



**WEEK 27: Sunday, 28 June - Saturday, 4 July 2020 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-06-28	0500	<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	
2020-06-28	0530	<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	
2020-06-28	0630	<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	
2020-06-28	0730	<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	
2020-06-28	0800	<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	
2020-06-28	0830	<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
2020-06-28	0900	<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 Shanghaiese food.	AUSTRALIA	English-100	RPT	G	Y
2020-06-28	0930	<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
2020-06-28	1035	<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
2020-06-28	1105	<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
2020-06-28	1135	<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	
2020-06-28	1230	<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	
2020-06-28	1330	<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	
2020-06-28	1400	<b>Saturday Kitchen</b>	Saturday Kitchen Series 3 Ep 8	English Michelin starred chef, Tom Kerridge. hosts Saturday Kitchen this week with the help of fellow Michelin starred chef, Paul Ainsworth, and three-time AA rosette chef, Galton Blackiston.	UNITED KINGDOM	English-100		G	
2020-06-28	1500	<b>Destination Flavour China</b>	Anhui	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-06-28	1530	<b>Destination Flavour China</b>	Jiangsu And Zhejiang	Adam's journey to explore China's history through its food continues as he visits the provinces of Jiangsu and Zhejiang, both considered part of the eight great regional cuisines of China.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-06-28	1600	<b>Lyndey Milan's Baking Secrets</b>	Baking Bad	It's time to get rich quick as Lyndey is stirring in the butter, tossing in the chocolate and spooning in the sugar for an unashamedly indulgent episode.	AUSTRALIA	English-100		G	

2020-06-28	1630	<b>Donal's Asian Baking Adventure</b>	Tokyo 2	Donal is exploring Japan, whose bakeries have been a big influence in the rise in popularity of wheat flour in Asia, and Kyoto has a reputation for great food.	SINGAPORE	English-100		G	
2020-06-28	1700	<b>Martha Bakes</b>	Breads And Rolls	Martha demonstrates how to bake her favourite styles of bread with alternative flours, including honey-wheat Parker House rolls, wholewheat pita bread, and molasses-oat bread.	USA	English-100		G	
2020-06-28	1730	<b>Bake With Anna Olson</b>	Veggies Cake	Anna prepares a variety of cakes made with vegetables including a zucchini orange loaf, and a carrot cake with cream cheese icing.	CANADA	English-100		G	
2020-06-28	1800	<b>Maggie Beer's Christmas Special</b>	Maggie Beer's Christmas Special	To celebrate the festive season, Maggie Beer invites special guests to her beautiful Barossa Valley property, for the ultimate Australian Christmas Feast.	AUSTRALIA	English-100		G	
2020-06-28	1830	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 4	Helen makes 'zoodles', or zucchini noodles, a clever solution for making stir-fry recipes gluten free. She also meets with the owners of a low FODMAP catering company to make gluten free pita bread.	AUSTRALIA			G	
2020-06-28	1900	<b>Bonacini's Italy</b>	Lombardy	Full of luxurious treats, the northern Italian region of Lombardy offers rich and delicious cuisine. Chef Michael Bonacini prepares stuffed squash blossoms with a creamy parmesan filling.	CANADA	English-100		G	
2020-06-28	1930	<b>Rick Stein's Far Eastern Odyssey</b>	Bangladesh	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-28	2035	<b>John Torode's Australia</b>	John Torode's Australia Series 1 Ep 3	John is in Tasmania, which has a growing reputation for producing some of the country's most premium ingredients from truffles to saffron. John also goes diving for abalone.	UNITED KINGDOM	English-100		G	
2020-06-28	2130	<b>Parveen's Indian Kitchen</b>	Parveen's Indian Cooking Series 1 Ep 4	Parveen shares a delicious desert recipe which exudes decadence, indulgence and celebration, all from the humble carrot - gajar ka halwa. Continuing the theme of celebration, it's Diwali!	UNITED KINGDOM	English-100		G	
2020-06-28	2230	<b>Destination Flavour Down Under</b>	New Zealand - North Island	Adam explores New Zealand's North Island starting in the majestic kauri forests in the north. He visits Dargaville, the kumara capital of NZ, then a kiwifruit farm in Te Puke.	AUSTRALIA	English-100	RPT	G	Y
2020-06-28	2300	<b>Comfort Eating</b>	Glasgow	Nick is joined by fellow stand up Ed Gamble to fill the time before a gig in the evening at The Stand. After an irn-bru pulled pork sandwich cooked by Danny 'Mad Chef' McLaren, Nick gets competitive.	UNITED KINGDOM	English-100		PG	
2020-06-28	2330	<b>Lyndey Milan's Baking Secrets</b>	Baking Bad	It's time to get rich quick as Lyndey is stirring in the butter, tossing in the chocolate and spooning in the sugar for an unashamedly indulgent episode.	AUSTRALIA	English-100		G	
2020-06-28	2400	<b>Donal's Asian Baking Adventure</b>	Tokyo 2	Donal is exploring Japan, whose bakeries have been a big influence in the rise in popularity of wheat flour in Asia, and Kyoto has a reputation for great food.	SINGAPORE	English-100		G	
2020-06-28	2430	<b>Martha Bakes</b>	Breads And Rolls	Martha demonstrates how to bake her favourite styles of bread with alternative flours, including honey-wheat Parker House rolls, wholewheat pita bread, and molasses-oat bread.	USA	English-100		G	
2020-06-28	2500	<b>Bake With Anna Olson</b>	Veggies Cake	Anna prepares a variety of cakes made with vegetables including a zucchini orange loaf, and a carrot cake with cream cheese icing.	CANADA	English-100		G	
2020-06-28	2530	<b>Rick Stein's Far Eastern Odyssey</b>	Bangladesh	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-28	2635	<b>John Torode's Australia</b>	John Torode's Australia Series 1 Ep 3	John is in Tasmania, which has a growing reputation for producing some of the country's most premium ingredients from truffles to saffron. John also goes diving for abalone.	UNITED KINGDOM	English-100		G	
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2020-06-29	0500	<b>Lyndey Milan's Baking Secrets</b>	Baking Bad	It's time to get rich quick as Lyndey is stirring in the butter, tossing in the chocolate and spooning in the sugar for an unashamedly indulgent episode.	AUSTRALIA	English-100		G	

2020-06-29	0530	<b>Donal's Asian Baking Adventure</b>	Tokyo 2	Donal is exploring Japan, whose bakeries have been a big influence in the rise in popularity of wheat flour in Asia, and Kyoto has a reputation for great food.	SINGAPORE	English-100		G	
2020-06-29	0600	<b>Martha Bakes</b>	Breads And Rolls	Martha demonstrates how to bake her favourite styles of bread with alternative flours, including honey-wheat Parker House rolls, wholewheat pita bread, and molasses-oat bread.	USA	English-100		G	
2020-06-29	0630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 4	Helen makes 'zoodles', or zucchini noodles, a clever solution for making stir-fry recipes gluten free. She also meets with the owners of a low FODMAP catering company to make gluten free pita bread.	AUSTRALIA			G	
2020-06-29	0700	<b>Bonacini's Italy</b>	Lombardy	Full of luxurious treats, the northern Italian region of Lombardy offers rich and delicious cuisine. Chef Michael Bonacini prepares stuffed squash blossoms with a creamy parmesan filling.	CANADA	English-100		G	
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2020-06-29	0835	<b>John Torode's Australia</b>	John Torode's Australia Series 1 Ep 3	John is in Tasmania, which has a growing reputation for producing some of the country's most premium ingredients from truffles to saffron. John also goes diving for abalone.	UNITED KINGDOM	English-100		G	
2020-06-29	0930	<b>Parveen's Indian Kitchen</b>	Parveen's Indian Cooking Series 1 Ep 4	Parveen shares a delicious desert recipe which exudes decadence, indulgence and celebration, all from the humble carrot - gajar ka halwa. Continuing the theme of celebration, it's Diwali!	UNITED KINGDOM	English-100		G	
2020-06-29	1030	<b>Destination Flavour Down Under</b>	New Zealand - North Island	Adam explores New Zealand's North Island starting in the majestic kauri forests in the north. He visits Dargaville, the kumara capital of NZ, then a kiwifruit farm in Te Puke.	AUSTRALIA	English-100	RPT	G	Y
2020-06-29	1100	<b>Martha Bakes</b>	Breads And Rolls	Martha demonstrates how to bake her favourite styles of bread with alternative flours, including honey-wheat Parker House rolls, wholewheat pita bread, and molasses-oat bread.	USA	English-100		G	
2020-06-29	1130	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 4	Helen makes 'zoodles', or zucchini noodles, a clever solution for making stir-fry recipes gluten free. She also meets with the owners of a low FODMAP catering company to make gluten free pita bread.	AUSTRALIA			G	
2020-06-29	1200	<b>Bonacini's Italy</b>	Lombardy	Full of luxurious treats, the northern Italian region of Lombardy offers rich and delicious cuisine. Chef Michael Bonacini prepares stuffed squash blossoms with a creamy parmesan filling.	CANADA	English-100		G	
2020-06-29	1230	<b>John Torode's Australia</b>	John Torode's Australia Series 1 Ep 3	John is in Tasmania, which has a growing reputation for producing some of the country's most premium ingredients from truffles to saffron. John also goes diving for abalone.	UNITED KINGDOM	English-100		G	
2020-06-29	1330	<b>Mercurio's Menu</b>	Kangaroo Island	On this rugged, isolated island, Paul discovers a legacy of family food producers showing real imagination. From goose farming to rare bees, Paul is here to discover it all.	AUSTRALIA	English-100		PG	
2020-06-29	1400	<b>New Scandinavian Cooking</b>	Arctic Food	Onboard a research vessel Andreas makes a lightly cured cod with beetroot and anise, he cooks freshly caught cod and serves it with charred leek, and back on the island he makes crispy seared cod.	NORWAY	English-100		PG	
2020-06-29	1430	<b>The Chefs' Line</b>	French	Watch apprentice chef Damien from top Sydney French restaurant, Bistro Rex, go up against four passionate home cooks in a classic French Mussels battle.	AUSTRALIA	English-100	RPT	G	Y
2020-06-29	1500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 6	Miguel serves up a fruity surprise on the beach in Cape Tribulation then goes back to his Spanish roots with his favourite fish tapas and a tropical sangria.	AUSTRALIA	English-100		G	
2020-06-29	1530	<b>Pati's Mexican Table</b>	How I Got To Now	People are always asking Pati how she turned a passion for food into a career. Over the years, she's told the story in bits and pieces but she's never told the full story, until now.	USA	English-100		G	
2020-06-29	1600	<b>Great British Food Revival</b>	Beetroot - Antonio Carluccio	The much-loved and respected Italian food writer Antonio Carluccio is on a mission to revive the fortunes of the British beetroot.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-29	1635	<b>The Cook And The Chef</b>	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G	

2020-06-29	1705	<b>The Cook And The Chef</b>	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad.	AUSTRALIA	English-100		PG	
2020-06-29	1735	<b>Martha Bakes</b>	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100		G	
2020-06-29	1800	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G	
2020-06-29	1830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 2	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G	
2020-06-29	1900	<b>Nigella Feasts</b>	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-29	1930	<b>Len And Ainsley's Big Food Adventure</b>	Leicester	The boys visit a Keralan restaurant, where Len's worst fear of eating a curry is realised. Then it's time for a bit of comfort food in fish and chips.	UNITED KINGDOM	English-100		PG	
2020-06-29	2030	<b>Gordon Ramsay Seasonal Special</b>	Winter Comfort Food	In the final special episode of Gordon's guide to home cooking, he teaches us how to cook his favourite comfort food: dishes that'll keep you cosy, contented and warm throughout the New Year.	UNITED KINGDOM	English-100		PG	
2020-06-29	2130	<b>Bake With Anna Olson</b>	Pate Sablee	Anna demonstrates the basics on working with tender tart dough, commonly referred to in the baking world as pate sablee. She begins with a simple recipe for sweet dough, and bakes empire cookies.	CANADA	English-100		G	
2020-06-29	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 1	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-06-29	2230	<b>Poh's Kitchen</b>	Family Favourites With Emmanuel Mollois	French-trained pastry chef Emmanuel Mollois joins Poh Ling Yeow in her kitchen, where they make delicious desserts.	AUSTRALIA	English-100	RPT	G	Y
2020-06-29	2300	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G	
2020-06-29	2330	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 2	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G	
2020-06-29	2400	<b>The Cook And The Chef</b>	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G	
2020-06-29	2430	<b>The Cook And The Chef</b>	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad.	AUSTRALIA	English-100		PG	
2020-06-29	2500	<b>Nigella Feasts</b>	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-29	2530	<b>Len And Ainsley's Big Food Adventure</b>	Leicester	The boys visit a Keralan restaurant, where Len's worst fear of eating a curry is realised. Then it's time for a bit of comfort food in fish and chips.	UNITED KINGDOM	English-100		PG	
2020-06-29	2630	<b>Gordon Ramsay Seasonal Special</b>	Winter Comfort Food	In the final special episode of Gordon's guide to home cooking, he teaches us how to cook his favourite comfort food: dishes that'll keep you cosy, contented and warm throughout the New Year.	UNITED KINGDOM	English-100		PG	
2020-06-29	2730	<b>Bake With Anna Olson</b>	Pate Sablee	Anna demonstrates the basics on working with tender tart dough, commonly referred to in the baking world as pate sablee. She begins with a simple recipe for sweet dough, and bakes empire cookies.	CANADA	English-100		G	
2020-06-29	2800	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 1	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	

2020-06-29	2830	<b>Poh's Kitchen</b>	Family Favourites With Emmanuel Mollois	French-trained pastry chef Emmanuel Mollois joins Poh Ling Yeow in her kitchen, where they make delicious desserts.	AUSTRALIA	English-100	RPT	G	Y
2020-06-30	0500	<b>Mercurio's Menu</b>	Kangaroo Island	On this rugged, isolated island, Paul discovers a legacy of family food producers showing real imagination. From goose farming to rare bees, Paul is here to discover it all.	AUSTRALIA	English-100		PG	
2020-06-30	0530	<b>New Scandinavian Cooking</b>	Arctic Food	Onboard a research vessel Andreas makes a lightly cured cod with beetroot and anise, he cooks freshly caught cod and serves it with charred leek, and back on the island he makes crispy seared cod.	NORWAY	English-100		PG	
2020-06-30	0600	<b>The Chefs' Line</b>	French	Watch apprentice chef Damien from top Sydney French restaurant, Bistro Rex, go up against four passionate home cooks in a classic French Mussels battle.	AUSTRALIA	English-100	RPT	G	Y
2020-06-30	0630	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 6	Miguel serves up a fruity surprise on the beach in Cape Tribulation then goes back to his Spanish roots with his favourite fish tapas and a tropical sangria.	AUSTRALIA	English-100		G	
2020-06-30	0700	<b>Pati's Mexican Table</b>	How I Got To Now	People are always asking Pati how she turned a passion for food into a career. Over the years, she's told the story in bits and pieces but she's never told the full story, until now.	USA	English-100		G	
2020-06-30	0730	<b>Great British Food Revival</b>	Beetroot - Antonio Carluccio	The much-loved and respected Italian food writer Antonio Carluccio is on a mission to revive the fortunes of the British beetroot.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-30	0805	<b>Martha Bakes</b>	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100		G	
2020-06-30	0830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G	
2020-06-30	0900	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 2	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G	
2020-06-30	0930	<b>Len And Ainsley's Big Food Adventure</b>	Leicester	The boys visit a Keralan restaurant, where Len's worst fear of eating a curry is realised. Then it's time for a bit of comfort food in fish and chips.	UNITED KINGDOM	English-100		PG	
2020-06-30	1030	<b>Gordon Ramsay Seasonal Special</b>	Winter Comfort Food	In the final special episode of Gordon's guide to home cooking, he teaches us how to cook his favourite comfort food: dishes that'll keep you cosy, contented and warm throughout the New Year.	UNITED KINGDOM	English-100		PG	
2020-06-30	1130	<b>Bake With Anna Olson</b>	Pate Sablee	Anna demonstrates the basics on working with tender tart dough, commonly referred to in the baking world as pate sablee. She begins with a simple recipe for sweet dough, and bakes empire cookies.	CANADA	English-100		G	
2020-06-30	1200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 1	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-06-30	1230	<b>Poh's Kitchen</b>	Family Favourites With Emmanuel Mollois	French-trained pastry chef Emmanuel Mollois joins Poh Ling Yeow in her kitchen, where they make delicious desserts.	AUSTRALIA	English-100	RPT	G	Y
2020-06-30	1300	<b>Nigella Feasts</b>	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-30	1330	<b>Mercurio's Menu</b>	Wellington New Zealand	Paul ventures off-shore to visit New Zealand's capital, Wellington, where he takes a half-day tour to discover the best places to eat and drink in this compact city.	AUSTRALIA	English-100		G	
2020-06-30	1400	<b>New Scandinavian Cooking</b>	Historical Garden	Some of Scandinavia's grandest farms can be found around Norway's largest lake, Mjosa. Andreas visits one of them, Hovelsrud, where he combines innovation, tradition and world class vegetables.	NORWAY	English-100		PG	
2020-06-30	1430	<b>The Chefs' Line</b>	French	Watch station chef Joshua from top Sydney French restaurant, Bistro Rex, go up against three passionate home cooks in the ultimate French Omelette challenge.	AUSTRALIA	English-100	RPT	G	Y

2020-06-30	1500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 7	Miguel serves up the ultimate in tropical indulgence with succulent vanilla-infused boar cheeks, fried lychee ice cream on the beach at sunrise and a Spanish inspired sweet and salty midnight snack.	AUSTRALIA	English-100		G	
2020-06-30	1530	<b>Pati's Mexican Table</b>	Juju's Chocolate-Covered Life	Pati spends the day with her youngest son, Juju. Juju is known for his obsession with chocolate. In this episode, they spend the day in the kitchen coming up with three delicious chocolate recipes.	USA	English-100		G	
2020-06-30	1600	<b>Great British Food Revival</b>	Fresh Herbs - Mary Berry	As the doyenne of British baking, Mary Berry has a genuine passion for fresh herbs and wants the world to know how easy they are to grow, use, and store.	UNITED KINGDOM	English-100	RPT	G	Y
2020-06-30	1630	<b>The Cook And The Chef</b>	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G	
2020-06-30	1700	<b>The Cook And The Chef</b>	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG	
2020-06-30	1730	<b>Martha Bakes</b>	Press-In Crusts	Easy no roll pie crust? Martha teaches a foolproof method to creating perfect crusts in no time - say goodbye to hassle and hello to ease.	USA	English-100		G	
2020-06-30	1800	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100		G	
2020-06-30	1830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100		G	
2020-06-30	1900	<b>Nigella Kitchen</b>	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100		G	
2020-06-30	1930	<b>Food Safari Water</b>	Raw	Maeve celebrates the pure clean taste of the ocean as she explores the natural briny flavour of the three main types of oysters - Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-30	2000	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 3	Silvia journeys to Ascoli Piceno and immerses herself in Italian cafe culture. Inspired, she returns to her Italian family home to make the perfect coffee dunking cookie - tozzetti.	AUSTRALIA	English-100	RPT	G	Y
2020-06-30	2030	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 9	Thai Pumpkin Soup, Crispy Pork and Prawn Rice Paper Rolls, Funky Monkey cocktails, and Creme Brulee Shooters - Richo packs a variety of flavour across these delicious bar snacks.	AUSTRALIA	English-100		G	
2020-06-30	2100	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 9	Luke travels to the ancient town of Hoi An - which used to be one of the main trading ports in Vietnam, thus influencing the food and making it a very special place for Luke.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-30	2130	<b>Bake With Anna Olson</b>	Chiffon Cake	Light and airy, chiffon cakes combine the richness of a butter cake with the light spring of a sponge cake, and they are the foundation for many favourite desserts.	CANADA	English-100		G	
2020-06-30	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 2	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-06-30	2230	<b>Poh's Kitchen</b>	Green Curry With David Thompson, A	Thai food guru, David Thompson joins Poh in her kitchen, where David makes green beef curry and Poh prepares roti.	AUSTRALIA	English-100	RPT	G	Y
2020-06-30	2300	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100		G	
2020-06-30	2330	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100		G	
2020-06-30	2400	<b>The Cook And The Chef</b>	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G	

2020-06-30	2430	<b>The Cook And The Chef</b>	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG	
2020-06-30	2500	<b>Nigella Kitchen</b>	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100		G	
2020-06-30	2530	<b>Food Safari Water</b>	Raw	Maeve celebrates the pure clean taste of the ocean as she explores the natural briny flavour of the three main types of oysters - Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-30	2600	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 3	Silvia journeys to Ascoli Piceno and immerses herself in Italian cafe culture. Inspired, she returns to her Italian family home to make the perfect coffee dunking cookie - tozzetti.	AUSTRALIA	English-100	RPT	G	Y
2020-06-30	2630	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 9	Thai Pumpkin Soup, Crispy Pork and Prawn Rice Paper Rolls, Funky Monkey cocktails, and Creme Brulee Shooters - Richo packs a variety of flavour across these delicious bar snacks.	AUSTRALIA	English-100		G	
2020-06-30	2700	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 9	Luke travels to the ancient town of Hoi An - which used to be one of the main trading ports in Vietnam, thus influencing the food and making it a very special place for Luke.	AUSTRALIA	English-100	RPT	PG	Y
2020-06-30	2730	<b>Bake With Anna Olson</b>	Chiffon Cake	Light and airy, chiffon cakes combine the richness of a butter cake with the light spring of a sponge cake, and they are the foundation for many favourite desserts.	CANADA	English-100		G	
2020-06-30	2800	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 2	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-06-30	2830	<b>Poh's Kitchen</b>	Green Curry With David Thompson, A	Thai food guru, David Thompson joins Poh in her kitchen, where David makes green beef curry and Poh prepares roti.	AUSTRALIA	English-100	RPT	G	Y
2020-07-01	0500	<b>Mercurio's Menu</b>	Wellington New Zealand	Paul ventures off-shore to visit New Zealand's capital, Wellington, where he takes a half-day tour to discover the best places to eat and drink in this compact city.	AUSTRALIA	English-100		G	
2020-07-01	0530	<b>New Scandinavian Cooking</b>	Historical Garden	Some of Scandinavia's grandest farms can be found around Norway's largest lake, Mjosa. Andreas visits one of them, Hovelsrud, where he combines innovation, tradition and world class vegetables.	NORWAY	English-100		PG	
2020-07-01	0600	<b>The Chefs' Line</b>	French	Watch station chef Joshua from top Sydney French restaurant, Bistro Rex, go up against three passionate home cooks in the ultimate French Omelette challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-07-01	0630	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 7	Miguel serves up the ultimate in tropical indulgence with succulent vanilla-infused boar cheeks, fried lychee ice cream on the beach at sunrise and a Spanish inspired sweet and salty midnight snack.	AUSTRALIA	English-100		G	
2020-07-01	0700	<b>Pati's Mexican Table</b>	Juju's Chocolate-Covered Life	Pati spends the day with her youngest son, Juju. Juju is known for his obsession with chocolate. In this episode, they spend the day in the kitchen coming up with three delicious chocolate recipes.	USA	English-100		G	
2020-07-01	0730	<b>Nigella Kitchen</b>	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100		G	
2020-07-01	0800	<b>Martha Bakes</b>	Press-In Crusts	Easy no roll pie crust? Martha teaches a foolproof method to creating perfect crusts in no time - say goodbye to hassle and hello to ease.	USA	English-100		G	
2020-07-01	0830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100		G	
2020-07-01	0900	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100		G	
2020-07-01	0930	<b>Food Safari Water</b>	Raw	Maeve celebrates the pure clean taste of the ocean as she explores the natural briny flavour of the three main types of oysters - Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG	Y

2020-07-01	1000	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 3	Silvia journeys to Ascoli Piceno and immerses herself in Italian cafe culture. Inspired, she returns to her Italian family home to make the perfect coffee dunking cookie - tozzetti.	AUSTRALIA	English-100	RPT	G	Y
2020-07-01	1030	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 9	Thai Pumpkin Soup, Crispy Pork and Prawn Rice Paper Rolls, Funky Monkey cocktails, and Creme Brulee Shooters - Richo packs a variety of flavour across these delicious bar snacks.	AUSTRALIA	English-100		G	
2020-07-01	1100	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 9	Luke travels to the ancient town of Hoi An - which used to be one of the main trading ports in Vietnam, thus influencing the food and making it a very special place for Luke.	AUSTRALIA	English-100	RPT	PG	Y
2020-07-01	1130	<b>Bake With Anna Olson</b>	Chiffon Cake	Light and airy, chiffon cakes combine the richness of a butter cake with the light spring of a sponge cake, and they are the foundation for many favourite desserts.	CANADA	English-100		G	
2020-07-01	1200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 2	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-07-01	1230	<b>Poh's Kitchen</b>	Green Curry With David Thompson, A	Thai food guru, David Thompson joins Poh in her kitchen, where David makes green beef curry and Poh prepares roti.	AUSTRALIA	English-100	RPT	G	Y
2020-07-01	1300	<b>Nigella Kitchen</b>	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100		G	
2020-07-01	1330	<b>Mercurio's Menu</b>	Tweed Valley New South Wales	This beautiful coastal region stretches from the Northern NSW border down to Byron Bay, and Paul is visiting to discover the Finger Lime citrus fruit and a tea plantation.	AUSTRALIA	English-100		G	
2020-07-01	1400	<b>New Scandinavian Cooking</b>	Stockfish And Amber	Niklas visits beautiful Lofoten, a string of islands that stretches into the North Atlantic in Northern Norway. He goes fishing for cod and cooks the fish with inspiring recipes and fiery techniques.	NORWAY	English-100		PG	
2020-07-01	1430	<b>The Chefs' Line</b>	French	Watch sous chef Mishy from top Sydney French restaurant, Bistro Rex, go up against two passionate home cooks in a bid to make the best classic Tarte Tatin.	AUSTRALIA	English-100	RPT	G	Y
2020-07-01	1500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 8	Coffee, coffee, coffee! Miguel gets his caffeine buzz at a tropical coffee plantation in Skybury where he shows us the Spanish way to make coffee - strong and sweet.	AUSTRALIA	English-100		PG	
2020-07-01	1530	<b>Pati's Mexican Table</b>	Cheesy	Pati cooks three mouthwatering cheesy recipes - one for each of her boys. Later in Oaxaca, Pati and her three sons visit a cheese producer to see how the famous Oaxacan cheese is made.	USA	English-100		G	
2020-07-01	1600	<b>Oliver's Twist</b>	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	
2020-07-01	1630	<b>The Cook And The Chef</b>	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G	
2020-07-01	1700	<b>The Cook And The Chef</b>	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G	
2020-07-01	1730	<b>Martha Bakes</b>	Classic New England	Maple, cranberries, Boston cream pie cupcakes, and blueberries all have what in common? New England!	USA	English-100		G	
2020-07-01	1800	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage.	UNITED KINGDOM	English-100		G	
2020-07-01	1830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	
2020-07-01	1900	<b>Nigella Kitchen</b>	Kitchen Comforts	It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper.	UNITED KINGDOM	English-100		G	



2020-07-01	1930	<b>On Country Kitchen</b>	On Country Kitchen Series 2 Ep 5	Dwayne Bannon-Harrison shares a traditional dance with Mark and Derek. And in Berry, the boys visit a sustainable vineyard.	AUSTRALIA	English-100	RPT	G	
2020-07-01	2000	<b>Gourmet Farmer Australia</b>	Gourmet Farmer Series 3 Episode 6	Matthew Evans is keen to use all parts of the pig to make sure that he's adding as much value as possible to his future porkers.	AUSTRALIA	English-100	RPT	PG	Y
2020-07-01	2030	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 6	The final episode in the series looks to the future of farming and shows the way food community in Noosa is leading the way.	AUSTRALIA	English-100	RPT	G	Y
2020-07-01	2100	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100		G	
2020-07-01	2130	<b>Bake With Anna Olson</b>	Puff Pastry	Anna prepares basic puff pastry dough and demonstrates the principals behind making this buttery, flakey yet delicate pastry. She then takes her puff pastry dough and makes three individual tarts.	CANADA	English-100		G	
2020-07-01	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-01	2230	<b>Poh's Kitchen</b>	Almonds With Emmanuel Mollois	It's all about almonds. Poh and French chef Emmanuel Mollois do some culinary experimentation using almonds to get some very surprising and delicious results.	AUSTRALIA	English-100	RPT	G	Y
2020-07-01	2300	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage.	UNITED KINGDOM	English-100		G	
2020-07-01	2330	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	
2020-07-01	2400	<b>The Cook And The Chef</b>	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G	
2020-07-01	2430	<b>The Cook And The Chef</b>	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G	
2020-07-01	2500	<b>Nigella Kitchen</b>	Kitchen Comforts	It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper.	UNITED KINGDOM	English-100		G	
2020-07-01	2530	<b>On Country Kitchen</b>	On Country Kitchen Series 2 Ep 5	Dwayne Bannon-Harrison shares a traditional dance with Mark and Derek. And in Berry, the boys visit a sustainable vineyard.	AUSTRALIA	English-100	RPT	G	
2020-07-01	2600	<b>Gourmet Farmer Australia</b>	Gourmet Farmer Series 3 Episode 6	Matthew Evans is keen to use all parts of the pig to make sure that he's adding as much value as possible to his future porkers.	AUSTRALIA	English-100	RPT	PG	Y
2020-07-01	2630	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 6	The final episode in the series looks to the future of farming and shows the way food community in Noosa is leading the way.	AUSTRALIA	English-100	RPT	G	Y
2020-07-01	2700	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100		G	
2020-07-01	2730	<b>Bake With Anna Olson</b>	Puff Pastry	Anna prepares basic puff pastry dough and demonstrates the principals behind making this buttery, flakey yet delicate pastry. She then takes her puff pastry dough and makes three individual tarts.	CANADA	English-100		G	
2020-07-01	2800	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-01	2830	<b>Poh's Kitchen</b>	Almonds With Emmanuel Mollois	It's all about almonds. Poh and French chef Emmanuel Mollois do some culinary experimentation using almonds to get some very surprising and delicious results.	AUSTRALIA	English-100	RPT	G	Y

2020-07-02	0500	<b>Mercurio's Menu</b>	Tweed Valley New South Wales	This beautiful coastal region stretches from the Northern NSW border down to Byron Bay, and Paul is visiting to discover the Finger Lime citrus fruit and a tea plantation.	AUSTRALIA	English-100		G	
2020-07-02	0530	<b>New Scandinavian Cooking</b>	Stockfish And Amber	Niklas visits beautiful Lofoten, a string of islands that stretches into the North Atlantic in Northern Norway. He goes fishing for cod and cooks the fish with inspiring recipes and fiery techniques.	NORWAY	English-100		PG	
2020-07-02	0600	<b>The Chefs' Line</b>	French	Watch sous chef Mishy from top Sydney French restaurant, Bistro Rex, go up against two passionate home cooks in a bid to make the best classic Tarte Tatin.	AUSTRALIA	English-100	RPT	G	Y
2020-07-02	0630	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 8	Coffee, coffee, coffee! Miguel gets his caffeine buzz at a tropical coffee plantation in Skybury where he shows us the Spanish way to make coffee - strong and sweet.	AUSTRALIA	English-100		PG	
2020-07-02	0700	<b>Pati's Mexican Table</b>	Cheesy	Pati cooks three mouthwatering cheesy recipes - one for each of her boys. Later in Oaxaca, Pati and her three sons visit a cheese producer to see how the famous Oaxacan cheese is made.	USA	English-100		G	
2020-07-02	0730	<b>Oliver's Twist</b>	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	
2020-07-02	0800	<b>Martha Bakes</b>	Classic New England	Maple, cranberries, Boston cream pie cupcakes, and blueberries all have what in common? New England!	USA	English-100		G	
2020-07-02	0830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage.	UNITED KINGDOM	English-100		G	
2020-07-02	0900	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	
2020-07-02	0930	<b>On Country Kitchen</b>	On Country Kitchen Series 2 Ep 5	Dwayne Bannon-Harrison shares a traditional dance with Mark and Derek. And in Berry, the boys visit a sustainable vineyard.	AUSTRALIA	English-100	RPT	G	
2020-07-02	1000	<b>Gourmet Farmer Australia</b>	Gourmet Farmer Series 3 Episode 6	Matthew Evans is keen to use all parts of the pig to make sure that he's adding as much value as possible to his future porkers.	AUSTRALIA	English-100	RPT	PG	Y
2020-07-02	1030	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 6	The final episode in the series looks to the future of farming and shows the way food community in Noosa is leading the way.	AUSTRALIA	English-100	RPT	G	Y
2020-07-02	1100	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100		G	
2020-07-02	1130	<b>Bake With Anna Olson</b>	Puff Pastry	Anna prepares basic puff pastry dough and demonstrates the principals behind making this buttery, flakey yet delicate pastry. She then takes her puff pastry dough and makes three individual tarts.	CANADA	English-100		G	
2020-07-02	1200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-02	1230	<b>Poh's Kitchen</b>	Almonds With Emmanuel Mollois	It's all about almonds. Poh and French chef Emmanuel Mollois do some culinary experimentation using almonds to get some very surprising and delicious results.	AUSTRALIA	English-100	RPT	G	Y
2020-07-02	1300	<b>Nigella Kitchen</b>	Kitchen Comforts	It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper.	UNITED KINGDOM	English-100		G	
2020-07-02	1330	<b>Mercurio's Menu</b>	Bellarine Peninsula	Paul's on the coast an hour from Melbourne in search of mussels, snails of the sea (abalone), fine fresh fish, boutique goats cheese, and some beautiful blueberries.	AUSTRALIA	English-100		PG	
2020-07-02	1400	<b>New Scandinavian Cooking</b>	Burning Water And Melted Butter	Niklas travels by horse sleigh into the mountainous region of Roros, where he enjoys the culinary treats and sites that this old mining town has to offer.	NORWAY	English-100		G	
2020-07-02	1430	<b>The Chefs' Line</b>	French	Watch Head Chef Jo Ward from top Sydney French restaurant, Bistro Rex, face off against this week's final home cook, Yolaine, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y

2020-07-02	1500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 9	Living it up on Green Island, Miguel gets his hands on a monster crayfish for a sumptuous Crayfish Risotto, then heads to an exotic fruit farm to find unique ingredients for his Tropical Cheesecake.	AUSTRALIA	English-100		PG	
2020-07-02	1530	<b>Pati's Mexican Table</b>	More Than Just A Meal	Pati makes a few family staples with recipes that have many different uses. Perfect for busy families on the go, these recipes can be set aside or kept in the fridge to use later.	USA	English-100		G	
2020-07-02	1600	<b>Oliver's Twist</b>	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2020-07-02	1630	<b>The Cook And The Chef</b>	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G	
2020-07-02	1700	<b>The Cook And The Chef</b>	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2020-07-02	1730	<b>Martha Bakes</b>	Mid-Atlantic	Martha shares four regional favourites - peach cake, Kaiser rolls, crumb cake, and black and white cookies.	USA	English-100		G	
2020-07-02	1800	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100		G	
2020-07-02	1830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100		G	
2020-07-02	1900	<b>Nigella Kitchen</b>	Kitchen Tourist	Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen.	UNITED KINGDOM	English-100		G	
2020-07-02	1930	<b>Jimmy's Australian Food Adventure</b>	Cowboys And Road Trains	Jimmy Doherty is on the trail of how 20th century innovations transformed Australia's food story. He travels to Mount Bundy cattle station in the Northern Territory, where he turns cowboy for the day.	UNITED KINGDOM	English-100		PG	
2020-07-02	2000	<b>Tom Kerridge's Best Ever Dishes</b>	Old Skool Favourites	Tom cooks dishes based on some of his favourites from his childhood. These dishes bring back many happy memories, full of flavours that he loves and that he's improved on over the years.	UNITED KINGDOM	English-100		G	
2020-07-02	2030	<b>Rachel Khoo: My Swedish Kitchen</b>	Forest Sets The Flavour, The	As autumn approaches Rachel heads into the woods in search of mushrooms. The foraged forest mushrooms become the base for a Scandinavian-style mushroom risotto, using pearl barley instead of rice.	UNITED KINGDOM	English-100		PG	
2020-07-02	2100	<b>Gino's Italian Escape</b>	Gragnano	Gino D'Acampo returns to his native Campania - the Italian region where he grew up and where his family still live.	UNITED KINGDOM	English-100		G	
2020-07-02	2130	<b>Bake With Anna Olson</b>	Cupcakes	Cupcakes are a pop culture phenomenon with countless bakeries devoted to them. Anna shares how to make a variety of styles and flavours.	CANADA	English-100		G	
2020-07-02	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-02	2230	<b>Poh's Kitchen</b>	Woking With Neil Perry	Renowned Sydney chef, Neil Perry joins Poh in her kitchen, where he demonstrates his wondrous wok skills as he prepares a velvety John Dory.	AUSTRALIA	English-100	RPT	G	Y
2020-07-02	2300	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100		G	
2020-07-02	2330	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100		G	
2020-07-02	2400	<b>The Cook And The Chef</b>	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G	

2020-07-02	2430	<b>The Cook And The Chef</b>	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2020-07-02	2500	<b>Nigella Kitchen</b>	Kitchen Tourist	Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen.	UNITED KINGDOM	English-100		G	
2020-07-02	2530	<b>Jimmy's Australian Food Adventure</b>	Cowboys And Road Trains	Jimmy Doherty is on the trail of how 20th century innovations transformed Australia's food story. He travels to Mount Bundy cattle station in the Northern Territory, where he turns cowboy for the day.	UNITED KINGDOM	English-100		PG	
2020-07-02	2600	<b>Tom Kerridge's Best Ever Dishes</b>	Old Skool Favourites	Tom cooks dishes based on some of his favourites from his childhood. These dishes bring back many happy memories, full of flavours that he loves and that he's improved on over the years.	UNITED KINGDOM	English-100		G	
2020-07-02	2630	<b>Rachel Khoo: My Swedish Kitchen</b>	Forest Sets The Flavour, The	As autumn approaches Rachel heads into the woods in search of mushrooms. The foraged forest mushrooms become the base for a Scandinavian-style mushroom risotto, using pearl barley instead of rice.	UNITED KINGDOM	English-100		PG	
2020-07-02	2700	<b>Gino's Italian Escape</b>	Gragnano	Gino D'Acampo returns to his native Campania - the Italian region where he grew up and where his family still live.	UNITED KINGDOM	English-100		G	
2020-07-02	2730	<b>Bake With Anna Olson</b>	Cupcakes	Cupcakes are a pop culture phenomenon with countless bakeries devoted to them. Anna shares how to make a variety of styles and flavours.	CANADA	English-100		G	
2020-07-02	2800	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-02	2830	<b>Poh's Kitchen</b>	Woking With Neil Perry	Renowned Sydney chef, Neil Perry joins Poh in her kitchen, where he demonstrates his wondrous wok skills as he prepares a velvety John Dory.	AUSTRALIA	English-100	RPT	G	Y
2020-07-03	0500	<b>Mercurio's Menu</b>	Bellarine Peninsula	Paul's on the coast an hour from Melbourne in search of mussels, snails of the sea (abalone), fine fresh fish, boutique goats cheese, and some beautiful blueberries.	AUSTRALIA	English-100		PG	
2020-07-03	0530	<b>New Scandinavian Cooking</b>	Burning Water And Melted Butter	Niklas travels by horse sleigh into the mountainous region of Roros, where he enjoys the culinary treats and sites that this old mining town has to offer.	NORWAY	English-100		G	
2020-07-03	0600	<b>The Chefs' Line</b>	French	Watch Head Chef Jo Ward from top Sydney French restaurant, Bistro Rex, face off against this week's final home cook, Yolaine, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2020-07-03	0630	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 9	Living it up on Green Island, Miguel gets his hands on a monster crayfish for a sumptuous Crayfish Risotto, then heads to an exotic fruit farm to find unique ingredients for his Tropical Cheesecake.	AUSTRALIA	English-100		PG	
2020-07-03	0700	<b>Pati's Mexican Table</b>	More Than Just A Meal	Pati makes a few family staples with recipes that have many different uses. Perfect for busy families on the go, these recipes can be set aside or kept in the fridge to use later.	USA	English-100		G	
2020-07-03	0730	<b>Oliver's Twist</b>	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2020-07-03	0800	<b>Martha Bakes</b>	Mid-Atlantic	Martha shares four regional favourites - peach cake, Kaiser rolls, crumb cake, and black and white cookies.	USA	English-100		G	
2020-07-03	0830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100		G	
2020-07-03	0900	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100		G	
2020-07-03	0930	<b>Jimmy's Australian Food Adventure</b>	Cowboys And Road Trains	Jimmy Doherty is on the trail of how 20th century innovations transformed Australia's food story. He travels to Mount Bundy cattle station in the Northern Territory, where he turns cowboy for the day.	UNITED KINGDOM	English-100		PG	
2020-07-03	1000	<b>Tom Kerridge's Best Ever Dishes</b>	Old Skool Favourites	Tom cooks dishes based on some of his favourites from his childhood. These dishes bring back many happy memories, full of flavours that he loves and that he's improved on over the years.	UNITED KINGDOM	English-100		G	

2020-07-03	1030	<b>Rachel Khoo: My Swedish Kitchen</b>	Forest Sets The Flavour, The	As autumn approaches Rachel heads into the woods in search of mushrooms. The foraged forest mushrooms become the base for a Scandinavian-style mushroom risotto, using pearl barley instead of rice.	UNITED KINGDOM	English-100			PG	
2020-07-03	1100	<b>Gino's Italian Escape</b>	Gragnano	Gino D'Acampo returns to his native Campania - the Italian region where he grew up and where his family still live.	UNITED KINGDOM	English-100			G	
2020-07-03	1130	<b>Bake With Anna Olson</b>	Cupcakes	Cupcakes are a pop culture phenomenon with countless bakeries devoted to them. Anna shares how to make a variety of styles and flavours.	CANADA	English-100			G	
2020-07-03	1200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-07-03	1230	<b>Poh's Kitchen</b>	Woking With Neil Perry	Renowned Sydney chef, Neil Perry joins Poh in her kitchen, where he demonstrates his wondrous wok skills as he prepares a velvety John Dory.	AUSTRALIA	English-100	RPT		G	Y
2020-07-03	1300	<b>Nigella Kitchen</b>	Kitchen Tourist	Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen.	UNITED KINGDOM	English-100			G	
2020-07-03	1330	<b>Mercurio's Menu</b>	Otago New Zealand	Paul's on New Zealand's South Island searching for pheasant, the catch of the day, fresh jams and a Maori delicacy called Titi - also known as the mutton bird.	AUSTRALIA	English-100			G	
2020-07-03	1400	<b>New Scandinavian Cooking</b>	Flavour Of Roasted Coffee	Niklas investigates the most popular drink in Scandinavia - coffee. He wants to know more about his morning cup of coffee and meets up with some experts for this refreshing beverage.	NORWAY	English-100			G	
2020-07-03	1430	<b>The Chefs' Line</b>	French	Judge Melissa Leong takes us inside the kitchen of top Sydney French restaurant, Bistro Rex. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT		G	Y
2020-07-03	1500	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 10	Miguel gets into the tropical spirit with his favourite tropical produce. Fresh mussels, lobster cocktail, and for lovers of the sweeter things in life, a coconut trifle.	AUSTRALIA	English-100			PG	
2020-07-03	1530	<b>Pati's Mexican Table</b>	Tijuana's Culinary Revolution	One of the most up and coming food destinations in all of Mexico, Tijuana is full of young, fresh talent across the culinary scene.	USA	English-100			G	
2020-07-03	1600	<b>Oliver's Twist</b>	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	
2020-07-03	1630	<b>The Cook And The Chef</b>	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	
2020-07-03	1700	<b>The Cook And The Chef</b>	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	
2020-07-03	1730	<b>Martha Bakes</b>	Midwest	Martha makes four regional classics meant for sharing - cherry pie, gooey butter cake, kransekake, and navy bean pie.	USA	English-100			G	
2020-07-03	1800	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100			G	
2020-07-03	1830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100			PG	
2020-07-03	1900	<b>Nigella Kitchen</b>	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert.	UNITED KINGDOM	English-100			G	
2020-07-03	1930	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 19	Paul Hollywood uncovers the finest of British Pies and Puds as he gets an exclusive look at the drawings of William and Kates Wedding Cake from master cake decorator Fiona Cairns.	UNITED KINGDOM	English-100			G	

2020-07-03	2030	<b>Rick Stein's India</b>	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2020-07-03	2135	<b>Bake With Anna Olson</b>	Creme Brulee	Anna demonstrates how to make a traditional vanilla bean creme brulee with chilled creamy custard under a layer of crackling burnt sugar.	CANADA	English-100		G	
2020-07-03	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-03	2230	<b>Poh's Kitchen</b>	Meringues And Eclairs With Emmanuel Mollois	Emmanuel Mollois shows Poh how to make 'French-sized' chocolate eclairs, and she surprises him by producing some amazing fried meringues accompanied by pandan creme patissiere.	AUSTRALIA	English-100	RPT	G	Y
2020-07-03	2300	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G	
2020-07-03	2330	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG	
2020-07-03	2400	<b>The Cook And The Chef</b>	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	
2020-07-03	2430	<b>The Cook And The Chef</b>	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	
2020-07-03	2500	<b>Nigella Kitchen</b>	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert.	UNITED KINGDOM	English-100		G	
2020-07-03	2530	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 19	Paul Hollywood uncovers the finest of British Pies and Puds as he gets an exclusive look at the drawings of William and Kates Wedding Cake from master cake decorator Fiona Cairns.	UNITED KINGDOM	English-100		G	
2020-07-03	2630	<b>Rick Stein's India</b>	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2020-07-03	2735	<b>Bake With Anna Olson</b>	Creme Brulee	Anna demonstrates how to make a traditional vanilla bean creme brulee with chilled creamy custard under a layer of crackling burnt sugar.	CANADA	English-100		G	
2020-07-03	2800	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-03	2830	<b>Poh's Kitchen</b>	Meringues And Eclairs With Emmanuel Mollois	Emmanuel Mollois shows Poh how to make 'French-sized' chocolate eclairs, and she surprises him by producing some amazing fried meringues accompanied by pandan creme patissiere.	AUSTRALIA	English-100	RPT	G	Y
2020-07-04	0500	<b>Mercurio's Menu</b>	Otago New Zealand	Paul's on New Zealand's South Island searching for pheasant, the catch of the day, fresh jams and a Maori delicacy called Titi - also known as the mutton bird.	AUSTRALIA	English-100		G	
2020-07-04	0530	<b>New Scandinavian Cooking</b>	Flavour Of Roasted Coffee	Niklas investigates the most popular drink in Scandinavia - coffee. He wants to know more about his morning cup of coffee and meets up with some experts for this refreshing beverage.	NORWAY	English-100		G	
2020-07-04	0600	<b>The Chefs' Line</b>	French	Judge Melissa Leong takes us inside the kitchen of top Sydney French restaurant, Bistro Rex. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-07-04	0630	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 10	Miguel gets into the tropical spirit with his favourite tropical produce. Fresh mussels, lobster cocktail, and for lovers of the sweeter things in life, a coconut trifle.	AUSTRALIA	English-100		PG	
2020-07-04	0700	<b>Pati's Mexican Table</b>	Tijuana's Culinary Revolution	One of the most up and coming food destinations in all of Mexico, Tijuana is full of young, fresh talent across the culinary scene.	USA	English-100		G	

2020-07-04	0730	<b>Oliver's Twist</b>	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	
2020-07-04	0800	<b>Martha Bakes</b>	Midwest	Martha makes four regional classics meant for sharing - cherry pie, gooey butter cake, kranssekake, and navy bean pie.	USA	English-100		G	
2020-07-04	0830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G	
2020-07-04	0900	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG	
2020-07-04	0930	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 19	Paul Hollywood uncovers the finest of British Pies and Puds as he gets an exclusive look at the drawings of William and Kates Wedding Cake from master cake decorator Fiona Cairns.	UNITED KINGDOM	English-100		G	
2020-07-04	1030	<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
2020-07-04	1135	<b>Bake With Anna Olson</b>	Creme Brulee	Anna demonstrates how to make a traditional vanilla bean creme brulee with chilled creamy custard under a layer of crackling burnt sugar.	CANADA	English-100		G	
2020-07-04	1200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-04	1230	<b>Poh's Kitchen</b>	Meringues And Eclairs With Emmanuel Mollois	Emmanuel Mollois shows Poh how to make 'French-sized' chocolate eclairs, and she surprises him by producing some amazing fried meringues accompanied by pandan creme patissiere.	AUSTRALIA	English-100	RPT	G	Y
2020-07-04	1300	<b>Nigella Kitchen</b>	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert.	UNITED KINGDOM	English-100		G	
2020-07-04	1330	<b>Oliver's Twist</b>	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	
2020-07-04	1400	<b>Saturday Kitchen</b>	Saturday Kitchen Series 3 Ep 9	MasterChef UK presenter, John Torode, leads the culinary exploration this week, with help from the Michelin starred master of Italian cuisine, Theo Randall, and English chef, Andi Oliver.	UNITED KINGDOM	English-100		G	
2020-07-04	1500	<b>Destination Flavour China</b>	Shanghai	Adam takes a side trip to a city he knew all-too-well during his years working as a corporate lawyer for the Disney company - Shanghai.	AUSTRALIA	English-70; Mandarin-30	RPT	PG	Y
2020-07-04	1530	<b>Destination Flavour China</b>	Shandong	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight.	AUSTRALIA	English-70; Mandarin-30	RPT	PG	Y
2020-07-04	1600	<b>The Cook And The Chef</b>	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100		G	
2020-07-04	1630	<b>The Cook And The Chef</b>	Pheasants And Mushrooms	Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.	AUSTRALIA	English-100		G	
2020-07-04	1700	<b>The Cook And The Chef</b>	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G	
2020-07-04	1730	<b>Flintoff's Great British Road Trip</b>	West Country, The	Freddie and Rob continue their fish and chip road trip in the West Country. After attempting to surf the world famous Severn bore, they face off in a sand sculpture competition.	UNITED KINGDOM	English-100		PG	
2020-07-04	1830	<b>Secrets Of The Factories</b>	Inside Heinz	The Heinz Factory in Wigan opens its doors to reveal how it produces millions of cans of baked beans, soup and pasta in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G	

2020-07-04	1930	<b>Cook Like an Italian with Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 6	Silvia makes divine ricotta filled Italian crepes, and then using the leftover ingredients shows us how to create a rustic story pie from the north of Italy and a heart baked pasta, pasta al forno.	AUSTRALIA				G	
2020-07-04	2000	<b>Poh &amp; Co.</b>	Poh & Co. Series 2 Ep 6	Poh makes a Malaysian dessert for Sara's mum, cooks up her favourite brownie recipe and hosts a memorial tea in honour of her first Scottie dog, Zed.	AUSTRALIA	English-100	RPT	G		Y
2020-07-04	2030	<b>Kylie Kwong: My China</b>	Yangzhou	This small, olde worlde city has given its name to its fried rice dish. Kylie, however, finds herself in a school of fine cutting and failing miserably in pastry making.	AUSTRALIA	English-100	RPT	G		Y
2020-07-04	2100	<b>Kylie Kwong: My China</b>	Sichuan Province	Kylie heads out to the Western frontier, to the successful city known for its spice and traffic jams. Just like its famous opera, Sichuan food is hidden under many faces and not all of it is spicy.	AUSTRALIA	English-100	RPT	G		Y
2020-07-04	2130	<b>Two Greedy Italians... Still Hungry</b>	Rome And Machismo	Rome and Machismo - Gennaro and Antonio look at the modern Italian man and ask if there is still a place in Italy for 'macho' men. They start in the rugged mountain villages of Lazio.	UNITED KINGDOM	English-100	RPT	PG		Y
2020-07-04	2235	<b>Destination Flavour Down Under</b>	New Zealand - Northern South Island	Adam takes a short ferry ride across the Cook Straight to New Zealand's South Island, headed for Akaroa, a historic French settlement nestled in the heart of an ancient volcano.	AUSTRALIA	English-100	RPT	G		Y
2020-07-04	2305	<b>Comfort Eating</b>	Borough	Nick explores Borough where his first meal of the day is the ultimate grilled cheese sandwich and raclette, followed by the ultimate roast beef burger at Roast.	UNITED KINGDOM	English-100			PG	
2020-07-04	2330	<b>Kylie Kwong: My China</b>	Shandong Province	Kylie heads North, the land of bone chilling winds and harsh winters. She pays homage to the greatest Chinese chef in history - Confucius and wonders if she will ever taste any of his recipes.	AUSTRALIA	English-100	RPT	G		Y
2020-07-04	2400	<b>Kylie Kwong: My China</b>	Beijing	Our culinary explorer completes her tour of China with a homage to the country's capital on the eve of the Olympic Games.	AUSTRALIA	English-100	RPT	G		Y
2020-07-04	2430	<b>Secrets Of The Factories</b>	Inside Heinz	The Heinz Factory in Wigan opens its doors to reveal how it produces millions of cans of baked beans, soup and pasta in one of Britain's biggest factories.	UNITED KINGDOM	English-100			G	
2020-07-04	2530	<b>Cheese Slices</b>	Stilton	Stilton has been known as the King of English cheeses for more than two centuries, and unlike its traditional cousins, it has never been copied elsewhere.	AUSTRALIA	English-100			G	
2020-07-04	2600	<b>Cheese Slices</b>	USA	Will Studd visits the finest cheese shops in down town New York to find out what's driving this extraordinary change, before visiting upstate Vermont, where he meets a new generation of cheese makers.	AUSTRALIA	English-100			G	
2020-07-04	2630	<b>Kylie Kwong: My China</b>	Yangzhou	This small, olde worlde city has given its name to its fried rice dish. Kylie, however, finds herself in a school of fine cutting and failing miserably in pastry making.	AUSTRALIA	English-100	RPT	G		Y
2020-07-04	2700	<b>Kylie Kwong: My China</b>	Sichuan Province	Kylie heads out to the Western frontier, to the successful city known for its spice and traffic jams. Just like its famous opera, Sichuan food is hidden under many faces and not all of it is spicy.	AUSTRALIA	English-100	RPT	G		Y
2020-07-04	2730	<b>Two Greedy Italians... Still Hungry</b>	Rome And Machismo	Rome and Machismo - Gennaro and Antonio look at the modern Italian man and ask if there is still a place in Italy for 'macho' men. They start in the rugged mountain villages of Lazio.	UNITED KINGDOM	English-100	RPT	PG		Y
2020-07-04	2830	<b>Destination Flavour Down Under</b>	New Zealand - Northern South Island	Adam takes a short ferry ride across the Cook Straight to New Zealand's South Island, headed for Akaroa, a historic French settlement nestled in the heart of an ancient volcano.	AUSTRALIA	English-100	RPT	G		Y