



WEEK 27: Sunday, 30 June - Saturday, 6 July 2019 ALL MARKETS

| Date | Start Time | Title | Episode Title | Digital Epg Synopsis | Country of Origin | Language | Repeat | Classification | Closed Captions | Subtitles |
|------------|------------|------------------------------------|--|---|-------------------|-------------|--------|----------------|-----------------|-----------|
| 2019-06-30 | 0500 | 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 | | G | | |
| 2019-06-30 | 0530 | 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 | | |
| 2019-06-30 | 0630 | 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 | | |
| 2019-06-30 | 0730 | 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 | | |
| 2019-06-30 | 0800 | 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 | | |
| 2019-06-30 | 0830 | 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 | | G | | |
| 2019-06-30 | 0900 | 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 | | |
| 2019-06-30 | 0930 | 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 | | PG | | |
| 2019-06-30 | 1030 | 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 | | |
| 2019-06-30 | 1130 | 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 | | |
| 2019-06-30 | 1230 | 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 |
| 2019-06-30 | 1300 | 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 |
| 2019-06-30 | 1330 | 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 | | G | | |
| 2019-06-30 | 1400 | 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 | | |
| 2019-06-30 | 1430 | 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 | | |

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|------------|------|---------------------------------------|---|--|----------------|-------------|-----|----|--|---|
| 2019-06-30 | 1500 | Dinner Date | Daisy | 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 | | Y |
| 2019-06-30 | 1600 | Say It To My Face | Cookin' With Lenny | Lenny Bent, the owner of 'Cooking with Lenny's Smokehouse' in Chatsworth, CA is an eclectic individual who has fashioned his restaurant in his own very unique way. | USA | English-100 | | PG | | Y |
| 2019-06-30 | 1700 | The Cook And The Chef | Fusion Food | Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew. | AUSTRALIA | English-100 | | G | | |
| 2019-06-30 | 1730 | The Cook And The Chef | Vego's | Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always being part of Indian and Asian culture, it didn't really kick off until the 1800s. | AUSTRALIA | English-100 | | G | | |
| 2019-06-30 | 1800 | Rachel Allen: All Things Sweet | Not Just For Children | Rachel cooks up sugary treats that may be designed for children, but are just as enticing for grownups, including milk chocolate mousse with caramel sauce and toffee popcorn. | UNITED KINGDOM | English-100 | | G | | |
| 2019-06-30 | 1830 | Cheese Slices | Italy: Rare Mountain Cheeses Of The North East | Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites. | AUSTRALIA | | | G | | |
| 2019-06-30 | 1900 | Cheese Slices | India: Indian Paneer And The Chenna Sweets Of West Bengal | Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chennai. | AUSTRALIA | | | G | | |
| 2019-06-30 | 1930 | Oliver's Twist | Scrumptious And Sinful | Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-06-30 | 2000 | Oliver's Twist | Great Packed Lunches | Bicycle couriers Steven and David pedal all day long in London and usually only eat sandwiches to keep them going. Jamie shows them how to prepare tasty lunches. | UNITED KINGDOM | English-100 | | G | | |
| 2019-06-30 | 2030 | Rick Stein's Long Weekends | Palermo | Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-06-30 | 2130 | Food Safari | Portuguese | 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 world of Portuguese food. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2019-06-30 | 2200 | Food Safari | Vietnamese | The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2019-06-30 | 2230 | Rachel Allen: All Things Sweet | Not Just For Children | Rachel cooks up sugary treats that may be designed for children, but are just as enticing for grownups, including milk chocolate mousse with caramel sauce and toffee popcorn. | UNITED KINGDOM | English-100 | | G | | |
| 2019-06-30 | 2300 | The Cook And The Chef | Fusion Food | Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew. | AUSTRALIA | English-100 | | G | | |
| 2019-06-30 | 2330 | The Cook And The Chef | Vego's | Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always being part of Indian and Asian culture, it didn't really kick off until the 1800s. | AUSTRALIA | English-100 | | G | | |
| 2019-06-30 | 2400 | Cheese Slices | Italy: Rare Mountain Cheeses Of The North East | Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites. | AUSTRALIA | | | G | | |
| 2019-06-30 | 2430 | Oliver's Twist | Scrumptious And Sinful | Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-06-30 | 2500 | Oliver's Twist | Great Packed Lunches | Bicycle couriers Steven and David pedal all day long in London and usually only eat sandwiches to keep them going. Jamie shows them how to prepare tasty lunches. | UNITED KINGDOM | English-100 | | G | | |
| 2019-06-30 | 2530 | Rick Stein's Long Weekends | Palermo | Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence. | UNITED KINGDOM | English-100 | | PG | | |

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|------------|------|---------------------------------------|---|---|----------------|-------------|-----|----|---|
| 2019-06-30 | 2630 | Food Safari | Portuguese | 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 world of Portuguese food. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-06-30 | 2700 | Food Safari | Vietnamese | The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-06-30 | 2730 | Dinner Date | Daisy | 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 | Y |
| 2019-06-30 | 2830 | Cheese Slices | Italy: Rare Mountain Cheeses Of The North East | Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites. | AUSTRALIA | | | G | |
| 2019-07-01 | 0500 | Cheese Slices | India: Indian Paneer And The Chenna Sweets Of West Bengal | Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chennai. | AUSTRALIA | | | G | |
| 2019-07-01 | 0530 | Say It To My Face | Cookin' With Lenny | Lenny Bent, the owner of 'Cooking with Lenny's Smokehouse' in Chatsworth, CA is an eclectic individual who has fashioned his restaurant in his own very unique way. | USA | English-100 | | PG | Y |
| 2019-07-01 | 0630 | The Cook And The Chef | Fusion Food | Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew. | AUSTRALIA | English-100 | | G | |
| 2019-07-01 | 0700 | The Cook And The Chef | Vego's | Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always been part of Indian and Asian culture, it didn't really kick off until the 1800s. | AUSTRALIA | English-100 | | G | |
| 2019-07-01 | 0730 | Oliver's Twist | Scrumptious And Sinful | Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them. | UNITED KINGDOM | English-100 | | PG | |
| 2019-07-01 | 0800 | Oliver's Twist | Great Packed Lunches | Bicycle couriers Steven and David pedal all day long in London and usually only eat sandwiches to keep them going. Jamie shows them how to prepare tasty lunches. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-01 | 0830 | Rick Stein's Long Weekends | Palermo | Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence. | UNITED KINGDOM | English-100 | | PG | |
| 2019-07-01 | 0930 | Food Safari | Portuguese | 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 world of Portuguese food. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-01 | 1000 | Food Safari | Vietnamese | The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-01 | 1030 | Rachel Allen: All Things Sweet | Not Just For Children | Rachel cooks up sugary treats that may be designed for children, but are just as enticing for grownups, including milk chocolate mousse with caramel sauce and toffee popcorn. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-01 | 1100 | Cheese Slices | Italy: Rare Mountain Cheeses Of The North East | Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites. | AUSTRALIA | | | G | |
| 2019-07-01 | 1130 | Cheese Slices | India: Indian Paneer And The Chenna Sweets Of West Bengal | Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chennai. | AUSTRALIA | | | G | |
| 2019-07-01 | 1200 | Oliver's Twist | Scrumptious And Sinful | Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them. | UNITED KINGDOM | English-100 | | PG | |
| 2019-07-01 | 1230 | Dinner Date | Daisy | 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 | Y |
| 2019-07-01 | 1330 | Rick Stein's Long Weekends | Palermo | Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence. | UNITED KINGDOM | English-100 | | PG | |

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| 2019-07-01 | 1430 | Rachel Allen: All Things Sweet | Not Just For Children | Rachel cooks up sugary treats that may be designed for children, but are just as enticing for grownups, including milk chocolate mousse with caramel sauce and toffee popcorn. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-01 | 1500 | Mercurio's Menu | Daylesford | The central Victorian town of Daylesford is best known for its day spas, mineral springs, and as a great romantic holiday destination. It is now quickly being recognised as a real foodies paradise. | AUSTRALIA | English-100 | | PG | |
| 2019-07-01 | 1530 | Secret Meat Business | Cornish | Taking his doctor's advice to eat more veggies, Adrian makes a classic Cornish Pasty filled with beef, bacon and some rabbit food for good luck. | AUSTRALIA | English-100 | | G | |
| 2019-07-01 | 1600 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 5 | Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-01 | 1630 | Delia's How To Cook | Hot Puddings | Delia Smith extols the joys of the good old British pud. Comfort food, beloved of schoolboys, traditional hot British desserts, are currently enjoying a resurgence of popularity. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-01 | 1700 | Rachel Allen: All Things Sweet | Sweet Celebratons | No celebration is complete without some sweet and indulgent centrepieces to serve a crowd, and Rachel shows how to turn any occasion into an extravaganza with these fabulous party showstoppers. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-01 | 1730 | The Cook And The Chef | Early Settlement | Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker. | AUSTRALIA | English-100 | | G | |
| 2019-07-01 | 1800 | The Cook And The Chef | Modern Chef | Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett. | AUSTRALIA | English-100 | | G | |
| 2019-07-01 | 1830 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 1 | Fifteen years ago, Hugh Fearnley-Wittingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-01 | 1930 | Rachel Khoo's Kitchen Notebook Melbourne | Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 5 | Melbourne prides itself on being the sporting capital of Australia. Rachel discovers what fuels the weekend warriors inside the city limits. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-01 | 2000 | Rachel Khoo's Kitchen Notebook Melbourne | Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 6 | Rachel explores Melbourne's melting pot of authentic cuisines, wandering through the Vietnamese areas, and tracking down the popular suburban hot bed of all things Greek. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-01 | 2030 | A Cook Abroad | John Torode's Argentina | Masterchef judge and meat connoisseur, John Torode fulfills a lifelong ambition to go to Argentina, where eating beef is a national obsession. | UNITED KINGDOM | English-100 | | G | Y |
| 2019-07-01 | 2130 | The Cook And The Chef | Early Settlement | Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker. | AUSTRALIA | English-100 | | G | |
| 2019-07-01 | 2200 | The Cook And The Chef | Modern Chef | Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett. | AUSTRALIA | English-100 | | G | |
| 2019-07-01 | 2230 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 1 | Fifteen years ago, Hugh Fearnley-Wittingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-01 | 2330 | Rachel Allen: All Things Sweet | Sweet Celebratons | No celebration is complete without some sweet and indulgent centrepieces to serve a crowd, and Rachel shows how to turn any occasion into an extravaganza with these fabulous party showstoppers. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-01 | 2400 | Worst Cooks In America | It Just Got Worse | Fourteen recruits, each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne Burrell and Bobby Flay. | USA | English-100 | | PG | Y |
| 2019-07-01 | 2500 | Mercurio's Menu | Daylesford | The central Victorian town of Daylesford is best known for its day spas, mineral springs, and as a great romantic holiday destination. It is now quickly being recognised as a real foodies paradise. | AUSTRALIA | English-100 | | PG | |

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|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2019-07-01 | 2530 | Rachel Khoo's Kitchen Notebook Melbourne | Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 5 | Melbourne prides itself on being the sporting capital of Australia. Rachel discovers what fuels the weekend warriors inside the city limits. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-01 | 2600 | Rachel Khoo's Kitchen Notebook Melbourne | Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 6 | Rachel explores Melbourne's melting pot of authentic cuisines, wandering through the Vietnamese areas, and tracking down the popular suburban hot bed of all things Greek. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-01 | 2630 | A Cook Abroad | John Torode's Argentina | Masterchef judge and meat connoisseur, John Torode fulfills a lifelong ambition to go to Argentina, where eating beef is a national obsession. | UNITED KINGDOM | English-100 | | G | Y |
| 2019-07-01 | 2730 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 1 | Fifteen years ago, Hugh Fearnley-Wittingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-01 | 2830 | Rachel Allen: All Things Sweet | Sweet Celebratons | No celebration is complete without some sweet and indulgent centrepieces to serve a crowd, and Rachel shows how to turn any occasion into an extravaganza with these fabulous party showstoppers. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-02 | 0500 | Mercurio's Menu | Daylesford | The central Victorian town of Daylesford is best known for its day spas, mineral springs, and as a great romantic holiday destination. It is now quickly being recognised as a real foodies paradise. | AUSTRALIA | English-100 | | PG | |
| 2019-07-02 | 0530 | Secret Meat Business | Cornish | Taking his doctor's advice to eat more veggies, Adrian makes a classic Cornish Pasty filled with beef, bacon and some rabbit food for good luck. | AUSTRALIA | English-100 | | G | |
| 2019-07-02 | 0600 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 5 | Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-02 | 0630 | Delia's How To Cook | Hot Puddings | Delia Smith extols the joys of the good old British pud. Comfort food, beloved of schoolboys, traditional hot British desserts, are currently enjoying a resurgence of popularity. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-02 | 0700 | The Cook And The Chef | Early Settlement | Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker. | AUSTRALIA | English-100 | | G | |
| 2019-07-02 | 0730 | The Cook And The Chef | Modern Chef | Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett. | AUSTRALIA | English-100 | | G | |
| 2019-07-02 | 0800 | Rachel Allen: All Things Sweet | Sweet Celebratons | No celebration is complete without some sweet and indulgent centrepieces to serve a crowd, and Rachel shows how to turn any occasion into an extravaganza with these fabulous party showstoppers. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-02 | 0830 | Rachel Khoo's Kitchen Notebook Melbourne | Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 5 | Melbourne prides itself on being the sporting capital of Australia. Rachel discovers what fuels the weekend warriors inside the city limits. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-02 | 0900 | Rachel Khoo's Kitchen Notebook Melbourne | Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 6 | Rachel explores Melbourne's melting pot of authentic cuisines, wandering through the Vietnamese areas, and tracking down the popular suburban hot bed of all things Greek. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-02 | 0930 | A Cook Abroad | John Torode's Argentina | Masterchef judge and meat connoisseur, John Torode fulfills a lifelong ambition to go to Argentina, where eating beef is a national obsession. | UNITED KINGDOM | English-100 | | G | Y |
| 2019-07-02 | 1030 | Mercurio's Menu | Daylesford | The central Victorian town of Daylesford is best known for its day spas, mineral springs, and as a great romantic holiday destination. It is now quickly being recognised as a real foodies paradise. | AUSTRALIA | English-100 | | PG | |
| 2019-07-02 | 1100 | Secret Meat Business | Cornish | Taking his doctor's advice to eat more veggies, Adrian makes a classic Cornish Pasty filled with beef, bacon and some rabbit food for good luck. | AUSTRALIA | English-100 | | G | |
| 2019-07-02 | 1130 | Worst Cooks In America | It Just Got Worse | Fourteen recruits, each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne Burrell and Bobby Flay. | USA | English-100 | | PG | Y |
| 2019-07-02 | 1230 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 5 | Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|---|---|---|----------------|-------------|-----|----|---|
| 2019-07-02 | 1300 | Delia's How To Cook | Hot Puddings | Delia Smith extols the joys of the good old British pud. Comfort food, beloved of schoolboys, traditional hot British desserts, are currently enjoying a resurgence of popularity. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-02 | 1330 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 1 | Fifteen years ago, Hugh Fearnley-Withthingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-02 | 1430 | Rachel Allen: All Things Sweet | Sweet Celebratons | No celebration is complete without some sweet and indulgent centrepieces to serve a crowd, and Rachel shows how to turn any occasion into an extravaganza with these fabulous party showstoppers. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-02 | 1500 | Mercurio's Menu | Devonport | Devonport is just a hop, skip, and a jump south from Victoria and offers some of the world's best produce. | AUSTRALIA | English-100 | | PG | |
| 2019-07-02 | 1530 | Secret Meat Business | Filipino | Adrian whips up a simple Filipino recipe that has delicious Spanish and Chinese influences. A taste of Manila. | AUSTRALIA | English-100 | | G | |
| 2019-07-02 | 1600 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 6 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-02 | 1630 | Delia's How To Cook | Low Fat | With most of the Western World on a diet these days, Delia Smith takes up the challenge of low-fat cooking - is it possible to eat well but stay slim? | UNITED KINGDOM | English-100 | | G | |
| 2019-07-02 | 1700 | Rachel Allen: All Things Sweet | Continental Creations | Rachel takes her inspiration from the continent for another mouth-watering selection of gorgeous desserts. On the menu is lavender and honey panna cotta. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-02 | 1730 | The Cook And The Chef | Recipe Books And Charmaine Solomon | Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection. | AUSTRALIA | English-100 | | G | |
| 2019-07-02 | 1800 | The Cook And The Chef | Stephanie Alexander | Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world. | AUSTRALIA | English-100 | | G | |
| 2019-07-02 | 1830 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 2 | With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-02 | 1930 | The Hairy Bikers' Food Tour Of Britain | Suffolk | Si and Dave explore Suffolk, where they cook a traditional county favourite at Snape Maltings, and then pit their new-found knowledge against top local chef Chris Lee in a cook-off. | UNITED KINGDOM | English-100 | RPT | G | |
| 2019-07-02 | 2030 | Paul Hollywood's Pies And Puds | Paul Hollywood's Pies And Puds Series 1 Ep 1 | Paul is baking a luxury corned beef pie, a nutty sticky toffee pudding, and is joined by German pastry chef, Falco, who shows Paul how to make the classic Apple Strudel. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-02 | 2130 | The Cook And The Chef | Recipe Books And Charmaine Solomon | Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection. | AUSTRALIA | English-100 | | G | |
| 2019-07-02 | 2200 | The Cook And The Chef | Stephanie Alexander | Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world. | AUSTRALIA | English-100 | | G | |
| 2019-07-02 | 2230 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 2 | With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-02 | 2330 | Rachel Allen: All Things Sweet | Continental Creations | Rachel takes her inspiration from the continent for another mouth-watering selection of gorgeous desserts. On the menu is lavender and honey panna cotta. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-02 | 2400 | Worst Cooks In America | Scratching The Surface | The remaining recruits find out they are going on a culinary field trip to the farm. Upon arrival, they must herd cows, milk them, and then make their own homemade cheese. | USA | English-100 | | PG | Y |
| 2019-07-02 | 2500 | Mercurio's Menu | Devonport | Devonport is just a hop, skip, and a jump south from Victoria and offers some of the world's best produce. | AUSTRALIA | English-100 | | PG | |

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|------------|------|---|---|--|----------------|-------------|-----|----|---|
| 2019-07-02 | 2530 | The Hairy Bikers' Food Tour Of Britain | Suffolk | Si and Dave explore Suffolk, where they cook a traditional county favourite at Snape Maltings, and then pit their new-found knowledge against top local chef Chris Lee in a cook-off. | UNITED KINGDOM | English-100 | RPT | G | |
| 2019-07-02 | 2630 | Paul Hollywood's Pies And Puds | Paul Hollywood's Pies And Puds Series 1 Ep 1 | Paul is baking a luxury corned beef pie, a nutty sticky toffee pudding, and is joined by German pastry chef, Falco, who shows Paul how to make the classic Apple Strudel. | UNITED KINGDOM | English-100 | | | |
| 2019-07-02 | 2730 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 2 | With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-02 | 2830 | Rachel Allen: All Things Sweet | Continental Creations | Rachel takes her inspiration from the continent for another mouth-watering selection of gorgeous desserts. On the menu is lavender and honey panna cotta. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-03 | 0500 | Mercurio's Menu | Devonport | Devonport is just a hop, skip, and a jump south from Victoria and offers some of the world's best produce. | AUSTRALIA | English-100 | | PG | |
| 2019-07-03 | 0530 | Secret Meat Business | Filipino | Adrian whips up a simple Filipino recipe that has delicious Spanish and Chinese influences. A taste of Manila. | AUSTRALIA | English-100 | | G | |
| 2019-07-03 | 0600 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 6 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-03 | 0630 | Delia's How To Cook | Low Fat | With most of the Western World on a diet these days, Delia Smith takes up the challenge of low-fat cooking - is it possible to eat well but stay slim? | UNITED KINGDOM | English-100 | | G | |
| 2019-07-03 | 0700 | The Cook And The Chef | Recipe Books And Charmaine Solomon | Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection. | AUSTRALIA | English-100 | | G | |
| 2019-07-03 | 0730 | The Cook And The Chef | Stephanie Alexander | Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world. | AUSTRALIA | English-100 | | G | |
| 2019-07-03 | 0800 | Rachel Allen: All Things Sweet | Continental Creations | Rachel takes her inspiration from the continent for another mouth-watering selection of gorgeous desserts. On the menu is lavender and honey panna cotta. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-03 | 0830 | The Hairy Bikers' Food Tour Of Britain | Suffolk | Si and Dave explore Suffolk, where they cook a traditional county favourite at Snape Maltings, and then pit their new-found knowledge against top local chef Chris Lee in a cook-off. | UNITED KINGDOM | English-100 | RPT | G | |
| 2019-07-03 | 0930 | Paul Hollywood's Pies And Puds | Paul Hollywood's Pies And Puds Series 1 Ep 1 | Paul is baking a luxury corned beef pie, a nutty sticky toffee pudding, and is joined by German pastry chef, Falco, who shows Paul how to make the classic Apple Strudel. | UNITED KINGDOM | English-100 | | | |
| 2019-07-03 | 1030 | Mercurio's Menu | Devonport | Devonport is just a hop, skip, and a jump south from Victoria and offers some of the world's best produce. | AUSTRALIA | English-100 | | PG | |
| 2019-07-03 | 1100 | Secret Meat Business | Filipino | Adrian whips up a simple Filipino recipe that has delicious Spanish and Chinese influences. A taste of Manila. | AUSTRALIA | English-100 | | G | |
| 2019-07-03 | 1130 | Worst Cooks In America | Scratching The Surface | The remaining recruits find out they are going on a culinary field trip to the farm. Upon arrival, they must herd cows, milk them, and then make their own homemade cheese. | USA | English-100 | | PG | Y |
| 2019-07-03 | 1230 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 6 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-03 | 1300 | Delia's How To Cook | Low Fat | With most of the Western World on a diet these days, Delia Smith takes up the challenge of low-fat cooking - is it possible to eat well but stay slim? | UNITED KINGDOM | English-100 | | G | |
| 2019-07-03 | 1330 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 2 | With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-03 | 1430 | Rachel Allen: All Things Sweet | Continental Creations | Rachel takes her inspiration from the continent for another mouth-watering selection of gorgeous desserts. On the menu is lavender and honey panna cotta. | UNITED KINGDOM | English-100 | | G | |

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|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 2019-07-03 | 1500 | Miguel's Feasts | Miguel's Feasts Series 1 Ep 1 | Meet one of New Zealand's biggest mussel men. From the paddock to the plate, Miguel engages a rich winter favourite. | AUSTRALIA | English-100 | | | |
| 2019-07-03 | 1530 | Secret Meat Business | Italian | From the small village of Telve in Italy and into your kitchen, Adrian's making one of his childhood favourites. | AUSTRALIA | English-100 | | G | |
| 2019-07-03 | 1600 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 7 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-03 | 1630 | Delia's How To Cook | Starters | Delia turns her attention to perfect first courses. She recommends simple, fresh, seasonal produce. Favourite starters are smoked fish, eggs and salads, soups and patés. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-03 | 1700 | Rachel Allen: All Things Sweet | American Inspired | America has given us some of our best-loved cakes and desserts, and Rachel pays homage to the nation with the sweetest tooth with her own take on some good ol' US classics. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-03 | 1730 | The Cook And The Chef | Margaret Fulton | There are millions of bookcases around Australia that hold at least one Margaret Fulton cook book. She's an Australian living legend. | AUSTRALIA | English-100 | | G | |
| 2019-07-03 | 1800 | The Cook And The Chef | Restaurant And Mietta, The | Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'. | AUSTRALIA | English-100 | | G | |
| 2019-07-03 | 1830 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 3 | With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-03 | 1930 | Hayden Quinn's South Africa | Johannesburg | Hayden ascends the heights of the Johannesburg city skyline to cook up a delicious Jozi meal with chef Citrum Khumalo on the balcony of Randlords. | SOUTH AFRICA | English-100 | | | |
| 2019-07-03 | 2000 | Hayden Quinn's South Africa | Lesotho | Hayden resides on the shores of the immaculate Katse Dam, where he visits a responsible trout farming operation and enjoys the wonders of the dam. | SOUTH AFRICA | English-100 | | | |
| 2019-07-03 | 2030 | Italian Food Safari | Italian Food Safari Series 1 Ep 1 | Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-03 | 2100 | Italian Food Safari | Italian Food Safari Series 1 Ep 2 | First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-03 | 2130 | The Cook And The Chef | Margaret Fulton | There are millions of bookcases around Australia that hold at least one Margaret Fulton cook book. She's an Australian living legend. | AUSTRALIA | English-100 | | G | |
| 2019-07-03 | 2200 | The Cook And The Chef | Restaurant And Mietta, The | Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'. | AUSTRALIA | English-100 | | G | |
| 2019-07-03 | 2230 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 3 | With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-03 | 2330 | Rachel Allen: All Things Sweet | American Inspired | America has given us some of our best-loved cakes and desserts, and Rachel pays homage to the nation with the sweetest tooth with her own take on some good ol' US classics. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-03 | 2400 | Worst Cooks In America | Glazed And Confused | Anne and Bobby train the remaining ten recruits' palettes as this week is all about creating their own flavour combinations. The recruits sample unique doughnut flavours that blow their minds. | USA | English-100 | | PG | Y |
| 2019-07-03 | 2500 | Miguel's Feasts | Miguel's Feasts Series 1 Ep 1 | Meet one of New Zealand's biggest mussel men. From the paddock to the plate, Miguel engages a rich winter favourite. | AUSTRALIA | English-100 | | | |
| 2019-07-03 | 2530 | Hayden Quinn's South Africa | Johannesburg | Hayden ascends the heights of the Johannesburg city skyline to cook up a delicious Jozi meal with chef Citrum Khumalo on the balcony of Randlords. | SOUTH AFRICA | English-100 | | | |
| 2019-07-03 | 2600 | Hayden Quinn's South Africa | Lesotho | Hayden resides on the shores of the immaculate Katse Dam, where he visits a responsible trout farming operation and enjoys the wonders of the dam. | SOUTH AFRICA | English-100 | | | |

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|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 2019-07-03 | 2630 | Italian Food Safari | Italian Food Safari Series 1 Ep 1 | Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-03 | 2700 | Italian Food Safari | Italian Food Safari Series 1 Ep 2 | First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-03 | 2730 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 3 | With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-03 | 2830 | Rachel Allen: All Things Sweet | American Inspired | America has given us some of our best-loved cakes and desserts, and Rachel pays homage to the nation with the sweetest tooth with her own take on some good ol' US classics. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-04 | 0500 | Miguel's Feasts | Miguel's Feasts Series 1 Ep 1 | Meet one of New Zealand's biggest mussel men. From the paddock to the plate, Miguel engages a rich winter favourite. | AUSTRALIA | English-100 | | | |
| 2019-07-04 | 0530 | Secret Meat Business | Italian | From the small village of Telve in Italy and into your kitchen, Adrian's making one of his childhood favourites. | AUSTRALIA | English-100 | | G | |
| 2019-07-04 | 0600 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 7 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-04 | 0630 | Delia's How To Cook | Starters | Delia turns her attention to perfect first courses. She recommends simple, fresh, seasonal produce. Favourite starters are smoked fish, eggs and salads, soups and patés. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-04 | 0700 | The Cook And The Chef | Margaret Fulton | There are millions of bookcases around Australia that hold at least one Margaret Fulton cook book. She's an Australian living legend. | AUSTRALIA | English-100 | | G | |
| 2019-07-04 | 0730 | The Cook And The Chef | Restaurant And Mietta, The | Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'. | AUSTRALIA | English-100 | | G | |
| 2019-07-04 | 0800 | Rachel Allen: All Things Sweet | American Inspired | America has given us some of our best-loved cakes and desserts, and Rachel pays homage to the nation with the sweetest tooth with her own take on some good ol' US classics. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-04 | 0830 | Hayden Quinn's South Africa | Johannesburg | Hayden ascends the heights of the Johannesburg city skyline to cook up a delicious Jozi meal with chef Citrum Khumalo on the balcony of Randlords. | SOUTH AFRICA | English-100 | | | |
| 2019-07-04 | 0900 | Hayden Quinn's South Africa | Lesotho | Hayden resides on the shores of the immaculate Katse Dam, where he visits a responsible trout farming operation and enjoys the wonders of the dam. | SOUTH AFRICA | English-100 | | | |
| 2019-07-04 | 0930 | Italian Food Safari | Italian Food Safari Series 1 Ep 1 | Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-04 | 1000 | Italian Food Safari | Italian Food Safari Series 1 Ep 2 | First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-04 | 1030 | Miguel's Feasts | Miguel's Feasts Series 1 Ep 1 | Meet one of New Zealand's biggest mussel men. From the paddock to the plate, Miguel engages a rich winter favourite. | AUSTRALIA | English-100 | | | |
| 2019-07-04 | 1100 | Secret Meat Business | Italian | From the small village of Telve in Italy and into your kitchen, Adrian's making one of his childhood favourites. | AUSTRALIA | English-100 | | G | |
| 2019-07-04 | 1130 | Worst Cooks In America | Glazed And Confused | Anne and Bobby train the remaining ten recruits' palettes as this week is all about creating their own flavour combinations. The recruits sample unique doughnut flavours that blow their minds. | USA | English-100 | | PG | Y |
| 2019-07-04 | 1230 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 7 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|--|--|---|----------------|-------------|-----|----|---|
| 2019-07-04 | 1300 | Delia's How To Cook | Starters | Delia turns her attention to perfect first courses. She recommends simple, fresh, seasonal produce. Favourite starters are smoked fish, eggs and salads, soups and patés. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-04 | 1330 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 3 | With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-04 | 1430 | Rachel Allen: All Things Sweet | American Inspired | America has given us some of our best-loved cakes and desserts, and Rachel pays homage to the nation with the sweetest tooth with her own take on some good ol' US classics. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-04 | 1500 | Miguel's Feasts | Miguel's Feasts Series 1 Ep 2 | It's a different kind of milking required to create this bacon and eggs with a twist. And forget fancy restaurants, Miguel hits the streets to check out the latest in street food - 'meals on wheels'. | AUSTRALIA | English-100 | | | |
| 2019-07-04 | 1530 | Secret Meat Business | Chinese | Adrian begins with a Singaporean classic, poached chicken with classic Asian flavours. Then, not your traditional high tea treat, Adrian prepares his famous savoury scones with three meats. | AUSTRALIA | English-100 | | G | |
| 2019-07-04 | 1600 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 8 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-04 | 1630 | Delia's How To Cook | Party Food | Delia Smith rounds off her series with essential advice on party planning and stress-free entertaining. From menus to checklists, she has plenty of tips for perfect parties and gatherings. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-04 | 1700 | Rachel Allen: Sweet Christmas | Rachel Allen: All Things Sweet Christmas Special | This festive edition of Rachel Allen: All Things Sweet has the much-loved cook and broadcaster showcasing delicious recipes as well as passing on tips to help viewers create these treats themselves. | UNITED KINGDOM | English-100 | | | |
| 2019-07-04 | 1730 | The Cook And The Chef | Modern Chinese | As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes. | AUSTRALIA | English-100 | | G | |
| 2019-07-04 | 1800 | The Cook And The Chef | Talking Thai | Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine. | AUSTRALIA | English-100 | | G | |
| 2019-07-04 | 1830 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 4 | With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-04 | 1930 | Gordon Ramsay Seasonal Special | 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 | |
| 2019-07-04 | 2030 | Rick Stein's Spain | Rick Stein's Spain Series 1 Ep 3 | The blue sea of the Mediterranean beckons. Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-04 | 2135 | The Cook And The Chef | Modern Chinese | As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes. | AUSTRALIA | English-100 | | G | |
| 2019-07-04 | 2205 | The Cook And The Chef | Talking Thai | Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine. | AUSTRALIA | English-100 | | G | |
| 2019-07-04 | 2235 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 4 | With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-04 | 2330 | Rachel Allen: Sweet Christmas | Rachel Allen: All Things Sweet Christmas Special | This festive edition of Rachel Allen: All Things Sweet has the much-loved cook and broadcaster showcasing delicious recipes as well as passing on tips to help viewers create these treats themselves. | UNITED KINGDOM | English-100 | | | |
| 2019-07-04 | 2400 | Worst Cooks In America | Surprise! | In an effort to learn how to cook efficiently for a crowd, the recruits work together as a team to make enough California rolls and Spicy Salmon rolls to feed the public during the lunch rush. | USA | English-100 | | PG | Y |
| 2019-07-04 | 2500 | Miguel's Feasts | Miguel's Feasts Series 1 Ep 2 | It's a different kind of milking required to create this bacon and eggs with a twist. And forget fancy restaurants, Miguel hits the streets to check out the latest in street food - 'meals on wheels'. | AUSTRALIA | English-100 | | | |

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|------------|------|--|--|---|----------------|-------------|-----|----|---|
| 2019-07-04 | 2530 | Gordon Ramsay Seasonal Special | 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 | |
| 2019-07-04 | 2630 | Rick Stein's Spain | Rick Stein's Spain Series 1 Ep 3 | The blue sea of the Mediterranean beckons. Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-04 | 2735 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 4 | With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-04 | 2830 | Rachel Allen: Sweet Christmas | Rachel Allen: All Things Sweet Christmas Special | This festive edition of Rachel Allen: All Things Sweet has the much-loved cook and broadcaster showcasing delicious recipes as well as passing on tips to help viewers create these treats themselves. | UNITED KINGDOM | English-100 | | | |
| 2019-07-05 | 0500 | Miguel's Feasts | Miguel's Feasts Series 1 Ep 2 | It's a different kind of milking required to create this bacon and eggs with a twist. And forget fancy restaurants, Miguel hits the streets to check out the latest in street food - 'meals on wheels'. | AUSTRALIA | English-100 | | | |
| 2019-07-05 | 0530 | Secret Meat Business | Chinese | Adrian begins with a Singaporean classic, poached chicken with classic Asian flavours. Then, not your traditional high tea treat, Adrian prepares his famous savoury scones with three meats. | AUSTRALIA | English-100 | | G | |
| 2019-07-05 | 0600 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 8 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-05 | 0630 | Delia's How To Cook | Party Food | Delia Smith rounds off her series with essential advice on party planning and stress-free entertaining. From menus to checklists, she has plenty of tips for perfect parties and gatherings. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-05 | 0700 | The Cook And The Chef | Modern Chinese | As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes. | AUSTRALIA | English-100 | | G | |
| 2019-07-05 | 0730 | The Cook And The Chef | Talking Thai | Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine. | AUSTRALIA | English-100 | | G | |
| 2019-07-05 | 0800 | Rachel Allen: Sweet Christmas | Rachel Allen: All Things Sweet Christmas Special | This festive edition of Rachel Allen: All Things Sweet has the much-loved cook and broadcaster showcasing delicious recipes as well as passing on tips to help viewers create these treats themselves. | UNITED KINGDOM | English-100 | | | |
| 2019-07-05 | 0830 | Gordon Ramsay Seasonal Special | 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 | |
| 2019-07-05 | 0930 | Rick Stein's Spain | Rick Stein's Spain Series 1 Ep 3 | The blue sea of the Mediterranean beckons. Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-05 | 1035 | Miguel's Feasts | Miguel's Feasts Series 1 Ep 2 | It's a different kind of milking required to create this bacon and eggs with a twist. And forget fancy restaurants, Miguel hits the streets to check out the latest in street food - 'meals on wheels'. | AUSTRALIA | English-100 | | | |
| 2019-07-05 | 1105 | Secret Meat Business | Chinese | Adrian begins with a Singaporean classic, poached chicken with classic Asian flavours. Then, not your traditional high tea treat, Adrian prepares his famous savoury scones with three meats. | AUSTRALIA | English-100 | | G | |
| 2019-07-05 | 1135 | Worst Cooks In America | Surprise! | In an effort to learn how to cook efficiently for a crowd, the recruits work together as a team to make enough California rolls and Spicy Salmon rolls to feed the public during the lunch rush. | USA | English-100 | | PG | Y |
| 2019-07-05 | 1230 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 8 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-05 | 1300 | Delia's How To Cook | Party Food | Delia Smith rounds off her series with essential advice on party planning and stress-free entertaining. From menus to checklists, she has plenty of tips for perfect parties and gatherings. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-05 | 1330 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 4 | With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water. | AUSTRALIA | English-100 | RPT | PG | Y |

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|------------|------|--------------------------------------|--|--|----------------|-------------|---|
| 2019-07-05 | 1430 | Rachel Allen: Sweet Christmas | Rachel Allen: All Things Sweet Christmas Special | This festive edition of Rachel Allen: All Things Sweet has the much-loved cook and broadcaster showcasing delicious recipes as well as passing on tips to help viewers create these treats themselves. | UNITED KINGDOM | English-100 | |
| 2019-07-05 | 1500 | Miguel's Feasts | Miguel's Feasts Series 1 Ep 3 | We go to the source of the freshest produce in search of the creamiest goats cheese. We also meet the Queen of the rice paper roll. She's got attitude and all the tips for the best rolls in town. | AUSTRALIA | English-100 | |
| 2019-07-05 | 1530 | Secret Meat Business | World Meats | Watch out, Adrian's wielding a sword. This time to skewer and woodfire quail kebabs. Then, tender tripe is served with Caribbean spice, chilli and pirate rum. | AUSTRALIA | English-100 | G |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2019-07-05 | 1600 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 9 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-05 | 1630 | Delia's How To Cook | Eggs: Boiling And Scrambling | From how to test for freshness, to how to boil, poach, and scramble eggs to perfection, Delia explains all you need to know about the humble egg. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-05 | 1700 | Poh's Kitchen On The Road | Chocolate Cake | While Poh loves to bake a cake, what she loves even more is to decorate it, and this week she's off to Perth to meet Rochelle Adonis. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-05 | 1730 | The Cook And The Chef | Andrew Fielke | Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods. | AUSTRALIA | English-100 | | G | |
| 2019-07-05 | 1800 | The Cook And The Chef | Fast Food | Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today. | AUSTRALIA | English-100 | | G | |
| 2019-07-05 | 1830 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 5 | River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-05 | 1930 | Rick Stein's Food Heroes | Cornwall | Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes. | UNITED KINGDOM | English-100 | | | |
| 2019-07-05 | 2000 | Rick Stein's Food Heroes | Southern England | Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source. | UNITED KINGDOM | English-100 | | | |
| 2019-07-05 | 2030 | Nigella Feasts | Delicious Dinners | It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First up, there's speedy sake salmon. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-05 | 2100 | Nigella Feasts | Fun Food | Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-05 | 2130 | The Cook And The Chef | Andrew Fielke | Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods. | AUSTRALIA | English-100 | | G | |
| 2019-07-05 | 2200 | The Cook And The Chef | Fast Food | Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today. | AUSTRALIA | English-100 | | G | |
| 2019-07-05 | 2230 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 5 | River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-05 | 2330 | Poh's Kitchen On The Road | Chocolate Cake | While Poh loves to bake a cake, what she loves even more is to decorate it, and this week she's off to Perth to meet Rochelle Adonis. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-05 | 2400 | Worst Cooks In America | Two A Day | The recruits wake up to find Anne and Bobby in their pyjamas demanding breakfast at the recruit house. The remaining recruits make breakfast for them based on guest chef Sara Beth's eggs benedict. | USA | English-100 | | PG | |
| 2019-07-05 | 2500 | Miguel's Feasts | Miguel's Feasts Series 1 Ep 3 | We go to the source of the freshest produce in search of the creamiest goats cheese. We also meet the Queen of the rice paper roll. She's got attitude and all the tips for the best rolls in town. | AUSTRALIA | English-100 | | | |
| 2019-07-05 | 2530 | Rick Stein's Food Heroes | Cornwall | Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes. | UNITED KINGDOM | English-100 | | | |
| 2019-07-05 | 2600 | Rick Stein's Food Heroes | Southern England | Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source. | UNITED KINGDOM | English-100 | | | |
| 2019-07-05 | 2630 | Nigella Feasts | Delicious Dinners | It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First up, there's speedy sake salmon. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-05 | 2700 | Nigella Feasts | Fun Food | Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes. | UNITED KINGDOM | English-100 | RPT | G | Y |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2019-07-05 | 2730 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 5 | River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2019-07-05 | 2830 | Poh's Kitchen On The Road | Chocolate Cake | While Poh loves to bake a cake, what she loves even more is to decorate it, and this week she's off to Perth to meet Rochelle Adonis. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-06 | 0500 | Miguel's Feasts | Miguel's Feasts Series 1 Ep 3 | We go to the source of the freshest produce in search of the creamiest goats cheese. We also meet the Queen of the rice paper roll. She's got attitude and all the tips for the best rolls in town. | AUSTRALIA | English-100 | | | |
| 2019-07-06 | 0530 | Secret Meat Business | World Meats | Watch out, Adrian's wielding a sword. This time to skewer and woodfire quail kebabs. Then, tender tripe is served with Caribbean spice, chilli and pirate rum. | AUSTRALIA | English-100 | | G | |
| 2019-07-06 | 0600 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 9 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-06 | 0630 | Delia's How To Cook | Eggs: Boiling And Scrambling | From how to test for freshness, to how to boil, poach, and scramble eggs to perfection, Delia explains all you need to know about the humble egg. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-06 | 0700 | The Cook And The Chef | Andrew Fielke | Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods. | AUSTRALIA | English-100 | | G | |
| 2019-07-06 | 0730 | The Cook And The Chef | Fast Food | Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today. | AUSTRALIA | English-100 | | G | |
| 2019-07-06 | 0800 | Poh's Kitchen On The Road | Chocolate Cake | While Poh loves to bake a cake, what she loves even more is to decorate it, and this week she's off to Perth to meet Rochelle Adonis. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-06 | 0830 | Rick Stein's Food Heroes | Cornwall | Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes. | UNITED KINGDOM | English-100 | | | |
| 2019-07-06 | 0900 | Rick Stein's Food Heroes | Southern England | Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source. | UNITED KINGDOM | English-100 | | | |
| 2019-07-06 | 0930 | Nigella Feasts | Delicious Dinners | It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First up, there's speedy sake salmon. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-06 | 1000 | Nigella Feasts | Fun Food | Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-07-06 | 1030 | Miguel's Feasts | Miguel's Feasts Series 1 Ep 3 | We go to the source of the freshest produce in search of the creamiest goats cheese. We also meet the Queen of the rice paper roll. She's got attitude and all the tips for the best rolls in town. | AUSTRALIA | English-100 | | | |
| 2019-07-06 | 1100 | Secret Meat Business | World Meats | Watch out, Adrian's wielding a sword. This time to skewer and woodfire quail kebabs. Then, tender tripe is served with Caribbean spice, chilli and pirate rum. | AUSTRALIA | English-100 | | G | |
| 2019-07-06 | 1130 | Worst Cooks In America | Two A Day | The recruits wake up to find Anne and Bobby in their pyjamas demanding breakfast at the recruit house. The remaining recruits make breakfast for them based on guest chef Sara Beth's eggs benedict. | USA | English-100 | | PG | |
| 2019-07-06 | 1230 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 9 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-07-06 | 1300 | Delia's How To Cook | Eggs: Boiling And Scrambling | From how to test for freshness, to how to boil, poach, and scramble eggs to perfection, Delia explains all you need to know about the humble egg. | UNITED KINGDOM | English-100 | | G | |
| 2019-07-06 | 1330 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 5 | River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal. | AUSTRALIA | English-100 | RPT | PG | Y |

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|------------|------|---|--|--|----------------|-------------|-----|----|---|---|
| 2019-07-06 | 1430 | Poh's Kitchen On The Road | Chocolate Cake | While Poh loves to bake a cake, what she loves even more is to decorate it, and this week she's off to Perth to meet Rochelle Adonis. | AUSTRALIA | English-100 | RPT | G | Y | |
| 2019-07-06 | 1500 | Dinner Date | Matt | 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 | | |
| 2019-07-06 | 1600 | Say It To My Face | This Is Effing Personal | La Pescadora is a family run Mexican restaurant in Whittier, CA that specialises in Mexican food with a bit of an American flare. But owner April Gallegos is at her wits end with online reviewers. | USA | English-100 | | PG | Y | |
| 2019-07-06 | 1700 | The Cook And The Chef | Winter And Chocolate | The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate. | AUSTRALIA | English-100 | | G | | |
| 2019-07-06 | 1730 | The Cook And The Chef | In The Hills | When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike. | AUSTRALIA | English-100 | | G | | |
| 2019-07-06 | 1800 | The Cook And The Chef | Old Favourites | Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum. | AUSTRALIA | English-100 | | G | | |
| 2019-07-06 | 1830 | Lyndey Milan's Taste Of Ireland | County Dublin | In Dublin, there's a taste of seafood and a swim in the sea when Lyndey visits old friends in the nearby harbour of Howth. | AUSTRALIA | English-100 | | G | | |
| 2019-07-06 | 1900 | Lyndey Milan's Taste Of Ireland | Back At Home | After weeks of rolling emerald hills, idiosyncratic Irish characters, and stunning Irish produce, Lyndey arrives home brimming with new recipe ideas, and cooks up a feast for her friends. | AUSTRALIA | English-100 | | G | | |
| 2019-07-06 | 1930 | James Martin Mediterranean | James Martin Mediterranean Feast Series 1 Ep 1 | James sails into the Spanish party island of Ibiza. He tracks down their answer to chorizo, and finds out why lard is so key to their traditional baking. | UNITED KINGDOM | English-100 | | | | |
| 2019-07-06 | 2000 | James Martin Mediterranean | James Martin Mediterranean Feast Series 1 Ep 2 | James travels to the Italian fishing port of Pisciotta, where he learns the art of anchovy fishing. | UNITED KINGDOM | English-100 | | | | |
| 2019-07-06 | 2035 | Bill's Tasty Weekends | Somerset | Bill Granger's childhood dream is coming true as this weekend, he's in the beautiful Somerset countryside staying in a tree house - but this one has old mod cons. | UNITED KINGDOM | English-100 | | | | |
| 2019-07-06 | 2130 | Shane Delia's Spice Journey Turkey | Istanbul Secrets: The Culinary Underbelly | Istanbul Secrets: In tonight's final, back in Istanbul, Shane peeks behind the veil to discover a side of this city, and its culinary traditions, rarely seen by visitors. | AUSTRALIA | English-100 | RPT | PG | Y | Y |
| 2019-07-06 | 2200 | Shane Delia's Spice Journey Turkey | Heart Of Anatolian Cuisine, The | Shane explores some of Turkey's most famous flavours in Cappadocia, home to an ancient landscape, along with ancient underground cooking techniques. | AUSTRALIA | English-100 | RPT | G | Y | Y |
| 2019-07-06 | 2230 | The Cook And The Chef | Winter And Chocolate | The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate. | AUSTRALIA | English-100 | | G | | |
| 2019-07-06 | 2300 | The Cook And The Chef | In The Hills | When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike. | AUSTRALIA | English-100 | | G | | |
| 2019-07-06 | 2330 | The Cook And The Chef | Old Favourites | Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum. | AUSTRALIA | English-100 | | G | | |
| 2019-07-06 | 2400 | Worst Cooks In America | Eat, Pray, Love | Four recruits are left and are one week away from a chance of winning \$25,000. Bobby and Anne challenge their recruits to show them how much they've learned by a role reversal teaching tool. | USA | English-100 | | PG | | |
| 2019-07-06 | 2500 | Lyndey Milan's Taste Of Ireland | County Dublin | In Dublin, there's a taste of seafood and a swim in the sea when Lyndey visits old friends in the nearby harbour of Howth. | AUSTRALIA | English-100 | | G | | |
| 2019-07-06 | 2530 | Lyndey Milan's Taste Of Ireland | Back At Home | After weeks of rolling emerald hills, idiosyncratic Irish characters, and stunning Irish produce, Lyndey arrives home brimming with new recipe ideas, and cooks up a feast for her friends. | AUSTRALIA | English-100 | | G | | |

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|------------|------|-----------------------------------|--|--|----------------|-------------|----|---|
| 2019-07-06 | 2600 | James Martin Mediterranean | James Martin Mediterranean Feast Series 1 Ep 1 | James sails into the Spanish party island of Ibiza. He tracks down their answer to chorizo, and finds out why lard is so key to their traditional baking. | UNITED KINGDOM | English-100 | | |
| 2019-07-06 | 2630 | James Martin Mediterranean | James Martin Mediterranean Feast Series 1 Ep 2 | James travels to the Italian fishing port of Pisciotta, where he learns the art of anchovy fishing. | UNITED KINGDOM | English-100 | | |
| 2019-07-06 | 2705 | Dinner Date | Matt | 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 | |
| 2019-07-06 | 2800 | Say It To My Face | This Is Effing Personal | La Pescadora is a family run Mexican restaurant in Whittier, CA that specialises in Mexican food with a bit of an American flare. But owner April Gallegos is at her wits end with online reviewers. | USA | English-100 | PG | Y |