



WEEK 29: Sunday, 14 July - Saturday, 20 July 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-07-14	0500	Kriol Kitchen	Helani Doolah: Sop Sop, Sabee Domboi, And Marinated Fried Fish With Battered Banana	Drawing back to her grandmother and other family members, Helani Doolah will show and teach us how to make some staple dishes that are made every day in the Torres Strait Islander community.	AUSTRALIA	English-100	RPT	G		
2019-07-14	0530	Kriol Kitchen	Eric Fejo: Goose Heart & Gibleet Chilli, Marinated Buffalo Satays, Prawn Fritters	Eric Fejo tells us he is an average cook, but we think he is more than that. In this episode, Eric shows us his family recipes for three amazing dishes.	AUSTRALIA	English-100	RPT	G		
2019-07-14	0600	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 2	In Luzon, Peter heads south to the docks in Pampagna where he witnesses local fishing methods before hopping a boat to the island of Apo, where sustainability has been prioritised.	AUSTRALIA	English-100	RPT	G		Y
2019-07-14	0630	Bill's Tasty Weekends	Suffolk	Bill Granger might just be staying in the wackiest weekend retreat in the country. His home for the weekend is the House in the Clouds in Suffolk - a local tourist spot.	UNITED KINGDOM	English-100				
2019-07-14	0730	Dinner Date	Dinner Date Series 8 Ep 2	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100				
2019-07-14	0830	Say It To My Face	Health Hazard Pizza	Ramy Abdh and Damon Tavis are the owners and best friends of Uncle Red's Pizza place in Bellflower, CA. They thought that opening up a pizza place would be the perfect way to break free.	USA	English-100		PG		
2019-07-14	0930	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		
2019-07-14	1000	Lyndey And Herbie's Moveable Feast	Byron Or Bust	Lyndey and Herbie immerse themselves in the beautiful environment of the coast and hinterland. From bush tucker to talking turkey, they discover some great characters.	AUSTRALIA	English-100				
2019-07-14	1030	Lyndey And Herbie's Moveable Feast	More Byron Secrets	Lyndey and Herbie create recipes from breakfast through to dinner. In a magnificent rainforest they eat macadamias straight from the tree.	AUSTRALIA	English-100				
2019-07-14	1100	James Martin Mediterranean	Montpellier	James is on the Languedoc Roussillon coast of France, where he samples their world famous oysters straight from the sea and discovers how the fortified wine vermouth is made.	UNITED KINGDOM	English-100				
2019-07-14	1130	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 1	In this 10-part series, acclaimed chef Peter Kuruvita weaves a passage through Southeast Asia and the Pacific as he discovers the tradition, passion and flair behind local cuisines.	AUSTRALIA	English-100	RPT	G		Y
2019-07-14	1200	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 2	In Luzon, Peter heads south to the docks in Pampagna where he witnesses local fishing methods before hopping a boat to the island of Apo, where sustainability has been prioritised.	AUSTRALIA	English-100	RPT	G		Y
2019-07-14	1230	Bill's Tasty Weekends	Suffolk	Bill Granger might just be staying in the wackiest weekend retreat in the country. His home for the weekend is the House in the Clouds in Suffolk - a local tourist spot.	UNITED KINGDOM	English-100				
2019-07-14	1330	James Martin Mediterranean	Naples	James visits the pizza capital of the world, Naples, to find out why Neapolitans think they make this fast food favourite better than anyone else.	UNITED KINGDOM	English-100				
2019-07-14	1400	Rick Stein's Long Weekends	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100		G		

2019-07-14	1505	Dinner Date	Dinner Date Series 8 Ep 3	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100					
2019-07-14	1600	Say It To My Face	Soul Searching	Julie Peterson has been running R&J Soul Food in Downey, CA for over 19 years, using recipes she has on hand from her Louisianan grandmother, Big Mama.	USA	English-100				PG	
2019-07-14	1700	Kriol Kitchen	Robbie Mills: Baked Marinated Magpie Goose, Blachan, Braised Kangaroo Steaks With Asparagus Mushroom	In this episode, Robbie Mills shares two of his sovereign foods with us: Magpie Goose and Kangaroo.	AUSTRALIA	English-100	RPT			G	
2019-07-14	1730	Kriol Kitchen	Ali Mills: Magpie Goose Curry & Fried Damper	Performer Ali Mills cooks up a yummy Goose Curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA	English-100	RPT			G	
2019-07-14	1800	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	
2019-07-14	1830	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100				G	
2019-07-14	1900	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100				PG	
2019-07-14	1930	Cheese Slices	Traditional Cheeses Of Provence: France	Will travels to Provence in the South East of France to try Banon, a traditional benchmark goat's milk cheese wrapped in dried chestnut leaves where he also discovers a rare cheese.	AUSTRALIA	English-100				G	
2019-07-14	2000	Cheese Slices	France: The Last Of The Trappist Monk's Cheese	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA					G	
2019-07-14	2030	Rick Stein's French Odyssey	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 Prune and Almond Tart.	UNITED KINGDOM	English-100				G	
2019-07-14	2100	Rick Stein's French Odyssey	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	
2019-07-14	2130	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	Y
2019-07-14	2200	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	Y
2019-07-14	2230	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	
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2019-07-14	2330	Kriol Kitchen	Robbie Mills: Baked Marinated Magpie Goose, Blachan, Braised Kangaroo Steaks With Asparagus Mushroom	In this episode, Robbie Mills shares two of his sovereign foods with us: Magpie Goose and Kangaroo.	AUSTRALIA	English-100	RPT			G	
2019-07-14	2400	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100				PG	

2019-07-14	2430	Rick Stein's Long Weekends	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100		G		
2019-07-14	2535	Kriol Kitchen	Ali Mills: Magpie Goose Curry & Fried Damper	Performer Ali Mills cooks up a yummy Goose Curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA	English-100	RPT	G		
2019-07-14	2605	Dinner Date	Dinner Date Series 8 Ep 3	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		G		
2019-07-14	2700	Say It To My Face	Soul Searching	Julie Peterson has been running R&J Soul Food in Downey, CA for over 19 years, using recipes she has on hand from her Louisianan grandmother, Big Mama.	USA	English-100		PG		
2019-07-14	2800	Cheese Slices	Traditional Cheeses Of Provence: France	Will travels to Provence in the South East of France to try Banon, a traditional benchmark goat's milk cheese wrapped in dried chestnut leaves where he also discovers a rare cheese.	AUSTRALIA	English-100		G		
2019-07-14	2830	Cheese Slices	France: The Last Of The Trappist Monk's Cheese	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA			G		
2019-07-15	0500	Rick Stein's French Odyssey	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 Prune and Almond Tart.	UNITED KINGDOM	English-100		G		
2019-07-15	0530	Rick Stein's French Odyssey	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		
2019-07-15	0600	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	Y
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2019-07-15	0805	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG		
2019-07-15	0835	Dinner Date	Dinner Date Series 8 Ep 3	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		G		
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2019-07-15	1500	Miguel's Feasts	Miguel's Feasts Series 1 Ep 9	In this episode of Miguel's Feasts, a deep sea New Zealand specialty, a smoking hot picnic, and has Miguel got what it takes to be a Banana Farmer? Or should he just stick to cooking them?	AUSTRALIA	English-100			Y
2019-07-15	1530	Essence Of India	Curry Trail, The	The whole world loves a good curry, and living in New York, Samira loves to make curries, Indian, South East Asian and the Western stew, but she heads back to India where she recreates the classics.	USA	English-100		G	
2019-07-15	1600	Chinese Food In Minutes	Cheesemongers	Today's guests are a couple of Cheese Mongers from Borough market. They are dedicated foodies who want Ching to show them how to spice up their kitchen repertoires.	UNITED KINGDOM	English-100			
2019-07-15	1630	The Latin Kitchen	Spanish Tapas	Late dinner with friends? Tapas will tide you over and Spanish-born chef Luis 'Tigretón' Leon shows us four traditional mouth-watering dishes.	CANADA	English-100			
2019-07-15	1700	Secret Meat Business	Secret Meat Business Series 1 Ep 1	Adrian shares his families famous recipe for Lancashire hotpot and his secrets for the prefect sausage.	AUSTRALIA	English-100		G	
2019-07-15	1730	Poh's Kitchen	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
2019-07-15	1800	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G	
2019-07-15	1830	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-15	1930	Outback Gourmet	Outback Gourmet Series 1 Ep 1	Justine travels from Darwin to Kakadu exploring the Ubirri Rock Art walk, where she prepares a picnic lunch by the stunning Maguk Pools and experiences a pop up dining experience like no other.	AUSTRALIA	English-100		PG	
2019-07-15	2000	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100		G	
2019-07-15	2030	A Cook Abroad	Rachel Khoo's Malaysia	Cook and food writer, Rachel Khoo, heads to Malaysia, home of her extended family, to explore one of the most exciting cuisines on the planet.	UNITED KINGDOM	English-100		PG	Y
2019-07-15	2135	Poh's Kitchen	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

2019-07-15	2205	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G	
2019-07-15	2235	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-15	2330	The F Word USA	F Word USA Series 1, The Ep 7	Gordon and his daughter Tilly face the McCurdy family in a live rematch for a Guinness World Records egg cracking title. Celebrity guests Cheryl Hines and Justin Hartley are also live with Gordon.	USA	English-100		PG	Y
2019-07-15	2430	Outback Gourmet	Outback Gourmet Series 1 Ep 1	Justine travels from Darwin to Kakadu exploring the Ubirri Rock Art walk, where she prepares a picnic lunch by the stunning Maguk Pools and experiences a pop up dining experience like no other.	AUSTRALIA	English-100		PG	
2019-07-15	2500	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100		G	
2019-07-15	2530	A Cook Abroad	Rachel Khoo's Malaysia	Cook and food writer, Rachel Khoo, heads to Malaysia, home of her extended family, to explore one of the most exciting cuisines on the planet.	UNITED KINGDOM	English-100		PG	Y
2019-07-15	2635	Poh's Kitchen	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
2019-07-15	2705	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G	
2019-07-15	2735	The F Word USA	F Word USA Series 1, The Ep 7	Gordon and his daughter Tilly face the McCurdy family in a live rematch for a Guinness World Records egg cracking title. Celebrity guests Cheryl Hines and Justin Hartley are also live with Gordon.	USA	English-100		PG	Y
2019-07-15	2830	Secret Meat Business	Secret Meat Business Series 1 Ep 1	Adrian shares his families famous recipe for Lancashire hotpot and his secrets for the prefect sausage.	AUSTRALIA	English-100		G	
2019-07-16	0500	Miguel's Feasts	Miguel's Feasts Series 1 Ep 9	In this episode of Miguel's Feasts, a deep sea New Zealand specialty, a smoking hot picnic, and has Miguel got what it takes to be a Banana Farmer? Or should he just stick to cooking them?	AUSTRALIA	English-100			Y
2019-07-16	0530	Essence Of India	Curry Trail, The	The whole world loves a good curry, and living in New York, Samira loves to make curries, Indian, South East Asian and the Western stew, but she heads back to India where she recreates the classics.	USA	English-100		G	
2019-07-16	0600	Chinese Food In Minutes	Cheesemongers	Today's guests are a couple of Cheese Mongers from Borough market. They are dedicated foodies who want Ching to show them how to spice up their kitchen repertoires.	UNITED KINGDOM	English-100			
2019-07-16	0630	The Latin Kitchen	Spanish Tapas	Late dinner with friends? Tapas will tide you over and Spanish-born chef Luis "Tigretón" Leon shows us four traditional mouth-watering dishes.	CANADA	English-100			
2019-07-16	0700	Poh's Kitchen	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
2019-07-16	0730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-16	0830	Outback Gourmet	Outback Gourmet Series 1 Ep 1	Justine travels from Darwin to Kakadu exploring the Ubirri Rock Art walk, where she prepares a picnic lunch by the stunning Maguk Pools and experiences a pop up dining experience like no other.	AUSTRALIA	English-100		PG	
2019-07-16	0900	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100		G	

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2019-07-16	1105	Essence Of India	Curry Trail, The	The whole world loves a good curry, and living in New York, Samira loves to make curries, Indian, South East Asian and the Western stew, but she heads back to India where she recreates the classics.	USA	English-100		G		
2019-07-16	1135	Chinese Food In Minutes	Cheesemongers	Today's guests are a couple of Cheese Mongers from Borough market. They are dedicated foodies who want Ching to show them how to spice up their kitchen repertoires.	UNITED KINGDOM	English-100				
2019-07-16	1200	The Latin Kitchen	Spanish Tapas	Late dinner with friends? Tapas will tide you over and Spanish-born chef Luis 'Tigretón' Leon shows us four traditional mouth-watering dishes.	CANADA	English-100				
2019-07-16	1230	Secret Meat Business	Secret Meat Business Series 1 Ep 1	Adrian shares his families famous recipe for Lancashire hotpot and his secrets for the prefect sausage.	AUSTRALIA	English-100		G		
2019-07-16	1300	Poh's Kitchen	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
2019-07-16	1330	The F Word USA	F Word USA Series 1, The Ep 7	Gordon and his daughter Tilly face the McCurdy family in a live rematch for a Guinness World Records egg cracking title. Celebrity guests Cheryl Hines and Justin Hartley are also live with Gordon.	USA	English-100		PG		Y
2019-07-16	1430	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G		
2019-07-16	1500	Miguel's Feasts	Miguel's Feasts Series 1 Ep 10	In this episode of Miguel's Feasts, the secrets of Bull-Boar Sausages is revealed, and a street food cook off becomes a battle of the sexes.	AUSTRALIA	English-100				
2019-07-16	1530	Essence Of India	Tandoori Party	The world loves to BBQ and India has some of the oldest forms - Tandoori cooking. Samira takes a fresh approach to Tandoori cuisine and the grill that goes back thousands of years.	USA	English-100		G		
2019-07-16	1600	Chinese Food In Minutes	Personal Trainers	On today's show, two personal trainers compete to win their friends approval with a couple of spicy suppers. On the menu are Juicy Chilli Chicken and Cashew Nuts.	UNITED KINGDOM	English-100				
2019-07-16	1630	The Latin Kitchen	Ajillo (Garlic)	Chef Luis 'Tigretó' Leon cooks up three succulent dishes that are sure to please any garlic lover.	CANADA	English-100				
2019-07-16	1700	Secret Meat Business	Secret Meat Business Series 1 Ep 2	Adrian pays a visit to Melbourne's Spanish quarter and serves up his delicious version of Portuguese chicken with red capsicum.	AUSTRALIA	English-100		G		
2019-07-16	1730	Poh's Kitchen	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
2019-07-16	1800	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G		
2019-07-16	1830	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	AUSTRALIA	English-100	RPT	PG		Y
2019-07-16	1930	The Hairy Bikers' Food Tour Of Britain	Fermanagh	Si and Dave explore Fermanagh, where they cook a traditional county favourite at Crom Castle and fish for brown trout. Then they go head to head in a cook-off with a local chef.	UNITED KINGDOM	English-100	RPT			
2019-07-16	2030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 3	Paul Hollywood is joined by chef Nigel Haworth as they celebrate the best of British hearty food. Nigel leaves behind his Michelin Starred cuisine and recreates his favourite childhood pie.	UNITED KINGDOM	English-100				

2019-07-16	2130	Poh's Kitchen	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
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2019-07-16	2330	The F Word USA	F Word USA Series 1, The Ep 8	Gordon heads to the Florida Everglades to hunt python, and Martina Servaty flies to Los Angeles all the way from Germany to attempt to break her Guinness World Records title for grape stomping.	USA	English-100		PG	
2019-07-16	2430	The Hairy Bikers' Food Tour Of Britain	Fermanagh	Si and Dave explore Fermanagh, where they cook a traditional county favourite at Crom Castle and fish for brown trout. Then they go head to head in a cook-off with a local chef.	UNITED KINGDOM	English-100	RPT		
2019-07-16	2530	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 3	Paul Hollywood is joined by chef Nigel Haworth as they celebrate the best of British hearty food. Nigel leaves behind his Michelin Starred cuisine and recreates his favourite childhood pie.	UNITED KINGDOM	English-100			
2019-07-16	2630	Poh's Kitchen	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
2019-07-16	2700	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G	
2019-07-16	2730	The F Word USA	F Word USA Series 1, The Ep 8	Gordon heads to the Florida Everglades to hunt python, and Martina Servaty flies to Los Angeles all the way from Germany to attempt to break her Guinness World Records title for grape stomping.	USA	English-100		PG	
2019-07-16	2830	Secret Meat Business	Secret Meat Business Series 1 Ep 2	Adrian pays a visit to Melbourne's Spanish quarter and serves up his delicious version of Portuguese chicken with red capsicum.	AUSTRALIA	English-100		G	
2019-07-17	0500	Miguel's Feasts	Miguel's Feasts Series 1 Ep 10	In this episode of Miguel's Feasts, the secrets of Bull-Boar Sausages is revealed, and a street food cook off becomes a battle of the sexes.	AUSTRALIA	English-100			
2019-07-17	0530	Essence Of India	Tandoori Party	The world loves to BBQ and India has some of the oldest forms - Tandoori cooking. Samira takes a fresh approach to Tandoori cuisine and the grill that goes back thousands of years.	USA	English-100		G	
2019-07-17	0600	Chinese Food In Minutes	Personal Trainers	On today's show, two personal trainers compete to win their friends approval with a couple of spicy suppers. On the menu are Juicy Chilli Chicken and Cashew Nuts.	UNITED KINGDOM	English-100			
2019-07-17	0630	The Latin Kitchen	Ajillo (Garlic)	Chef Luis 'Tigretó' Leon cooks up three succulent dishes that are sure to please any garlic lover.	CANADA	English-100			
2019-07-17	0700	Poh's Kitchen	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
2019-07-17	0730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-17	0830	The Hairy Bikers' Food Tour Of Britain	Fermanagh	Si and Dave explore Fermanagh, where they cook a traditional county favourite at Crom Castle and fish for brown trout. Then they go head to head in a cook-off with a local chef.	UNITED KINGDOM	English-100	RPT		
2019-07-17	0930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 3	Paul Hollywood is joined by chef Nigel Haworth as they celebrate the best of British hearty food. Nigel leaves behind his Michelin Starred cuisine and recreates his favourite childhood pie.	UNITED KINGDOM	English-100			
2019-07-17	1030	Miguel's Feasts	Miguel's Feasts Series 1 Ep 10	In this episode of Miguel's Feasts, the secrets of Bull-Boar Sausages is revealed, and a street food cook off becomes a battle of the sexes.	AUSTRALIA	English-100			

2019-07-17	1100	Essence Of India	Tandoori Party	The world loves to BBQ and India has some of the oldest forms - Tandoori cooking. Samira takes a fresh approach to Tandoori cuisine and the grill that goes back thousands of years.	USA	English-100		G	
2019-07-17	1130	Chinese Food In Minutes	Personal Trainers	On today's show, two personal trainers compete to win their friends approval with a couple of spicy suppers. On the menu are Juicy Chillli Chicken and Cashew Nuts.	UNITED KINGDOM	English-100			
2019-07-17	1200	The Latin Kitchen	Ajillo (Garlic)	Chef Luis 'Tigretó' Leon cooks up three succulent dishes that are sure to please any garlic lover.	CANADA	English-100			
2019-07-17	1230	Secret Meat Business	Secret Meat Business Series 1 Ep 2	Adrian pays a visit to Melbourne's Spanish quarter and serves up his delicious version of Portuguese chicken with red capsicum.	AUSTRALIA	English-100		G	
2019-07-17	1300	Poh's Kitchen	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
2019-07-17	1330	The F Word USA	F Word USA Series 1, The Ep 8	Gordon heads to the Florida Everglades to hunt python, and Martina Servaty flies to Los Angeles all the way from Germany to attempt to break her Guinness World Records title for grape stomping.	USA	English-100		PG	
2019-07-17	1430	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G	
2019-07-17	1500	Miguel's Feasts	Miguel's Feasts Series 1 Ep 11	In this episode of Miguel's Feasts, a New Zealand delicacy and a traditional feast - and are these dogs too hot to handle? Plus, find out the secret to perfect sourdough.	AUSTRALIA	English-100			Y
2019-07-17	1530	Essence Of India	Sweet Life, The	Indian food is becoming a staple in most big cities around the world. But its desserts have taken a back seat to some of its popular main courses.	USA	English-100		G	
2019-07-17	1600	Chinese Food In Minutes	Students	Two student friends from Durham want to improve their cooking skills and learn to make delicious, easy, and cheap Chinese food to replace their usual mince dishes.	UNITED KINGDOM	English-100			
2019-07-17	1630	The Latin Kitchen	Spain's Specialty: Pork	Simple and sophisticated is the best way to describe chef Luis 'Tigretón' Leon's traditional Spanish recipes. He shows us why trout and ham is the new surf and turf.	CANADA	English-100			
2019-07-17	1700	Secret Meat Business	Secret Meat Business Series 1 Ep 3	Adrian serves up his twist on the classic Australian takeaway, the meat pie floater and his families Austrian style recipe for pork with crackling.	AUSTRALIA	English-100		G	
2019-07-17	1730	Poh's Kitchen	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
2019-07-17	1800	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G	
2019-07-17	1830	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-17	1930	Hayden Quinn's South Africa	Durban	Where there are waves, you'll find Hayden Quinn. Hayden enjoys a new challenge as he surfs the standing wave at the Gateway Wavehouse, before taking a tour of Qutom.	SOUTH AFRICA	English-100			
2019-07-17	2000	Luke Nguyen's United Kingdom	London	This new series follows Luke's latest journey as his appetite for food leads him to continue his odyssey around Europe exploring a whole new world of cuisine in the UK.	AUSTRALIA	English-100	RPT	G	Y
2019-07-17	2030	Italian Food Safari	Italian Food Safari Series 1 Ep 5	Maeve visits the crayfishermen off Geraldton and tastes just how good a 'cray on the barbie' can be. Guy drops in on chef Maurizio Esposito to learn the secrets of his crayfish gnocchi.	AUSTRALIA	English-100	RPT	G	Y
2019-07-17	2100	Italian Food Safari	Italian Food Safari Series 1 Ep 6	Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.	AUSTRALIA	English-100	RPT	G	Y
2019-07-17	2130	Poh's Kitchen	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

2019-07-17	2200	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G	
2019-07-17	2230	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-17	2330	The F Word USA	F Word USA Series 1, The Ep 9	It's Sass & Class versus Papa Knows Best at The F Word restaurant with their best takes on chicken cacciatore. Plus, celebrity guests Rob Riggle and Brad Garrett.	USA	English-100		PG	
2019-07-17	2430	Hayden Quinn's South Africa	Durban	Where there are waves, you'll find Hayden Quinn. Hayden enjoys a new challenge as he surfs the standing wave at the Gateway Wavehouse, before taking a tour of Qutom.	SOUTH AFRICA	English-100			
2019-07-17	2500	Luke Nguyen's United Kingdom	London	This new series follows Luke's latest journey as his appetite for food leads him to continue his odyssey around Europe exploring a whole new world of cuisine in the UK.	AUSTRALIA	English-100	RPT	G	Y
2019-07-17	2530	Italian Food Safari	Italian Food Safari Series 1 Ep 5	Maeve visits the crayfishermen off Geraldton and tastes just how good a 'cray on the barbie' can be. Guy drops in on chef Maurizio Esposito to learn the secrets of his crayfish gnocchi.	AUSTRALIA	English-100	RPT	G	Y
2019-07-17	2600	Italian Food Safari	Italian Food Safari Series 1 Ep 6	Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.	AUSTRALIA	English-100	RPT	G	Y
2019-07-17	2630	Poh's Kitchen	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
2019-07-17	2700	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G	
2019-07-17	2730	The F Word USA	F Word USA Series 1, The Ep 9	It's Sass & Class versus Papa Knows Best at The F Word restaurant with their best takes on chicken cacciatore. Plus, celebrity guests Rob Riggle and Brad Garrett.	USA	English-100		PG	
2019-07-17	2830	Secret Meat Business	Secret Meat Business Series 1 Ep 3	Adrian serves up his twist on the classic Australian takeaway, the meat pie floater and his families Austrian style recipe for pork with crackling.	AUSTRALIA	English-100		G	
2019-07-18	0500	Miguel's Feasts	Miguel's Feasts Series 1 Ep 11	In this episode of Miguel's Feasts, a New Zealand delicacy and a traditional feast - and are these dogs too hot to handle? Plus, find out the secret to perfect sourdough.	AUSTRALIA	English-100			Y
2019-07-18	0530	Essence Of India	Sweet Life, The	Indian food is becoming a staple in most big cities around the world. But its desserts have taken a back seat to some of its popular main courses.	USA	English-100		G	
2019-07-18	0600	Chinese Food In Minutes	Students	Two student friends from Durham want to improve their cooking skills and learn to make delicious, easy, and cheap Chinese food to replace their usual mince dishes.	UNITED KINGDOM	English-100			
2019-07-18	0630	The Latin Kitchen	Spain's Specialty: Pork	Simple and sophisticated is the best way to describe chef Luis 'Tigretón' Leon's traditional Spanish recipes. He shows us why trout and ham is the new surf and turf.	CANADA	English-100			
2019-07-18	0700	Poh's Kitchen	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
2019-07-18	0730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-18	0830	Hayden Quinn's South Africa	Durban	Where there are waves, you'll find Hayden Quinn. Hayden enjoys a new challenge as he surfs the standing wave at the Gateway Wavehouse, before taking a tour of Qutom.	SOUTH AFRICA	English-100			
2019-07-18	0900	Luke Nguyen's United Kingdom	London	This new series follows Luke's latest journey as his appetite for food leads him to continue his odyssey around Europe exploring a whole new world of cuisine in the UK.	AUSTRALIA	English-100	RPT	G	Y

2019-07-18	0930	Italian Food Safari	Italian Food Safari Series 1 Ep 5	Maeve visits the crayfishermen off Geraldton and tastes just how good a 'cray on the barbie' can be. Guy drops in on chef Maurizio Esposito to learn the secrets of his crayfish gnocchi.	AUSTRALIA	English-100	RPT	G	Y
2019-07-18	1000	Italian Food Safari	Italian Food Safari Series 1 Ep 6	Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.	AUSTRALIA	English-100	RPT	G	Y
2019-07-18	1030	Miguel's Feasts	Miguel's Feasts Series 1 Ep 11	In this episode of Miguel's Feasts, a New Zealand delicacy and a traditional feast - and are these dogs too hot to handle? Plus, find out the secret to perfect sourdough.	AUSTRALIA	English-100			Y
2019-07-18	1100	Essence Of India	Sweet Life, The	Indian food is becoming a staple in most big cities around the world. But its desserts have taken a back seat to some of its popular main courses.	USA	English-100		G	
2019-07-18	1130	Chinese Food In Minutes	Students	Two student friends from Durham want to improve their cooking skills and learn to make delicious, easy, and cheap Chinese food to replace their usual mince dishes.	UNITED KINGDOM	English-100			
2019-07-18	1200	The Latin Kitchen	Spain's Specialty: Pork	Simple and sophisticated is the best way to describe chef Luis 'Tigretón' Leon's traditional Spanish recipes. He shows us why trout and ham is the new surf and turf.	CANADA	English-100			
2019-07-18	1230	Secret Meat Business	Secret Meat Business Series 1 Ep 3	Adrian serves up his twist on the classic Australian takeaway, the meat pie floater and his families Austrian style recipe for pork with crackling.	AUSTRALIA	English-100		G	
2019-07-18	1300	Poh's Kitchen	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
2019-07-18	1330	The F Word USA	F Word USA Series 1, The Ep 9	It's Sass & Class versus Papa Knows Best at The F Word restaurant with their best takes on chicken cacciatore. Plus, celebrity guests Rob Riggle and Brad Garrett.	USA	English-100		PG	
2019-07-18	1430	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G	
2019-07-18	1500	Miguel's Feasts	Miguel's Feasts Series 1 Ep 12	In this episode of Miguel's Feasts, the catch of the day (Kosciusko Trout) transformed into a delicious recipe, and sparks fly at the ultimate romantic dinner for two.	AUSTRALIA	English-100			
2019-07-18	1530	Essence Of India	Coastal	India has a spectacular coastal cuisine. With over 4600 miles of Coastline, and eight regional states bordering its vast shores, India's coastal waters are home to some of the most fish.	USA	English-100		G	
2019-07-18	1600	Chinese Food In Minutes	Carpenters	Today's guests are a couple of cheeky carpenters. They're complete novice cooks, but want to swap their hammers for woks to learn how to make quick and delicious Chinese meals.	UNITED KINGDOM	English-100			
2019-07-18	1630	The Latin Kitchen	Spanish Coastal Recipes	Spanish host Luis 'Tigretón' Leon shares his take on four traditional dishes from the Basque region.	CANADA	English-100			
2019-07-18	1700	Secret Meat Business	Secret Meat Business Series 1 Ep 4	Taking influence from his childhood, Adrian creates a Malaysian feast featuring beef rendang and crisp fried pigs head.	AUSTRALIA	English-100		G	
2019-07-18	1730	Poh's Kitchen	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
2019-07-18	1800	The Cook And The Chef	Best In Season	Maggie searches for the perfect Tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G	
2019-07-18	1830	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-18	1930	How To Cook Like Heston	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-18	2000	How To Cook Like Heston	Eggs	Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs.	UNITED KINGDOM	English-100	RPT	G	Y

2019-07-18	2030	Yotam Ottolenghi's Mediterranean Feasts	Tunisia	In one of North Africa's most popular holiday destinations, Yotam dines on the freshest fish, discovers the national obsession with fiery harissa paste, and samples spicy sausages.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-07-18	2130	Poh's Kitchen	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	
2019-07-18	2200	The Cook And The Chef	Best In Season	Maggie searches for the perfect Tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G		
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2019-07-18	2330	The F Word USA	F Word USA Series 1, The Ep 10	The Extinguishers compete against The Church Ladies in the kitchen, with each team adding their own twist to a Sesame Crusted Tuna dish to win over diners.	USA	English-100		PG		
2019-07-18	2430	How To Cook Like Heston	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT	G	Y	
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2019-07-18	2630	Poh's Kitchen	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	
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2019-07-18	2830	Secret Meat Business	Secret Meat Business Series 1 Ep 4	Taking influence from his childhood, Adrian creates a Malaysian feast featuring beef rendang and crisp fried pigs head.	AUSTRALIA	English-100		G		
2019-07-19	0500	Miguel's Feasts	Miguel's Feasts Series 1 Ep 12	In this episode of Miguel's Feasts, the catch of the day (Kosciusko Trout) transformed into a delicious recipe, and sparks fly at the ultimate romantic dinner for two.	AUSTRALIA	English-100				
2019-07-19	0530	Essence Of India	Coastal	India has a spectacular coastal cuisine. With over 4600 miles of Coastline, and eight regional states bordering its vast shores, India's coastal waters are home to some of the most fish.	USA	English-100		G		
2019-07-19	0600	Chinese Food In Minutes	Carpenters	Today's guests are a couple of cheeky carpenters. They're complete novice cooks, but want to swap their hammers for woks to learn how to make quick and delicious Chinese meals.	UNITED KINGDOM	English-100				
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2019-07-19	0730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	AUSTRALIA	English-100	RPT	PG	Y	
2019-07-19	0830	How To Cook Like Heston	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT	G	Y	

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2019-07-19	1030	Miguel's Feasts	Miguel's Feasts Series 1 Ep 12	In this episode of Miguel's Feasts, the catch of the day (Kosciusko Trout) transformed into a delicious recipe, and sparks fly at the ultimate romantic dinner for two.	AUSTRALIA	English-100				
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2019-07-19	1300	Poh's Kitchen	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	

2019-07-19	1330	The F Word USA	F Word USA Series 1, The Ep 10	The Extinguishers compete against The Church Ladies in the kitchen, with each team adding their own twist to a Sesame Crusted Tuna dish to win over diners.	USA	English-100		PG	
2019-07-19	1430	The Cook And The Chef	Best In Season	Maggie searches for the perfect Tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G	
2019-07-19	1500	Miguel's Feasts	Miguel's Feasts Series 2 Ep 1	In this episode of Miguel's Feasts, learn Miguels secret to the crispiest crackling, Maggie Beer, Australia's favourite cook, shares a home grown recipe.	AUSTRALIA	English-100			
2019-07-19	1530	Essence Of India	My Big Fat Indian Wedding!	In India, a wedding may just hold the secret to the Essence of India - for this is where it all comes together - the family, the traditions, the food, the culture, the festivities and the love.	USA	English-100		G	
2019-07-19	1600	Chinese Food In Minutes	Entrepreneurs	Today's guests are two young American entrepreneurs. They're living busy, busy lives in London and want to learn to make fast and tasty Chinese food.	UNITED KINGDOM	English-100			
2019-07-19	1630	The Latin Kitchen	Seafood With A Spanish Twist	Chef Luis 'Tigretón' Leon is an expert at paella and shows us the secret to perfecting this traditional Spanish dish.	CANADA	English-100			
2019-07-19	1700	Secret Meat Business	Secret Meat Business Series 1 Ep 5	Adrian shares his twist on the classic Mexican celebratory dish mole poblano.	AUSTRALIA	English-100		G	
2019-07-19	1730	Poh's Kitchen	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
2019-07-19	1800	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2019-07-19	1830	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-19	1930	Rick Stein's Food Heroes	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100			
2019-07-19	2000	Rick Stein's Food Heroes	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys.	UNITED KINGDOM	English-100			
2019-07-19	2030	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-19	2100	Nigella Feasts	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-19	2130	Poh's Kitchen	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
2019-07-19	2200	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2019-07-19	2230	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-19	2330	The F Word USA	F Word USA Series 1, The Ep 2	Pan-seared pork chop is on the menu as The Cooking Cubans face off against School Pride, and Kaitlin Olson stops by The F Word restaurant for a flambe demo. Gordon also challenges James Corden.	USA	English-100		PG	Y
2019-07-19	2430	Rick Stein's Food Heroes	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100			

2019-07-19	2500	Rick Stein's Food Heroes	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys.	UNITED KINGDOM	English-100			
2019-07-19	2530	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-19	2600	Nigella Feasts	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-19	2630	Poh's Kitchen	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
2019-07-19	2700	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2019-07-19	2730	The F Word USA	F Word USA Series 1, The Ep 2	Pan-seared pork chop is on the menu as The Cooking Cubans face off against School Pride, and Kaitlin Olson stops by The F Word restaurant for a flambe demo. Gordon also challenges James Corden.	USA	English-100		PG	Y
2019-07-19	2830	Secret Meat Business	Secret Meat Business Series 1 Ep 5	Adrian shares his twist on the classic Mexican celebratory dish mole poblano.	AUSTRALIA	English-100		G	
2019-07-20	0500	Miguel's Feasts	Miguel's Feasts Series 2 Ep 1	In this episode of Miguel's Feasts, learn Miguels secret to the crispiest crackling, Maggie Beer, Australia's favourite cook, shares a home grown recipe.	AUSTRALIA	English-100			
2019-07-20	0530	Essence Of India	My Big Fat Indian Wedding!	In India, a wedding may just hold the secret to the Essence of India - for this is where it all comes together - the family, the traditions, the food, the culture, the festivities and the love.	USA	English-100		G	
2019-07-20	0600	Chinese Food In Minutes	Entrepreneurs	Today's guests are two young American entrepreneurs. They're living busy, busy lives in London and want to learn to make fast and tasty Chinese food.	UNITED KINGDOM	English-100			
2019-07-20	0630	The Latin Kitchen	Seafood With A Spanish Twist	Chef Luis 'Tigretón' Leon is an expert at paella and shows us the secret to perfecting this traditional Spanish dish.	CANADA	English-100			
2019-07-20	0700	Poh's Kitchen	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
2019-07-20	0730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-20	0830	Rick Stein's Food Heroes	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100			
2019-07-20	0900	Rick Stein's Food Heroes	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys.	UNITED KINGDOM	English-100			
2019-07-20	0930	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-20	1000	Nigella Feasts	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-20	1030	Miguel's Feasts	Miguel's Feasts Series 2 Ep 1	In this episode of Miguel's Feasts, learn Miguels secret to the crispiest crackling, Maggie Beer, Australia's favourite cook, shares a home grown recipe.	AUSTRALIA	English-100			
2019-07-20	1100	Essence Of India	My Big Fat Indian Wedding!	In India, a wedding may just hold the secret to the Essence of India - for this is where it all comes together - the family, the traditions, the food, the culture, the festivities and the love.	USA	English-100		G	

2019-07-20	1130	Chinese Food In Minutes	Entrepreneurs	Today's guests are two young American entrepreneurs. They're living busy, busy lives in London and want to learn to make fast and tasty Chinese food.	UNITED KINGDOM	English-100			
2019-07-20	1200	The Latin Kitchen	Seafood With A Spanish Twist	Chef Luis 'Tigretón' Leon is an expert at paella and shows us the secret to perfecting this traditional Spanish dish.	CANADA	English-100			
2019-07-20	1230	Secret Meat Business	Secret Meat Business Series 1 Ep 5	Adrian shares his twist on the classic Mexican celebratory dish mole poblano.	AUSTRALIA	English-100		G	
2019-07-20	1300	Poh's Kitchen	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
2019-07-20	1330	The F Word USA	F Word USA Series 1, The Ep 2	Pan-seared pork chop is on the menu as The Cooking Cubans face off against School Pride, and Kaitlin Olson stops by The F Word restaurant for a flambe demo. Gordon also challenges James Corden.	USA	English-100		PG	Y
2019-07-20	1430	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2019-07-20	1500	Dinner Date	Dinner Date Series 8 Ep 4	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100			
2019-07-20	1600	Say It To My Face	Those Who Forget The Past	Hosts Andrew Gruel and Anthony Dispensa count down the top five biggest restaurant redemptions on this season of Say It To My Face.	USA	English-100		PG	Y
2019-07-20	1700	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G	
2019-07-20	1730	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G	
2019-07-20	1800	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2019-07-20	1830	Lyndey And Herbie's Moveable Feast	Dazzling Coast, The	Queensland's Sunshine Coast has crystal blue waters, white sands, and is surrounded by green rolling hills, which makes for perfect agricultural conditions and a haven for food producers.	AUSTRALIA	English-100			
2019-07-20	1900	Lyndey And Herbie's Moveable Feast	Sunshine Extra	In this second visit to the sunny coast, Lyndey meets a great character who breeds water buffalo, and combined with a local trumpet player's cheese, she creates her 'Spiced Bocconcini Salad'.	AUSTRALIA	English-100			
2019-07-20	1930	James Martin Mediterranean	Marseille	James sails into the busy French port of Marseille to track down the famous fish stew - Bouillabaisse. He explores the port's diverse food culture at the local North African market.	UNITED KINGDOM	English-100			
2019-07-20	2000	James Martin Mediterranean	Gaeta	James explores Gaeta on Italy's Lazio coast. Here he finds out how they produce their world class Gaeta olives and discovers one of the area's local specialities, pizza pie.	UNITED KINGDOM	English-100			
2019-07-20	2030	Born To Cook: Jack Stein Down Under	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100		G	Y
2019-07-20	2100	Born To Cook: Jack Stein Down Under	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100		G	
2019-07-20	2130	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 3	Before leaving the Philippines, chef Peter Kuruvita adventurously visits one island that many leave off their holiday plans, the voodoo island of Siquijor. #IslandFeastSBS	AUSTRALIA	English-100	RPT	G	Y
2019-07-20	2200	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 4	Peter lands on the Indonesian island of Sulawesi and stops at the bustling seafood market in the island's capital of Makassar. Here the roads are lined with carts of dried fish. #IslandFeastSBS	AUSTRALIA	English-100	RPT	G	Y

2019-07-20	2230	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100	G	
2019-07-20	2300	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100	G	
2019-07-20	2330	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100	G	
2019-07-20	2400	Lyndey And Herbie's Moveable Feast	Dazzling Coast, The	Queensland's Sunshine Coast has crystal blue waters, white sands, and is surrounded by green rolling hills, which makes for perfect agricultural conditions and a haven for food producers.	AUSTRALIA	English-100		
2019-07-20	2430	Lyndey And Herbie's Moveable Feast	Sunshine Extra	In this second visit to the sunny coast, Lyndey meets a great character who breeds water buffalo, and combined with a local trumpet player's cheese, she creates her 'Spiced Bocconcini Salad'.	AUSTRALIA	English-100		
2019-07-20	2500	James Martin Mediterranean	Marseille	James sails into the busy French port of Marseille to track down the famous fish stew - Bouillabaisse. He explores the port's diverse food culture at the local North African market.	UNITED KINGDOM	English-100		
2019-07-20	2530	James Martin Mediterranean	Gaeta	James explores Gaeta on Italy's Lazio coast. Here he finds out how they produce their world class Gaeta olives and discovers one of the area's local specialities, pizza pie.	UNITED KINGDOM	English-100		
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2019-07-20	2730	Say It To My Face	Those Who Forget The Past	Hosts Andrew Gruel and Anthony Dispensa count down the top five biggest restaurant redemptions on this season of Say It To My Face.	USA	English-100	PG	Y
2019-07-20	2830	Born To Cook: Jack Stein Down Under	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100	G	