



WEEK 25: Sunday, 14 June - Saturday, 20 June 2020 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-06-14	0500	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2020-06-14	0530	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G	
2020-06-14	0600	The Cook And The Chef	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G	
2020-06-14	0630	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 6	Freddie Flintoff and his friend, writer Rob Penn, hit the Australian road for the last time as they head to Cairns. Freddie serves up a final feast that they'll never forget - a bug banquet.	UNITED KINGDOM	English-100		PG	
2020-06-14	0730	Chef Exchange	Chef Exchange Series 2 Ep 1	Qu and Jock reunite for another exchange. Both lovers of street food, they first visit Shanghai to explore the food scene and bustling markets of the city to uncover unique, local ingredients.	AUSTRALIA	Chinese-50; English-50		G	
2020-06-14	0800	Chef Exchange	Chef Exchange Series 2 Ep 2	Qu and Jock are on a mission to explore the best of seafood in South Australia and Qingdao. Jock takes Qu on a road trip travelling along the scenic Limestone Coast beginning in Robe.	AUSTRALIA	Chinese-50; English-50		PG	
2020-06-14	0830	Chef Exchange	Chef Exchange Series 2 Ep 3	Qu and Jock are travelling along the Limestone Coast, beginning at the pristine Port Macdonnell to forage with a local Indigenous man.	AUSTRALIA	Chinese-50; English-50		PG	
2020-06-14	0900	Chef Exchange	Chef Exchange Series 2 Ep 4	Qu is invited to visit the Riverland region in South Australia - known not only as a "food bowl" but the largest wine production in South Australia.	AUSTRALIA	Chinese-50; English-50		G	
2020-06-14	0930	Kylie Kwong: Heart And Soul	Mothers And Daughters A Chinese Family	Kylie is inspired by her Shanghai travels to cook some family favourites but when her mum comes round it's clear she has her own way of doing things.	AUSTRALIA	English-100	RPT	G	Y
2020-06-14	1000	Kylie Kwong: My China	Home-Coming	Kylie returns to her great grandfather's ancestral home in Toishan village, Guangdong province.	AUSTRALIA	English-100	RPT	G	Y
2020-06-14	1030	Two Greedy Italians... Still Hungry	Calabria And Bambinone	Chefs Antonio Carluccio and Gennaro Contaldo return to Italy to discover how the country's food and culture have changed since they left more than 40 years ago.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-14	1135	Chef Exchange	Chef Exchange Series 2 Ep 5	Qu explores the Yorke Peninsula, foraging local produce and bringing to Clare to cook alongside Jock at Tim Adams vineyards. They are introduced to Tim Adams, a well-known local winemaker.	AUSTRALIA	Chinese-50; English-50		G	
2020-06-14	1205	Chef Exchange	Chef Exchange Series 2 Ep 6	Qu and Jock explore the cultural significance of local tea production in Lao Shan and the delicate flavours that could be introduced into cooking.	AUSTRALIA	Chinese-50; English-50		G	
2020-06-14	1235	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 6	Freddie Flintoff and his friend, writer Rob Penn, hit the Australian road for the last time as they head to Cairns. Freddie serves up a final feast that they'll never forget - a bug banquet.	UNITED KINGDOM	English-100		PG	
2020-06-14	1330	Lyndey Milan's Taste Of Ireland	County Galway	In County Galway, Lyndey joins walking historian Tony Kirby to learn the history of Famine Road before cooking a restorative Irish goat stew.	AUSTRALIA	English-100		G	
2020-06-14	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 4	Australian native and MasterChef UK presenter, John Torode, hosts Saturday Kitchen this week with help from two top British chefs, Vivek Singh and Elizabeth Allen.	UNITED KINGDOM	English-100		G	
2020-06-14	1500	Ask The Butcher	Lamb	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	

2020-06-14	1530	Ask The Butcher	Pork	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100			G	
2020-06-14	1600	Lyndey Milan's Baking Secrets	Heartwarmers	Lyndey is pulling at the heartstrings in this episode as she delves into some classic recipes, including the Australian classic Lamington, and giving them a Lyndey Milan shake-up.	AUSTRALIA	English-100			G	
2020-06-14	1630	Donal's Asian Baking Adventure	Singapore 1	Donal heads to Singapore, and begins his stay with tea, toast and kaya jam and a boiled egg at a traditional kopitiam cafe - a classic Singaporean breakfast.	SINGAPORE	English-100			G	
2020-06-14	1700	Martha Bakes	Midwest	Martha makes four regional classics meant for sharing - cherry pie, gooey butter cake, kranskekake, and navy bean pie.	USA	English-100			G	
2020-06-14	1730	Bake With Anna Olson	Chocolate Cake	Anna starts by teaching the fundamentals of chocolate cake when she prepares a classic Devil's Food cake. She then advances the lesson with a delicious Red Velvet cake that is sure to impress.	CANADA	English-100			G	
2020-06-14	1800	Jimmy Shu's Taste of The Territory	Taste Of The Top End	Jimmy is in the Darwin CBD, where he takes us into the kitchen of his own award winning restaurant Hanuman, that opened in 1992. Jimmy cooks one of his favourite dishes from his childhood.	AUSTRALIA	English-100			G	
2020-06-14	1830	Loving Gluten Free	Loving Gluten Free Series 1 Ep 2	Helen swaps out breadcrumbs for quinoa to make a favourite, crispy gluten free crumbed chicken. Wellness influencer Taline Gabrielian from Hippie Lane drops in for a visit to share a delicious salad.	AUSTRALIA				G	
2020-06-14	1900	Bonacini's Italy	Emilia Romagna	Michael delves into the Italian region of Emilia-Romagna to discover its iconic cuisine. He starts with mortadella mousse spread on fluffy Modena flatbreads, and tortellini in broth.	CANADA	English-100			PG	
2020-06-14	1930	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT		PG	Y
2020-06-14	2035	John Torode's Australia	John Torode's Australia Series 1 Ep 1	John kicks off his trip in Sydney where he catches up with an old friend, chef Neil Perry of Sydney's Rockpool Bar and Grill.	UNITED KINGDOM	English-100			PG	
2020-06-14	2130	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 2	Parveen showcases her recipe for spicy lamb burgers - her version of the infamous Chappli kebab.	UNITED KINGDOM	English-100			G	
2020-06-14	2230	Destination Flavour Down Under	Australia - Northern Territory	During a day out on the magnificent waters of Nitmiluk Gorge, Adam nets a barramundi, which he cooks up at a breathtaking spot in front of Edith Falls.	AUSTRALIA	English-100	RPT		G	Y
2020-06-14	2300	Comfort Eating	Essex	Nick decides to get out of his comfort zone and travels to rural Essex for a farm to fork experience. He grinds his own meat and invents his own brand of sausages.	UNITED KINGDOM	English-100			PG	
2020-06-14	2330	Bake With Anna Olson	Chocolate Cake	Anna starts by teaching the fundamentals of chocolate cake when she prepares a classic Devil's Food cake. She then advances the lesson with a delicious Red Velvet cake that is sure to impress.	CANADA	English-100			G	
2020-06-14	2400	Jimmy Shu's Taste of The Territory	Taste Of The Top End	Jimmy is in the Darwin CBD, where he takes us into the kitchen of his own award winning restaurant Hanuman, that opened in 1992. Jimmy cooks one of his favourite dishes from his childhood.	AUSTRALIA	English-100			G	
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2020-06-14	2530	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT		PG	Y
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2020-06-15	1335	Mercurio's Menu	Queensland's Gold Coast	Paul takes a taste adventure through the Gold Coast's Hinterland, where he meets a red hot tamale, learns the perfect way to enjoy excess fruit, and discovers a true passion for pasta.	AUSTRALIA	English-100		PG	
2020-06-15	1400	New Scandinavian Cooking	Journey To The North, A	Andreas visits the small community of Bulandet, a group of wind-blown islands in Western Norway. He goes fishing after saithe, summers most delicious fish.	NORWAY	English-100		G	
2020-06-15	1430	The Chefs' Line	Middle Eastern	Watch apprentice chef Pili from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, go up against four passionate home cooks in a classic Falafel battle.	AUSTRALIA	English-100	RPT	G	Y
2020-06-15	1500	Sarah Graham Cooks Cape Town	Ishay Govender	Saran and Ishay Govender prepare a lunch for fellow foodie blogger friends, featuring family recipes with global influences.	SOUTH AFRICA	English-100		G	
2020-06-15	1530	Pati's Mexican Table	Jose Andres Takes Over	Pati invites her good friend and celebrity chef, Jose Andres, to cook with her. They join forces in her kitchen to whip together a series of Mexican and Spanish influenced recipes.	USA	English-100		PG	

2020-06-15	1600	Great British Food Revival	Pears - Michel Roux Jr.	Michel gets passionate about British pears. The Victorians had more than 600 varieties from which to choose, but these days, people are presented with only a handful.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-15	1630	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100		G	
2020-06-15	1700	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G	
2020-06-15	1730	Martha Bakes	Homemade Doughnuts	Make the fryer your friend and delve into the depths of the donut to master crave-worthy classics like the jelly-filled doughnut, apple fritter, and sugary beignet.	USA	English-100		G	
2020-06-15	1800	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-15	1900	Nigella Feasts	Delicious Dinners	It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First up, there's speedy sake salmon.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-15	1930	Len And Ainsley's Big Food Adventure	East End	Ainsley takes Len to a family-run Vietnamese restaurant, where Len experiences his first authentic pho - an exciting noodle and beef soup. The boys also sample salt beef and jellied eel.	UNITED KINGDOM	English-100		PG	
2020-06-15	2030	Gordon Ramsay Seasonal Special	Festive Home Cooking	Gordon teaches us his favourite recipes for cracking the festive holidays - perfect eggs benedict for a brilliant brunch with friends, and mouth-wateringly delicious beef fillet with salsa verde.	UNITED KINGDOM	English-100		G	
2020-06-15	2130	Heston's Great British Food	Fish And Chips	Celebrity chef Heston Blumenthal is back with a brand new series where he explores the stories behind Britain's favourite dishes.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-15	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	AUSTRALIA	English-100	RPT	PG	Y
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2020-06-15	2430	Martha Bakes	Homemade Doughnuts	Make the fryer your friend and delve into the depths of the donut to master crave-worthy classics like the jelly-filled doughnut, apple fritter, and sugary beignet.	USA	English-100		G	
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2020-06-15	2530	BBQ Crawl	Heritage Hogs, Gullah Cuisine And Charcuterie	Danielle explores the farm-to-table movement in Charleston South Carolina. The Artisan Meat Share is a charcuterie and deli shop that takes leftover cuts of meat and cures them to be sold.	USA	English-100		PG	
2020-06-15	2600	BBQ Crawl	Custom Steak And Momma's Smoked Meatloaf	Danielle flies to Vegas in preparation for the World Food Championships, a contest she's never competed in before. Before the contest, Danielle explores the BBQ scene in Vegas.	USA	English-100		PG	
2020-06-15	2630	Len And Ainsley's Big Food Adventure	East End	Ainsley takes Len to a family-run Vietnamese restaurant, where Len experiences his first authentic pho - an exciting noodle and beef soup. The boys also sample salt beef and jellied eel.	UNITED KINGDOM	English-100		PG	
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2020-06-16	0500	Sarah Graham Cooks Cape Town	Ishay Govender	Saran and Ishay Govender prepare a lunch for fellow foodie blogger friends, featuring family recipes with global influences.	SOUTH AFRICA	English-100		G	
2020-06-16	0530	Pati's Mexican Table	Jose Andres Takes Over	Pati invites her good friend and celebrity chef, Jose Andres, to cook with her. They join forces in her kitchen to whip together a series of Mexican and Spanish influenced recipes.	USA	English-100		PG	
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2020-06-16	1230	Heston's Great British Food	Fish And Chips	Celebrity chef Heston Blumenthal is back with a brand new series where he explores the stories behind Britain's favourite dishes.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-16	1330	Mercurio's Menu	Yarra Valley, The	Paul tours the Yarra Valley, fast becoming known for its free range food and incredible local produce. With plenty of lovely local cheese and wine to savour, it's foodie heaven.	AUSTRALIA	English-100		G	
2020-06-16	1400	New Scandinavian Cooking	Eat Like The Vikings	Andreas travels by train through different climates and the mountainous heart of Norway, between Bergen and Oslo. He starts to prepare a travellers must, a shrimp sandwich inspired by Western Norway.	NORWAY	English-100		G	
2020-06-16	1430	The Chefs' Line	Middle Eastern	Watch station chef Sujana from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, go up against three passionate home cooks in the ultimate Sweet Pastry challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-06-16	1500	Sarah Graham Cooks Cape Town	Home Alone	Sarah is at home for a quiet evening with the kitchen all to herself, so it's time to make her favourites - fish cakes, and slow cooked chicken. She also gets ahead on some baking.	SOUTH AFRICA	English-100		G	
2020-06-16	1530	Pati's Mexican Table	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, and goes to the market for lunch.	USA	English-100		G	
2020-06-16	1600	Great British Food Revival	Peas - Ainsley Harriott	The common, or garden, pea inspires Ainsley Harriott to go on a mission to persuade people to choose fresh over frozen when peas are in season.	UNITED KINGDOM	English-100	RPT	G	Y

2020-06-16	1635	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G	
2020-06-16	1705	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G	
2020-06-16	1735	Martha Bakes	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100		G	
2020-06-16	1805	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-16	1900	Nigella Feasts	Fun Food	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-16	1930	Food Safari Water	Sea Treasures	Maeve explores some of the more unusual treasures of the water including the adored gastropod mollusc abalone, which fetches up to \$1300 a kilo and is a status present in the Chinese world.	AUSTRALIA	English-100	RPT	G	Y
2020-06-16	2000	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G	Y
2020-06-16	2030	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 7	Richo serves up a triple meat scotch egg, bacon and cheese popcorn, and his irresistible rocky road.	AUSTRALIA	English-100		G	
2020-06-16	2100	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 7	Chef Luke Nguyen visits the beachside town of Nha Trang, a coastal town abundant with fresh seafood - and prepares char grilled lobster right on the beach.	AUSTRALIA	English-100	RPT	G	Y
2020-06-16	2130	Heston's Great British Food	Roast Beef Dinner	Heston discovers the origins of the great British roast, before serving up a spectacular roast beef dinner to the people who make it possible - butchers and farmers.	UNITED KINGDOM	English-100	RPT	G	Y
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2020-06-16	2430	Martha Bakes	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100		G	
2020-06-16	2500	Nigella Feasts	Fun Food	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-16	2530	BBQ Crawl	World Food Championships, The	Danielle and her BBQ team visit John Mull's Roadkill Grill, a roadside BBQ restaurant with serious history in Nevada.	USA	English-100		PG	
2020-06-16	2600	New Scandinavian Cooking	Eat Like The Vikings	Andreas travels by train through different climates and the mountainous heart of Norway, between Bergen and Oslo. He starts to prepare a travellers must, a shrimp sandwich inspired by Western Norway.	NORWAY	English-100		G	
2020-06-16	2630	Food Safari Water	Sea Treasures	Maeve explores some of the more unusual treasures of the water including the adored gastropod mollusc abalone, which fetches up to \$1300 a kilo and is a status present in the Chinese world.	AUSTRALIA	English-100	RPT	G	Y
2020-06-16	2700	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G	Y

2020-06-16	2730	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 7	Richo serves up a triple meat scotch egg, bacon and cheese popcorn, and his irresistible rocky road.	AUSTRALIA	English-100		G	
2020-06-16	2800	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 7	Chef Luke Nguyen visits the beachside town of Nha Trang, a coastal town abundant with fresh seafood - and prepares char grilled lobster right on the beach.	AUSTRALIA	English-100	RPT	G	Y
2020-06-16	2830	The Chefs' Line	Middle Eastern	Watch station chef Sujan from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, go up against three passionate home cooks in the ultimate Sweet Pastry challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-06-17	0500	Sarah Graham Cooks Cape Town	Home Alone	Sarah is at home for a quiet evening with the kitchen all to herself, so it's time to make her favourites - fish cakes, and slow cooked chicken. She also gets ahead on some baking.	SOUTH AFRICA	English-100		G	
2020-06-17	0530	Pati's Mexican Table	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, and goes to the market for lunch.	USA	English-100		G	
2020-06-17	0600	Great British Food Revival	Peas - Ainsley Harriott	The common, or garden, pea inspires Ainsley Harriott to go on a mission to persuade people to choose fresh over frozen when peas are in season.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-17	0635	Mercurio's Menu	Yarra Valley, The	Paul tours the Yarra Valley, fast becoming known for its free range food and incredible local produce. With plenty of lovely local cheese and wine to savour, it's foodie heaven.	AUSTRALIA	English-100		G	
2020-06-17	0700	Martha Bakes	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100		G	
2020-06-17	0730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-17	0830	Nigella Feasts	Fun Food	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-17	0900	New Scandinavian Cooking	Eat Like The Vikings	Andreas travels by train through different climates and the mountainous heart of Norway, between Bergen and Oslo. He starts to prepare a travellers must, a shrimp sandwich inspired by Western Norway.	NORWAY	English-100		G	
2020-06-17	0930	The Chefs' Line	Middle Eastern	Watch station chef Sujan from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, go up against three passionate home cooks in the ultimate Sweet Pastry challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-06-17	1000	Sarah Graham Cooks Cape Town	Home Alone	Sarah is at home for a quiet evening with the kitchen all to herself, so it's time to make her favourites - fish cakes, and slow cooked chicken. She also gets ahead on some baking.	SOUTH AFRICA	English-100		G	
2020-06-17	1030	Food Safari Water	Sea Treasures	Maeve explores some of the more unusual treasures of the water including the adored gastropod mollusc abalone, which fetches up to \$1300 a kilo and is a status present in the Chinese world.	AUSTRALIA	English-100	RPT	G	Y
2020-06-17	1100	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G	Y
2020-06-17	1130	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 7	Richo serves up a triple meat scotch egg, bacon and cheese popcorn, and his irresistible rocky road.	AUSTRALIA	English-100		G	
2020-06-17	1200	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 7	Chef Luke Nguyen visits the beachside town of Nha Trang, a coastal town abundant with fresh seafood - and prepares char grilled lobster right on the beach.	AUSTRALIA	English-100	RPT	G	Y
2020-06-17	1230	Heston's Great British Food	Roast Beef Dinner	Heston discovers the origins of the great British roast, before serving up a spectacular roast beef dinner to the people who make it possible - butchers and farmers.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-17	1330	Mercurio's Menu	Sunshine Coast	With the surf and sun as a backdrop, Paul's going 'bananas' in pursuit of fabulous food on Queensland's Sunshine Coast.	AUSTRALIA	English-100		PG	

2020-06-17	1400	New Scandinavian Cooking	Northern Sea Passage	Andreas investigates what the sea and land can offer, while travelling north on the Norwegian Coastal Express.	NORWAY	English-100		G	
2020-06-17	1430	The Chefs' Line	Middle Eastern	Watch sous chef Everton from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, go up against two passionate home cooks in a bid to make the best Middle Eastern Fish dish.	AUSTRALIA	English-100	RPT	G	Y
2020-06-17	1500	Sarah Graham Cooks Cape Town	Stellenbosch	Rob's Aunt Sue and Uncle Chris are renowned for their annual potjie and paella New Year Cook Offs. The competition is fierce and the results delicious.	SOUTH AFRICA	English-100		G	
2020-06-17	1530	Pati's Mexican Table	History Of Oaxaca Cuisine	Pati takes viewers on a deep dive into the history of Oaxacan cuisine from its pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements.	USA	English-100		PG	
2020-06-17	1600	Great British Food Revival	Plums - Raymond Blanc	Raymond Blanc is only too aware that Britain has lost 65 percent of its plum orchards in the past 25 years. He is so passionate about locally grown produce, that he is planting his own orchard.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-17	1630	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G	
2020-06-17	1700	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G	
2020-06-17	1730	Martha Bakes	Sponge Cake	Spring into action with three sponge cake variations that will liven up any celebration. From rolling to layering, learn the basics behind a traditional sponge cake, and how you can transform it.	USA	English-100		G	
2020-06-17	1800	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-06-17	1900	Nigella Feasts	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-17	1930	On Country Kitchen	On Country Kitchen Series 2 Ep 3	Mark and Derek learn about the overabundance of sea urchin, and explore a new type of sustainable farming in Berrima. The boys also have a go at bee keeping.	AUSTRALIA	English-100	RPT	PG	
2020-06-17	2000	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 4	Inspired by his trip to France, Matthew Evans decides to add a couple of geese to his menagerie, and while picking them up off a local farmer, he notices a home-built smoker.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-17	2030	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 4	Peter Kuruvita mingles with a community of passionate local producers showcasing some of the finest and freshest produce in the region and visits some well-known loved faces of the Sunshine Coast.	AUSTRALIA	English-100	RPT	G	Y
2020-06-17	2100	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shows us how to perfect an irresistible slow-cooked beef brisket, along with a versatile Asian chilli jam and a delicious light and fluffy meringue.	AUSTRALIA	English-100		G	
2020-06-17	2130	Heston's Great British Food	Puddings	Heston takes on the classic British pudding, making one that looks like a hot dog, another involving a cow's udder, a Victorian sponge, and some custard with nice lumps for a change.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-17	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-06-17	2330	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G	
2020-06-17	2400	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G	
2020-06-17	2430	Martha Bakes	Sponge Cake	Spring into action with three sponge cake variations that will liven up any celebration. From rolling to layering, learn the basics behind a traditional sponge cake, and how you can transform it.	USA	English-100		G	

2020-06-17	2500	Nigella Feasts	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-17	2530	Mercurio's Menu	Sunshine Coast	With the surf and sun as a backdrop, Paul's going 'bananas' in pursuit of fabulous food on Queensland's Sunshine Coast.	AUSTRALIA	English-100		PG	
2020-06-17	2600	New Scandinavian Cooking	Northern Sea Passage	Andreas investigates what the sea and land can offer, while travelling north on the Norwegian Coastal Express.	NORWAY	English-100		G	
2020-06-17	2630	On Country Kitchen	On Country Kitchen Series 2 Ep 3	Mark and Derek learn about the overabundance of sea urchin, and explore a new type of sustainable farming in Berrima. The boys also have a go at bee keeping.	AUSTRALIA	English-100	RPT	PG	
2020-06-17	2700	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 4	Inspired by his trip to France, Matthew Evans decides to add a couple of geese to his menagerie, and while picking them up off a local farmer, he notices a home-built smoker.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-17	2730	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 4	Peter Kuruvita mingles with a community of passionate local producers showcasing some of the finest and freshest produce in the region and visits some well-known loved faces of the Sunshine Coast.	AUSTRALIA	English-100	RPT	G	Y
2020-06-17	2800	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shows us how to perfect an irresistible slow-cooked beef brisket, along with a versatile Asian chilli jam and a delicious light and fluffy meringue.	AUSTRALIA	English-100		G	
2020-06-17	2830	The Chefs' Line	Middle Eastern	Watch sous chef Everton from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, go up against two passionate home cooks in a bid to make the best Middle Eastern Fish dish.	AUSTRALIA	English-100	RPT	G	Y
2020-06-18	0500	Sarah Graham Cooks Cape Town	Stellenbosch	Rob's Aunt Sue and Uncle Chris are renowned for their annual potjie and paella New Year Cook Offs. The competition is fierce and the results delicious.	SOUTH AFRICA	English-100		G	
2020-06-18	0530	Pati's Mexican Table	History Of Oaxaca Cuisine	Pati takes viewers on a deep dive into the history of Oaxacan cuisine from its pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements.	USA	English-100		PG	
2020-06-18	0600	Great British Food Revival	Plums - Raymond Blanc	Raymond Blanc is only too aware that Britain has lost 65 percent of its plum orchards in the past 25 years. He is so passionate about locally grown produce, that he is planting his own orchard.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-18	0630	Mercurio's Menu	Sunshine Coast	With the surf and sun as a backdrop, Paul's going 'bananas' in pursuit of fabulous food on Queensland's Sunshine Coast.	AUSTRALIA	English-100		PG	
2020-06-18	0700	Martha Bakes	Sponge Cake	Spring into action with three sponge cake variations that will liven up any celebration. From rolling to layering, learn the basics behind a traditional sponge cake, and how you can transform it.	USA	English-100		G	
2020-06-18	0730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-06-18	0830	Nigella Feasts	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-18	0900	New Scandinavian Cooking	Northern Sea Passage	Andreas investigates what the sea and land can offer, while travelling north on the Norwegian Coastal Express.	NORWAY	English-100		G	
2020-06-18	0930	The Chefs' Line	Middle Eastern	Watch sous chef Everton from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, go up against two passionate home cooks in a bid to make the best Middle Eastern Fish dish.	AUSTRALIA	English-100	RPT	G	Y
2020-06-18	1000	Sarah Graham Cooks Cape Town	Stellenbosch	Rob's Aunt Sue and Uncle Chris are renowned for their annual potjie and paella New Year Cook Offs. The competition is fierce and the results delicious.	SOUTH AFRICA	English-100		G	
2020-06-18	1030	On Country Kitchen	On Country Kitchen Series 2 Ep 3	Mark and Derek learn about the overabundance of sea urchin, and explore a new type of sustainable farming in Berrima. The boys also have a go at bee keeping.	AUSTRALIA	English-100	RPT	PG	

2020-06-18	1100	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 4	Inspired by his trip to France, Matthew Evans decides to add a couple of geese to his menagerie, and while picking them up off a local farmer, he notices a home-built smoker.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-18	1130	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 4	Peter Kuruvita mingles with a community of passionate local producers showcasing some of the finest and freshest produce in the region and visits some well-known loved faces of the Sunshine Coast.	AUSTRALIA	English-100	RPT	G	Y
2020-06-18	1200	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna shows us how to perfect an irresistible slow-cooked beef brisket, along with a versatile Asian chilli jam and a delicious light and fluffy meringue.	AUSTRALIA	English-100		G	
2020-06-18	1230	Heston's Great British Food	Puddings	Heston takes on the classic British pudding, making one that looks like a hot dog, another involving a cow's udder, a Victorian sponge, and some custard with nice lumps for a change.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-18	1330	Mercurio's Menu	Victoria's High Country	Paul visits the home of Australia's high country cattlemen and The Man From Snowy River, seeking out free-range chickens, hand-picked olives, apples, and hazelnuts, plus some of the best beef around.	AUSTRALIA	English-100		PG	
2020-06-18	1400	New Scandinavian Cooking	Food For A Polar Expedition	Andreas goes on a polar expedition onboard Hurtigruten, and travels north along the beautiful and icy coastline of Norway. He visits the mountains of Northern Norway, where he cooks king crab.	NORWAY	English-100		G	
2020-06-18	1430	The Chefs' Line	Middle Eastern	Watch head chef and owner Michael Rantissi from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, face off against this week's final home cook, Sara.	AUSTRALIA	English-100	RPT	G	Y
2020-06-18	1500	Sarah Graham Cooks Cape Town	Saldanha Community Lunch	Sarah designs and cooks with local ingredients for a group of retired fishermen, using fresh fish and vegetables from the community.	SOUTH AFRICA	English-100		G	
2020-06-18	1530	Pati's Mexican Table	Queen In The Land Of Gods, A	Pati travels to the small town of Teotitlan de Valle to meet with one of the best cooks in Oaxaca, Abigail Mendoza.	USA	English-100		G	
2020-06-18	1600	Great British Food Revival	Rhubarb - Gregg Wallace	Gregg Wallace heads to the Rhubarb Triangle in Yorkshire to dig deeper into Britain's illustrious rhubarb heritage and find out why production has shrunk to a fraction of what it once was.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-18	1630	The Cook And The Chef	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G	
2020-06-18	1700	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2020-06-18	1730	Martha Bakes	Frangipane	Martha showcases the versatility of frangipane, playing with flavour and presentation in four outstanding recipes.	USA	English-100		G	
2020-06-18	1800	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-18	1900	Nigella Feasts	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-18	1930	Jimmy's Australian Food Adventure	First Settlers	Jimmy joins food expert Barbara Santich at a grand banquet to celebrate Australia's first cookbook, The Aristologist, while Italian immigrants Pat and Lina offer inspiration with new discoveries.	UNITED KINGDOM	English-100		PG	
2020-06-18	2000	Tom Kerridge's Best Ever Dishes	Weekend Specials	This episode is all about dishes for the weekend - when you've got a bit more time to enjoy being in the kitchen and cook yourself something extra special to share with family and friends.	UNITED KINGDOM	English-100		PG	
2020-06-18	2030	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	
2020-06-18	2100	Gino's Italian Escape	Bari	Italian chef Gino D'Acampo explores the intriguing region of Puglia where centuries old tradition meets modern day Italy. The region is world-famous for its olive oil.	UNITED KINGDOM	English-100		G	
2020-06-18	2130	Heston's Great British Food	Pies	Heston pays homage to British classic - the pie - and serves his pie banquet to a select group of British pie-makers, 100 feet in the air over the East End of London.	UNITED KINGDOM	English-100	RPT	PG	Y

2020-06-18	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-18	2330	The Cook And The Chef	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G	
2020-06-18	2400	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2020-06-18	2430	Martha Bakes	Frangipane	Martha showcases the versatility of frangipane, playing with flavour and presentation in four outstanding recipes.	USA	English-100		G	
2020-06-18	2500	Nigella Feasts	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT	G	Y
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2020-06-18	2600	New Scandinavian Cooking	Food For A Polar Expedition	Andreas goes on a polar expedition onboard Hurtigruten, and travels north along the beautiful and icy coastline of Norway. He visits the mountains of Northern Norway, where he cooks king crab.	NORWAY	English-100		G	
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2020-06-19	1200	Gino's Italian Escape	Bari	Italian chef Gino D'Acampo explores the intriguing region of Puglia where centuries old tradition meets modern day Italy. The region is world-famous for its olive oil.	UNITED KINGDOM	English-100		G	
2020-06-19	1230	Heston's Great British Food	Pies	Heston pays homage to British classic - the pie - and serves his pie banquet to a select group of British pie-makers, 100 feet in the air over the East End of London.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-06-19	1330	Mercurio's Menu	Townsville Queensland	Paul goes topless in the tropical paradise of Townsville to fish for barramundi and prawns. He enjoys some uniquely flavoured ice-creams, and finds out why sugar means big business in these parts.	AUSTRALIA	English-100		G	
2020-06-19	1400	New Scandinavian Cooking	Whole Salmon, A	Andreas shows how to make his favourite salmon dish using a whole fish, before he discloses his secret family waffle recipe.	NORWAY	English-100		PG	
2020-06-19	1430	The Chefs' Line	Middle Eastern	Judge Melissa Leong takes us inside the kitchen of from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen. Melissa and the chefs line will reminisce about the week.	AUSTRALIA	English-100	RPT	G	Y
2020-06-19	1500	Sarah Graham Cooks Cape Town	Rob's 30th Party	In celebration of husband Rob's 30th Birthday, Sarah collaborates with celebrity chef Neill Anthony to design a dinner party that fuses childhood food nostalgia with gourmet influences.	SOUTH AFRICA	English-100		G	
2020-06-19	1530	Pati's Mexican Table	Mezcal Trail, The	Pati takes a drive to a region in Oaxaca known for producing some of the best mezcal in all of Mexico. She meets the producer of a small family-run operation and learns how mezcal is made.	USA	English-100		G	
2020-06-19	1600	Great British Food Revival	British Garlic - Clarissa Dickson Wright	Clarissa is determined to explode the myth that garlic is 'foreign' and wants to spread the message that it is as British as ham and eggs.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-19	1630	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100		G	
2020-06-19	1700	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G	
2020-06-19	1730	Martha Bakes	White Bread	Conquer white bread with Martha who breaks down the basics, as well as sweet and savoury variations.	USA	English-100		G	
2020-06-19	1800	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-19	1900	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-19	1930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 17	Paul joins the lads of the Clifton Chilli Club in eating some of Britain's hottest chillies for his cornbread pies, and creates delicate sugar flowers with Peggy Porschen.	UNITED KINGDOM	English-100		PG	

2020-06-19	2030	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
2020-06-19	2135	Heston's Great British Food	Curry	Heston does his own take on chicken tikka masala with whole poussins injected with tikka marinade and stuffed with tikka masala, accompanied by his own lager, 'beeryani'.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-19	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-19	2330	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100		G	
2020-06-19	2400	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G	
2020-06-19	2430	Martha Bakes	White Bread	Conquer white bread with Martha who breaks down the basics, as well as sweet and savoury variations.	USA	English-100		G	
2020-06-19	2500	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-19	2530	Mercurio's Menu	Townsville Queensland	Paul goes topless in the tropical paradise of Townsville to fish for barramundi and prawns. He enjoys some uniquely flavoured ice-creams, and finds out why sugar means big business in these parts.	AUSTRALIA	English-100		G	
2020-06-19	2600	New Scandinavian Cooking	Whole Salmon, A	Andreas shows how to make his favourite salmon dish using a whole fish, before he discloses his secret family waffle recipe.	NORWAY	English-100		PG	
2020-06-19	2630	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 17	Paul joins the lads of the Clifton Chilli Club in eating some of Britain's hottest chillies for his cornbread pies, and creates delicate sugar flowers with Peggy Porschen.	UNITED KINGDOM	English-100		PG	
2020-06-19	2730	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
2020-06-19	2835	The Chefs' Line	Middle Eastern	Judge Melissa Leong takes us inside the kitchen of from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen. Melissa and the chefs line will reminisce about the week.	AUSTRALIA	English-100	RPT	G	Y
2020-06-20	0500	Sarah Graham Cooks Cape Town	Rob's 30th Party	In celebration of husband Rob's 30th Birthday, Sarah collaborates with celebrity chef Neill Anthony to design a dinner party that fuses childhood food nostalgia with gourmet influences.	SOUTH AFRICA	English-100		G	
2020-06-20	0530	Pati's Mexican Table	Mezcal Trail, The	Pati takes a drive to a region in Oaxaca known for producing some of the best mezcal in all of Mexico. She meets the producer of a small family-run operation and learns how mezcal is made.	USA	English-100		G	
2020-06-20	0600	Great British Food Revival	British Garlic - Clarissa Dickson Wright	Clarissa is determined to explode the myth that garlic is 'foreign' and wants to spread the message that it is as British as ham and eggs.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-20	0630	Mercurio's Menu	Townsville Queensland	Paul goes topless in the tropical paradise of Townsville to fish for barramundi and prawns. He enjoys some uniquely flavoured ice-creams, and finds out why sugar means big business in these parts.	AUSTRALIA	English-100		G	
2020-06-20	0700	Martha Bakes	White Bread	Conquer white bread with Martha who breaks down the basics, as well as sweet and savoury variations.	USA	English-100		G	
2020-06-20	0730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-20	0830	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y

2020-06-20	0900	New Scandinavian Cooking	Whole Salmon, A	Andreas shows how to make his favourite salmon dish using a whole fish, before he discloses his secret family waffle recipe.	NORWAY	English-100		PG	
2020-06-20	0930	The Chefs' Line	Middle Eastern	Judge Melissa Leong takes us inside the kitchen of from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen. Melissa and the chefs line will reminisce about the week.	AUSTRALIA	English-100	RPT	G	Y
2020-06-20	1000	Sarah Graham Cooks Cape Town	Rob's 30th Party	In celebration of husband Rob's 30th Birthday, Sarah collaborates with celebrity chef Neill Anthony to design a dinner party that fuses childhood food nostalgia with gourmet influences.	SOUTH AFRICA	English-100		G	
2020-06-20	1030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 17	Paul joins the lads of the Clifton Chilli Club in eating some of Britain's hottest chillies for his cornbread pies, and creates delicate sugar flowers with Peggy Porschen.	UNITED KINGDOM	English-100		PG	
2020-06-20	1130	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
2020-06-20	1235	Heston's Great British Food	Curry	Heston does his own take on chicken tikka masala with whole poussins injected with tikka marinade and stuffed with tikka masala, accompanied by his own lager, 'beeryani'.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-20	1330	Great British Food Revival	British Garlic - Clarissa Dickson Wright	Clarissa is determined to explode the myth that garlic is 'foreign' and wants to spread the message that it is as British as ham and eggs.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-20	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 5	Bimingham's original Michelin starred chef, Glynn Purnell, hosts Saturday Kitchen this week with help from some top chefs including Nadyia Hussain and Michelin starred Daniel Galmiche.	UNITED KINGDOM	English-100		G	
2020-06-20	1500	Ask The Butcher	Game	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	
2020-06-20	1530	Ask The Butcher	Cured Meats	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	
2020-06-20	1600	The Cook And The Chef	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100		G	
2020-06-20	1630	The Cook And The Chef	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G	
2020-06-20	1700	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	
2020-06-20	1730	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
2020-06-20	1835	Lyndey Milan's Taste Of Ireland	County Dublin	In Dublin, there's a taste of seafood and a swim in the sea when Lyndey visits old friends in the nearby harbour of Howth.	AUSTRALIA	English-100		G	
2020-06-20	1900	Lyndey Milan's Taste Of Ireland	Back At Home	After weeks of rolling emerald hills, idiosyncratic Irish characters, and stunning Irish produce, Lyndey arrives home brimming with new recipe ideas, and cooks up a feast for her friends.	AUSTRALIA	English-100		G	
2020-06-20	1930	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 4	Bread is sacred in Italy, it's there at almost every family meal and should never be wasted. Silvia shares three delicious ways to repurpose leftover bread, starting with a rustic orecchiette pasta.	AUSTRALIA			G	
2020-06-20	2000	Poh & Co.	Poh & Co. Series 2 Ep 4	Poh and her bestie Sarah create three unique ice cream flavours and go on a road trip in an attempt to break into the ice cream business.	AUSTRALIA	English-100	RPT	G	Y
2020-06-20	2030	Kylie Kwong: My China	Hong Kong	Kylie continues her search for culinary traditions in the familiar surroundings of Hong Kong, and she works her way through a speakeasy.	AUSTRALIA	English-100	RPT	G	Y

2020-06-20	2100	Kylie Kwong: My China	Fujian Province	Kylie works her way to the Fujian province and the south coast of China. The region is the ancestral homeland of millions of overseas Chinese of Southeast Asia.	AUSTRALIA	English-100	RPT	G	Y
2020-06-20	2130	Two Greedy Italians... Still Hungry	Liguria And La Bella Figura	Chefs Antonio and Gennaro explore how Italy's social history has created a culture of admiration for superficial accoutrements in the showbiz port of Portofino.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-20	2235	Destination Flavour Down Under	Australia - Queensland	It is one tropical surprise after another when Adam takes to the road around Rockhampton, beginning his trip at a petrol station known for making the best crab sandwiches in QLD.	AUSTRALIA	English-100	RPT	G	Y
2020-06-20	2305	Comfort Eating	Soho	Nick is in his spiritual home of Soho for a fried chicken breakfast with comedian Lloyd Griffith. Then it's onto his favourite ramen bar - Bone Daddies.	UNITED KINGDOM	English-100		PG	
2020-06-20	2330	Flintoff's Great British Road Trip	Yorkshire	Fred and Rob set off for Billingsgate fish market to stock up with top quality fish. With the van full of fish the boys are still woefully unprepared for their first cook at Yorkshire's Bolton Abbey.	UNITED KINGDOM	English-100		PG	
2020-06-20	2430	Lyndey Milan's Taste Of Ireland	County Dublin	In Dublin, there's a taste of seafood and a swim in the sea when Lyndey visits old friends in the nearby harbour of Howth.	AUSTRALIA	English-100		G	
2020-06-20	2500	Lyndey Milan's Taste Of Ireland	Back At Home	After weeks of rolling emerald hills, idiosyncratic Irish characters, and stunning Irish produce, Lyndey arrives home brimming with new recipe ideas, and cooks up a feast for her friends.	AUSTRALIA	English-100		G	
2020-06-20	2530	Cheese Slices	Ireland	Ireland's history of making cheese dates back to ancient Celtic times. Will explores the spectacularly rugged west coast of Ireland to try some of the more unusual cheese varieties.	AUSTRALIA	English-100		G	
2020-06-20	2600	Cheese Slices	Roquefort	With a fascinating history that dates back to Roman times, the importance of Roquefort cheese cannot be underestimated. Will visits a typical dairy to look at a unique breed of milking ewes.	AUSTRALIA	English-100		G	
2020-06-20	2630	Kylie Kwong: My China	Hong Kong	Kylie continues her search for culinary traditions in the familiar surroundings of Hong Kong, and she works her way through a speakeasy.	AUSTRALIA	English-100	RPT	G	Y
2020-06-20	2700	Kylie Kwong: My China	Fujian Province	Kylie works her way to the Fujian province and the south coast of China. The region is the ancestral homeland of millions of overseas Chinese of Southeast Asia.	AUSTRALIA	English-100	RPT	G	Y
2020-06-20	2730	Two Greedy Italians... Still Hungry	Liguria And La Bella Figura	Chefs Antonio and Gennaro explore how Italy's social history has created a culture of admiration for superficial accoutrements in the showbiz port of Portofino.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-20	2830	Destination Flavour Down Under	Australia - Queensland	It is one tropical surprise after another when Adam takes to the road around Rockhampton, beginning his trip at a petrol station known for making the best crab sandwiches in QLD.	AUSTRALIA	English-100	RPT	G	Y