



**WEEK 25: Sunday, 13 June - Saturday, 19 June 2021 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2021-06-13	0500	<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	RPT	G	
2021-06-13	0530	<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	RPT	PG	
2021-06-13	0640	<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	RPT	G	
2021-06-13	0730	<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	RPT	G	
2021-06-13	0800	<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	RPT	G	
2021-06-13	0830	<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	RPT	G	
2021-06-13	0930	<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	RPT	PG	Y
2021-06-13	1000	<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
2021-06-13	1100	<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	RPT	G	
2021-06-13	1205	<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
2021-06-13	1300	<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	RPT	PG	
2021-06-13	1410	<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	RPT	PG	
2021-06-13	1440	<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	RPT	PG	
2021-06-13	1510	<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	RPT	PG	
2021-06-13	1535	<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	RPT	PG	



2021-06-13	1605	<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			PG	
2021-06-13	1635	<b>The Cook And The Chef</b>	Pears	It's pear season and whether you like them crunchy, ripe, baked, poached, or even grilled, Maggie and Simon have something to please.	AUSTRALIA	English-100	RPT		G	
2021-06-13	1705	<b>The Cook And The Chef</b>	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest.	AUSTRALIA	English-100	RPT		G	
2021-06-13	1735	<b>Gordon Ramsay Uncharted</b>	Alaska	In the harsh conditions of southeast Alaska, Gordon learns how locals have adapted over the years to create their delicious local cuisine.	UNITED KINGDOM	English-100	RPT		PG	
2021-06-13	1830	<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	RPT		PG	
2021-06-13	1900	<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	RPT		PG	
2021-06-13	1930	<b>Made In Britain</b>	Made In Britain Series 1 Ep 3	John Prescott visits two factories who have kept the secret recipes of their iconic products closely guarded for centuries - Lea and Perrins Worcestershire sauce, and Soreen's malt loaf.	UNITED KINGDOM	English-100	RPT		G	
2021-06-13	2025	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT		G	Y
2021-06-13	2030	<b>Rick Stein's Long Weekends</b>	Thessaloniki	Rick's off to the North-eastern Greek city of Thessaloniki, nestling on the northern shores of the Aegean Sea. The city is revered as the gourmet capital of Greece.	UNITED KINGDOM	English-100	RPT		PG	
2021-06-13	2140	<b>Amazing Wedding Cakes</b>	Amazing Wedding Cakes Series 4 Ep 9	Christopher designs a towering cake of burgundy and gold with hundreds of flowers. In Ohio a Moroccan cake features 24-karat gold and a plump pillow holding a diamond.	USA	English-100	RPT		PG	
2021-06-13	2235	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 2 Ep 2	Peter continues his journey along the Margaret River meeting with artisanal producers and learning their craft. He starts at the famed Margaret River Farmers Markets before stepping back in time.	AUSTRALIA	English-100	RPT		G	Y
2021-06-13	2300	<b>The Cook And The Chef</b>	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest.	AUSTRALIA	English-100	RPT		G	
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2021-06-13	2425	<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	
2021-06-13	2430	<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	RPT		PG	
2021-06-13	2500	<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	RPT		PG	
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2021-06-14	1330	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai, and Turkish delights in Melbourne.	AUSTRALIA	English-100	RPT	G	Y
2021-06-14	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 39	Matt create a delicious Teriyaki tofu stir fry, and Courtney and Matt share a fast and furious recipe - zucchini carbonara.	AUSTRALIA	English-100	RPT	PG	

2021-06-14	1430	<b>Pati's Mexican Table</b>	Backyard Picnic	The season four finale features a sandwich with chicken, refried beans, plantain and avocado, potato and poblano rajas salad, mango puff, and grapefruit and guava spritzer.	USA	English-100	RPT	G	
2021-06-14	1500	<b>The Chefs' Line</b>	Vietnamese	Home cooks try to outcook an entire chefs' line, to prove that passion can beat professionals. Apprentice chef Vincent from modern Vietnamese restaurant Dandelion goes up against four home cooks.	AUSTRALIA	English-50; Vietnamese-50	RPT	G	Y
2021-06-14	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 1	Lidia demystifies the cooking of duck as she prepares her crispy roasted version with rice and lentils, and an almond cake for dessert.	USA	English-100	RPT	G	
2021-06-14	1600	<b>Martha Bakes</b>	Great Lakes	Martha prepares impressively simple regional favourites - Belgian rice pie, blitz torte, and sugar cream pie.	USA	English-100	RPT	G	
2021-06-14	1630	<b>The Great Australian Cookbook</b>	Matt Moran & Rayleen Brown	Food icon, Matt Moran cooks the perfect BBQ of prawns and pan-fried barramundi with raw zucchini salad and Indigenous trailblazer, Rayleen Brown shares her recipe for a bush fruit Christmas cake.	AUSTRALIA	English-100	RPT	PG	
2021-06-14	1700	<b>Africa On A Plate</b>	Tanzania: Zanzibar	Lentswe learns that even though Zanzibar is part of Tanzania, its cuisine is uniquely its own - a fusion of Zanzibari and Mediterranean.	USA	English-100	RPT	G	
2021-06-14	1730	<b>The Cook And The Chef</b>	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100	RPT	G	
2021-06-14	1800	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Desserts	Jimmy and Jamie want to see if British puds can beat Italian desserts. Jonathan Ross pops into the cafe to cook an extra-special bread and butter pudding with the boys.	UNITED KINGDOM	English-100	RPT	G	
2021-06-14	1855	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-14	1900	<b>The Cook Up with Adam Liaw</b>	Sponge	Food icon and writer Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden join Adam Liaw in The Cook Up kitchen to share their best renditions of the classic sponge cake.	AUSTRALIA	English-100		PG	
2021-06-14	1930	<b>Asia Unplated With Diana Chan</b>	Thai	Thai food is on the menu so Diana enlists the help of mentor and Thai food enthusiast, Gary Mehigan, who is an expert at striking the balance of salty, sweet and sour.	AUSTRALIA	English-100	RPT	G	
2021-06-14	2000	<b>John Torode's Asia</b>	Amritsar	John Torode is in the holy city of Amritsar in the Punjab region of northern India, only a few miles from the border with Pakistan, where his first outing takes him to the Golden Temple.	UNITED KINGDOM	English-100	RPT	G	
2021-06-14	2030	<b>Hairy Biker's Route 66</b>	Hairy Biker's Route 66 Series 1 Ep 4	The fourth leg of the bikers epic adventure runs from Amarillo, Texas to Albuquerque, New Mexico and gives a real insight into small independently owned restaurants and food producers.	UNITED KINGDOM	English-100		PG	
2021-06-14	2130	<b>Mystery Diners</b>	Dusting For Prints	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	
2021-06-14	2200	<b>The Cook Up with Adam Liaw</b>	Sponge	Food icon and writer Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden join Adam Liaw in The Cook Up kitchen to share their best renditions of the classic sponge cake.	AUSTRALIA	English-100	RPT	PG	
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2021-06-14	2300	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Desserts	Jimmy and Jamie want to see if British puds can beat Italian desserts. Jonathan Ross pops into the cafe to cook an extra-special bread and butter pudding with the boys.	UNITED KINGDOM	English-100	RPT	G	
2021-06-14	2355	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-14	2400	<b>The Chefs' Line</b>	Vietnamese	Home cooks try to outcook an entire chefs' line, to prove that passion can beat professionals. Apprentice chef Vincent from modern Vietnamese restaurant Dandelion goes up against four home cooks.	AUSTRALIA	English-50; Vietnamese-50	RPT	G	Y



2021-06-14	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 11	Chat and chopping from Blue Peter presenter Gethin Jones and England rugby player Dan Scarborough, as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-06-14	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		RPT	G	Y
2021-06-14	2530	<b>Asia Unplated With Diana Chan</b>	Thai	Thai food is on the menu so Diana enlists the help of mentor and Thai food enthusiast, Gary Mehigan, who is an expert at striking the balance of salty, sweet and sour.	AUSTRALIA	English-100	RPT	G	
2021-06-14	2600	<b>John Torode's Asia</b>	Amritsar	John Torode is in the holy city of Amritsar in the Punjab region of northern India, only a few miles from the border with Pakistan, where his first outing takes him to the Golden Temple.	UNITED KINGDOM	English-100	RPT	G	
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2021-06-14	2730	<b>Mystery Diners</b>	Dusting For Prints	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	RPT	PG	
2021-06-14	2800	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai, and Turkish delights in Melbourne.	AUSTRALIA	English-100	RPT	G	Y
2021-06-14	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 39	Matt create a delicious Teriyaki tofu stir fry, and Courtney and Matt share a fast and furious recipe - zucchini carbonara.	AUSTRALIA	English-100	RPT	PG	
2021-06-15	0500	<b>Pati's Mexican Table</b>	Backyard Picnic	The season four finale features a sandwich with chicken, refried beans, plantain and avocado, potato and poblano rajas salad, mango puff, and grapefruit and guava spritzer.	USA	English-100	RPT	G	
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2021-06-15	0600	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 1	Lidia demystifies the cooking of duck as she prepares her crispy roasted version with rice and lentils, and an almond cake for dessert.	USA	English-100	RPT	G	
2021-06-15	0630	<b>Martha Bakes</b>	Great Lakes	Martha prepares impressively simple regional favourites - Belgian rice pie, blitz torte, and sugar cream pie.	USA	English-100	RPT	G	
2021-06-15	0700	<b>The Great Australian Cookbook</b>	Matt Moran & Rayleen Brown	Food icon, Matt Moran cooks the perfect BBQ of prawns and pan-fried barramundi with raw zucchini salad and Indigenous trailblazer, Rayleen Brown shares her recipe for a bush fruit Christmas cake.	AUSTRALIA	English-100	RPT	PG	
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2021-06-15	0830	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Desserts	Jimmy and Jamie want to see if British puds can beat Italian desserts. Jonathan Ross pops into the cafe to cook an extra-special bread and butter pudding with the boys.	UNITED KINGDOM	English-100	RPT	G	
2021-06-15	0925	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
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2021-06-15	1230	<b>Mystery Diners</b>	Dusting For Prints	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	RPT	PG	
2021-06-15	1300	<b>The Cook And The Chef</b>	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100	RPT	G	
2021-06-15	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, wild barramundi in the Gulf of Carpentaria, Thai food in Kings Cross, and Greek food in SA.	AUSTRALIA	English-100	RPT	G	Y
2021-06-15	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 40	Guest Olivia Wells from the Blue Ribbon Foundation joins Matt and together they cook up a one-pan Mexican quinoa, while Michael makes a blueberry breakfast jar.	AUSTRALIA	English-100	RPT	G	
2021-06-15	1430	<b>Pati's Mexican Table</b>	Chachi's Champoton Kitchen	Pati's in the coastal city of Champoton with her friend Chachi. She learns the secrets behind the area's most prized dishes - pibi pollo, a gigantic tamal cooked underground, and pan de cazon.	USA	English-100	RPT	G	
2021-06-15	1500	<b>The Chefs' Line</b>	Vietnamese	Next in the chefs' line is station chef Tam, from modern Vietnamese restaurant Dandelion. Tam and three passionate home cooks engage in a culinary battle to make it to the end of the chefs' line.	AUSTRALIA	English-100	RPT	G	Y
2021-06-15	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 2	Lidia explores the realm of simple rice dishes. She visits the picturesque Principato de Lucedio rice farm and learns both the traditional and modern methods of harvesting rice.	USA	English-100	RPT	G	
2021-06-15	1600	<b>Martha Bakes</b>	Updated Classics	Martha shows how to replace typical ingredients with wholesome substitutes in three updated classics - rhubarb and raspberry rye crisps, buttermilk barley biscuits, and a spelt layer cake.	USA	English-100	RPT	G	
2021-06-15	1630	<b>The Great Australian Cookbook</b>	Evelyn & Victor Liong And Nick Holloway	Siblings Victor and Evelyn Liong, of Lee Ho Fook, share their take on sweet and sour pork, while Nick Holloway cooks wood-roasted reef fish with pineapple curry.	AUSTRALIA	English-100	RPT	PG	
2021-06-15	1700	<b>Africa On A Plate</b>	Tanzania: Stone Town 2	Chef Lentswe Bhengu visits Stone Town, Zanzibar to learn about the unique spices found on this beautiful coastal island.	USA	English-100	RPT	G	
2021-06-15	1730	<b>The Cook And The Chef</b>	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100	RPT	G	
2021-06-15	1800	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Beer	Jimmy and Jamie want to see if they can beat the Belgians at their own game - by making a better beer. Jamie and Jimmy set off to find a new generation of artisan beer makers.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-15	1855	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-15	1900	<b>The Cook Up with Adam Liaw</b>	Broccoli	Every Night of the Week's Lucy Tweed and owner of Woodcut restaurant Ross Lusted chat to Adam Liaw in The Cook Up kitchen about all things broccoli.	AUSTRALIA	English-100	RPT	PG	
2021-06-15	1930	<b>Food Safari</b>	English	Maeve O'Meara explores the intricacies and etiquette of English food from a perfect afternoon tea to good old fish and chips. Maeve also talks to top Sydney chef Matthew Kemp.	AUSTRALIA	English-100	RPT	G	Y
2021-06-15	2000	<b>David Rocco's Dolce South East Asia</b>	Singapore	Savid heads to Singapore - a truly diverse place where you can find just about any kind of food and the opportunity for a better life is available for all.	CANADA	English-100		PG	

2021-06-15	2030	<b>Jamie's Kitchen</b>	Jamie's Kitchen Series 1 Ep 2	The successful 15 cooks are announced to a mixed reaction - jubilation and tears. Training begins for the 15 finalists, where they begin to learn the basics. It's long hours and hard work.	UNITED KINGDOM	English-100		PG	
2021-06-15	2130	<b>Mystery Diners</b>	Partner Problems	Former client Jaime contacts Charles to help determine if he should invest in a failing California restaurant. Mystery Diners Kendall and Kiel discover the current owner is't being honest.	USA	English-100		PG	
2021-06-15	2200	<b>The Cook Up with Adam Liaw</b>	Broccoli	Every Night of the Week's Lucy Tweed and owner of Woodcut restaurant Ross Lusted chat to Adam Liaw in The Cook Up kitchen about all things broccoli.	AUSTRALIA	English-100	RPT	PG	
2021-06-15	2230	<b>The Cook And The Chef</b>	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100	RPT	G	
2021-06-15	2300	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Beer	Jimmy and Jamie want to see if they can beat the Belgians at their own game - by making a better beer. Jamie and Jimmy set off to find a new generation of artisan beer makers.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-15	2355	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-15	2400	<b>The Chefs' Line</b>	Vietnamese	Next in the chefs' line is station chef Tam, from modern Vietnamese restaurant Dandelion. Tam and three passionate home cooks engage in a culinary battle to make it to the end of the chefs' line.	AUSTRALIA	English-100	RPT	G	Y
2021-06-15	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 12	There's fancy footwork in the kitchen today from ballroom dancer Anton du Beke and his Strictly Come Dancing partner Kate Garraway, as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-06-15	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
2021-06-15	2530	<b>Food Safari</b>	English	Maeve O'Meara explores the intricacies and etiquette of English food from a perfect afternoon tea to good old fish and chips. Maeve also talks to top Sydney chef Matthew Kemp.	AUSTRALIA	English-100	RPT	G	Y
2021-06-15	2600	<b>David Rocco's Dolce South East Asia</b>	Singapore	Savid heads to Singapore - a truly diverse place where you can find just about any kind of food and the opportunity for a better life is available for all.	CANADA	English-100	RPT	PG	
2021-06-15	2630	<b>Jamie's Kitchen</b>	Jamie's Kitchen Series 1 Ep 2	The successful 15 cooks are announced to a mixed reaction - jubilation and tears. Training begins for the 15 finalists, where they begin to learn the basics. It's long hours and hard work.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-15	2730	<b>Mystery Diners</b>	Partner Problems	Former client Jaime contacts Charles to help determine if he should invest in a failing California restaurant. Mystery Diners Kendall and Kiel discover the current owner is't being honest.	USA	English-100	RPT	PG	
2021-06-15	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, wild barramundi in the Gulf of Carpentaria, Thai food in Kings Cross, and Greek food in SA.	AUSTRALIA	English-100	RPT	G	Y
2021-06-15	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 40	Guest Olivia Wells from the Blue Ribbon Foundation joins Matt and together they cook up a one-pan Mexican quinoa, while Michael makes a blueberry breakfast jar.	AUSTRALIA	English-100	RPT	G	
2021-06-16	0500	<b>Pati's Mexican Table</b>	Chachi's Champoton Kitchen	Pati's in the coastal city of Champoton with her friend Chachi. She learns the secrets behind the area's most prized dishes - pibi pollo, a gigantic tamal cooked underground, and pan de cazon.	USA	English-100	RPT	G	
2021-06-16	0530	<b>The Chefs' Line</b>	Vietnamese	Next in the chefs' line is station chef Tam, from modern Vietnamese restaurant Dandelion. Tam and three passionate home cooks engage in a culinary battle to make it to the end of the chefs' line.	AUSTRALIA	English-100	RPT	G	Y
2021-06-16	0600	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 2	Lidia explores the realm of simple rice dishes. She visits the picturesque Principato de Lucedio rice farm and learns both the traditional and modern methods of harvesting rice.	USA	English-100	RPT	G	
2021-06-16	0630	<b>Martha Bakes</b>	Updated Classics	Martha shows how to replace typical ingredients with wholesome substitutes in three updated classics - rhubarb and raspberry rye crisps, buttermilk barley biscuits, and a spelt layer cake.	USA	English-100	RPT	G	



2021-06-16	0700	<b>The Great Australian Cookbook</b>	Evelyn & Victor Liong And Nick Holloway	Siblings Victor and Evelyn Liong, of Lee Ho Fook, share their take on sweet and sour pork, while Nick Holloway cooks wood-roasted reef fish with pineapple curry.	AUSTRALIA	English-100	RPT	PG	
2021-06-16	0730	<b>Africa On A Plate</b>	Tanzania: Stone Town 2	Chef Lentswe Bhengu visits Stone Town, Zanzibar to learn about the unique spices found on this beautiful coastal island.	USA	English-100	RPT	G	
2021-06-16	0800	<b>The Cook And The Chef</b>	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100	RPT	G	
2021-06-16	0830	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Beer	Jimmy and Jamie want to see if they can beat the Belgians at their own game - by making a better beer. Jamie and Jimmy set off to find a new generation of artisan beer makers.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-16	0925	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-16	0930	<b>Food Safari</b>	English	Maeve O'Meara explores the intricacies and etiquette of English food from a perfect afternoon tea to good old fish and chips. Maeve also talks to top Sydney chef Matthew Kemp.	AUSTRALIA	English-100	RPT	G	Y
2021-06-16	1000	<b>David Rocco's Dolce South East Asia</b>	Singapore	Savid heads to Singapore - a truly diverse place where you can find just about any kind of food and the opportunity for a better life is available for all.	CANADA	English-100	RPT	PG	
2021-06-16	1030	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 2	Lidia explores the realm of simple rice dishes. She visits the picturesque Principato de Lucedio rice farm and learns both the traditional and modern methods of harvesting rice.	USA	English-100	RPT	G	
2021-06-16	1100	<b>The Cook Up with Adam Liaw</b>	Broccoli	Every Night of the Week's Lucy Tweed and owner of Woodcut restaurant Ross Lusted chat to Adam Liaw in The Cook Up kitchen about all things broccoli.	AUSTRALIA	English-100	RPT	PG	
2021-06-16	1130	<b>Jamie's Kitchen</b>	Jamie's Kitchen Series 1 Ep 2	The successful 15 cooks are announced to a mixed reaction - jubilation and tears. Training begins for the 15 finalists, where they begin to learn the basics. It's long hours and hard work.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-16	1230	<b>Mystery Diners</b>	Partner Problems	Former client Jaime contacts Charles to help determine if he should invest in a failing California restaurant. Mystery Diners Kendall and Kiel discover the current owner is't being honest.	USA	English-100	RPT	PG	
2021-06-16	1300	<b>The Cook And The Chef</b>	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100	RPT	G	
2021-06-16	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Japanese seaweed from Tasmania, Mediterranean-Australian cuisine, and food for Chinese New Year.	AUSTRALIA	English-100	RPT	G	Y
2021-06-16	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 41	Michael is joined by guest Kylie Millar - an ex MasterChef contestant - and together they cook a very Aussie recipe - Vegemite pies.	AUSTRALIA	English-100	RPT	G	
2021-06-16	1430	<b>Pati's Mexican Table</b>	Merida: Exploring With The Locals	The Yucatan Peninsula is known for vast jungles, underground cenotes, pristine beaches, ancient architecture and sensational food like chaya empanandas filled with gooey Edam cheese.	USA	English-100	RPT	PG	
2021-06-16	1500	<b>The Chefs' Line</b>	Vietnamese	Chef Ennis from Vietnamese restaurant Dandelion goes up against two home cooks, witness the competition, camaraderie and spectacular skills of these cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-06-16	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 3	Lidia adds a secret ingredient to her tomato sauce, that may come as a surprise - apples! She's in the northern, mountainous region of Trentino Alto Adige, known as 'apple country' in Italy.	USA	English-100	RPT	G	
2021-06-16	1600	<b>Martha Bakes</b>	Coffee Shop Favorites	Discover Martha's tips and techniques for recreating the delectable baked goods found in some of her favourite coffee shops.	USA	English-100	RPT	G	
2021-06-16	1630	<b>The Great Australian Cookbook</b>	Sharon & Carol Salloum And Peter Russell-Clarke	Almond Bar's Sharon and Carol Salloum prepare a Syrian BBQ feast, while Aussie icon Peter Russell-Clarke shares his tips for the perfect mango and fig omelette, and smoked trout soup.	AUSTRALIA	English-100	RPT	PG	



2021-06-16	1700	<b>Africa On A Plate</b>	Tanzania: Pemba Island	Chef Lentswe Bhengu explores the history of Pemba Island - also known as The Green Island - known for its spices, rich fishing grounds, and Arabic influences.	USA	English-100	RPT	G	
2021-06-16	1730	<b>The Cook And The Chef</b>	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100	RPT	G	
2021-06-16	1800	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Usain Bolt	On cafe's menu this week Jamie reveals how to cook the ultimate steak - his blow-out cote de boeuf, and Jimmy produces succulent tandoori chicken in his a DIY dustbin oven.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-16	1855	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-16	1900	<b>The Cook Up with Adam Liaw</b>	Butter	Chef and owner of Marque, Mark Best and social media baking queen Katherine Sabbath dive into the world of butter with Adam Liaw in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-06-16	1930	<b>Nigella Kitchen</b>	Hurry Up, I'm Hungry	Nigella has an armoury of short cut recipes to ensure there is no waiting around.	UNITED KINGDOM	English-100		G	
2021-06-16	2000	<b>Poh &amp; Co.</b>	Love... And Pizza!	Poh and Jono start building a wood-fired pizza oven to enhance their outdoor entertaining area, so of course Poh enlists Andre's help to find a good tutor in the art of pizza dough.	AUSTRALIA	English-100	RPT	G	Y
2021-06-16	2030	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when they escaped London to develop their now famous character, Dame Edna Everage.	UNITED KINGDOM	English-100		PG	
2021-06-16	2100	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100		PG	
2021-06-16	2130	<b>Mystery Diners</b>	Art Show Sting	Charles helps uncover discrepancies with catering at Patricia's art shows.	USA	English-100		PG	
2021-06-16	2200	<b>The Cook Up with Adam Liaw</b>	Butter	Chef and owner of Marque, Mark Best and social media baking queen Katherine Sabbath dive into the world of butter with Adam Liaw in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
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2021-06-16	2300	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Usain Bolt	On cafe's menu this week Jamie reveals how to cook the ultimate steak - his blow-out cote de boeuf, and Jimmy produces succulent tandoori chicken in his a DIY dustbin oven.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-16	2355	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-16	2400	<b>The Chefs' Line</b>	Vietnamese	Chef Ennis from Vietnamese restaurant Dandelion goes up against two home cooks, witness the competition, camaraderie and spectacular skills of these cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-06-16	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 13	TV and radio presenters JK and Joel team up with chefs Nick Nairn and Paul Rankin as Ainsley Harriott presents the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-06-16	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
2021-06-16	2530	<b>Nigella Kitchen</b>	Hurry Up, I'm Hungry	Nigella has an armoury of short cut recipes to ensure there is no waiting around.	UNITED KINGDOM	English-100	RPT	G	
2021-06-16	2600	<b>Poh &amp; Co.</b>	Love... And Pizza!	Poh and Jono start building a wood-fired pizza oven to enhance their outdoor entertaining area, so of course Poh enlists Andre's help to find a good tutor in the art of pizza dough.	AUSTRALIA	English-100	RPT	G	Y

2021-06-16	2630	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when they escaped London to develop their now famous character, Dame Edna Everage.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-16	2700	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-16	2730	<b>Mystery Diners</b>	Art Show Sting	Charles helps uncover discrepancies with catering at Patricia's art shows.	USA	English-100	RPT	PG	
2021-06-16	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Japanese seaweed from Tasmania, Mediterranean-Australian cuisine, and food for Chinese New Year.	AUSTRALIA	English-100	RPT	G	Y
2021-06-16	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 41	Michael is joined by guest Kylie Millar - an ex MasterChef contestant - and together they cook a very Aussie recipe - Vegemite pies.	AUSTRALIA	English-100	RPT	G	
2021-06-17	0500	<b>Pati's Mexican Table</b>	Merida: Exploring With The Locals	The Yucatan Peninsula is known for vast jungles, underground cenotes, pristine beaches, ancient architecture and sensational food like chaya empanandas filled with gooey Edam cheese.	USA	English-100	RPT	PG	
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2021-06-17	0600	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 3	Lidia adds a secret ingredient to her tomato sauce, that may come as a surprise - apples! She's in the northern, mountainous region of Trentino Alto Adige, known as 'apple country' in Italy.	USA	English-100	RPT	G	
2021-06-17	0630	<b>Martha Bakes</b>	Coffee Shop Favorites	Discover Martha's tips and techniques for recreating the delectable baked goods found in some of her favourite coffee shops.	USA	English-100	RPT	G	
2021-06-17	0700	<b>The Great Australian Cookbook</b>	Sharon & Carol Salloum And Peter Russell-Clarke	Almond Bar's Sharon and Carol Salloum prepare a Syrian BBQ feast, while Aussie icon Peter Russell-Clarke shares his tips for the perfect mango and fig omelette, and smoked trout soup.	AUSTRALIA	English-100	RPT	PG	
2021-06-17	0730	<b>Africa On A Plate</b>	Tanzania: Pemba Island	Chef Lentswe Bhengu explores the history of Pemba Island - also known as The Green Island - known for its spices, rich fishing grounds, and Arabic influences.	USA	English-100	RPT	G	
2021-06-17	0800	<b>The Cook And The Chef</b>	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100	RPT	G	
2021-06-17	0830	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Usain Bolt	On cafe's menu this week Jamie reveals how to cook the ultimate steak - his blow-out cote de boeuf, and Jimmy produces succulent tandoori chicken in his a DIY dustbin oven.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-17	0925	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
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2021-06-17	1030	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 3	Lidia adds a secret ingredient to her tomato sauce, that may come as a surprise - apples! She's in the northern, mountainous region of Trentino Alto Adige, known as 'apple country' in Italy.	USA	English-100	RPT	G	
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2021-06-17	1200	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100	RPT	PG	



2021-06-17	1230	<b>Mystery Diners</b>	Art Show Sting	Charles helps uncover discrepancies with catering at Patricia's art shows.	USA	English-100	RPT	PG	
2021-06-17	1300	<b>The Cook And The Chef</b>	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100	RPT	G	
2021-06-17	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, and Malaysian sweet delights.	AUSTRALIA	English-100	RPT	G	Y
2021-06-17	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 42	Matt is joined by My Market Kitchen's in house dietician Kim Tikellis, and together they prepare a Mexican mix bean salad.	AUSTRALIA	English-100	RPT	G	
2021-06-17	1430	<b>Pati's Mexican Table</b>	Celestun: Coastal Cooking	Pati visits the coastal town of Celestun, beginning with a delicious breakfast complete with the freshest seafood caught that morning.	USA	English-100	RPT	PG	
2021-06-17	1500	<b>The Chefs' Line</b>	Vietnamese	Executive chef Geoff Lindsay from Vietnamese restaurant Dandelion in Melbourne goes up against this week's best home cook. In the final show down, can a passionate cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-06-17	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 4	Lidia visits old friend Carlo Galloni and his family, to learn about the production of the 'king' of Italian hams - the prosciutto di Parma.	USA	English-100	RPT	G	
2021-06-17	1600	<b>Martha Bakes</b>	Cookie Jar	Martha shares her recipes for cookies with some wholesome additions.	USA	English-100	RPT	G	
2021-06-17	1630	<b>The Great Australian Cookbook</b>	Matt Wilkinson And Simone Logue	Matt Wilkinson shares one of his children's favourite meals, pesto pasta, while Simone Logue shares a long lunch with her siblings at their country home in Oberon.	AUSTRALIA	English-100	RPT	PG	
2021-06-17	1700	<b>Africa On A Plate</b>	Cooking With Lentswe: South Africa	This episode provides detailed recipe information from Lentswe's South Africa journey for easy duplication at home.	USA	English-100	RPT	G	
2021-06-17	1730	<b>The Cook And The Chef</b>	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100	RPT	G	
2021-06-17	1800	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Sienna Miller	The cafe's menu this week includes Sienna Miller's rich Tuscan duck ragu with picci pasta and Jamie's whole sea bass baked in salt.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-17	1855	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-17	1900	<b>The Cook Up with Adam Liaw</b>	Peanuts	MasterChef alumni, Amina Elshafei and home cook and wife of Manu Feildel, Clarissa Feildel, chat and cook with Adam Liaw in The Cook Up kitchen about all things peanuts.	AUSTRALIA	English-100		PG	
2021-06-17	1930	<b>Australia's Food Bowl</b>	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 4	Australia's Food Bowl is home to some of the biggest food producers in Australia. Stefano explores the region's traditional crops such as citrus and grapes, as well as the lesser-known exotic fruits.	AUSTRALIA	English-100		PG	
2021-06-17	2000	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100	RPT	PG	
2021-06-17	2030	<b>Jimmy Shu's Taste of The Territory</b>	Fresh Produce	Jimmy visits the bustling Rapid Creek markets and it's abuzz with activity from the produce growers, food stalls, and locals doing their weekly shop.	AUSTRALIA	English-100	RPT	G	Y
2021-06-17	2100	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 7	Mary shares her tips for getting prepared for the Christmas season. She serves a family-style fish pie, horseradish mustard beef, and a show-stopping chocolate mousse cake.	UNITED KINGDOM	English-100	RPT	G	
2021-06-17	2130	<b>Mystery Diners</b>	Young Blood	Charles investigates a steakhouse whose older customers are disappearing.	USA	English-100		PG	

2021-06-17	2200	<b>The Cook Up with Adam Liaw</b>	Peanuts	MasterChef alumni, Amina Elshafei and home cook and wife of Manu Feildel, Clarissa Feildel, chat and cook with Adam Liaw in The Cook Up kitchen about all things peanuts.	AUSTRALIA	English-100	RPT	PG	
2021-06-17	2230	<b>The Cook And The Chef</b>	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100	RPT	G	
2021-06-17	2300	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Sienna Miller	The cafe's menu this week includes Sienna Miller's rich Tuscan duck ragu with picci pasta and Jamie's whole sea bass baked in salt.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-17	2355	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-17	2400	<b>The Chefs' Line</b>	Vietnamese	Executive chef Geoff Lindsay from Vietnamese restaurant Dandelion in Melbourne goes up against this week's best home cook. In the final show down, can a passionate cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-06-17	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 14	Holby City stars Sharon D Clarke and Luke Roberts join Ainsley Harriott for today's classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-06-17	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		RPT	G	Y
2021-06-17	2530	<b>Australia's Food Bowl</b>	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 4	Australia's Food Bowl is home to some of the biggest food producers in Australia. Stefano explores the region's traditional crops such as citrus and grapes, as well as the lesser-known exotic fruits.	AUSTRALIA	English-100	RPT	PG	
2021-06-17	2600	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100	RPT	PG	
2021-06-17	2630	<b>Jimmy Shu's Taste of The Territory</b>	Fresh Produce	Jimmy visits the bustling Rapid Creek markets and it's abuzz with activity from the produce growers, food stalls, and locals doing their weekly shop.	AUSTRALIA	English-100	RPT	G	Y
2021-06-17	2700	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 7	Mary shares her tips for getting prepared for the Christmas season. She serves a family-style fish pie, horseradish mustard beef, and a show-stopping chocolate mousse cake.	UNITED KINGDOM	English-100	RPT	G	
2021-06-17	2730	<b>Mystery Diners</b>	Young Blood	Charles investigates a steakhouse whose older customers are disappearing.	USA	English-100	RPT	PG	
2021-06-17	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, and Malaysian sweet delights.	AUSTRALIA	English-100	RPT	G	Y
2021-06-17	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 42	Matt is joined by My Market Kitchen's in house dietician Kim Tikellis, and together they prepare a Mexican mix bean salad.	AUSTRALIA	English-100	RPT	G	
2021-06-18	0500	<b>Pati's Mexican Table</b>	Celestun: Coastal Cooking	Pati visits the coastal town of Celestun, beginning with a delicious breakfast complete with the freshest seafood caught that morning.	USA	English-100	RPT	PG	
2021-06-18	0530	<b>The Chefs' Line</b>	Vietnamese	Executive chef Geoff Lindsay from Vietnamese restaurant Dandelion in Melbourne goes up against this week's best home cook. In the final show down, can a passionate cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-06-18	0600	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 4	Lidia visits old friend Carlo Galloni and his family, to learn about the production of the 'king' of Italian hams - the prosciutto di Parma.	USA	English-100	RPT	G	
2021-06-18	0630	<b>Martha Bakes</b>	Cookie Jar	Martha shares her recipes for cookies with some wholesome additions.	USA	English-100	RPT	G	
2021-06-18	0700	<b>The Great Australian Cookbook</b>	Matt Wilkinson And Simone Logue	Matt Wilkinson shares one of his children's favourite meals, pesto pasta, while Simone Logue shares a long lunch with her siblings at their country home in Oberon.	AUSTRALIA	English-100	RPT	PG	



2021-06-18	0730	<b>Africa On A Plate</b>	Cooking With Lentswe: South Africa	This episode provides detailed recipe information from Lentswe's South Africa journey for easy duplication at home.	USA	English-100	RPT	G	
2021-06-18	0800	<b>The Cook And The Chef</b>	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100	RPT	G	
2021-06-18	0830	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Sienna Miller	The cafe's menu this week includes Sienna Miller's rich Tuscan duck ragu with picci pasta and Jamie's whole sea bass baked in salt.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-18	0925	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-18	0930	<b>Australia's Food Bowl</b>	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 4	Australia's Food Bowl is home to some of the biggest food producers in Australia. Stefano explores the region's traditional crops such as citrus and grapes, as well as the lesser-known exotic fruits.	AUSTRALIA	English-100	RPT	PG	
2021-06-18	1000	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100	RPT	PG	
2021-06-18	1030	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 4	Lidia visits old friend Carlo Galloni and his family, to learn about the production of the 'king' of Italian hams - the prosciutto di Parma.	USA	English-100	RPT	G	
2021-06-18	1100	<b>The Cook Up with Adam Liaw</b>	Peanuts	MasterChef alumni, Amina Elshafei and home cook and wife of Manu Feildel, Clarissa Feildel, chat and cook with Adam Liaw in The Cook Up kitchen about all things peanuts.	AUSTRALIA	English-100	RPT	PG	
2021-06-18	1130	<b>Jimmy Shu's Taste of The Territory</b>	Fresh Produce	Jimmy visits the bustling Rapid Creek markets and it's abuzz with activity from the produce growers, food stalls, and locals doing their weekly shop.	AUSTRALIA	English-100	RPT	G	Y
2021-06-18	1200	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 7	Mary shares her tips for getting prepared for the Christmas season. She serves a family-style fish pie, horseradish mustard beef, and a show-stopping chocolate mousse cake.	UNITED KINGDOM	English-100	RPT	G	
2021-06-18	1230	<b>Mystery Diners</b>	Young Blood	Charles investigates a steakhouse whose older customers are disappearing.	USA	English-100	RPT	PG	
2021-06-18	1300	<b>The Cook And The Chef</b>	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100	RPT	G	
2021-06-18	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, prawn fishermen on the Clarence River, and Ukrainian Easter egg decorating.	AUSTRALIA	English-100	RPT	G	Y
2021-06-18	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 43	Guest Olivia Wells from the Blue Ribbon Foundation joins Matt in the kitchen, and together they bake up a raspberry and pear cake, while Michael shares his ultimate strawberry sundae.	AUSTRALIA	English-100	RPT	G	
2021-06-18	1430	<b>Pati's Mexican Table</b>	Sunday Family Food	Sunday in Merida is a joyous weekly celebration of food, dancing and culture. Pati starts her day like most Meridians, at the market, tasting the best Lechon Torta (slow cooked pork sandwich) in town.	USA	English-100	RPT	PG	
2021-06-18	1500	<b>The Chefs' Line</b>	Vietnamese	Maeve O'Meara goes inside the kitchen of hatted restaurant Dandelion where she's taught how to make Vietnamese rolls, makes an inventive chocolate parfait and is served Full Moon Chilli Mud Crabs.	AUSTRALIA	English-100	RPT	G	Y
2021-06-18	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 5	Lidia visits the Caprai family, who have been making wine in Umbria for generations, and are most known for the production of a varietal that is very specific to the region of Umbria.	USA	English-100	RPT	G	
2021-06-18	1600	<b>Martha Bakes</b>	Alternative Crusts	Martha shares some great ideas for switching up traditional crusts with wholesome substitute ingredients.	USA	English-100	RPT	G	
2021-06-18	1630	<b>The Great Australian Cookbook</b>	Ronni Kahn And Paul West	Sydney founder of OzHarvest, Ronni Kahn cooks her mum's veggie lasagne, while Australian River Cottage host, Paul West cooks up braised wild rabbit with salami and warrigal greens.	AUSTRALIA	English-100	RPT	G	

2021-06-18	1700	<b>Africa On A Plate</b>	Cooking With Lentswe: Tanzania	This special episode of Africa on a Plate features a look back at the food and culture of Dar es Salaam that inspired Lentswe's east African dishes.	USA	English-100	RPT	G	
2021-06-18	1730	<b>The Cook And The Chef</b>	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100	RPT	G	
2021-06-18	1800	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Amanda Holden	Jamie reinvents the humble roast chicken with not one, but two blow out recipes - chicken in a crust and beer butt chicken, while Amanda Holden cooks an authentic Greek moussaka.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-18	1855	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-18	1900	<b>The Cook Up with Adam Liaw</b>	Chocolate	Adam Liaw is joined in The Cook Up kitchen by author of Saturday Night Pasta cookbook Elizabeth Hewson and food writer Myffy Rigby as they dissect the world of chocolate!	AUSTRALIA	English-100		PG	
2021-06-18	1930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG	Y
2021-06-18	2030	<b>Rick Stein's India</b>	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2021-06-18	2140	<b>Mystery Diners</b>	Backdoor Bootlegging	(S.10 Ep.4) Charles investigates a brewery that's missing some of its beer supplies. #FoodNetworkAU	USA	English-100		PG	
2021-06-18	2205	<b>The Cook Up with Adam Liaw</b>	Chocolate	Adam Liaw is joined in The Cook Up kitchen by author of Saturday Night Pasta cookbook Elizabeth Hewson and food writer Myffy Rigby as they dissect the world of chocolate!	AUSTRALIA	English-100	RPT	PG	
2021-06-18	2235	<b>The Cook And The Chef</b>	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100	RPT	G	
2021-06-18	2305	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Amanda Holden	Jamie reinvents the humble roast chicken with not one, but two blow out recipes - chicken in a crust and beer butt chicken, while Amanda Holden cooks an authentic Greek moussaka.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-18	2400	<b>The Chefs' Line</b>	Vietnamese	Maeve O'Meara goes inside the kitchen of hatted restaurant Dandelion where she's taught how to make Vietnamese rolls, makes an inventive chocolate parfait and is served Full Moon Chilli Mud Crabs.	AUSTRALIA	English-100	RPT	G	Y
2021-06-18	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 15	Ainsley Harriott hosts the classic 20-minute cooking challenge with Hollyoaks stars Tony Hirst and Zoe Lister.	UNITED KINGDOM	English-100	RPT	G	
2021-06-18	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		RPT	G	Y
2021-06-18	2530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG	Y
2021-06-18	2630	<b>Rick Stein's India</b>	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2021-06-18	2740	<b>Mystery Diners</b>	Backdoor Bootlegging	(S.10 Ep.4) Charles investigates a brewery that's missing some of its beer supplies. #FoodNetworkAU	USA	English-100	RPT	PG	
2021-06-18	2805	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, prawn fishermen on the Clarence River, and Ukrainian Easter egg decorating.	AUSTRALIA	English-100	RPT	G	Y
2021-06-18	2835	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 43	Guest Olivia Wells from the Blue Ribbon Foundation joins Matt in the kitchen, and together they bake up a raspberry and pear cake, while Michael shares his ultimate strawberry sundae.	AUSTRALIA	English-100	RPT	G	



2021-06-19	0500	<b>Pati's Mexican Table</b>	Sunday Family Food	Sunday in Merida is a joyous weekly celebration of food, dancing and culture. Pati starts her day like most Meridians, at the market, tasting the best Lechon Torta (slow cooked pork sandwich) in town.	USA	English-100	RPT	PG	
2021-06-19	0530	<b>The Chefs' Line</b>	Vietnamese	Maeve O'Meara goes inside the kitchen of hatted restaurant Dandelion where she's taught how to make Vietnamese rolls, makes an inventive chocolate parfait and is served Full Moon Chilli Mud Crabs.	AUSTRALIA	English-100	RPT	G	Y
2021-06-19	0600	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 5	Lidia visits the Caprai family, who have been making wine in Umbria for generations, and are most known for the production of a varietal that is very specific to the region of Umbria.	USA	English-100	RPT	G	
2021-06-19	0630	<b>Martha Bakes</b>	Alternative Crusts	Martha shares some great ideas for switching up traditional crusts with wholesome substitute ingredients.	USA	English-100	RPT	G	
2021-06-19	0700	<b>The Great Australian Cookbook</b>	Ronni Kahn And Paul West	Sydney founder of OzHarvest, Ronni Kahn cooks her mum's veggie lasagne, while Australian River Cottage host, Paul West cooks up braised wild rabbit with salami and warrigal greens.	AUSTRALIA	English-100	RPT	G	
2021-06-19	0730	<b>Africa On A Plate</b>	Cooking With Lentswe: Tanzania	This special episode of Africa on a Plate features a look back at the food and culture of Dar es Salaam that inspired Lentswe's east African dishes.	USA	English-100	RPT	G	
2021-06-19	0800	<b>The Cook And The Chef</b>	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100	RPT	G	
2021-06-19	0830	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Amanda Holden	Jamie reinvents the humble roast chicken with not one, but two blow out recipes - chicken in a crust and beer butt chicken, while Amanda Holden cooks an authentic Greek moussaka.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-19	0925	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-06-19	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG	Y
2021-06-19	1030	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 5	Lidia visits the Caprai family, who have been making wine in Umbria for generations, and are most known for the production of a varietal that is very specific to the region of Umbria.	USA	English-100	RPT	G	
2021-06-19	1100	<b>The Cook Up with Adam Liaw</b>	Chocolate	Adam Liaw is joined in The Cook Up kitchen by author of Saturday Night Pasta cookbook Elizabeth Hewson and food writer Myffy Rigby as they dissect the world of chocolate!	AUSTRALIA	English-100	RPT	PG	
2021-06-19	1130	<b>Rick Stein's India</b>	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2021-06-19	1240	<b>Mystery Diners</b>	Backdoor Bootlegging	(S.10 Ep.4) Charles investigates a brewery that's missing some of its beer supplies.	USA	English-100	RPT	PG	
2021-06-19	1305	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 2, The Ep 11	It's all about fish as the families tackle a Catalan fish stew in a 'Taste It, Now Make It' challenge. Then they must create a menu using every bit of a whole salmon.	UNITED KINGDOM	English-100	RPT	G	
2021-06-19	1410	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 2, The Ep 12	The three remaining families make a meal out of produce from judge Tommy Banks' farm, and then they must create Angellica Bell's favourite desserts as they fight for a place in the final.	UNITED KINGDOM	English-100	RPT	G	
2021-06-19	1520	<b>Beautiful Baking With Juliet Sear</b>	Beautiful Baking With Juliet Sear Series 1 Ep 2	Juliet Sear creates three stunning centrepieces - a fabulous multi-coloured pinata cake, a cheesy risotto cake, and a vegetable tart. Food writer and pastry chef Helen Goh joins Juliet in the kitchen.	UNITED KINGDOM	English-100	RPT	G	
2021-06-19	1610	<b>Secret Meat Business</b>	Tunisian	Adrian dishes up a succulent roast duck cooked in classic Tunisian spices, served on a bed of nutty rice. A feast to share with friends and family, or in Adrian's case, enjoy all by yourself.	AUSTRALIA	English-100	RPT	G	
2021-06-19	1635	<b>Secret Meat Business</b>	Canadian	Double trouble, Adrian combines two of his favourite proteins in an indulgent Canadian dish, Bacon wrapped duck breasts Tournedos.	AUSTRALIA	English-100	RPT	G	

2021-06-19	1705	<b>Pacific Island Food Revolution</b>	Samoa	Join host Robert Oliver as he heads to stunning Samoa to meet the first round of contestants. Which of the three teams will make it to the finals?	NEW ZEALAND	English-100	RPT	G	
2021-06-19	1800	<b>Adam Liaw's Road Trip For Good</b>	Beechworth, Hay Valley & Batlow	Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.	AUSTRALIA	English-100	RPT	PG	Y
2021-06-19	1830	<b>Heston's Feasts</b>	70s Feast	Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies and a luxury dinner of spam fritters.	UNITED KINGDOM	English-100	RPT	G	Y
2021-06-19	1930	<b>Remarkable Places To Eat</b>	Marrakech	TV chef Andi Oliver takes Fred to Marrakesh to enjoy lamb and couscous at a legendary restaurant, chicken tagine for under \$20, and breakfast on a spectacular roof terrace.	UNITED KINGDOM	English-100			
2021-06-19	2030	<b>Ainsley's Australian Market Menu</b>	Ainsley's Market Menu Series 1 Ep 5	Ainsley's journey takes him to the coastal haven of Wollongong for the hustle and bustle of the 'Friday Foragers Market'. There's a big emphasis on organic food.	AUSTRALIA	English-100	RPT	G	Y
2021-06-19	2130	<b>Hairy Bikers Northern Exposure</b>	Sweden Part 2, The South	A trip around the Baltic wouldn't be complete without the bikers tasting the ultimate smorgasbord - it's the very best of Sweden on a plate.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-19	2235	<b>Pacific Island Food Revolution</b>	Samoa	Join host Robert Oliver as he heads to stunning Samoa to meet the first round of contestants. Which of the three teams will make it to the finals?	NEW ZEALAND	English-100	RPT	G	
2021-06-19	2330	<b>Heston's Feasts</b>	70s Feast	Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies and a luxury dinner of spam fritters.	UNITED KINGDOM	English-100	RPT	G	Y
2021-06-19	2430	<b>Remarkable Places To Eat</b>	Marrakech	TV chef Andi Oliver takes Fred to Marrakesh to enjoy lamb and couscous at a legendary restaurant, chicken tagine for under \$20, and breakfast on a spectacular roof terrace.	UNITED KINGDOM	English-100	RPT		
2021-06-19	2530	<b>Ainsley's Australian Market Menu</b>	Ainsley's Market Menu Series 1 Ep 5	Ainsley's journey takes him to the coastal haven of Wollongong for the hustle and bustle of the 'Friday Foragers Market'. There's a big emphasis on organic food.	AUSTRALIA	English-100	RPT	G	Y
2021-06-19	2630	<b>Hairy Bikers Northern Exposure</b>	Sweden Part 2, The South	A trip around the Baltic wouldn't be complete without the bikers tasting the ultimate smorgasbord - it's the very best of Sweden on a plate.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-19	2740	<b>Beautiful Baking With Juliet Sear</b>	Beautiful Baking With Juliet Sear Series 1 Ep 2	Juliet Sear creates three stunning centrepieces - a fabulous multi-coloured pinata cake, a cheesy risotto cake, and a vegetable tart. Food writer and pastry chef Helen Goh joins Juliet in the kitchen.	UNITED KINGDOM	English-100	RPT	G	
2021-06-19	2830	<b>Secret Meat Business</b>	Tunisian	Adrian dishes up a succulent roast duck cooked in classic Tunisian spices, served on a bed of nutty rice. A feast to share with friends and family, or in Adrian's case, enjoy all by yourself.	AUSTRALIA	English-100	RPT	G	