



WEEK 23: Sunday, 30 May - Saturday, 5 June 2021 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2021-05-30	0500	Secret Meat Business	Secret Meat Business Series 2 Ep 9	Chef Adrian Richardson cooks feijoada - a Brazilian slow cooked stew, packed full of black beans, five types of meat, and loads of flavour.	AUSTRALIA	English-100		G	
2021-05-30	0530	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 5	The four winning families from this week's heats return to the kitchen to compete for a place in finals week, but whose ultimate treat-night meal will wow the judges?	UNITED KINGDOM	English-100		PG	
2021-05-30	0640	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 6	Four new families are tasked with making comfort food for a tenner and 'breakfast with a twist'.	UNITED KINGDOM	English-100		G	
2021-05-30	0745	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 9	Nadia Sawalha is joined in the kitchen by Michelin starred chef Mark Sergeant and together they prepare a festive feast, including roasted poussin and beef Wellington.	UNITED KINGDOM	English-100		G	
2021-05-30	0835	Heston's Feasts	Fairytale Feast	Heston makes a fairytale meal featuring a Cinderella pumpkin, a stuffed boar's head inspired by Snow White, and an edible Hansel and Gretel house for pudding.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-05-30	0930	Jamie's American Road Trip	Wyoming	Jamie heads to Wyoming where he visits a rodeo before heading into the wilds upstate to see if he can cut it living and working on a real American ranch, and cooking for proper cowboys.	UNITED KINGDOM	English-100		PG	
2021-05-30	1030	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 2	Ainsley's next stop is the coastal town of Warrnambool in Victoria, where rolling green pastures meet the deep blue sea.	AUSTRALIA	English-100	RPT	G	Y
2021-05-30	1130	Hairy Bikers Northern Exposure	Russia	The bikers preconceptions of Russia are challenged as they spend a night back-stage at the ballet courtesy of one of Russia's most powerful Oligarchs.	UNITED KINGDOM	English-100		PG	
2021-05-30	1240	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 10	Nadia Sawalha is joined in the kitchen by Israeli chef Eran Tibi and together they prepare a Middle Eastern feast, including sweet potato hummus, tomato and beef stew, and cigar baklava for dessert.	UNITED KINGDOM	English-100		G	
2021-05-30	1335	Secret Meat Business	Secret Meat Business Series 2 Ep 10	Chef Adrian Richardson shares his Mum's recipe for an Aussie family favourite, succulent roast chicken. Plus, he whips up a hearty Sicilian chilli beef ragu.	AUSTRALIA	English-100		G	
2021-05-30	1400	The Cook Up with Adam Liaw	Snapper	TV and radio personality Yumi Styne and much-loved chef Colin Fassnidge join Adam Liaw in The Cook Up kitchen to share some fun and easy ideas for cooking snapper.	AUSTRALIA	English-100	RPT	PG	
2021-05-30	1430	The Cook Up with Adam Liaw	Spice	Adam Liaw is joined by Ready Steady Cook presenter Janelle Bloom and China Doll chef Frank Shek in The Cook Up kitchen to prepare dishes with their favourite spices.	AUSTRALIA	English-100	RPT	G	
2021-05-30	1500	The Cook Up with Adam Liaw	Peas	Host Adam Liaw is in The Cook Up kitchen with one of Australia's favourite cooks and TV presenters Lyndey Milan and chef Hugh Piper who create their favourite pea-inspired dishes.	AUSTRALIA	English-100	RPT	PG	
2021-05-30	1530	The Cook Up with Adam Liaw	Grapefruit	Adam Liaw is joined by Masterchef star Amina Elshafei and home cook Clarissa Feidel in The Cook Up kitchen and they share dishes inspired by grapefruit.	AUSTRALIA	English-100	RPT	PG	
2021-05-30	1600	The Cook Up with Adam Liaw	Turkish	Ester chef Ozge Kalvo and Oz Harvest's Travis Harvey join Adam Liaw in The Cook Up Kitchen to create some Turkish dishes and talk Turkish cuisine.	AUSTRALIA	English-100		PG	
2021-05-30	1630	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	
2021-05-30	1700	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	

2021-05-30	1730	Gordon Ramsay Uncharted	New Zealand	Chef Gordon Ramsay journeys to the remote corners of southern New Zealand to unlock the secrets of traditional Maori cuisine. From the locals, he learns how to catch eels, free dive, and forage.	UNITED KINGDOM	English-100			PG	
2021-05-30	1830	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 1	Many factors affect the limited water supply to farmers of Australia's Food Bowl. Stefano visits some local producers who are developing ways to overcome these challenges.	AUSTRALIA	English-100			PG	
2021-05-30	1900	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10			PG	
2021-05-30	1930	Made In Britain	Made In Britain Series 1 Ep 1	Join John Prescott on his journey of discovery into the heart of the factories making some of the region's best loved foods on a massive scale including Whitaker's Chocolates and Heck! Sausages.	UNITED KINGDOM	English-100			G	
2021-05-30	2025	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT		G	Y
2021-05-30	2030	Rick Stein's Long Weekends	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100			G	
2021-05-30	2140	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 7	For a globe cake, Robin at Gateaux wishes that the world really was flat. Edible jewels are what an Ohio cake is all about, but first the team has to figure out how to make them.	USA	English-100			PG	
2021-05-30	2235	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 6	The final episode in the series looks to the future of farming and shows the way food community in Noosa is leading the way.	AUSTRALIA	English-100	RPT		G	Y
2021-05-30	2305	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 1	Many factors affect the limited water supply to farmers of Australia's Food Bowl. Stefano visits some local producers who are developing ways to overcome these challenges.	AUSTRALIA	English-100			PG	
2021-05-30	2335	Gordon Ramsay Uncharted	New Zealand	Chef Gordon Ramsay journeys to the remote corners of southern New Zealand to unlock the secrets of traditional Maori cuisine. From the locals, he learns how to catch eels, free dive, and forage.	UNITED KINGDOM	English-100			PG	
2021-05-30	2430	Made In Britain	Made In Britain Series 1 Ep 1	Join John Prescott on his journey of discovery into the heart of the factories making some of the region's best loved foods on a massive scale including Whitaker's Chocolates and Heck! Sausages.	UNITED KINGDOM	English-100			G	
2021-05-30	2525	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT		G	Y
2021-05-30	2530	Rick Stein's Long Weekends	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100			G	
2021-05-30	2640	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 7	For a globe cake, Robin at Gateaux wishes that the world really was flat. Edible jewels are what an Ohio cake is all about, but first the team has to figure out how to make them.	USA	English-100			PG	
2021-05-30	2735	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 10	Nadia Sawalha is joined in the kitchen by Israeli chef Eran Tibi and together they prepare a Middle Eastern feast, including sweet potato hummus, tomato and beef stew, and cigar baklava for dessert.	UNITED KINGDOM	English-100			G	
2021-05-30	2830	Secret Meat Business	Secret Meat Business Series 2 Ep 10	Chef Adrian Richardson shares his Mum's recipe for an Aussie family favourite, succulent roast chicken. Plus, he whips up a hearty Sicilian chilli beef ragu.	AUSTRALIA	English-100			G	
2021-05-31	0500	The Cook Up with Adam Liaw	Snapper	TV and radio personality Yumi Styne and much-loved chef Colin Fassnidge join Adam Liaw in The Cook Up kitchen to share some fun and easy ideas for cooking snapper.	AUSTRALIA	English-100	RPT		PG	
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2021-05-31	1105	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 1	Many factors affect the limited water supply to farmers of Australia's Food Bowl. Stefano visits some local producers who are developing ways to overcome these challenges.	AUSTRALIA	English-100		PG	
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2021-05-31	1330	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Italian buffalo milk mozzarella cheese, and mooncakes for the August Mooncake Festival.	AUSTRALIA	English-100	RPT	G	Y
2021-05-31	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 29	Matt prepares a humble carrot cake - a recipe from his friend's mother, while Michael cooks up a winter warmer - Thai-style pumpkin and carrot soup.	AUSTRALIA	English-100		G	
2021-05-31	1430	Pati's Mexican Table	Taco Night!	It's taco night at the Jinish house so Pati's making homemade corn tortillas, fresh cheese basket tacos, tacos al pastor, and more.	USA	English-100		G	
2021-05-31	1500	The Chefs' Line	Greek	Watch apprentice chef Felicity from top Melbourne Greek restaurant, Elyros, go up against four passionate home cooks in a classic Dips battle.	AUSTRALIA	English-100	RPT	G	Y
2021-05-31	1530	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 3	Anjum explores the ancient art of cheese making - boiling milk with yoghurt to make chunks of paneer. For dessert, she heads to a top Indian restaurant in London to learn the secrets of kulfi.	UNITED KINGDOM	English-100		G	
2021-05-31	1600	Martha Bakes	Classic New England	Maple, cranberries, Boston cream pie cupcakes, and blueberries all have what in common? New England!	USA	English-100		G	
2021-05-31	1630	Rachel Khoo: My Swedish Kitchen	Swedish Pantry	Follow Rachel as she discovers how Swedish cooking is both resourceful in using what nature has to offer, and maximising its shelf life.	UNITED KINGDOM	English-100		PG	
2021-05-31	1700	Mary's Kitchen Crush	Pressure Cooking	Mary is up for the challenge of impressing her MasterChef Canada competitor, Veronica, with some next-level comfort food for her tough-critic friend.	CANADA	English-100		PG	
2021-05-31	1730	The Cook And The Chef	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G	

2021-05-31	1800	Jamie & Jimmy's Food Fight Club	Paloma Faith	Paloma Faith relives childhood memories with a delicious Portuguese salt cod dish, Jamie serves the ultimate sticky Chinese ribs, and Jimmy brews his very own DIY craft beer.	UNITED KINGDOM	English-100		PG	
2021-05-31	1900	The Cook Up with Adam Liaw	Sustainable Fish	Adam Liaw, Delicious food editor Warren Mendes, and Fred's head chef Danielle Alvarez share their top sustainable seafood options.	AUSTRALIA	English-100		PG	
2021-05-31	1930	Nigella: The Cook Who Made Me	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y
2021-05-31	2035	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 2	On the second leg of their Route 66 adventure, Dave and Si set out to discover what lies beneath the legend of this iconic road. In Missouri they learn of the Trail of Tears.	UNITED KINGDOM	English-100		PG	
2021-05-31	2135	Mystery Diners	Very Bad Bosses	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
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2021-05-31	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 1	Ainsley Harriott hosts the classic 20-minute cooking challenge with young stars of the West End musical Hairspray - Ben James-Ellis and Leanne Jones.	UNITED KINGDOM	English-100		G	
2021-05-31	2520	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-05-31	2530	Nigella: The Cook Who Made Me	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y
2021-05-31	2635	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 2	On the second leg of their Route 66 adventure, Dave and Si set out to discover what lies beneath the legend of this iconic road. In Missouri they learn of the Trail of Tears.	UNITED KINGDOM	English-100		PG	
2021-05-31	2735	Mystery Diners	Very Bad Bosses	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-05-31	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Italian buffalo milk mozzarella cheese, and mooncakes for the August Mooncake Festival.	AUSTRALIA	English-100	RPT	G	Y
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2021-06-01	0500	Pati's Mexican Table	Taco Night!	It's taco night at the Jinish house so Pati's making homemade corn tortillas, fresh cheese basket tacos, tacos al pastor, and more.	USA	English-100		G	
2021-06-01	0530	The Chefs' Line	Greek	Watch apprentice chef Felicity from top Melbourne Greek restaurant, Elyros, go up against four passionate home cooks in a classic Dips battle.	AUSTRALIA	English-100	RPT	G	Y
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2021-06-01	0700	Africa On A Plate	Cape Town Textures	Host Lentswe Bhengu is in search of the unique flavours and textures found in the cuisines of the seaside city of Cape Town, where the cosmopolitan vibe is on.	USA	English-100	RPT	PG	
2021-06-01	0730	Mary's Kitchen Crush	Pressure Cooking	Mary is up for the challenge of impressing her MasterChef Canada competitor, Veronica, with some next-level comfort food for her tough-critic friend.	CANADA	English-100		PG	
2021-06-01	0800	The Cook And The Chef	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G	
2021-06-01	0830	Jamie & Jimmy's Food Fight Club	Paloma Faith	Paloma Faith relives childhood memories with a delicious Portuguese salt cod dish, Jamie serves the ultimate sticky Chinese ribs, and Jimmy brews his very own DIY craft beer.	UNITED KINGDOM	English-100		PG	
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2021-06-01	1035	Mystery Diners	Very Bad Bosses	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-06-01	1100	The Cook Up with Adam Liaw	Sustainable Fish	Adam Liaw, Delicious food editor Warren Mendes, and Fred's head chef Danielle Alvarez share their top sustainable seafood options.	AUSTRALIA	English-100		PG	
2021-06-01	1130	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 2	On the second leg of their Route 66 adventure, Dave and Si set out to discover what lies beneath the legend of this iconic road. In Missouri they learn of the Trail of Tears.	UNITED KINGDOM	English-100		PG	
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2021-06-01	1330	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT	G	Y
2021-06-01	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 30	Matt is joined by chef Sarah Todd to bake a tres leche - a simple cake with only a few ingredients. MasterChef contestant Dani Venn joins Courtney, and together they cook up bacon and egg cups.	AUSTRALIA	English-100		G	
2021-06-01	1430	Pati's Mexican Table	Summer Evening Party	Pati throws a beautiful summer evening party. On the menu is cherry tomato jam with red wine and scallions.	USA	English-100		G	
2021-06-01	1500	The Chefs' Line	Greek	Watch station chef Sean from top Melbourne Greek restaurant, Elyros, go up against three passionate home cooks in the ultimate Savoury Greek Pastry challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-06-01	1530	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 4	Anjum heads to a firestation in Essex, where she teaches a firefighter how to cook a proper curry for the rest of the team, as well as a tasty eggplant and yoghurt dish.	UNITED KINGDOM	English-100		G	
2021-06-01	1600	Martha Bakes	Mid-Atlantic	Martha shares four regional favourites - peach cake, Kaiser rolls, crumb cake, and black and white cookies.	USA	English-100		G	
2021-06-01	1630	Rachel Khoo: My Swedish Kitchen	Sausages From Scratch	Rachel explores Sweden's love for the humble sausage, where there is a long tradition of hotdog stands and sausage making.	UNITED KINGDOM	English-100		PG	
2021-06-01	1700	Mary's Kitchen Crush	More Is More	Mary's friend Rob loves a good food indulgence, so she's giving him all the guilty pleasures with a meaty, cheesy lasagna dinner.	CANADA	English-100		PG	

2021-06-01	1730	The Cook And The Chef	Pears	It's pear season and whether you like them crunchy, ripe, baked, poached, or even grilled, Maggie and Simon have something to please.	AUSTRALIA	English-100		G	
2021-06-01	1800	Jamie & Jimmy's Food Fight Club	Orlando Bloom	Orlando Bloom shows off his knife skills when he cooks up a Moroccan lamb shank tagine, Jamie makes fragrant Asian-style seafood parcels, and Jimmy shares how to make sausages at home.	UNITED KINGDOM	English-100		PG	
2021-06-01	1900	The Cook Up with Adam Liaw	Day Old Bread	In The Cook Up kitchen with Adam Liaw is head of Ozharvest Ronni Khan and Ozharvest's head chef Travis Harvey as they recreate their favourite day-old bread recipes, letting nothing go to waste.	AUSTRALIA	English-100		PG	
2021-06-01	1930	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G	Y
2021-06-01	2000	David Rocco's Dolce South East Asia	Women's Power	Over a few delicious meals, David meets several inspiring female activists who share their experiences with sexism and discrimination, and what it is like to live as a Muslim woman in Malaysia	CANADA	English-100		PG	
2021-06-01	2030	Rick Stein's Seafood Odyssey	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab.	UNITED KINGDOM	English-100		PG	
2021-06-01	2100	Red Chef Revival	Nemaiah Valley	An annual deadly horse race brings host Cezin Nottaway to Nemaiah Valley, a First Nations reserve and ranching community in the interior of British Columbia.	CANADA	English-100	RPT	PG	
2021-06-01	2130	Mystery Diners	Barrel Of Monkeys	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-06-01	2200	The Cook Up with Adam Liaw	Day Old Bread	In The Cook Up kitchen with Adam Liaw is head of Ozharvest Ronni Khan and Ozharvest's head chef Travis Harvey as they recreate their favourite day-old bread recipes, letting nothing go to waste.	AUSTRALIA	English-100		PG	
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2021-06-01	2520	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-01	2530	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G	Y
2021-06-01	2600	David Rocco's Dolce South East Asia	Women's Power	Over a few delicious meals, David meets several inspiring female activists who share their experiences with sexism and discrimination, and what it is like to live as a Muslim woman in Malaysia	CANADA	English-100		PG	
2021-06-01	2630	Rick Stein's Seafood Odyssey	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab.	UNITED KINGDOM	English-100		PG	
2021-06-01	2700	Red Chef Revival	Nemaiah Valley	An annual deadly horse race brings host Cezin Nottaway to Nemaiah Valley, a First Nations reserve and ranching community in the interior of British Columbia.	CANADA	English-100	RPT	PG	
2021-06-01	2730	Mystery Diners	Barrel Of Monkeys	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	

2021-06-01	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT	G	Y
2021-06-01	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 30	Matt is joined by chef Sarah Todd to bake a tres leche - a simple cake with only a few ingredients. MasterChef contestant Dani Venn joins Courtney, and together they cook up bacon and egg cups.	AUSTRALIA	English-100		G	
2021-06-02	0500	Pati's Mexican Table	Summer Evening Party	Pati throws a beautiful summer evening party. On the menu is cherry tomato jam with red wine and scallions.	USA	English-100		G	
2021-06-02	0530	The Chefs' Line	Greek	Watch station chef Sean from top Melbourne Greek restaurant, Elyros, go up against three passionate home cooks in the ultimate Savoury Greek Pastry challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-06-02	0600	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 4	Anjum heads to a firestation in Essex, where she teaches a firefighter how to cook a proper curry for the rest of the team, as well as a tasty eggplant and yoghurt dish.	UNITED KINGDOM	English-100		G	
2021-06-02	0630	Martha Bakes	Mid-Atlantic	Martha shares four regional favourites - peach cake, Kaiser rolls, crumb cake, and black and white cookies.	USA	English-100		G	
2021-06-02	0700	Africa On A Plate	Ubuntu! We Are One	Host Lentswe Bhengu hits the streets of the townships to experience the spirit of Ubuntu 'we are one' and he'll see firsthand how South Africans share their homebrew feast with street vendor crowds.	USA	English-100	RPT	PG	
2021-06-02	0730	Mary's Kitchen Crush	More Is More	Mary's friend Rob loves a good food indulgence, so she's giving him all the guilty pleasures with a meaty, cheesy lasagna dinner.	CANADA	English-100		PG	
2021-06-02	0800	The Cook And The Chef	Pears	It's pear season and whether you like them crunchy, ripe, baked, poached, or even grilled, Maggie and Simon have something to please.	AUSTRALIA	English-100		G	
2021-06-02	0830	Jamie & Jimmy's Food Fight Club	Orlando Bloom	Orlando Bloom shows off his knife skills when he cooks up a Moroccan lamb shank tagine, Jamie makes fragrant Asian-style seafood parcels, and Jimmy shares how to make sausages at home.	UNITED KINGDOM	English-100		PG	
2021-06-02	0930	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G	Y
2021-06-02	1000	David Rocco's Dolce South East Asia	Women's Power	Over a few delicious meals, David meets several inspiring female activists who share their experiences with sexism and discrimination, and what it is like to live as a Muslim woman in Malaysia	CANADA	English-100		PG	
2021-06-02	1030	Mystery Diners	Barrel Of Monkeys	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-06-02	1100	The Cook Up with Adam Liaw	Day Old Bread	In The Cook Up kitchen with Adam Liaw is head of Ozharvest Ronni Khan and Ozharvest's head chef Travis Harvey as they recreate their favourite day-old bread recipes, letting nothing go to waste.	AUSTRALIA	English-100		PG	
2021-06-02	1130	Rick Stein's Seafood Odyssey	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab.	UNITED KINGDOM	English-100		PG	
2021-06-02	1200	Red Chef Revival	Nemaiah Valley	An annual deadly horse race brings host Cezin Nottaway to Nemaiah Valley, a First Nations reserve and ranching community in the interior of British Columbia.	CANADA	English-100	RPT	PG	
2021-06-02	1230	Mary's Kitchen Crush	More Is More	Mary's friend Rob loves a good food indulgence, so she's giving him all the guilty pleasures with a meaty, cheesy lasagna dinner.	CANADA	English-100		PG	
2021-06-02	1300	The Cook And The Chef	Pears	It's pear season and whether you like them crunchy, ripe, baked, poached, or even grilled, Maggie and Simon have something to please.	AUSTRALIA	English-100		G	
2021-06-02	1330	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Nuevo Latino food, koeksisters - a sticky South African sweet, and Spanish chorizo.	AUSTRALIA	English-100	RPT	G	Y

2021-06-02	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 31	Matt shares his tips for creating the perfect Vietnamese rice paper rolls, while Courtney cooks up an egg tart.	AUSTRALIA	English-100		G	
2021-06-02	1430	Pati's Mexican Table	Tamaliza	On the menu - cooked salsa verde, chicken in salsa verde tamales, sweet corn tamales, and a Mexican masa chocolate drink.	USA	English-100		G	
2021-06-02	1500	The Chefs' Line	Greek	Watch sous chef Hamish from top Melbourne Greek restaurant, Elyros, go up against two passionate home cooks in a bid to make the best classic Yoghurt Dessert.	AUSTRALIA	English-100	RPT	G	Y
2021-06-02	1530	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 5	Anjum heads to Cornwall to two meet self-taught chefs. She shows them how to make a rich, flavoursome South Indian coconut fish curry with a side order of yellow lemon rice,	UNITED KINGDOM	English-100		G	
2021-06-02	1600	Martha Bakes	Midwest	Martha makes four regional classics meant for sharing - cherry pie, gooey butter cake, kransekake, and navy bean pie.	USA	English-100		G	
2021-06-02	1630	Rachel Khoo: My Swedish Kitchen	Forest Sets The Flavour, The	As autumn approaches Rachel heads into the woods in search of mushrooms. The foraged forest mushrooms become the base for a Scandinavian-style mushroom risotto, using pearl barley instead of rice.	UNITED KINGDOM	English-100		PG	
2021-06-02	1700	Mary's Kitchen Crush	Dinner For One	Mary is her own guest of honour so she sears up some delicious salmon for her dinner for one.	CANADA	English-100		PG	
2021-06-02	1730	The Cook And The Chef	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100		G	
2021-06-02	1800	Jamie & Jimmy's Food Fight Club	Goldie Hawn	Goldie Hawn drops by the cafe to learn to cook her favourite Italian comfort food dish - fettuccine Alfredo. Jamie makes a slow-cooked shoulder of lamb, perfumed with Middle-Eastern spices.	UNITED KINGDOM	English-100		PG	
2021-06-02	1900	The Cook Up with Adam Liaw	From The Garden	Meteorologist and food writer Magdalena Roze and TV chef Hayden Quinn chat and create their favourite dishes they can make from their own gardens with The Cook Up host Adam Liaw.	AUSTRALIA	English-100		PG	
2021-06-02	1930	Gino's Italian Coastal Escape	Aeolian Islands	Gino heads to the Aeolian Islands - the final destination on his epic coastal journey. He visits the two contrasting islands of Salina and Panarea to find out what they contribute the the Italian kitc	UNITED KINGDOM	English-100		PG	
2021-06-02	2000	Poh & Co.	Family	Poh learns how to make traditional Chinese zong dumplings from her mother. Andre Ursini takes Poh to visit his Aunt Anne's certified biodynamic farm, and the pair improvise several dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-06-02	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 3	Rick tries out a new recipe - pork chops with a sloe berry sauce, before heading to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100		G	
2021-06-02	2100	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100		PG	
2021-06-02	2130	Mystery Diners	Red Hot Mess	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	
2021-06-02	2200	The Cook Up with Adam Liaw	From The Garden	Meteorologist and food writer Magdalena Roze and TV chef Hayden Quinn chat and create their favourite dishes they can make from their own gardens with The Cook Up host Adam Liaw.	AUSTRALIA	English-100		PG	
2021-06-02	2230	The Cook And The Chef	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100		G	
2021-06-02	2300	Jamie & Jimmy's Food Fight Club	Goldie Hawn	Goldie Hawn drops by the cafe to learn to cook her favourite Italian comfort food dish - fettuccine Alfredo. Jamie makes a slow-cooked shoulder of lamb, perfumed with Middle-Eastern spices.	UNITED KINGDOM	English-100		PG	
2021-06-02	2400	The Chefs' Line	Greek	Watch sous chef Hamish from top Melbourne Greek restaurant, Elyros, go up against two passionate home cooks in a bid to make the best classic Yoghurt Dessert.	AUSTRALIA	English-100	RPT	G	Y

2021-06-02	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 3	For a special edition celebrating all things love, Ainsley Harriott is joined in the kitchen by Big Mo and Charlie from Eastenders - Laila Morse and Derek Martin.	UNITED KINGDOM	English-100			G	
2021-06-02	2520	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT		G	Y
2021-06-02	2530	Gino's Italian Coastal Escape	Aeolian Islands	Gino heads to the Aeolian Islands - the final destination on his epic coastal journey. He visits the two contrasting islands of Salina and Panarea to find out what they contribute the the Italian kitc	UNITED KINGDOM	English-100			PG	
2021-06-02	2600	Poh & Co.	Family	Poh learns how to make traditional Chinese zong dumplings from her mother. Andre Ursini takes Poh to visit his Aunt Anne's certified biodynamic farm, and the pair improvise several dishes.	AUSTRALIA	English-100	RPT		G	Y
2021-06-02	2630	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 3	Rick tries out a new recipe - pork chops with a sloe berry sauce, before heading to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100			G	
2021-06-02	2700	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100			PG	
2021-06-02	2730	Mystery Diners	Red Hot Mess	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100			PG	
2021-06-02	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Nuevo Latino food, koeksisters - a sticky South African sweet, and Spanish chorizo.	AUSTRALIA	English-100	RPT		G	Y
2021-06-02	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 31	Matt shares his tips for creating the perfect Vietnamese rice paper rolls, while Courtney cooks up an egg tart.	AUSTRALIA	English-100			G	
2021-06-03	0500	Pati's Mexican Table	Tamaliza	On the menu - cooked salsa verde, chicken in salsa verde tamales, sweet corn tamales, and a Mexican masa chocolate drink.	USA	English-100			G	
2021-06-03	0530	The Chefs' Line	Greek	Watch sous chef Hamish from top Melbourne Greek restaurant, Elyros, go up against two passionate home cooks in a bid to make the best classic Yoghurt Dessert.	AUSTRALIA	English-100	RPT		G	Y
2021-06-03	0600	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 5	Anjum heads to Cornwall to two meet self-taught chefs. She shows them how to make a rich, flavoursome South Indian coconut fish curry with a side order of yellow lemon rice,	UNITED KINGDOM	English-100			G	
2021-06-03	0630	Martha Bakes	Midwest	Martha makes four regional classics meant for sharing - cherry pie, gooey butter cake, kransekake, and navy bean pie.	USA	English-100			G	
2021-06-03	0700	Africa On A Plate	Upliftment And Empowerment	In South Africa's stunning wine capital, host Lentswe Bhengu is put to the test at his alma mater, and is inspired by the the country's first Black-owned winery.	USA	English-100	RPT		G	
2021-06-03	0730	Mary's Kitchen Crush	Dinner For One	Mary is her own guest of honour so she sears up some delicious salmon for her dinner for one.	CANADA	English-100			PG	
2021-06-03	0800	The Cook And The Chef	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100			G	
2021-06-03	0830	Jamie & Jimmy's Food Fight Club	Goldie Hawn	Goldie Hawn drops by the cafe to learn to cook her favourite Italian comfort food dish - fettuccine Alfredo. Jamie makes a slow-cooked shoulder of lamb, perfumed with Middle-Eastern spices.	UNITED KINGDOM	English-100			PG	
2021-06-03	0930	Gino's Italian Coastal Escape	Aeolian Islands	Gino heads to the Aeolian Islands - the final destination on his epic coastal journey. He visits the two contrasting islands of Salina and Panarea to find out what they contribute the the Italian kitc	UNITED KINGDOM	English-100			PG	
2021-06-03	1000	Poh & Co.	Family	Poh learns how to make traditional Chinese zong dumplings from her mother. Andre Ursini takes Poh to visit his Aunt Anne's certified biodynamic farm, and the pair improvise several dishes.	AUSTRALIA	English-100	RPT		G	Y

2021-06-03	1030	Mystery Diners	Red Hot Mess	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100			PG	
2021-06-03	1100	The Cook Up with Adam Liaw	From The Garden	Meteorologist and food writer Magdalena Roze and TV chef Hayden Quinn chat and create their favourite dishes they can make from their own gardens with The Cook Up host Adam Liaw.	AUSTRALIA	English-100			PG	
2021-06-03	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 3	Rick tries out a new recipe - pork chops with a sloe berry sauce, before heading to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100			G	
2021-06-03	1200	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100			PG	
2021-06-03	1230	Mary's Kitchen Crush	Dinner For One	Mary is her own guest of honour so she sears up some delicious salmon for her dinner for one.	CANADA	English-100			PG	
2021-06-03	1300	The Cook And The Chef	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100			G	
2021-06-03	1330	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT		G	Y
2021-06-03	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 32	Matt prepares breakfast quesadillas, and Courtney is joined by guest chef Dani Venn to make a superfood muesli slice.	AUSTRALIA	English-100			G	
2021-06-03	1430	Pati's Mexican Table	Mexamericana	Mexican crab cakes with jalapeno aioli, corn and zucchini pizza, carne asada plus chorizo hamburgers.	USA	English-100			G	
2021-06-03	1500	The Chefs' Line	Greek	Watch Head Chef Jarrod Smith from top Melbourne Greek restaurant, Elyros, face off against this week's final home cook, Yanni, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT		G	Y
2021-06-03	1530	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 6	Anjum dishes up a summer feast for all those she has visited and shared recipes with throughout the series. Her centrepiece is a glorious spiced roast leg of lamb, commonly known in India as a raan.	UNITED KINGDOM	English-100			G	
2021-06-03	1600	Martha Bakes	Northwest	Join Martha as she shares four regional favourites using blackberries, figs, potatoes, and hazelnuts.	USA	English-100			G	
2021-06-03	1630	Rachel Khoo: My Swedish Kitchen	Swedish House Man's Food	Rachel picks kale from the west coast, and continues to the only large-scale tomato farm in Sweden. In her cabin, she makes butternut squash waffles and a mixed cherry tomato salad with crispy bacon.	UNITED KINGDOM	English-100			PG	
2021-06-03	1700	Mary's Kitchen Crush	Raising The Bar	Mary kicks her friend Sam out of her comfort zone by putting a veggie spin on her favourite bar foods.	CANADA	English-100			PG	
2021-06-03	1730	The Cook And The Chef	Apples And Onions	Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.	AUSTRALIA	English-100			G	
2021-06-03	1800	Jamie & Jimmy's Food Fight Club	David Tennant	David Tennant learns how to make his favourite Croatian dish - cuttlefish risotto, while Jamie shows us the ultimate Italian roast - arrosto misto - an epic feast with five roasted birds.	UNITED KINGDOM	English-100			PG	
2021-06-03	1900	The Cook Up with Adam Liaw	Vegetarian Dinner Party	Triple J's Linda Marigliano and owner of Kitchen by Mike, Mike McEearney, join Adam Liaw in The Cook Up kitchen to share their top vegetarian dinner party meals.	AUSTRALIA	English-100			PG	
2021-06-03	1930	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 2	The Mediterranean-like climate of Australia's Food Bowl makes it the perfect place to grow olives and to produce olive oil. Stefano visits Australia's largest olive oil producer.	AUSTRALIA	English-100			PG	
2021-06-03	2000	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 9	Silvia shares some of Italy's most classic meals to share with friends and family including broken lasagne with lamb ragu, zucchini and prawn fritto, and ricotta ciambella.	AUSTRALIA	English-90; Italian-10			PG	

2021-06-03	2030	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 3	Mary takes inspiration from the herb garden as she prepares her favourite summer salad - watermelon and feta with lashings of fresh mint, followed by succulent tomato and herb meatballs.	UNITED KINGDOM	English-100			G	
2021-06-03	2100	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 4	Mary visits Guildford farmers market to source some wonderful fresh ingredients to take back to the kitchen where she prepares a dinner party classic - chicken with lemon creme fraiche and asparagus.	UNITED KINGDOM	English-100			G	
2021-06-03	2130	Mystery Diners	Private Chef Sting	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100			PG	
2021-06-03	2200	The Cook Up with Adam Liaw	Vegetarian Dinner Party	Triple J's Linda Marigliano and owner of Kitchen by Mike, Mike McEearney, join Adam Liaw in The Cook Up kitchen to share their top vegetarian dinner party meals.	AUSTRALIA	English-100			PG	
2021-06-03	2230	The Cook And The Chef	Apples And Onions	Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.	AUSTRALIA	English-100			G	
2021-06-03	2300	Jamie & Jimmy's Food Fight Club	David Tennant	David Tennant learns how to make his favourite Croatian dish - cuttlefish risotto, while Jamie shows us the ultimate Italian roast - arrosto misto - an epic feast with five roasted birds.	UNITED KINGDOM	English-100			PG	
2021-06-03	2400	The Chefs' Line	Greek	Watch Head Chef Jarrod Smith from top Melbourne Greek restaurant, Elyros, face off against this week's final home cook, Yanni, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT		G	Y
2021-06-03	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 4	There are a few hidden gems in the kitchen today from Cash in the Attic host Angus Purden and Bargain Hunt presenter David Harper, as Ainsley Harriott presents the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100			G	
2021-06-03	2520	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT		G	Y
2021-06-03	2530	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 2	The Mediterranean-like climate of Australia's Food Bowl makes it the perfect place to grow olives and to produce olive oil. Stefano visits Australia's largest olive oil producer.	AUSTRALIA	English-100			PG	
2021-06-03	2600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 9	Silvia shares some of Italy's most classic meals to share with friends and family including broken lasagne with lamb ragu, zucchini and prawn fritto, and ricotta ciambella.	AUSTRALIA	English-90; Italian-10			PG	
2021-06-03	2630	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 3	Mary takes inspiration from the herb garden as she prepares her favourite summer salad - watermelon and feta with lashings of fresh mint, followed by succulent tomato and herb meatballs.	UNITED KINGDOM	English-100			G	
2021-06-03	2700	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 4	Mary visits Guildford farmers market to source some wonderful fresh ingredients to take back to the kitchen where she prepares a dinner party classic - chicken with lemon creme fraiche and asparagus.	UNITED KINGDOM	English-100			G	
2021-06-03	2730	Mystery Diners	Private Chef Sting	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100			PG	
2021-06-03	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT		G	Y
2021-06-03	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 32	Matt prepares breakfast quesadillas, and Courtney is joined by guest chef Dani Venn to make a superfood muesli slice.	AUSTRALIA	English-100			G	
2021-06-04	0500	Pati's Mexican Table	Mexamericana	Mexican crab cakes with jalapeno aioli, corn and zucchini pizza, carne asada plus chorizo hamburgers.	USA	English-100			G	
2021-06-04	0530	The Chefs' Line	Greek	Watch Head Chef Jarrod Smith from top Melbourne Greek restaurant, Elyros, face off against this week's final home cook, Yanni, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT		G	Y
2021-06-04	0600	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 6	Anjum dishes up a summer feast for all those she has visited and shared recipes with throughout the series. Her centrepiece is a glorious spiced roast leg of lamb, commonly known in India as a raan.	UNITED KINGDOM	English-100			G	

2021-06-04	0630	Martha Bakes	Northwest	Join Martha as she shares four regional favourites using blackberries, figs, potatoes, and hazelnuts.	USA	English-100		G	
2021-06-04	0700	Africa On A Plate	Jeffrey's Bay	Host and chef Lentswe Bhengu explores the surf culture in 'JBay - voted the second best surf spot in the world, and famous for its seafood.	USA	English-100	RPT	PG	
2021-06-04	0730	Mary's Kitchen Crush	Raising The Bar	Mary kicks her friend Sam out of her comfort zone by putting a veggie spin on her favourite bar foods.	CANADA	English-100		PG	
2021-06-04	0800	The Cook And The Chef	Apples And Onions	Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.	AUSTRALIA	English-100		G	
2021-06-04	0830	Jamie & Jimmy's Food Fight Club	David Tennant	David Tennant learns how to make his favourite Croatian dish - cuttlefish risotto, while Jamie shows us the ultimate Italian roast - arrosto misto - an epic feast with five roasted birds.	UNITED KINGDOM	English-100		PG	
2021-06-04	0930	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 2	The Mediterranean-like climate of Australia's Food Bowl makes it the perfect place to grow olives and to produce olive oil. Stefano visits Australia's largest olive oil producer.	AUSTRALIA	English-100		PG	
2021-06-04	1000	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 9	Silvia shares some of Italy's most classic meals to share with friends and family including broken lasagne with lamb ragu, zucchini and prawn fritto, and ricotta ciambella.	AUSTRALIA	English-90; Italian-10		PG	
2021-06-04	1030	Mystery Diners	Private Chef Sting	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	
2021-06-04	1100	The Cook Up with Adam Liaw	Vegetarian Dinner Party	Triple J's Linda Marigliano and owner of Kitchen by Mike, Mike McEnearney, join Adam Liaw in The Cook Up kitchen to share their top vegetarian dinner party meals.	AUSTRALIA	English-100		PG	
2021-06-04	1130	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 3	Mary takes inspiration from the herb garden as she prepares her favourite summer salad - watermelon and feta with lashings of fresh mint, followed by succulent tomato and herb meatballs.	UNITED KINGDOM	English-100		G	
2021-06-04	1200	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 4	Mary visits Guildford farmers market to source some wonderful fresh ingredients to take back to the kitchen where she prepares a dinner party classic - chicken with lemon creme fraiche and asparagus.	UNITED KINGDOM	English-100		G	
2021-06-04	1230	Mary's Kitchen Crush	Raising The Bar	Mary kicks her friend Sam out of her comfort zone by putting a veggie spin on her favourite bar foods.	CANADA	English-100		PG	
2021-06-04	1300	The Cook And The Chef	Apples And Onions	Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.	AUSTRALIA	English-100		G	
2021-06-04	1330	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria, and the Rattlesnake Grill in Neutral Bay.	AUSTRALIA	English-100	RPT	G	Y
2021-06-04	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 33	Matt explores the history behind the king of sandwiches - the Reuben, while Courtney shares her mud cake recipe.	AUSTRALIA	English-100		G	
2021-06-04	1430	Pati's Mexican Table	Cooking With The Fans	Pati dishes up three of her favourites - tart pico de guat, chipotle chicken pasta casserole, and marbled tres leches cake.	USA	English-100		G	
2021-06-04	1500	The Chefs' Line	Greek	Judge Melissa Leong takes us inside the kitchen of top Melbourne Greek restaurant, Elyros. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-06-04	1530	Indian Food Made Easy	Keralan (Liverpool)	Liverpool is home to a large community of Keralans and, to highlight the delights of this region's cuisine, Anjum cooks with two local Keralan women who are fantastic home cooks.	UNITED KINGDOM	English-100		G	
2021-06-04	1600	Martha Bakes	Southern Classics	Martha shares three of her favourite Southern classics including hummingbird cake, sweet potato pie, and hot milk cake.	USA	English-100		G	

2021-06-04	1630	Rachel Khoo: My Swedish Kitchen	New Diverse Cuisine, A	Rachel visits Malmo, and the multicultural feel of the city gives her inspiration to make a Swedish-style green shakshuka. For dessert, Rachel prepares chocolate oat cookies.	UNITED KINGDOM	English-100			G	
2021-06-04	1700	Mary's Kitchen Crush	Versa-Eat-Ily	It's pulled pork to the rescue as Mary makes magic with a versatile meal for her married friends who have very different tastes.	CANADA	English-100			PG	
2021-06-04	1730	The Cook And The Chef	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest.	AUSTRALIA	English-100			G	
2021-06-04	1800	Jamie & Jimmy's Food Fight Club	Jack Whitehall	Visiting the cafe this week is actor, writer and award winning-comedian, Jack Whitehall who'll be re-creating the indulgent chocolate calzone he once ate on a childhood holiday to Naples.	UNITED KINGDOM	English-100			PG	
2021-06-04	1900	The Cook Up with Adam Liaw	Local	Adam Liaw is joined by food writer Tori Haschka and head chef at One and Only Wolgan Valley, James Viles, to explore local food and champion low food miles in The Cook Up kitchen.	AUSTRALIA	English-100			PG	
2021-06-04	1930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT		PG	Y
2021-06-04	2030	Rick Stein's India	Lucknow And Punjap	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT		PG	Y
2021-06-04	2140	Mystery Diners	Repeat Offender	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100			PG	
2021-06-04	2205	The Cook Up with Adam Liaw	Local	Adam Liaw is joined by food writer Tori Haschka and head chef at One and Only Wolgan Valley, James Viles, to explore local food and champion low food miles in The Cook Up kitchen.	AUSTRALIA	English-100			PG	
2021-06-04	2235	The Cook And The Chef	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest.	AUSTRALIA	English-100			G	
2021-06-04	2305	Jamie & Jimmy's Food Fight Club	Jack Whitehall	Visiting the cafe this week is actor, writer and award winning-comedian, Jack Whitehall who'll be re-creating the indulgent chocolate calzone he once ate on a childhood holiday to Naples.	UNITED KINGDOM	English-100			PG	
2021-06-04	2405	The Chefs' Line	Greek	Judge Melissa Leong takes us inside the kitchen of top Melbourne Greek restaurant, Elyros. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT		G	Y
2021-06-04	2435	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 5	Ainsley Harriott attempts to keep order in the kitchen as he hosts the classic 20-minute cooking challenge with Rav Wilding from Crimewatch and Lisa Maxwell from The Bill.	UNITED KINGDOM	English-100			G	
2021-06-04	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT		G	Y
2021-06-04	2530	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT		PG	Y
2021-06-04	2630	Rick Stein's India	Lucknow And Punjap	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT		PG	Y
2021-06-04	2740	Mystery Diners	Repeat Offender	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100			PG	
2021-06-04	2805	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria, and the Rattlesnake Grill in Neutral Bay.	AUSTRALIA	English-100	RPT		G	Y
2021-06-04	2835	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 33	Matt explores the history behind the king of sandwiches - the Reuben, while Courtney shares her mud cake recipe.	AUSTRALIA	English-100			G	

2021-06-05	0500	Pati's Mexican Table	Cooking With The Fans	Pati dishes up three of her favourites - tart pico de guat, chipotle chicken pasta casserole, and marbled tres leches cake.	USA	English-100		G	
2021-06-05	0530	The Chefs' Line	Greek	Judge Melissa Leong takes us inside the kitchen of top Melbourne Greek restaurant, Elyros. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-06-05	0600	Indian Food Made Easy	Keralan (Liverpool)	Liverpool is home to a large community of Keralans and, to highlight the delights of this region's cuisine, Anjum cooks with two local Keralan women who are fantastic home cooks.	UNITED KINGDOM	English-100		G	
2021-06-05	0630	Martha Bakes	Southern Classics	Martha shares three of her favourite Southern classics including hummingbird cake, sweet potato pie, and hot milk cake.	USA	English-100		G	
2021-06-05	0700	Africa On A Plate	Durban	Host and chef Lentswe Bhengu is at home planning a traditional Indian meal for his sister in Durban after fulfilling his mission to find out how to make the perfect curry.	USA	English-100	RPT	PG	
2021-06-05	0730	Mary's Kitchen Crush	Versa-Eat-Ily	It's pulled pork to the rescue as Mary makes magic with a versatile meal for her married friends who have very different tastes.	CANADA	English-100		PG	
2021-06-05	0800	Jamie & Jimmy's Food Fight Club	Jack Whitehall	Visiting the cafe this week is actor, writer and award winning-comedian, Jack Whitehall who'll be re-creating the indulgent chocolate calzone he once ate on a childhood holiday to Naples.	UNITED KINGDOM	English-100		PG	
2021-06-05	0900	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	
2021-06-05	0930	Asia Unplated With Diana Chan	Filipino	Diana is joined by chef Ross Magnaye who shares his favourite meal - Filipino pork and chicken adobo. Ross shares his passion and knowledge for Filipino food while Diana prepares sinuglaw.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25; Vietnamese-.25		G	
2021-06-05	1000	Poh's Kitchen	Filipino Food With Dennis Leslie	Poh introduces executive chef Denis Leslie, who draws on his Filipino heritage to treat us to a traditional tangy soup and melt-in-the-mouth chicken dish.	AUSTRALIA	English-100	RPT	G	Y
2021-06-05	1030	Chilli Hunter	Philippines	Tyson Mayr uncovers a unique sub-culture of heat lovers as he busts the myth that Filipino food doesn't pack a punch.	SINGAPORE	English-100		PG	
2021-06-05	1100	The Cook Up with Adam Liaw	Local	Adam Liaw is joined by food writer Tori Haschka and head chef at One and Only Wolgan Valley, James Viles, to explore local food and champion low food miles in The Cook Up kitchen.	AUSTRALIA	English-100		PG	
2021-06-05	1130	Rick Stein's India	Lucknow And Punjab	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-06-05	1235	Mary's Kitchen Crush	Versa-Eat-Ily	It's pulled pork to the rescue as Mary makes magic with a versatile meal for her married friends who have very different tastes.	CANADA	English-100		PG	
2021-06-05	1305	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 7	The three remaining families from the heat face a surprise head-to-head challenge as they compete for a place in the playoff. Only two will make it through.	UNITED KINGDOM	English-100		G	
2021-06-05	1410	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 8	The competing families are tasked with making a one-pot wonder for a tenner - the Whittakers from Lancashire, the Walker-Kings from Wandsworth, the Varmas from Walsall, and the Mistrys from London.	UNITED KINGDOM	English-100		G	
2021-06-05	1515	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 1	Juliet Sear kicks off with a selection of beautifully baked comfort food. There's warm crumble tart - perfect for Sunday lunch, pasta pie, and the ultimate chocolate fudge cake.	UNITED KINGDOM	English-100		G	
2021-06-05	1605	Secret Meat Business	Secret Meat Business Series 2 Ep 11	Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison.	AUSTRALIA	English-100		G	
2021-06-05	1635	Secret Meat Business	Secret Meat Business Series 2 Ep 12	Chef Adrian Richardson dishes up a robust French-style boned lamb shoulder with pommes boulangere, a delicious variation on what we know as roast lamb with veggies.	AUSTRALIA	English-100		G	

2021-06-05	1705	Pacific Island Food Revolution	Fiji	The competition heads to Fiji where three new teams must showcase the best of healthy Fijian cuisine to impress the judges and secure a spot in the finals.	NEW ZEALAND	English-100		PG	
2021-06-05	1800	Adam Liaw's Road Trip For Good	Mallacoota, Lobethal & Ulladulla	Adam is in the town of Mallacoota - the area that became an international symbol for the summer's devastating bushfires. Here he visits the local abalone co-op whose factory burnt down in the fires.	AUSTRALIA	English-100		PG	Y
2021-06-05	1830	Heston's Feasts	Titanic Feast	Heston lays on an adventurous Edwardian feast worthy of being served on the ship, Titanic. The menu features an Antarctic roll served on edible snow.	UNITED KINGDOM	English-100	RPT	G	Y
2021-06-05	1930	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100		G	
2021-06-05	2035	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 3	Ainsley is headed up north to the 'Global Food Market' in Logan to experience one of the world's most culturally diverse markets.	AUSTRALIA	English-100	RPT	G	Y
2021-06-05	2130	Hairy Bikers Northern Exposure	Finland	The bikers fall immediately in love with the beautiful and tranquil lakes of Finland and enjoy what they think will be a completely different change of pace from the intensity of St Petersburg.	UNITED KINGDOM	English-100		PG	
2021-06-05	2235	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 6	It's time for Freddie to try and connect with his inner spirituality as the boys spend a morning with two of Ireland's foremost Shaman on The Hill of Tara.	UNITED KINGDOM	English-100		PG	
2021-06-05	2330	Heston's Feasts	Titanic Feast	Heston lays on an adventurous Edwardian feast worthy of being served on the ship, Titanic. The menu features an Antarctic roll served on edible snow.	UNITED KINGDOM	English-100	RPT	G	Y
2021-06-05	2430	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100		G	
2021-06-05	2535	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 3	Ainsley is headed up north to the 'Global Food Market' in Logan to experience one of the world's most culturally diverse markets.	AUSTRALIA	English-100	RPT	G	Y
2021-06-05	2630	Hairy Bikers Northern Exposure	Finland	The bikers fall immediately in love with the beautiful and tranquil lakes of Finland and enjoy what they think will be a completely different change of pace from the intensity of St Petersburg.	UNITED KINGDOM	English-100		PG	
2021-06-05	2735	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 1	Juliet Sear kicks off with a selection of beautifully baked comfort food. There's warm crumble tart - perfect for Sunday lunch, pasta pie, and the ultimate chocolate fudge cake.	UNITED KINGDOM	English-100		G	
2021-06-05	2830	Secret Meat Business	Secret Meat Business Series 2 Ep 11	Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison.	AUSTRALIA	English-100		G	