



**WEEK 24: Sunday, 6 June - Saturday, 12 June 2021 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2021-06-06	0500	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 12	Chef Adrian Richardson dishes up a robust French-style boned lamb shoulder with pommes boulangere, a delicious variation on what we know as roast lamb with veggies.	AUSTRALIA	English-100		G	
2021-06-06	0530	<b>Pacific Island Food Revolution</b>	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	
2021-06-06	0630	<b>Heston's Feasts</b>	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
2021-06-06	0730	<b>The Sweet Life With Elise Strachan</b>	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100		G	
2021-06-06	0835	<b>Ainsley's Australian Market Menu</b>	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
2021-06-06	0930	<b>Hairy Bikers Northern Exposure</b>	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	
2021-06-06	1035	<b>The Big Family Cooking Showdown</b>	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	
2021-06-06	1140	<b>The Big Family Cooking Showdown</b>	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	
2021-06-06	1250	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 8	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-06-06	1300	<b>Nadia's Family Feasts</b>	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	
2021-06-06	1355	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-06-06	1400	<b>The Cook Up with Adam Liaw</b>	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	RPT	PG	
2021-06-06	1430	<b>The Cook Up with Adam Liaw</b>	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	RPT	PG	
2021-06-06	1500	<b>The Cook Up with Adam Liaw</b>	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	RPT	PG	
2021-06-06	1530	<b>The Cook Up with Adam Liaw</b>	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	RPT	PG	
2021-06-06	1600	<b>The Cook Up with Adam Liaw</b>	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	
2021-06-06	1630	<b>The Cook And The Chef</b>	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	

2021-06-06	1700	<b>The Cook And The Chef</b>	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	
2021-06-06	1730	<b>Gordon Ramsay Uncharted</b>	Hawaii	Hawaii makes a big impression on chef Gordon Ramsay with its epic array of Indigenous ingredients and the fascinating effects of trade winds on its culinary traditions.	UNITED KINGDOM	English-100		PG	
2021-06-06	1825	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-06-06	1830	<b>Australia's Food Bowl</b>	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	
2021-06-06	1900	<b>Cook Like An Italian With Silvia Colloca</b>	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	
2021-06-06	1930	<b>Made In Britain</b>	Made In Britain Series 1 Ep 2	Steeped in history and tradition, Lord Prescott visits the Wensleydale Creamery in Hawes. The creamery makes over 4000 tons of cheese a year and is nationally renowned for its Yorkshire Wensleydale.	UNITED KINGDOM	English-100		G	
2021-06-06	2025	<b>Destination Flavour Singapore Bitesize</b>	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-06-06	2030	<b>Rick Stein's Long Weekends</b>	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100		G	
2021-06-06	2140	<b>Amazing Wedding Cakes</b>	Amazing Wedding Cakes Series 4 Ep 8	For a New Year's wedding, Robin at Gateaux Inc. makes a clock cake to chime at midnight. Christopher designs a custom high-top sneaker and an elegant pump.	USA	English-100		PG	
2021-06-06	2230	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 2 Ep 1	Peter begins his journey by exploring what the Margaret River is famous for. With its Mediterranean climate, the region is bursting with food favourites - wine, cheese and olives.	AUSTRALIA	English-100	RPT	G	Y
2021-06-06	2300	<b>Cook Like An Italian With Silvia Colloca</b>	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	
2021-06-06	2330	<b>Gordon Ramsay Uncharted</b>	Hawaii	Hawaii makes a big impression on chef Gordon Ramsay with its epic array of Indigenous ingredients and the fascinating effects of trade winds on its culinary traditions.	UNITED KINGDOM	English-100		PG	
2021-06-06	2425	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-06-06	2430	<b>Made In Britain</b>	Made In Britain Series 1 Ep 2	Steeped in history and tradition, Lord Prescott visits the Wensleydale Creamery in Hawes. The creamery makes over 4000 tons of cheese a year and is nationally renowned for its Yorkshire Wensleydale.	UNITED KINGDOM	English-100		G	
2021-06-06	2525	<b>Destination Flavour Singapore Bitesize</b>	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-06-06	2530	<b>Rick Stein's Long Weekends</b>	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100		G	
2021-06-06	2640	<b>Amazing Wedding Cakes</b>	Amazing Wedding Cakes Series 4 Ep 8	For a New Year's wedding, Robin at Gateaux Inc. makes a clock cake to chime at midnight. Christopher designs a custom high-top sneaker and an elegant pump.	USA	English-100		PG	
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2021-06-06	2800	<b>Australia's Food Bowl</b>	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	

2021-06-06	2830	<b>Cook Like An Italian With Silvia Colloca</b>	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	
2021-06-07	0500	<b>The Cook Up with Adam Liaw</b>	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	RPT	PG	
2021-06-07	0530	<b>The Cook Up with Adam Liaw</b>	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	RPT	PG	
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2021-06-07	0630	<b>The Cook Up with Adam Liaw</b>	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	RPT	PG	
2021-06-07	0700	<b>The Cook Up with Adam Liaw</b>	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	
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2021-06-07	0800	<b>Cook Like An Italian With Silvia Colloca</b>	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	
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2021-06-07	0925	<b>Destination Flavour Singapore Bitesize</b>	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
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2021-06-07	1130	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 2 Ep 1	Peter begins his journey by exploring what the Margaret River is famous for. With its Mediterranean climate, the region is bursting with food favourites - wine, cheese and olives.	AUSTRALIA	English-100	RPT	G	Y
2021-06-07	1200	<b>Australia's Food Bowl</b>	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	
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2021-06-07	1330	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, and Czech summer fruit dumplings.	AUSTRALIA	English-100	RPT	G	Y
2021-06-07	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 34	Matt cooks up a perfect Mediterranean dish - sardine linguine, and Michael shares a colourful dessert to impress - strawberry and pineapple tarte tartin.	AUSTRALIA	English-100		G	
2021-06-07	1430	<b>Pati's Mexican Table</b>	Street Food Favourites	Cooked and seasoned corn, miner-style enchiladas, homemade cajeta, and churros con cajeta.	USA	English-100		G	

2021-06-07	1500	<b>The Chefs' Line</b>	Spanish	Watch apprentice chef Manuel from top Melbourne Spanish restaurant, Anada, go up against four passionate home cooks in a classic Croquetas battle.	AUSTRALIA	English-100	RPT	G	Y
2021-06-07	1530	<b>Indian Food Made Easy</b>	Gujerati (Leicester)	Anjum shows Leicester local and rugby captain Michael Scott how to prepare a simple Indian meal for the players at the rugby club, as an alternative to their traditional takeaway.	UNITED KINGDOM	English-100		G	
2021-06-07	1600	<b>Martha Bakes</b>	New England	Martha serves up dishes deeply rooted in tradition including apple pie, brown bread, a lemon-blueberry tart, and hermit bars.	USA	English-100		G	
2021-06-07	1630	<b>Rachel Khoo: My Swedish Kitchen</b>	Streets Of Gothenburg, The	After exploring Gothenburg, Rachel makes her own version of a famous Swedish dish - a Wallenberger-burger. For dessert, Rachel prepares a vegan and gluten-free chocolate cake.	UNITED KINGDOM	English-100		PG	
2021-06-07	1700	<b>Mary's Kitchen Crush</b>	Birthday Dish	Mary goes big for her sister-in-law Jenna's birthday, as she puts a twist on some classic, kid-centric birthday party favourites.	CANADA	English-100		PG	
2021-06-07	1730	<b>The Cook And The Chef</b>	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100		G	
2021-06-07	1800	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Fearne Cotton	TV presenter and DJ Fearne Cotton prepares fish tacos, Jamie cooks up an epic Deep South classic - surf 'n turf gumbo, and Jimmy makes the perfect cup of home-roasted coffee.	UNITED KINGDOM	English-100		PG	
2021-06-07	1900	<b>The Cook Up with Adam Liaw</b>	Carrots	In The Cook Up kitchen with Adam Liaw are Ozharvest's Ronni Khan and Travis Harvey as they tackle all things carrots and what do with leftovers.	AUSTRALIA	English-100		PG	
2021-06-07	1930	<b>Asia Unplated With Diana Chan</b>	Vietnamese	The series is off to an energetic start as Diana delves into the vibrant flavours of Vietnamese cooking. With the expertise of her flatmate Khanh Ong, the pair create Kem Chuoi - beef in betel leaves.	AUSTRALIA	English-100		G	
2021-06-07	2000	<b>John Torode's Asia</b>	Mumbai	John Torode heads to Mumbai on the west coast of India, where he begins his culinary exploration with a guided tour of the street food served on Chowpatty Beach.	UNITED KINGDOM	English-100		G	
2021-06-07	2030	<b>Hairy Biker's Route 66</b>	Hairy Biker's Route 66 Series 1 Ep 3	On the third leg of their trip Dave and Si are on the trail of Oklahoma's famous beef. In Oklahoma City the Bikers follow a classic T-bone steak with a Vietnamese pho.	UNITED KINGDOM	English-100		PG	
2021-06-07	2130	<b>Mystery Diners</b>	Mystery Wedding	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	
2021-06-07	2200	<b>The Cook Up with Adam Liaw</b>	Carrots	In The Cook Up kitchen with Adam Liaw are Ozharvest's Ronni Khan and Travis Harvey as they tackle all things carrots and what do with leftovers.	AUSTRALIA	English-100		PG	
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2021-06-07	2400	<b>The Chefs' Line</b>	Spanish	Watch apprentice chef Manuel from top Melbourne Spanish restaurant, Anada, go up against four passionate home cooks in a classic Croquetas battle.	AUSTRALIA	English-100	RPT	G	Y
2021-06-07	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 6	Harry Potter star Warwick Davis and comedian Ninia Benjamin conjure up some magic in the kitchen with chefs Brian Turner and Paul Rankin.	UNITED KINGDOM	English-100		G	
2021-06-07	2520	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-06-07	2530	<b>Asia Unplated With Diana Chan</b>	Vietnamese	The series is off to an energetic start as Diana delves into the vibrant flavours of Vietnamese cooking. With the expertise of her flatmate Khanh Ong, the pair create Kem Chuoi - beef in betel leaves.	AUSTRALIA	English-100		G	

2021-06-07	2600	<b>John Torode's Asia</b>	Mumbai	John Torode heads to Mumbai on the west coast of India, where he begins his culinary exploration with a guided tour of the street food served on Chowpatty Beach.	UNITED KINGDOM	English-100		G	
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2021-06-07	2800	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, and Czech summer fruit dumplings.	AUSTRALIA	English-100	RPT	G	Y
2021-06-07	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 34	Matt cooks up a perfect Mediterranean dish - sardine linguine, and Michael shares a colourful dessert to impress - strawberry and pineapple tarte tartin.	AUSTRALIA	English-100		G	
2021-06-08	0500	<b>Pati's Mexican Table</b>	Street Food Favourites	Cooked and seasoned corn, miner-style enchiladas, homemade cajeta, and churros con cajeta.	USA	English-100		G	
2021-06-08	0530	<b>The Chefs' Line</b>	Spanish	Watch apprentice chef Manuel from top Melbourne Spanish restaurant, Anada, go up against four passionate home cooks in a classic Croquetas battle.	AUSTRALIA	English-100	RPT	G	Y
2021-06-08	0600	<b>Indian Food Made Easy</b>	Gujerati (Leicester)	Anjum shows Leicester local and rugby captain Michael Scott how to prepare a simple Indian meal for the players at the rugby club, as an alternative to their traditional takeaway.	UNITED KINGDOM	English-100		G	
2021-06-08	0630	<b>Martha Bakes</b>	New England	Martha serves up dishes deeply rooted in tradition including apple pie, brown bread, a lemon-blueberry tart, and hermit bars.	USA	English-100		G	
2021-06-08	0700	<b>Africa On A Plate</b>	Zulu Nation	Chef Lentswe Bhengu travels to the outskirts of Durban, where he learns more about his own cultural heritage at PheZulu Safari Park, and the Zulu traditional way of life.	USA	English-100	RPT	PG	
2021-06-08	0730	<b>Mary's Kitchen Crush</b>	Birthday Dish	Mary goes big for her sister-in-law Jenna's birthday, as she puts a twist on some classic, kid-centric birthday party favourites.	CANADA	English-100		PG	
2021-06-08	0800	<b>The Cook And The Chef</b>	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100		G	
2021-06-08	0830	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Fearne Cotton	TV presenter and DJ Fearne Cotton prepares fish tacos, Jamie cooks up an epic Deep South classic - surf 'n turf gumbo, and Jimmy makes the perfect cup of home-roasted coffee.	UNITED KINGDOM	English-100		PG	
2021-06-08	0930	<b>Asia Unplated With Diana Chan</b>	Vietnamese	The series is off to an energetic start as Diana delves into the vibrant flavours of Vietnamese cooking. With the expertise of her flatmate Khanh Ong, the pair create Kem Chuoi - beef in betel leaves.	AUSTRALIA	English-100		G	
2021-06-08	1000	<b>John Torode's Asia</b>	Mumbai	John Torode heads to Mumbai on the west coast of India, where he begins his culinary exploration with a guided tour of the street food served on Chowpatty Beach.	UNITED KINGDOM	English-100		G	
2021-06-08	1030	<b>Pati's Mexican Table</b>	Street Food Favourites	Cooked and seasoned corn, miner-style enchiladas, homemade cajeta, and churros con cajeta.	USA	English-100		G	
2021-06-08	1100	<b>The Cook Up with Adam Liaw</b>	Carrots	In The Cook Up kitchen with Adam Liaw are Ozharvest's Ronni Khan and Travis Harvey as they tackle all things carrots and what do with leftovers.	AUSTRALIA	English-100		PG	
2021-06-08	1130	<b>Hairy Biker's Route 66</b>	Hairy Biker's Route 66 Series 1 Ep 3	On the third leg of their trip Dave and Si are on the trail of Oklahoma's famous beef. In Oklahoma City the Bikers follow a classic T-bone steak with a Vietnamese pho.	UNITED KINGDOM	English-100		PG	
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2021-06-08	1330	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Macedonian food in inner city Perth, and North African spices in Rozelle.	AUSTRALIA	English-100	RPT	G	Y
2021-06-08	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 35	Matt cooks up a flavourful side dish - Indian-spiced cauliflower, while Courtney cooks up an old school classic - the humble corned beef.	AUSTRALIA	English-100		G	
2021-06-08	1430	<b>Pati's Mexican Table</b>	Sami's Big Day	Pati prepares her son Sami some of his favourite foods - smashed baby potatoes, chipotle salmon, a bacon and avocado sandwich, and homemade cookies.	USA	English-100		G	
2021-06-08	1500	<b>The Chefs' Line</b>	Spanish	Watch station chef Hasanah from top Melbourne Spanish restaurant, Anada, go up against three passionate home cooks in the ultimate Chocolate Dessert challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-06-08	1530	<b>Indian Food Made Easy</b>	Bengali (London)	With East London's trendy Brick Lane nearby (the home of authentic Bengali cuisine in the UK), Anjum introduces a local to the delicious fish dishes available on their doorstep.	UNITED KINGDOM	English-100		G	
2021-06-08	1600	<b>Martha Bakes</b>	Gulf	Martha shares quintessentially Southern recipes including caramel cake, Mississippi mud tart, Lane cake, and cheese straws.	USA	English-100		G	
2021-06-08	1630	<b>Rachel Khoo: My Swedish Kitchen</b>	Fishing On The Westcoast	Rachel serves a grilled lobster with a cabbage and caraway salad, and her own gravlax poke bowl. For dessert, she prepares white chocolate and berry coconut mountains.	UNITED KINGDOM	English-100		PG	
2021-06-08	1700	<b>Mary's Kitchen Crush</b>	Charity Dinner	Mary serves up some tasty ratatouille for her friend Kallie as they chat about charitable causes for Mary to support.	CANADA	English-100		PG	
2021-06-08	1730	<b>The Cook And The Chef</b>	Pheasants And Mushrooms	Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.	AUSTRALIA	English-100		G	
2021-06-08	1800	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Anna Friel	Actress Anna Friel learns to cook a beautiful Balinese stew, Jamie makes mega meatball subs, and Jimmy shares how to make fresh mozzarella with a few simple ingredients.	UNITED KINGDOM	English-100		PG	
2021-06-08	1900	<b>The Cook Up with Adam Liaw</b>	Easy Dinner Party	Radio and TV personality Yumi Styne and creator of television series 'The Family Law' Benjamin Law are in The Cook Up kitchen with Adam Liaw as they share their easy dinner party favourites.	AUSTRALIA	English-100		PG	
2021-06-08	1930	<b>Food Safari</b>	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G	Y
2021-06-08	2000	<b>David Rocco's Dolce South East Asia</b>	Three Inspiring Stories	In Kuala Lumpur, David meets a few inspiring people who through food, have taken a leap of faith, which made a difference in their lives and in the lives of others.	CANADA	English-100		PG	
2021-06-08	2030	<b>Jamie's Kitchen</b>	Jamie's Kitchen Series 1 Ep 1	Jamie Oliver is taking a huge risk. He's decided to train 15 young unemployed Londoners as Chefs who will work in a new non-profit making restaurant he's building in the East End.	UNITED KINGDOM	English-100		PG	
2021-06-08	2130	<b>Mystery Diners</b>	Too Many Tourists	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	
2021-06-08	2200	<b>The Cook Up with Adam Liaw</b>	Easy Dinner Party	Radio and TV personality Yumi Styne and creator of television series 'The Family Law' Benjamin Law are in The Cook Up kitchen with Adam Liaw as they share their easy dinner party favourites.	AUSTRALIA	English-100		PG	
2021-06-08	2230	<b>The Cook And The Chef</b>	Pheasants And Mushrooms	Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.	AUSTRALIA	English-100		G	
2021-06-08	2300	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Anna Friel	Actress Anna Friel learns to cook a beautiful Balinese stew, Jamie makes mega meatball subs, and Jimmy shares how to make fresh mozzarella with a few simple ingredients.	UNITED KINGDOM	English-100		PG	

2021-06-08	2400	<b>The Chefs' Line</b>	Spanish	Watch station chef Hasanah from top Melbourne Spanish restaurant, Anada, go up against three passionate home cooks in the ultimate Chocolate Dessert challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-06-08	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 7	Ainsley Harriott hosts the classic 20-minute cooking challenge with Big Brother twins Sam and Amanda Merchant.	UNITED KINGDOM	English-100		G	
2021-06-08	2520	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 2	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-06-08	2530	<b>Food Safari</b>	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G	Y
2021-06-08	2600	<b>David Rocco's Dolce South East Asia</b>	Three Inspiring Stories	In Kuala Lumpur, David meets a few inspiring people who through food, have taken a leap of faith, which made a difference in their lives and in the lives of others.	CANADA	English-100		PG	
2021-06-08	2630	<b>Jamie's Kitchen</b>	Jamie's Kitchen Series 1 Ep 1	Jamie Oliver is taking a huge risk. He's decided to train 15 young unemployed Londoners as Chefs who will work in a new non-profit making restaurant he's building in the East End.	UNITED KINGDOM	English-100		PG	
2021-06-08	2730	<b>Mystery Diners</b>	Too Many Tourists	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	
2021-06-08	2800	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Macedonian food in inner city Perth, and North African spices in Rozelle.	AUSTRALIA	English-100	RPT	G	Y
2021-06-08	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 35	Matt cooks up a flavourful side dish - Indian-spiced cauliflower, while Courtney cooks up an old school classic - the humble corned beef.	AUSTRALIA	English-100		G	
2021-06-09	0500	<b>Pati's Mexican Table</b>	Sami's Big Day	Pati prepares her son Sami some of his favourite foods - smashed baby potatoes, chipotle salmon, a bacon and avocado sandwich, and homemade cookies.	USA	English-100		G	
2021-06-09	0530	<b>The Chefs' Line</b>	Spanish	Watch station chef Hasanah from top Melbourne Spanish restaurant, Anada, go up against three passionate home cooks in the ultimate Chocolate Dessert challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-06-09	0600	<b>Indian Food Made Easy</b>	Bengali (London)	With East London's trendy Brick Lane nearby (the home of authentic Bengali cuisine in the UK), Anjum introduces a local to the delicious fish dishes available on their doorstep.	UNITED KINGDOM	English-100		G	
2021-06-09	0630	<b>Martha Bakes</b>	Gulf	Martha shares quintessentially Southern recipes including caramel cake, Mississippi mud tart, Lane cake, and cheese straws.	USA	English-100		G	
2021-06-09	0700	<b>Africa On A Plate</b>	Tanzania: Dar Es Salaam	Chef Lentswe Bhengu learns how Tanzanians are reinventing their culinary style by visiting Trinity Bar and Restaurant, where he learns how to make a Swahili fusion dish.	USA	English-100	RPT	G	
2021-06-09	0730	<b>Mary's Kitchen Crush</b>	Charity Dinner	Mary serves up some tasty ratatouille for her friend Kallie as they chat about charitable causes for Mary to support.	CANADA	English-100		PG	
2021-06-09	0800	<b>The Cook And The Chef</b>	Pheasants And Mushrooms	Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.	AUSTRALIA	English-100		G	
2021-06-09	0830	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Anna Friel	Actress Anna Friel learns to cook a beautiful Balinese stew, Jamie makes mega meatball subs, and Jimmy shares how to make fresh mozzarella with a few simple ingredients.	UNITED KINGDOM	English-100		PG	
2021-06-09	0930	<b>Food Safari</b>	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G	Y
2021-06-09	1000	<b>David Rocco's Dolce South East Asia</b>	Three Inspiring Stories	In Kuala Lumpur, David meets a few inspiring people who through food, have taken a leap of faith, which made a difference in their lives and in the lives of others.	CANADA	English-100		PG	

2021-06-09	1030	<b>Pati's Mexican Table</b>	Sami's Big Day	Pati prepares her son Sami some of his favourite foods - smashed baby potatoes, chipotle salmon, a bacon and avocado sandwich, and homemade cookies.	USA	English-100		G	
2021-06-09	1100	<b>The Cook Up with Adam Liaw</b>	Easy Dinner Party	Radio and TV personality Yumi Stynes and creator of television series 'The Family Law' Benjamin Law are in The Cook Up kitchen with Adam Liaw as they share their easy dinner party favourites.	AUSTRALIA	English-100		PG	
2021-06-09	1130	<b>Jamie's Kitchen</b>	Jamie's Kitchen Series 1 Ep 1	Jamie Oliver is taking a huge risk. He's decided to train 15 young unemployed Londoners as Chefs who will work in a new non-profit making restaurant he's building in the East End.	UNITED KINGDOM	English-100		PG	
2021-06-09	1230	<b>Mystery Diners</b>	Too Many Tourists	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	
2021-06-09	1300	<b>Mary's Kitchen Crush</b>	Charity Dinner	Mary serves up some tasty ratatouille for her friend Kallie as they chat about charitable causes for Mary to support.	CANADA	English-100		PG	
2021-06-09	1330	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza.	AUSTRALIA	English-100	RPT	G	Y
2021-06-09	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 36	Matt kicks things off with his version of a cult classic - mac and cheese, while Michael prepares salmon and egg breakfast sandwiches.	AUSTRALIA	English-100		G	
2021-06-09	1430	<b>Pati's Mexican Table</b>	Modern Mexico	Boston lettuce salad with avocado dressing, candied pineapple and spicy pumpkin seeds, beef and vegetable mole stew, chocolate hibiscus cookies and tea.	USA	English-100		G	
2021-06-09	1500	<b>The Chefs' Line</b>	Spanish	Watch sous chef Bella from top Melbourne Spanish restaurant, Anada, go up against two remaining home cooks in a bid to make the best Lamb dish.	AUSTRALIA	English-100	RPT	G	Y
2021-06-09	1530	<b>Indian Food Made Easy</b>	Punjabi (Glasgow)	Anjum Anand travels to Edinburgh to meet Wendy Barrie. Wendy is a champion of Scottish food and a local culinary celebrity, thanks to her popular cookery demonstrations.	UNITED KINGDOM	English-100		G	
2021-06-09	1600	<b>Martha Bakes</b>	Pennsylvania Dutch	Martha shares recipes for Pennsylvania Dutch specialties including Montgomery pie, whoopie pies, and apple dumplings.	USA	English-100		G	
2021-06-09	1630	<b>Rachel Khoo: My Swedish Kitchen</b>	Festive Ending, A	Rachel prepares cold crayfish and serves it with warm crayfish soup and a cheese pie. For dessert, she makes a classic Swedish cheese cake, served warm with whipped cream and jam.	UNITED KINGDOM	English-100		PG	
2021-06-09	1700	<b>Mary's Kitchen Crush</b>	Very Mary Holiday, A	Roasted pork and parmesan potatoes are on the menu as Mary makes a festive feast by repurposing holiday leftovers for her favourite cousins.	CANADA	English-100		PG	
2021-06-09	1730	<b>The Cook And The Chef</b>	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G	
2021-06-09	1800	<b>Jamie &amp; Jimmy's Food Fight Club Special</b>	Jamie & Jimmy's Festive Feast	Rocketman actor Taron Egerton joins Jamie and Jimmy to make Christmas dinner and trifle. There's also pigs in blankets and a trip to a turkey farm.	UNITED KINGDOM	English-100		PG	
2021-06-09	1900	<b>The Cook Up with Adam Liaw</b>	Sandwiches	Adam Liaw is joined by Nel head chef and owner, Nelly Robinson and Bondi harvest chef, Taylor Cullen as they give their top sandwich ideas in The Cook Up kitchen.	AUSTRALIA	English-100		PG	
2021-06-09	1930	<b>Nigella Kitchen</b>	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'.	UNITED KINGDOM	English-100		G	
2021-06-09	2000	<b>Poh &amp; Co.</b>	Community	The front yard is ready for planting at last and Poh and Jono choose a big range of seedlings and young plants at the nursery, and meet an adventurous young chef.	AUSTRALIA	English-100	RPT	G	Y
2021-06-09	2030	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 4	In the far west of Cornwall, Rick meets with musicians Graham Fitkin and Ruth Wall, and prepares an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100		PG	



2021-06-09	2100	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG	
2021-06-09	2130	<b>Mystery Diners</b>	Spoils Of Victory, The	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	
2021-06-09	2200	<b>The Cook Up with Adam Liaw</b>	Sandwiches	Adam Liaw is joined by Nel head chef and owner, Nelly Robinson and Bondi harvest chef, Taylor Cullen as they give their top sandwich ideas in The Cook Up kitchen.	AUSTRALIA	English-100		PG	
2021-06-09	2230	<b>The Cook And The Chef</b>	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G	
2021-06-09	2300	<b>Jamie &amp; Jimmy's Food Fight Club Special</b>	Jamie & Jimmy's Festive Feast	Rocketman actor Taron Egerton joins Jamie and Jimmy to make Christmas dinner and trifle. There's also pigs in blankets and a trip to a turkey farm.	UNITED KINGDOM	English-100		PG	
2021-06-09	2400	<b>The Chefs' Line</b>	Spanish	Watch sous chef Bella from top Melbourne Spanish restaurant, Anada, go up against two remaining home cooks in a bid to make the best Lamb dish.	AUSTRALIA	English-100	RPT	G	Y
2021-06-09	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 8	Ainsley Harriott returns to host the classic 20-minute cooking challenge. In the Red and Green kitchens today are TV and stage stars Lorraine Chase and Lionel Blair.	UNITED KINGDOM	English-100		G	
2021-06-09	2520	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 3	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-06-09	2530	<b>Nigella Kitchen</b>	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'.	UNITED KINGDOM	English-100		G	
2021-06-09	2600	<b>Poh &amp; Co.</b>	Community	The front yard is ready for planting at last and Poh and Jono choose a big range of seedlings and young plants at the nursery, and meet an adventurous young chef.	AUSTRALIA	English-100	RPT	G	Y
2021-06-09	2630	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 4	In the far west of Cornwall, Rick meets with musicians Graham Fitkin and Ruth Wall, and prepares an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100		PG	
2021-06-09	2700	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG	
2021-06-09	2730	<b>Mystery Diners</b>	Spoils Of Victory, The	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	
2021-06-09	2800	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza.	AUSTRALIA	English-100	RPT	G	Y
2021-06-09	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 36	Matt kicks things off with his version of a cult classic - mac and cheese, while Michael prepares salmon and egg breakfast sandwiches.	AUSTRALIA	English-100		G	
2021-06-10	0500	<b>Pati's Mexican Table</b>	Modern Mexico	Boston lettuce salad with avocado dressing, candied pineapple and spicy pumpkin seeds, beef and vegetable mole stew, chocolate hibiscus cookies and tea.	USA	English-100		G	
2021-06-10	0530	<b>The Chefs' Line</b>	Spanish	Watch sous chef Bella from top Melbourne Spanish restaurant, Anada, go up against two remaining home cooks in a bid to make the best Lamb dish.	AUSTRALIA	English-100	RPT	G	Y
2021-06-10	0600	<b>Indian Food Made Easy</b>	Punjabi (Glasgow)	Anjum Anand travels to Edinburgh to meet Wendy Barrie. Wendy is a champion of Scottish food and a local culinary celebrity, thanks to her popular cookery demonstrations.	UNITED KINGDOM	English-100		G	
2021-06-10	0630	<b>Martha Bakes</b>	Pennsylvania Dutch	Martha shares recipes for Pennsylvania Dutch specialties including Montgomery pie, whoopie pies, and apple dumplings.	USA	English-100		G	

2021-06-10	0700	<b>Africa On A Plate</b>	Cooking Special: Holiday	Lentswe prepares a holiday feast including a turkey made his way.	USA	English-100	RPT	PG	
2021-06-10	0730	<b>Mary's Kitchen Crush</b>	Very Mary Holiday, A	Roasted pork and parmesan potatoes are on the menu as Mary makes a festive feast by repurposing holiday leftovers for her favourite cousins.	CANADA	English-100		PG	
2021-06-10	0800	<b>The Cook And The Chef</b>	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G	
2021-06-10	0830	<b>Jamie &amp; Jimmy's Food Fight Club Special</b>	Jamie & Jimmy's Festive Feast	Rocketman actor Taron Egerton joins Jamie and Jimmy to make Christmas dinner and trifle. There's also pigs in blankets and a trip to a turkey farm.	UNITED KINGDOM	English-100		PG	
2021-06-10	0930	<b>Nigella Kitchen</b>	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'.	UNITED KINGDOM	English-100		G	
2021-06-10	1000	<b>Poh &amp; Co.</b>	Community	The front yard is ready for planting at last and Poh and Jono choose a big range of seedlings and young plants at the nursery, and meet an adventurous young chef.	AUSTRALIA	English-100	RPT	G	Y
2021-06-10	1030	<b>Pati's Mexican Table</b>	Modern Mexico	Boston lettuce salad with avocado dressing, candied pineapple and spicy pumpkin seeds, beef and vegetable mole stew, chocolate hibiscus cookies and tea.	USA	English-100		G	
2021-06-10	1100	<b>The Cook Up with Adam Liaw</b>	Sandwiches	Adam Liaw is joined by Nel head chef and owner, Nelly Robinson and Bondi harvest chef, Taylor Cullen as they give their top sandwich ideas in The Cook Up kitchen.	AUSTRALIA	English-100		PG	
2021-06-10	1130	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 4	In the far west of Cornwall, Rick meets with musicians Graham Fitkin and Ruth Wall, and prepares an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100		PG	
2021-06-10	1200	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG	
2021-06-10	1230	<b>Mystery Diners</b>	Spoils Of Victory, The	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	
2021-06-10	1300	<b>Mary's Kitchen Crush</b>	Very Mary Holiday, A	Roasted pork and parmesan potatoes are on the menu as Mary makes a festive feast by repurposing holiday leftovers for her favourite cousins.	CANADA	English-100		PG	
2021-06-10	1330	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosa in Crows Nest, and Indian-style chutney.	AUSTRALIA	English-100	RPT	G	Y
2021-06-10	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 37	Courtney prepares a showstopper salad - Moroccan cauliflower rice, while Matt shares his recipe for a unique spiced pistachio cake.	AUSTRALIA	English-100		G	
2021-06-10	1430	<b>Pati's Mexican Table</b>	Family Favourites	Pati prepares chile rellenos, salsa roja, drunken rice with chicken, and a meringue cake with whipped cream and strawberries.	USA	English-100		G	
2021-06-10	1500	<b>The Chefs' Line</b>	Spanish	Watch Head Chef Maria from top Melbourne Spanish restaurant, Anada, face off against this week's final home cook, in the ultimate Paella challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-06-10	1530	<b>Indian Food Made Easy</b>	Goan (London)	Anjum is in London, where she meets Jonathan Readman to share with him three gorgeous Goan dishes, including fried eggplant, Goan sausages, and an authentic vindaloo.	UNITED KINGDOM	English-100		G	
2021-06-10	1600	<b>Martha Bakes</b>	South Atlantic	Entertaining wouldn't be complete without a delicious dessert, and these South Atlantic classics are sure to impress.	USA	English-100		G	
2021-06-10	1630	<b>The Great Australian Cookbook</b>	Matt Stone & Maggie Beer	Matt Stone cooks prawns and a charcoal roasted vegetable salad feast for his family, while Maggie Beer shares one of her all-time favourite recipes - chocolate, pear and almond tart.	AUSTRALIA	English-100		G	

2021-06-10	1700	<b>Mary's Kitchen Crush</b>	Swipe Bite	Mary inspires her mum to dive into dating with a delicious squash carbonara designed to get her in the mood for love.	CANADA	English-100		PG	
2021-06-10	1730	<b>The Cook And The Chef</b>	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G	
2021-06-10	1800	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Cheese	Jamie and Jimmy put British cheeses nose-to-nose with their French rivals. Alan Carr pops into the cafe for a dangerous game of 'fig roll roulette'.	UNITED KINGDOM	English-100		PG	
2021-06-10	1900	<b>The Cook Up with Adam Liaw</b>	Pesto	SBS science and technology TV presenter Rae Johnston and creator of Bake Club, Anneka Manning join Adam Liaw in The Cook Up kitchen to give their take on an Italian classic - pesto.	AUSTRALIA	English-100		PG	
2021-06-10	1930	<b>Australia's Food Bowl</b>	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 3	Stefano and his friends celebrate the annual grape harvest with a feast under the vines. Stefano is in charge of the menu and visits local farms to source produce and fresh ingredients.	AUSTRALIA	English-100		PG	
2021-06-10	2000	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10		PG	
2021-06-10	2030	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 5	Mary takes inspiration from a great British tradition - growing your own food on an allotment. She travels to the Tangmere Allotment in East Sussex where she helps to prepare a harvest feast.	UNITED KINGDOM	English-100		G	
2021-06-10	2100	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 6	Mary cooks dishes inspired by her home and family. Three generations of Mary's family visit her in the kitchen and get involved with the cooking of Malay fried rice and a lemon meringue pie.	UNITED KINGDOM	English-100		G	
2021-06-10	2130	<b>Mystery Diners</b>	Cabin Fever	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	
2021-06-10	2200	<b>The Cook Up with Adam Liaw</b>	Pesto	SBS science and technology TV presenter Rae Johnston and creator of Bake Club, Anneka Manning join Adam Liaw in The Cook Up kitchen to give their take on an Italian classic - pesto.	AUSTRALIA	English-100		PG	
2021-06-10	2230	<b>The Cook And The Chef</b>	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G	
2021-06-10	2300	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Cheese	Jamie and Jimmy put British cheeses nose-to-nose with their French rivals. Alan Carr pops into the cafe for a dangerous game of 'fig roll roulette'.	UNITED KINGDOM	English-100		PG	
2021-06-10	2400	<b>The Chefs' Line</b>	Spanish	Watch Head Chef Maria from top Melbourne Spanish restaurant, Anada, face off against this week's final home cook, in the ultimate Paella challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-06-10	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 9	Rolling up their sleeves in the kitchen today are TV presenters Tim Vincent and Diane Louise Jordan, as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		G	
2021-06-10	2520	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-06-10	2530	<b>Australia's Food Bowl</b>	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 3	Stefano and his friends celebrate the annual grape harvest with a feast under the vines. Stefano is in charge of the menu and visits local farms to source produce and fresh ingredients.	AUSTRALIA	English-100		PG	
2021-06-10	2600	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10		PG	
2021-06-10	2630	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 5	Mary takes inspiration from a great British tradition - growing your own food on an allotment. She travels to the Tangmere Allotment in East Sussex where she helps to prepare a harvest feast.	UNITED KINGDOM	English-100		G	
2021-06-10	2700	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 6	Mary cooks dishes inspired by her home and family. Three generations of Mary's family visit her in the kitchen and get involved with the cooking of Malay fried rice and a lemon meringue pie.	UNITED KINGDOM	English-100		G	

2021-06-10	2730	<b>Mystery Diners</b>	Cabin Fever	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	
2021-06-10	2800	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosai in Crows Nest, and Indian-style chutney.	AUSTRALIA	English-100	RPT	G	Y
2021-06-10	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 37	Courtney prepares a showstopper salad - Moroccan cauliflower rice, while Matt shares his recipe for a unique spiced pistachio cake.	AUSTRALIA	English-100		G	
2021-06-11	0500	<b>Pati's Mexican Table</b>	Family Favourites	Pati prepares chile rellenos, salsa roja, drunken rice with chicken, and a meringue cake with whipped cream and strawberries.	USA	English-100		G	
2021-06-11	0530	<b>The Chefs' Line</b>	Spanish	Watch Head Chef Maria from top Melbourne Spanish restaurant, Anada, face off against this week's final home cook, in the ultimate Paella challenge.	AUSTRALIA	English-100	RPT	G	Y
2021-06-11	0600	<b>Indian Food Made Easy</b>	Goan (London)	Anjum is in London, where she meets Jonathan Readman to share with him three gorgeous Goan dishes, including fried eggplant, Goan sausages, and an authentic vindaloo.	UNITED KINGDOM	English-100		G	
2021-06-11	0630	<b>Martha Bakes</b>	South Atlantic	Entertaining wouldn't be complete without a delicious dessert, and these South Atlantic classics are sure to impress.	USA	English-100		G	
2021-06-11	0700	<b>Africa On A Plate</b>	Tanzania: Stone Town	Chef Lentswe Bhengu continues to explore the seaside enclave of Stone Town and its infusion of exotic spices and cuisine.	USA	English-100	RPT	PG	
2021-06-11	0730	<b>Mary's Kitchen Crush</b>	Swipe Bite	Mary inspires her mum to dive into dating with a delicious squash carbonara designed to get her in the mood for love.	CANADA	English-100		PG	
2021-06-11	0800	<b>The Cook And The Chef</b>	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G	
2021-06-11	0830	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Cheese	Jamie and Jimmy put British cheeses nose-to-nose with their French rivals. Alan Carr pops into the cafe for a dangerous game of 'fig roll roulette'.	UNITED KINGDOM	English-100		PG	
2021-06-11	0930	<b>Australia's Food Bowl</b>	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 3	Stefano and his friends celebrate the annual grape harvest with a feast under the vines. Stefano is in charge of the menu and visits local farms to source produce and fresh ingredients.	AUSTRALIA	English-100		PG	
2021-06-11	1000	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10		PG	
2021-06-11	1030	<b>Pati's Mexican Table</b>	Family Favourites	Pati prepares chile rellenos, salsa roja, drunken rice with chicken, and a meringue cake with whipped cream and strawberries.	USA	English-100		G	
2021-06-11	1100	<b>The Cook Up with Adam Liaw</b>	Pesto	SBS science and technology TV presenter Rae Johnston and creator of Bake Club, Anneka Manning join Adam Liaw in The Cook Up kitchen to give their take on an Italian classic - pesto.	AUSTRALIA	English-100		PG	
2021-06-11	1130	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 5	Mary takes inspiration from a great British tradition - growing your own food on an allotment. She travels to the Tangmere Allotment in East Sussex where she helps to prepare a harvest feast.	UNITED KINGDOM	English-100		G	
2021-06-11	1200	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 6	Mary cooks dishes inspired by her home and family. Three generations of Mary's family visit her in the kitchen and get involved with the cooking of Malay fried rice and a lemon meringue pie.	UNITED KINGDOM	English-100		G	
2021-06-11	1230	<b>Mystery Diners</b>	Cabin Fever	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	
2021-06-11	1300	<b>Mary's Kitchen Crush</b>	Swipe Bite	Mary inspires her mum to dive into dating with a delicious squash carbonara designed to get her in the mood for love.	CANADA	English-100		PG	

2021-06-11	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G	Y
2021-06-11	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 38	Courtney prepares a refreshing recipe with no cooking involved - prawn and watermelon salad, while Michael shares the first dish he ever learnt to cook - spring risotto.	AUSTRALIA	English-100		G	
2021-06-11	1430	<b>Pati's Mexican Table</b>	Baked	Baked egg casserole, salsa ranchera, dulce de leche and pecan cinnamon rolls and baked fruit mixiote.	USA	English-100		G	
2021-06-11	1500	<b>The Chefs' Line</b>	Spanish	Judge Melissa Leong takes us inside the kitchen of top Melbourne Spanish restaurant, Anada. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-06-11	1530	<b>Indian Food Made Easy</b>	Kashmeri (Yorkshire)	Anjum travels to the multicultural town of Bradford in the north of England to meet and share recipes with the locals, including a rogan josh - a rich, hearty, meat and tomato curry.	UNITED KINGDOM	English-100		G	
2021-06-11	1600	<b>Martha Bakes</b>	West	From layer cake to upside-down cake, Martha shares four favourite recipes to add to your repertoire.	USA	English-100		G	
2021-06-11	1630	<b>The Great Australian Cookbook</b>	Gilbert Lau & Darren Robertson	Gilbert Lau reveals the secrets to his families roast chicken and fried rice, and Darren Robertson serves up the perfect breakfast of avocado, poached eggs, sourdough, and fermented white cabbage.	AUSTRALIA	English-100		G	
2021-06-11	1700	<b>Mary's Kitchen Crush</b>	Appy To Be Nominated	Mary transports her guests to Old Hollywood with retro-themed crab cakes and fondue at her annual award show screening party.	CANADA	English-100		PG	
2021-06-11	1730	<b>The Cook And The Chef</b>	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2021-06-11	1800	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Sausages	Jimmy and Jamie pitch British sausages against their German rivals, and Gwyneth Paltrow comes to the cafe to cook pasta with the boys and face a food fight of her own.	UNITED KINGDOM	English-100		PG	
2021-06-11	1900	<b>The Cook Up with Adam Liaw</b>	Broccolini	Adam Liaw is joined in The Cook Up kitchen by food writer and TV chef, Janelle Bloom and China Doll's Frank Shek to share their ideas on dishes that take broccolini to the next level.	AUSTRALIA	English-100			
2021-06-11	1930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-06-11	2030	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G	Y
2021-06-11	2140	<b>Mystery Diners</b>	Train Robbery	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	
2021-06-11	2205	<b>The Cook Up with Adam Liaw</b>	Broccolini	Adam Liaw is joined in The Cook Up kitchen by food writer and TV chef, Janelle Bloom and China Doll's Frank Shek to share their ideas on dishes that take broccolini to the next level.	AUSTRALIA	English-100			
2021-06-11	2235	<b>The Cook And The Chef</b>	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2021-06-11	2305	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Sausages	Jimmy and Jamie pitch British sausages against their German rivals, and Gwyneth Paltrow comes to the cafe to cook pasta with the boys and face a food fight of her own.	UNITED KINGDOM	English-100		PG	
2021-06-11	2400	<b>The Chefs' Line</b>	Spanish	Judge Melissa Leong takes us inside the kitchen of top Melbourne Spanish restaurant, Anada. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-06-11	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 10	Local produce is on the menu today as Ainsley Harriott hosts the classic 20-minute cooking challenge with TV presenters Alice Roberts and Mark Horton.	UNITED KINGDOM	English-100		G	

2021-06-11	2520	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-06-11	2530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-06-11	2630	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G	Y
2021-06-11	2740	<b>Mystery Diners</b>	Train Robbery	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	
2021-06-11	2805	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G	Y
2021-06-11	2835	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 38	Courtney prepares a refreshing recipe with no cooking involved - prawn and watermelon salad, while Michael shares the first dish he ever learnt to cook - spring risotto.	AUSTRALIA	English-100		G	
2021-06-12	0500	<b>Pati's Mexican Table</b>	Baked	Baked egg casserole, salsa ranchera, dulce de leche and pecan cinnamon rolls and baked fruit mixiote.	USA	English-100		G	
2021-06-12	0530	<b>The Chefs' Line</b>	Spanish	Judge Melissa Leong takes us inside the kitchen of top Melbourne Spanish restaurant, Anada. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-06-12	0600	<b>Indian Food Made Easy</b>	Kashmeri (Yorkshire)	Anjum travels to the multicultural town of Bradford in the north of England to meet and share recipes with the locals, including a rogan josh - a rich, hearty, meat and tomato curry.	UNITED KINGDOM	English-100		G	
2021-06-12	0630	<b>Martha Bakes</b>	West	From layer cake to upside-down cake, Martha shares four favourite recipes to add to your repertoire.	USA	English-100		G	
2021-06-12	0700	<b>Africa On A Plate</b>	Honoring Elders: M'hudi Wine's Diale Rangaka	Chef Lentswe Bhengu has been inspired by people from all walks of life and will share those stories and a meal during this Elders Month special.	USA	English-100	RPT	PG	
2021-06-12	0730	<b>Mary's Kitchen Crush</b>	Appy To Be Nominated	Mary transports her guests to Old Hollywood with retro-themed crab cakes and fondue at her annual award show screening party.	CANADA	English-100		PG	
2021-06-12	0800	<b>The Cook And The Chef</b>	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2021-06-12	0830	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Sausages	Jimmy and Jamie pitch British sausages against their German rivals, and Gwyneth Paltrow comes to the cafe to cook pasta with the boys and face a food fight of her own.	UNITED KINGDOM	English-100		PG	
2021-06-12	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-06-12	1030	<b>Pati's Mexican Table</b>	Baked	Baked egg casserole, salsa ranchera, dulce de leche and pecan cinnamon rolls and baked fruit mixiote.	USA	English-100		G	
2021-06-12	1100	<b>The Cook Up with Adam Liaw</b>	Broccolini	Adam Liaw is joined in The Cook Up kitchen by food writer and TV chef, Janelle Bloom and China Doll's Frank Shek to share their ideas on dishes that take broccolini to the next level.	AUSTRALIA	English-100			
2021-06-12	1130	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G	Y
2021-06-12	1240	<b>Mystery Diners</b>	Train Robbery	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	

2021-06-12	1305	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 2, The Ep 9	The three remaining families from the heat face a surprise challenge - preparing shepherd's pie - as they compete for a place in the upcoming playoff. Only two will make it through.	UNITED KINGDOM	English-100			G	
2021-06-12	1415	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 2, The Ep 10	The four winning families from the heats return to the kitchen to compete for a place in the finals, but whose ultimate treat night meal will wow the judges?	UNITED KINGDOM	English-100			G	
2021-06-12	1520	<b>Beautiful Baking With Juliet Sear</b>	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	
2021-06-12	1610	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 13	Adrian is sure to have you breathing fire with his Thai inspired marinated steak, bursting with south-east Asian flavour and heat.	AUSTRALIA	English-100			G	
2021-06-12	1640	<b>Secret Meat Business</b>	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100			G	
2021-06-12	1705	<b>Pacific Island Food Revolution</b>	Vanuatu	Join host Robert Oliver as he heads to beautiful Vanuatu to meet the new contestants. Which of the three teams will make it to the finals?	NEW ZEALAND	English-100			G	
2021-06-12	1800	<b>Adam Liaw's Road Trip For Good</b>	Tathra, Tallangatta & Kingscote	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100			PG	Y
2021-06-12	1830	<b>Heston's Feasts</b>	Gothic Feast	Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster, plus a graveyard dessert.	UNITED KINGDOM	English-100	RPT		PG	Y
2021-06-12	1930	<b>The Sweet Life With Elise Strachan</b>	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	
2021-06-12	2035	<b>Ainsley's Australian Market Menu</b>	Ainsley's Market Menu Series 1 Ep 4	Ainsley heads south to Tasmania to take in Hobart's famous Salamanca market. Known for its rich soil, clean air, pure water, and passionate growers, Ainsley's on a mission to find fresh produce.	AUSTRALIA	English-100	RPT		G	Y
2021-06-12	2130	<b>Hairy Bikers Northern Exposure</b>	Sweden Part 1, The North	Crossing the Arctic Circle into Lapland, the bikers cook with the Sami people who introduce them to the traditional techniques of smoking to cure meat, and manufacturing their own hunting knives.	UNITED KINGDOM	English-100			PG	
2021-06-12	2240	<b>Beautiful Baking With Juliet Sear</b>	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	
2021-06-12	2335	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 13	Adrian is sure to have you breathing fire with his Thai inspired marinated steak, bursting with south-east Asian flavour and heat.	AUSTRALIA	English-100			G	
2021-06-12	2405	<b>Secret Meat Business</b>	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100			G	
2021-06-12	2435	<b>Pacific Island Food Revolution</b>	Vanuatu	Join host Robert Oliver as he heads to beautiful Vanuatu to meet the new contestants. Which of the three teams will make it to the finals?	NEW ZEALAND	English-100			G	
2021-06-12	2530	<b>Adam Liaw's Road Trip For Good</b>	Tathra, Tallangatta & Kingscote	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100			PG	Y
2021-06-12	2600	<b>Heston's Feasts</b>	Gothic Feast	Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster, plus a graveyard dessert.	UNITED KINGDOM	English-100	RPT		PG	Y
2021-06-12	2700	<b>The Sweet Life With Elise Strachan</b>	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	
2021-06-12	2805	<b>Ainsley's Australian Market Menu</b>	Ainsley's Market Menu Series 1 Ep 4	Ainsley heads south to Tasmania to take in Hobart's famous Salamanca market. Known for its rich soil, clean air, pure water, and passionate growers, Ainsley's on a mission to find fresh produce.	AUSTRALIA	English-100	RPT		G	Y