



WEEK 26: Sunday, 23 June - Saturday, 29 June 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-06-23	0500	Rachel Allen: All Things Sweet	Classic Twist	Rachel puts a tasty twist on some classic dishes to show how even the most traditional desserts can be given a tantalising new lease of life.	UNITED KINGDOM	English-100		G		
2019-06-23	0530	Dinner Date	Maura	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-06-23	0630	Say It To My Face	Black Olive	Black Olive owner David Chen has recently purchased an Italian restaurant in Lomita, CA that has been around for more than 20 years.	USA	English-100		PG		Y
2019-06-23	0730	Lyndey Milan's Taste Of Ireland	County Mayo	In westerly County Mayo, Lyndey meets a butcher who makes a spicy sausage from famous Connemara lamb, and travels to Newport for traditional black pudding.	AUSTRALIA	English-100		G		
2019-06-23	0800	Lyndey Milan's Taste Of Ireland	County Femanagh	In County Fermanagh, Lyndey explores the Estate of Belle Isle Castle, finds a surprise in the garden, and enjoys an elegant afternoon tea.	AUSTRALIA	English-100		G		
2019-06-23	0830	The Cook And The Chef	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100		G		
2019-06-23	0900	The Cook And The Chef	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100		G		
2019-06-23	0930	Tom Kerridge's Proper Pub Food	Sunday Lunches	For many of us, Sunday lunches are one of our favourite pub food experiences. Sundays are a time to relax over cooking and enjoy a hearty lunch with family and friends.	UNITED KINGDOM	English-100				
2019-06-23	1000	Tom Kerridge's Proper Pub Food	Family Food	Tom wants to show us his version of some real family favourites. These dishes are inspired by the food he enjoyed growing up, made with simple ingredients that the family will love.	UNITED KINGDOM	English-100				
2019-06-23	1030	Bill's Tasty Weekends	Yorkshire	This weekend, Bill Granger is staying in an eco friendly house in the heart of the Yorkshire Dales. He tries his hand at the classic Yorkshire Pudding with the help of the local WI.	UNITED KINGDOM	English-100		G		
2019-06-23	1130	Shane Delia's Spice Journey Turkey	Fethiye - Land Of Plenty	This episode Shane visits Fethiye, an English tourist haven, to see whether local Turkish food culture has survived the onslaught of mass tourism.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-06-23	1200	Shane Delia's Spice Journey Turkey	Food Culture At The Dawn Of Civilisation	From a pistachio plantation in Gaziantep to an Assyrian kitchen in Midyat, Shane's palate is introduced to an ancient heritage that's still evolving today.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-06-23	1230	Dinner Date	Maura	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-06-23	1330	Say It To My Face	Black Olive	Black Olive owner David Chen has recently purchased an Italian restaurant in Lomita, CA that has been around for more than 20 years.	USA	English-100		PG		Y
2019-06-23	1430	Rachel Allen: All Things Sweet	Classic Twist	Rachel puts a tasty twist on some classic dishes to show how even the most traditional desserts can be given a tantalising new lease of life.	UNITED KINGDOM	English-100		G		

2019-06-23	1500	Dinner Date	Sean	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-06-23	1600	Say It To My Face	Fish And Chip Fiasco	British Ex-Pat Sonny Sehmi and his American wife Sage are struggling after opening a British/Indian Fish and Chips shop.	USA	English-100		PG	Y
2019-06-23	1700	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G	
2019-06-23	1730	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G	
2019-06-23	1800	Rachel Allen: All Things Sweet	Afternoon Tea	Rachel shows how to make sure your afternoon tea guests always come a-knocking, with a selection of tempting snacks that are the perfect accompaniment to a good brew.	UNITED KINGDOM	English-100		G	
2019-06-23	1830	Cheese Slices	Turkey: Traditional Cheeses Of Turkey	Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin.	AUSTRALIA			G	
2019-06-23	1900	Cheese Slices	France: The Last Of The Trappist Monk's Cheese	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA			G	
2019-06-23	1930	Oliver's Twist	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	
2019-06-23	2000	Oliver's Twist	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2019-06-23	2030	Rick Stein's Long Weekends	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		G	
2019-06-23	2130	Food Safari	Moroccan	Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	RPT	G	Y
2019-06-23	2200	Food Safari	Malaysian	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the spicy world of Malaysian food.	AUSTRALIA	English-100	RPT	G	Y
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2019-06-23	2530	Oliver's Twist	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2019-06-23	2600	Rick Stein's Long Weekends	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			
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2019-06-23	2800	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G	
2019-06-23	2830	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G	
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2019-06-24	0530	Dinner Date	Sean	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
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2019-06-24	1500	Mercurio's Menu	City Of Melbourne	Melbourne is known for its amazing food, art, sport, music, and beautiful gardens. A sunrise to sunset tour through the laneways and streets that make up the CBD is the best way to explore the city.	AUSTRALIA	English-100		G		
2019-06-24	1530	Secret Meat Business	Secret Meat Business Series 2 Ep 13	Adrian is sure to have you breathing fire with his Thai inspired marinated steak, bursting with south-east Asian flavour and heat.	AUSTRALIA	English-100		G		
2019-06-24	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to an Aussie rainforest to look for bunya nuts, and tasting fruit gelato.	AUSTRALIA	English-100	RPT	G		Y
2019-06-24	1630	Delia's How To Cook	Chocolate	Surely a food from heaven, chocolate tastes divine and even mimics the sensation of being in love. No wonder everyone adores it.	UNITED KINGDOM	English-100		G		
2019-06-24	1700	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas (complete with cakes and cucumber sandwiches) were quite the done thing.	AUSTRALIA	English-100		G		
2019-06-24	1730	The Cook And The Chef	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100		G		
2019-06-24	1800	Rachel Allen: All Things Sweet	Fresh & Fruity	Rachel gives a masterclass in mouth-watering desserts that showcase the flavours of fresh fruit. On the menu are poached peaches with raspberry sherbet, and prosecco and raspberry jelly.	UNITED KINGDOM	English-100				
2019-06-24	1830	Rick Stein's Long Weekends	Bordeaux	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters.	UNITED KINGDOM	English-100	RPT	G		Y
2019-06-24	1930	Rachel Khoo's Kitchen Notebook Melbourne	Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 3	Rachel continues her journey through the cuisine capital of Australia. In this episode, she explores some of the city's suburban pockets and discovers an open-hearted food community.	UNITED KINGDOM	English-100	RPT	G		Y
2019-06-24	2000	Rachel Khoo's Kitchen Notebook Melbourne	Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 4	Rachel takes a break from city life and heads out on a road trip to the Bellarine Peninsula, a region emerging as the new 'it' area for foodies seeking local produce.	UNITED KINGDOM	English-100	RPT	G		Y
2019-06-24	2030	A Cook Abroad	Tony Singh's India	Scottish chef, Tony Singh travels to India - the country of his ancestors - to trace his family roots and discover whether his Mum's Punjabi cooking is the real deal.	UNITED KINGDOM	English-100				
2019-06-24	2130	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas (complete with cakes and cucumber sandwiches) were quite the done thing.	AUSTRALIA	English-100		G		
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2019-06-24	2400	Worst Cooks In America	Hawaiian Pig And A Poke	Anne and Rachael play a unique taste and describe game with the celebrity recruits in order to introduce them to unique tropical flavours. The mentors then demonstrate Hawaiian poke and pork dishes.	USA	English-100		PG		

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2019-06-24	2630	Rachel Khoo's Kitchen Notebook Melbourne	Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 3	Rachel continues her journey through the cuisine capital of Australia. In this episode, she explores some of the city's suburban pockets and discovers an open-hearted food community.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-24	2700	Rachel Khoo's Kitchen Notebook Melbourne	Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 4	Rachel takes a break from city life and heads out on a road trip to the Bellarine Peninsula, a region emerging as the new 'it' area for foodies seeking local produce.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-24	2730	A Cook Abroad	Tony Singh's India	Scottish chef, Tony Singh travels to India - the country of his ancestors - to trace his family roots and discover whether his Mum's Punjabi cooking is the real deal.	UNITED KINGDOM	English-100		G	
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2019-06-25	1030	Rachel Khoo's Kitchen Notebook Melbourne	Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 3	Rachel continues her journey through the cuisine capital of Australia. In this episode, she explores some of the city's suburban pockets and discovers an open-hearted food community.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-25	1100	Rachel Khoo's Kitchen Notebook Melbourne	Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 4	Rachel takes a break from city life and heads out on a road trip to the Bellarine Peninsula, a region emerging as the new 'it' area for foodies seeking local produce.	UNITED KINGDOM	English-100	RPT	G	Y

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2019-06-25	1500	Mercurio's Menu	Sunshine Coast	If you're looking for pristine coastline, brilliant cuisine, fun, adventure, and excitement, then Queensland Sunshine Coast is the place to be.	AUSTRALIA	English-100		G		
2019-06-25	1530	Secret Meat Business	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100		G		
2019-06-25	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 1	Maeve gets an old family recipe from a famous Broome clan, the singing Pigram Brothers, and Joanna hangs out with chef Simmon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	RPT	G	Y	
2019-06-25	1630	Delia's How To Cook	Equipment	Delia takes viewers through knives, saucepans, frying pans and scales, with words of wisdom on surviving the commercial jungle and making sure consumers get good-quality equipment.	UNITED KINGDOM	English-100		G		
2019-06-25	1700	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G		
2019-06-25	1730	The Cook And The Chef	Tetsuya Part 1	Fifty years ago, Australia was gastronomically a very bleak part of the world. In the early 1950s, dining out for Maggie's family often meant a meal at the local Chinese restaurant.	AUSTRALIA	English-100		G		
2019-06-25	1800	Rachel Allen: All Things Sweet	Summer Days	Rachel serves up the flavours of summer with some scrumptious and colourful treats you can enjoy at any time of the year.	UNITED KINGDOM	English-100		G		
2019-06-25	1830	Rick Stein's Long Weekends	Reykjavik	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-06-25	1930	Hairy Bikers' Bakeation	Germany	Germany is one of Dave's favourite countries. Travelling from the wine region of the Rhine Valley to the spiritual home of beer, Bavaria, they discover the German's passion for bread of every shape.	UNITED KINGDOM	English-100		PG	Y	
2019-06-25	2030	Ottolenghi's Mediterranean Island Feasts	Mallorca	On the Spanish Island of Mallorca, Yotam searches for authentic local cuisine, discovering wonderful local ingredients including ruby red prawns, the star ingredient in his version of paella.	UNITED KINGDOM	English-100	RPT	G	Y	Y
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2019-06-25	2400	Worst Cooks In America	Oktoberfest Feast	In the spirit of Oktoberfest, Anne and Rachael have their teams cook a traditional wiener schnitzel - but in a relay-race while playing beer pong.	USA	English-100		PG		
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2019-06-25	2530	Delia's How To Cook	Equipment	Delia takes viewers through knives, saucepans, frying pans and scales, with words of wisdom on surviving the commercial jungle and making sure consumers get good-quality equipment.	UNITED KINGDOM	English-100		G		
2019-06-25	2600	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G		
2019-06-25	2630	Hairy Bikers' Bakeation	Germany	Germany is one of Dave's favourite countries. Travelling from the wine region of the Rhine Valley to the spiritual home of beer, Bavaria, they discover the German's passion for bread of every shape.	UNITED KINGDOM	English-100		PG		Y
2019-06-25	2730	Ottolenghi's Mediterranean Island Feasts	Mallorca	On the Spanish Island of Mallorca, Yotam searches for authentic local cuisine, discovering wonderful local ingredients including ruby red prawns, the star ingredient in his version of paella.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-06-25	2830	Rachel Allen: All Things Sweet	Summer Days	Rachel serves up the flavours of summer with some scrumptious and colourful treats you can enjoy at any time of the year.	UNITED KINGDOM	English-100				
2019-06-26	0500	Mercurio's Menu	Sunshine Coast	If you're looking for pristine coastline, brilliant cuisine, fun, adventure, and excitement, then Queensland Sunshine Coast is the place to be.	AUSTRALIA	English-100				
2019-06-26	0530	Secret Meat Business	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100		G		
2019-06-26	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 1	Maeve gets an old family recipe from a famous Broome clan, the singing Pigram Brothers, and Joanna hangs out with chef Simmon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	RPT	G	Y	
2019-06-26	0630	Delia's How To Cook	Equipment	Delia takes viewers through knives, saucepans, frying pans and scales, with words of wisdom on surviving the commercial jungle and making sure consumers get good-quality equipment.	UNITED KINGDOM	English-100		G		
2019-06-26	0700	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G		
2019-06-26	0730	The Cook And The Chef	Tetsuya Part 1	Fifty years ago, Australia was gastronomically a very bleak part of the world. In the early 1950s, dining out for Maggie's family often meant a meal at the local Chinese restaurant.	AUSTRALIA	English-100		G		
2019-06-26	0800	Rachel Allen: All Things Sweet	Summer Days	Rachel serves up the flavours of summer with some scrumptious and colourful treats you can enjoy at any time of the year.	UNITED KINGDOM	English-100				
2019-06-26	0830	Worst Cooks In America	Oktoberfest Feast	In the spirit of Oktoberfest, Anne and Rachael have their teams cook a traditional wiener schnitzel - but in a relay-race while playing beer pong.	USA	English-100		PG		
2019-06-26	0930	Rick Stein's Long Weekends	Reykjavik	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-06-26	1030	Hairy Bikers' Bakeation	Germany	Germany is one of Dave's favourite countries. Travelling from the wine region of the Rhine Valley to the spiritual home of beer, Bavaria, they discover the German's passion for bread of every shape.	UNITED KINGDOM	English-100		PG		Y
2019-06-26	1130	Ottolenghi's Mediterranean Island Feasts	Mallorca	On the Spanish Island of Mallorca, Yotam searches for authentic local cuisine, discovering wonderful local ingredients including ruby red prawns, the star ingredient in his version of paella.	UNITED KINGDOM	English-100	RPT	G	Y	Y

2019-06-26	1230	Delia's How To Cook	Equipment	Delia takes viewers through knives, saucepans, frying pans and scales, with words of wisdom on surviving the commercial jungle and making sure consumers get good-quality equipment.	UNITED KINGDOM	English-100		G	
2019-06-26	1300	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G	
2019-06-26	1330	The Cook And The Chef	Tetsuya Part 1	Fifty years ago, Australia was gastronomically a very bleak part of the world. In the early 1950s, dining out for Maggie's family often meant a meal at the local Chinese restaurant.	AUSTRALIA	English-100		G	
2019-06-26	1400	Worst Cooks In America	Oktoberfest Feast	In the spirit of Oktoberfest, Anne and Rachael have their teams cook a traditional wiener schnitzel - but in a relay-race while playing beer pong.	USA	English-100		PG	
2019-06-26	1500	Mercurio's Menu	Eyre Peninsula	Bordered by the Spencer Gulf to the east and the Great Australian Bight to the west, the Eyre Peninsula's major towns of Port Lincoln, Whyalla, and Ceduna form a triangle of tourism.	AUSTRALIA	English-100		G	
2019-06-26	1530	Secret Meat Business	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		G	
2019-06-26	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G	Y
2019-06-26	1630	Delia's How To Cook	Gadgets	Delia Smith gives her top tips on kitchen gadgets, with advice on which ones to bin and which ones she considers invaluable. There are hints and tips on whisks, food processors, and blenders.	UNITED KINGDOM	English-100		G	
2019-06-26	1700	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G	
2019-06-26	1730	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G	Y
2019-06-26	1800	Rachel Allen: All Things Sweet	Chocoholics	For anyone with a passion for chocolate, you can never have too much of a good thing. Rachel takes us to chocolate heaven with these sweet dishes that showcase one of our favourite guilty pleasures.	UNITED KINGDOM	English-100		G	
2019-06-26	1830	Rick Stein's Long Weekends	Berlin	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-26	1930	Hayden Quinn's South Africa	Oudtshoorn	Hayden wakes up a few furry locals as he meets a family of meerkats at sunrise in the veld, then for breakfast, Hayden cooks a mighty ostrich egg omelette with chef Alister Scharnek.	SOUTH AFRICA	English-100		G	
2019-06-26	2000	Hayden Quinn's South Africa	Northern Cape	Hayden takes on South Africa's biggest province in a big way. He travels through towns both large and small and visits free range lamb farmers living on the outskirts of the Kalahari.	SOUTH AFRICA	English-100		G	
2019-06-26	2030	Donna Hay: Basics To Brilliance Kids	Sunday	First things first, it's time to make everyone's favourite part of a Sunday lunch - dessert. Freya and Jayla help Donna make the pastry for their summer fruit tart.	AUSTRALIA	English-100		G	
2019-06-26	2100	Donna Hay: Basics To Brilliance Kids	Bake Sale	What's a bake sale without cupcakes? They're everyone's favourite, so Donna, Gracie and Natasha make a batch each, with various flavours of icing.	AUSTRALIA	English-100		G	
2019-06-26	2130	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G	
2019-06-26	2200	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G	Y
2019-06-26	2230	Rick Stein's Long Weekends	Berlin	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side.	UNITED KINGDOM	English-100	RPT	G	Y

2019-06-26	2330	Rachel Allen: All Things Sweet	Chocoholics	For anyone with a passion for chocolate, you can never have too much of a good thing. Rachel takes us to chocolate heaven with these sweet dishes that showcase one of our favourite guilty pleasures.	UNITED KINGDOM	English-100			
2019-06-26	2400	Worst Cooks In America	Booooot Camp!	Anne and Rachael have some scary things in store for this week's Halloween-themed Boot Camp - but first the celebrities must make unique monster Bloody Mary's.	USA	English-100		PG	
2019-06-26	2500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G	Y
2019-06-26	2530	Delia's How To Cook	Gadgets	Delia Smith gives her top tips on kitchen gadgets, with advice on which ones to bin and which ones she considers invaluable. There are hints and tips on whisks, food processors, and blenders.	UNITED KINGDOM	English-100		G	
2019-06-26	2600	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G	
2019-06-26	2630	Hayden Quinn's South Africa	Oudtshoorn	Hayden wakes up a few furry locals as he meets a family of meerkats at sunrise in the veld, then for breakfast, Hayden cooks a mighty ostrich egg omelette with chef Alister Scharnek.	SOUTH AFRICA	English-100		G	
2019-06-26	2700	Hayden Quinn's South Africa	Northern Cape	Hayden takes on South Africa's biggest province in a big way. He travels through towns both large and small and visits free range lamb farmers living on the outskirts of the Kalahari.	SOUTH AFRICA	English-100		G	
2019-06-26	2730	Donna Hay: Basics To Brilliance Kids	Sunday	First things first, it's time to make everyone's favourite part of a Sunday lunch - dessert. Freya and Jayla help Donna make the pastry for their summer fruit tart.	AUSTRALIA	English-100		G	
2019-06-26	2800	Donna Hay: Basics To Brilliance Kids	Bake Sale	What's a bake sale without cupcakes? They're everyone's favourite, so Donna, Gracie and Natasha make a batch each, with various flavours of icing.	AUSTRALIA	English-100		G	
2019-06-26	2830	Rachel Allen: All Things Sweet	Chocoholics	For anyone with a passion for chocolate, you can never have too much of a good thing. Rachel takes us to chocolate heaven with these sweet dishes that showcase one of our favourite guilty pleasures.	UNITED KINGDOM	English-100			
2019-06-27	0500	Mercurio's Menu	Eyre Peninsula	Bordered by the Spencer Gulf to the east and the Great Australian Bight to the west, the Eyre Peninsula's major towns of Port Lincoln, Whyalla, and Ceduna form a triangle of tourism.	AUSTRALIA	English-100			
2019-06-27	0530	Secret Meat Business	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		G	
2019-06-27	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G	Y
2019-06-27	0630	Delia's How To Cook	Gadgets	Delia Smith gives her top tips on kitchen gadgets, with advice on which ones to bin and which ones she considers invaluable. There are hints and tips on whisks, food processors, and blenders.	UNITED KINGDOM	English-100		G	
2019-06-27	0700	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G	
2019-06-27	0730	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G	Y
2019-06-27	0800	Rachel Allen: All Things Sweet	Chocoholics	For anyone with a passion for chocolate, you can never have too much of a good thing. Rachel takes us to chocolate heaven with these sweet dishes that showcase one of our favourite guilty pleasures.	UNITED KINGDOM	English-100			
2019-06-27	0830	Worst Cooks In America	Booooot Camp!	Anne and Rachael have some scary things in store for this week's Halloween-themed Boot Camp - but first the celebrities must make unique monster Bloody Mary's.	USA	English-100		PG	
2019-06-27	0930	Rick Stein's Long Weekends	Berlin	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side.	UNITED KINGDOM	English-100	RPT	G	Y

2019-06-27	1030	Hayden Quinn's South Africa	Oudtshoorn	Hayden wakes up a few furry locals as he meets a family of meerkats at sunrise in the veld, then for breakfast, Hayden cooks a mighty ostrich egg omelette with chef Alister Scharnek.	SOUTH AFRICA	English-100		G	
2019-06-27	1100	Hayden Quinn's South Africa	Northern Cape	Hayden takes on South Africa's biggest province in a big way. He travels through towns both large and small and visits free range lamb farmers living on the outskirts of the Kalahari.	SOUTH AFRICA	English-100		G	
2019-06-27	1130	Donna Hay: Basics To Brilliance Kids	Sunday	First things first, it's time to make everyone's favourite part of a Sunday lunch - dessert. Freya and Jayla help Donna make the pastry for their summer fruit tart.	AUSTRALIA	English-100		G	
2019-06-27	1200	Donna Hay: Basics To Brilliance Kids	Bake Sale	What's a bake sale without cupcakes? They're everyone's favourite, so Donna, Gracie and Natasha make a batch each, with various flavours of icing.	AUSTRALIA	English-100		G	
2019-06-27	1230	Delia's How To Cook	Gadgets	Delia Smith gives her top tips on kitchen gadgets, with advice on which ones to bin and which ones she considers invaluable. There are hints and tips on whisks, food processors, and blenders.	UNITED KINGDOM	English-100		G	
2019-06-27	1300	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G	
2019-06-27	1330	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G	Y
2019-06-27	1400	Worst Cooks In America	Booooot Camp!	Anne and Rachael have some scary things in store for this week's Halloween-themed Boot Camp - but first the celebrities must make unique monster Bloody Mary's.	USA	English-100		PG	
2019-06-27	1500	Mercurio's Menu	A.C.T.	Canberra is the political centre of Australia. It's where all the big decisions to do with this great country happen. On top of this it boasts some wonderfully diverse produce such as Galloway beef.	AUSTRALIA	English-100		G	
2019-06-27	1530	Secret Meat Business	Canadian	Double trouble, Adrian combines two of his favourite proteins in an indulgent Canadian dish, Bacon wrapped duck breasts Tournedos.	AUSTRALIA	English-100		G	
2019-06-27	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G	Y
2019-06-27	1630	Delia's How To Cook	Pulses	The humble bean is given a makeover as Delia turns her attention to the world of pulses. Though often dismissed as the poorest of meals, pulses are a cheap and delicious form of protein.	UNITED KINGDOM	English-100		G	
2019-06-27	1700	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G	
2019-06-27	1730	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G	
2019-06-27	1800	Rachel Allen: All Things Sweet	Exotic Tastes	Even a home-cooked treat can whisk our taste buds off to far-flung lands. Rachel presents a selection of recipes using exotic spices and other ingredients for a truly international sweet menu.	UNITED KINGDOM	English-100		G	
2019-06-27	1830	Rick Stein's Long Weekends	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-27	1930	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, mouth-wateringly delicious beef fillet with salsa verde.	UNITED KINGDOM	English-100		G	
2019-06-27	2030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G	Y

2019-06-27	2135	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G	
2019-06-27	2205	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G	
2019-06-27	2235	Rick Stein's Long Weekends	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-27	2335	Rachel Allen: All Things Sweet	Exotic Tastes	Even a home-cooked treat can whisk our taste buds off to far-flung lands. Rachel presents a selection of recipes using exotic spices and other ingredients for a truly international sweet menu.	UNITED KINGDOM	English-100			
2019-06-27	2405	Worst Cooks In America	Celebrity Cheat Meals	The celeb recruits put their culinary knowledge to the test in a game of food and pop-culture trivia. Anne and Rachael then make their own versions of the ultimate comfort food: chicken and waffles.	USA	English-100		PG	
2019-06-27	2500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G	Y
2019-06-27	2530	Delia's How To Cook	Pulses	The humble bean is given a makeover as Delia turns her attention to the world of pulses. Though often dismissed as the poorest of meals, pulses are a cheap and delicious form of protein.	UNITED KINGDOM	English-100		G	
2019-06-27	2600	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G	
2019-06-27	2630	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, mouth-wateringly delicious beef fillet with salsa verde.	UNITED KINGDOM	English-100		G	
2019-06-27	2730	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-27	2835	Rachel Allen: All Things Sweet	Exotic Tastes	Even a home-cooked treat can whisk our taste buds off to far-flung lands. Rachel presents a selection of recipes using exotic spices and other ingredients for a truly international sweet menu.	UNITED KINGDOM	English-100			
2019-06-28	0500	Mercurio's Menu	A.C.T.	Canberra is the political centre of Australia. It's where all the big decisions to do with this great country happen. On top of this it boasts some wonderfully diverse produce such as Galloway beef.	AUSTRALIA	English-100			
2019-06-28	0530	Secret Meat Business	Canadian	Double trouble, Adrian combines two of his favourite proteins in an indulgent Canadian dish, Bacon wrapped duck breasts Tournedos.	AUSTRALIA	English-100		G	
2019-06-28	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G	Y
2019-06-28	0630	Delia's How To Cook	Pulses	The humble bean is given a makeover as Delia turns her attention to the world of pulses. Though often dismissed as the poorest of meals, pulses are a cheap and delicious form of protein.	UNITED KINGDOM	English-100		G	
2019-06-28	0700	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G	
2019-06-28	0730	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G	
2019-06-28	0800	Rachel Allen: All Things Sweet	Exotic Tastes	Even a home-cooked treat can whisk our taste buds off to far-flung lands. Rachel presents a selection of recipes using exotic spices and other ingredients for a truly international sweet menu.	UNITED KINGDOM	English-100			

2019-06-28	0830	Worst Cooks In America	Celebrity Cheat Meals	The celeb recruits put their culinary knowledge to the test in a game of food and pop-culture trivia. Anne and Rachael then make their own versions of the ultimate comfort food: chicken and waffles.	USA	English-100		PG	
2019-06-28	0930	Rick Stein's Long Weekends	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-28	1030	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, mouth-wateringly delicious beef fillet with salsa verde.	UNITED KINGDOM	English-100		G	
2019-06-28	1130	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-28	1235	Delia's How To Cook	Pulses	The humble bean is given a makeover as Delia turns her attention to the world of pulses. Though often dismissed as the poorest of meals, pulses are a cheap and delicious form of protein.	UNITED KINGDOM	English-100		G	
2019-06-28	1305	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G	
2019-06-28	1335	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G	
2019-06-28	1405	Worst Cooks In America	Celebrity Cheat Meals	The celeb recruits put their culinary knowledge to the test in a game of food and pop-culture trivia. Anne and Rachael then make their own versions of the ultimate comfort food: chicken and waffles.	USA	English-100		PG	
2019-06-28	1500	Mercurio's Menu	Orange	Orange is the central tablelands of NSW and is home to around 40,000 residents. Two of those residents, Borry and Gaye Bartrell, run an apple farm called Borrodell on the Mount.	AUSTRALIA	English-100			
2019-06-28	1530	Secret Meat Business	Malaysian	Malaysian cooking is a cuisine that melds Chinese, Indian and traditional Malay flavours. Adrian pays homage to his time spent there as a child preparing mouth-watering Beef Rendang.	AUSTRALIA	English-100		G	

2019-06-28	1600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 4	Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style.	AUSTRALIA	English-100	RPT	G	Y
2019-06-28	1630	Delia's How To Cook	Preserving	Delia explains the essentials of preserves, chutneys, jellies, and pickles. Arguing how much better home-made jams and pickles taste than shop-bought ones, she encourages viewers to get preserving.	UNITED KINGDOM	English-100		G	
2019-06-28	1700	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G	
2019-06-28	1730	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G	
2019-06-28	1800	Rachel Allen: All Things Sweet	Sweet Treats	Rachel reveals some sweet-making secrets that would put even Willy Wonka to shame. In her selection of pick and mix are rose water marshmallows and Ballymaloe vanilla fudge.	UNITED KINGDOM	English-100			
2019-06-28	1830	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-28	1930	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 13	No matter what you prefer, Richo shares his recipes for the perfect bar snack. Light California Rolls, sticky BBQ Pork Ribs or comforting Mac and Cheese Toasties, these recipes are sure to impress.	AUSTRALIA	English-100		G	
2019-06-28	2000	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 14	Richo serves up some of his favourite bar snacks. Quick and easy Seared Scallops with Vietnamese Dressing, flavour packed Steak Tartare and a Gooey Birthday Cake for One that is sure to impress.	AUSTRALIA	English-100		G	
2019-06-28	2030	Nigella Feasts	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-28	2100	Nigella Feasts	Weekend Wonders	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-28	2130	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G	
2019-06-28	2200	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G	
2019-06-28	2230	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-28	2330	Rachel Allen: All Things Sweet	Sweet Treats	Rachel reveals some sweet-making secrets that would put even Willy Wonka to shame. In her selection of pick and mix are rose water marshmallows and Ballymaloe vanilla fudge.	UNITED KINGDOM	English-100			
2019-06-28	2400	Worst Cooks In America	Hollywood Goes Bollywood	The tables are turned in the Skill Drill Challenge, when the remaining celebrities become the teachers and instruct Anne and Rachael to make a dish.	USA	English-100		PG	Y
2019-06-28	2500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 4	Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style.	AUSTRALIA	English-100	RPT	G	Y
2019-06-28	2530	Delia's How To Cook	Preserving	Delia explains the essentials of preserves, chutneys, jellies, and pickles. Arguing how much better home-made jams and pickles taste than shop-bought ones, she encourages viewers to get preserving.	UNITED KINGDOM	English-100		G	
2019-06-28	2600	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G	

2019-06-28	2630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 13	No matter what you prefer, Richo shares his recipes for the perfect bar snack. Light California Rolls, sticky BBQ Pork Ribs or comforting Mac and Cheese Toasties, these recipes are sure to impress.	AUSTRALIA	English-100		G	
2019-06-28	2700	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 14	Richo serves up some of his favourite bar snacks. Quick and easy Seared Scallops with Vietnamese Dressing, flavour packed Steak Tartare and a Gooney Birthday Cake for One that is sure to impress.	AUSTRALIA	English-100		G	
2019-06-28	2730	Nigella Feasts	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-28	2800	Nigella Feasts	Weekend Wonders	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-28	2830	Rachel Allen: All Things Sweet	Sweet Treats	Rachel reveals some sweet-making secrets that would put even Willy Wonka to shame. In her selection of pick and mix are rose water marshmallows and Ballymaloe vanilla fudge.	UNITED KINGDOM	English-100			
2019-06-29	0500	Mercurio's Menu	Orange	Orange is the central tablelands of NSW and is home to around 40,000 residents. Two of those residents, Borry and Gaye Bartrell, run an apple farm called Borrodell on the Mount.	AUSTRALIA	English-100			
2019-06-29	0530	Secret Meat Business	Malaysian	Malaysian cooking is a cuisine that melds Chinese, Indian and traditional Malay flavours. Adrian pays homage to his time spent there as a child preparing mouth-watering Beef Rendang.	AUSTRALIA	English-100		G	
2019-06-29	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 4	Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style.	AUSTRALIA	English-100	RPT	G	Y
2019-06-29	0630	Delia's How To Cook	Preserving	Delia explains the essentials of preserves, chutneys, jellies, and pickles. Arguing how much better home-made jams and pickles taste than shop-bought ones, she encourages viewers to get preserving.	UNITED KINGDOM	English-100		G	
2019-06-29	0700	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G	
2019-06-29	0730	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G	
2019-06-29	0800	Rachel Allen: All Things Sweet	Sweet Treats	Rachel reveals some sweet-making secrets that would put even Willy Wonka to shame. In her selection of pick and mix are rose water marshmallows and Ballymaloe vanilla fudge.	UNITED KINGDOM	English-100			
2019-06-29	0830	Worst Cooks In America	Hollywood Goes Bollywood	The tables are turned in the Skill Drill Challenge, when the remaining celebrities become the teachers and instruct Anne and Rachael to make a dish.	USA	English-100		PG	Y
2019-06-29	0930	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-29	1030	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 13	No matter what you prefer, Richo shares his recipes for the perfect bar snack. Light California Rolls, sticky BBQ Pork Ribs or comforting Mac and Cheese Toasties, these recipes are sure to impress.	AUSTRALIA	English-100		G	
2019-06-29	1100	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 14	Richo serves up some of his favourite bar snacks. Quick and easy Seared Scallops with Vietnamese Dressing, flavour packed Steak Tartare and a Gooney Birthday Cake for One that is sure to impress.	AUSTRALIA	English-100		G	
2019-06-29	1130	Nigella Feasts	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2019-06-29	1200	Nigella Feasts	Weekend Wonders	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves.	UNITED KINGDOM	English-100	RPT	G	Y

2019-06-29	1230	Delia's How To Cook	Preserving	Delia explains the essentials of preserves, chutneys, jellies, and pickles. Arguing how much better home-made jams and pickles taste than shop-bought ones, she encourages viewers to get preserving.	UNITED KINGDOM	English-100		G		
2019-06-29	1300	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G		
2019-06-29	1330	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G		
2019-06-29	1400	Worst Cooks In America	Hollywood Goes Bollywood	The tables are turned in the Skill Drill Challenge, when the remaining celebrities become the teachers and instruct Anne and Rachael to make a dish.	USA	English-100		PG		Y
2019-06-29	1500	Dinner Date	Jerome	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-06-29	1600	Say It To My Face	Lead From The Front	Best friends Nick Velez and Calvin Spencer own 'Bastards' a sports bar in Downey, CA. They are proud of their military service - so much so they have decorated their restaurant like a combat zone.	USA	English-100		PG		
2019-06-29	1700	The Cook And The Chef	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100		G		
2019-06-29	1730	The Cook And The Chef	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100		G		
2019-06-29	1800	Rachel Allen: All Things Sweet	Indulgence	Rachel declares this programme a guilt-free zone as she serves up some deliciously indulgent dishes. On the menu are gooey date and stem ginger pudding, and layered mocha mousse coffee meringue.	UNITED KINGDOM	English-100				
2019-06-29	1830	Lyndey Milan's Taste Of Ireland	County Waterford	In Waterford, Lyndey starts by sampling the unique and fabulous food of a local grower's market. A visit to the Waterford crystal factory leads Lyndey to harbor town Dungarvan.	AUSTRALIA	English-100		G		
2019-06-29	1900	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		
2019-06-29	1930	Tom Kerridge's Proper Pub Food	Christmas Food	This is Christmas dinner Tom Kerridge style, with everything pushed that little bit further to make it a real celebration feast. Tom likes to keep it traditional at Christmas and always cooks Turkey.	UNITED KINGDOM	English-100				
2019-06-29	2000	Tom Kerridge's Proper Pub Food	Food For Friends	This episode features dishes that are perfect for serving up to groups of friends. This is hearty, casual cooking meant for sharing - that means less time fussing in the kitchen.	UNITED KINGDOM	English-100		G		
2019-06-29	2030	Bill's Tasty Weekends	Derbyshire	Bill Granger is swapping his urban life for a weekend of country pursuits. With a hunting lodge on the magnificent Chatsworth Estate as his base, Bill tries his hand at clay pigeon shooting.	UNITED KINGDOM	English-100				
2019-06-29	2130	Shane Delia's Spice Journey Turkey	Trabzon - A Hungering For Hamsi	Shane journeys across the Pontic Mountains to reach the Black Sea port town of Trabzon where he tracks down a very special fish, the hamsi, and recipes for this special creature.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-06-29	2200	Shane Delia's Spice Journey Turkey	Ordu - Where Georgia's Always On Your Mind	In Ordu, Shane is introduced to a cuisine whose culinary heritage lies to the north in Georgia, the former Soviet state.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-06-29	2230	Rachel Allen: All Things Sweet	Indulgence	Rachel declares this programme a guilt-free zone as she serves up some deliciously indulgent dishes. On the menu are gooey date and stem ginger pudding, and layered mocha mousse coffee meringue.	UNITED KINGDOM	English-100				
2019-06-29	2300	The Cook And The Chef	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100		G		

2019-06-29	2330	The Cook And The Chef	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100	G
2019-06-29	2400	Worst Cooks In America	Live And Let Dough	For this Skill Drill Challenge, the celebrities execute a simple recipe that's missing some key words. Then the remaining recruits cook complicated pasta dishes for special guests.	USA	English-100	PG
2019-06-29	2500	Worst Cooks In America	Final Showdown, The	The final two recruits face their final, ultimate challenge - cook a restaurant quality meal for a panel of culinary experts. One is named the winner and awarded \$50,000 to go to their chosen charity.	USA	English-100	PG
2019-06-29	2600	Lyndey Milan's Taste Of Ireland	County Waterford	In Waterford, Lyndey starts by sampling the unique and fabulous food of a local grower's market. A visit to the Waterford crystal factory leads Lyndey to harbor town Dungarvan.	AUSTRALIA	English-100	G
2019-06-29	2630	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
2019-06-29	2700	Tom Kerridge's Proper Pub Food	Christmas Food	This is Christmas dinner Tom Kerridge style, with everything pushed that little bit further to make it a real celebration feast. Tom likes to keep it traditional at Christmas and always cooks Turkey.	UNITED KINGDOM	English-100	
2019-06-29	2730	Tom Kerridge's Proper Pub Food	Food For Friends	This episode features dishes that are perfect for serving up to groups of friends. This is hearty, casual cooking meant for sharing - that means less time fussing in the kitchen.	UNITED KINGDOM	English-100	G
2019-06-29	2800	The Cook And The Chef	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100	G
2019-06-29	2830	The Cook And The Chef	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100	G