



WEEK 23: Sunday, 31 May - Saturday, 6 June 2020 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-05-31	0500	Secret Meat Business	Cornish	Taking his doctor's advice to eat more veggies, Adrian makes a classic Cornish pasty filled with beef, bacon, and some rabbit food for good luck.	AUSTRALIA	English-100		G	
2020-05-31	0530	Secret Meat Business	Filipino	Adrian whips up a simple Filipino recipe that has delicious Spanish and Chinese influences. A taste of Manila.	AUSTRALIA	English-100		G	
2020-05-31	0600	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	
2020-05-31	0630	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 4	Freddie Flintoff and his friend, adventurer Rob Penn, head to Darwin in the next instalment of their Australian road trip.	UNITED KINGDOM	English-100		PG	
2020-05-31	0730	Lyndey Milan's Taste Of Ireland	County Belfast	Lyndey takes in the sights and sounds of Belfast, where she dines on the last menu served to the passengers of the Titanic, visits a magnificent cliff-side castle, and meets Irish chef Andy Rae.	AUSTRALIA	English-100		G	
2020-05-31	0800	Lyndey Milan's Taste Of Ireland	County Cork	In County Cork, Lyndey explores the food mecca of The English Market, and learns the secrets of 'spotted dog' with Darina Allen of Ballymaloo.	AUSTRALIA	English-100		G	
2020-05-31	0830	Cheese Slices	Goats Cheese	Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre.	AUSTRALIA	English-100		G	
2020-05-31	0900	Cheese Slices	Parmigiano / Reggiano	Parmigiano Reggiano is the undisputed king of Italian cheese and is still made by hand the old fashioned way in giant copper cauldrons, in the beautiful countryside near Parma in Reggio Emilia.	AUSTRALIA	English-100		G	
2020-05-31	0930	Kylie Kwong: Heart And Soul	Hong Kong Food Craze	Kylie samples some of the delicacies Hong Kong residents are crazy about, and finds ideas for her own recipes.	AUSTRALIA	English-100	RPT	G	Y
2020-05-31	1000	Kylie Kwong: Heart And Soul	Shanghai Europe In The Far East	Kylie meets an Australian who has been part of the rapid changes in Shanghai.	AUSTRALIA	English-100	RPT	G	Y
2020-05-31	1030	Two Greedy Italians	Regional Pride	Chef Antonio Carluccio returns to his home town of Borgofranco, in the Italian Piedmont region, to look at whether the rivalry between north and south is as strong as ever.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-31	1130	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 6	Adam visits the Mathallen Food Market in Oslo, and catches sustainable brown crabs to make a Krabfest, before eating traditional Sami food.	AUSTRALIA	English-100	RPT	G	Y
2020-05-31	1200	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	
2020-05-31	1230	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 4	Freddie Flintoff and his friend, adventurer Rob Penn, head to Darwin in the next instalment of their Australian road trip.	UNITED KINGDOM	English-100		PG	
2020-05-31	1330	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	
2020-05-31	1400	Saturday Kitchen	Saturday Kitchen Series 2 Ep 20	Irish television presenter and cook, Donal Skehan takes charge on Saturday Kitchen this week with the help of two top British chefs.	UNITED KINGDOM	English-100		PG	
2020-05-31	1500	Secret Meat Business	Italian	From the small village of Telve in Italy and into your kitchen, Adrian's making one of his childhood favourites.	AUSTRALIA	English-100		G	

2020-05-31	1530	Secret Meat Business	Chinese	Adrian begins with a Singaporean classic, poached chicken with classic Asian flavours. Then, not your traditional high tea treat, Adrian prepares his famous savoury scones with three meats.	AUSTRALIA	English-100		G	
2020-05-31	1600	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G	
2020-05-31	1630	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100		G	
2020-05-31	1700	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100		G	
2020-05-31	1730	Donal's Cook, Eat, Burn	Climbing Carrauntoohil	Donal tackles Carrauntoohil, the highest mountain in Ireland. To help him reach the top, he cooks recipes specially designed to sustain energy on a challenging day of mountaineering.	IRELAND	English-100		G	
2020-05-31	1800	Jimmy Shu's Taste of The Territory	Meat	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal people have been eating for thousands of years.	AUSTRALIA	English-100		G	
2020-05-31	1830	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood. She invites two guests to demonstrate their favourite home-style recipes.	AUSTRALIA	English-100		G	
2020-05-31	1900	Bonacini's Italy	Lazio	Filled with ruins in its bustling streets, the region of Lazio sticks with grandeur in all it does. To introduce us to Lazio, Michael highlights its Jewish influence with crispy artichokes.	CANADA	English-100		G	
2020-05-31	1930	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-31	2035	Jonathan Phang's Gourmet Express	Cairns To Brisbane	In Sydney, Jonathan takes to the skies for a flying visit to picturesque Palm Springs in a sea plane, where he samples the laid back beach life and delicious Patagonian tooth fish at Jonah's.	UNITED KINGDOM	English-100		PG	
2020-05-31	2130	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 2	Ameer El-Issa's presents his famous Middle-Eastern treat knafeh, acclaimed French pastry chef Vincent Gaden showcases chocolate balls three-ways, and Italian chef Paolo Gatto makes a Sicilian bricohe.	AUSTRALIA	English-100		G	
2020-05-31	2230	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 7	Adam visits the world's most northern fine dining restaurant, visits 1930s wooden barracks adorned with mining and hunting memorabilia, and visits the Global Seed Vault.	AUSTRALIA	English-100	RPT	G	Y
2020-05-31	2300	Comfort Eating	St Albans	Nick returns to his family home town of St Albans for waffles with bacon, followed by a visit to his parents' house for his mum's prawn lasagne.	UNITED KINGDOM	English-100		PG	
2020-05-31	2330	Donal's Cook, Eat, Burn	Climbing Carrauntoohil	Donal tackles Carrauntoohil, the highest mountain in Ireland. To help him reach the top, he cooks recipes specially designed to sustain energy on a challenging day of mountaineering.	IRELAND	English-100		G	
2020-05-31	2400	Jimmy Shu's Taste of The Territory	Meat	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal people have been eating for thousands of years.	AUSTRALIA	English-100		G	
2020-05-31	2430	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood. She invites two guests to demonstrate their favourite home-style recipes.	AUSTRALIA	English-100		G	
2020-05-31	2500	Bonacini's Italy	Lazio	Filled with ruins in its bustling streets, the region of Lazio sticks with grandeur in all it does. To introduce us to Lazio, Michael highlights its Jewish influence with crispy artichokes.	CANADA	English-100		G	
2020-05-31	2530	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G	Y
2020-05-31	2635	Jonathan Phang's Gourmet Express	Cairns To Brisbane	In Sydney, Jonathan takes to the skies for a flying visit to picturesque Palm Springs in a sea plane, where he samples the laid back beach life and delicious Patagonian tooth fish at Jonah's.	UNITED KINGDOM	English-100		PG	
2020-05-31	2730	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 2	Ameer El-Issa's presents his famous Middle-Eastern treat knafeh, acclaimed French pastry chef Vincent Gaden showcases chocolate balls three-ways, and Italian chef Paolo Gatto makes a Sicilian bricohe.	AUSTRALIA	English-100		G	

2020-05-31	2830	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 7	Adam visits the world's most northern fine dining restaurant, visits 1930s wooden barracks adorned with mining and hunting memorabilia, and visits the Global Seed Vault.	AUSTRALIA	English-100	RPT	G	Y
2020-06-01	0500	Secret Meat Business	Italian	From the small village of Telve in Italy and into your kitchen, Adrian's making one of his childhood favourites.	AUSTRALIA	English-100		G	
2020-06-01	0530	Secret Meat Business	Chinese	Adrian begins with a Singaporean classic, poached chicken with classic Asian flavours. Then, not your traditional high tea treat, Adrian prepares his famous savoury scones with three meats.	AUSTRALIA	English-100		G	
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2020-06-01	1030	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 2	Ameer El-Issa's presents his famous Middle-Eastern treat knafeh, acclaimed French pastry chef Vincent Gaden showcases chocolate balls three-ways, and Italian chef Paolo Gatto makes a Sicilian bricohe.	AUSTRALIA	English-100		G	
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2020-06-01	1330	Surfing The Menu New Zealand	Rotorua	On the shores of Mokoia Island, the boys meet Mark's Maori friend Charles Royal, an expert in wild native herbs and spices.	AUSTRALIA	English-100		PG	
2020-06-01	1400	Oliver's Twist	Health Kick	Jamie Oliver rustles up more tasty food. Here, he prepares a particularly healthy meal: crab and grapefruit salad and steamed sea bass with spring vegetables.	UNITED KINGDOM	English-100		G	
2020-06-01	1430	The Chefs' Line	Thai	Watch apprentice chef Sam from top Sydney Thai restaurant, Long Chim, go up against four passionate home cooks in a classic Fish Cakes battle.	AUSTRALIA	English-100	RPT	G	Y
2020-06-01	1500	Kriol Kitchen	Robbie Mills	In this episode, Robbie Mills shares two of his sovereign foods with us: Magpie Goose and Kangaroo.	AUSTRALIA	English-100	RPT	G	

2020-06-01	1530	Pati's Mexican Table	Celestun: Coastal Cooking	Pati visits the coastal town of Celestun, beginning with a delicious breakfast complete with the freshest seafood caught that morning.	USA	English-100		PG	
2020-06-01	1600	Carnival Eats	Close Encounters Of The Food Kind	Noah Cappe travels to Roswell, New Mexico to investigate the UFO Festival and hangs ten at the Orange County Fair in California.	USA	English-100		G	
2020-06-01	1630	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G	
2020-06-01	1700	The Cook And The Chef	Tetsuya Part 1	Fifty years ago, Australia was gastronomically a very bleak part of the world. In the early 1950s, dining out for Maggie's family often meant a meal at the local Chinese restaurant.	AUSTRALIA	English-100		G	
2020-06-01	1730	Martha Bakes	Never Enough Chocolate	Attention chocolate lovers! Martha shares how to prepare three standout chocolate desserts, including a rich flourless Roberta Heart cake. Chocolatier Jacques Torres also stops by.	USA	English-100		G	
2020-06-01	1800	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-01	1900	Nigella Express	Get Up And Go	Kick start the day with unbeatable fast and fabulous breakfasts. From weekend parties to pancake feasts, working breakfasts, solo comforts and wake up shakes, Nigella's got mornings covered.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-01	1930	Len And Ainsley's Big Food Adventure	Central And North London	Ainsley takes Len to a hugely popular Middle Eastern restaurant. Here, Len tries his first authentic Shawarma a delicious, aromatic, flame grilled meat.	UNITED KINGDOM	English-100		PG	
2020-06-01	2030	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 3	Justine joins architect Carla Figueiredo to explore the St. Lazaro quater, a neighbourhood influenced by both Chinese and European cultures. She then visits Trombe Rija.	AUSTRALIA	English-100		G	
2020-06-01	2100	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 4	Justine tries some of the local Macanese street food before she prepares a dish inspired by a visit to an oppulent French inspired hotel.	AUSTRALIA	English-100		PG	
2020-06-01	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 21	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-01	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 22	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-01	2230	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-01	2330	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G	
2020-06-01	2400	The Cook And The Chef	Tetsuya Part 1	Fifty years ago, Australia was gastronomically a very bleak part of the world. In the early 1950s, dining out for Maggie's family often meant a meal at the local Chinese restaurant.	AUSTRALIA	English-100		G	
2020-06-01	2430	Martha Bakes	Never Enough Chocolate	Attention chocolate lovers! Martha shares how to prepare three standout chocolate desserts, including a rich flourless Roberta Heart cake. Chocolatier Jacques Torres also stops by.	USA	English-100		G	
2020-06-01	2500	Nigella Express	Get Up And Go	Kick start the day with unbeatable fast and fabulous breakfasts. From weekend parties to pancake feasts, working breakfasts, solo comforts and wake up shakes, Nigella's got mornings covered.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-01	2530	BBQ Crawl	Oklahoma Sauce, Smokers And The Cherokee Strip Cookoff	Danielle visits sauce empire 'Head Country', in Ponca City Oklahoma where they churn out 6000 gallons per day. Danielle chows down on the sampler platter - ribs, sausage, a half chickens and brisket.	USA	English-100		PG	
2020-06-01	2600	BBQ Crawl	Poboy's, Shrimpin' Trawlin And Bbq Crawl'n'	Danielle hits up the lively city of New Orleans to eat at Boucherie, a southern fine dining experience that fuses together traditional BBQ and international cuisine.	USA	English-100		PG	

2020-06-01	2630	Len And Ainsley's Big Food Adventure	Central And North London	Ainsley takes Len to a hugely popular Middle Eastern restaurant. Here, Len tries his first authentic Shawarma a delicious, aromatic, flame grilled meat.	UNITED KINGDOM	English-100			PG	
2020-06-01	2730	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 3	Justine joins architect Carla Figueiredo to explore the St. Lazaro quater, a neighbourhood influenced by both Chinese and European cultures. She then visits Trombe Rija.	AUSTRALIA	English-100			G	
2020-06-01	2800	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 4	Justine tries some of the local Macanese street food before she prepares a dish inspired by a visit to an oppulent French inspired hotel.	AUSTRALIA	English-100			PG	
2020-06-01	2830	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 21	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-06-02	0500	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 22	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-06-02	0530	Oliver's Twist	Health Kick	Jamie Oliver rustles up more tasty food. Here, he prepares a particularly healthy meal: crab and grapefruit salad and steamed sea bass with spring vegetables.	UNITED KINGDOM	English-100			G	
2020-06-02	0600	The Chefs' Line	Thai	Watch apprentice chef Sam from top Sydney Thai restaurant, Long Chim, go up against four passionate home cooks in a classic Fish Cakes battle.	AUSTRALIA	English-100	RPT		G	Y
2020-06-02	0630	Kriol Kitchen	Robbie Mills	In this episode, Robbie Mills shares two of his sovereign foods with us: Magpie Goose and Kangaroo.	AUSTRALIA	English-100	RPT		G	
2020-06-02	0700	Pati's Mexican Table	Celestun: Coastal Cooking	Pati visits the coastal town of Celestun, beginning with a delicious breakfast complete with the freshest seafood caught that morning.	USA	English-100			PG	
2020-06-02	0730	Carnival Eats	Close Encounters Of The Food Kind	Noah Cappe travels to Roswell, New Mexico to investigate the UFO Festival and hangs ten at the Orange County Fair in California.	USA	English-100			G	
2020-06-02	0800	Martha Bakes	Never Enough Chocolate	Attention chocolate lovers! Martha shares how to prepare three standout chocolate desserts, including a rich flourless Roberta Heart cake. Chocolatier Jacques Torres also stops by.	USA	English-100			G	
2020-06-02	0830	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	AUSTRALIA	English-100	RPT		PG	Y
2020-06-02	0930	Surfing The Menu New Zealand	Rotorua	On the shores of Mokoia Island, the boys meet Mark's Maori friend Charles Royal, an expert in wild native herbs and spices.	AUSTRALIA	English-100			PG	
2020-06-02	1000	Nigella Express	Get Up And Go	Kick start the day with unbeatable fast and fabulous breakfasts. From weekend parties to pancake feasts, working breakfasts, solo comforts and wake up shakes, Nigella's got mornings covered.	UNITED KINGDOM	English-100	RPT		G	Y
2020-06-02	1030	Len And Ainsley's Big Food Adventure	Central And North London	Ainsley takes Len to a hugely popular Middle Eastern restaurant. Here, Len tries his first authentic Shawarma a delicious, aromatic, flame grilled meat.	UNITED KINGDOM	English-100			PG	
2020-06-02	1130	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 3	Justine joins architect Carla Figueiredo to explore the St. Lazaro quater, a neighbourhood influenced by both Chinese and European cultures. She then visits Trombe Rija.	AUSTRALIA	English-100			G	
2020-06-02	1200	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 4	Justine tries some of the local Macanese street food before she prepares a dish inspired by a visit to an oppulent French inspired hotel.	AUSTRALIA	English-100			PG	
2020-06-02	1230	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 21	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-06-02	1300	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 22	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	

2020-06-02	1330	Surfing The Menu New Zealand	Northland	At the farm near Keri Keri, Bender and Mark meet award-winning young cheesemaker and surfer Jesse who shows them how to make mascarpone.	AUSTRALIA	English-100		PG	
2020-06-02	1400	Oliver's Twist	Jekka The Herb Lady	More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.	UNITED KINGDOM	English-100		G	
2020-06-02	1430	The Chefs' Line	Thai	Watch station chef Parvit from top Sydney Thai restaurant, Long Chim, go up against three passionate home cooks in the ultimate Thai Green Curry challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-06-02	1500	Kriol Kitchen	Ali Mills: Magpie Goose Curry & Fried Damper	Performer Ali Mills cooks up a yummy Goose Curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA	English-100	RPT	G	
2020-06-02	1530	Pati's Mexican Table	Sunday Family Food	Sunday in Merida is a joyous weekly celebration of food, dancing and culture. Pati starts her day like most Meridians, at the market, tasting the best Lechon Torta (slow cooked pork sandwich) in town.	USA	English-100		PG	
2020-06-02	1600	Carnival Eats	Planet Of The Funnel Cakes	A new world record is set by host Noah Cappe at the Placer County Fair, and a county fair in Iowa has some surprising choices.	USA	English-100		PG	
2020-06-02	1630	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G	
2020-06-02	1700	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G	
2020-06-02	1730	Martha Bakes	Danishes	Join Martha as she teaches a simple recipe for flaky Danish dough that is easily transformed into apricot bowties, a decadent cheese-filled Danish, and an unforgettable brown-sugar cinnamon Danish.	USA	English-100		G	
2020-06-02	1800	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-02	1900	Nigella Express	Instant Calmer	Everyone's favourite comfort food gets the Nigella Express treatment, proving that calming, delicious food can be the work of moments.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-02	1930	Food Safari Earth	Food Safari Earth Series 1 Ep 13	Maeve O'Meara celebrates the surprisingly abundant produce of winter across the most heart-warming recipes from around the world.	AUSTRALIA	English-100	RPT	G	Y
2020-06-02	2000	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100		G	
2020-06-02	2030	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 5	Pull up a bar stool and grab a drink as Richo shares his recipes for the perfect Espresso Martini, stylish oyster shooters and his favourite - maple and coffee glazed bacon.	AUSTRALIA	English-100		G	
2020-06-02	2100	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 5	Chef Luke Nguyen reaches the beautiful beaches of the east coast of Vietnam, stopping to visit relatives in Phan Thiet. In Mui Ne, he creates a razor clam salad on the beach.	AUSTRALIA	English-100	RPT	G	Y
2020-06-02	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 23	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-02	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 24	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-02	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-02	2330	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G	

2020-06-02	2400	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G	
2020-06-02	2430	Martha Bakes	Danishes	Join Martha as she teaches a simple recipe for flaky Danish dough that is easily transformed into apricot bowties, a decadent cheese-filled Danish, and an unforgettable brown-sugar cinnamon Danish.	USA	English-100		G	
2020-06-02	2500	Nigella Express	Instant Calmer	Everyone's favourite comfort food gets the Nigella Express treatment, proving that calming, delicious food can be the work of moments.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-02	2530	BBQ Crawl	Smoked Tofu, Flyboys And Fun	Danielle visits Johnny Mitchell's Smokehouse, a backwoods BBQ joint. They serve up hand cut steaks, fresh seafood and authentic barbecue slow smoked over cherry and hickory wood.	USA	English-100		PG	
2020-06-02	2600	BBQ Crawl	Huge Sammies, Fishing And Gerogian Gumbo	Danielle stops at the Oink Joint, a smalltown joint in Zebulon Georgia. The Oink Joint has only been around for 3 years but these guys are packed. They have a rep for their huge sandwich creations.	USA	English-100		PG	
2020-06-02	2630	Food Safari Earth	Food Safari Earth Series 1 Ep 13	Maeve O'Meara celebrates the surprisingly abundant produce of winter across the most heart-warming recipes from around the world.	AUSTRALIA	English-100	RPT	G	Y
2020-06-02	2700	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100		G	
2020-06-02	2730	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 5	Pull up a bar stool and grab a drink as Richo shares his recipes for the perfect Espresso Martini, stylish oyster shooters and his favourite - maple and coffee glazed bacon.	AUSTRALIA	English-100		G	
2020-06-02	2800	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 5	Chef Luke Nguyen reaches the beautiful beaches of the east coast of Vietnam, stopping to visit relatives in Phan Thiet. In Mui Ne, he creates a razor clam salad on the beach.	AUSTRALIA	English-100	RPT	G	Y
2020-06-02	2830	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 23	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-03	0500	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 24	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-03	0530	Oliver's Twist	Jekka The Herb Lady	More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.	UNITED KINGDOM	English-100		G	
2020-06-03	0600	The Chefs' Line	Thai	Watch station chef Parvit from top Sydney Thai restaurant, Long Chim, go up against three passionate home cooks in the ultimate Thai Green Curry challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-06-03	0630	Kriol Kitchen	Ali Mills: Magpie Goose Curry & Fried Damper	Performer Ali Mills cooks up a yummy Goose Curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA	English-100	RPT	G	
2020-06-03	0700	Pati's Mexican Table	Sunday Family Food	Sunday in Merida is a joyous weekly celebration of food, dancing and culture. Pati starts her day like most Meridians, at the market, tasting the best Lechon Torta (slow cooked pork sandwich) in town.	USA	English-100		PG	
2020-06-03	0730	Carnival Eats	Planet Of The Funnel Cakes	A new world record is set by host Noah Cappe at the Placer County Fair, and a county fair in Iowa has some surprising choices.	USA	English-100		PG	
2020-06-03	0800	Martha Bakes	Danishes	Join Martha as she teaches a simple recipe for flaky Danish dough that is easily transformed into apricot bowties, a decadent cheese-filled Danish, and an unforgettable brown-sugar cinnamon Danish.	USA	English-100		G	
2020-06-03	0830	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-03	0930	Surfing The Menu New Zealand	Northland	At the farm near Keri Keri, Bender and Mark meet award-winning young cheesemaker and surfer Jesse who shows them how to make mascarpone.	AUSTRALIA	English-100		PG	

2020-06-03	1000	Nigella Express	Instant Calmer	Everyone's favourite comfort food gets the Nigella Express treatment, proving that calming, delicious food can be the work of moments.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-03	1030	Food Safari Earth	Food Safari Earth Series 1 Ep 13	Maeve O'Meara celebrates the surprisingly abundant produce of winter across the most heart-warming recipes from around the world.	AUSTRALIA	English-100	RPT	G	Y
2020-06-03	1100	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100		G	
2020-06-03	1130	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 5	Pull up a bar stool and grab a drink as Richo shares his recipes for the perfect Espresso Martini, stylish oyster shooters and his favourite - maple and coffee glazed bacon.	AUSTRALIA	English-100		G	
2020-06-03	1200	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 5	Chef Luke Nguyen reaches the beautiful beaches of the east coast of Vietnam, stopping to visit relatives in Phan Thiet. In Mui Ne, he creates a razor clam salad on the beach.	AUSTRALIA	English-100	RPT	G	Y
2020-06-03	1230	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 23	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-03	1300	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 24	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-03	1330	Mercurio's Menu	Hunter Valley	Paul visits the famous Hunter Valley wine region, serving up snails and Australia's fresh water crayfish the yabby cooked with the Hunter's local brews.	AUSTRALIA	English-100		PG	
2020-06-03	1400	Oliver's Twist	East Meets West	Chef Jamie Oliver rustles up another delicious meal. Today, he makes some Japanese food including gyozas with dipping sauce, sakatini cocktails, and shabu shabu.	UNITED KINGDOM	English-100		G	
2020-06-03	1430	The Chefs' Line	Thai	Watch sous chef Bhas from top Sydney Thai restaurant, Long Chim, go up against two passionate home cooks in a bid to make the best Palm Sugar Pudding.	AUSTRALIA	English-100	RPT	G	Y
2020-06-03	1500	Sarah Graham Cooks Cape Town	Home After The Move	Things are finally almost unpacked after a big move, and it's time to celebrate with friends. Sarah cooks a sweet potato and coconut milk soup, chicken korma bunny chows, and a chickpea salad.	SOUTH AFRICA	English-100		G	
2020-06-03	1530	Pati's Mexican Table	Campeche: Tale Of A Pirate City	Campeche is a colourful colonial city defined by its history of piracy. Local gastronomic historian, Lolina Escheverria, unearths the best turkey panuchos in the Yucatan Peninsula.	USA	English-100		PG	
2020-06-03	1600	Carnival Eats	Grill Bill	Noah Cappe travels to the Great Lakes where he visits the Barry County Fair, then heads to the biggest state for the Alaska State Fair.	USA	English-100		G	
2020-06-03	1630	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G	
2020-06-03	1700	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G	
2020-06-03	1730	Martha Bakes	Pulled Doughs	Pizza, pretzels, and strudel are all old world European specialties that involve 'pulling' dough. Join Martha and her expert guests in the kitchen to learn all the tips you'll need to prepare them.	USA	English-100		G	
2020-06-03	1800	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-03	1900	Nigella Express	Storecupboard SOS	This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-03	1930	On Country Kitchen	On Country Kitchen Series 2 Ep 1	Mark and Derek begin their journey with a Welcome to Yuin Country from Noel Butler, harvest oysters off the bay, stop through at an olive grove, and try stand-up paddle boarding on the NSW coastline.	AUSTRALIA	English-100	RPT	PG	

2020-06-03	2000	Gourmet Farmer	Gourmet Farmer Series 3 Episode 2	It's been a year of experimentation and Matthew Evans has kept chooks for eggs, but now he'd like to get heritage chickens for their meat.	AUSTRALIA	English-100	RPT	G	Y
2020-06-03	2030	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 2	Peter Kuruvita showcases the Sunshine Coast's amazing local seafood, from Mooloolaba prawns and spanner crabs to coral trout and fresh squid, sharing the recipes to some of his favourite dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-06-03	2100	Italian Food Safari	Italian Food Safari Series 1 Ep 13	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y
2020-06-03	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 25	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-03	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 26	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-03	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-03	2330	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G	
2020-06-03	2400	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G	
2020-06-03	2430	Martha Bakes	Pulled Doughs	Pizza, pretzels, and strudel are all old world European specialties that involve 'pulling' dough. Join Martha and her expert guests in the kitchen to learn all the tips you'll need to prepare them.	USA	English-100		G	
2020-06-03	2500	Nigella Express	Storecupboard SOS	This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-03	2530	BBQ Crawl	Carolina Whole Hog And Q'n For A Cause	Danielle hits up JB's Smokehouse, the only BBQ joint on Johns Island, SC. She chows down on their smoked ribs and 32 side dishes!	USA	English-100		G	
2020-06-03	2600	BBQ Crawl	Kc Strip Steak, Burnt End Chilli And Team Diva Q	Danielle arrives at the American Royal Invitational contest in Kansas City Missouri - a city with historical roots in barbecue.	USA	English-100		G	
2020-06-03	2630	On Country Kitchen	On Country Kitchen Series 2 Ep 1	Mark and Derek begin their journey with a Welcome to Yuin Country from Noel Butler, harvest oysters off the bay, stop through at an olive grove, and try stand-up paddle boarding on the NSW coastline.	AUSTRALIA	English-100	RPT	PG	
2020-06-03	2700	Gourmet Farmer	Gourmet Farmer Series 3 Episode 2	It's been a year of experimentation and Matthew Evans has kept chooks for eggs, but now he'd like to get heritage chickens for their meat.	AUSTRALIA	English-100	RPT	G	Y
2020-06-03	2730	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 2	Peter Kuruvita showcases the Sunshine Coast's amazing local seafood, from Mooloolaba prawns and spanner crabs to coral trout and fresh squid, sharing the recipes to some of his favourite dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-06-03	2800	Italian Food Safari	Italian Food Safari Series 1 Ep 13	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y
2020-06-03	2830	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 25	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-04	0500	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 26	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-04	0530	Oliver's Twist	East Meets West	Chef Jamie Oliver rustles up another delicious meal. Today, he makes some Japanese food including gyozas with dipping sauce, sakatini cocktails, and shabu shabu.	UNITED KINGDOM	English-100		G	

2020-06-04	0600	The Chefs' Line	Thai	Watch sous chef Bhas from top Sydney Thai restaurant, Long Chim, go up against two passionate home cooks in a bid to make the best Palm Sugar Pudding.	AUSTRALIA	English-100	RPT	G	Y
2020-06-04	0630	Sarah Graham Cooks Cape Town	Home After The Move	Things are finally almost unpacked after a big move, and it's time to celebrate with friends. Sarah cooks a sweet potato and coconut milk soup, chicken korma bunny chows, and a chickpea salad.	SOUTH AFRICA	English-100		G	
2020-06-04	0700	Pati's Mexican Table	Campeche: Tale Of A Pirate City	Campeche is a colourful colonial city defined by its history of piracy. Local gastronomic historian, Lolina Escheverria, unearths the best turkey panuchos in the Yucatan Peninsula.	USA	English-100		PG	
2020-06-04	0730	Carnival Eats	Grill Bill	Noah Cappe travels to the Great Lakes where he visits the Barry County Fair, then heads to the biggest state for the Alaska State Fair.	USA	English-100		G	
2020-06-04	0800	Martha Bakes	Pulled Doughs	Pizza, pretzels, and strudel are all old world European specialties that involve 'pulling' dough. Join Martha and her expert guests in the kitchen to learn all the tips you'll need to prepare them.	USA	English-100		G	
2020-06-04	0830	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-04	0930	Mercurio's Menu	Hunter Valley	Paul visits the famous Hunter Valley wine region, serving up snails and Australia's fresh water crayfish the yabby cooked with the Hunter's local brews.	AUSTRALIA	English-100		PG	
2020-06-04	1000	Nigella Express	Storecupboard SOS	This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-04	1030	On Country Kitchen	On Country Kitchen Series 2 Ep 1	Mark and Derek begin their journey with a Welcome to Yuin Country from Noel Butler, harvest oysters off the bay, stop through at an olive grove, and try stand-up paddle boarding on the NSW coastline.	AUSTRALIA	English-100	RPT	PG	
2020-06-04	1100	Gourmet Farmer	Gourmet Farmer Series 3 Episode 2	It's been a year of experimentation and Matthew Evans has kept chooks for eggs, but now he'd like to get heritage chickens for their meat.	AUSTRALIA	English-100	RPT	G	Y
2020-06-04	1130	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 2	Peter Kuruvita showcases the Sunshine Coast's amazing local seafood, from Mooloolaba prawns and spanner crabs to coral trout and fresh squid, sharing the recipes to some of his favourite dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-06-04	1200	Italian Food Safari	Italian Food Safari Series 1 Ep 13	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y
2020-06-04	1230	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 25	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-04	1300	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 26	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-04	1330	Mercurio's Menu	Fleurieu Peninsula	Paul finds foodie paradise on the little known Fleurieu Peninsula south of Adelaide, offering wine, wildlife, and water in abundance.	AUSTRALIA	English-100		PG	
2020-06-04	1400	Oliver's Twist	New Kids On The Block	Jamie prepares a dinner party for some of his new trainees.	UNITED KINGDOM	English-100		G	
2020-06-04	1430	The Chefs' Line	Thai	Watch head chef Meena Throngkumpola from top Sydney Thai restaurant, Long Chim, go up against this week's final home cook, Andrew, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-04	1500	Sarah Graham Cooks Cape Town	Trafford's Early Supper Visit	Sarah's husband is away on a business trip, so a group of family friends and their children are coming over to have an early supper.	SOUTH AFRICA	English-100		G	
2020-06-04	1530	Pati's Mexican Table	Ancient Yucatan With My Boys	Pati's sons are in Mexico, and she wants them to experience the true essence of the Yucatan, including the region's signature dish, Cochinita Pibil, meat cooked with heated rocks buried underground.	USA	English-100		PG	
2020-06-04	1600	Carnival Eats	Fry Harder	Host Noah Cappe soaks up the California sunshine while enjoying some wacky West Coast treats, then heads to the Tennessee Valley Fair in Knoxville.	USA	English-100		G	

2020-06-04	1630	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G	
2020-06-04	1700	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G	
2020-06-04	1730	Martha Bakes	Celebration Cakes	Martha gets party ready with three festive celebration cakes. Hint - one is covered in sprinkles!	USA	English-100		G	
2020-06-04	1800	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-04	1900	Nigella Express	Speedy Gonzalez	It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-04	1930	Jimmy's Australian Food Adventure	Tribal Know-How	Jimmy discovers the unique tastes of Australia's native plants. At Uluru, in the heart of the continent he meets tribal elder Happy who shows him how to forage and prepare wild berries and plants.	UNITED KINGDOM	English-100		PG	
2020-06-04	2000	Tom Kerridge's Best Ever Dishes	Crowd Pleasers	Tom's serving up some great crowd pleasing dishes, perfect for sharing with mates at a party. However, there are no canapes on this menu - Tom likes to make proper hearty food for his guests.	UNITED KINGDOM	English-100		PG	
2020-06-04	2030	Jimmy Shu's Taste of The Territory	Dessert	Jimmy takes us to meet Darwin's only chocolatier Leo Cleanthous at his boutique chocolate cafe Bumble Bean Chocolates.	AUSTRALIA	English-100		G	
2020-06-04	2100	Gino's Italian Escape	Amalfi Coast	Chef Gino D'Acampo begins his Italian journey on the stunning Amalfi Coast. He visits the pretty town of Amalfi, a favourite holiday destination from his childhood.	UNITED KINGDOM	English-100		G	
2020-06-04	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 27	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-04	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 28	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-04	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-04	2330	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G	
2020-06-04	2400	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G	
2020-06-04	2430	Martha Bakes	Celebration Cakes	Martha gets party ready with three festive celebration cakes. Hint - one is covered in sprinkles!	USA	English-100		G	
2020-06-04	2500	Nigella Express	Speedy Gonzalez	It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-04	2530	BBQ Crawl	American Royal, The	Danielle and her team compete in the American Royal BBQ Competition. The team kicks off the competition with a huge party located in the dark side of the grounds.	USA	English-100		PG	
2020-06-04	2600	BBQ Crawl	California Pig Candy And Chili Cheese Stuffed Doughnuts	Danielle starts the crawl in Lancaster, California to compete at the Blazin' BBQ Throwdown. Before things heat up on the competition front, she visits her old friend, Neil Strawder, or 'Big Mista.'	USA	English-100		PG	
2020-06-04	2630	Jimmy's Australian Food Adventure	Tribal Know-How	Jimmy discovers the unique tastes of Australia's native plants. At Uluru, in the heart of the continent he meets tribal elder Happy who shows him how to forage and prepare wild berries and plants.	UNITED KINGDOM	English-100		PG	

2020-06-04	2700	Tom Kerridge's Best Ever Dishes	Crowd Pleasers	Tom's serving up some great crowd pleasing dishes, perfect for sharing with mates at a party. However, there are no canapes on this menu - Tom likes to make proper hearty food for his guests.	UNITED KINGDOM	English-100			PG	
2020-06-04	2730	Jimmy Shu's Taste of The Territory	Dessert	Jimmy takes us to meet Darwin's only chocolatier Leo Cleanthous at his boutique chocolate cafe Bumble Bean Chocolates.	AUSTRALIA	English-100			G	
2020-06-04	2800	Gino's Italian Escape	Amalfi Coast	Chef Gino D'Acampo begins his Italian journey on the stunning Amalfi Coast. He visits the pretty town of Amalfi, a favourite holiday destination from his childhood.	UNITED KINGDOM	English-100			G	
2020-06-04	2830	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 27	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-06-05	0500	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 28	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-06-05	0530	Oliver's Twist	New Kids On The Block	Jamie prepares a dinner party for some of his new trainees.	UNITED KINGDOM	English-100			G	
2020-06-05	0600	The Chefs' Line	Thai	Watch head chef Meena Throngkumpola from top Sydney Thai restaurant, Long Chim, go up against this week's final home cook, Andrew, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT		PG	Y
2020-06-05	0630	Sarah Graham Cooks Cape Town	Trafford's Early Supper Visit	Sarah's husband is away on a business trip, so a group of family friends and their children are coming over to have an early supper.	SOUTH AFRICA	English-100			G	
2020-06-05	0700	Pati's Mexican Table	Ancient Yucatan With My Boys	Pati's sons are in Mexico, and she wants them to experience the true essence of the Yucatan, including the region's signature dish, Cochinita Pibil, meat cooked with heated rocks buried underground.	USA	English-100			PG	
2020-06-05	0730	Carnival Eats	Fry Harder	Host Noah Cappe soaks up the California sunshine while enjoying some wacky West Coast treats, then heads to the Tennessee Valley Fair in Knoxville.	USA	English-100			G	
2020-06-05	0800	Martha Bakes	Celebration Cakes	Martha gets party ready with three festive celebration cakes. Hint - one is covered in sprinkles!	USA	English-100			G	
2020-06-05	0830	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	AUSTRALIA	English-100	RPT		PG	Y
2020-06-05	0930	Mercurio's Menu	Fleurieu Peninsula	Paul finds foodie paradise on the little known Fleurieu Peninsula south of Adelaide, offering wine, wildlife, and water in abundance.	AUSTRALIA	English-100			PG	
2020-06-05	1000	Nigella Express	Speedy Gonzalez	It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.	UNITED KINGDOM	English-100	RPT		G	Y
2020-06-05	1030	Jimmy's Australian Food Adventure	Tribal Know-How	Jimmy discovers the unique tastes of Australia's native plants. At Uluru, in the heart of the continent he meets tribal elder Happy who shows him how to forage and prepare wild berries and plants.	UNITED KINGDOM	English-100			PG	
2020-06-05	1100	Tom Kerridge's Best Ever Dishes	Crowd Pleasers	Tom's serving up some great crowd pleasing dishes, perfect for sharing with mates at a party. However, there are no canapes on this menu - Tom likes to make proper hearty food for his guests.	UNITED KINGDOM	English-100			PG	
2020-06-05	1130	Jimmy Shu's Taste of The Territory	Dessert	Jimmy takes us to meet Darwin's only chocolatier Leo Cleanthous at his boutique chocolate cafe Bumble Bean Chocolates.	AUSTRALIA	English-100			G	
2020-06-05	1200	Gino's Italian Escape	Amalfi Coast	Chef Gino D'Acampo begins his Italian journey on the stunning Amalfi Coast. He visits the pretty town of Amalfi, a favourite holiday destination from his childhood.	UNITED KINGDOM	English-100			G	
2020-06-05	1230	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 27	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-06-05	1300	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 28	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	

2020-06-05	1330	Mercurio's Menu	Hobart And Southern Tasmania	Paul travels to one of his favourite fresh food locations to savour oysters straight from the sea, the season's very last cherries, and fish cooked fresh off the boat.	AUSTRALIA	English-100		PG	
2020-06-05	1400	Oliver's Twist	Late Night Munchies	Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.	UNITED KINGDOM	English-100		G	
2020-06-05	1430	The Chefs' Line	Thai	Judge Melissa Leong takes us inside the kitchen of top Thai restaurant, Long Chim. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-06-05	1500	Sarah Graham Cooks Cape Town	Food Barn Noordhoek	No trip to Noordhoek is complete without a visit to the Food Barn. Sarah meets up with chef Franck Dangereux to see if she can prise his mushroom and truffle ravioli recipe out of him.	SOUTH AFRICA	English-100		G	
2020-06-05	1530	Pati's Mexican Table	Izamal: Gold And God	In Izamal, the Yellow City, Pati tries traditional Pok Chuck, thinly sliced pork marinated in bitter orange, grilled up and served in tortillas.	USA	English-100		PG	
2020-06-05	1600	Carnival Eats	Scone With The Wind	Noah Cappe visits the Washington State Fair in Puyallup for one of the top ten largest states fairs. Next, the Tennessee State Fair offers southern hospitality.	USA	English-100		G	
2020-06-05	1630	The Cook And The Chef	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100		G	
2020-06-05	1700	The Cook And The Chef	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
2020-06-05	1730	Martha Bakes	Bake It Dark	Join Martha for culinary tips to achieving maximum flavor for all your baked goods. She'll create sticky toffee pudding, mini apricot tarte Tatins, and a simple pear tart.	USA	English-100		G	
2020-06-05	1800	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-05	1900	Nigella Express	Quick Quick Slow	Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-05	1930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 15	Paul Hollywood is joined by Rachel Allen as they celebrate the best of Family Pies and Puds. Rachel cooks her own children's favourite Raspberry and Coconut Pudding.	UNITED KINGDOM	English-100		PG	
2020-06-05	2030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-05	2135	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 29	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-05	2205	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 30	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-05	2235	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-05	2330	The Cook And The Chef	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100		G	
2020-06-05	2400	The Cook And The Chef	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
2020-06-05	2430	Martha Bakes	Bake It Dark	Join Martha for culinary tips to achieving maximum flavor for all your baked goods. She'll create sticky toffee pudding, mini apricot tarte Tatins, and a simple pear tart.	USA	English-100		G	

2020-06-05	2500	Nigella Express	Quick Quick Slow	Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-05	2530	BBQ Crawl	Surfer Dudes And Dirty Fries	Danielle visits That Boy Good BBQ' in Oceanside, California where Chef Mark Millwood is bringing Mississippi-style BBQ to the west coast. She tries their signature dish - 'dirty' fries.	USA	English-100		PG	
2020-06-05	2600	BBQ Crawl	Phoenix Fair Food And Fancy Food Trucks	Danielle visits Primo Foods in Oceanside, California. This is a full service Mexican grocery store with a BBQ pit set up in their parking lot and a takeout window in the back.	USA	English-100		G	
2020-06-05	2630	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 15	Paul Hollywood is joined by Rachel Allen as they celebrate the best of Family Pies and Puds. Rachel cooks her own children's favourite Raspberry and Coconut Pudding.	UNITED KINGDOM	English-100		PG	
2020-06-05	2730	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-05	2835	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 29	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-06	0500	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 30	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-06-06	0530	Oliver's Twist	Late Night Munchies	Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.	UNITED KINGDOM	English-100		G	
2020-06-06	0600	The Chefs' Line	Thai	Judge Melissa Leong takes us inside the kitchen of top Thai restaurant, Long Chim. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-06-06	0630	Sarah Graham Cooks Cape Town	Food Barn Noordhoek	No trip to Noordhoek is complete without a visit to the Food Barn. Sarah meets up with chef Franck Dangereux to see if she can prise his mushroom and truffle ravioli recipe out of him.	SOUTH AFRICA	English-100		G	
2020-06-06	0700	Pati's Mexican Table	Izamal: Gold And God	In Izamal, the Yellow City, Pati tries traditional Pok Chuck, thinly sliced pork marinated in bitter orange, grilled up and served in tortillas.	USA	English-100		PG	
2020-06-06	0730	Carnival Eats	Scone With The Wind	Noah Cappe visits the Washington State Fair in Puyallup for one of the top ten largest states fairs. Next, the Tennessee State Fair offers southern hospitality.	USA	English-100		G	
2020-06-06	0800	Martha Bakes	Bake It Dark	Join Martha for culinary tips to achieving maximum flavor for all your baked goods. She'll create sticky toffee pudding, mini apricot tarte Tatins, and a simple pear tart.	USA	English-100		G	
2020-06-06	0830	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-06	0930	Mercurio's Menu	Hobart And Southern Tasmania	Paul travels to one of his favourite fresh food locations to savour oysters straight from the sea, the season's very last cherries, and fish cooked fresh off the boat.	AUSTRALIA	English-100		PG	
2020-06-06	1000	Nigella Express	Quick Quick Slow	Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-06	1030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 15	Paul Hollywood is joined by Rachel Allen as they celebrate the best of Family Pies and Puds. Rachel cooks her own children's favourite Raspberry and Coconut Pudding.	UNITED KINGDOM	English-100		PG	
2020-06-06	1130	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-06	1235	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 29	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	

2020-06-06	1305	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 30	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-06-06	1330	Martha Bakes	Bake It Dark	Join Martha for culinary tips to achieving maximum flavor for all your baked goods. She'll create sticky toffee pudding, mini apricot tarte Tatins, and a simple pear tart.	USA	English-100			G	
2020-06-06	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 1	Gordon Ramsay protege and Michelin starred chef Angela Hartnett is at the helm of Saturday Kitchen this week with help from the master of spice, Cyrus Todiwala.	UNITED KINGDOM	English-100			G	
2020-06-06	1500	Secret Meat Business	World Meats	Watch out, Adrian's wielding a sword. This time to skewer and woodfire quail kebabs. Then, tender tripe is served with Caribbean spice, chilli and pirate rum.	AUSTRALIA	English-100			G	
2020-06-06	1530	Secret Meat Business	Argentinean	Adrian is up to his elbows in beef ribs, taking a traditional Argentinean dish to a whole new level.	AUSTRALIA	English-100			G	
2020-06-06	1600	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100			PG	
2020-06-06	1630	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100			G	
2020-06-06	1700	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100			G	
2020-06-06	1730	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 5	Freddie Flintoff and his companion Rob Penn are heading to the glistening skyscrapers of Australia's two biggest cities - Sydney and Melbourne. It's Valentine's Day and love is in the air.	UNITED KINGDOM	English-100			PG	
2020-06-06	1830	Lyndey Milan's Taste Of Ireland	County Mayo	In westerly County Mayo, Lyndey meets a butcher who makes a spicy sausage from famous Connemara lamb, and travels to Newport for traditional black pudding.	AUSTRALIA	English-100			G	
2020-06-06	1900	Lyndey Milan's Taste Of Ireland	County Femanagh	In County Fermanagh, Lyndey explores the Estate of Belle Isle Castle, finds a surprise in the garden, and enjoys an elegant afternoon tea.	AUSTRALIA	English-100			G	
2020-06-06	1930	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 2	Silvia shares her family's most cherished meals, starting with her Nonna's Sunday lunch spectacular, a rich sausage stew served at the table over a giant bed of soft polenta.					G	
2020-06-06	2000	Poh & Co.	Poh & Co. Series 2 Ep 2	Poh and her team of foodies have expanded their stall at the Adelaide's Farmers' Market from 1 tent to 5. Poh's paella's a real winner and the team are forced to take on a commercial kitchen.	AUSTRALIA	English-100	RPT		PG	Y
2020-06-06	2030	Kylie Kwong: Heart And Soul	Hong Kong Island Hideaway	Kylie escapes to an island hideaway to taste delicious fresh seafood cooked to order.	AUSTRALIA	English-100	RPT		G	Y
2020-06-06	2100	Kylie Kwong: Heart And Soul	Wok School Hong Kong's Chef Academy	It's back to school for Kylie when she sees how chefs are trained in Hong Kong.	AUSTRALIA	English-100	RPT		G	Y
2020-06-06	2130	Two Greedy Italians	Saints And Miracles	Religious sceptic Antonio and fanatical believer Gennaro eat their way along a culinary pilgrimage through Puglia's monasteries, holy shrines and festivals.	UNITED KINGDOM	English-100	RPT		PG	Y
2020-06-06	2235	Destination Flavour Down Under	Northern Western Australia - Cape Leveque	Adam begins his culinary road trip in the northern tip of Western Australia, discovering food heroes who are putting community first, and the delights of mud crab and pearl meat.	AUSTRALIA	English-100	RPT		G	Y
2020-06-06	2305	Comfort Eating	Paris	Determined to not let his break-up ruin the non-refundable weekend away to Paris he'd booked for his ex, Nick decides to take David Trent instead.	UNITED KINGDOM	English-100			G	
2020-06-06	2335	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 5	Freddie Flintoff and his companion Rob Penn are heading to the glistening skyscrapers of Australia's two biggest cities - Sydney and Melbourne. It's Valentine's Day and love is in the air.	UNITED KINGDOM	English-100			PG	

2020-06-06	2430	Lyndey Milan's Taste Of Ireland	County Mayo	In westerly County Mayo, Lyndey meets a butcher who makes a spicy sausage from famous Connemara lamb, and travels to Newport for traditional black pudding.	AUSTRALIA	English-100		G	
2020-06-06	2500	Lyndey Milan's Taste Of Ireland	County Femanagh	In County Fermanagh, Lyndey explores the Estate of Belle Isle Castle, finds a surprise in the garden, and enjoys an elegant afternoon tea.	AUSTRALIA	English-100		G	
2020-06-06	2530	Cheese Slices	Pecorino	Pecorino is one of the most ancient of all European cheeses. Will explains the different types before travelling to Tuscany to visit the 'Il Forteto' dairy.	AUSTRALIA	English-100		G	
2020-06-06	2600	Cheese Slices	Camembert	Camembert is a potent symbol of French cheese making and is copied all over the world. Will visits the tiny village of Camembert where it all began, and the nearby dairy of Monsieur Durand.	AUSTRALIA	English-100		PG	
2020-06-06	2630	Kylie Kwong: Heart And Soul	Hong Kong Island Hideaway	Kylie escapes to an island hideaway to taste delicious fresh seafood cooked to order.	AUSTRALIA	English-100	RPT	G	Y
2020-06-06	2700	Kylie Kwong: Heart And Soul	Wok School Hong Kong's Chef Academy	It's back to school for Kylie when she sees how chefs are trained in Hong Kong.	AUSTRALIA	English-100	RPT	G	Y
2020-06-06	2730	Two Greedy Italians	Saints And Miracles	Religious sceptic Antonio and fanatical believer Gennaro eat their way along a culinary pilgrimage through Puglia's monasteries, holy shrines and festivals.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-06-06	2835	Destination Flavour Down Under	Northern Western Australia - Cape Leveque	Adam begins his culinary road trip in the northern tip of Western Australia, discovering food heroes who are putting community first, and the delights of mud crab and pearl meat.	AUSTRALIA	English-100	RPT	G	Y