



WEEK 29: Sunday, 12 July - Saturday, 18 July 2020 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-07-12	0500	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
2020-07-12	0530	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	
2020-07-12	0630	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	
2020-07-12	0730	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	
2020-07-12	0800	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	
2020-07-12	0830	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
2020-07-12	0900	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
2020-07-12	0930	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	
2020-07-12	1030	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
2020-07-12	1100	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
2020-07-12	1130	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	
2020-07-12	1230	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
2020-07-12	1300	Cocoa: Beyond The Bean	Cocoa: Beyond The Bean	Have you ever wondered where chocolate comes from? Come along with Kirsten Tibballs as she explores the process of growing cocoa in Ghana, West Africa.	AUSTRALIA	English-100		G	
2020-07-12	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 12	Michelin starred chef and Gordon Ramsay protege. Jason Atherton, guest hosts Saturday Kitchen this week with the help of two top chefs.	UNITED KINGDOM	English-100		PG	
2020-07-12	1500	Destination Flavour China	Hainan Island	Adam arrives in Hainan, ready for the Liaw family reunion. After months apart, he's meeting his wife and two kids here in Haikou, to join him at the family reunion.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-07-12	1530	The Good Cooks	Vietnam	Join Dan Churchill as he visits Ca Mau in Vietnam to discover the innovative ways local communities are farming fresh produce and creating beautiful, fresh recipes with their harvests.	AUSTRALIA	English-60; Vietnamese-40		PG	
2020-07-12	1600	The Cook And The Chef	Kids In The Kitchen	Rollled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G	

2020-07-12	1630	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100			G	
2020-07-12	1700	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100			G	
2020-07-12	1730	The Chocolate Queen	Chocolate Queen Series 1, The Ep 3	Kirsten shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100			G	
2020-07-12	1800	The Chocolate Queen	Chocolate Queen Series 1, The Ep 4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100			G	
2020-07-12	1830	Loving Gluten Free	Loving Gluten Free Series 1 Ep 6	Just because you're living gluten free, doesn't mean you can't enjoy a pile of tasty pancakes. Helen shares a recipe for blueberry buckwheat pancakes, before being joined by food blogger, Jo Whitton.	AUSTRALIA	English-99; Greek-1			G	
2020-07-12	1900	Bonacini's Italy	Sardegna	Appreciating island culture, Michael Bonacini explores the enchanting region of Sardegna and its exceptional cuisine.	CANADA	English-100			G	
2020-07-12	1930	Gourmet Farmer Afloat	Thar She Blows!	Spirits are high on board Solquest as Matthew, Ross, and Nick sail toward Maria Island, following in the wake of Baudin's French expedition in the early 1800s.	AUSTRALIA	English-100	RPT		G	Y
2020-07-12	2030	John Torode's Australia	John Torode's Australia Series 1 Ep 5	John heads north to Queensland where he visits the Great Barrier Reef to cook lunch for Aussie lifeguards - chicken and pork satay with mango salad. Then it's off to Australia's largest rainforest.	UNITED KINGDOM	English-100			PG	
2020-07-12	2130	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 6	Parveen uses spices to put an Indian spin on roast chicken and potatoes, and shares her recipes for marinated lamb chops and garam masala. She also pays a visit to a family-run business in Jaipur.	UNITED KINGDOM	English-100			G	
2020-07-12	2230	Destination Flavour	Destination Flavour Series 1 Episode 2	Lily samples a gourmet fig tart in the southern highlands, Renee experiences the buzz behind the Latin American food scene in Melbourne, and Adam pairs lobster with superb wine.	AUSTRALIA	English-100	RPT		G	Y
2020-07-12	2300	The Good Cooks	Vietnam	Join Dan Churchill as he visits Ca Mau in Vietnam to discover the innovative ways local communities are farming fresh produce and creating beautiful, fresh recipes with their harvests.	AUSTRALIA	English-60; Vietnamese-40			PG	
2020-07-12	2330	The Chocolate Queen	Chocolate Queen Series 1, The Ep 3	Kirsten shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100			G	
2020-07-12	2400	The Chocolate Queen	Chocolate Queen Series 1, The Ep 4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100			G	
2020-07-12	2430	Loving Gluten Free	Loving Gluten Free Series 1 Ep 6	Just because you're living gluten free, doesn't mean you can't enjoy a pile of tasty pancakes. Helen shares a recipe for blueberry buckwheat pancakes, before being joined by food blogger, Jo Whitton.	AUSTRALIA	English-99; Greek-1			G	
2020-07-12	2500	Bonacini's Italy	Sardegna	Appreciating island culture, Michael Bonacini explores the enchanting region of Sardegna and its exceptional cuisine.	CANADA	English-100			G	
2020-07-12	2530	Gourmet Farmer Afloat	Thar She Blows!	Spirits are high on board Solquest as Matthew, Ross, and Nick sail toward Maria Island, following in the wake of Baudin's French expedition in the early 1800s.	AUSTRALIA	English-100	RPT		G	Y
2020-07-12	2630	John Torode's Australia	John Torode's Australia Series 1 Ep 5	John heads north to Queensland where he visits the Great Barrier Reef to cook lunch for Aussie lifeguards - chicken and pork satay with mango salad. Then it's off to Australia's largest rainforest.	UNITED KINGDOM	English-100			PG	
2020-07-12	2730	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 6	Parveen uses spices to put an Indian spin on roast chicken and potatoes, and shares her recipes for marinated lamb chops and garam masala. She also pays a visit to a family-run business in Jaipur.	UNITED KINGDOM	English-100			G	
2020-07-12	2830	Destination Flavour	Destination Flavour Series 1 Episode 2	Lily samples a gourmet fig tart in the southern highlands, Renee experiences the buzz behind the Latin American food scene in Melbourne, and Adam pairs lobster with superb wine.	AUSTRALIA	English-100	RPT		G	Y
2020-07-13	0500	The Good Cooks	Vietnam	Join Dan Churchill as he visits Ca Mau in Vietnam to discover the innovative ways local communities are farming fresh produce and creating beautiful, fresh recipes with their harvests.	AUSTRALIA	English-60; Vietnamese-40			PG	

2020-07-13	0530	The Chocolate Queen	Chocolate Queen Series 1, The Ep 3	Kirsten shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100		G	
2020-07-13	0600	The Chocolate Queen	Chocolate Queen Series 1, The Ep 4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100		G	
2020-07-13	0630	Loving Gluten Free	Loving Gluten Free Series 1 Ep 6	Just because you're living gluten free, doesn't mean you can't enjoy a pile of tasty pancakes. Helen shares a recipe for blueberry buckwheat pancakes, before being joined by food blogger, Jo Whitton.	AUSTRALIA	English-99; Greek-1		G	
2020-07-13	0700	Bonacini's Italy	Sardegna	Appreciating island culture, Michael Bonacini explores the enchanting region of Sardegna and its exceptional cuisine.	CANADA	English-100		G	
2020-07-13	0730	Gourmet Farmer Afloat	Thar She Blows!	Spirits are high on board Solquest as Matthew, Ross, and Nick sail toward Maria Island, following in the wake of Baudin's French expedition in the early 1800s.	AUSTRALIA	English-100	RPT	G	Y
2020-07-13	0830	John Torode's Australia	John Torode's Australia Series 1 Ep 5	John heads north to Queensland where he visits the Great Barrier Reef to cook lunch for Aussie lifeguards - chicken and pork satay with mango salad. Then it's off to Australia's largest rainforest.	UNITED KINGDOM	English-100		PG	
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2020-07-13	1030	Destination Flavour	Destination Flavour Series 1 Episode 2	Lily samples a gourmet fig tart in the southern highlands, Renee experiences the buzz behind the Latin American food scene in Melbourne, and Adam pairs lobster with superb wine.	AUSTRALIA	English-100	RPT	G	Y
2020-07-13	1100	The Chocolate Queen	Chocolate Queen Series 1, The Ep 3	Kirsten shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100		G	
2020-07-13	1130	The Chocolate Queen	Chocolate Queen Series 1, The Ep 4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100		G	
2020-07-13	1200	Bonacini's Italy	Sardegna	Appreciating island culture, Michael Bonacini explores the enchanting region of Sardegna and its exceptional cuisine.	CANADA	English-100		G	
2020-07-13	1230	Gourmet Farmer Afloat	Thar She Blows!	Spirits are high on board Solquest as Matthew, Ross, and Nick sail toward Maria Island, following in the wake of Baudin's French expedition in the early 1800s.	AUSTRALIA	English-100	RPT	G	Y
2020-07-13	1330	Mercurio's Menu	North West Tasmania	Paul travels through North West Tasmania to discover the cray fishing industry, and how to make an intriguing cray stack.	AUSTRALIA	English-100		G	
2020-07-13	1400	Watts On The Grill	Barebeque Classic: Ribs, A	Grill master Spencer Watts shows us four ways to barbeque a classic - succulent, tender, mouth-watering ribs.	CANADA	English-100		G	
2020-07-13	1430	The Chefs' Line	Vietnamese	Watch apprentice chef Hannah from top Melbourne Vietnamese restaurant, Annam, go up against four passionate home cooks in a battle of the Rice Noodle Rolls.	AUSTRALIA	English-100	RPT	G	Y
2020-07-13	1500	Anjum's Australian Spice Stories	Indian Flavours	From garlic, red chilli and tomato chutney to proper date and tamarind chutney, Anjum shows us the secret to her favourite Indian chutney's and how they can add instant flavour to any Indian dish.	AUSTRALIA	English-100		G	
2020-07-13	1530	Pati's Mexican Table	La Paz The Heart Of Baja Sur	Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters.	USA	English-100		G	
2020-07-13	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 6	Matt shares unique recipe that he created for his Nan's birthday party - panko crusted prawn sliders. Courtney and Michael make the perfect dish for footy finals.	AUSTRALIA	English-100		G	
2020-07-13	1630	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	

2020-07-13	1700	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	
2020-07-13	1730	Martha Bakes	South Atlantic	Entertaining wouldn't be complete without a delicious dessert, and these South Atlantic classics are sure to impress.	USA	English-100		G	
2020-07-13	1800	French Food Safari	French Food Safari Series 1 Episode 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G	
2020-07-13	1830	French Food Safari	French Food Safari Series 1 Episode 2	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y
2020-07-13	1900	Delia's How To Cook	Eggs: Boiling And Scrambling	From how to test for freshness, to how to boil, poach, and scramble eggs to perfection, Delia explains all you need to know about the humble egg.	UNITED KINGDOM	English-100		G	
2020-07-13	1930	Len And Ainsley's Big Food Adventure	Cardiff	Ainsley's keen to prove to Len that there's more to Italian food than 'spag bol', but as Len's worst nightmare is spaghetti, can he even face going into the restaurant?	UNITED KINGDOM	English-100		PG	
2020-07-13	2030	Paul Hollywood's Bread	Continental Bread	Paul reveals the secrets of some of the most iconic breads from the continent and using them to make delicious, colourful and irresistible dishes.	UNITED KINGDOM	English-100		G	
2020-07-13	2100	Paul Hollywood's Bread	Sourdough	Paul demonstrates how to cultivate a sourdough starter at home - harnessing natural, airborne yeasts to leaven and give amazing flavour to bread.	UNITED KINGDOM	English-100		PG	
2020-07-13	2130	Bake With Anna Olson	Croissants	Anna gives a lesson on how to bake croissants like a pastry chef. She starts with a basic croissant dough recipe, and then works that dough into classic filled croissants.	CANADA	English-100		G	
2020-07-13	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 11	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	
2020-07-13	2230	Poh's Kitchen	Margaret River With Ian Parmenter	Poh's on the road in WA's Margaret River region with one-time TV chef and good food lover, Ian Parmenter. Ian has invited her to his backyard, the wonderful mecca of the Margaret River region.	AUSTRALIA	English-100	RPT	G	Y
2020-07-13	2300	French Food Safari	French Food Safari Series 1 Episode 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G	
2020-07-13	2330	French Food Safari	French Food Safari Series 1 Episode 2	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y
2020-07-13	2400	Delia's How To Cook	Eggs: Boiling And Scrambling	From how to test for freshness, to how to boil, poach, and scramble eggs to perfection, Delia explains all you need to know about the humble egg.	UNITED KINGDOM	English-100		G	
2020-07-13	2430	Len And Ainsley's Big Food Adventure	Cardiff	Ainsley's keen to prove to Len that there's more to Italian food than 'spag bol', but as Len's worst nightmare is spaghetti, can he even face going into the restaurant?	UNITED KINGDOM	English-100		PG	
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2020-07-13	2800	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	
2020-07-13	2830	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	
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2020-07-14	0700	Pati's Mexican Table	La Paz The Heart Of Baja Sur	Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters.	USA	English-100		G	
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2020-07-14	0830	French Food Safari	French Food Safari Series 1 Episode 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G	
2020-07-14	0900	French Food Safari	French Food Safari Series 1 Episode 2	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y
2020-07-14	0930	Delia's How To Cook	Eggs: Boiling And Scrambling	From how to test for freshness, to how to boil, poach, and scramble eggs to perfection, Delia explains all you need to know about the humble egg.	UNITED KINGDOM	English-100		G	
2020-07-14	1000	Len And Ainsley's Big Food Adventure	Cardiff	Ainsley's keen to prove to Len that there's more to Italian food than 'spag bol', but as Len's worst nightmare is spaghetti, can he even face going into the restaurant?	UNITED KINGDOM	English-100		PG	
2020-07-14	1100	Paul Hollywood's Bread	Continental Bread	Paul reveals the secrets of some of the most iconic breads from the continent and using them to make delicious, colourful and irresistible dishes.	UNITED KINGDOM	English-100		G	
2020-07-14	1130	Paul Hollywood's Bread	Sourdough	Paul demonstrates how to cultivate a sourdough starter at home - harnessing natural, airborne yeasts to leaven and give amazing flavour to bread.	UNITED KINGDOM	English-100		PG	
2020-07-14	1200	Bake With Anna Olson	Croissants	Anna gives a lesson on how to bake croissants like a pastry chef. She starts with a basic croissant dough recipe, and then works that dough into classic filled croissants.	CANADA	English-100		G	
2020-07-14	1230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 11	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	
2020-07-14	1300	Poh's Kitchen	Margaret River With Ian Parmenter	Poh's on the road in WA's Margaret River region with one-time TV chef and good food lover, Ian Parmenter. Ian has invited her to his backyard, the wonderful mecca of the Margaret River region.	AUSTRALIA	English-100	RPT	G	Y

2020-07-14	1330	Mercurio's Menu	Yarra Valley	The Yarra Valley is one of the most picturesque places not only in Oz but the world. It's also chock a block full of great stuff like free range pork, beautiful little zucchini flowers, and garlic.	AUSTRALIA	English-100		PG	
2020-07-14	1400	Watts On The Grill	Bananas For Barbeque	Barbecuing bananas? That's crazy! Chef Spencer Watts shows us how to grill the delicate, ever-scrumptious fruit -bananas.	CANADA	English-100		PG	
2020-07-14	1430	The Chefs' Line	Vietnamese	Watch station chef Danton from top Melbourne Vietnamese restaurant, Annam, go up against three passionate home cooks in the ultimate Lemongrass Chicken challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-07-14	1500	Anjum's Australian Spice Stories	Comfort Food	It's cold outside so Anjum shows us how to warm our souls with her take on Indian comfort food - from a rich lamb bhuna to a spicy baked spinach ricotta.	AUSTRALIA	English-100		G	
2020-07-14	1530	Pati's Mexican Table	Road Trippin' With Javier Plascencia	Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero.	USA	English-100		PG	
2020-07-14	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 7	Matt is out on location at Boundary Bend, he shows the old school way of making baba ganoush. Michael whips up the perfect Sunday breakfast - cous cous stuffed mushrooms.	AUSTRALIA	English-100		PG	
2020-07-14	1630	The Cook And The Chef	Shellfish	What do you do with sea urchin? How do you prepare abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G	
2020-07-14	1700	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG	
2020-07-14	1730	Martha Bakes	West	From layer cake to upside-down cake, Martha shares four favourite recipes to add to your repertoire.	USA	English-100		G	
2020-07-14	1800	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y
2020-07-14	1830	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y
2020-07-14	1900	Delia's How To Cook	Eggs: Omelettes	Delia continues on the theme of eggs, this time concentrating on the versatile omelette, from light and fluffy, to the classic Spanish tortilla.	UNITED KINGDOM	English-100		G	
2020-07-14	1930	Food Safari Water	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level.	AUSTRALIA	English-100	RPT	PG	Y
2020-07-14	2000	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G	Y
2020-07-14	2030	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 11	'Shaken, not stirred.' Richo shares none other than his 0-0-7 James Bond cocktail and tasty Sweet and Spicy Chicken Wings.	AUSTRALIA	English-100		G	
2020-07-14	2100	Luke Nguyen's Street Food Asia	Saigon, Vietnam - Part 1	Luke begins his adventure in his family's home city of Saigon, Vietnam. Early in the morning, Luke ventures into the hustle and bustle of market life looking for a traditional vermicelli noodle dish.	AUSTRALIA	English-100	RPT	G	Y
2020-07-14	2130	Bake With Anna Olson	Jelly Roll Cakes	Anna starts with a classic raspberry jelly roll, and then moves on to a recipe that is a little more complex - tart lemon roulade.	CANADA	English-100		G	
2020-07-14	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 12	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	
2020-07-14	2230	Poh's Kitchen	My Place With Ian Parmenter	After a week as Ian Parmenter's guest in Western Australia's Margaret River, has Poh finally become a country girl?	AUSTRALIA	English-100	RPT	G	Y

2020-07-14	2300	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y
2020-07-14	2330	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y
2020-07-14	2400	Delia's How To Cook	Eggs: Omelettes	Delia continues on the theme of eggs, this time concentrating on the versatile omelette, from light and fluffy, to the classic Spanish tortilla.	UNITED KINGDOM	English-100		G	
2020-07-14	2430	Food Safari Water	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level.	AUSTRALIA	English-100	RPT	PG	Y
2020-07-14	2500	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G	Y
2020-07-14	2530	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 11	'Shaken, not stirred.' Richo shares none other than his 0-0-7 James Bond cocktail and tasty Sweet and Spicy Chicken Wings.	AUSTRALIA	English-100		G	
2020-07-14	2600	Luke Nguyen's Street Food Asia	Saigon, Vietnam - Part 1	Luke begins his adventure in his family's home city of Saigon, Vietnam. Early in the morning, Luke ventures into the hustle and bustle of market life looking for a traditional vermicelli noodle dish.	AUSTRALIA	English-100	RPT	G	Y
2020-07-14	2630	Bake With Anna Olson	Jelly Roll Cakes	Anna starts with a classic raspberry jelly roll, and then moves on to a recipe that is a little more complex - tart lemon roulade.	CANADA	English-100		G	
2020-07-14	2700	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 12	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	
2020-07-14	2730	Poh's Kitchen	My Place With Ian Parmenter	After a week as Ian Parmenter's guest in Western Australia's Margaret River, has Poh finally become a country girl?	AUSTRALIA	English-100	RPT	G	Y
2020-07-14	2800	The Cook And The Chef	Shellfish	What do you do with sea urchin? How do you prepare abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G	
2020-07-14	2830	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG	
2020-07-15	0500	Mercurio's Menu	Yarra Valley	The Yarra Valley is one of the most picturesque places not only in Oz but the world. It's also chock a block full of great stuff like free range pork, beautiful little zucchini flowers, and garlic.	AUSTRALIA	English-100		PG	
2020-07-15	0530	Watts On The Grill	Bananas For Barbeque	Barbecuing bananas? That's crazy! Chef Spencer Watts shows us how to grill the delicate, ever-scrumptious fruit -bananas.	CANADA	English-100		PG	
2020-07-15	0600	The Chefs' Line	Vietnamese	Watch station chef Danton from top Melbourne Vietnamese restaurant, Annam, go up against three passionate home cooks in the ultimate Lemongrass Chicken challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-07-15	0630	Anjum's Australian Spice Stories	Comfort Food	It's cold outside so Anjum shows us how to warm our souls with her take on Indian comfort food - from a rich lamb bhuna to a spicy baked spinach ricotta.	AUSTRALIA	English-100		G	
2020-07-15	0700	Pati's Mexican Table	Road Trippin' With Javier Plascencia	Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero.	USA	English-100		PG	
2020-07-15	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 7	Matt is out on location at Boundary Bend, he shows the old school way of making baba ganoush. Michael whips up the perfect Sunday breakfast - cous cous stuffed mushrooms.	AUSTRALIA	English-100		PG	
2020-07-15	0800	Martha Bakes	West	From layer cake to upside-down cake, Martha shares four favourite recipes to add to your repertoire.	USA	English-100		G	

2020-07-15	0830	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y
2020-07-15	0900	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y
2020-07-15	0930	Delia's How To Cook	Eggs: Omelettes	Delia continues on the theme of eggs, this time concentrating on the versatile omelette, from light and fluffy, to the classic Spanish tortilla.	UNITED KINGDOM	English-100		G	
2020-07-15	1000	Food Safari Water	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level.	AUSTRALIA	English-100	RPT	PG	Y
2020-07-15	1030	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G	Y
2020-07-15	1100	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 11	'Shaken, not stirred.' Richo shares none other than his 0-0-7 James Bond cocktail and tasty Sweet and Spicy Chicken Wings.	AUSTRALIA	English-100		G	
2020-07-15	1130	Luke Nguyen's Street Food Asia	Saigon, Vietnam - Part 1	Luke begins his adventure in his family's home city of Saigon, Vietnam. Early in the morning, Luke ventures into the hustle and bustle of market life looking for a traditional vermicelli noodle dish.	AUSTRALIA	English-100	RPT	G	Y
2020-07-15	1200	Bake With Anna Olson	Jelly Roll Cakes	Anna starts with a classic raspberry jelly roll, and then moves on to a recipe that is a little more complex - tart lemon roulade.	CANADA	English-100		G	
2020-07-15	1230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 12	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	
2020-07-15	1300	Poh's Kitchen	My Place With Ian Parmenter	After a week as Ian Parmenter's guest in Western Australia's Margaret River, has Poh finally become a country girl?	AUSTRALIA	English-100	RPT	G	Y
2020-07-15	1330	Mercurio's Menu	Alice Springs	Alice Springs - Australia's most famous outback town. It's cradled by the MacDonnell Ranges and surrounded by some pretty harsh desert.	AUSTRALIA	English-100		G	
2020-07-15	1400	Watts On The Grill	Fish On The Grill	Watts a great protein to cook on the grill? Fish, of course! Chef Spencer Watts starts with a perfectly flaky wild salmon fillet, drizzled in a tangy raspberry and ginger glaze.	CANADA	English-100		G	
2020-07-15	1430	The Chefs' Line	Vietnamese	Watch sous chef Judy from top Melbourne Vietnamese restaurant, Annam, go up against three remaining home cooks in a bid to make the most delicious Coconut Dessert.	AUSTRALIA	English-100	RPT	G	Y
2020-07-15	1500	Anjum's Australian Spice Stories	Coastal Cooking	Anjum conjures up flavours of the Indian coast with a coconut beef stir fry, malayalee fish curry and spice infused glazed pineapple.	AUSTRALIA	English-100		G	
2020-07-15	1530	Pati's Mexican Table	Godmonth Of Cabo Cuisine, The	Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area.	USA	English-100		G	
2020-07-15	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 8	Matt runs us through one of his childhood favourites, Mexican rice with a twist.	AUSTRALIA	English-100		PG	
2020-07-15	1630	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G	
2020-07-15	1700	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G	
2020-07-15	1730	Martha Bakes	Southwest	From flan to tres leches cake, Martha shares treasured recipes from one of the first and oldest cuisines in the U.S.	USA	English-100		G	

2020-07-15	1800	French Food Safari	French Food Safari Series 1 Episode 5	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G	Y
2020-07-15	1830	French Food Safari	French Food Safari Series 1 Episode 6	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT	G	Y
2020-07-15	1900	Delia's How To Cook	Eggs: Souffles, Custards And Hollandaise	Delia shows how the simple technique of separating an egg yolk from the white can open up a whole range of easy-to-cook possibilities.	UNITED KINGDOM	English-100		G	
2020-07-15	1930	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 1	Anjum takes a stall at the Sherborne Country Fair where she hopes to persuade the masses to ditch greasy burgers and hot dogs in favour of her healthier alternative - a tandoori-style feast.	UNITED KINGDOM	English-100		G	
2020-07-15	2000	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 8	50 acres of pasture is a lot to manage and the local NRM, who consult on how to improve and maintain a healthy farm have told Matthew he desperately needs to get animals grazing.	AUSTRALIA	English-100	RPT	PG	Y
2020-07-15	2030	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 2	Peter continues his journey along the Margaret River meeting with artisanal producers and learning their craft. He starts at the famed Margaret River Farmers Markets before stepping back in time.	AUSTRALIA	English-100	RPT	G	Y
2020-07-15	2100	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna demonstrates just how easy it is to make perfectly sticky and saucy pork ribs, together with a tantalising Asian-style poached chicken, and the recipe for the ultimate chocolate fudge cake.	AUSTRALIA	English-100		G	
2020-07-15	2130	Bake With Anna Olson	Cheesecake	Anna shares her secrets for creating the delicious smooth and rich dessert that is cheesecake, starting with the classic New York cheesecake.	CANADA	English-100		G	
2020-07-15	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 13	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	
2020-07-15	2230	Poh's Kitchen	Macarons With Emmanuel Mollois	This episode Poh and French chef Emmanuel Mollois experiment with two different versions of macarons - one French and one Malaysian.	AUSTRALIA	English-100	RPT	G	Y
2020-07-15	2300	French Food Safari	French Food Safari Series 1 Episode 5	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G	Y
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2020-07-16	0500	Mercurio's Menu	Alice Springs	Alice Springs - Australia's most famous outback town. It's cradled by the MacDonnell Ranges and surrounded by some pretty harsh desert.	AUSTRALIA	English-100		G	
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2020-07-16	0600	The Chefs' Line	Vietnamese	Watch sous chef Judy from top Melbourne Vietnamese restaurant, Annam, go up against three remaining home cooks in a bid to make the most delicious Coconut Dessert.	AUSTRALIA	English-100	RPT	G	Y
2020-07-16	0630	Anjum's Australian Spice Stories	Coastal Cooking	Anjum conjures up flavours of the Indian coast with a coconut beef stir fry, malayalee fish curry and spice infused glazed pineapple.	AUSTRALIA	English-100		G	
2020-07-16	0700	Pati's Mexican Table	Godmonth Of Cabo Cuisine, The	Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area.	USA	English-100		G	
2020-07-16	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 8	Matt runs us through one of his childhood favourites, Mexican rice with a twist.	AUSTRALIA	English-100		PG	
2020-07-16	0800	Martha Bakes	Southwest	From flan to tres leches cake, Martha shares treasured recipes from one of the first and oldest cuisines in the U.S.	USA	English-100		G	
2020-07-16	0830	French Food Safari	French Food Safari Series 1 Episode 5	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G	Y
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2020-07-16	0930	Delia's How To Cook	Eggs: Souffles, Custards And Hollandaise	Delia shows how the simple technique of separating an egg yolk from the white can open up a whole range of easy-to-cook possibilities.	UNITED KINGDOM	English-100		G	
2020-07-16	1000	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 1	Anjum takes a stall at the Sherborne Country Fair where she hopes to persuade the masses to ditch greasy burgers and hot dogs in favour of her healthier alternative - a tandoori-style feast.	UNITED KINGDOM	English-100		G	
2020-07-16	1030	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 8	50 acres of pasture is a lot to manage and the local NRM, who consult on how to improve and maintain a healthy farm have told Matthew he desperately needs to get animals grazing.	AUSTRALIA	English-100	RPT	PG	Y
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2020-07-16	1130	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna demonstrates just how easy it is to make perfectly sticky and saucy pork ribs, together with a tantalising Asian-style poached chicken, and the recipe for the ultimate chocolate fudge cake.	AUSTRALIA	English-100		G	
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2020-07-16	1230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 13	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	
2020-07-16	1300	Poh's Kitchen	Macarons With Emmanuel Mollois	This episode Poh and French chef Emmanuel Mollois experiment with two different versions of macarons - one French and one Malaysian.	AUSTRALIA	English-100	RPT	G	Y

2020-07-16	1330	Mercurio's Menu	High Country	When you think of the High Country, you originally think of its rich cultural history - the days of the goldrush, and Ned Kelly riding around these very hills with his brothers.	AUSTRALIA	English-100		G	
2020-07-16	1400	Watts On The Grill	Delicious Grilled Shellfish	Shellfish is delicate, tantalizing, and full of flavour, especially when it's grilled to perfection. Host Spencer Watts starts off this episode by barbequing his all-time favourite - scallops.	CANADA	English-100		G	
2020-07-16	1430	The Chefs' Line	Vietnamese	Watch Head Chef Jerry Mai from top Melbourne Vietnamese restaurant, Annam, face off against this week's final home cook. Things really heat up in the battle of the Hot and Sour Soups.	AUSTRALIA	English-100	RPT	G	Y
2020-07-16	1500	Anjum's Australian Spice Stories	Street Food	Anjum hits the bustling night markets of Melbourne to sample the delicious hawker style food before returning to the kitchen to showcase her favourite Indian street foods.	AUSTRALIA	English-100		G	
2020-07-16	1530	Pati's Mexican Table	Los Cabos By Land And Sea	Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest seafood all of Los Cabos has to offer. Pati grills up her catch-of-the-day with Chef Guillermo Gomez.	USA	English-100		PG	
2020-07-16	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 9	Matt cooks up a delicious family favourite - the classic Sunday roast - a succulent braised lamb shoulder.	AUSTRALIA	English-100		PG	
2020-07-16	1630	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100		G	
2020-07-16	1700	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100		G	
2020-07-16	1730	Martha Bakes	South	Martha dishes up showstoppers from the South - tangy buttermilk pie, bourbon bread pudding, and heavenly carrot cake.	USA	English-100		G	
2020-07-16	1800	French Food Safari	French Food Safari Series 1 Episode 7	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	G	Y
2020-07-16	1830	French Food Safari	French Food Safari Series 1 Episode 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G	Y
2020-07-16	1900	Delia's How To Cook	Bread	Delia revives the art of home baking with a programme devoted to flour. According to Delia, it takes less time to make a loaf of wholemeal bread than it does to drive to the supermarket.	UNITED KINGDOM	English-100		G	
2020-07-16	1930	Jimmy's Australian Food Adventure	New Arrivals	Jimmy explores how successive waves of new arrivals introduced new tastes to the continent. In Darwin he enjoys a traditional Greek barbeque with Jim and Patricia Christakos.	UNITED KINGDOM	English-100		PG	
2020-07-16	2000	Nigellissima	Nigellissima Series 1 Ep 1	Nigella Lawson introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic and almonds.	UNITED KINGDOM	English-100	RPT	G	Y
2020-07-16	2030	Rachel Khoo: My Swedish Kitchen	New Diverse Cuisine, A	Rachel visits Malmo, and the multicultural feel of the city gives her inspiration to make a Swedish-style green shakshuka. For dessert, Rachel prepares chocolate oat cookies.	UNITED KINGDOM	English-100		G	
2020-07-16	2100	Gino's Italian Escape: Hidden Italy	Abruzzo	Starting in the coastal town of Pescara, Gino though first starts his food odyssey learning about the Abruzzo region's unique contribution to the culinary landscape - chitarra pasta.	UNITED KINGDOM	English-100		PG	
2020-07-16	2130	Bake With Anna Olson	Gnache	Anna starts with a simple ganache and makes individual ganache tarts. Next, Anna takes a more complex recipe and creates molten centre chocolate cakes.	CANADA	English-100		G	
2020-07-16	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 14	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	
2020-07-16	2230	Poh's Kitchen	Meat With Neil Perry	Poh is determined to master the art of roasting, so her guest in the kitchen is the master of meat, Neil Perry.	AUSTRALIA	English-100	RPT	G	Y

2020-07-16	2300	French Food Safari	French Food Safari Series 1 Episode 7	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	G	Y
2020-07-16	2330	French Food Safari	French Food Safari Series 1 Episode 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G	Y
2020-07-16	2400	Delia's How To Cook	Bread	Delia revives the art of home baking with a programme devoted to flour. According to Delia, it takes less time to make a loaf of wholemeal bread than it does to drive to the supermarket.	UNITED KINGDOM	English-100		G	
2020-07-16	2430	Jimmy's Australian Food Adventure	New Arrivals	Jimmy explores how successive waves of new arrivals introduced new tastes to the continent. In Darwin he enjoys a traditional Greek barbeque with Jim and Patricia Christakos.	UNITED KINGDOM	English-100		PG	
2020-07-16	2500	Nigellissima	Nigellissima Series 1 Ep 1	Nigella Lawson introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic and almonds.	UNITED KINGDOM	English-100	RPT	G	Y
2020-07-16	2530	Rachel Khoo: My Swedish Kitchen	New Diverse Cuisine, A	Rachel visits Malmo, and the multicultural feel of the city gives her inspiration to make a Swedish-style green shakshuka. For dessert, Rachel prepares chocolate oat cookies.	UNITED KINGDOM	English-100		G	
2020-07-16	2600	Gino's Italian Escape: Hidden Italy	Abruzzo	Starting in the coastal town of Pescara, Gino though first starts his food odyssey learning about the Abruzzo region's unique contribution to the culinary landscape - chitarra pasta.	UNITED KINGDOM	English-100		PG	
2020-07-16	2630	Bake With Anna Olson	Gnache	Anna starts with a simple ganache and makes individual ganache tarts. Next, Anna takes a more complex recipe and creates molten centre chocolate cakes.	CANADA	English-100		G	
2020-07-16	2700	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 14	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	
2020-07-16	2730	Poh's Kitchen	Meat With Neil Perry	Poh is determined to master the art of roasting, so her guest in the kitchen is the master of meat, Neil Perry.	AUSTRALIA	English-100	RPT	G	Y
2020-07-16	2800	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100		G	
2020-07-16	2830	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100		G	
2020-07-17	0500	Mercurio's Menu	High Country	When you think of the High Country, you originally think of its rich cultural history - the days of the goldrush, and Ned Kelly riding around these very hills with his brothers.	AUSTRALIA	English-100		G	
2020-07-17	0530	Watts On The Grill	Delicious Grilled Shellfish	Shellfish is delicate, tantalizing, and full of flavour, especially when it's grilled to perfection. Host Spencer Watts starts off this episode by barbecuing his all-time favourite - scallops.	CANADA	English-100		G	
2020-07-17	0600	The Chefs' Line	Vietnamese	Watch Head Chef Jerry Mai from top Melbourne Vietnamese restaurant, Annam, face off against this week's final home cook. Things really heat up in the battle of the Hot and Sour Soups.	AUSTRALIA	English-100	RPT	G	Y
2020-07-17	0630	Anjum's Australian Spice Stories	Street Food	Anjum hits the bustling night markets of Melbourne to sample the delicious hawker style food before returning to the kitchen to showcase her favourite Indian street foods.	AUSTRALIA	English-100		G	
2020-07-17	0700	Pati's Mexican Table	Los Cabos By Land And Sea	Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest seafood all of Los Cabos has to offer. Pati grills up her catch-of-the-day with Chef Guillermo Gomez.	USA	English-100		PG	
2020-07-17	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 9	Matt cooks up a delicious family favourite - the classic Sunday roast - a succulent braised lamb shoulder.	AUSTRALIA	English-100		PG	
2020-07-17	0800	Martha Bakes	South	Martha dishes up showstoppers from the South - tangy buttermilk pie, bourbon bread pudding, and heavenly carrot cake.	USA	English-100		G	
2020-07-17	0830	French Food Safari	French Food Safari Series 1 Episode 7	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	G	Y

2020-07-17	0900	French Food Safari	French Food Safari Series 1 Episode 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G	Y
2020-07-17	0930	Delia's How To Cook	Bread	Delia revives the art of home baking with a programme devoted to flour. According to Delia, it takes less time to make a loaf of wholemeal bread than it does to drive to the supermarket.	UNITED KINGDOM	English-100		G	
2020-07-17	1000	Jimmy's Australian Food Adventure	New Arrivals	Jimmy explores how successive waves of new arrivals introduced new tastes to the continent. In Darwin he enjoys a traditional Greek barbeque with Jim and Patricia Christakos.	UNITED KINGDOM	English-100		PG	
2020-07-17	1030	Nigellissima	Nigellissima Series 1 Ep 1	Nigella Lawson introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic and almonds.	UNITED KINGDOM	English-100	RPT	G	Y
2020-07-17	1100	Rachel Khoo: My Swedish Kitchen	New Diverse Cuisine, A	Rachel visits Malmo, and the multicultural feel of the city gives her inspiration to make a Swedish-style green shakshuka. For dessert, Rachel prepares chocolate oat cookies.	UNITED KINGDOM	English-100		G	
2020-07-17	1130	Gino's Italian Escape: Hidden Italy	Abruzzo	Starting in the coastal town of Pescara, Gino though first starts his food odyssey learning about the Abruzzo region's unique contribution to the culinary landscape - chitarra pasta.	UNITED KINGDOM	English-100		PG	
2020-07-17	1200	Bake With Anna Olson	Gnache	Anna starts with a simple ganache and makes individual ganache tarts. Next, Anna takes a more complex recipe and creates molten centre chocolate cakes.	CANADA	English-100		G	
2020-07-17	1230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 14	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	
2020-07-17	1300	Poh's Kitchen	Meat With Neil Perry	Poh is determined to master the art of roasting, so her guest in the kitchen is the master of meat, Neil Perry.	AUSTRALIA	English-100	RPT	G	Y
2020-07-17	1330	Mercurio's Menu	Gippsland	You can't help but marvel at the changing landscape of this great country, and in South Gippsland, it's got some of the most diverse countryside you could imagine.	AUSTRALIA	English-100		G	
2020-07-17	1400	Watts On The Grill	Saucy	Ditch the store-bought barbeque sauce! Host Spencer Watts offers up some foolproof barbeque sauce recipes to make at home.	CANADA	English-100		G	
2020-07-17	1430	The Chefs' Line	Vietnamese	Judge Melissa Leong takes us inside the kitchen of top Melbourne Vietnamese restaurant, Annam. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-07-17	1500	Anjum's Australian Spice Stories	Light And Healthy	Determined to break the myth that Indian food is heavy and indulgent, Anjum sets out to show us the light and healthy side of Indian cuisine.	AUSTRALIA	English-100		G	
2020-07-17	1530	Pati's Mexican Table	New York	Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House, a non-profit culinary arts organisation in New York City.	USA	English-100		G	
2020-07-17	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 10	Matt and Courtney prepare butterflyed barbequed bhicken - perfect food to enjoy when entertaining. Courtney creates the perfect light eating dish when it's scorching hot outside - prawn tostadas.	AUSTRALIA	English-100		PG	
2020-07-17	1630	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100		PG	
2020-07-17	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	
2020-07-17	1730	Martha Bakes	Great Lakes	Martha prepares impressively simple regional favourites - Belgian rice pie, blitz torte, and sugar cream pie.	USA	English-100		G	
2020-07-17	1800	French Food Safari	French Food Safari Series 1 Episode 9	Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes.	AUSTRALIA	English-100	RPT	G	Y

2020-07-17	1830	Food Safari	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi, owner and chef of Bennelong Restaurant at the Sydney Opera House, and TV chef Gabriel Gate.	AUSTRALIA	English-100	RPT	G	Y
2020-07-17	1900	Delia's How To Cook	Pastry	Delia gives an easy first lesson in the art of making pastry with a shortcrust flan and flaky pastry. Demonstrating just how easy it is to create simple but delicious meals, she bakes a smoked fish.	UNITED KINGDOM	English-100		G	
2020-07-17	1930	My Second Restaurant In India	My Second Restaurant In India Series 2, Ep 1	Seeking inspiration for her menu, Sarah immerses herself in Mumbai's thriving street food scene. Meanwhile, delays on the new restaurant kitchen are putting the team behind schedule.	AUSTRALIA	English-100	RPT	G	Y
2020-07-17	2030	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	
2020-07-17	2135	Bake With Anna Olson	Lady Fingers	Part cake, part cookie, ladyfingers are extremely versatile in the pastry kitchen. Anna starts by showing viewers how to make these light and spongy biscuits.	CANADA	English-100		G	
2020-07-17	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 15	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	
2020-07-17	2230	Poh's Kitchen	Indulgence With Emmanuel Mollois	Inspired by the excitement of the Fringe Festival Street Party and some decadent desserts afterwards, she decides to cook a very labour intensive and traditional Indonesian Layer Cake.	AUSTRALIA	English-100	RPT	G	Y
2020-07-17	2300	French Food Safari	French Food Safari Series 1 Episode 9	Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-07-17	2330	Food Safari	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi, owner and chef of Bennelong Restaurant at the Sydney Opera House, and TV chef Gabriel Gate.	AUSTRALIA	English-100	RPT	G	Y
2020-07-17	2400	Delia's How To Cook	Pastry	Delia gives an easy first lesson in the art of making pastry with a shortcrust flan and flaky pastry. Demonstrating just how easy it is to create simple but delicious meals, she bakes a smoked fish.	UNITED KINGDOM	English-100		G	
2020-07-17	2430	My Second Restaurant In India	My Second Restaurant In India Series 2, Ep 1	Seeking inspiration for her menu, Sarah immerses herself in Mumbai's thriving street food scene. Meanwhile, delays on the new restaurant kitchen are putting the team behind schedule.	AUSTRALIA	English-100	RPT	G	Y
2020-07-17	2530	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	
2020-07-17	2635	Bake With Anna Olson	Lady Fingers	Part cake, part cookie, ladyfingers are extremely versatile in the pastry kitchen. Anna starts by showing viewers how to make these light and spongy biscuits.	CANADA	English-100		G	
2020-07-17	2700	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 15	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	
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2020-07-17	2800	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100		PG	
2020-07-17	2830	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	
2020-07-18	0500	Mercurio's Menu	Gippsland	You can't help but marvel at the changing landscape of this great country, and in South Gippsland, it's got some of the most diverse countryside you could imagine.	AUSTRALIA	English-100		G	
2020-07-18	0530	Watts On The Grill	Saucey	Ditch the store-bought barbeque sauce! Host Spencer Watts offers up some foolproof barbeque sauce recipes to make at home.	CANADA	English-100		G	

2020-07-18	0600	The Chefs' Line	Vietnamese	Judge Melissa Leong takes us inside the kitchen of top Melbourne Vietnamese restaurant, Annam. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-07-18	0630	Anjum's Australian Spice Stories	Light And Healthy	Determined to break the myth that Indian food is heavy and indulgent, Anjum sets out to show us the light and healthy side of Indian cuisine.	AUSTRALIA	English-100		G	
2020-07-18	0700	Pati's Mexican Table	New York	Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House, a non-profit culinary arts organisation in New York City.	USA	English-100		G	
2020-07-18	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 10	Matt and Courtney prepare butterflied barbequed bhicken - perfect food to enjoy when entertaining. Courtney creates the perfect light eating dish when it's scorching hot outside - prawn tostadas.	AUSTRALIA	English-100		PG	
2020-07-18	0800	Martha Bakes	Great Lakes	Martha prepares impressively simple regional favourites - Belgian rice pie, blitz torte, and sugar cream pie.	USA	English-100		G	
2020-07-18	0830	French Food Safari	French Food Safari Series 1 Episode 9	Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-07-18	0900	Food Safari	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi, owner and chef of Bennelong Restaurant at the Sydney Opera House, and TV chef Gabriel Gate.	AUSTRALIA	English-100	RPT	G	Y
2020-07-18	0930	Delia's How To Cook	Pastry	Delia gives an easy first lesson in the art of making pastry with a shortcrust flan and flaky pastry. Demonstrating just how easy it is to create simple but delicious meals, she bakes a smoked fish.	UNITED KINGDOM	English-100		G	
2020-07-18	1000	My Second Restaurant In India	My Second Restaurant In India Series 2, Ep 1	Seeking inspiration for her menu, Sarah immerses herself in Mumbai's thriving street food scene. Meanwhile, delays on the new restaurant kitchen are putting the team behind schedule.	AUSTRALIA	English-100	RPT	G	Y
2020-07-18	1100	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	
2020-07-18	1205	Bake With Anna Olson	Lady Fingers	Part cake, part cookie, ladyfingers are extremely versatile in the pastry kitchen. Anna starts by showing viewers how to make these light and spongy biscuits.	CANADA	English-100		G	
2020-07-18	1230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 15	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	
2020-07-18	1300	Food Safari	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi, owner and chef of Bennelong Restaurant at the Sydney Opera House, and TV chef Gabriel Gate.	AUSTRALIA	English-100	RPT	G	Y
2020-07-18	1330	Food Safari	French Safari Part 2	Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes.	AUSTRALIA	English-100	RPT	G	Y
2020-07-18	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 13	The big hearted and down-to-earth Hairy Bikers, Dave Myers and Si King, host Saturday Kitchen this week with help from two top chefs.	UNITED KINGDOM	English-100		PG	
2020-07-18	1500	The Good Cooks	Fiji	Famed chef Sarah Todd travels to the tourist hub of the South Pacific, Nadi, Fiji to explore how the fledgling tropical fruit industry is being helped by Australian agricultural science.	AUSTRALIA	English-100		PG	
2020-07-18	1530	The Good Cooks	Indonesia	Australian food writer and television presenter Rebecca Sullivan travels from the Clare Valley in South Australia to Kupang in the heart of West Timor.	AUSTRALIA	English-85; Indonesian-15		G	
2020-07-18	1600	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G	
2020-07-18	1630	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G	

2020-07-18	1700	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G	
2020-07-18	1730	Flintoff's Great British Road Trip	South East, The	The boy's chip van rocks up in the South East, kicking off in London. They get muddy on the banks of the river Thames in search of buried treasure, and cook fish and chips for their fellow diggers.	UNITED KINGDOM	English-100		G	
2020-07-18	1830	Secrets Of The Factories	Secrets Of The Kelloggs Factory	The Kellogg's factory in Manchester opens its doors to reveal step by step how some of United Kingdom's favourite breakfast cereals are made in one of Britain's biggest factories.	UNITED KINGDOM	English-100		PG	
2020-07-18	1930	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 8	For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana.	AUSTRALIA			G	
2020-07-18	2000	Poh & Co.	Poh & Co. Series 2 Ep 8	Opening day is fast approaching, so Jono and the lads rush to fit out the Central Market cafe, while Poh creates two brilliant new recipes.	AUSTRALIA	English-100	RPT	G	Y
2020-07-18	2030	Rhodes Across Italy	Sicily	Gary Rhodes is in Sicily to discover and enjoy the unique cuisine of this wonderful island. He prepares pasta with sardines and wild fennel, lamb stew with mint, and a hearty side dish.	UNITED KINGDOM	English-100		G	
2020-07-18	2135	The Hairy Bikers' Food Tour Of Britain	Anglesey	Si and Dave explore Anglesey, where they cook an ancient local favourite in Beaumaris, harvest mussels from the Menai Strait and sample some very special sea salt.	UNITED KINGDOM	English-100	RPT	G	
2020-07-18	2230	Destination Flavour	Destination Flavour Series 1 Episode 3	Adam tries the award-winning Holy Goat cheese, Renee spends a revealing day with Peter Kuruvita on Sydney Harbour, and Lily is treated to a kaiseki menu with the Japanese ambassador.	AUSTRALIA	English-100	RPT	G	Y
2020-07-18	2300	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G	
2020-07-18	2330	Flintoff's Great British Road Trip	South East, The	The boy's chip van rocks up in the South East, kicking off in London. They get muddy on the banks of the river Thames in search of buried treasure, and cook fish and chips for their fellow diggers.	UNITED KINGDOM	English-100		G	
2020-07-18	2430	Secrets Of The Factories	Secrets Of The Kelloggs Factory	The Kellogg's factory in Manchester opens its doors to reveal step by step how some of United Kingdom's favourite breakfast cereals are made in one of Britain's biggest factories.	UNITED KINGDOM	English-100		PG	
2020-07-18	2530	Cheese Slices	Massif Central And The Auvergne	The rugged plateau of the Massif Central and Auvergne is famous for rich green pastures and its six benchmark AOC French cheeses. Will explores the differences between three semi hard varieties.	AUSTRALIA	English-100		G	
2020-07-18	2600	Cheese Slices	Washed Rind Cheeses Of France	There is nothing like the strong seductive smell of washed rind cheeses to bring back evocative memories of a visit to France. Will travels to the misty Vosges Mountains of Alsace.	AUSTRALIA	English-100		G	
2020-07-18	2630	Rhodes Across Italy	Sicily	Gary Rhodes is in Sicily to discover and enjoy the unique cuisine of this wonderful island. He prepares pasta with sardines and wild fennel, lamb stew with mint, and a hearty side dish.	UNITED KINGDOM	English-100		G	
2020-07-18	2735	The Hairy Bikers' Food Tour Of Britain	Anglesey	Si and Dave explore Anglesey, where they cook an ancient local favourite in Beaumaris, harvest mussels from the Menai Strait and sample some very special sea salt.	UNITED KINGDOM	English-100	RPT	G	
2020-07-18	2830	Destination Flavour	Destination Flavour Series 1 Episode 3	Adam tries the award-winning Holy Goat cheese, Renee spends a revealing day with Peter Kuruvita on Sydney Harbour, and Lily is treated to a kaiseki menu with the Japanese ambassador.	AUSTRALIA	English-100	RPT	G	Y