



**WEEK 3: Sunday, 13 January - Saturday, 19 January 2019 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-01-13	0500	<b>Dinner Date</b>	Roxanne	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				
2019-01-13	0600	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 7	In Kyoto, Adam Liaw takes us on a journey of discovery we meet a Tea Master, a Maiko and Michelin Star chef who makes risotto into sushi.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
2019-01-13	0630	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 8	Adam hits the streets to show us Osaka's incredibly delicious array of cheap eats. He spends the day with a retired sumo wrestler, then indulges in some delicious baseball stadium food.	AUSTRALIA	English-70; Japanese-30	RPT	G	Y	Y
2019-01-13	0700	<b>The Cook And The Chef</b>	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100		G		
2019-01-13	0730	<b>The Cook And The Chef</b>	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G		
2019-01-13	0800	<b>The Cook And The Chef</b>	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G		
2019-01-13	0830	<b>People Of The Vines</b>	Beyond The Cellar Door	What does it take to make a bottle of wine? Wine writer Tyson Stelzer ventures to northern Tasmania to meet six winemakers and their families and discovers all the joys and dramas of wine harvest.	AUSTRALIA	English-100		PG		
2019-01-13	0900	<b>People Of The Vines</b>	Wash Out	Rain during harvest is heartbreaking. Vintage has kicked off in northern Tasmania and a deluge throws picking schedules into chaos. Can they get the grapes off the vines before crops are destroyed?	AUSTRALIA	English-100		PG		
2019-01-13	0930	<b>People Of The Vines</b>	Mechanical Armageddon	The race is on to harvest. Stress levels hit boiling point at Josef Chromy winery when simultaneous breakdowns shut down the winery and the harvester.	AUSTRALIA	English-100		G		Y
2019-01-13	1000	<b>Ask The Butcher</b>	Pork	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G		
2019-01-13	1030	<b>Anthony Bourdain: No Reservations</b>	Sweden	Anthony Bourdain is off to investigate Sweden, 'a land of contrasts'. He's hoping to dispel the myths of tall blondes, Swedish meatballs, and ABBA.	USA	English-100		PG		Y
2019-01-13	1130	<b>Justine's Flavours Of Fuji</b>	Justine's Flavours Of Fuji Series 1	Justine visits Meijiya Soy sauce factory and makes her own soy sauce. Aoki teaches her the art of making Wagashi.	AUSTRALIA	English-100		G		
2019-01-13	1200	<b>Justine's Flavours Of Fuji</b>	Justine's Flavours Of Fuji Series 1	Justine visits the traditional town Shuzenji and tries on a very traditional outfit for her walk around the temple. Recipes today include okonomiyaki and fried chicken.	AUSTRALIA	English-100		G		
2019-01-13	1230	<b>Nigella Bites</b>	Black	Nigella Lawson gives us her personal take on Italian food, from the classic pasta with mussels, through black rice and squid rings to her Anglo-Italian trifle.	UNITED KINGDOM	English-100	RPT	G	Y	

2019-01-13	1300	<b>Nigella Bites</b>	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-01-13	1330	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 7	In Kyoto, Adam Liaw takes us on a journey of discovery we meet a Tea Master, a Maiko and Michelin Star chef who makes risotto into sushi.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
2019-01-13	1400	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 8	Adam hits the streets to show us Osaka's incredibly delicious array of cheap eats. He spends the day with a retired sumo wrestler, then indulges in some delicious baseball stadium food.	AUSTRALIA	English-70; Japanese-30	RPT	G	Y	Y
2019-01-13	1430	<b>Ask The Butcher</b>	Pork	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G		
2019-01-13	1500	<b>People Of The Vines</b>	Vintage Values	From the smallest wine estate in Tasmania to the largest, the pressure of making ends meet is intense. How does a winemaker keep a business afloat when the crop is half the size they'd hoped for?	AUSTRALIA	English-100		G		
2019-01-13	1530	<b>People Of The Vines</b>	Family Vintage	It takes a family to raise a wine. In northern Tasmania, kids, grandparents, dogs and even the family's pet pig all lend a hand. When things go wrong, your neighbouring winemakers are your best mates.	AUSTRALIA	English-100		G		
2019-01-13	1600	<b>People Of The Vines</b>	Off To Market	It's one thing to make a bottle of wine, but quite another to sell it. It doesn't get any more cutthroat than Sydney. Tyson Stelzer follows six winemakers to discover what it takes to sell a bottle.	AUSTRALIA	English-100		G		
2019-01-13	1630	<b>Ask The Butcher</b>	Game	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G		Y
2019-01-13	1700	<b>The Cook And The Chef</b>	Pears	It's pear season and whether you like them crunchy, ripe, baked, poached, or even grilled, Maggie and Simon have something to please.	AUSTRALIA	English-100		G		
2019-01-13	1730	<b>The Cook And The Chef</b>	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100		G		
2019-01-13	1800	<b>The Cook And The Chef</b>	Apples And Onions	Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.	AUSTRALIA	English-100		G		
2019-01-13	1830	<b>Cheese Slices</b>	Cheeses Of Quebec	The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance.	AUSTRALIA	English-100		G		
2019-01-13	1900	<b>Cheese Slices</b>	Ancient Cheese Of Portugal, The	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese.	AUSTRALIA	English-100		G		
2019-01-13	1930	<b>Hairy Bikers' Bakeation</b>	Low Countries	The second leg of the Hairy Bikers Bakeation begins on the flatlands of the Netherlands where Si and Dave bake Lazybones buns beside a windmill.	UNITED KINGDOM	English-100		G		
2019-01-13	2030	<b>Rick Stein's Far Eastern Odyssey</b>	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-01-13	2135	<b>Destination Flavour China</b>	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.		English-70; Mandarin-30	RPT		Y	Y
2019-01-13	2205	<b>Food Safari</b>	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G	Y	

2019-01-13	2230	<b>The Cook And The Chef</b>	Pears	It's pear season and whether you like them crunchy, ripe, baked, poached, or even grilled, Maggie and Simon have something to please.	AUSTRALIA	English-100		G			
2019-01-13	2300	<b>The Cook And The Chef</b>	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100		G			
2019-01-13	2330	<b>Anthony Bourdain: No Reservations</b>	Puerto Rico	Tony and Andy, a native, dine on roasted pig in Caicay, attend a posh party at a hacienda, search for a Chuppacabra in the jungle, meet boxing champion Miguel Cotto, and travel to Ponce.	USA	English-100		PG		Y	
2019-01-13	2430	<b>Cheese Slices</b>	Cheeses Of Quebec	The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance.	AUSTRALIA	English-100					
2019-01-13	2500	<b>Cheese Slices</b>	Ancient Cheese Of Portugal, The	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese.	AUSTRALIA	English-100					
2019-01-13	2530	<b>Hairy Bikers' Bakeation</b>	Low Countries	The second leg of the Hairy Bikers Bakeation begins on the flatlands of the Netherlands where Si and Dave bake Lazybones buns beside a windmill.	UNITED KINGDOM	English-100					
2019-01-13	2630	<b>Rick Stein's Far Eastern Odyssey</b>	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G		Y	
2019-01-13	2735	<b>Destination Flavour China</b>	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.		English-70; Mandarin-30	RPT			Y	Y
2019-01-13	2805	<b>Food Safari</b>	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G		Y	
2019-01-13	2830	<b>The Cook And The Chef</b>	Pears	It's pear season and whether you like them crunchy, ripe, baked, poached, or even grilled, Maggie and Simon have something to please.	AUSTRALIA	English-100		G			
2019-01-14	0500	<b>The Cook And The Chef</b>	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100		G			
2019-01-14	0530	<b>The Cook And The Chef</b>	Apples And Onions	Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.	AUSTRALIA	English-100		G			
2019-01-14	0600	<b>People Of The Vines</b>	Vintage Values	From the smallest wine estate in Tasmania to the largest, the pressure of making ends meet is intense. How does a winemaker keep a business afloat when the crop is half the size they'd hoped for?	AUSTRALIA	English-100		G			
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2019-01-14	0800	<b>Cheese Slices</b>	Cheeses Of Quebec	The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance.	AUSTRALIA	English-100					
2019-01-14	0830	<b>Cheese Slices</b>	Ancient Cheese Of Portugal, The	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese.	AUSTRALIA	English-100					

2019-01-14	0900	<b>Anthony Bourdain: No Reservations</b>	Puerto Rico	Tony and Andy, a native, dine on roasted pig in Caicay, attend a posh party at a hacienda, search for a Chuppacabra in the jungle, meet bosing champion Miguel Cotto, and travel to Ponce.	USA	English-100		PG		Y
2019-01-14	1000	<b>Hairy Bikers' Bakeation</b>	Low Countries	The second leg of the Hairy Bikers Bakeation begins on the flatlands of the Netherlands where Si and Dave bake Lazybones buns beside a windmill.	UNITED KINGDOM	English-100				
2019-01-14	1100	<b>Rick Stein's Far Eastern Odyssey</b>	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-01-14	1205	<b>Destination Flavour China</b>	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.		English-70; Mandarin-30	RPT		Y	Y
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2019-01-14	1500	<b>Surfing The Menu</b>	Bellarine Peninsula	Home to some of Victoria's best surf spots is the beautiful Bellarine Peninsula. The boys take to the waters to help haul in a catch from a mussel farm.	AUSTRALIA	English-100		PG		
2019-01-14	1530	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 41	Ben and Rhys make their third stop on their food crawl at Templo, a small Italian-style restaurant.	AUSTRALIA	English-100		G		
2019-01-14	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, fishing for sardines and anchovies, and a look at an electric samovar.	AUSTRALIA	English-100	RPT	G		
2019-01-14	1630	<b>Boys Weekend</b>	Boys Weekend Series 1 Ep 1	Four international chefs get together in Australia for some weekend fun, adventure, good times and plenty of food. First they head to a coastal retreat in Flinders, Victoria.	AUSTRALIA	English-100		G		
2019-01-14	1700	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 5	Adrian shares his twist on the classic Mexican celebratory dish mole poblano.	AUSTRALIA	English-100				
2019-01-14	1730	<b>The Cook And The Chef</b>	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100		PG		
2019-01-14	1800	<b>The Cook And The Chef</b>	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G		
2019-01-14	1830	<b>Oliver's Twist</b>	Abba Mania	Lynn, Chris, Paula and Steve are all mad ABBA fans who tour the UK in their camper. Jamie cooks them Marinated squid salad, Pot roasted pork, and a fruit cobbler.	UNITED KINGDOM	English-100		G		
2019-01-14	1900	<b>Oliver's Twist</b>	Singletons	Jamie invites people into his home and cooks risotto, tuna steaks, and a chocolate tart. He also offers three women advice on their boyfriends.	UNITED KINGDOM	English-100		G		
2019-01-14	1930	<b>Thai Street Food With David Thompson</b>	Dtam Sang Stalls	David Thompson hits the night markets introducing us to some of his favourite dtam sang stalls. He also cooks up a few dishes himself, including a quick and easy Tom Yum soup.	AUSTRALIA	English-100	RPT	G	Y	Y

2019-01-14	2000	<b>Thai Street Food With David Thompson</b>	Big Night Out!	Starting at the famous Lumpinee Stadium, David talks to the boxers about the art of Muay Thai boxing. Outside the stadium, banana roti is served to hungry patrons.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-01-14	2030	<b>Donna Hay: Basics To Brilliance Kids</b>	Sleepover	What sleepover is complete without pizza for dinner? Donna and the girls get busy making their own - on a clever flatbread base.	AUSTRALIA	English-100				
2019-01-14	2100	<b>Donna Hay: Basics To Brilliance Kids</b>	Treasure Hunt	An important part of getting ready for the day's treasure hunt is making sure everyone has enough energy. Donna and her two helpers make bowls of pesto pasta with a twist.	AUSTRALIA	English-100				
2019-01-14	2130	<b>Food Porn</b>	No Forks Required	On this trip, Michael heads to a spot in Miami that's taking the classic grilled cheese to the next level with their insane sandwich creations. Next up is a Filipino restaurant in NYC.	USA	English-100				
2019-01-14	2200	<b>The Cook And The Chef</b>	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100		PG		
2019-01-14	2230	<b>The Cook And The Chef</b>	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G		
2019-01-14	2300	<b>Oliver's Twist</b>	Abba Mania	Lynn, Chris, Paula and Steve are all mad ABBA fans who tour the UK in their camper. Jamie cooks them Marinated squid salad, Pot roasted pork, and a fruit cobbler.	UNITED KINGDOM	English-100		G		
2019-01-14	2330	<b>Oliver's Twist</b>	Singletons	Jamie invites people into his home and cooks risotto, tuna steaks, and a chocolate tart. He also offers three women advice on their boyfriends.	UNITED KINGDOM	English-100		G		
2019-01-14	2400	<b>Anthony Bourdain: No Reservations</b>	Quebec	Anthony visits a duck farm and processing plant to see how foie gras is made, teaches a class at the Montreal Culinary Institute and plays hockey with a local university hockey team.	USA	English-100		PG		Y
2019-01-14	2500	<b>Thai Street Food With David Thompson</b>	Dtam Sang Stalls	David Thompson hits the night markets introducing us to some of his favourite dtam sang stalls. He also cooks up a few dishes himself, including a quick and easy Tom Yum soup.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-01-14	2530	<b>Thai Street Food With David Thompson</b>	Big Night Out!	Starting at the famous Lumpinee Stadium, David talks to the boxers about the art of Muay Thai boxing. Outside the stadium, banana roti is served to hungry patrons.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-01-14	2600	<b>Donna Hay: Basics To Brilliance Kids</b>	Sleepover	What sleepover is complete without pizza for dinner? Donna and the girls get busy making their own - on a clever flatbread base.	AUSTRALIA	English-100				
2019-01-14	2630	<b>Donna Hay: Basics To Brilliance Kids</b>	Treasure Hunt	An important part of getting ready for the day's treasure hunt is making sure everyone has enough energy. Donna and her two helpers make bowls of pesto pasta with a twist.	AUSTRALIA	English-100				
2019-01-14	2700	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 41	Ben and Rhys make their third stop on their food crawl at Templo, a small Italian-style restaurant.	AUSTRALIA	English-100		G		
2019-01-14	2730	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, fishing for sardines and anchovies, and a look at an electric samovar.	AUSTRALIA	English-100	RPT	G		
2019-01-14	2800	<b>Boys Weekend</b>	Boys Weekend Series 1 Ep 1	Four international chefs get together in Australia for some weekend fun, adventure, good times and plenty of food. First they head to a coastal retreat in Flinders, Victoria.	AUSTRALIA	English-100		G		
2019-01-14	2830	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 5	Adrian shares his twist on the classic Mexican celebratory dish mole poblano.	AUSTRALIA	English-100				
2019-01-15	0500	<b>The Cook And The Chef</b>	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100		PG		

2019-01-15	0530	<b>The Cook And The Chef</b>	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G		
2019-01-15	0600	<b>Oliver's Twist</b>	Abba Mania	Lynn, Chris, Paula and Steve are all mad ABBA fans who tour the UK in their camper. Jamie cooks them Marinated squid salad, Pot roasted pork, and a fruit cobbler.	UNITED KINGDOM	English-100		G		
2019-01-15	0630	<b>Oliver's Twist</b>	Singletons	Jamie invites people into his home and cooks risotto, tuna steaks, and a chocolate tart. He also offers three women advice on their boyfriends.	UNITED KINGDOM	English-100		G		
2019-01-15	0700	<b>Surfing The Menu</b>	Bellarine Peninsula	Home to some of Victoria's best surf spots is the beautiful Bellarine Peninsula. The boys take to the waters to help haul in a catch from a mussel farm.	AUSTRALIA	English-100		PG		
2019-01-15	0730	<b>Anthony Bourdain: No Reservations</b>	Quebec	Anthony visits a duck farm and processing plant to see how foie gras is made, teaches a class at the Montreal Culinary Institute and plays hockey with a local university hockey team.	USA	English-100		PG		Y
2019-01-15	0830	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, fishing for sardines and anchovies, and a look at an electric samovar.	AUSTRALIA	English-100	RPT	G		
2019-01-15	0900	<b>Food Porn</b>	No Forks Required	On this trip, Michael heads to a spot in Miami that's taking the classic grilled cheese to the next level with their insane sandwich creations. Next up is a Filipino restaurant in NYC.	USA	English-100				
2019-01-15	0930	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 5	Adrian shares his twist on the classic Mexican celebratory dish mole poblano.	AUSTRALIA	English-100				
2019-01-15	1000	<b>Thai Street Food With David Thompson</b>	Dtam Sang Stalls	David Thompson hits the night markets introducing us to some of his favourite dtam sang stalls. He also cooks up a few dishes himself, including a quick and easy Tom Yum soup.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-01-15	1030	<b>Thai Street Food With David Thompson</b>	Big Night Out!	Starting at the famous Lumpinee Stadium, David talks to the boxers about the art of Muay Thai boxing. Outside the stadium, banana roti is served to hungry patrons.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-01-15	1100	<b>Donna Hay: Basics To Brilliance Kids</b>	Sleepover	What sleepover is complete without pizza for dinner? Donna and the girls get busy making their own - on a clever flatbread base.	AUSTRALIA	English-100				
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2019-01-15	1330	<b>Oliver's Twist</b>	Singletons	Jamie invites people into his home and cooks risotto, tuna steaks, and a chocolate tart. He also offers three women advice on their boyfriends.	UNITED KINGDOM	English-100		G		
2019-01-15	1400	<b>Anthony Bourdain: No Reservations</b>	Quebec	Anthony visits a duck farm and processing plant to see how foie gras is made, teaches a class at the Montreal Culinary Institute and plays hockey with a local university hockey team.	USA	English-100		PG		Y
2019-01-15	1500	<b>Surfing The Menu</b>	Byron Bay	Unable to resist the fresh prawns on offer in beautiful Byron Bay, Curtis fries some in a salt and pepper mix and serves them with fresh salad topped with lime.	AUSTRALIA	English-100		PG		

2019-01-15	1530	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 42	The fourth stop on Ben and Rhys's food crawl is Tom Mchugo's, the place Rhys acclaims for having the best fried chicken in Hobart.	AUSTRALIA	English-100		G		Y
2019-01-15	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, bush tomatoes - from picking to chutney, and coffee machines through the centuries.	AUSTRALIA	English-100	RPT	G		
2019-01-15	1630	<b>Boys Weekend</b>	Boys Weekend Series 1 Ep 2	The chefs head off to North Queensland where Manu surprises them with a day on a luxury cruiser. There's plenty of fun in store as the boys feast on the Great Barrier Reef.	AUSTRALIA	English-100		G		
2019-01-15	1700	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 6	Adrian shares what he believes is the perfect recipe for Texan spicy ribs. Later, Adrian continues on the theme of spice with a Moroccan tagine.	AUSTRALIA	English-100				
2019-01-15	1730	<b>The Cook And The Chef</b>	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100		G		
2019-01-15	1800	<b>The Cook And The Chef</b>	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100		G		
2019-01-15	1830	<b>Oliver's Twist</b>	Painting Party	As a thank you to the hardworking pals who helped redecorate his kitchen, Jamie makes them the perfect paella.	UNITED KINGDOM	English-100		G		
2019-01-15	1900	<b>Oliver's Twist</b>	Scarlet Division	Jamie reunites with his old band, Scarlet Division, for a meal. He cooks up Cheese and Spinach Cannelloni, Grilled Marinated Mushrooms with Gremolata, Caramelised Fruit Kebabs and Caipirinha.	UNITED KINGDOM	English-100		G		
2019-01-15	1930	<b>How To Cook Like Heston</b>	Cheese	Heston takes on cheese - one of the most popular cooking ingredients in the UK. Heston reveals the key ingredient for the ultimate cheese fondue, and makes a dream cheese toastie.	UNITED KINGDOM	English-100	RPT	G		Y
2019-01-15	2000	<b>How To Cook Like Heston</b>	Potato	Surely there is more to spuds than mashing, boiling, or roasting? This week, Heston challenges the way we cook the humble spud.	UNITED KINGDOM	English-100	RPT	G		Y
2019-01-15	2030	<b>Poh's Kitchen</b>	Sweet And Savoury With Emmanuel Mollois	Poh is exploring sweet and savoury from two very different perspectives and she's invited French chef Emmanuel Mollois to join her to add some twists to the soufflé.	AUSTRALIA	English-100	RPT	G		Y
2019-01-15	2100	<b>Poh's Kitchen</b>	Simply Italian With Antonio Carluccio	Tasting Australia' is one of the largest food festivals in Australia and is held annually in Poh's home state South Australia.	AUSTRALIA	English-100	RPT	G		Y
2019-01-15	2130	<b>Food Porn</b>	So Good You'll Bring It Home To Mama	On this trip, Michael hits a spot that has LA lining up for hours. Eggslut is making egg sandwiches as naughtily delicious as their name implies.	USA	English-100				
2019-01-15	2200	<b>The Cook And The Chef</b>	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100		G		
2019-01-15	2230	<b>The Cook And The Chef</b>	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100		G		
2019-01-15	2300	<b>Oliver's Twist</b>	Painting Party	As a thank you to the hardworking pals who helped redecorate his kitchen, Jamie makes them the perfect paella.	UNITED KINGDOM	English-100		G		
2019-01-15	2330	<b>Oliver's Twist</b>	Scarlet Division	Jamie reunites with his old band, Scarlet Division, for a meal. He cooks up Cheese and Spinach Cannelloni, Grilled Marinated Mushrooms with Gremolata, Caramelised Fruit Kebabs and Caipirinha.	UNITED KINGDOM	English-100		G		
2019-01-15	2400	<b>Anthony Bourdain: No Reservations</b>	Mexico / Us Border	Tony visits a bar and grill in southwest Texas; journeys to Piedras Nigras in search of a dish that has become synonymous with Mexico: nachos; and takes a boat tour of the Rio Grande River.	USA	English-100		PG		Y

2019-01-15	2500	<b>How To Cook Like Heston</b>	Cheese	Heston takes on cheese - one of the most popular cooking ingredients in the UK. Heston reveals the key ingredient for the ultimate cheese fondue, and makes a dream cheese toastie.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-15	2530	<b>How To Cook Like Heston</b>	Potato	Surely there is more to spuds than mashing, boiling, or roasting? This week, Heston challenges the way we cook the humble spud.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-15	2600	<b>Poh's Kitchen</b>	Sweet And Savoury With Emmanuel Mollois	Poh is exploring sweet and savoury from two very different perspectives and she's invited French chef Emmanuel Mollois to join her to add some twists to the soufflé.	AUSTRALIA	English-100	RPT	G	Y
2019-01-15	2630	<b>Poh's Kitchen</b>	Simply Italian With Antonio Carluccio	Tasting Australia' is one of the largest food festivals in Australia and is held annually in Poh's home state South Australia.	AUSTRALIA	English-100	RPT	G	Y
2019-01-15	2700	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 42	The fourth stop on Ben and Rhys's food crawl is Tom Mchugo's, the place Rhys acclaims for having the best fried chicken in Hobart.	AUSTRALIA	English-100		G	Y
2019-01-15	2730	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, bush tomatoes - from picking to chutney, and coffee machines through the centuries.	AUSTRALIA	English-100	RPT	G	
2019-01-15	2800	<b>Boys Weekend</b>	Boys Weekend Series 1 Ep 2	The chefs head off to North Queensland where Manu surprises them with a day on a luxury cruiser. There's plenty of fun in store as the boys feast on the Great Barrier Reef.	AUSTRALIA	English-100		G	
2019-01-15	2830	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 6	Adrian shares what he believes is the perfect recipe for Texan spicy ribs. Later, Adrian continues on the theme of spice with a Moroccan tagine.	AUSTRALIA	English-100			
2019-01-16	0500	<b>The Cook And The Chef</b>	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100		G	
2019-01-16	0530	<b>The Cook And The Chef</b>	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100		G	
2019-01-16	0600	<b>Oliver's Twist</b>	Painting Party	As a thank you to the hardworking pals who helped redecorate his kitchen, Jamie makes them the perfect paella.	UNITED KINGDOM	English-100		G	
2019-01-16	0630	<b>Oliver's Twist</b>	Scarlet Division	Jamie reunites with his old band, Scarlet Division, for a meal. He cooks up Cheese and Spinach Cannelloni, Grilled Marinated Mushrooms with Gremolata, Caramelised Fruit Kebabs and Caipirinha.	UNITED KINGDOM	English-100		G	
2019-01-16	0700	<b>Surfing The Menu</b>	Byron Bay	Unable to resist the fresh prawns on offer in beautiful Byron Bay, Curtis fries some in a salt and pepper mix and serves them with fresh salad topped with lime.	AUSTRALIA	English-100		PG	
2019-01-16	0730	<b>Anthony Bourdain: No Reservations</b>	Mexico / Us Border	Tony visits a bar and grill in southwest Texas; journeys to Piedras Nigras in search of a dish that has become synonymous with Mexico: nachos; and takes a boat tour of the Rio Grande River.	USA	English-100		PG	Y
2019-01-16	0830	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, bush tomatoes - from picking to chutney, and coffee machines through the centuries.	AUSTRALIA	English-100	RPT	G	
2019-01-16	0900	<b>Food Porn</b>	So Good You'll Bring It Home To Mama	On this trip, Michael hits a spot that has LA lining up for hours. Eggslut is making egg sandwiches as naughtily delicious as their name implies.	USA	English-100			
2019-01-16	0930	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 6	Adrian shares what he believes is the perfect recipe for Texan spicy ribs. Later, Adrian continues on the theme of spice with a Moroccan tagine.	AUSTRALIA	English-100			
2019-01-16	1000	<b>How To Cook Like Heston</b>	Cheese	Heston takes on cheese - one of the most popular cooking ingredients in the UK. Heston reveals the key ingredient for the ultimate cheese fondue, and makes a dream cheese toastie.	UNITED KINGDOM	English-100	RPT	G	Y



2019-01-16	1030	<b>How To Cook Like Heston</b>	Potato	Surely there is more to spuds than mashing, boiling, or roasting? This week, Heston challenges the way we cook the humble spud.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-16	1100	<b>Poh's Kitchen</b>	Sweet And Savoury With Emmanuel Mollois	Poh is exploring sweet and savoury from two very different perspectives and she's invited French chef Emmanuel Mollois to join her to add some twists to the souffle.	AUSTRALIA	English-100	RPT	G	Y
2019-01-16	1130	<b>Poh's Kitchen</b>	Simply Italian With Antonio Carluccio	Tasting Australia' is one of the largest food festivals in Australia and is held annually in Poh's home state South Australia.	AUSTRALIA	English-100	RPT	G	Y
2019-01-16	1200	<b>The Cook And The Chef</b>	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100		G	
2019-01-16	1230	<b>The Cook And The Chef</b>	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100		G	
2019-01-16	1300	<b>Oliver's Twist</b>	Painting Party	As a thank you to the hardworking pals who helped redecorate his kitchen, Jamie makes them the perfect paella.	UNITED KINGDOM	English-100		G	
2019-01-16	1330	<b>Oliver's Twist</b>	Scarlet Division	Jamie reunites with his old band, Scarlet Division, for a meal. He cooks up Cheese and Spinach Cannelloni, Grilled Marinated Mushrooms with Gremolata, Caramelised Fruit Kebabs and Caipirinha.	UNITED KINGDOM	English-100		G	
2019-01-16	1400	<b>Anthony Bourdain: No Reservations</b>	Mexico / Us Border	Tony visits a bar and grill in southwest Texas; journeys to Piedras Nigras in search of a dish that has become synonymous with Mexico: nachos; and takes a boat tour of the Rio Grande River.	USA	English-100		PG	Y
2019-01-16	1500	<b>Surfing The Menu</b>	Cairns Highlands	World-class Aussie chefs Ben O'Donoghue and Curtis Stone return for another gastronomical trip around Australia. Today, the keen surfers visit Cairns.	AUSTRALIA	English-100		PG	
2019-01-16	1530	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 43	Ben and Rhys make their final stop on the food crawl at Maq01, a brand new hotel in Hobart which has many stories behind it.	AUSTRALIA	English-100		G	
2019-01-16	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Sheraton Mirage chef Christian Heidenreich, and South American caramel.	AUSTRALIA	English-100	RPT	G	
2019-01-16	1630	<b>Boys Weekend</b>	Boys Weekend Series 1 Ep 3	Adrian takes the crew on an epic road trip down one of the most scenic coastal drives in the world, the Great Ocean Road. A simple picnic soon turns into a gourmet banquet.	AUSTRALIA	English-100		G	
2019-01-16	1700	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 7	Adrian demonstrates how to make authentic tandoori chicken at home and serves up the perfect roast complete with Yorkshire puddings.	AUSTRALIA	English-100		G	
2019-01-16	1730	<b>The Cook And The Chef</b>	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG	
2019-01-16	1800	<b>The Cook And The Chef</b>	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G	
2019-01-16	1830	<b>Oliver's Twist</b>	Bollywood	Jamie throws a Bollywood-style party, treating his guests to a feast of Indian food, including vegetable pie, Indian paneer cheese, papadum bread and lots of tasty dips.	UNITED KINGDOM	English-100		PG	
2019-01-16	1900	<b>Oliver's Twist</b>	Tiger	On a visit to London, Jamie's grandmother and her friends partake in afternoon tea with him. He serves up lemon-flavoured banana cake, quiche Lorraine and scones with jam and whipped cream.	UNITED KINGDOM	English-100		G	

2019-01-16	1930	<b>Yotam Ottolenghi's Mediterranean Feasts</b>	Turkey	Yotam's journey continues in Turkey's most historical and cultural city, Istanbul. There he tastes fish from the magnificent waters of the Bosphorus and is amazed by local vegetables.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-01-16	2025	<b>Eat Australia In South Australia</b>	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100				
2019-01-16	2030	<b>Lee Chan's World Tour</b>	Vietnam	Lee is celebrating the Vietnamese New Year as thousands of people line the streets to enjoy song, dance and street style food. Lee soon finds herself cooking up a feast for some hungry locals.	AUSTRALIA	English-100				
2019-01-16	2100	<b>Lee Chan's World Tour</b>	Egypt	Travelling back in time, Lee begins her tour like most tourists do - at the Pyramids of Giza.	AUSTRALIA	English-100				
2019-01-16	2130	<b>Food Porn</b>	Dishes From Your Wildest Dreams	This journey starts at a windy city institution that's made the perfect combination of two beloved comfort foods - an ooey, gooey, pizza pot pie.	USA	English-100				
2019-01-16	2200	<b>The Cook And The Chef</b>	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG		
2019-01-16	2230	<b>The Cook And The Chef</b>	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G		
2019-01-16	2300	<b>Oliver's Twist</b>	Bollywood	Jamie throws a Bollywood-style party, treating his guests to a feast of Indian food, including vegetable pie, Indian paneer cheese, papadum bread and lots of tasty dips.	UNITED KINGDOM	English-100		PG		
2019-01-16	2330	<b>Oliver's Twist</b>	Tiger	On a visit to London, Jamie's grandmother and her friends partake in afternoon tea with him. He serves up lemon-flavoured banana cake, quiche Lorraine and scones with jam and whipped cream.	UNITED KINGDOM	English-100		G		
2019-01-16	2400	<b>Anthony Bourdain: No Reservations</b>	India (Rajasthan)	India is a land of colour, aroma, kind people and delicious cuisine. Anthony heads off to the more desolate region of Rajasthan in the northwest corner of the continent.	USA	English-100		PG		Y
2019-01-16	2500	<b>Yotam Ottolenghi's Mediterranean Feasts</b>	Turkey	Yotam's journey continues in Turkey's most historical and cultural city, Istanbul. There he tastes fish from the magnificent waters of the Bosphorus and is amazed by local vegetables.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-01-16	2555	<b>Eat Australia In South Australia</b>	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100				
2019-01-16	2600	<b>Lee Chan's World Tour</b>	Vietnam	Lee is celebrating the Vietnamese New Year as thousands of people line the streets to enjoy song, dance and street style food. Lee soon finds herself cooking up a feast for some hungry locals.	AUSTRALIA	English-100				
2019-01-16	2630	<b>Lee Chan's World Tour</b>	Egypt	Travelling back in time, Lee begins her tour like most tourists do - at the Pyramids of Giza.	AUSTRALIA	English-100				
2019-01-16	2700	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 43	Ben and Rhys make their final stop on the food crawl at Maq01, a brand new hotel in Hobart which has many stories behind it.	AUSTRALIA	English-100		G		
2019-01-16	2730	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Sheraton Mirage chef Christian Heidenreich, and South American caramel.	AUSTRALIA	English-100	RPT	G		
2019-01-16	2800	<b>Boys Weekend</b>	Boys Weekend Series 1 Ep 3	Adrian takes the crew on an epic road trip down one of the most scenic coastal drives in the world, the Great Ocean Road. A simple picnic soon turns into a gourmet banquet.	AUSTRALIA	English-100		G		
2019-01-16	2830	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 7	Adrian demonstrates how to make authentic tandoori chicken at home and serves up the perfect roast complete with Yorkshire puddings.	AUSTRALIA	English-100				

2019-01-17	0500	<b>The Cook And The Chef</b>	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100			PG		
2019-01-17	0530	<b>The Cook And The Chef</b>	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100			G		
2019-01-17	0600	<b>Oliver's Twist</b>	Bollywood	Jamie throws a Bollywood-style party, treating his guests to a feast of Indian food, including vegetable pie, Indian paneer cheese, papadum bread and lots of tasty dips.	UNITED KINGDOM	English-100			PG		
2019-01-17	0630	<b>Oliver's Twist</b>	Tiger	On a visit to London, Jamie's grandmother and her friends partake in afternoon tea with him. He serves up lemon-flavoured banana cake, quiche Lorraine and scones with jam and whipped cream.	UNITED KINGDOM	English-100			G		
2019-01-17	0700	<b>Surfing The Menu</b>	Cairns Highlands	World-class Aussie chefs Ben O'Donoghue and Curtis Stone return for another gastronomical trip around Australia. Today, the keen surfers visit Cairns.	AUSTRALIA	English-100			PG		
2019-01-17	0730	<b>Anthony Bourdain: No Reservations</b>	India (Rajasthan)	India is a land of colour, aroma, kind people and delicious cuisine. Anthony heads off to the more desolate region of Rajasthan in the northwest corner of the continent.	USA	English-100			PG		Y
2019-01-17	0830	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Sheraton Mirage chef Christian Heidenreich, and South American caramel.	AUSTRALIA	English-100	RPT		G		
2019-01-17	0900	<b>Food Porn</b>	Dishes From Your Wildest Dreams	This journey starts at a windy city institution that's made the perfect combination of two beloved comfort foods - an ooey, gooey, pizza pot pie.	USA	English-100					
2019-01-17	0930	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 7	Adrian demonstrates how to make authentic tandoori chicken at home and serves up the perfect roast complete with Yorkshire puddings.	AUSTRALIA	English-100					
2019-01-17	1000	<b>Yotam Ottolenghi's Mediterranean Feasts</b>	Turkey	Yotam's journey continues in Turkey's most historical and cultural city, Istanbul. There he tastes fish from the magnificent waters of the Bosphorus and is amazed by local vegetables.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2019-01-17	1055	<b>Eat Australia In South Australia</b>	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100					
2019-01-17	1100	<b>Lee Chan's World Tour</b>	Vietnam	Lee is celebrating the Vietnamese New Year as thousands of people line the streets to enjoy song, dance and street style food. Lee soon finds herself cooking up a feast for some hungry locals.	AUSTRALIA	English-100					
2019-01-17	1130	<b>Lee Chan's World Tour</b>	Egypt	Travelling back in time, Lee begins her tour like most tourists do - at the Pyramids of Giza.	AUSTRALIA	English-100					
2019-01-17	1200	<b>The Cook And The Chef</b>	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100			PG		
2019-01-17	1230	<b>The Cook And The Chef</b>	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100			G		
2019-01-17	1300	<b>Oliver's Twist</b>	Bollywood	Jamie throws a Bollywood-style party, treating his guests to a feast of Indian food, including vegetable pie, Indian paneer cheese, papadum bread and lots of tasty dips.	UNITED KINGDOM	English-100			PG		
2019-01-17	1330	<b>Oliver's Twist</b>	Tiger	On a visit to London, Jamie's grandmother and her friends partake in afternoon tea with him. He serves up lemon-flavoured banana cake, quiche Lorraine and scones with jam and whipped cream.	UNITED KINGDOM	English-100			G		
2019-01-17	1400	<b>Anthony Bourdain: No Reservations</b>	India (Rajasthan)	India is a land of colour, aroma, kind people and delicious cuisine. Anthony heads off to the more desolate region of Rajasthan in the northwest corner of the continent.	USA	English-100			PG		Y

2019-01-17	1500	<b>Surfing The Menu</b>	Ningaloo	Ben and Curtis explore the delights of Western Australia's magnificent Ningaloo coastline. Curtis utilises the fresh seafood to prepare delicious king prawns.	AUSTRALIA	English-100		PG	
2019-01-17	1530	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 44	Ben and the crew begin a journey into the Tarkine, the dense, rugged rainforest in Tasmania's west.	AUSTRALIA	English-100		G	
2019-01-17	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G	
2019-01-17	1630	<b>Boys Weekend</b>	Boys Weekend Series 1 Ep 4	The epic Great Ocean Road trip continues. Miguel brings a bit of Spain to the Australian coastline with a mouth-watering paella. Then later, a BBQ to remember.	AUSTRALIA	English-100		G	
2019-01-17	1700	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 8	Adrian heads to Canada for some influence cooking up Canadian beans with crispy bacon and maple syrup.	AUSTRALIA	English-100			
2019-01-17	1730	<b>The Cook And The Chef</b>	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G	
2019-01-17	1800	<b>The Cook And The Chef</b>	Autumn Fruit And Veg	Simon takes some new seasons Vegetables and shows us how to pickle ginger and daikon while Maggie uses ginger to make an Eggplant Salad.	AUSTRALIA	English-100		PG	
2019-01-17	1830	<b>Oliver's Twist</b>	First Date	Jamie's sister-in-law, Lisa, has offered to cook a meal for her new boyfriend. She's determined to make a lasting impression.	UNITED KINGDOM	English-100		G	
2019-01-17	1900	<b>Oliver's Twist</b>	Bill, The	On the set of his favourite TV show, The Bill, Jamie cooks up Chilli Vodka, Pan Roasted Almonds with Chilli and Sea Salt, and Hot Ribs with Smoked Bacon and Chilli Crust.	UNITED KINGDOM	English-100		G	
2019-01-17	1930	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage.	UNITED KINGDOM	English-100		G	
2019-01-17	2000	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	Y
2019-01-17	2030	<b>Big Food Rescue</b>	Big Food Rescue Series 1 Ep 2	The new charity set up by David and Robin to try and change the food habits of Britain is expanding fast, maybe too fast.	UNITED KINGDOM	English-100			
2019-01-17	2125	<b>Eat Australia In South Australia</b>	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100			
2019-01-17	2130	<b>Food Porn</b>	Sugar High	On this trip, Michael heads to Chicago, where he hits up a legendary sandwich shop for a taste of the classic Italian Beef Sandwich.	USA	English-100			
2019-01-17	2200	<b>The Cook And The Chef</b>	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G	
2019-01-17	2230	<b>The Cook And The Chef</b>	Autumn Fruit And Veg	Simon takes some new seasons Vegetables and shows us how to pickle ginger and daikon while Maggie uses ginger to make an Eggplant Salad.	AUSTRALIA	English-100		PG	
2019-01-17	2300	<b>Oliver's Twist</b>	First Date	Jamie's sister-in-law, Lisa, has offered to cook a meal for her new boyfriend. She's determined to make a lasting impression.	UNITED KINGDOM	English-100		G	
2019-01-17	2330	<b>Oliver's Twist</b>	Bill, The	On the set of his favourite TV show, The Bill, Jamie cooks up Chilli Vodka, Pan Roasted Almonds with Chilli and Sea Salt, and Hot Ribs with Smoked Bacon and Chilli Crust.	UNITED KINGDOM	English-100		G	

2019-01-17	2400	<b>Anthony Bourdain: No Reservations</b>	India (Kolkata/ Bombay)	Over the years, Tony Bourdain has fallen in love with India. The culture, the cuisine, the communities - it's all delicious and enchanting. Tony's in Kolkata and Mumbai to rediscover the magic.	USA	English-100		PG	
2019-01-17	2500	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage.	UNITED KINGDOM	English-100		G	
2019-01-17	2530	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	Y
2019-01-17	2600	<b>Big Food Rescue</b>	Big Food Rescue Series 1 Ep 2	The new charity set up by David and Robin to try and change the food habits of Britain is expanding fast, maybe too fast.	UNITED KINGDOM	English-100			
2019-01-17	2655	<b>Eat Australia In South Australia</b>	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100			
2019-01-17	2700	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 44	Ben and the crew begin a journey into the Tarkine, the dense, rugged rainforest in Tasmania's west.	AUSTRALIA	English-100		G	
2019-01-17	2730	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G	
2019-01-17	2800	<b>Boys Weekend</b>	Boys Weekend Series 1 Ep 4	The epic Great Ocean Road trip continues. Miguel brings a bit of Spain to the Australian coastline with a mouth-watering paella. Then later, a BBQ to remember.	AUSTRALIA	English-100		G	
2019-01-17	2830	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 8	Adrian heads to Canada for some influence cooking up Canadian beans with crispy bacon and maple syrup.	AUSTRALIA	English-100			
2019-01-18	0500	<b>The Cook And The Chef</b>	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G	
2019-01-18	0530	<b>The Cook And The Chef</b>	Autumn Fruit And Veg	Simon takes some new seasons Vegetables and shows us how to pickle ginger and daikon while Maggie uses ginger to make an Eggplant Salad.	AUSTRALIA	English-100		PG	
2019-01-18	0600	<b>Oliver's Twist</b>	First Date	Jamie's sister-in-law, Lisa, has offered to cook a meal for her new boyfriend. She's determined to make a lasting impression.	UNITED KINGDOM	English-100		G	
2019-01-18	0630	<b>Oliver's Twist</b>	Bill, The	On the set of his favourite TV show, The Bill, Jamie cooks up Chilli Vodka, Pan Roasted Almonds with Chilli and Sea Salt, and Hot Ribs with Smoked Bacon and Chilli Crust.	UNITED KINGDOM	English-100		G	
2019-01-18	0700	<b>Surfing The Menu</b>	Ningaloo	Ben and Curtis explore the delights of Western Australia's magnificent Ningaloo coastline. Curtis utilises the fresh seafood to prepare delicious king prawns.	AUSTRALIA	English-100		PG	
2019-01-18	0730	<b>Anthony Bourdain: No Reservations</b>	India (Kolkata/ Bombay)	Over the years, Tony Bourdain has fallen in love with India. The culture, the cuisine, the communities - it's all delicious and enchanting. Tony's in Kolkata and Mumbai to rediscover the magic.	USA	English-100		PG	
2019-01-18	0830	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G	
2019-01-18	0900	<b>Food Porn</b>	Sugar High	On this trip, Michael heads to Chicago, where he hits up a legendary sandwich shop for a taste of the classic Italian Beef Sandwich.	USA	English-100			

2019-01-18	0930	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 8	Adrian heads to Canada for some influence cooking up Canadian beans with crispy bacon and maple syrup.	AUSTRALIA	English-100		
2019-01-18	1000	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage.	UNITED KINGDOM	English-100	G	
2019-01-18	1030	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100	G	Y
2019-01-18	1100	<b>Big Food Rescue</b>	Big Food Rescue Series 1 Ep 2	The new charity set up by David and Robin to try and change the food habits of Britain is expanding fast, maybe too fast.	UNITED KINGDOM	English-100		
2019-01-18	1155	<b>Eat Australia In South Australia</b>	Eat Australia In South Australia Series 1 Ep 1	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100		
2019-01-18	1200	<b>The Cook And The Chef</b>	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100	G	
2019-01-18	1230	<b>The Cook And The Chef</b>	Autumn Fruit And Veg	Simon takes some new seasons Vegetables and shows us how to pickle ginger and daikon while Maggie uses ginger to make an Eggplant Salad.	AUSTRALIA	English-100	PG	
2019-01-18	1300	<b>Oliver's Twist</b>	First Date	Jamie's sister-in-law, Lisa, has offered to cook a meal for her new boyfriend. She's determined to make a lasting impression.	UNITED KINGDOM	English-100	G	
2019-01-18	1330	<b>Oliver's Twist</b>	Bill, The	On the set of his favourite TV show, The Bill, Jamie cooks up Chilli Vodka, Pan Roasted Almonds with Chilli and Sea Salt, and Hot Ribs with Smoked Bacon and Chilli Crust.	UNITED KINGDOM	English-100	G	
2019-01-18	1400	<b>Anthony Bourdain: No Reservations</b>	India (Kolkata/ Bombay)	Over the years, Tony Bourdain has fallen in love with India. The culture, the cuisine, the communities - it's all delicious and enchanting. Tony's in Kolkata and Mumbai to rediscover the magic.	USA	English-100	PG	
2019-01-18	1500	<b>Surfing The Menu</b>	Kakadu	Ben and Curtis are introduced to the wonders of Aboriginal culture when they visit Kakadu National Park. Curtis cooks barramundi fillet in foil with Asian herbs.	AUSTRALIA	English-100	PG	
2019-01-18	1530	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 45	Ben and Joel throw a Mexican twist onto a scrambled eggs dish.	AUSTRALIA	English-100	G	Y
2019-01-18	1600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G
2019-01-18	1630	<b>Boys Weekend</b>	Boys Weekend Series 1 Ep 5	The chefs all pitch in to cater for Adrian's big book launch. But when the work is over it's party time and the boys take full advantage of what Melbourne has to offer.	AUSTRALIA	English-100	G	
2019-01-18	1700	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 9	Celebrity chef Adrian Richardson shares his version of a Thai green curry, with fresh, spicy ingredients.	AUSTRALIA	English-100		
2019-01-18	1730	<b>The Cook And The Chef</b>	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100	G	
2019-01-18	1800	<b>The Cook And The Chef</b>	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100	PG	
2019-01-18	1830	<b>Oliver's Twist</b>	Wild City	Jamie and his mentor, Gennaro, demonstrate that Mother Nature does provide, cooking with all-natural ingredients. Dishes include bresaola with wild chestnuts and roux.	UNITED KINGDOM	English-100	G	

2019-01-18	1900	<b>Oliver's Twist</b>	Chocolate	Jamie tackles a few unusual recipes with chocolate at its core.	UNITED KINGDOM	English-100		G	
2019-01-18	1930	<b>Say It To My Face</b>	Slammin' The Salmon	Mike and Susie Walsh, husband and wife owners of Redondo Beach restaurant Jimmy's Bar & Grill, are down to their last pennies trying to keep the doors open of their beach-side eatery.	USA	English-100			Y
2019-01-18	2030	<b>Nigella Feasts</b>	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT		Y
2019-01-18	2100	<b>Nigella Feasts</b>	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-18	2130	<b>Food Porn</b>	Savory, Seductive And Sweet	On this trip, Michael heads to San Francisco to try a new take on a classic New Orleans speciality. Then he makes a stop in Las Vegas, for the the biggest, baddest BLT.	USA	English-100			
2019-01-18	2200	<b>The Cook And The Chef</b>	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G	
2019-01-18	2230	<b>The Cook And The Chef</b>	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG	
2019-01-18	2300	<b>Oliver's Twist</b>	Wild City	Jamie and his mentor, Gennaro, demonstrate that Mother Nature does provide, cooking with all-natural ingredients. Dishes include bresaola with wild chestnuts and roux.	UNITED KINGDOM	English-100		G	
2019-01-18	2330	<b>Oliver's Twist</b>	Chocolate	Jamie tackles a few unusual recipes with chocolate at its core.	UNITED KINGDOM	English-100		G	
2019-01-18	2400	<b>Anthony Bourdain: No Reservations</b>	Korea	Nari, an employee at Tony's office, has been bothering him to do a show on her native Korea. Tony gives in to the pressure and next thing you know, they're in Seoul and the adventure begins.	USA	English-100		PG	Y
2019-01-18	2500	<b>Say It To My Face</b>	Slammin' The Salmon	Mike and Susie Walsh, husband and wife owners of Redondo Beach restaurant Jimmy's Bar & Grill, are down to their last pennies trying to keep the doors open of their beach-side eatery.	USA	English-100			Y
2019-01-18	2600	<b>Nigella Feasts</b>	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT		Y
2019-01-18	2630	<b>Nigella Feasts</b>	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-18	2700	<b>Food Lab By Ben Milbourne</b>	Food Lab Series 2 Ep 45	Ben and Joel throw a Mexican twist onto a scrambled eggs dish.	AUSTRALIA	English-100		G	Y
2019-01-18	2730	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G	
2019-01-18	2800	<b>Boys Weekend</b>	Boys Weekend Series 1 Ep 5	The chefs all pitch in to cater for Adrian's big book launch. But when the work is over it's party time and the boys take full advantage of what Melbourne has to offer.	AUSTRALIA	English-100		G	
2019-01-18	2830	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 9	Celebrity chef Adrian Richardson shares his version of a Thai green curry, with fresh, spicy ingredients.	AUSTRALIA	English-100			
2019-01-19	0500	<b>The Cook And The Chef</b>	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G	

2019-01-19	0530	<b>The Cook And The Chef</b>	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG	
2019-01-19	0600	<b>Oliver's Twist</b>	Wild City	Jamie and his mentor, Gennaro, demonstrate that Mother Nature does provide, cooking with all-natural ingredients. Dishes include bresaola with wild chestnuts and roux.	UNITED KINGDOM	English-100		G	
2019-01-19	0630	<b>Oliver's Twist</b>	Chocolate	Jamie tackles a few unusual recipes with chocolate at its core.	UNITED KINGDOM	English-100		G	
2019-01-19	0700	<b>Surfing The Menu</b>	Kakadu	Ben and Curtis are introduced to the wonders of Aboriginal culture when they visit Kakadu National Park. Curtis cooks barramundi fillet in foil with Asian herbs.	AUSTRALIA	English-100		PG	
2019-01-19	0730	<b>Anthony Bourdain: No Reservations</b>	Korea	Nari, an employee at Tony's office, has been bothering him to do a show on her native Korea. Tony gives in to the pressure and next thing you know, they're in Seoul and the adventure begins.	USA	English-100		PG	Y
2019-01-19	0830	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G	
2019-01-19	0900	<b>Food Porn</b>	Savory, Seductive And Sweet	On this trip, Michael heads to San Francisco to try a new take on a classic New Orleans speciality. Then he makes a stop in Las Vegas, for the the biggest, baddest BLT.	USA	English-100			
2019-01-19	0930	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 9	Celebrity chef Adrian Richardson shares his version of a Thai green curry, with fresh, spicy ingredients.	AUSTRALIA	English-100			
2019-01-19	1000	<b>Say It To My Face</b>	Slammin' The Salmon	Mike and Susie Walsh, husband and wife owners of Redondo Beach restaurant Jimmy's Bar & Grill, are down to their last pennies trying to keep the doors open of their beach-side eatery.	USA	English-100			Y
2019-01-19	1100	<b>Nigella Feasts</b>	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT		Y
2019-01-19	1130	<b>Nigella Feasts</b>	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2019-01-19	1200	<b>The Cook And The Chef</b>	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G	
2019-01-19	1230	<b>The Cook And The Chef</b>	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG	
2019-01-19	1300	<b>Oliver's Twist</b>	Wild City	Jamie and his mentor, Gennaro, demonstrate that Mother Nature does provide, cooking with all-natural ingredients. Dishes include bresaola with wild chestnuts and roux.	UNITED KINGDOM	English-100		G	
2019-01-19	1330	<b>Oliver's Twist</b>	Chocolate	Jamie tackles a few unusual recipes with chocolate at its core.	UNITED KINGDOM	English-100		G	
2019-01-19	1400	<b>Anthony Bourdain: No Reservations</b>	Korea	Nari, an employee at Tony's office, has been bothering him to do a show on her native Korea. Tony gives in to the pressure and next thing you know, they're in Seoul and the adventure begins.	USA	English-100		PG	Y
2019-01-19	1500	<b>People Of The Vines</b>	Dutschke	In their big tin shed on God's Hill Road, Wayne and Brenda Dutschke have been quietly making some of the best wines of the Barossa for the past 25 years.	AUSTRALIA	English-100		G	
2019-01-19	1530	<b>People Of The Vines</b>	Peter Lehmann	In all of the Barossa, there's one name that's revered for its contribution to the wine industry above all others. The legacy of the late Peter Lehmann is now in the hands of Ian Hongell.	AUSTRALIA	English-100		G	
2019-01-19	1600	<b>People Of The Vines</b>	Jacob's Creek	As chief winemaker of Jacob's Creek, Bernard Hickin's challenge is to turn around one of the biggest wineries in the country.	AUSTRALIA	English-100		G	



2019-01-19	1630	<b>Ask The Butcher</b>	Cured Meats	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G		Y
2019-01-19	1700	<b>The Cook And The Chef</b>	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest.	AUSTRALIA	English-100		G		
2019-01-19	1730	<b>The Cook And The Chef</b>	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100		G		
2019-01-19	1800	<b>The Cook And The Chef</b>	Pheasants And Mushrooms	Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.	AUSTRALIA	English-100		G		
2019-01-19	1830	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G	Y	
2019-01-19	1900	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 2	Silvia Colloca returns to her family home in Italy, and with the help of her sister, she demonstrates how to make a fool proof potato gnocchi with zucchini and pecorino sauce.	AUSTRALIA	English-100	RPT	G	Y	
2019-01-19	1930	<b>Nigella Bites</b>	White	With her bag packed with some very special appliances, Nigella Lawson heads to the seaside for a bit of curry, hotcakes, passion (fruit) and rolls with her guests.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-01-19	2000	<b>Nigella Bites</b>	Red	It may be getting cool outside but the summer heat is still coming from Nigella Lawson's kitchen. Today, Nigella looks at some ingredients that can keep the temperature high.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-01-19	2030	<b>Dinner Date</b>	Adam	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				
2019-01-19	2130	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 9	In Japan's southern Islands Kyushu and Shikoku, Adam Liaw finds a vibrant, warm culture where old ladies use iPads to harvest the forests, and the cuisine is as fascinating as its people.	AUSTRALIA	English-80; Japanese-20	RPT	G	Y	Y
2019-01-19	2200	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 10	Adam Liaw travels to Okinawa, the island home of his favourite Japanese cuisine, is made up of an eclectic assortment of unique dishes, and where the locals love to sing and dance.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
2019-01-19	2230	<b>The Cook And The Chef</b>	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest.	AUSTRALIA	English-100		G		
2019-01-19	2300	<b>The Cook And The Chef</b>	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100		G		
2019-01-19	2330	<b>Anthony Bourdain: No Reservations</b>	Indonesia	Tony's undertaking a culinary journey of epic proportions. He's travelling to Indonesia to experience the cuisine and beautiful culture, and to figure out what makes foreigners want to 'go bamboo'.	USA	English-100		PG		Y
2019-01-19	2430	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G	Y	
2019-01-19	2500	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 2	Silvia Colloca returns to her family home in Italy, and with the help of her sister, she demonstrates how to make a fool proof potato gnocchi with zucchini and pecorino sauce.	AUSTRALIA	English-100	RPT	G	Y	
2019-01-19	2530	<b>Nigella Bites</b>	White	With her bag packed with some very special appliances, Nigella Lawson heads to the seaside for a bit of curry, hotcakes, passion (fruit) and rolls with her guests.	UNITED KINGDOM	English-100	RPT	G	Y	

2019-01-19	2600	<b>Nigella Bites</b>	Red	It may be getting cool outside but the summer heat is still coming from Nigella Lawson's kitchen. Today, Nigella looks at some ingredients that can keep the temperature high.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-01-19	2630	<b>Dinner Date</b>	Adam	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				
2019-01-19	2730	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 9	In Japan's southern Islands Kyushu and Shikoku, Adam Liaw finds a vibrant, warm culture where old ladies use iPads to harvest the forests, and the cuisine is as fascinating as its people.	AUSTRALIA	English-80; Japanese-20	RPT	G	Y	Y
2019-01-19	2800	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 10	Adam Liaw travels to Okinawa, the island home of his favourite Japanese cuisine, is made up of an eclectic assortment of unique dishes, and where the locals love to sing and dance.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
2019-01-19	2830	<b>People Of The Vines</b>	Dutschke	In their big tin shed on God's Hill Road, Wayne and Brenda Dutschke have been quietly making some of the best wines of the Barossa for the past 25 years.	AUSTRALIA	English-100		G		