



**WEEK 26: Sunday, 21 June - Saturday, 27 June 2020 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-06-21	0500	<b>Ask The Butcher</b>	Game	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	
2020-06-21	0530	<b>Saturday Kitchen</b>	Saturday Kitchen Series 3 Ep 5	Bimingham's original Michelin starred chef, Glynn Purnell, hosts Saturday Kitchen this week with help from some top chefs including Nadyia Hussain and Michelin starred Daniel Galmiche.	UNITED KINGDOM	English-100		G	
2020-06-21	0630	<b>Lyndey Milan's Taste Of Ireland</b>	County Dublin	In Dublin, there's a taste of seafood and a swim in the sea when Lyndey visits old friends in the nearby harbour of Howth.	AUSTRALIA	English-100		G	
2020-06-21	0700	<b>Lyndey Milan's Taste Of Ireland</b>	Back At Home	After weeks of rolling emerald hills, idiosyncratic Irish characters, and stunning Irish produce, Lyndey arrives home brimming with new recipe ideas, and cooks up a feast for her friends.	AUSTRALIA	English-100		G	
2020-06-21	0730	<b>Cheese Slices</b>	Ireland	Ireland's history of making cheese dates back to ancient Celtic times. Will explore the spectacularly rugged west coast of Ireland to try some of the more unusual cheese varieties.	AUSTRALIA	English-100		G	
2020-06-21	0800	<b>Cheese Slices</b>	Roquefort	With a fascinating history that dates back to Roman times, the importance of Roquefort cheese cannot be underestimated. Will visit a typical dairy to look at a unique breed of milking ewes.	AUSTRALIA	English-100		G	
2020-06-21	0830	<b>Kylie Kwong: My China</b>	Hong Kong	Kylie continues her search for culinary traditions in the familiar surroundings of Hong Kong, and she works her way through a speakeasy.	AUSTRALIA	English-100	RPT	G	Y
2020-06-21	0900	<b>Kylie Kwong: My China</b>	Fujian Province	Kylie works her way to the Fujian province and the south coast of China. The region is the ancestral homeland of millions of overseas Chinese of Southeast Asia.	AUSTRALIA	English-100	RPT	G	Y
2020-06-21	0930	<b>Two Greedy Italians... Still Hungry</b>	Liguria And La Bella Figura	Chefs Antonio and Gennaro explore how Italy's social history has created a culture of admiration for superficial accoutrements in the showbiz port of Portofino.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-21	1035	<b>Destination Flavour Down Under</b>	Australia - Queensland	It is one tropical surprise after another when Adam takes to the road around Rockhampton, beginning his trip at a petrol station known for making the best crab sandwiches in QLD.	AUSTRALIA	English-100	RPT	G	Y
2020-06-21	1105	<b>Ask The Butcher</b>	Cured Meats	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	
2020-06-21	1130	<b>The Cook And The Chef</b>	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100		G	
2020-06-21	1200	<b>The Cook And The Chef</b>	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G	
2020-06-21	1230	<b>Lyndey Milan's Taste Of Ireland</b>	County Dublin	In Dublin, there's a taste of seafood and a swim in the sea when Lyndey visits old friends in the nearby harbour of Howth.	AUSTRALIA	English-100		G	
2020-06-21	1300	<b>Lyndey Milan's Taste Of Ireland</b>	Back At Home	After weeks of rolling emerald hills, idiosyncratic Irish characters, and stunning Irish produce, Lyndey arrives home brimming with new recipe ideas, and cooks up a feast for her friends.	AUSTRALIA	English-100		G	
2020-06-21	1330	<b>Cheese Slices</b>	Ireland	Ireland's history of making cheese dates back to ancient Celtic times. Will explore the spectacularly rugged west coast of Ireland to try some of the more unusual cheese varieties.	AUSTRALIA	English-100		G	
2020-06-21	1400	<b>Saturday Kitchen</b>	Saturday Kitchen Series 3 Ep 6	British Chinese food writer and TV chef, Ching He Huang, presents Saturday Kitchen this week with help from some world star chefs including Olia Hercules and Martin Morales.	UNITED KINGDOM	English-100		G	

2020-06-21	1500	<b>Ask The Butcher</b>	Poultry	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100			G
2020-06-21	1530	<b>Ask The Butcher</b>	Lean Meats	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100			G
2020-06-21	1600	<b>Lyndey Milan's Baking Secrets</b>	Pies And Puds	Lyndey lifts the lid on the humble pie with a classic rich beef offering, laced with red wine - ideal for cool winter nights.	AUSTRALIA	English-100			G
2020-06-21	1630	<b>Donal's Asian Baking Adventure</b>	Melaka, Malaysia	Malaysia has a distinguished history of baking and sweet treats have long been part of the Malaysian day. Donal arrives in the historical city of Melaka.	SINGAPORE	English-100			G
2020-06-21	1700	<b>Martha Bakes</b>	Coffee Shop Favourites	Discover Martha's tips and techniques for recreating the delectable baked goods found in some of her favourite coffee shops.	USA	English-100			G
2020-06-21	1730	<b>Bake With Anna Olson</b>	Nut Cakes	Nut cakes range from easy little cakes to elaborate grand tortes. Anna shows viewers how to make cakes and desserts where nuts feature prominently in the recipe.	CANADA	English-100			G
2020-06-21	1800	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 2	Adam's salute to Singapore Banquet Dinner quest continues as he goes in search of inspiration for a meat dish.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-21	1830	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 3	Helen honours her Greek roots with a gluten free recipe for lamb pastitsio. Kathy Tsaples, founder of Sweet Greek, shares her recipe for savoury tarts that have a delicious polenta pastry base.	AUSTRALIA				G
2020-06-21	1900	<b>Bonacini's Italy</b>	Calabria	Chef Michael Bonacini explores sweet and spicy dishes hailing from the coastal region of Calabria. For his antipasto, he cooks up a light and refreshing brioche with gelato.	CANADA	English-100			G
2020-06-21	1930	<b>Rick Stein's Far Eastern Odyssey</b>	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-21	2035	<b>John Torode's Australia</b>	John Torode's Australia Series 1 Ep 2	John's tour of Sydney continues as he explores the multicultural city, including the Lebanese and Chinese communities. Then it's off to Sydney's fish market for the catch of the day.	UNITED KINGDOM	English-100			PG
2020-06-21	2130	<b>Parveen's Indian Kitchen</b>	Parveen's Indian Cooking Series 1 Ep 3	Parveen shares her version of potato and cauliflower parathas served with kachumber, followed by Indian ice cream - kulfi. She also proves that homemade samosas are an easy task.	UNITED KINGDOM	English-100			G
2020-06-21	2230	<b>Destination Flavour Down Under</b>	Australia - New South Wales North Coast	Adam sources the famous Yamba prawns straight from the trawler. Heading further north to Byron Bay, Adam visits a must-see produce attraction, the Mullumbimby farmers market.	AUSTRALIA	English-100	RPT	G	Y
2020-06-21	2300	<b>Comfort Eating</b>	Wales	Nick and David Trent go camping for the weekend at Machfest, a secret comedy festival in the Wales countryside. In between gigs, Nick finds time for a vegan street food platter.	UNITED KINGDOM	English-100			PG
2020-06-21	2330	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 3	Helen honours her Greek roots with a gluten free recipe for lamb pastitsio. Kathy Tsaples, founder of Sweet Greek, shares her recipe for savoury tarts that have a delicious polenta pastry base.	AUSTRALIA				G
2020-06-21	2400	<b>Bonacini's Italy</b>	Calabria	Chef Michael Bonacini explores sweet and spicy dishes hailing from the coastal region of Calabria. For his antipasto, he cooks up a light and refreshing brioche with gelato.	CANADA	English-100			G
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2020-06-21	2630	<b>Parveen's Indian Kitchen</b>	Parveen's Indian Cooking Series 1 Ep 3	Parveen shares her version of potato and cauliflower parathas served with kachumber, followed by Indian ice cream - kulfi. She also proves that homemade samosas are an easy task.	UNITED KINGDOM	English-100			G
2020-06-21	2730	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 3	At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu.	AUSTRALIA	English-100	RPT	G	Y

2020-06-21	2800	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 1	Adam Liaw travels to the islands of Singapore. He's set a challenge for himself. In 6 weeks, he's going to put on a Salute to Singapore Banquet Dinner for some of the country's top food identities.	AUSTRALIA	English-100	RPT	G	Y
2020-06-21	2830	<b>Ask The Butcher</b>	Lean Meats	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	
2020-06-22	0500	<b>Lyndey Milan's Baking Secrets</b>	Pies And Puds	Lyndey lifts the lid on the humble pie with a classic rich beef offering, laced with red wine - ideal for cool winter nights.	AUSTRALIA	English-100		G	
2020-06-22	0530	<b>Donal's Asian Baking Adventure</b>	Melaka, Malaysia	Malaysia has a distinguished history of baking and sweet treats have long been part of the Malaysian day. Donal arrives in the historical city of Melaka.	SINGAPORE	English-100		G	
2020-06-22	0600	<b>Martha Bakes</b>	Coffee Shop Favourites	Discover Martha's tips and techniques for recreating the delectable baked goods found in some of her favourite coffee shops.	USA	English-100		G	
2020-06-22	0630	<b>Bake With Anna Olson</b>	Nut Cakes	Nut cakes range from easy little cakes to elaborate grand tortes. Anna shows viewers how to make cakes and desserts where nuts feature prominently in the recipe.	CANADA	English-100		G	
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2020-06-22	1330	<b>Mercurio's Menu</b>	Outback Queensland	Welcome to Outback Queensland and a true Australian food experience not to be missed. Bush tucker, emu, kangaroo, and prime Australian beef are all on the menu.	AUSTRALIA	English-100		G	
2020-06-22	1400	<b>New Scandinavian Cooking</b>	Happy Holiday Food	Andreas makes a real Scandinavian Christmas feast, and shares all his favourite Norwegian recipes of the season.	NORWAY	English-100		G	
2020-06-22	1430	<b>The Chefs' Line</b>	Chinese	Watch apprentice chef Kevin from top Sydney Chinese restaurant, Lotus, go up against four passionate home cooks in a classic Dumpling battle.	AUSTRALIA	English-100	RPT	G	Y

2020-06-22	1500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G	
2020-06-22	1530	<b>Pati's Mexican Table</b>	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz.	USA	English-100		G	
2020-06-22	1600	<b>Great British Food Revival</b>	Shellfish - Valentine Warner	Valentine Warner remembers eating shellfish from a polystyrene cup with a cocktail stick when he was a boy on holiday at the seaside, and he chases that memory.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-06-22	1630	<b>The Cook And The Chef</b>	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G	
2020-06-22	1700	<b>The Cook And The Chef</b>	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG	
2020-06-22	1730	<b>Martha Bakes</b>	Never Enough Cookies	From simple to jam packed, Martha shares some new favourites to add to your cookie repertoire.	USA	English-100		G	
2020-06-22	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry. Meanwhile, Digger brings joy to some people in need.	AUSTRALIA	English-100	RPT	G	Y
2020-06-22	1900	<b>Nigella Feasts</b>	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-22	1930	<b>Len And Ainsley's Big Food Adventure</b>	Bradford	Len and Ainsley drop in on one of the oldest Latvian community clubs in the UK. The locals dish up Latvian treats, including a sweet carrot and potato pie.	UNITED KINGDOM	English-100		PG	
2020-06-22	2030	<b>Gordon Ramsay Seasonal Special</b>	Hot Food For Cold Days	Gordon is in holiday mode! With the help of his kids he teaches us his favourite hot and spicy recipes that are perfect for the festive break.	UNITED KINGDOM	English-100		PG	
2020-06-22	2130	<b>Heston's Great British Food</b>	Chocolate	Heston cooks a British chocolate feast and brings all of the nation's chocolate history together into one supersized chocolate bar inspired by Mint Aero, Mini Eggs, Flake, Caramel and Twix.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-22	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry. Meanwhile, Digger brings joy to some people in need.	AUSTRALIA	English-100	RPT	G	Y
2020-06-22	2330	<b>The Cook And The Chef</b>	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G	
2020-06-22	2400	<b>The Cook And The Chef</b>	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG	
2020-06-22	2430	<b>Martha Bakes</b>	Never Enough Cookies	From simple to jam packed, Martha shares some new favourites to add to your cookie repertoire.	USA	English-100		G	
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2020-06-22	2530	<b>The Chefs' Line</b>	Chinese	Watch apprentice chef Kevin from top Sydney Chinese restaurant, Lotus, go up against four passionate home cooks in a classic Dumpling battle.	AUSTRALIA	English-100	RPT	G	Y
2020-06-22	2600	<b>Mercurio's Menu</b>	Outback Queensland	Welcome to Outback Queensland and a true Australian food experience not to be missed. Bush tucker, emu, kangaroo, and prime Australian beef are all on the menu.	AUSTRALIA	English-100		G	
2020-06-22	2630	<b>Len And Ainsley's Big Food Adventure</b>	Bradford	Len and Ainsley drop in on one of the oldest Latvian community clubs in the UK. The locals dish up Latvian treats, including a sweet carrot and potato pie.	UNITED KINGDOM	English-100		PG	

2020-06-22	2730	<b>Gordon Ramsay Seasonal Special</b>	Hot Food For Cold Days	Gordon is in holiday mode! With the help of his kids he teaches us his favourite hot and spicy recipes that are perfect for the festive break.	UNITED KINGDOM	English-100		PG	
2020-06-22	2830	<b>New Scandinavian Cooking</b>	Happy Holiday Food	Andreas makes a real Scandinavian Christmas feast, and shares all his favourite Norwegian recipes of the season.	NORWAY	English-100		G	
2020-06-23	0500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G	
2020-06-23	0530	<b>Pati's Mexican Table</b>	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz.	USA	English-100		G	
2020-06-23	0600	<b>Great British Food Revival</b>	Shellfish - Valentine Warner	Valentine Warner remembers eating shellfish from a polystyrene cup with a cocktail stick when he was a boy on holiday at the seaside, and he chases that memory.	UNITED KINGDOM	English-100	RPT	PG	Y
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2020-06-23	0730	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry. Meanwhile, Digger brings joy to some people in need.	AUSTRALIA	English-100	RPT	G	Y
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2020-06-23	0930	<b>The Chefs' Line</b>	Chinese	Watch apprentice chef Kevin from top Sydney Chinese restaurant, Lotus, go up against four passionate home cooks in a classic Dumpling battle.	AUSTRALIA	English-100	RPT	G	Y
2020-06-23	1000	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G	
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2020-06-23	1130	<b>Gordon Ramsay Seasonal Special</b>	Hot Food For Cold Days	Gordon is in holiday mode! With the help of his kids he teaches us his favourite hot and spicy recipes that are perfect for the festive break.	UNITED KINGDOM	English-100		PG	
2020-06-23	1230	<b>Heston's Great British Food</b>	Chocolate	Heston cooks a British chocolate feast and brings all of the nation's chocolate history together into one supersized chocolate bar inspired by Mint Aero, Mini Eggs, Flake, Caramel and Twix.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-23	1330	<b>Mercurio's Menu</b>	Hunter Valley	Paul returns to the Hunter to uncover a whole lot more in this famous wine region. It's avocado harvest season, and Paul's there to give a hand. Plus, he learns the art of pasta making.	AUSTRALIA	English-100		G	
2020-06-23	1400	<b>New Scandinavian Cooking</b>	New Nordic Cuisine	Andreas embarks on a culinary journey, looking for the source of the new Nordic food revolution. The journey begins in Oslo, at Norway's best restaurant, Maaemo.	NORWAY	English-100		PG	
2020-06-23	1430	<b>The Chefs' Line</b>	Chinese	Watch station chef Bowen from top Sydney Chinese restaurant, Lotus, go up against three passionate home cooks in the ultimate Sago Pudding challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-06-23	1500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 2	From Green Island, one of the oldest and most beautiful Islands in the Great Barrier Reef, Miguel reveals some simple steps to a stunning Tuna Carpaccio.	AUSTRALIA	English-100		G	

2020-06-23	1530	<b>Pati's Mexican Table</b>	Women Of Oaxaca	Pati meets with women chefs, business owners and leaders of society, exploring the role of women in Oaxaca, and their influence on the customs and cuisine.	USA	English-100		G	
2020-06-23	1600	<b>Great British Food Revival</b>	Turkey - Angela Hartnett	Michelin-starred chef Angela Hartnett admits that she's been guilty of eating turkey only at Christmastime. Her campaign is about reviving the turkey at other times of the year.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-06-23	1630	<b>The Cook And The Chef</b>	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G	
2020-06-23	1700	<b>The Cook And The Chef</b>	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG	
2020-06-23	1730	<b>Martha Bakes</b>	Pizza Dough	Learn how easy it is to make it pizza night, every night, with just one dough recipe prepared three ways.	USA	English-100		G	
2020-06-23	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-23	1900	<b>Nigella Feasts</b>	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-23	1930	<b>Food Safari Water</b>	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-23	2000	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 2	Silvia Colloca returns to her family home in Italy, and with the help of her sister, she demonstrates how to make a fool proof potato gnocchi with zucchini and pecorino sauce.	AUSTRALIA	English-100	RPT	G	Y
2020-06-23	2030	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 8	Richo cooks up a silky Scallop, Mushroom and Tofu Custard and shares how to make some bar classics, a Dirty Martini, and Oysters Kilpatrick.	AUSTRALIA	English-100		G	
2020-06-23	2100	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 8	Luke visits Quy Nhon on the central coast of Vietnam. He cooks vegetarian fried rice with a Monk, learns how to make Tofu, and spends time with two old ladies making the best noodles around.	AUSTRALIA	English-100	RPT	G	Y
2020-06-23	2130	<b>Heston's Great British Food</b>	Afternoon Tea	Heston gives the classic British afternoon tea a few very special twists, conjuring something the Mad Hatter himself would be proud of.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-23	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-23	2330	<b>The Cook And The Chef</b>	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G	
2020-06-23	2400	<b>The Cook And The Chef</b>	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG	
2020-06-23	2430	<b>Martha Bakes</b>	Pizza Dough	Learn how easy it is to make it pizza night, every night, with just one dough recipe prepared three ways.	USA	English-100		G	
2020-06-23	2500	<b>Nigella Feasts</b>	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-23	2530	<b>The Chefs' Line</b>	Chinese	Watch station chef Bowen from top Sydney Chinese restaurant, Lotus, go up against three passionate home cooks in the ultimate Sago Pudding challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-06-23	2600	<b>Mercurio's Menu</b>	Hunter Valley	Paul returns to the Hunter to uncover a whole lot more in this famous wine region. It's avocado harvest season, and Paul's there to give a hand. Plus, he learns the art of pasta making.	AUSTRALIA	English-100		G	

2020-06-23	2630	<b>Food Safari Water</b>	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-23	2700	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 2	Silvia Colloca returns to her family home in Italy, and with the help of her sister, she demonstrates how to make a fool proof potato gnocchi with zucchini and pecorino sauce.	AUSTRALIA	English-100	RPT	G	Y
2020-06-23	2730	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 8	Richo cooks up a silky Scallop, Mushroom and Tofu Custard and shares how to make some bar classics, a Dirty Martini, and Oysters Kilpatrick.	AUSTRALIA	English-100		G	
2020-06-23	2800	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 8	Luke visits Quy Nhon on the central coast of Vietnam. He cooks vegetarian fried rice with a Monk, learns how to make Tofu, and spends time with two old ladies making the best noodles around.	AUSTRALIA	English-100	RPT	G	Y
2020-06-23	2830	<b>New Scandinavian Cooking</b>	New Nordic Cuisine	Andreas embarks on a culinary journey, looking for the source of the new Nordic food revolution. The journey begins in Oslo, at Norway's best restaurant, Maaemo.	NORWAY	English-100		PG	
2020-06-24	0500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 2	From Green Island, one of the oldest and most beautiful Islands in the Great Barrier Reef, Miguel reveals some simple steps to a stunning Tuna Carpaccio.	AUSTRALIA	English-100		G	
2020-06-24	0530	<b>Pati's Mexican Table</b>	Women Of Oaxaca	Pati meets with women chefs, business owners and leaders of society, exploring the role of women in Oaxaca, and their influence on the customs and cuisine.	USA	English-100		G	
2020-06-24	0600	<b>Great British Food Revival</b>	Turkey - Angela Hartnett	Michelin-starred chef Angela Hartnett admits that she's been guilty of eating turkey only at Christmastime. Her campaign is about reviving the turkey at other times of the year.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-06-24	0630	<b>Mercurio's Menu</b>	Hunter Valley	Paul returns to the Hunter to uncover a whole lot more in this famous wine region. It's avocado harvest season, and Paul's there to give a hand. Plus, he learns the art of pasta making.	AUSTRALIA	English-100		G	
2020-06-24	0700	<b>Martha Bakes</b>	Pizza Dough	Learn how easy it is to make it pizza night, every night, with just one dough recipe prepared three ways.	USA	English-100		G	
2020-06-24	0730	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-24	0830	<b>Nigella Feasts</b>	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-24	0900	<b>New Scandinavian Cooking</b>	New Nordic Cuisine	Andreas embarks on a culinary journey, looking for the source of the new Nordic food revolution. The journey begins in Oslo, at Norway's best restaurant, Maaemo.	NORWAY	English-100		PG	
2020-06-24	0930	<b>The Chefs' Line</b>	Chinese	Watch station chef Bowen from top Sydney Chinese restaurant, Lotus, go up against three passionate home cooks in the ultimate Sago Pudding challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-06-24	1000	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 2	From Green Island, one of the oldest and most beautiful Islands in the Great Barrier Reef, Miguel reveals some simple steps to a stunning Tuna Carpaccio.	AUSTRALIA	English-100		G	
2020-06-24	1030	<b>Food Safari Water</b>	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat.	AUSTRALIA	English-100	RPT	PG	Y
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2020-06-24	1130	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 8	Richo cooks up a silky Scallop, Mushroom and Tofu Custard and shares how to make some bar classics, a Dirty Martini, and Oysters Kilpatrick.	AUSTRALIA	English-100		G	
2020-06-24	1200	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 8	Luke visits Quy Nhon on the central coast of Vietnam. He cooks vegetarian fried rice with a Monk, learns how to make Tofu, and spends time with two old ladies making the best noodles around.	AUSTRALIA	English-100	RPT	G	Y

2020-06-24	1230	<b>Heston's Great British Food</b>	Afternoon Tea	Heston gives the classic British afternoon tea a few very special twists, conjuring something the Mad Hatter himself would be proud of.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-24	1330	<b>Mercurio's Menu</b>	Gippsland	Paul travels across this beautiful and diverse region starting east of Melbourne to check out the booming fishing industry and find out about organic lamb farming.	AUSTRALIA	English-100		G	
2020-06-24	1400	<b>New Scandinavian Cooking</b>	Very Local Stews	Andreas travels southwards from Trondheim to Oslo, and the first stop is Oppdal in the breadbasket of Mid-Norway, where he prepares a beef stew with rye bread and beer.	NORWAY	English-100		G	
2020-06-24	1430	<b>The Chefs' Line</b>	Chinese	Watch sous chef Brandon from top Sydney Chinese restaurant, Lotus, go up against two passionate home cooks in a bid to make the best classic Chinese Stir Fry dish.	AUSTRALIA	English-100	RPT	G	Y
2020-06-24	1500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 3	Miguel finds time to take a dip at the breathtaking Milla Milla Waterfalls before whipping up a fresh Asian salad that really packs a punch.	AUSTRALIA	English-100		G	
2020-06-24	1530	<b>Pati's Mexican Table</b>	Art Of Mole, The	Pati explores the history and importance of mole. She shares a few of her favourite recipes including mole verde with pork and white beans, and chicken almadrado.	USA	English-100		G	
2020-06-24	1600	<b>Great British Food Revival</b>	Cabbage - Jason Atherton	Award-winning chef Jason Atherton is passionate about using only fresh, seasonal fruit and vegetables in his restaurant kitchen, and cabbage has always been a staple on his menu - but it has issues.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-24	1635	<b>The Cook And The Chef</b>	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100		PG	
2020-06-24	1705	<b>The Cook And The Chef</b>	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G	
2020-06-24	1735	<b>Martha Bakes</b>	One Bowl Desserts	Less is more with these one-bowl desserts that make the baking, and the clean up, a breeze.	USA	English-100		G	
2020-06-24	1805	<b>My Second Restaurant In India</b>	My Second Restaurant In India Series 2, Ep 1	Seeking inspiration for her menu, Sarah immerses herself in Mumbai's thriving street food scene. Meanwhile, delays on the new restaurant kitchen are putting the team behind schedule.	AUSTRALIA	English-100	RPT	G	Y
2020-06-24	1900	<b>Nigella Feasts</b>	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-24	1930	<b>On Country Kitchen</b>	On Country Kitchen Series 2 Ep 4	Mark and Derek explore the historic ghost town of Joadja, now a whiskey and gin distillery run by the Jimenez family. Later in Gerringong, they stumble upon a coffee plantation on a picturesque hill.	AUSTRALIA	English-100	RPT	G	
2020-06-24	2000	<b>Gourmet Farmer Australia</b>	Gourmet Farmer Series 3 Episode 5	Matthew and Nick's new shop venture, A Common Ground, provides many challenges, including meeting demand with a variable supply of seasonal local produce.	AUSTRALIA	English-100	RPT	G	Y
2020-06-24	2030	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 5	Peter Kuruvita explores local food being produced with medicinal properties and creates delicious recipes to create at home using ginger, turmeric, millet and camel milk.	AUSTRALIA	English-100	RPT	G	Y
2020-06-24	2100	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her tricks for the tastiest fried chicken you'll ever eat, along with prawn dumplings so delicate and flavourful they'll have your mouth watering.	AUSTRALIA	English-100		G	
2020-06-24	2130	<b>Heston's Recipe For Romance</b>	Heston's Recipe For Romance	Heston Blumenthal teams up with science and psychology experts to try and develop a meal that will affect how people in a relationship feel about each other. Is there a recipe for romance?	UNITED KINGDOM		RPT	PG	Y
2020-06-24	2230	<b>My Second Restaurant In India</b>	My Second Restaurant In India Series 2, Ep 1	Seeking inspiration for her menu, Sarah immerses herself in Mumbai's thriving street food scene. Meanwhile, delays on the new restaurant kitchen are putting the team behind schedule.	AUSTRALIA	English-100	RPT	G	Y
2020-06-24	2330	<b>The Cook And The Chef</b>	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100		PG	



2020-06-24	2400	<b>The Cook And The Chef</b>	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G	
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2020-06-24	2530	<b>The Chefs' Line</b>	Chinese	Watch sous chef Brandon from top Sydney Chinese restaurant, Lotus, go up against two passionate home cooks in a bid to make the best classic Chinese Stir Fry dish.	AUSTRALIA	English-100	RPT	G	Y
2020-06-24	2600	<b>Mercurio's Menu</b>	Gippsland	Paul travels across this beautiful and diverse region starting east of Melbourne to check out the booming fishing industry and find out about organic lamb farming.	AUSTRALIA	English-100		G	
2020-06-24	2630	<b>On Country Kitchen</b>	On Country Kitchen Series 2 Ep 4	Mark and Derek explore the historic ghost town of Joadja, now a whiskey and gin distillery run by the Jimenez family. Later in Gerringong, they stumble upon a coffee plantation on a picturesque hill.	AUSTRALIA	English-100	RPT	G	
2020-06-24	2700	<b>Gourmet Farmer Australia</b>	Gourmet Farmer Series 3 Episode 5	Matthew and Nick's new shop venture, A Common Ground, provides many challenges, including meeting demand with a variable supply of seasonal local produce.	AUSTRALIA	English-100	RPT	G	Y
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2020-06-24	2800	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her tricks for the tastiest fried chicken you'll ever eat, along with prawn dumplings so delicate and flavourful they'll have your mouth watering.	AUSTRALIA	English-100		G	
2020-06-24	2830	<b>New Scandinavian Cooking</b>	Very Local Stews	Andreas travels southwards from Trondheim to Oslo, and the first stop is Oppdal in the breadbasket of Mid-Norway, where he prepares a beef stew with rye bread and beer.	NORWAY	English-100		G	
2020-06-25	0500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 3	Miguel finds time to take a dip at the breathtaking Milla Milla Waterfalls before whipping up a fresh Asian salad that really packs a punch.	AUSTRALIA	English-100		G	
2020-06-25	0530	<b>Pati's Mexican Table</b>	Art Of Mole, The	Pati explores the history and importance of mole. She shares a few of her favourite recipes including mole verde with pork and white beans, and chicken almendrado.	USA	English-100		G	
2020-06-25	0600	<b>Great British Food Revival</b>	Cabbage - Jason Atherton	Award-winning chef Jason Atherton is passionate about using only fresh, seasonal fruit and vegetables in his restaurant kitchen, and cabbage has always been a staple on his menu - but it has issues.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-25	0635	<b>Mercurio's Menu</b>	Gippsland	Paul travels across this beautiful and diverse region starting east of Melbourne to check out the booming fishing industry and find out about organic lamb farming.	AUSTRALIA	English-100		G	
2020-06-25	0705	<b>Martha Bakes</b>	One Bowl Desserts	Less is more with these one-bowl desserts that make the baking, and the clean up, a breeze.	USA	English-100		G	
2020-06-25	0735	<b>My Second Restaurant In India</b>	My Second Restaurant In India Series 2, Ep 1	Seeking inspiration for her menu, Sarah immerses herself in Mumbai's thriving street food scene. Meanwhile, delays on the new restaurant kitchen are putting the team behind schedule.	AUSTRALIA	English-100	RPT	G	Y
2020-06-25	0830	<b>Nigella Feasts</b>	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT	G	Y
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2020-06-25	1000	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 3	Miguel finds time to take a dip at the breathtaking Milla Milla Waterfalls before whipping up a fresh Asian salad that really packs a punch.	AUSTRALIA	English-100		G	
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2020-06-25	1130	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 5	Peter Kuruvita explores local food being produced with medicinal properties and creates delicious recipes to create at home using ginger, turmeric, millet and camel milk.	AUSTRALIA	English-100	RPT	G	Y
2020-06-25	1200	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her tricks for the tastiest fried chicken you'll ever eat, along with prawn dumplings so delicate and flavourful they'll have your mouth watering.	AUSTRALIA	English-100		G	
2020-06-25	1230	<b>Heston's Recipe For Romance</b>	Heston's Recipe For Romance	Heston Blumenthal teams up with science and psychology experts to try and develop a meal that will affect how people in a relationship feel about each other. Is there a recipe for romance?	UNITED KINGDOM		RPT	PG	Y
2020-06-25	1330	<b>Mercurio's Menu</b>	Sydney Asian Experience	Paul meets up with expert cook Carol Selva Rajah for a visit to Sydney's Cabramatta which is known as 'Little Asia' and where the amazing flavours and tastes from six Asian countries come together.	AUSTRALIA	English-100		G	
2020-06-25	1400	<b>New Scandinavian Cooking</b>	Innovative And Old Fashioned	Andreas investigates how the isolated, UNESCO-listed mountain town of Roros has become a culinary attraction. He makes crispy sour cream waffles, and homemade cloudberry ice cream.	NORWAY	English-100		G	
2020-06-25	1430	<b>The Chefs' Line</b>	Chinese	Watch Head Chef Chris Yan from top Sydney Chinese restaurant, Lotus, face off against this week's final home cook, Sam, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2020-06-25	1500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 4	Miguel puts on a show at the Cairns Races, dazzling the ladies with his Fruit Skewers Bombe Alaska, and then it's back to the pool for home made Prawn Ravioli that's simply to die for.	AUSTRALIA	English-100		G	
2020-06-25	1530	<b>Pati's Mexican Table</b>	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She creates recipes based on her experience - corn soup with queso, and pescado agridulce.	USA	English-100		G	
2020-06-25	1600	<b>Great British Food Revival</b>	Rare Breed Beef - John Torode	Masterchef's John Torode is a self-confessed carnivore, and British beef is his passion. His quest is for heritage beef breeds, five of which are on the critically endangered list.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-25	1635	<b>The Cook And The Chef</b>	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	
2020-06-25	1705	<b>The Cook And The Chef</b>	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	
2020-06-25	1735	<b>Martha Bakes</b>	Layered Yeast Dough	Whether you're a beginner or a seasoned pro, you'll welcome Martha's expert tips for turning layered yeast dough into masterful creations, starting with the classic kouign-amann.	USA	English-100		G	
2020-06-25	1805	<b>My Second Restaurant In India</b>	My Second Restaurant In India Series 2, Ep 2	With the gas still not connected in the kitchen, Sarah is unable to train her staff or test the new menu. As the restaurant launch fast approaches, there's more bad news.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-25	1900	<b>Nigella Feasts</b>	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-25	1930	<b>Jimmy's Australian Food Adventure</b>	Australia's Camels	Jimmy Doherty discovers the ghost town of Farina, 370 miles north of Adelaide, whose fortunes were built on wheat, before discovering the story of Australia's Afghan cameleers.	UNITED KINGDOM	English-100		PG	
2020-06-25	2000	<b>Tom Kerridge's Best Ever Dishes</b>	Tasty Dinners	Tom believes that we should cook and eat good food no matter what day of the week it is. So he's got some incredible dishes up his sleeve that are quick to make without compromising on flavour.	UNITED KINGDOM	English-100		G	
2020-06-25	2030	<b>Rachel Khoo: My Swedish Kitchen</b>	Sausages From Scratch	Rachel explores Sweden's love for the humble sausage, where there is a long tradition of hotdog stands and sausage making.	UNITED KINGDOM	English-100		PG	

2020-06-25	2100	<b>Gino's Italian Escape</b>	Rome	Gino D'Acampo's Italian Escape continues in the Italy's capital. As a chef, Gino has always been inspired by Rome and its cuisine.	UNITED KINGDOM	English-100		G	
2020-06-25	2130	<b>Heston's Dinner In Space</b>	Heston's Space Food Series 1 Ep 1	Heston undergoes space training where he experiences zero gravity amongst other challenging conditions. Inspired by the occasion, he also creates some delicious space food.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-25	2230	<b>My Second Restaurant In India</b>	My Second Restaurant In India Series 2, Ep 2	With the gas still not connected in the kitchen, Sarah is unable to train her staff or test the new menu. As the restaurant launch fast approaches, there's more bad news.	AUSTRALIA	English-100	RPT	PG	Y
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2020-06-25	2630	<b>Jimmy's Australian Food Adventure</b>	Australia's Camels	Jimmy Doherty discovers the ghost town of Farina, 370 miles north of Adelaide, whose fortunes were built on wheat, before discovering the story of Australia's Afghan cameleers.	UNITED KINGDOM	English-100		PG	
2020-06-25	2700	<b>Tom Kerridge's Best Ever Dishes</b>	Tasty Dinners	Tom believes that we should cook and eat good food no matter what day of the week it is. So he's got some incredible dishes up his sleeve that are quick to make without compromising on flavour.	UNITED KINGDOM	English-100		G	
2020-06-25	2730	<b>Rachel Khoo: My Swedish Kitchen</b>	Sausages From Scratch	Rachel explores Sweden's love for the humble sausage, where there is a long tradition of hotdog stands and sausage making.	UNITED KINGDOM	English-100		PG	
2020-06-25	2800	<b>Gino's Italian Escape</b>	Rome	Gino D'Acampo's Italian Escape continues in the Italy's capital. As a chef, Gino has always been inspired by Rome and its cuisine.	UNITED KINGDOM	English-100		G	
2020-06-25	2830	<b>New Scandinavian Cooking</b>	Innovative And Old Fashioned	Andreas investigates how the isolated, UNESCO-listed mountain town of Roros has become a culinary attraction. He makes crispy sour cream waffles, and homemade cloudberry ice cream.	NORWAY	English-100		G	
2020-06-26	0500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 4	Miguel puts on a show at the Cairns Races, dazzling the ladies with his Fruit Skewers Bombe Alaska, and then it's back to the pool for home made Prawn Ravioli that's simply to die for.	AUSTRALIA	English-100		G	
2020-06-26	0530	<b>Pati's Mexican Table</b>	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She creates recipes based on her experience - corn soup with queso, and pescado agridulce.	USA	English-100		G	
2020-06-26	0600	<b>Great British Food Revival</b>	Rare Breed Beef - John Torode	Masterchef's John Torode is a self-confessed carnivore, and British beef is his passion. His quest is for heritage beef breeds, five of which are on the critically endangered list.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-26	0635	<b>Mercurio's Menu</b>	Sydney Asian Experience	Paul meets up with expert cook Carol Selva Rajah for a visit to Sydney's Cabramatta which is known as 'Little Asia' and where the amazing flavours and tastes from six Asian countries come together.	AUSTRALIA	English-100		G	
2020-06-26	0705	<b>Martha Bakes</b>	Layered Yeast Dough	Whether you're a beginner or a seasoned pro, you'll welcome Martha's expert tips for turning layered yeast dough into masterful creations, starting with the classic kouign-amann.	USA	English-100		G	

2020-06-26	0735	<b>My Second Restaurant In India</b>	My Second Restaurant In India Series 2, Ep 2	With the gas still not connected in the kitchen, Sarah is unable to train her staff or test the new menu. As the restaurant launch fast approaches, there's more bad news.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-26	0830	<b>Nigella Feasts</b>	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-26	0900	<b>New Scandinavian Cooking</b>	Innovative And Old Fashioned	Andreas investigates how the isolated, UNESCO-listed mountain town of Roros has become a culinary attraction. He makes crispy sour cream waffles, and homemade cloudberry ice cream.	NORWAY	English-100		G	
2020-06-26	0930	<b>The Chefs' Line</b>	Chinese	Watch Head Chef Chris Yan from top Sydney Chinese restaurant, Lotus, face off against this week's final home cook, Sam, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2020-06-26	1000	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 4	Miguel puts on a show at the Cairns Races, dazzling the ladies with his Fruit Skewers Bombe Alaska, and then it's back to the pool for home made Prawn Ravioli that's simply to die for.	AUSTRALIA	English-100		G	
2020-06-26	1030	<b>Jimmy's Australian Food Adventure</b>	Australia's Camels	Jimmy Doherty discovers the ghost town of Farina, 370 miles north of Adelaide, whose fortunes were built on wheat, before discovering the story of Australia's Afghan cameleers.	UNITED KINGDOM	English-100		PG	
2020-06-26	1100	<b>Tom Kerridge's Best Ever Dishes</b>	Tasty Dinners	Tom believes that we should cook and eat good food no matter what day of the week it is. So he's got some incredible dishes up his sleeve that are quick to make without compromising on flavour.	UNITED KINGDOM	English-100		G	
2020-06-26	1130	<b>Rachel Khoo: My Swedish Kitchen</b>	Sausages From Scratch	Rachel explores Sweden's love for the humble sausage, where there is a long tradition of hotdog stands and sausage making.	UNITED KINGDOM	English-100		PG	
2020-06-26	1200	<b>Gino's Italian Escape</b>	Rome	Gino D'Acampo's Italian Escape continues in the Italy's capital. As a chef, Gino has always been inspired by Rome and its cuisine.	UNITED KINGDOM	English-100		G	
2020-06-26	1230	<b>Heston's Dinner In Space</b>	Heston's Space Food Series 1 Ep 1	Heston undergoes space training where he experiences zero gravity amongst other challenging conditions. Inspired by the occasion, he also creates some delicious space food.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-26	1330	<b>Mercurio's Menu</b>	Mornington Peninsula	Just an hour from Melbourne, the Mornington Peninsula is a world away from the hustle of city life. Paul's discovering some unique and colourful vegetables, organic pork, and Wagyu beef steak.	AUSTRALIA	English-100		G	
2020-06-26	1400	<b>New Scandinavian Cooking</b>	Plenty Of Foods	Andreas investigates the great variety of inland Norway, the most productive farmland in the country. He makes a dish flavoured by the mountains - veal liver with mushrooms, honey, and heather oil.	NORWAY	English-100		G	
2020-06-26	1430	<b>The Chefs' Line</b>	Chinese	Judge Melissa Leong takes us inside the kitchen of top Sydney Chinese restaurant, Lotus. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-06-26	1500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 5	Miguel creates his Asian inspired Lemongrass Chicken Skewers from an ancient rainforest in Cairns, shows us the secret to a Mango Sorbet without an ice cream machine and feasts on fresh Coral Trout.	AUSTRALIA	English-100		G	
2020-06-26	1530	<b>Pati's Mexican Table</b>	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100		G	
2020-06-26	1600	<b>Great British Food Revival</b>	Currants - Matt Tebbutt	Matt Tebbutt takes time out from his busy South Wales restaurant to champion the cause of British currants in all their magnificent colours.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-26	1635	<b>The Cook And The Chef</b>	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG	
2020-06-26	1705	<b>The Cook And The Chef</b>	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	
2020-06-26	1735	<b>Martha Bakes</b>	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100		G	
2020-06-26	1805	<b>My Second Restaurant In India</b>	My Second Restaurant In India Series 2, Ep 3	Further setbacks at the restaurant and the furious pace of Mumbai are beginning to wear Sarah down. With only hours before the restaurant is due to open the kitchen remains in chaos.	AUSTRALIA	English-100	RPT	G	Y

2020-06-26	1900	<b>Nigella Feasts</b>	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-26	1930	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 18	Paul celebrates the best of British pies and puds with a luxurious black pudding sausage plait, a nostalgic pudding flavoured with black liquorice and his take on the classic black forest trifle.	UNITED KINGDOM	English-100		G	
2020-06-26	2030	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-26	2135	<b>Heston's Dinner In Space</b>	Heston's Space Food Series 1 Ep 2	Heston and his team create a nostalgic menu for the first ever dinner party in space. With meals reminiscent of Tim's childhood, Heston puts his out-of-this-world twist on a bacon sandwich.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-26	2230	<b>My Second Restaurant In India</b>	My Second Restaurant In India Series 2, Ep 3	Further setbacks at the restaurant and the furious pace of Mumbai are beginning to wear Sarah down. With only hours before the restaurant is due to open the kitchen remains in chaos.	AUSTRALIA	English-100	RPT	G	Y
2020-06-26	2330	<b>The Cook And The Chef</b>	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG	
2020-06-26	2400	<b>The Cook And The Chef</b>	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	
2020-06-26	2430	<b>Martha Bakes</b>	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100		G	
2020-06-26	2500	<b>Nigella Feasts</b>	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-26	2530	<b>The Chefs' Line</b>	Chinese	Judge Melissa Leong takes us inside the kitchen of top Sydney Chinese restaurant, Lotus. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-06-26	2600	<b>Mercurio's Menu</b>	Mornington Peninsula	Just an hour from Melbourne, the Mornington Peninsula is a world away from the hustle of city life. Paul's discovering some unique and colourful vegetables, organic pork, and Wagyu beef steak.	AUSTRALIA	English-100		G	
2020-06-26	2630	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 18	Paul celebrates the best of British pies and puds with a luxurious black pudding sausage plait, a nostalgic pudding flavoured with black liquorice and his take on the classic black forest trifle.	UNITED KINGDOM	English-100		G	
2020-06-26	2730	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-26	2835	<b>New Scandinavian Cooking</b>	Plenty Of Foods	Andreas investigates the great variety of inland Norway, the most productive farmland in the country. He makes a dish flavoured by the mountains - veal liver with mushrooms, honey, and heather oil.	NORWAY	English-100		G	
2020-06-27	0500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 5	Miguel creates his Asian inspired Lemongrass Chicken Skewers from an ancient rainforest in Cairns, shows us the secret to a Mango Sorbet without an ice cream machine and feasts on fresh Coral Trout.	AUSTRALIA	English-100		G	
2020-06-27	0530	<b>Pati's Mexican Table</b>	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100		G	
2020-06-27	0600	<b>Great British Food Revival</b>	Currants - Matt Tebbutt	Matt Tebbutt takes time out from his busy South Wales restaurant to champion the cause of British currants in all their magnificent colours.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-27	0635	<b>Mercurio's Menu</b>	Mornington Peninsula	Just an hour from Melbourne, the Mornington Peninsula is a world away from the hustle of city life. Paul's discovering some unique and colourful vegetables, organic pork, and Wagyu beef steak.	AUSTRALIA	English-100		G	
2020-06-27	0705	<b>Martha Bakes</b>	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100		G	

2020-06-27	0735	<b>My Second Restaurant In India</b>	My Second Restaurant In India Series 2, Ep 3	Further setbacks at the restaurant and the furious pace of Mumbai are beginning to wear Sarah down. With only hours before the restaurant is due to open the kitchen remains in chaos.	AUSTRALIA	English-100	RPT	G	Y
2020-06-27	0830	<b>Nigella Feasts</b>	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-27	0900	<b>New Scandinavian Cooking</b>	Plenty Of Foods	Andreas investigates the great variety of inland Norway, the most productive farmland in the country. He makes a dish flavoured by the mountains - veal liver with mushrooms, honey, and heather oil.	NORWAY	English-100		G	
2020-06-27	0930	<b>The Chefs' Line</b>	Chinese	Judge Melissa Leong takes us inside the kitchen of top Sydney Chinese restaurant, Lotus. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-06-27	1000	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 5	Miguel creates his Asian inspired Lemongrass Chicken Skewers from an ancient rainforest in Cairns, shows us the secret to a Mango Sorbet without an ice cream machine and feasts on fresh Coral Trout.	AUSTRALIA	English-100		G	
2020-06-27	1030	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 18	Paul celebrates the best of British pies and puds with a luxurious black pudding sausage plait, a nostalgic pudding flavoured with black liquorice and his take on the classic black forest trifle.	UNITED KINGDOM	English-100		G	
2020-06-27	1130	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-27	1235	<b>Heston's Dinner In Space</b>	Heston's Space Food Series 1 Ep 2	Heston and his team create a nostalgic menu for the first ever dinner party in space. With meals reminiscent of Tim's childhood, Heston puts his out-of-this-world twist on a bacon sandwich.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-27	1330	<b>Nigella Feasts</b>	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-27	1400	<b>Saturday Kitchen</b>	Saturday Kitchen Series 3 Ep 7	Honorary Welshman, chef and television food presenter, Matt Tebbutt, hosts Saturday Kitchen this week with the help of two top chefs - Jun Tanaka and Anna Haugh.	UNITED KINGDOM	English-100		G	
2020-06-27	1500	<b>Ask The Butcher</b>	Wagyu	Anthony Puharich heads to Japan to the national Wagyu show and inside the Wagyu processing rooms. This is a world never seen before.	AUSTRALIA	English-100		G	
2020-06-27	1530	<b>Destination Flavour China</b>	Beijing	Adam Liaw arrives in his Mum's home town of Beijing to begin a culinary, historical and personal journey through the ancient country of China.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-06-27	1600	<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		G	
2020-06-27	1630	<b>The Cook And The Chef</b>	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100		G	
2020-06-27	1700	<b>The Cook And The Chef</b>	Apples And Onions	Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.	AUSTRALIA	English-100		G	
2020-06-27	1730	<b>Flintoff's Great British Road Trip</b>	Northern Ireland	Flintoff and Rob's fish and chip roadtrip takes them to Northern Ireland. The first stop for their striking green chip van is the mysterious Cushendun Caves.	UNITED KINGDOM	English-100		PG	
2020-06-27	1830	<b>Secrets Of The Factories</b>	Inside McVities Biscuits	McVities factory in Carlisle, Cumbria, opens its doors to reveal how millions of the United Kingdom's favourite biscuits are made, 24 hours a day, in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G	
2020-06-27	1930	<b>Cook Like an Italian with Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 5	With Silvia's best friends coming to stay for few days she is out to impress, making one of her Nonna's most delicious, crowd pleasing pasta feasts, plus a delicate ricotta and semolina cake.	AUSTRALIA			G	
2020-06-27	2000	<b>Poh &amp; Co.</b>	Poh & Co. Series 2 Ep 5	With their business expanding, Poh and Jono's lives are about to get seriously hectic. They seek some serenity in a motorhome and head out back to the magnificent Flinders Ranges.	AUSTRALIA	English-100	RPT	G	Y

2020-06-27	2030	<b>Kylie Kwong: My China</b>	Hangzhou	This Eastern city is the doorway to the Grand Canal and well-known for its scenic beauty. Amidst the lusciously green surrounds of a tea plantation, Kylie is busy arm wrestling a 60 year old woman.	AUSTRALIA	English-100	RPT	G	Y
2020-06-27	2100	<b>Kylie Kwong: My China</b>	Shanghai	The journey continues along the Eastern seaboard and leads Kylie into China's largest and youngest city. With her foodie friend in tow, Kylie goes hunting for the origins of Shanghainese food.	AUSTRALIA	English-100	RPT	G	Y
2020-06-27	2130	<b>Two Greedy Italians... Still Hungry</b>	Alps And Arrangiarsi, The	Chefs Antonio and Gennaro explore Italian resourcefulness through the enterprising food skills of the Lombards. They also visit some of the last remaining partisans.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-06-27	2235	<b>Destination Flavour Down Under</b>	Australia - Victoria	On a tour of the Victorian High Country, one of the great food centres of Australia, Adam is on a mission to track down all the ingredients necessary for the perfect picnic.	AUSTRALIA	English-100	RPT	G	Y
2020-06-27	2305	<b>Comfort Eating</b>	Notting Hill	Nick bumps into Crazyhead star Susan Wokoma on the way to the same audition in Notting Hill and the pair arrange to catch up over Austrian Tapas at Kipferl.	UNITED KINGDOM	English-100		PG	
2020-06-27	2330	<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
2020-06-27	2435	<b>Secrets Of The Factories</b>	Inside McVities Biscuits	McVities factory in Carlisle, Cumbria, opens its doors to reveal how millions of the United Kingdom's favourite biscuits are made, 24 hours a day, in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G	
2020-06-27	2530	<b>Cheese Slices</b>	Spain	Will travels to the land of Don Quixote to look at Manchego cheese before heading for the annual cheese fair at the medieval city of Trujillo and looking at cheese made from Merino ewes milk.	AUSTRALIA	English-100		G	
2020-06-27	2600	<b>Cheese Slices</b>	Australia	Australia has developed an enviable reputation for its very efficient pasture based dairy system and significant exports of cheddar, butter, and skimmed milk.	AUSTRALIA	English-100		G	
2020-06-27	2630	<b>Kylie Kwong: My China</b>	Hangzhou	This Eastern city is the doorway to the Grand Canal and well-known for its scenic beauty. Amidst the lusciously green surrounds of a tea plantation, Kylie is busy arm wrestling a 60 year old woman.	AUSTRALIA	English-100	RPT	G	Y
2020-06-27	2700	<b>Kylie Kwong: My China</b>	Shanghai	The journey continues along the Eastern seaboard and leads Kylie into China's largest and youngest city. With her foodie friend in tow, Kylie goes hunting for the origins of Shanghainese food.	AUSTRALIA	English-100	RPT	G	Y
2020-06-27	2730	<b>Two Greedy Italians... Still Hungry</b>	Alps And Arrangiarsi, The	Chefs Antonio and Gennaro explore Italian resourcefulness through the enterprising food skills of the Lombards. They also visit some of the last remaining partisans.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-06-27	2835	<b>Destination Flavour Down Under</b>	Australia - Victoria	On a tour of the Victorian High Country, one of the great food centres of Australia, Adam is on a mission to track down all the ingredients necessary for the perfect picnic.	AUSTRALIA	English-100	RPT	G	Y