



WEEK 28: Sunday, 5 July - Saturday, 11 July 2020 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-07-05	0500	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	
2020-07-05	0530	Destination Flavour China	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
2020-07-05	0600	Destination Flavour China	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
2020-07-05	0630	Flintoff's Great British Road Trip	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	
2020-07-05	0730	Secrets Of The Factories	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	
2020-07-05	0830	Cheese Slices	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	
2020-07-05	0900	Cheese Slices	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	
2020-07-05	0930	Kylie Kwong: My China	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
2020-07-05	1000	Kylie Kwong: My China	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
2020-07-05	1030	Two Greedy Italians... Still Hungry	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
2020-07-05	1135	Destination Flavour Down Under	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
2020-07-05	1205	Flintoff's Great British Road Trip	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	
2020-07-05	1300	Secrets Of The Factories	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	
2020-07-05	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 10	Former model and British television cook, Lorraine Pascale, presents Saturday Kitchen this week with the help from two top chefs.	UNITED KINGDOM	English-100		G	
2020-07-05	1500	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-07-05	1530	Destination Flavour China	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-07-05	1600	The Cook And The Chef	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G	

2020-07-05	1630	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2020-07-05	1700	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G	
2020-07-05	1730	The Chocolate Queen	Chocolate Queen Series 1, The Ep 1	Kirsten Tibballs puts a twist on a household classic with her Chocolate Toasties, and prepares The Ultimate Banana Split.	AUSTRALIA	English-100		G	
2020-07-05	1800	The Chocolate Queen	Chocolate Queen Series 1, The Ep 2	The Chocolate Queen shows you just how simple show stopping chocolate pieces can be.	AUSTRALIA	English-100		G	
2020-07-05	1830	Loving Gluten Free	Loving Gluten Free Series 1 Ep 5	Tiramisu is one of the most popular desserts on any menu, and Helen creates a version that is gluten free and uses coconut milk instead of dairy.	AUSTRALIA			G	
2020-07-05	1900	Bonacini's Italy	Umbria	Known for its lush landscape, Umbria is a region that offers fresh, seasonal ingredients perfect for simple yet boldly flavoured cuisine. Michael cooks with an Umbrian speciality - black truffles.	CANADA	English-100		G	
2020-07-05	1930	Gourmet Farmer Afloat	Ready, Willing And Abel	Gourmet Farmer's much loved land lubbers Matthew Evans, Nick Haddow and Ross O'Meara take to the sea to discover Australia's fascinating history and bounty while having the time of their lives.	AUSTRALIA	English-100	RPT	G	Y
2020-07-05	2030	John Torode's Australia	John Torode's Australia Series 1 Ep 4	John's visit to the island of Tasmania continues, where he visits a cattle farm specialising in beer fed beef, and cooks beef and asparagus rolls with horseradish mayo.	UNITED KINGDOM	English-100		G	
2020-07-05	2130	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 5	Parveen showcases a vegan family favourite - tarka daal, as well as a simple technique for making chappatis at home.	UNITED KINGDOM	English-100		G	
2020-07-05	2230	Destination Flavour Down Under	New Zealand - Southern South Island	In tonight's final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to stunning Lake Wakatipu.	AUSTRALIA	English-100	RPT	G	Y
2020-07-05	2300	Comfort Eating	Last Supper, The	Nick prepares a final last supper with all the comforting trimmings.	UNITED KINGDOM	English-100		PG	
2020-07-05	2330	The Chocolate Queen	Chocolate Queen Series 1, The Ep 1	Kirsten Tibballs puts a twist on a household classic with her Chocolate Toasties, and prepares The Ultimate Banana Split.	AUSTRALIA	English-100		G	
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2020-07-05	2500	Bonacini's Italy	Umbria	Known for its lush landscape, Umbria is a region that offers fresh, seasonal ingredients perfect for simple yet boldly flavoured cuisine. Michael cooks with an Umbrian speciality - black truffles.	CANADA	English-100		G	
2020-07-05	2530	Gourmet Farmer Afloat	Ready, Willing And Abel	Gourmet Farmer's much loved land lubbers Matthew Evans, Nick Haddow and Ross O'Meara take to the sea to discover Australia's fascinating history and bounty while having the time of their lives.	AUSTRALIA	English-100	RPT	G	Y
2020-07-05	2630	John Torode's Australia	John Torode's Australia Series 1 Ep 4	John's visit to the island of Tasmania continues, where he visits a cattle farm specialising in beer fed beef, and cooks beef and asparagus rolls with horseradish mayo.	UNITED KINGDOM	English-100		G	
2020-07-05	2730	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 5	Parveen showcases a vegan family favourite - tarka daal, as well as a simple technique for making chappatis at home.	UNITED KINGDOM	English-100		G	
2020-07-05	2830	Destination Flavour Down Under	New Zealand - Southern South Island	In tonight's final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to stunning Lake Wakatipu.	AUSTRALIA	English-100	RPT	G	Y
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2020-07-06	1030	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 5	Parveen showcases a vegan family favourite - tarka daal, as well as a simple technique for making chappatis at home.	UNITED KINGDOM	English-100		G	
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2020-07-06	1200	The Chocolate Queen	Chocolate Queen Series 1, The Ep 1	Kirsten Tibballs puts a twist on a household classic with her Chocolate Toasties, and prepares The Ultimate Banana Split.	AUSTRALIA	English-100		G	
2020-07-06	1230	The Chocolate Queen	Chocolate Queen Series 1, The Ep 2	The Chocolate Queen shows you just how simple show stopping chocolate pieces can be.	AUSTRALIA	English-100		G	
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2020-07-06	1330	Mercurio's Menu	Blue Mountains, The	Less than an hour from Sydney, Paul's in the world heritage Blue Mountains to discover the ethos of 'slow food' sourcing, preparing, and eating.	AUSTRALIA	English-100		G	
2020-07-06	1400	New Scandinavian Cooking	Arctic Fire	Niklas visits the island of Kjollefjord in Finnmark, well above the Arctic Circle, and home to some of the world's richest fisheries.	NORWAY	English-100		PG	
2020-07-06	1430	The Chefs' Line	Mexican	Watch apprentice chef Miguel from top Melbourne Mexican restaurant, Mamasita, go up against four passionate home cooks in a classic Tacos battle.	AUSTRALIA	English-100	RPT	G	Y
2020-07-06	1500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 11	Miguel stops in at a stunning eco lodge in Thala Beach to whip up a healthy teriyaki stir fry with seared tofu.	AUSTRALIA	English-100		G	
2020-07-06	1530	Pati's Mexican Table	Tijuana: Stories From The Border	Life on the border is a melting pot of cultures and cuisines that creates a unique culinary scene like no other. As a Mexican immigrant who lives in America, Pati spent her life combining cuisines.	USA	English-100		G	
2020-07-06	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 1	Matt serves up a brulee with a difference, Courtney cooks a delicious vegetarian dish of stuffed pumpkin and tahini dressing, and Michael whips up a comfort food classic - curried sausages.	AUSTRALIA	English-100		PG	

2020-07-06	1630	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	
2020-07-06	1700	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100		G	
2020-07-06	1730	Martha Bakes	Northwest	Join Martha as she shares four regional favourites using blackberries, figs, potatoes, and hazelnuts.	USA	English-100		G	
2020-07-06	1800	Luke Nguyen's France	Paris	Follows Luke's latest journey as his appetite for food leads him out of Asia and into France, the culinary wonderland that shaped his ancestral home, Vietnam.	AUSTRALIA	English-100	RPT	G	Y
2020-07-06	1830	Luke Nguyen's France	Paris	Luke digs deeper into Parisian culture. He sets up a kitchen on a rooftop to cook the original version of the French dish that became Vietnam's staple, pho.	AUSTRALIA	English-100	RPT	G	Y
2020-07-06	1900	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100		G	
2020-07-06	1930	Len And Ainsley's Big Food Adventure	London, The Suburbs	The boys visit the thriving Korean community in New Malden. Len's idea of a traditional 'barbeque' is challenged when he is encouraged to cook raw meat over hot coals on the table top.	UNITED KINGDOM	English-100		PG	
2020-07-06	2030	Paul Hollywood's Bread	Basic Bread	Celebrate the history and traditional flavours of great British bread. Paul explains the basics of breadmaking by making a classic white bloomer - a gorgeous crusty, everyday bread.	UNITED KINGDOM	English-100		G	
2020-07-06	2100	Paul Hollywood's Bread	Flatbread	With little more than corn flour and water, Paul makes authentic corn tortilla served stacked and layered with spicy roast chicken, guacamole and sour cream in a mouth-watering corn tortilla tower.	UNITED KINGDOM	English-100		PG	
2020-07-06	2135	Bake With Anna Olson	Pie Dough	Anna shares her secrets to making the perfect pie dough. She starts off with her standard pie dough recipe and forms it into sweet, sticky pecan butter tarts.	CANADA	English-100		G	
2020-07-06	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 6	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	
2020-07-06	2230	Poh's Kitchen	Traditional Cooking With David Thompson	Thai food guru, David Thompson, returns to Poh's kitchen to share with us an ancient Thai recipe, a shrimp paste relish, Nahm Prik Gapi. Poh impresses David with a traditional Malaysian stir fry.	AUSTRALIA	English-100	RPT	G	Y
2020-07-06	2300	Luke Nguyen's France	Paris	Follows Luke's latest journey as his appetite for food leads him out of Asia and into France, the culinary wonderland that shaped his ancestral home, Vietnam.	AUSTRALIA	English-100	RPT	G	Y
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2020-07-06	2530	Len And Ainsley's Big Food Adventure	London, The Suburbs	The boys visit the thriving Korean community in New Malden. Len's idea of a traditional 'barbeque' is challenged when he is encouraged to cook raw meat over hot coals on the table top.	UNITED KINGDOM	English-100		PG	
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2020-07-07	1300	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100		G	
2020-07-07	1330	Mercurio's Menu	Western Australia	Western Australia occupies one third of the Australian continent, and Paul's here to enjoy the historic port town of Fremantle with its markets, great pubs, and al-fresco dining.	AUSTRALIA	English-100		G	
2020-07-07	1400	New Scandinavian Cooking	Hay Smoked Salmon	Niklas travels to the island of Lovund in Northern Norway, a community that has always relied on fishing and where this traditional way of life coexists with modern aquaculture.	NORWAY	English-100		PG	
2020-07-07	1430	The Chefs' Line	Mexican	Watch station chef Ray from top Melbourne Mexican restaurant, Mamasita, go up against three passionate home cooks in the ultimate Flan challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-07-07	1500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 12	Miguel fires up the barbie at the Cairns lagoon, impressing the tourists with his giant prawn skewers. Then it's time for something totally indulgent, Miguel's classic chocolate and almond cake.	AUSTRALIA	English-100		G	
2020-07-07	1530	Pati's Mexican Table	Ensenada's Epic Seafood	The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country.	USA	English-100		PG	
2020-07-07	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 2	Out on location in the picturesque olive groves of Victoria, Matt shows us one of his favourite street food dishes - Turkish gozleme.	AUSTRALIA	English-100		PG	
2020-07-07	1630	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100		PG	
2020-07-07	1700	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages.	AUSTRALIA	English-100		G	
2020-07-07	1730	Martha Bakes	Southern Classics	Martha shares three of her favourite Southern classics including hummingbird cake, sweet potato pie, and hot milk cake.	USA	English-100		G	
2020-07-07	1800	Luke Nguyen's France	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y
2020-07-07	1830	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G	Y
2020-07-07	1900	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100		G	
2020-07-07	1930	Food Safari Water	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G	Y
2020-07-07	2000	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 4	Travelling south to from her mother's hometown of Abruzzo to Molise, Silvia collects some roadside onions and teams up with her brother to make mouth-watering onion Focaccia.	AUSTRALIA	English-100	RPT	G	Y
2020-07-07	2030	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 10	From Beef Tataki to Tomato Tartare, Richo shows that bar snacks can cater to everyone.	AUSTRALIA	English-100		G	
2020-07-07	2100	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 10	In the final episode of his journey, Luke continues in Hoi An where vibrant markets are bustling and magnificent produce is on offer for him to cook with.	AUSTRALIA	English-100	RPT	G	Y
2020-07-07	2130	Bake With Anna Olson	Chocolate Cake	Anna starts by teaching the fundamentals of chocolate cake when she prepares a classic Devil's Food cake. She then advances the lesson with a delicious Red Velvet cake that is sure to impress.	CANADA	English-100		G	
2020-07-07	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 7	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	

2020-07-07	2230	Poh's Kitchen	Cooking Chinese With Neil Perry	Neil Perry takes Poh on a trip through Chinatown before heading back to the kitchen to cook Chinese, and Neil shows why he is at the cutting edge of Modern Asian cuisine.	AUSTRALIA	English-100	RPT	G	Y
2020-07-07	2300	Luke Nguyen's France	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y
2020-07-07	2330	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G	Y
2020-07-07	2400	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100		PG	
2020-07-07	2430	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages.	AUSTRALIA	English-100		G	
2020-07-07	2500	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100		G	
2020-07-07	2530	Food Safari Water	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G	Y
2020-07-07	2600	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 4	Travelling south to from her mother's hometown of Abruzzo to Molise, Silvia collects some roadside onions and teams up with her brother to make mouth-watering onion Focaccia.	AUSTRALIA	English-100	RPT	G	Y
2020-07-07	2630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 10	From Beef Tataki to Tomato Tartare, Richo shows that bar snacks can cater to everyone.	AUSTRALIA	English-100		G	
2020-07-07	2700	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 10	In the final episode of his journey, Luke continues in Hoi An where vibrant markets are bustling and magnificent produce is on offer for him to cook with.	AUSTRALIA	English-100	RPT	G	Y
2020-07-07	2730	Bake With Anna Olson	Chocolate Cake	Anna starts by teaching the fundamentals of chocolate cake when she prepares a classic Devil's Food cake. She then advances the lesson with a delicious Red Velvet cake that is sure to impress.	CANADA	English-100		G	
2020-07-07	2800	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 7	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	
2020-07-07	2830	Poh's Kitchen	Cooking Chinese With Neil Perry	Neil Perry takes Poh on a trip through Chinatown before heading back to the kitchen to cook Chinese, and Neil shows why he is at the cutting edge of Modern Asian cuisine.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	0500	Mercurio's Menu	Western Australia	Western Australia occupies one third of the Australian continent, and Paul's here to enjoy the historic port town of Fremantle with its markets, great pubs, and al-fresco dining.	AUSTRALIA	English-100		G	
2020-07-08	0530	New Scandinavian Cooking	Hay Smoked Salmon	Niklas travels to the island of Lovund in Northern Norway, a community that has always relied on fishing and where this traditional way of life coexists with modern aquaculture.	NORWAY	English-100		PG	
2020-07-08	0600	The Chefs' Line	Mexican	Watch station chef Ray from top Melbourne Mexican restaurant, Mamasita, go up against three passionate home cooks in the ultimate Flan challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	0630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 12	Miguel fires up the barbie at the Cairns lagoon, impressing the tourists with his giant prawn skewers. Then it's time for something totally indulgent, Miguel's classic chocolate and almond cake.	AUSTRALIA	English-100		G	
2020-07-08	0700	Pati's Mexican Table	Ensenada's Epic Seafood	The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country.	USA	English-100		PG	
2020-07-08	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 2	Out on location in the picturesque olive groves of Victoria, Matt shows us one of his favourite street food dishes - Turkish gozleme.	AUSTRALIA	English-100		PG	

2020-07-08	0800	Martha Bakes	Southern Classics	Martha shares three of her favourite Southern classics including hummingbird cake, sweet potato pie, and hot milk cake.	USA	English-100		G	
2020-07-08	0830	Luke Nguyen's France	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	0900	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	0930	Food Safari Water	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	1000	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 4	Travelling south to from her mother's hometown of Abruzzo to Molise, Silvia collects some roadside onions and teams up with her brother to make mouth-watering onion Focaccia.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	1030	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 10	From Beef Tataki to Tomato Tartare, Richo shows that bar snacks can cater to everyone.	AUSTRALIA	English-100		G	
2020-07-08	1100	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 10	In the final episode of his journey, Luke continues in Hoi An where vibrant markets are bustling and magnificent produce is on offer for him to cook with.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	1130	Bake With Anna Olson	Chocolate Cake	Anna starts by teaching the fundamentals of chocolate cake when she prepares a classic Devil's Food cake. She then advances the lesson with a delicious Red Velvet cake that is sure to impress.	CANADA	English-100		G	
2020-07-08	1200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 7	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	
2020-07-08	1230	Poh's Kitchen	Cooking Chinese With Neil Perry	Neil Perry takes Poh on a trip through Chinatown before heading back to the kitchen to cook Chinese, and Neil shows why he is at the cutting edge of Modern Asian cuisine.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	1300	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100		G	
2020-07-08	1330	Mercurio's Menu	Darwin	Paul visits Darwin, the vibrant capital city of the Northern Territory in Australia's top end. With its youthful population and tropical climate, Paul's here to explore what's on offer.	AUSTRALIA	English-100		PG	
2020-07-08	1400	New Scandinavian Cooking	Campfire Fish	Niklas investigates the great variety of produce from the productive farmland in Eastern Norway. He also escapes to a small lake to fish for perch, a freshwater gamefish.	NORWAY	English-100		G	
2020-07-08	1430	The Chefs' Line	Mexican	Watch sous chef Aiven from top Melbourne Mexican restaurant, Mamasita, go up against three remaining home cooks in a bid to make the best Tamales.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	1500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 13	This Spanish chef is mixing tropical produce with global cuisine, dishing up an exotic Asian beef sala, an Italian angel hair pasta with scallops and a beautiful French pineapple tart tartin.	AUSTRALIA	English-100		G	
2020-07-08	1530	Pati's Mexican Table	Baja Breakfast	While in Valle De Guadalupe, Pati visits one of the most legendary cooks in the area, Dona Esthela, who makes the best breakfast as far as the eye can see.	USA	English-100		G	
2020-07-08	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 3	Matt and Michael serve up a delicious bread and butter pudding as well as ricotta hotcakes.	AUSTRALIA	English-100		PG	
2020-07-08	1630	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2020-07-08	1700	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	

2020-07-08	1730	Martha Bakes	New England	Martha serves up dishes deeply rooted in tradition including apple pie, brown bread, a lemon-blueberry tart, and hermit bars.	USA	English-100		G	
2020-07-08	1800	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	1830	Luke Nguyen's France	Marseille	Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	1900	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G	
2020-07-08	1930	On Country Kitchen	On Country Kitchen Series 2 Ep 6	Mark and Derek visit a kitchen garden, help out at a goat dairy, and eat abalone burgers on the beach. Atop Cambewarra mountain, the boys hear the story of the black cockatoo.	AUSTRALIA	English-100	RPT	G	
2020-07-08	2000	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 7	Nick has bought himself a wine fermenter and is hoping to enlist both Matthew and Ross to make a barrel of their own vintage.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	2030	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 1	Peter begins his journey by exploring what the Margaret River is famous for. With its Mediterranean climate, the region is bursting with food favourites - wine, cheese and olives.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	2100	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100		G	
2020-07-08	2130	Bake With Anna Olson	French Meringue	Anna shares her secrets for making perfect French meringues. She starts by teaching the fundamentals with birds nests, and moves to a more exacting meringue recipe - classic passion fruit pavlova.	CANADA	English-100		G	
2020-07-08	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 8	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	
2020-07-08	2230	Poh's Kitchen	Kormas With Ragini Dey	Poh invites trail-blazing Indian chef Ragini Dey to her kitchen so she can learn a few secrets of Indian cooking.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	2300	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y
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2020-07-08	2400	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2020-07-08	2430	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2020-07-08	2500	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G	
2020-07-08	2530	On Country Kitchen	On Country Kitchen Series 2 Ep 6	Mark and Derek visit a kitchen garden, help out at a goat dairy, and eat abalone burgers on the beach. Atop Cambewarra mountain, the boys hear the story of the black cockatoo.	AUSTRALIA	English-100	RPT	G	
2020-07-08	2600	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 7	Nick has bought himself a wine fermenter and is hoping to enlist both Matthew and Ross to make a barrel of their own vintage.	AUSTRALIA	English-100	RPT	G	Y
2020-07-08	2630	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 1	Peter begins his journey by exploring what the Margaret River is famous for. With its Mediterranean climate, the region is bursting with food favourites - wine, cheese and olives.	AUSTRALIA	English-100	RPT	G	Y

2020-07-08	2700	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100		G	
2020-07-08	2730	Bake With Anna Olson	French Meringue	Anna shares her secrets for making perfect French meringues. She starts by teaching the fundamentals with birds nests, and moves to a more exacting meringue recipe - classic passion fruit pavlova.	CANADA	English-100		G	
2020-07-08	2800	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 8	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	
2020-07-08	2830	Poh's Kitchen	Kormas With Ragini Dey	Poh invites trail-blazing Indian chef Ragini Dey to her kitchen so she can learn a few secrets of Indian cooking.	AUSTRALIA	English-100	RPT	G	Y
2020-07-09	0500	Mercurio's Menu	Darwin	Paul visits Darwin, the vibrant capital city of the Northern Territory in Australia's top end. With its youthful population and tropical climate, Paul's here to explore what's on offer.	AUSTRALIA	English-100		PG	
2020-07-09	0530	New Scandinavian Cooking	Campfire Fish	Niklas investigates the great variety of produce from the productive farmland in Eastern Norway. He also escapes to a small lake to fish for perch, a freshwater gamefish.	NORWAY	English-100		G	
2020-07-09	0600	The Chefs' Line	Mexican	Watch sous chef Aiven from top Melbourne Mexican restaurant, Mamasita, go up against three remaining home cooks in a bid to make the best Tamales.	AUSTRALIA	English-100	RPT	G	Y
2020-07-09	0630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 13	This Spanish chef is mixing tropical produce with global cuisine, dishing up an exotic Asian beef sala, an Italian angel hair pasta with scallops and a beautiful French pineapple tart tartin.	AUSTRALIA	English-100		G	
2020-07-09	0700	Pati's Mexican Table	Baja Breakfast	While in Valle De Guadalupe, Pati visits one of the most legendary cooks in the area, Dona Esthela, who makes the best breakfast as far as the eye can see.	USA	English-100		G	
2020-07-09	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 3	Matt and Michael serve up a delicious bread and butter pudding as well as ricotta hotcakes.	AUSTRALIA	English-100		PG	
2020-07-09	0800	Martha Bakes	New England	Martha serves up dishes deeply rooted in tradition including apple pie, brown bread, a lemon-blueberry tart, and hermit bars.	USA	English-100		G	
2020-07-09	0830	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y
2020-07-09	0900	Luke Nguyen's France	Marseille	Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish.	AUSTRALIA	English-100	RPT	G	Y
2020-07-09	0930	On Country Kitchen	On Country Kitchen Series 2 Ep 6	Mark and Derek visit a kitchen garden, help out at a goat dairy, and eat abalone burgers on the beach. Atop Cambewarra mountain, the boys hear the story of the black cockatoo.	AUSTRALIA	English-100	RPT	G	
2020-07-09	1000	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 7	Nick has bought himself a wine fermenter and is hoping to enlist both Matthew and Ross to make a barrel of their own vintage.	AUSTRALIA	English-100	RPT	G	Y
2020-07-09	1030	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 1	Peter begins his journey by exploring what the Margaret River is famous for. With its Mediterranean climate, the region is bursting with food favourites - wine, cheese and olives.	AUSTRALIA	English-100	RPT	G	Y
2020-07-09	1100	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100		G	
2020-07-09	1130	Bake With Anna Olson	French Meringue	Anna shares her secrets for making perfect French meringues. She starts by teaching the fundamentals with birds nests, and moves to a more exacting meringue recipe - classic passion fruit pavlova.	CANADA	English-100		G	
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2020-07-09	1230	Poh's Kitchen	Kormas With Ragini Dey	Poh invites trail-blazing Indian chef Ragini Dey to her kitchen so she can learn a few secrets of Indian cooking.	AUSTRALIA	English-100	RPT	G	Y

2020-07-09	1300	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G	
2020-07-09	1330	Mercurio's Menu	Outback Queensland	Welcome to Outback Queensland and a true Australian food experience not to be missed. Bush tucker, emu, kangaroo, and prime Australian beef are all on the menu.	AUSTRALIA	English-100		G	
2020-07-09	1400	New Scandinavian Cooking	Roasted Coastal Lamb And Dried Kelp	Niklas travels to Austevoll, an island just outside Bergen in Western Norway, where he meets up with an award-winning chef. He is introduced to the best produce of the season, along with coastal lamb.	NORWAY	English-100		PG	
2020-07-09	1430	The Chefs' Line	Mexican	Watch Head Chef Michael Smith from top Melbourne Mexican restaurant, Mamasita, face off against this week's two final home cooks, Alejandra and Maria, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2020-07-09	1500	Anjum's Australian Spice Stories	Getting Started	Anjum Anand gives us a lesson in essential Indian spices, putting them to use in a ginger masala chai that she cooks over an open flame in the countryside.	AUSTRALIA	English-100		G	
2020-07-09	1530	Pati's Mexican Table	Mexican Wine Country	With over 100 wineries, Valle de Guadalupe has become the hottest new destination, with people traveling from all over to discover this new and exciting region.	USA	English-100		G	
2020-07-09	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 4	Matt prepares a classic favourite - the steak sandwich with a delicious burnt butter sauce. Courtney serves spicy beans with fried eggs, and Matt tweaks the traditional Italian meatball pasta.	AUSTRALIA	English-100		PG	
2020-07-09	1630	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make Asparagus with Soft Boiled Egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G	
2020-07-09	1700	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies.	AUSTRALIA	English-100		G	
2020-07-09	1730	Martha Bakes	Gulf	Martha shares quintessentially Southern recipes including caramel cake, Mississippi mud tart, Lane cake, and cheese straws.	USA	English-100		G	
2020-07-09	1800	Luke Nguyen's France	Nice	Luke travels to Nice, the jewel of the French Riviera, where the fresh produce is as beautiful as the scenery. He learns the art of cooking a Nicoise salad.	AUSTRALIA	English-100	RPT	G	Y
2020-07-09	1830	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. Pastry chef Didier shows him how to make a gateau cake.	AUSTRALIA	English-100	RPT	G	Y
2020-07-09	1900	Nigella Kitchen	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100		G	
2020-07-09	1930	Jimmy's Australian Food Adventure	Dangerous Waters	On the trail of how scientific innovations have transformed Australia's food story, Jimmy Doherty travels to Manjimup in the South West corner of Australia.	UNITED KINGDOM	English-100		PG	
2020-07-09	2000	Tom Kerridge's Best Ever Dishes	Lush Lunches	Tom believes that we all deserve a proper lunch and he's not talking about soggy sandwiches and a packet of crisps. In this episode, Tom shows us some great recipes for livening up your lunches.	UNITED KINGDOM	English-100		G	
2020-07-09	2030	Rachel Khoo: My Swedish Kitchen	Swedish House Man's Food	Rachel picks kale from the west coast, and continues to the only large-scale tomato farm in Sweden. In her cabin, she makes butternut squash waffles and a mixed cherry tomato salad with crispy bacon.	UNITED KINGDOM	English-100		PG	
2020-07-09	2100	Gino's Italian Escape	Matera	Gino D'Acampo's final leg of his Italian Escape starts on the 'heel' of Italy's boot, in Puglia. As a chef, Gino is always on the lookout for amazing food and is rewarded in the town of Altamura.	UNITED KINGDOM	English-100		G	
2020-07-09	2130	Bake With Anna Olson	Pastry Cream	Anna knows that all great pastry chefs have a recipe for pastry cream in their repertoire. She shows how to perfect this thick, rich custard filling to create delicious cakes and pastries.	CANADA	English-100		G	
2020-07-09	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 9	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	

2020-07-09	2230	Poh's Kitchen	Fish With Neil Perry	Poh and Neil Perry demonstrate that fish is an incredibly versatile ingredient and prepare snapper in four different ways. Poh also looks at some aquaculture innovations helping to save the plan.	AUSTRALIA	English-100	RPT	G	Y
2020-07-09	2300	Luke Nguyen's France	Nice	Luke travels to Nice, the jewel of the French Riviera, where the fresh produce is as beautiful as the scenery. He learns the art of cooking a Nicoise salad.	AUSTRALIA	English-100	RPT	G	Y
2020-07-09	2330	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. Pastry chef Didier shows him how to make a gateau cake.	AUSTRALIA	English-100	RPT	G	Y
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2020-07-09	2600	Tom Kerridge's Best Ever Dishes	Lush Lunches	Tom believes that we all deserve a proper lunch and he's not talking about soggy sandwiches and a packet of crisps. In this episode, Tom shows us some great recipes for livening up your lunches.	UNITED KINGDOM	English-100		G	
2020-07-09	2630	Rachel Khoo: My Swedish Kitchen	Swedish House Man's Food	Rachel picks kale from the west coast, and continues to the only large-scale tomato farm in Sweden. In her cabin, she makes butternut squash waffles and a mixed cherry tomato salad with crispy bacon.	UNITED KINGDOM	English-100		PG	
2020-07-09	2700	Gino's Italian Escape	Matera	Gino D'Acampo's final leg of his Italian Escape starts on the 'heel' of Italy's boot, in Puglia. As a chef, Gino is always on the lookout for amazing food and is rewarded in the town of Altamura.	UNITED KINGDOM	English-100		G	
2020-07-09	2730	Bake With Anna Olson	Pastry Cream	Anna knows that all great pastry chefs have a recipe for pastry cream in their repertoire. She shows how to perfect this thick, rich custard filling to create delicious cakes and pastries.	CANADA	English-100		G	
2020-07-09	2800	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 9	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	
2020-07-09	2830	Poh's Kitchen	Fish With Neil Perry	Poh and Neil Perry demonstrate that fish is an incredibly versatile ingredient and prepare snapper in four different ways. Poh also looks at some aquaculture innovations helping to save the plan.	AUSTRALIA	English-100	RPT	G	Y
2020-07-10	0500	Mercurio's Menu	Outback Queensland	Welcome to Outback Queensland and a true Australian food experience not to be missed. Bush tucker, emu, kangaroo, and prime Australian beef are all on the menu.	AUSTRALIA	English-100		G	
2020-07-10	0530	New Scandinavian Cooking	Roasted Coastal Lamb And Dried Kelp	Niklas travels to Austevoll, an island just outside Bergen in Western Norway, where he meets up with an award-winning chef. He is introduced to the best produce of the season, along with coastal lamb.	NORWAY	English-100		PG	
2020-07-10	0600	The Chefs' Line	Mexican	Watch Head Chef Michael Smith from top Melbourne Mexican restaurant, Mamasita, face off against this week's two final home cooks, Alejandra and Maria, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2020-07-10	0630	Anjum's Australian Spice Stories	Getting Started	Anjum Anand gives us a lesson in essential Indian spices, putting them to use in a ginger masala chai that she cooks over an open flame in the countryside.	AUSTRALIA	English-100		G	
2020-07-10	0700	Pati's Mexican Table	Mexican Wine Country	With over 100 wineries, Valle de Guadalupe has become the hottest new destination, with people traveling from all over to discover this new and exciting region.	USA	English-100		G	
2020-07-10	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 4	Matt prepares a classic favourite - the steak sandwich with a delicious burnt butter sauce. Courtney serves spicy beans with fried eggs, and Matt tweaks the traditional Italian meatball pasta.	AUSTRALIA	English-100		PG	
2020-07-10	0800	Martha Bakes	Gulf	Martha shares quintessentially Southern recipes including caramel cake, Mississippi mud tart, Lane cake, and cheese straws.	USA	English-100		G	

2020-07-10	0830	Luke Nguyen's France	Nice	Luke travels to Nice, the jewel of the French Riviera, where the fresh produce is as beautiful as the scenery. He learns the art of cooking a Nicoise salad.	AUSTRALIA	English-100	RPT	G	Y
2020-07-10	0900	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. Pastry chef Didier shows him how to make a gateau cake.	AUSTRALIA	English-100	RPT	G	Y
2020-07-10	0930	Jimmy's Australian Food Adventure	Dangerous Waters	On the trail of how scientific innovations have transformed Australia's food story, Jimmy Doherty travels to Manjimup in the South West corner of Australia.	UNITED KINGDOM	English-100		PG	
2020-07-10	1000	Tom Kerridge's Best Ever Dishes	Lush Lunches	Tom believes that we all deserve a proper lunch and he's not talking about soggy sandwiches and a packet of crisps. In this episode, Tom shows us some great recipes for livening up your lunches.	UNITED KINGDOM	English-100		G	
2020-07-10	1030	Rachel Khoo: My Swedish Kitchen	Swedish House Man's Food	Rachel picks kale from the west coast, and continues to the only large-scale tomato farm in Sweden. In her cabin, she makes butternut squash waffles and a mixed cherry tomato salad with crispy bacon.	UNITED KINGDOM	English-100		PG	
2020-07-10	1100	Gino's Italian Escape	Matera	Gino D'Acampo's final leg of his Italian Escape starts on the 'heel' of Italy's boot, in Puglia. As a chef, Gino is always on the lookout for amazing food and is rewarded in the town of Altamura.	UNITED KINGDOM	English-100		G	
2020-07-10	1130	Bake With Anna Olson	Pastry Cream	Anna knows that all great pastry chefs have a recipe for pastry cream in their repertoire. She shows how to perfect this thick, rich custard filling to create delicious cakes and pastries.	CANADA	English-100		G	
2020-07-10	1200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 9	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	
2020-07-10	1230	Poh's Kitchen	Fish With Neil Perry	Poh and Neil Perry demonstrate that fish is an incredibly versatile ingredient and prepare snapper in four different ways. Poh also looks at some aquaculture innovations helping to save the plan.	AUSTRALIA	English-100	RPT	G	Y
2020-07-10	1300	Nigella Kitchen	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100		G	
2020-07-10	1330	Mercurio's Menu	Hunter Valley	Paul returns to the Hunter to uncover a whole lot more in this famous wine region. It's avocado harvest season, and Paul's there to give a hand. Plus, he learns the art of pasta making.	AUSTRALIA	English-100		G	
2020-07-10	1400	New Scandinavian Cooking	Burning Sweet Desire	There is a specific word in Swedish for having something sweet together with a cup of coffee - fika. Niklas makes sweet buns at his restaurant in the middle of Stockholm.	NORWAY	English-100		G	
2020-07-10	1430	The Chefs' Line	Mexican	Judge Melissa Leong takes us inside the kitchen of top Melbourne Mexican restaurant, Mamasita. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-07-10	1500	Anjum's Australian Spice Stories	Picnic, The	Anjum decides to create some holiday memories for her family by putting an Indian spin on a family picnic. She kicks off with a traditional home-made Indian cheese known as Paneer.	AUSTRALIA	English-100		G	
2020-07-10	1530	Pati's Mexican Table	Loreto Baja's Hidden Gem	One of Baja's most well kept secrets has Pati on a mission to explore this town bite-by-bite. Loreto is a small town on the Gulf of California with big excitement and a rich history.	USA	English-100		G	
2020-07-10	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 5	Matt runs us through a dish celebrating succulent sashimi, and Courtney goes out on location to a broccoli farm to create a baby broccoli soft egg salad.	AUSTRALIA	English-100		PG	
2020-07-10	1630	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100		G	
2020-07-10	1700	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G	
2020-07-10	1730	Martha Bakes	Pennsylvania Dutch	Martha shares recipes for Pennsylvania Dutch specialties including Montgomery pie, whoopie pies, and apple dumplings.	USA	English-100		G	

2020-07-10	1800	Luke Nguyen's France	Ile D'oleron	Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley.	AUSTRALIA	English-100	RPT	G	Y
2020-07-10	1830	Luke Nguyen's France	Loire Valley And Saint Malo	Luke experiences life and food on the Loire River before finishing his culinary journey through France in the seaside town of St Malo.	AUSTRALIA	English-100	RPT	G	Y
2020-07-10	1900	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
2020-07-10	1930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 20	Paul explores how pies bring flavours together like nothing else, with a individual rabbit and pancetta pies and, one great big Yorkshire classic - apple and Wensleydale cheese pie.	UNITED KINGDOM	English-100		G	
2020-07-10	2030	Rick Stein's Long Weekends	Lisbon	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.	UNITED KINGDOM	English-100		PG	
2020-07-10	2135	Bake With Anna Olson	Choux Paste	Choux Paste, also known as pate a choux or cream puff dough, is a wonderful airy pastry that can be used in countless ways to prepare cream-filled desserts.	CANADA	English-100		G	
2020-07-10	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 10	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	
2020-07-10	2230	Poh's Kitchen	Barbecue With Neil Perry	Poh's been invited to Neil Perry's home in Sydney to help cook up a feast for his family. Before they fire up the barbeque, Neil takes Poh to his local butchers to check out the best cuts of meat.	AUSTRALIA	English-100	RPT	G	Y
2020-07-10	2300	Luke Nguyen's France	Ile D'oleron	Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley.	AUSTRALIA	English-100	RPT	G	Y
2020-07-10	2330	Luke Nguyen's France	Loire Valley And Saint Malo	Luke experiences life and food on the Loire River before finishing his culinary journey through France in the seaside town of St Malo.	AUSTRALIA	English-100	RPT	G	Y
2020-07-10	2400	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100		G	
2020-07-10	2430	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G	
2020-07-10	2500	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
2020-07-10	2530	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 20	Paul explores how pies bring flavours together like nothing else, with a individual rabbit and pancetta pies and, one great big Yorkshire classic - apple and Wensleydale cheese pie.	UNITED KINGDOM	English-100		G	
2020-07-10	2630	Rick Stein's Long Weekends	Lisbon	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.	UNITED KINGDOM	English-100		PG	
2020-07-10	2735	Bake With Anna Olson	Choux Paste	Choux Paste, also known as pate a choux or cream puff dough, is a wonderful airy pastry that can be used in countless ways to prepare cream-filled desserts.	CANADA	English-100		G	
2020-07-10	2800	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 10	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	
2020-07-10	2830	Poh's Kitchen	Barbecue With Neil Perry	Poh's been invited to Neil Perry's home in Sydney to help cook up a feast for his family. Before they fire up the barbeque, Neil takes Poh to his local butchers to check out the best cuts of meat.	AUSTRALIA	English-100	RPT	G	Y
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2020-07-11	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 5	Matt runs us through a dish celebrating succulent sashimi, and Courtney goes out on location to a broccoli farm to create a baby broccoli soft egg salad.	AUSTRALIA	English-100		PG	
2020-07-11	0800	Martha Bakes	Pennsylvania Dutch	Martha shares recipes for Pennsylvania Dutch specialties including Montgomery pie, whoopie pies, and apple dumplings.	USA	English-100		G	
2020-07-11	0830	Luke Nguyen's France	Ile D'oleron	Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley.	AUSTRALIA	English-100	RPT	G	Y
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2020-07-11	1230	Poh's Kitchen	Barbecue With Neil Perry	Poh's been invited to Neil Perry's home in Sydney to help cook up a feast for his family. Before they fire up the barbeque, Neil takes Poh to his local butchers to check out the best cuts of meat.	AUSTRALIA	English-100	RPT	G	Y
2020-07-11	1300	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
2020-07-11	1330	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 5	Matt runs us through a dish celebrating succulent sashimi, and Courtney goes out on location to a broccoli farm to create a baby broccoli soft egg salad.	AUSTRALIA	English-100		PG	
2020-07-11	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 11	The incredible spice men Tony Singh and Cyrus Todiwala take charge of the Saturday Kitchen hobs this week with the help of two of the UK's leading chefs.	UNITED KINGDOM	English-100		G	
2020-07-11	1500	Destination Flavour China	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-07-11	1530	Destination Flavour China	Hong Kong And Guandong	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-07-11	1600	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G	

2020-07-11	1630	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G	
2020-07-11	1700	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G	
2020-07-11	1730	Flintoff's Great British Road Trip	Scotland	The duo take on Scotland, the spiritual home of all things fried. After tasting their first deep fried mars bar, the boys fish for salmon in the famous River Tay.	UNITED KINGDOM	English-100		G	
2020-07-11	1830	Secrets Of The Factories	Secrets Of Mr Kipling Cakes	The Mr Kipling factory in Carlton, near Barnsley in Yorkshire, opens its doors to reveal how millions of the United Kingdom's favourite cakes are made in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G	
2020-07-11	1930	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	AUSTRALIA	English-100		G	
2020-07-11	2000	Poh & Co.	Poh & Co. Series 2 Ep 7	Poh and Sarah finally have their own shop at Adelaide Central Market. Preoccupied, she forgets to harvest her cabbage and they've bolted, resulting in a unique kimchi.	AUSTRALIA	English-100	RPT	G	Y
2020-07-11	2030	Rhodes Across Italy	Lazio	Gary Rhodes starts his grand tour of Italian cuisine in Rome, the nation's historic capital. Gary and his sous-chefs Marc and Claire are on a mission to uncover the true tastes and flavours of Lazio.	UNITED KINGDOM	English-100		G	
2020-07-11	2130	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	
2020-07-11	2230	Destination Flavour	Destination Flavour Series 1 Episode 1	Renee meets winemaker turned sheep farmer David Hohnen, Adam learns about the new craze for hot and cold smoking in Melbourne, while Lily catches up with leading providore Simon Johnson.	AUSTRALIA	English-100	RPT	G	Y
2020-07-11	2300	Destination Flavour China	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
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2020-07-11	2530	Cheese Slices	Cheeses Of Greece	The ancient Greeks regarded cheese as Food of the Gods, and it's no surprise that in Greece today, the consumption of cheese per head of population is the highest in the world.	AUSTRALIA	English-100		G	
2020-07-11	2600	Cheese Slices	Basque Sheperds Cheeses	Will visits the pretty village of Espelette to sample its red peppers, before travelling into the mountains to one of the few remaining traditional shepherds huts where where they milk ewe's by hand.	AUSTRALIA	English-100		G	
2020-07-11	2630	Kylie Kwong: My China	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
2020-07-11	2700	Kylie Kwong: My China	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
2020-07-11	2730	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	
2020-07-11	2830	Destination Flavour	Destination Flavour Series 1 Episode 1	Renee meets winemaker turned sheep farmer David Hohnen, Adam learns about the new craze for hot and cold smoking in Melbourne, while Lily catches up with leading providore Simon Johnson.	AUSTRALIA	English-100	RPT	G	Y