
2019-06-04	1000	<b>The Urban Vegetarian</b>	Lettuce Eat Lasagna	Desiree Nielsen shows how salads can be a tasty main and served warm with a grilled romaine salad.	CANADA	English-100		G		
2019-06-04	1030	<b>Thai Street Food With David Thompson</b>	Dtam Sang Stalls	David Thompson hits the night markets introducing us to some of his favourite dtam sang stalls. He also cooks up a few dishes himself, including a quick and easy Tom Yum soup.	AUSTRALIA	English-100	RPT	G	Y	Y
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2019-06-04	1400	<b>The Cook And The Chef</b>	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G		
2019-06-04	1430	<b>The Cook And The Chef</b>	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G		
2019-06-04	1500	<b>Mercurio's Menu</b>	Kangaroo Island	On this rugged, isolated island, Paul discovers a legacy of family food producers showing real imagination. From goose farming to rare bees, Paul is here to discover it all.	AUSTRALIA	English-100				
2019-06-04	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 12	Adrian shares his favourite recipes from the Mediterranean and the Middle East including Spanish rabbit hot pot and lamb kofta.	AUSTRALIA	English-100		G		
2019-06-04	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Japanese buckwheat noodles in Sydney, and oxtail soup in Perth's Swan Valley.	AUSTRALIA	English-100	RPT	G	Y	

2019-06-04	1630	<b>Delia's How To Cook</b>	Cakes And Biscuits	Aspiring cooks with a sweet tooth will love this episode, as Delia demystifies cakes and biscuits. Home-made varieties contain no preservatives or E numbers.	UNITED KINGDOM	English-100			
2019-06-04	1700	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 57	Ben is at Eagles Nest Retreat cooking one of his childhood favourites - coconut prawns. At the University of Queensland Museum, Ben is joined by Alistair Blanchard.	AUSTRALIA	English-100		PG	
2019-06-04	1730	<b>The Hairy Bikers USA</b>	Roasted River Rat	Rolling into the muggy swamplands of southern Louisiana, the bikers set out to turn a pest problem into a delicious dish. They climb aboard a fan-boat to join the hunt for a large invasive river rat.	UNITED KINGDOM	English-100		PG	
2019-06-04	1800	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 2	The Chocolate Queen shows you just how simple show stopping chocolate pieces can be.	AUSTRALIA	English-100		G	
2019-06-04	1830	<b>The Cook And The Chef</b>	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G	
2019-06-04	1900	<b>The Cook And The Chef</b>	100th Special	The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G	
2019-06-04	1930	<b>Short Cuts To Glory</b>	Cheap As	Matt learns how to get bang for his buck in the kitchen. Monty Koludrovic, Gregory Llewellyn, and Brigitte Hafner give mussels, mac n cheese, and pancakes the top chef treatment.	AUSTRALIA	English-100		G	
2019-06-04	2000	<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	
2019-06-04	2030	<b>Poh's Kitchen Lends A Hand</b>	Kinglake	Poh visits Kinglake, the Victorian town almost wiped out during the 2009 Black Saturday fires.	AUSTRALIA	English-100	RPT	G	Y
2019-06-04	2100	<b>Poh's Kitchen Lends A Hand</b>	Operation Flinders	Poh packs her rucksack and pulls on her walking boots to lend a hand to Operation Flinders, a wilderness therapy program that helps transform the lives of young people at risk.	AUSTRALIA	English-100	RPT	PG	Y
2019-06-04	2130	<b>Avec Eric</b>	Dinner Social	Eric Ripert visits Ratna Ling, a Buddhist retreat and study centre on the northern coast of California. While there, he enjoys a time of rest and relaxation.	USA	English-100		G	
2019-06-04	2200	<b>The Hairy Bikers USA</b>	Roasted River Rat	Rolling into the muggy swamplands of southern Louisiana, the bikers set out to turn a pest problem into a delicious dish. They climb aboard a fan-boat to join the hunt for a large invasive river rat.	UNITED KINGDOM	English-100		PG	
2019-06-04	2230	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 2	The Chocolate Queen shows you just how simple show stopping chocolate pieces can be.	AUSTRALIA	English-100		G	
2019-06-04	2300	<b>The Cook And The Chef</b>	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G	
2019-06-04	2330	<b>The Cook And The Chef</b>	100th Special	The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G	
2019-06-04	2400	<b>Worst Cooks In America</b>	Hawaiian Pig And A Poke	Anne and Rachael play a unique taste and describe game with the celebrity recruits in order to introduce them to unique tropical flavours. The mentors then demonstrate Hawaiian poke and pork dishes.	USA	English-100		PG	
2019-06-04	2500	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 57	Ben is at Eagles Nest Retreat cooking one of his childhood favourites - coconut prawns. At the University of Queensland Museum, Ben is joined by Alistair Blanchard.	AUSTRALIA	English-100		PG	
2019-06-04	2530	<b>Short Cuts To Glory</b>	Cheap As	Matt learns how to get bang for his buck in the kitchen. Monty Koludrovic, Gregory Llewellyn, and Brigitte Hafner give mussels, mac n cheese, and pancakes the top chef treatment.	AUSTRALIA	English-100		G	

2019-06-04	2600	<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	
2019-06-04	2630	<b>Poh's Kitchen Lends A Hand</b>	Kinglake	Poh visits Kinglake, the Victorian town almost wiped out during the 2009 Black Saturday fires.	AUSTRALIA	English-100	RPT	G	Y
2019-06-04	2700	<b>Poh's Kitchen Lends A Hand</b>	Operation Flinders	Poh packs her rucksack and pulls on her walking boots to lend a hand to Operation Flinders, a wilderness therapy program that helps transform the lives of young people at risk.	AUSTRALIA	English-100	RPT	PG	Y
2019-06-04	2730	<b>Avec Eric</b>	Dinner Social	Eric Ripert visits Ratna Ling, a Buddhist retreat and study centre on the northern coast of California. While there, he enjoys a time of rest and relaxation.	USA	English-100		G	
2019-06-04	2800	<b>Worst Cooks In America</b>	Hawaiian Pig And A Poke	Anne and Rachael play a unique taste and describe game with the celebrity recruits in order to introduce them to unique tropical flavours. The mentors then demonstrate Hawaiian poke and pork dishes.	USA	English-100		PG	
2019-06-05	0500	<b>Mercurio's Menu</b>	Kangaroo Island	On this rugged, isolated island, Paul discovers a legacy of family food producers showing real imagination. From goose farming to rare bees, Paul is here to discover it all.	AUSTRALIA	English-100			
2019-06-05	0530	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 12	Adrian shares his favourite recipes from the Mediterranean and the Middle East including Spanish rabbit hot pot and lamb kofta.	AUSTRALIA	English-100		G	
2019-06-05	0600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Japanese buckwheat noodles in Sydney, and oxtail soup in Perth's Swan Valley.	AUSTRALIA	English-100	RPT	G	Y
2019-06-05	0630	<b>Delia's How To Cook</b>	Cakes And Biscuits	Aspiring cooks with a sweet tooth will love this episode, as Delia demystifies cakes and biscuits. Home-made varieties contain no preservatives or E numbers.	UNITED KINGDOM	English-100			
2019-06-05	0700	<b>The Hairy Bikers USA</b>	Roasted River Rat	Rolling into the muggy swamplands of southern Louisiana, the bikers set out to turn a pest problem into a delicious dish. They climb aboard a fan-boat to join the hunt for a large invasive river rat.	UNITED KINGDOM	English-100		PG	
2019-06-05	0730	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 2	The Chocolate Queen shows you just how simple show stopping chocolate pieces can be.	AUSTRALIA	English-100		G	
2019-06-05	0800	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 57	Ben is at Eagles Nest Retreat cooking one of his childhood favourites - coconut prawns. At the University of Queensland Museum, Ben is joined by Alistair Blanchard.	AUSTRALIA	English-100		PG	
2019-06-05	0830	<b>The Cook And The Chef</b>	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G	
2019-06-05	0900	<b>The Cook And The Chef</b>	100th Special	The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G	
2019-06-05	0930	<b>Short Cuts To Glory</b>	Cheap As	Matt learns how to get bang for his buck in the kitchen. Monty Koludrovic, Gregory Llewellyn, and Brigitte Hafner give mussels, mac n cheese, and pancakes the top chef treatment.	AUSTRALIA	English-100		G	
2019-06-05	1000	<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	
2019-06-05	1030	<b>Poh's Kitchen Lends A Hand</b>	Kinglake	Poh visits Kinglake, the Victorian town almost wiped out during the 2009 Black Saturday fires.	AUSTRALIA	English-100	RPT	G	Y
2019-06-05	1100	<b>Poh's Kitchen Lends A Hand</b>	Operation Flinders	Poh packs her rucksack and pulls on her walking boots to lend a hand to Operation Flinders, a wilderness therapy program that helps transform the lives of young people at risk.	AUSTRALIA	English-100	RPT	PG	Y
2019-06-05	1130	<b>Avec Eric</b>	Dinner Social	Eric Ripert visits Ratna Ling, a Buddhist retreat and study centre on the northern coast of California. While there, he enjoys a time of rest and relaxation.	USA	English-100		G	



2019-06-05	1200	<b>Worst Cooks In America</b>	Hawaiian Pig And A Poke	Anne and Rachael play a unique taste and describe game with the celebrity recruits in order to introduce them to unique tropical flavours. The mentors then demonstrate Hawaiian poke and pork dishes.	USA	English-100		PG	
2019-06-05	1300	<b>The Hairy Bikers USA</b>	Roasted River Rat	Rolling into the muggy swamplands of southern Louisiana, the bikers set out to turn a pest problem into a delicious dish. They climb aboard a fan-boat to join the hunt for a large invasive river rat.	UNITED KINGDOM	English-100		PG	
2019-06-05	1330	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 2	The Chocolate Queen shows you just how simple show stopping chocolate pieces can be.	AUSTRALIA	English-100		G	
2019-06-05	1400	<b>The Cook And The Chef</b>	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G	
2019-06-05	1430	<b>The Cook And The Chef</b>	100th Special	The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G	
2019-06-05	1500	<b>Mercurio's Menu</b>	Wellington New Zealand	Paul ventures off-shore to visit New Zealand's capital, Wellington, where he takes a half-day tour to discover the best places to eat and drink in this compact city.	AUSTRALIA	English-100			
2019-06-05	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 13	Adrian serves up the perfect meat filled breakfast of champions, Swedish hash, and shares his tips for the best T-bone steak.	AUSTRALIA	English-100		G	
2019-06-05	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, all there is to know about olive oil, and a third generation Aussie bee keeper.	AUSTRALIA	English-100	RPT	G	Y
2019-06-05	1630	<b>Delia's How To Cook</b>	Sauces And Batters	Delia takes another look at flour power, this time demonstrating the art of making light, lump-free sauces and batters which will never curdle if you follow her simple rules.	UNITED KINGDOM	English-100			
2019-06-05	1700	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 58	Ben is at Devonports Providore Place Market, where he will show you how to make a delicious fish curry. Ben and Joel have some breakfast at the University of Queensland Saint Lucy's Cafe.	AUSTRALIA	English-100		PG	
2019-06-05	1730	<b>The Hairy Bikers USA</b>	Wild Wheat Harvest	Bill and Paul roll into central Oklahoma just as the winter wheat harvest is about to begin. They learn how to drive combines, harvest wheat, and turn it into beer.	UNITED KINGDOM	English-100			
2019-06-05	1800	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 3	Kristen shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100			
2019-06-05	1830	<b>The Cook And The Chef</b>	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G	
2019-06-05	1900	<b>The Cook And The Chef</b>	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100		G	
2019-06-05	1930	<b>Hayden Quinn's South Africa</b>	Cape Town	Hayden kicks off his journey in the mother city. He starts with a sunrise surf at Muizenberg beach, then follows Cape Town's 'local is lekker' food culture.	SOUTH AFRICA	English-100		PG	
2019-06-05	2000	<b>Hayden Quinn's South Africa</b>	Paternoster	This episode begins with a splash and a paddle as Hayden joins local foodie and WWF-SA Trailblazer chef Kobus van der Merwe on a kayak along the coast of Paternoster.	SOUTH AFRICA	English-100		G	
2019-06-05	2030	<b>Donna Hay: Basics To Brilliance Kids</b>	Movie Night	Donna Hay is joined by her little helpers, Jimmy and Sarah, as they get set to host the ultimate backyard movie night. It's packed with healthy change-ups of everyone's favourite cinema snacks.	AUSTRALIA	English-100		G	
2019-06-05	2100	<b>Donna Hay: Basics To Brilliance Kids</b>	Surfers	In the morning sun with the waves crashing behind them, the excitement is high for a day of surfing. Donna and the girls make a fresh cafe-style breakfast of corn fritters and colourful sides.	AUSTRALIA	English-100		G	

2019-06-05	2130	<b>Avec Eric</b>	Dream Dinner	Eric visits the renowned Inn at Little Washington where chef Patrick O'Connell shares his stories about how the dream of a restaurant became a reality.	USA	English-100		PG	
2019-06-05	2200	<b>The Hairy Bikers USA</b>	Wild Wheat Harvest	Bill and Paul roll into central Oklahoma just as the winter wheat harvest is about to begin. They learn how to drive combines, harvest wheat, and turn it into beer.	UNITED KINGDOM	English-100			
2019-06-05	2230	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 3	Kristen shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100			
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2019-06-05	2400	<b>Worst Cooks In America</b>	Oktoberfest Feast	In the spirit of Oktoberfest, Anne and Rachael have their teams cook a traditional wiener schnitzel - but in a relay-race while playing beer pong.	USA	English-100		PG	
2019-06-05	2500	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 58	Ben is at Devonports Providore Place Market, where he will show you how to make a delicious fish curry. Ben and Joel have some breakfast at the University of Queensland Saint Lucy's Cafe.	AUSTRALIA	English-100		PG	
2019-06-05	2530	<b>Hayden Quinn's South Africa</b>	Cape Town	Hayden kicks off his journey in the mother city. He starts with a sunrise surf at Muizenberg beach, then follows Cape Town's 'local is lekker' food culture.	SOUTH AFRICA	English-100		PG	
2019-06-05	2600	<b>Hayden Quinn's South Africa</b>	Paternoster	This episode begins with a splash and a paddle as Hayden joins local foodie and WWF-SA Trailblazer chef Kobus van der Merwe on a kayak along the coast of Paternoster.	SOUTH AFRICA	English-100		G	
2019-06-05	2630	<b>Donna Hay: Basics To Brilliance Kids</b>	Movie Night	Donna Hay is joined by her little helpers, Jimmy and Sarah, as they get set to host the ultimate backyard movie night. It's packed with healthy change-ups of everyone's favourite cinema snacks.	AUSTRALIA	English-100		G	
2019-06-05	2700	<b>Donna Hay: Basics To Brilliance Kids</b>	Surfers	In the morning sun with the waves crashing behind them, the excitement is high for a day of surfing. Donna and the girls make a fresh cafe-style breakfast of corn fritters and colourful sides.	AUSTRALIA	English-100		G	
2019-06-05	2730	<b>Avec Eric</b>	Dream Dinner	Eric visits the renowned Inn at Little Washington where chef Patrick O'Connell shares his stories about how the dream of a restaurant became a reality.	USA	English-100		PG	
2019-06-05	2800	<b>Worst Cooks In America</b>	Oktoberfest Feast	In the spirit of Oktoberfest, Anne and Rachael have their teams cook a traditional wiener schnitzel - but in a relay-race while playing beer pong.	USA	English-100		PG	
2019-06-06	0500	<b>Mercurio's Menu</b>	Wellington New Zealand	Paul ventures off-shore to visit New Zealand's capital, Wellington, where he takes a half-day tour to discover the best places to eat and drink in this compact city.	AUSTRALIA	English-100			
2019-06-06	0530	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 13	Adrian serves up the perfect meat filled breakfast of champions, Swedish hash, and shares his tips for the best T-bone steak.	AUSTRALIA	English-100		G	
2019-06-06	0600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, all there is to know about olive oil, and a third generation Aussie bee keeper.	AUSTRALIA	English-100	RPT	G	Y
2019-06-06	0630	<b>Delia's How To Cook</b>	Sauces And Batters	Delia takes another look at flour power, this time demonstrating the art of making light, lump-free sauces and batters which will never curdle if you follow her simple rules.	UNITED KINGDOM	English-100			
2019-06-06	0700	<b>The Hairy Bikers USA</b>	Wild Wheat Harvest	Bill and Paul roll into central Oklahoma just as the winter wheat harvest is about to begin. They learn how to drive combines, harvest wheat, and turn it into beer.	UNITED KINGDOM	English-100			

2019-06-06	0730	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 3	Kristen shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100			
2019-06-06	0800	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 58	Ben is at Devonports Providore Place Market, where he will show you how to make a delicious fish curry. Ben and Joel have some breakfast at the University of Queensland Saint Lucy's Cafe.	AUSTRALIA	English-100		PG	
2019-06-06	0830	<b>The Cook And The Chef</b>	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G	
2019-06-06	0900	<b>The Cook And The Chef</b>	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100		G	
2019-06-06	0930	<b>Hayden Quinn's South Africa</b>	Cape Town	Hayden kicks off his journey in the mother city. He starts with a sunrise surf at Muizenberg beach, then follows Cape Town's 'local is lekker' food culture.	SOUTH AFRICA	English-100		PG	
2019-06-06	1000	<b>Hayden Quinn's South Africa</b>	Paternoster	This episode begins with a splash and a paddle as Hayden joins local foodie and WWF-SA Trailblazer chef Kobus van der Merwe on a kayak along the coast of Paternoster.	SOUTH AFRICA	English-100		G	
2019-06-06	1030	<b>Donna Hay: Basics To Brilliance Kids</b>	Movie Night	Donna Hay is joined by her little helpers, Jimmy and Sarah, as they get set to host the ultimate backyard movie night. It's packed with healthy change-ups of everyone's favourite cinema snacks.	AUSTRALIA	English-100		G	
2019-06-06	1100	<b>Donna Hay: Basics To Brilliance Kids</b>	Surfers	In the morning sun with the waves crashing behind them, the excitement is high for a day of surfing. Donna and the girls make a fresh cafe-style breakfast of corn fritters and colourful sides.	AUSTRALIA	English-100		G	
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2019-06-06	1300	<b>The Hairy Bikers USA</b>	Wild Wheat Harvest	Bill and Paul roll into central Oklahoma just as the winter wheat harvest is about to begin. They learn how to drive combines, harvest wheat, and turn it into beer.	UNITED KINGDOM	English-100			
2019-06-06	1330	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 3	Kristen shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100			
2019-06-06	1400	<b>The Cook And The Chef</b>	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G	
2019-06-06	1430	<b>The Cook And The Chef</b>	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100		G	
2019-06-06	1500	<b>Mercurio's Menu</b>	Tweed Valley New South Wales	This beautiful coastal region stretches from the Northern NSW border down to Byron Bay, and Paul is visiting to discover the Finger Lime citrus fruit and a tea plantation.	AUSTRALIA	English-100			
2019-06-06	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 1	Aussie chef Adrian Richardson generally knows all there is to know about meat - how to choose it, cut it, cook it and eat it. Today Adrian looks at Beef Wellington.	AUSTRALIA	English-100		G	
2019-06-06	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, two young indigenous women travel the outback to cook at a huge bush carnival.	AUSTRALIA	English-100	RPT	G	Y
2019-06-06	1630	<b>Delia's How To Cook</b>	Potato, The	A filling staple in meals around the world, Delia shows there is much more to the humble spud than chips.	UNITED KINGDOM	English-100			

2019-06-06	1700	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 59	Ben is at the Providore Place Market, where he will show you how to make beef tacos. At the University of Queensland Saint Lucy Cafe, Ben is joined by Physics Professor Tamara Davis.	AUSTRALIA	English-100		PG	
2019-06-06	1730	<b>The Hairy Bikers USA</b>	On Fire	Bill and Paul cruise into Houston where there's a growing subculture of chiliheads who test their taste buds and push the limits of pain by eating some of the hottest peppers in the world.	UNITED KINGDOM	English-100			
2019-06-06	1800	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100			
2019-06-06	1830	<b>The Cook And The Chef</b>	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G	
2019-06-06	1900	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G	
2019-06-06	1930	<b>The F Word USA</b>	F Word USA Series 1, The Ep 8	Gordon heads to the Florida Everglades to hunt python, and Martina Servaty flies to Los Angeles all the way from Germany to attempt to break her Guinness World Records title for grape stomping.	USA	English-100			
2019-06-06	2030	<b>Rick Stein's Far Eastern Odyssey</b>	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-06	2135	<b>Oliver's Twist</b>	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100		G	
2019-06-06	2200	<b>The Hairy Bikers USA</b>	On Fire	Bill and Paul cruise into Houston where there's a growing subculture of chiliheads who test their taste buds and push the limits of pain by eating some of the hottest peppers in the world.	UNITED KINGDOM	English-100			
2019-06-06	2230	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100			
2019-06-06	2300	<b>The Cook And The Chef</b>	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G	
2019-06-06	2330	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G	
2019-06-06	2400	<b>Worst Cooks In America</b>	Booooot Camp!	Anne and Rachael have some scary things in store for this week's Halloween-themed Boot Camp - but first the celebrities must make unique monster Bloody Mary's.	USA	English-100		PG	

2019-06-06	2500	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 59	Ben is at the Providore Place Market, where he will show you how to make beef tacos. At the University of Queensland Saint Lucy Cafe, Ben is joined by Physics Professor Tamara Davis.	AUSTRALIA	English-100		PG		
2019-06-06	2530	<b>The F Word USA</b>	F Word USA Series 1, The Ep 8	Gordon heads to the Florida Everglades to hunt python, and Martina Servaty flies to Los Angeles all the way from Germany to attempt to break her Guinness World Records title for grape stomping.	USA	English-100				
2019-06-06	2630	<b>The Wine Show</b>	Wine Show Series 1 Ep 9, The	From their villa HQ in the Italian hills our two gentleman head to Verona, the setting for Romeo & Juliet, where they practice their newly learned sommelier skills on two unsuspecting lovers.	UNITED KINGDOM	English-100			Y	Y
2019-06-06	2730	<b>Oliver's Twist</b>	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100		G		
2019-06-06	2800	<b>Worst Cooks In America</b>	Booooot Camp!	Anne and Rachael have some scary things in store for this week's Halloween-themed Boot Camp - but first the celebrities must make unique monster Bloody Mary's.	USA	English-100		PG		
2019-06-07	0500	<b>Mercurio's Menu</b>	Tweed Valley New South Wales	This beautiful coastal region stretches from the Northern NSW border down to Byron Bay, and Paul is visiting to discover the Finger Lime citrus fruit and a tea plantation.	AUSTRALIA	English-100				
2019-06-07	0530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 1	Aussie chef Adrian Richardson generally knows all there is to know about meat - how to choose it, cut it, cook it and eat it. Today Adrian looks at Beef Wellington.	AUSTRALIA	English-100		G		
2019-06-07	0600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, two young indigenous women travel the outback to cook at a huge bush carnival.	AUSTRALIA	English-100	RPT	G	Y	
2019-06-07	0630	<b>Delia's How To Cook</b>	Potato, The	A filling staple in meals around the world, Delia shows there is much more to the humble spud than chips.	UNITED KINGDOM	English-100				
2019-06-07	0700	<b>The Hairy Bikers USA</b>	On Fire	Bill and Paul cruise into Houston where there's a growing subculture of chiliheads who test their taste buds and push the limits of pain by eating some of the hottest peppers in the world.	UNITED KINGDOM	English-100				
2019-06-07	0730	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100				
2019-06-07	0800	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 59	Ben is at the Providore Place Market, where he will show you how to make beef tacos. At the University of Queensland Saint Lucy Cafe, Ben is joined by Physics Professor Tamara Davis.	AUSTRALIA	English-100		PG		
2019-06-07	0830	<b>The Cook And The Chef</b>	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G		
2019-06-07	0900	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G		
2019-06-07	0930	<b>The F Word USA</b>	F Word USA Series 1, The Ep 8	Gordon heads to the Florida Everglades to hunt python, and Martina Servaty flies to Los Angeles all the way from Germany to attempt to break her Guinness World Records title for grape stomping.	USA	English-100				
2019-06-07	1030	<b>The Wine Show</b>	Wine Show Series 1 Ep 9, The	From their villa HQ in the Italian hills our two gentleman head to Verona, the setting for Romeo & Juliet, where they practice their newly learned sommelier skills on two unsuspecting lovers.	UNITED KINGDOM	English-100			Y	Y
2019-06-07	1130	<b>Oliver's Twist</b>	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100		G		
2019-06-07	1200	<b>Worst Cooks In America</b>	Booooot Camp!	Anne and Rachael have some scary things in store for this week's Halloween-themed Boot Camp - but first the celebrities must make unique monster Bloody Mary's.	USA	English-100		PG		
2019-06-07	1300	<b>The Hairy Bikers USA</b>	On Fire	Bill and Paul cruise into Houston where there's a growing subculture of chiliheads who test their taste buds and push the limits of pain by eating some of the hottest peppers in the world.	UNITED KINGDOM	English-100				

2019-06-07	1330	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100				
2019-06-07	1400	<b>The Cook And The Chef</b>	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100			G	
2019-06-07	1430	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100			G	
2019-06-07	1500	<b>Mercurio's Menu</b>	Bellarine Peninsula	Paul's on the coast an hour from Melbourne in search of mussels, snails of the sea (abalone), fine fresh fish, boutique goats cheese, and some beautiful blueberries.	AUSTRALIA	English-100				
2019-06-07	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 2	This episode, chef Adrian Richardson pays homage to his time spent as a child in Malaysia, preparing succulent Kelantan-style grilled chicken.	AUSTRALIA	English-100			G	
2019-06-07	1600	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, cultivation of the boab tree in WA, and croquembouche with Jean-Francois Perron.	AUSTRALIA	English-100	RPT		G	Y
2019-06-07	1630	<b>Delia's How To Cook</b>	Pasta	Delia gives viewers the lowdown on the simple techniques of cooking good pasta to achieve the perfect Italian meal.	UNITED KINGDOM	English-100				
2019-06-07	1700	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 60	Ben is at the Providore Place Market, where he will cook a delicious vegetarian dish. At the University of Queensland Pizza Caffè, Ben is joined by Georgia Millroy.	AUSTRALIA	English-100			PG	
2019-06-07	1730	<b>The Hairy Bikers USA</b>	Hog Wild	Bill and Paul ride into their hometown of Bryan-College Station Texas, where the town is being over run by Wild Boars.	UNITED KINGDOM	English-100				
2019-06-07	1800	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 5	The Chocolate Queen prepares melt-in-your-mouth Chocolate Macarons and a luscious Peanut Butter Chocolate Bark.	AUSTRALIA	English-100				
2019-06-07	1830	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits, Feijoa and Kiwifruit.	AUSTRALIA	English-100			G	
2019-06-07	1900	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100			PG	
2019-06-07	1930	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 7	Richo serves up a Triple Meat Scotch Egg, Bacon and Cheese Popcorn, and his irresistible Rocky Road.	AUSTRALIA	English-100			G	
2019-06-07	2000	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 8	Richo cooks up a silky Scallop, Mushroom and Tofu Custard and shares how to make some bar classics, a Dirty Martini, and Oysters Kilpatrick.	AUSTRALIA	English-100			G	
2019-06-07	2030	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles.	AUSTRALIA	English-100			PG	
2019-06-07	2100	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100			PG	
2019-06-07	2130	<b>Oliver's Twist</b>	My New Kitchen	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100			G	
2019-06-07	2200	<b>The Hairy Bikers USA</b>	Hog Wild	Bill and Paul ride into their hometown of Bryan-College Station Texas, where the town is being over run by Wild Boars.	UNITED KINGDOM	English-100				
2019-06-07	2230	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 5	The Chocolate Queen prepares melt-in-your-mouth Chocolate Macarons and a luscious Peanut Butter Chocolate Bark.	AUSTRALIA	English-100				

2019-06-07	2300	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits, Feijoa and Kiwifruit.	AUSTRALIA	English-100		G	
2019-06-07	2330	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG	
2019-06-07	2400	<b>Worst Cooks In America</b>	Celebrity Cheat Meals	The celeb recruits put their culinary knowledge to the test in a game of food and pop-culture trivia. Anne and Rachael then make their own versions of the ultimate comfort food: chicken and waffles.	USA	English-100		PG	
2019-06-07	2500	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 60	Ben is at the Providore Place Market, where he will cook a delicious vegetarian dish. At the University of Queensland Pizza Caffè, Ben is joined by Georgia Millroy.	AUSTRALIA	English-100		PG	
2019-06-07	2530	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 7	Richo serves up a Triple Meat Scotch Egg, Bacon and Cheese Popcorn, and his irresistible Rocky Road.	AUSTRALIA	English-100		G	
2019-06-07	2600	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 8	Richo cooks up a silky Scallop, Mushroom and Tofu Custard and shares how to make some bar classics, a Dirty Martini, and Oysters Kilpatrick.	AUSTRALIA	English-100		G	
2019-06-07	2630	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles.	AUSTRALIA	English-100		PG	
2019-06-07	2700	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100		PG	
2019-06-07	2730	<b>Oliver's Twist</b>	My New Kitchen	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100		G	
2019-06-07	2800	<b>Worst Cooks In America</b>	Celebrity Cheat Meals	The celeb recruits put their culinary knowledge to the test in a game of food and pop-culture trivia. Anne and Rachael then make their own versions of the ultimate comfort food: chicken and waffles.	USA	English-100		PG	
2019-06-08	0500	<b>Mercurio's Menu</b>	Bellarine Peninsula	Paul's on the coast an hour from Melbourne in search of mussels, snails of the sea (abalone), fine fresh fish, boutique goats cheese, and some beautiful blueberries.	AUSTRALIA	English-100			
2019-06-08	0530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 2	This episode, chef Adrian Richardson pays homage to his time spent as a child in Malaysia, preparing succulent Kelantan-style grilled chicken.	AUSTRALIA	English-100		G	
2019-06-08	0600	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, cultivation of the boab tree in WA, and croquembouche with Jean-Francois Perron.	AUSTRALIA	English-100	RPT	G	Y
2019-06-08	0630	<b>Delia's How To Cook</b>	Pasta	Delia gives viewers the lowdown on the simple techniques of cooking good pasta to achieve the perfect Italian meal.	UNITED KINGDOM	English-100			
2019-06-08	0700	<b>The Hairy Bikers USA</b>	Hog Wild	Bill and Paul ride into their hometown of Bryan-College Station Texas, where the town is being over run by Wild Boars.	UNITED KINGDOM	English-100			
2019-06-08	0730	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 5	The Chocolate Queen prepares melt-in-your-mouth Chocolate Macarons and a luscious Peanut Butter Chocolate Bark.	AUSTRALIA	English-100			
2019-06-08	0800	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 60	Ben is at the Providore Place Market, where he will cook a delicious vegetarian dish. At the University of Queensland Pizza Caffè, Ben is joined by Georgia Millroy.	AUSTRALIA	English-100		PG	
2019-06-08	0830	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits, Feijoa and Kiwifruit.	AUSTRALIA	English-100		G	

2019-06-08	0900	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100	PG	
2019-06-08	0930	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 7	Richo serves up a Triple Meat Scotch Egg, Bacon and Cheese Popcorn, and his irresistible Rocky Road.	AUSTRALIA	English-100	G	
2019-06-08	1000	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 8	Richo cooks up a silky Scallop, Mushroom and Tofu Custard and shares how to make some bar classics, a Dirty Martini, and Oysters Kilpatrick.	AUSTRALIA	English-100	G	
2019-06-08	1030	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles.	AUSTRALIA	English-100	PG	
2019-06-08	1100	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100	PG	
2019-06-08	1130	<b>Oliver's Twist</b>	My New Kitchen	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100	G	
2019-06-08	1200	<b>Worst Cooks In America</b>	Celebrity Cheat Meals	The celeb recruits put their culinary knowledge to the test in a game of food and pop-culture trivia. Anne and Rachael then make their own versions of the ultimate comfort food: chicken and waffles.	USA	English-100	PG	
2019-06-08	1300	<b>The Hairy Bikers USA</b>	Hog Wild	Bill and Paul ride into their hometown of Bryan-College Station Texas, where the town is being over run by Wild Boars.	UNITED KINGDOM	English-100		
2019-06-08	1330	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 5	The Chocolate Queen prepares melt-in-your-mouth Chocolate Macarons and a luscious Peanut Butter Chocolate Bark.	AUSTRALIA	English-100		
2019-06-08	1400	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits, Feijoa and Kiwifruit.	AUSTRALIA	English-100	G	
2019-06-08	1430	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100	PG	
2019-06-08	1500	<b>Dinner Date</b>	Sasha	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100	PG	
2019-06-08	1600	<b>Say It To My Face</b>	Wtf Is American Fusion?	Mark Cammarano says he's about to lose his Simi Valley restaurant because he's being unfairly crushed by negative online reviews.	USA	English-100	PG	Y
2019-06-08	1700	<b>The Cook And The Chef</b>	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100	G	
2019-06-08	1730	<b>The Cook And The Chef</b>	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100	G	



2019-06-08	1800	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 6	Kirsten prepares an intriguing and delicious Chocolate Salami, and shows you how to achieve the perfect Liquid Centre Chocolate Pudding.	AUSTRALIA	English-100					
2019-06-08	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	
2019-06-08	1930	<b>Tom Kerridge's Proper Pub Food</b>	Food For Friends	This episode features dishes that are perfect for serving up to groups of friends. This is hearty, casual cooking meant for sharing - that means less time fussing in the kitchen.	UNITED KINGDOM	English-100					
2019-06-08	2000	<b>Tom Kerridge's Proper Pub Food</b>	Outdoor Food	We all enjoy eating outdoors in a Great British beer garden and in this episode, Tom wants to show us how to do outdoor food properly.	UNITED KINGDOM	English-100					
2019-06-08	2030	<b>Bill's Tasty Weekends</b>	Norfolk	Bill is staying in a vertigo inducing water tower on the Sandringham Estate and is inspired to serve up the perfect steak when he gets up close to the Queen's very own cattle.	UNITED KINGDOM	English-100		G			
2019-06-08	2130	<b>Shane Delia's Spice Journey Turkey</b>	Ottomania - Food Fit For Sultans	Back with his new series, Shane Delia witnesses the rebirth of Ottoman cuisine and traditions in Istanbul, the city that straddles the continents of Europe and Asia. (Ep.1) #SpiceJourney	AUSTRALIA	English-95; Turkish-5	RPT	PG		Y	
2019-06-08	2200	<b>Shane Delia's Spice Journey Turkey</b>	Warriors And Wine-Dark Seas	Shane alights at Gallipoli almost 100 years after the 1915 ANZAC landings. He gets to know the Dardanelles, and witnesses how the local cuisine has been influenced by different cultures.	AUSTRALIA	English-75; Turkish-25	RPT	G		Y	Y
2019-06-08	2230	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 6	Kirsten prepares an intriguing and delicious Chocolate Salami, and shows you how to achieve the perfect Liquid Centre Chocolate Pudding.	AUSTRALIA	English-100					
2019-06-08	2300	<b>The Cook And The Chef</b>	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G			
2019-06-08	2330	<b>The Cook And The Chef</b>	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G			
2019-06-08	2400	<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	

2019-06-08	2500	<b>Bill's Tasty Weekends</b>	Norfolk	Bill is staying in a vertigo inducing water tower on the Sandringham Estate and is inspired to serve up the perfect steak when he gets up close to the Queen's very own cattle.	UNITED KINGDOM	English-100			G		
2019-06-08	2600	<b>Shane Delia's Spice Journey Turkey</b>	Ottomania - Food Fit For Sultans	Back with his new series, Shane Delia witnesses the rebirth of Ottoman cuisine and traditions in Istanbul, the city that straddles the continents of Europe and Asia. (Ep.1) #SpiceJourney	AUSTRALIA	English-95; Turkish-5	RPT		PG	Y	
2019-06-08	2630	<b>Shane Delia's Spice Journey Turkey</b>	Warriors And Wine-Dark Seas	Shane alights at Gallipoli almost 100 years after the 1915 ANZAC landings. He gets to know the Dardanelles, and witnesses how the local cuisine has been influenced by different cultures.	AUSTRALIA	English-75; Turkish-25	RPT		G	Y	Y
2019-06-08	2700	<b>Dinner Date</b>	Sasha	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100			PG		
2019-06-08	2800	<b>Say It To My Face</b>	Wtf Is American Fusion?	Mark Cammarano says he's about to lose his Simi Valley restaurant because he's being unfairly crushed by negative online reviews.	USA	English-100			PG		Y