



WEEK 3: Sunday, 12 January - Saturday, 18 January 2020 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2020-01-12	0500	Shane Della's Spice Journey	Shane Della's Spice Journey Series 1 Episode 2	Shane Della's culinary journey into Middle Eastern cuisine continues as he explores the souks of Tripoli. There he learns how food traditions of the ancient port city have been shape.	AUSTRALIA	English-100	RPT	G	Y	Y
2020-01-12	0530	Life Of Pie	Life Of Pie	This documentary lifts the lid, sees beyond the crust, and presents a story of some of those that wrap Australia in pastry and their personal stories behind the pie delights they make.	AUSTRALIA	English-100		PG		
2020-01-12	0600	Let's Do Coffee	Let's Do Coffee Series 1 Ep 5	Hosted from one of Sydney's most scenic waterfront cafes, we meet an entrepreneur who's turning a high tech twist on the old loyalty coffee card into a global phenomenon.	AUSTRALIA	English-100		PG		
2020-01-12	0630	Let's Do Coffee	Let's Do Coffee Series 1 Ep 6	Hosted from one of Sydney's living museums, we get the history of colonial coffee, learn about coffee sustainability in the 21st century, and show you the secrets to the perfect cafe latte.	AUSTRALIA	English-100		G		
2020-01-12	0700	The Delicious Miss Dahl	Selfish	Sophie Dahl revels in the joy of 'cooking for one' on a purely selfish day. Shutting the world away and answering to no one on a day that is indulgently independent, means cruising the food boutiques.	UNITED KINGDOM	English-100		PG		
2020-01-12	0730	The Delicious Miss Dahl	Escapism	At the end of a rotten week we all need to get away but sometimes we don't have that option. Sophie's suggestion is an escapist weekend in which she draws inspiration from her foreign travels.	UNITED KINGDOM	English-100		PG		
2020-01-12	0800	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 2 Ep 1	Aldo and Enzo travel to Petralia Soprana, about 45 miles south east of Palermo, off the beaten track but worth the trip for the beautiful views, and the giant local mushrooms.	UNITED KINGDOM	English-100				
2020-01-12	0830	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 2 Ep 2	Aldo and Enzo are in Cannicati, in the province of Agrigento, about fifteen miles south east of Palermo. It's a town that dates back to the Roman time, and specialises in growing grapes.	UNITED KINGDOM	English-100				
2020-01-12	0900	Heston's Recipe For Romance	Heston's Recipe For Romance	Heston Blumenthal teams up with science and psychology experts to try and develop a meal that will affect how people in a relationship feel about each other. Is there a recipe for romance?	UNITED KINGDOM		RPT	PG	Y	
2020-01-12	1000	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 9	Christopher designs a towering cake of burgundy and gold with hundreds of flowers. In Ohio a Moroccan cake features 24-karat gold and a plump pillow holding a diamond.	USA	English-100		PG		
2020-01-12	1100	Anthony Bourdain: Parts Unknown	Russia	In the shadow of Red Square, in the dining room of the historic and luxurious Metropol Hotel, Tony and Zamir sample the famous beluga caviar and catch up on their friendship.	USA	English-100		PG		Y
2020-01-12	1200	Anthony Bourdain: Parts Unknown	Thailand	Tony teams up with Chef and Author Andy Ricker of Pok Pok Restaurant fame. Andy's made a name for himself faithfully reproducing the cuisine of Northern Thailand at his restaurants in America.	USA	English-100		PG		Y
2020-01-12	1300	The Travelling Chef	Travelling Chef Series 3, The Ep 7	Brett heads out to the Fijian islands on an organic quest. The Fijians have some of the cleanest, greenest produce in the world, and Brett learns some tips on organic food preparation.	NEW ZEALAND	English-100		PG		
2020-01-12	1330	The Travelling Chef	Travelling Chef Series 3, The Ep 8	Brett heads north from the Kenyan capital, Nairobi, to rural Africa to learn authentic African recipes. He learns an ancient goat dish and meets a kiwi who has set up a business in central Kenya.	NEW ZEALAND	English-100		G		
2020-01-12	1400	Saturday Kitchen	Saturday Kitchen Series 1 Ep 2	Celebrity chef and all-round good guy Rick Stein, guest hosts this week to steer us through some heavenly dishes. Rick is in fine company with not one but two Michelin starred chefs.	UNITED KINGDOM	English-100		G		
2020-01-12	1500	Secret Meat Business	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		G		
2020-01-12	1530	Secret Meat Business	Secret Meat Business Series 1 Ep 10	Adrian reconnects with his Italian heritage and shares his recipe for veal saltimbocca with pancetta, garlic and sage.	AUSTRALIA	English-100		G		
2020-01-12	1600	The Cook And The Chef	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G		
2020-01-12	1630	The Cook And The Chef	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G		
2020-01-12	1700	The Cook And The Chef	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G		

2020-01-12	1730	A Shared Table	Kangaroo Island And The Coorong South Australia	This wild and beautiful island off the coast of South Australia is the location for a beach barbecue. The episode starts on the mainland at the mouth of the Murray.	AUSTRALIA	English-100		PG		
2020-01-12	1800	A Shared Table	Victoria's Western District	Stephanie visits her Australian-Hungarian friend George Biron at Sunnybrae, at his restaurant in a paddock located in Birregurra, inland from the Great Ocean Road.	AUSTRALIA	English-100		G		
2020-01-12	1830	Rick Stein's Food Heroes	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100		PG		
2020-01-12	1900	Rick Stein's Food Heroes	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys.	UNITED KINGDOM	English-100		G		
2020-01-12	1935	Ainsley Eats The Streets	Fes	Ainsley arrives in the Moroccan city of Fes a few days before the festival of Eid. Ainsley cooks chicken and lemon kebabs with a harissa yoghurt dressing over coals in the backstreets.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2020-01-12	2030	The Great Australian Cookbook	Sharon & Carol Salloum And Peter Russell-Clarke	Almond Bar's Sharon and Carol Salloum prepare a Syrian BBQ feast, while Aussie icon Peter Russell-Clarke shares his tips for the perfect mango and fig omelette, and smoked trout soup.	AUSTRALIA	English-100		PG		Y
2020-01-12	2100	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 7	Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer.			RPT	PG		
2020-01-12	2130	Silvia Colloca's Cook Like An Italian	Silvia Colloca's Cook Like An Italian Series 1 Ep 1	Silvia starts by detailing the best way to stock an Italian pantry, proving that when a pantry is well stocked, you only need a few fresh ingredients to create simple yet memorable meals.				PG		
2020-01-12	2200	Asia Unplated With Diana Chan	North Indian	Inspired by the heavy curries and fragrant spices of India's north, Diana cooks a traditional lamb korma. Prominent chef Adam D'Sylva shares his Bengali fish curry recipe, ideal for a midweek dinner.	AUSTRALIA	English-100		PG		
2020-01-12	2230	Spirited Traveller	Jaipur	For his fill of India's best local brews, Kiran travels to Rajasthan, a state with a history as vibrant as its landscape. He's on the look out for Chandra Hass - a royal heritage liqueur.	INDIA	English-100		PG		
2020-01-12	2300	Spirited Traveller	Kolkata	Kiran's search for Indigenous drinks takes him to Kolkata, the cultural capital of India. It's his first time in this captivating city and he is easily lost in its old world charm.	INDIA	English-100		PG		
2020-01-12	2330	Spirited Traveller	Delhi	In the dilapidated bylanes of old Delhi, where the streets get narrow, and the warm inviting smell of food beckons in every corner, Kiran is on the prowl for authentic flavours and spicy drinks.	INDIA	English-100		PG		
2020-01-12	2400	Let's Do Coffee	Let's Do Coffee Series 1 Ep 7	Hosted from the Museum of Sydney, we meet the big successes behind the smallest coffee treats, perfect our pour-over coffee skills, and dine in style like the first Governor of Australia.	AUSTRALIA	English-100		G		
2020-01-12	2430	Let's Do Coffee	Let's Do Coffee Series 1 Ep 8	Hosted from one of Sydney's most historic homesteads, we meet one of the pioneers of Australia's coffee culture, and dispel some of the top coffee myths.	AUSTRALIA	English-100		PG		
2020-01-12	2500	The Great Australian Cookbook	Sharon & Carol Salloum And Peter Russell-Clarke	Almond Bar's Sharon and Carol Salloum prepare a Syrian BBQ feast, while Aussie icon Peter Russell-Clarke shares his tips for the perfect mango and fig omelette, and smoked trout soup.	AUSTRALIA	English-100		PG		Y
2020-01-12	2530	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 7	Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer.			RPT	PG		
2020-01-12	2600	Silvia Colloca's Cook Like An Italian	Silvia Colloca's Cook Like An Italian Series 1 Ep 1	Silvia starts by detailing the best way to stock an Italian pantry, proving that when a pantry is well stocked, you only need a few fresh ingredients to create simple yet memorable meals.				PG		
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2020-01-12	2830	Let's Do Coffee	Let's Do Coffee Series 1 Ep 7	Hosted from the Museum of Sydney, we meet the big successes behind the smallest coffee treats, perfect our pour-over coffee skills, and dine in style like the first Governor of Australia.	AUSTRALIA	English-100		G		
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2020-01-13	0530	The Travelling Chef	Travelling Chef Series 3, The Ep 7	Brett heads out to the Fijian islands on an organic quest. The Fijians have some of the cleanest, greenest produce in the world, and Brett learns some tips on organic food preparation.	NEW ZEALAND	English-100	PG			
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2020-01-13	1130	The Great Australian Cookbook	Sharon & Carol Salloum And Peter Russell-Clarke	Almond Bar's Sharon and Carol Salloum prepare a Syrian BBQ feast, while Aussie icon Peter Russell-Clarke shares his tips for the perfect mango and fig omelette, and smoked trout soup.	AUSTRALIA	English-100	PG			Y
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2020-01-13	1430	United Plates Of America	United Plates Of America Series 2 Ep 11	We try some delicious meat dishes. We visit Houston, Texas to try a next level, mouth watering burger that might be just the biggest one we've ever seen.	USA	English-100	PG			
2020-01-13	1500	Sarah Graham Cooks Cape Town	Bo-Kaap Cooking Lesson	Sarah heads to well-known Cape Malay cuisine exponent Faldela Tolker's home in the Bo-Kaap for a Cape Malay cooking lesson.	SOUTH AFRICA	English-100				
2020-01-13	1530	Annabel Langbein: Free Range Cook	Cherry Picker's Picnic	It's cherry season, and Annabel sets off on an adventure with young friends to fill their baskets with juicy, plump fruit and prepares a picnic for the occasion including a bacon and egg pie.	NEW ZEALAND	English-100	G			
2020-01-13	1600	Annabel Langbein: Free Range Cook	To Market To Market	Every Sunday morning Annabel makes the 30-minute journey in her trusty yellow truck to the farmers' market in Old Cromwell Town to stock up on the best local produce.	NEW ZEALAND	English-100	G			
2020-01-13	1630	Ask The Butcher	Beef	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			
2020-01-13	1700	Gourmet Goes Tribal	Angami Naga Tribe	Pablo explores the 700-year-old village of the Angami Naga community, visiting a community house followed by a community kitchen where he devours some exotic Naga food.	INDIA	English-100	PG			

2020-01-13	1730	Martha Bakes	Coconut	Martha transports you to the tropics with four all-time favourites - a delicate coconut-lemon cake, chewy coconut cookies, a coconut crunch cake, and a frozen coconut and roasted pineapple cake.	USA	English-100					
2020-01-13	1800	Bake With Anna Olson	Pate Sablee	Anna demonstrates the basics on working with tender tart dough, commonly referred to in the baking world as pâte sablée. She begins with a simple recipe for sweet dough, and bakes empire cookies.	CANADA	English-100			PG		
2020-01-13	1830	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		
2020-01-13	1900	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100			G		
2020-01-13	1930	Heston's In Search Of Perfection	Spaghetti Bolognese	Heston travels to Italy to break down and dissect the humble but delicious spaghetti bolognese, with versions from the traditional to the radical being tried and tested.	UNITED KINGDOM	English-100	RPT		G	Y	
2020-01-13	2000	How To Cook Like Heston	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT		G	Y	
2020-01-13	2030	Two Greedy Italians... Still Hungry	Rome And Machismo	Rome and Machismo - Gennaro and Antonio look at the modern Italian man and ask if there is still a place in Italy for 'macho' men. They start in the rugged mountain villages of Lazio.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2020-01-13	2135	Anthony Bourdain: The Layover	Miami	Welcome to Grand Theft Auto: Vice City. After flying into the center of the world, otherwise known as Miami International, Tony heads for The Raleigh, and decides it's time for some more ink.	USA	English-100			PG		
2020-01-13	2235	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		
2020-01-13	2305	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100			G		
2020-01-13	2335	Masterchef: The Professionals Series 8 Ep 5	Masterchef: The Professionals Series 8 Ep 5	In the second heat, six of the UK's most determined chefs make the journey to the MasterChef kitchen ready to fight for the coveted title.	UNITED KINGDOM	English-100			G		
2020-01-13	2440	Bake With Anna Olson	Pate Sablee	Anna demonstrates the basics on working with tender tart dough, commonly referred to in the baking world as pâte sablée. She begins with a simple recipe for sweet dough, and bakes empire cookies.	CANADA	English-100			PG		
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2020-01-13	2540	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 8	Watch as a single guy or girl tries to find love over food. They are presented with five unique menus, of which they must pick the three that appeal to them the most.	SOUTH AFRICA	English-100			G		
2020-01-13	2635	Heston's In Search Of Perfection	Spaghetti Bolognese	Heston travels to Italy to break down and dissect the humble but delicious spaghetti bolognese, with versions from the traditional to the radical being tried and tested.	UNITED KINGDOM	English-100	RPT		G	Y	
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2020-01-14	1435	United Plates Of America	United Plates Of America Series 2 Ep 12	We're tasting the foods of the world right here in the United States. We sample some Japanese pho, lovingly prepared with precision.	USA	English-100		G		
2020-01-14	1500	Sarah Graham Cooks Cape Town	Eligin Wine Farm	Sarah and Rob visit their friend Allister Kreft's small wine farm in Elgin. Belfield is one of the smallest commercial wine farms in South Africa and is a family-run affair.	SOUTH AFRICA	English-100				
2020-01-14	1530	Annabel Langbein: Free Range Cook	Show Me The Honey	Annabel needs to replenish one of her pantry essentials - honey. She travels to stunning Alexandra for her favourite organic honey and on the way learns a few tips for cooking with this sweet treat.	NEW ZEALAND	English-100		G		
2020-01-14	1600	Annabel Langbein: Free Range Cook	Good Egg, A	Annabel travels to Waimate to gather eggs from mad keen poultry enthusiast John Davies.	NEW ZEALAND	English-100		G		
2020-01-14	1630	Ask The Butcher	Lamb	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		
2020-01-14	1700	Gourmet Goes Tribal	Ao Naga Tribe	As Pablo visits Mokokchung, he gets to witness the diversity of Nagas at the Moatsumung Festival. It's a colourful, spirited festival that brings together the entire Naga community.	INDIA	English-100		PG		
2020-01-14	1730	Martha Bakes	Coffee	Martha shares how to enjoy coffee beyond the mug with her extraordinary coffee-flavoured desserts - a flaky Napoleon, grown-up ice cream sandwiches, and a decadent coffee cream pie.	USA	English-100				
2020-01-14	1800	Bake With Anna Olson	Chiffon Cake	Light and airy, chiffon cakes combine the richness of a butter cake with the light spring of a sponge cake, and they are the foundation for many favourite desserts.	CANADA	English-100		PG		
2020-01-14	1830	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G		
2020-01-14	1900	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G		
2020-01-14	1930	The Hairy Bikers' Food Tour Of Britain	Hampshire	Si and Dave explore Hampshire where they cook a traditional county favourite at Beaulieu Motor Museum. They also forage for wild mushrooms in the New Forest.	UNITED KINGDOM	English-100	RPT	G		
2020-01-14	2030	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG		
2020-01-14	2100	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG		

2020-01-14	2135	Anthony Bourdain: The Layover	London	London - city of the royal family, high tea, and bad food, right? Wrong. Tony sets out to show that there's more to the most popular tourist city in the world than footballers and fish and chips.	USA	English-100		PG
2020-01-14	2235	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G
2020-01-14	2305	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G
2020-01-14	2335	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 6	It's the quarter final and the six best chefs from the heat return to the MasterChef kitchen to continue in the pursuit of the winter's crown.	UNITED KINGDOM	English-100		PG
2020-01-14	2440	Bake With Anna Olson	Chiffon Cake	Light and airy, chiffon cakes combine the richness of a butter cake with the light spring of a sponge cake, and they are the foundation for many favourite desserts.	CANADA	English-100		PG
2020-01-14	2510	Martha Bakes	Coffee	Martha shares how to enjoy coffee beyond the mug with her extraordinary coffee-flavoured desserts - a flaky Napoleon, grown-up ice cream sandwiches, and a decadent coffee cream pie.	USA	English-100		
2020-01-14	2540	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 9	Watch as a single guy or girl tries to find love over food. They are presented with five unique menus, of which they must pick the three that appeal to them the most.	SOUTH AFRICA	English-100		G
2020-01-14	2635	The Hairy Bikers' Food Tour Of Britain	Hampshire	Si and Dave explore Hampshire where they cook a traditional county favourite at Beaulieu Motor Museum. They also forage for wild mushrooms in the New Forest.	UNITED KINGDOM	English-100	RPT	G
2020-01-14	2730	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG
2020-01-14	2800	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG
2020-01-14	2835	United Plates Of America	United Plates Of America Series 2 Ep 12	We're tasting the foods of the world right here in the United States. We sample some Japanese pho, lovingly prepared with precision.	USA	English-100		G
2020-01-15	0500	Sarah Graham Cooks Cape Town	Elgin Wine Farm	Sarah and Rob visit their friend Allister Kreft's small wine farm in Elgin. Belfield is one of the smallest commercial wine farms in South Africa and is a family-run affair.	SOUTH AFRICA	English-100		
2020-01-15	0530	Annabel Langbein: Free Range Cook	Show Me The Honey	Annabel needs to replenish one of her pantry essentials - honey. She travels to stunning Alexandra for her favourite organic honey and on the way learns a few tips for cooking with this sweet treat.	NEW ZEALAND	English-100		G
2020-01-15	0600	Annabel Langbein: Free Range Cook	Good Egg, A	Annabel travels to Waimate to gather eggs from mad keen poultry enthusiast John Davies.	NEW ZEALAND	English-100		G
2020-01-15	0630	Ask The Butcher	Lamb	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
2020-01-15	0700	Gourmet Goes Tribal	Ao Naga Tribe	As Pablo visits Mokokchung, he gets to witness the diversity of Nagas at the Moatsumung Festival. It's a colourful, spirited festival that brings together the entire Naga community.	INDIA	English-100		PG
2020-01-15	0730	Martha Bakes	Coffee	Martha shares how to enjoy coffee beyond the mug with her extraordinary coffee-flavoured desserts - a flaky Napoleon, grown-up ice cream sandwiches, and a decadent coffee cream pie.	USA	English-100		
2020-01-15	0800	Bake With Anna Olson	Chiffon Cake	Light and airy, chiffon cakes combine the richness of a butter cake with the light spring of a sponge cake, and they are the foundation for many favourite desserts.	CANADA	English-100		PG
2020-01-15	0830	The Hairy Bikers' Food Tour Of Britain	Hampshire	Si and Dave explore Hampshire where they cook a traditional county favourite at Beaulieu Motor Museum. They also forage for wild mushrooms in the New Forest.	UNITED KINGDOM	English-100	RPT	G
2020-01-15	0930	Anthony Bourdain: The Layover	London	London - city of the royal family, high tea, and bad food, right? Wrong. Tony sets out to show that there's more to the most popular tourist city in the world than footballers and fish and chips.	USA	English-100		PG
2020-01-15	1030	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG
2020-01-15	1100	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG
2020-01-15	1135	Annabel Langbein: Free Range Cook	Show Me The Honey	Annabel needs to replenish one of her pantry essentials - honey. She travels to stunning Alexandra for her favourite organic honey and on the way learns a few tips for cooking with this sweet treat.	NEW ZEALAND	English-100		G
2020-01-15	1200	Annabel Langbein: Free Range Cook	Good Egg, A	Annabel travels to Waimate to gather eggs from mad keen poultry enthusiast John Davies.	NEW ZEALAND	English-100		G

2020-01-15	1230	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 6	It's the quarter final and the six best chefs from the heat return to the MasterChef kitchen to continue in the pursuit of the winter's crown.	UNITED KINGDOM	English-100		PG	
2020-01-15	1335	Martha Bakes	Coffee	Martha shares how to enjoy coffee beyond the mug with her extraordinary coffee-flavored desserts - a flaky Napoleon, grown-up ice cream sandwiches, and a decadent coffee cream pie.	USA	English-100			
2020-01-15	1405	Bake With Anna Olson	Chiffon Cake	Light and airy, chiffon cakes combine the richness of a butter cake with the light spring of a sponge cake, and they are the foundation for many favourite desserts.	CANADA	English-100		PG	
2020-01-15	1435	United Plates Of America	United Plates Of America Series 2 Ep 13	First up, we try some creative modern Italian food from a shop front in Hoboken in New Jersey. Then we travel to Austin, Texas and eat some delicious pasta, made the true Italian way.	USA	English-100		G	
2020-01-15	1500	Sarah Graham Cooks Cape Town	Moyo At Spier	Sarah visits Moyo, a popular African Cuisine experience at Spier Wine Farm near Stellenbosch. Sarah shares some of her own recipes and learns to make two of the signature Moyo dishes.	SOUTH AFRICA	English-100			
2020-01-15	1530	Annabel Langbein: Free Range Cook	Girlfriends Go Fishing In Dusk	When Annabel is offered a weekend on a charter boat in remote Dusky Sound, she invites a couple of girlfriends to join her. After a day of fishing they all relax and celebrate their catch.	NEW ZEALAND	English-100		PG	
2020-01-15	1600	Annabel Langbein: Free Range Cook	Garlic Harvest, The	Annabel heads off to harvest garlic with her neighbours and her dinner menu is designed for her teenage children and their friends.	NEW ZEALAND	English-100		G	
2020-01-15	1630	Ask The Butcher	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	
2020-01-15	1700	Gourmet Goes Tribal	Fermentation	Pablo learns more about the diversity of India as he digs through the fermentation practices of the north-east of the country, brought by people from countries like Tibet, Burma, Laos, and Vietnam.	INDIA	English-100		PG	
2020-01-15	1730	Martha Bakes	Green Tea	Green tea is showing up in everything from cocktails to cakes. In this lesson, Martha incorporates this antioxidant-rich ingredient into four remarkable desserts.	USA	English-100			
2020-01-15	1800	Bake With Anna Olson	Puff Pastry	Anna prepares basic puff pastry dough and demonstrates the principals behind making this buttery, flakey yet delicate pastry. She then takes her puff pastry dough and makes three individual tarts.	CANADA	English-100		PG	
2020-01-15	1830	The Cook And The Chef	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G	
2020-01-15	1900	The Cook And The Chef	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	
2020-01-15	1930	Donal's Asian Baking Adventure	Hong Kong 1	Donal's journey to learn the secrets of Asian baking takes him to one of Asia's best known food hubs, Hong Kong.	SINGAPORE	English-100		G	
2020-01-15	2000	Gourmet Farmer	Pigs Prosciutto And Offal	Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer. He also learns a traditional way to prepare offal.	AUSTRALIA	English-100	RPT	G	Y
2020-01-15	2030	Silvia Colloca's Cook Like An Italian	Silvia Colloca's Cook Like An Italian Series 1 Ep 2	Silvia shares her family's most cherished meals, starting with her Nonna's Sunday lunch spectacular, a rich sausage stew served at the table over a giant bed of soft polenta.				PG	
2020-01-15	2100	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	
2020-01-15	2130	Anthony Bourdain: The Layover	Rome	What better city to get stuck in than one of the food capitals of the world, Rome? Tony indulges in an array of delectable Italian treats, from cappuccinos to pizza to his favourite, the nasty bits.	USA	English-100		PG	
2020-01-15	2230	The Cook And The Chef	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G	
2020-01-15	2300	The Cook And The Chef	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	
2020-01-15	2330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 7	Six more chefs from up and down the UK set out to prove they have talent to become a culinary star of the future. They have two chances to impress Monica, Marcus and Gregg.	UNITED KINGDOM	English-100		PG	
2020-01-15	2435	Bake With Anna Olson	Puff Pastry	Anna prepares basic puff pastry dough and demonstrates the principals behind making this buttery, flakey yet delicate pastry. She then takes her puff pastry dough and makes three individual tarts.	CANADA	English-100		PG	
2020-01-15	2505	Martha Bakes	Green Tea	Green tea is showing up in everything from cocktails to cakes. In this lesson, Martha incorporates this antioxidant-rich ingredient into four remarkable desserts.	USA	English-100			

2020-01-15	2535	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 10	Watch as a single guy or girl tries to find love over food. They are presented with five unique menus, of which they must pick the three that appeal to them the most.	SOUTH AFRICA	English-100		PG	
2020-01-15	2630	Donal's Asian Baking Adventure	Hong Kong 1	Donal's journey to learn the secrets of Asian baking takes him to one of Asia's best known food hubs, Hong Kong.	SINGAPORE	English-100		G	
2020-01-15	2700	Gourmet Farmer	Pigs Prosciutto And Offal	Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer. He also learns a traditional way to prepare offal.	AUSTRALIA	English-100	RPT	G	Y
2020-01-15	2730	Silvia Colloca's Cook Like An Italian	Silvia Colloca's Cook Like An Italian Series 1 Ep 2	Silvia shares her family's most cherished meals, starting with her Nonna's Sunday lunch spectacular, a rich sausage stew served at the table over a giant bed of soft polenta.				PG	
2020-01-15	2800	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	
2020-01-15	2830	United Plates Of America	United Plates Of America Series 2 Ep 13	First up, we try some creative modern Italian food from a shop front in Hoboken in New Jersey. Then we travel to Austin, Texas and eat some delicious pasta, made the true Italian way.	USA	English-100		G	
2020-01-16	0500	Sarah Graham Cooks Cape Town	Moyo At Spier	Sarah visits Moyo, a popular African Cuisine experience at Spier Wine Farm near Stellenbosch. Sarah shares some of her own recipes and learns to make two of the signature Moyo dishes.	SOUTH AFRICA	English-100			
2020-01-16	0530	Annabel Langbein: Free Range Cook	Girrfriends Go Fishing In Dusk	When Annabel is offered a weekend on a charter boat in remote Dusky Sound, she invites a couple of girrfriends to join her. After a day of fishing they all relax and celebrate their catch.	NEW ZEALAND	English-100		PG	
2020-01-16	0600	Annabel Langbein: Free Range Cook	Garlic Harvest, The	Annabel heads off to harvest garlic with her neighbours and her dinner menu is designed for her teenage children and their friends.	NEW ZEALAND	English-100		G	
2020-01-16	0630	Ask The Butcher	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	
2020-01-16	0700	Gourmet Goes Tribal	Fermentation	Pablo learns more about the diversity of India as he digs through the fermentation practices of the north-east of the country, brought by people from countries like Tibet, Burma, Laos, and Vietnam.	INDIA	English-100		PG	
2020-01-16	0730	Martha Bakes	Green Tea	Green tea is showing up in everything from cocktails to cakes. In this lesson, Martha incorporates this antioxidant-rich ingredient into four remarkable desserts.	USA	English-100			
2020-01-16	0800	Bake With Anna Olson	Puff Pastry	Anna prepares basic puff pastry dough and demonstrates the principals behind making this buttery, flakey yet delicate pastry. She then takes her puff pastry dough and makes three individual tarts.	CANADA	English-100		PG	
2020-01-16	0830	Donal's Asian Baking Adventure	Hong Kong 1	Donal's journey to learn the secrets of Asian baking takes him to one of Asia's best known food hubs, Hong Kong.	SINGAPORE	English-100		G	
2020-01-16	0900	Gourmet Farmer	Pigs Prosciutto And Offal	Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer. He also learns a traditional way to prepare offal.	AUSTRALIA	English-100	RPT	G	Y
2020-01-16	0930	Anthony Bourdain: The Layover	Rome	What better city to get stuck in than one of the food capitals of the world, Rome? Tony indulges in an array of delectable Italian treats, from cappuccinos to pizza to his favourite, the nasty bits.	USA	English-100		PG	
2020-01-16	1030	Silvia Colloca's Cook Like An Italian	Silvia Colloca's Cook Like An Italian Series 1 Ep 2	Silvia shares her family's most cherished meals, starting with her Nonna's Sunday lunch spectacular, a rich sausage stew served at the table over a giant bed of soft polenta.				PG	
2020-01-16	1100	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	
2020-01-16	1130	Annabel Langbein: Free Range Cook	Girrfriends Go Fishing In Dusk	When Annabel is offered a weekend on a charter boat in remote Dusky Sound, she invites a couple of girrfriends to join her. After a day of fishing they all relax and celebrate their catch.	NEW ZEALAND	English-100		PG	
2020-01-16	1200	Annabel Langbein: Free Range Cook	Garlic Harvest, The	Annabel heads off to harvest garlic with her neighbours and her dinner menu is designed for her teenage children and their friends.	NEW ZEALAND	English-100		G	
2020-01-16	1230	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 7	Six more chefs from up and down the UK set out to prove they have talent to become a culinary star of the future. They have two chances to impress Monica, Marcus and Gregg.	UNITED KINGDOM	English-100		PG	
2020-01-16	1335	Martha Bakes	Green Tea	Green tea is showing up in everything from cocktails to cakes. In this lesson, Martha incorporates this antioxidant-rich ingredient into four remarkable desserts.	USA	English-100			
2020-01-16	1405	Bake With Anna Olson	Puff Pastry	Anna prepares basic puff pastry dough and demonstrates the principals behind making this buttery, flakey yet delicate pastry. She then takes her puff pastry dough and makes three individual tarts.	CANADA	English-100		PG	
2020-01-16	1435	Late Nite Eats	Toronto	Jordan checks out Toronto, Canada's most diverse city, and it dishes out all kinds of delights. He kicks off his tour at Chanticleer, a French style bistro located in Parkdale.	USA	English-100		G	

2020-01-16	1500	Sarah Graham Cooks Cape Town	Ishay Govender	Saran and Ishay Govender prepare a lunch for fellow foodie blogger friends, featuring family recipes with global influences.	SOUTH AFRICA	English-100		
2020-01-16	1530	Annabel Langbein: Free Range Cook	Green Grapes For Verjuice	Annabel takes off in her little jetboat to collect sour green grapes, the vital ingredient needed to make a batch of verjuice.	NEW ZEALAND	English-100	G	
2020-01-16	1600	Annabel Langbein: Free Range Cook	Big Cheese, The	Annabel travels to Oamaru to source the perfect cheese to use in a caramalised onion and cheese tart from local cheese making company, Whitestone.	NEW ZEALAND	English-100	G	
2020-01-16	1630	Ask The Butcher	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
2020-01-16	1700	Gourmet Goes Tribal	Best I Cooked	Food has always been a way to spread joy and happiness for Pablo. When he gets a chance to return the favour, Pablo can't think of a better way than to cook for the people of North East.	INDIA	English-100	PG	
2020-01-16	1730	Martha Bakes	Extraordinary Fruits	Martha's favourite desserts have something in common - fruit - nature's sweetest gift. Learn step-by-step how-tos for a soufflé with intensely fragrant passion fruit, and rhubarb cobbler.	USA	English-100		
2020-01-16	1800	Bake With Anna Olson	Cupcakes	Cupcakes are a pop culture phenomenon with countless bakeries devoted to them. Anna shares how to make a variety of styles and flavours.	CANADA	English-100	PG	
2020-01-16	1830	The Cook And The Chef	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	
2020-01-16	1900	The Cook And The Chef	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	
2020-01-16	1930	Donna Hay: Basics To Brilliance Series 1	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100	G	
2020-01-16	2000	Asia Unplated With Diana Chan	Cantonese	The celebration of Cantonese cooking begins in one of Melbourne's most iconic restaurants, Flower Drum, in the heart of Chinatown. Diana is also joined by MasterChef alumni and friend, Karlie Verkerk.	AUSTRALIA	English-100	PG	
2020-01-16	2030	Rick Stein's French Odyssey Series 1 Ep 4	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100	G	
2020-01-16	2100	Delia's How To Cook	Preserving	Delia explains the essentials of preserves, chutneys, jellies, and pickles. Arguing how much better home-made jams and pickles taste than shop-bought ones, she encourages viewers to get preserving.	UNITED KINGDOM	English-100	G	
2020-01-16	2130	Anthony Bourdain: The Layover	Amsterdam	Amsterdam - otherwise known as the 'Venice of the North,' the European capital of weirdos and hedonism. Tony returns to the capital of the Netherlands after 40 years.	USA	English-100	PG	
2020-01-16	2230	The Cook And The Chef	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	
2020-01-16	2300	The Cook And The Chef	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	
2020-01-16	2330	Masterchef: The Professionals Series 8 Ep 8	Masterchef: The Professionals Series 8 Ep 8	The hunt for the champion continues as six new chefs set out to prove they are serious contenders for the Professional MasterChef title.	UNITED KINGDOM	English-100	G	Y
2020-01-16	2435	Bake With Anna Olson	Cupcakes	Cupcakes are a pop culture phenomenon with countless bakeries devoted to them. Anna shares how to make a variety of styles and flavours.	CANADA	English-100	PG	
2020-01-16	2505	Martha Bakes	Extraordinary Fruits	Martha's favourite desserts have something in common - fruit - nature's sweetest gift. Learn step-by-step how-tos for a soufflé with intensely fragrant passion fruit, and rhubarb cobbler.	USA	English-100		
2020-01-16	2535	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 11	Watch as a single guy or girl tries to find love over food. They are presented with five unique menus, of which they must pick the three that appeal to them the most.	SOUTH AFRICA	English-100	PG	
2020-01-16	2630	Donna Hay: Basics To Brilliance Series 1	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100	G	
2020-01-16	2700	Asia Unplated With Diana Chan	Cantonese	The celebration of Cantonese cooking begins in one of Melbourne's most iconic restaurants, Flower Drum, in the heart of Chinatown. Diana is also joined by MasterChef alumni and friend, Karlie Verkerk.	AUSTRALIA	English-100	PG	
2020-01-16	2730	Rick Stein's French Odyssey Series 1 Ep 4	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100	G	
2020-01-16	2800	Delia's How To Cook	Preserving	Delia explains the essentials of preserves, chutneys, jellies, and pickles. Arguing how much better home-made jams and pickles taste than shop-bought ones, she encourages viewers to get preserving.	UNITED KINGDOM	English-100	G	

2020-01-16	2830	Late Nite Eats	Toronto	Jordan checks out Toronto, Canada's most diverse city, and it dishes out all kinds of delights. He kicks off his tour at Chanticleer, a French style bistro located in Parkdale.	USA	English-100	G	
2020-01-17	0500	Sarah Graham Cooks Cape Town	Ishay Govender	Saran and Ishay Govender prepare a lunch for fellow foodie blogger friends, featuring family recipes with global influences.	SOUTH AFRICA	English-100		
2020-01-17	0530	Annabel Langbein: Free Range Cook	Green Grapes For Verjuice	Annabel takes off in her little jetboat to collect sour green grapes, the vital ingredient needed to make a batch of verjuice.	NEW ZEALAND	English-100	G	
2020-01-17	0600	Annabel Langbein: Free Range Cook	Big Cheese, The	Annabel travels to Oamaru to source the perfect cheese to use in a caramalised onion and cheese tart from local cheese making company, Whitestone.	NEW ZEALAND	English-100	G	
2020-01-17	0630	Ask The Butcher	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
2020-01-17	0700	Gourmet Goes Tribal	Best I Cooked	Food has always been a way to spread joy and happiness for Pablo. When he gets a chance to return the favour, Pablo can't think of a better way than to cook for the people of North East.	INDIA	English-100	PG	
2020-01-17	0730	Martha Bakes	Extraordinary Fruits	Martha's favourite desserts have something in common - fruit - nature's sweetest gift. Learn step-by-step how-tos for a soufflé with intensely fragrant passion fruit, and rhubarb cobbles.	USA	English-100		
2020-01-17	0800	Bake With Anna Olson	Cupcakes	Cupcakes are a pop culture phenomenon with countless bakeries devoted to them. Anna shares how to make a variety of styles and flavours.	CANADA	English-100	PG	
2020-01-17	0830	Donna Hay: Basics To Brilliance Series 1	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100	G	
2020-01-17	0900	Asia Unplated With Diana Chan	Cantonese	The celebration of Cantonese cooking begins in one of Melbourne's most iconic restaurants, Flower Drum, in the heart of Chinatown. Diana is also joined by MasterChef alumni and friend, Karlie Verkerk.	AUSTRALIA	English-100	PG	
2020-01-17	0930	Anthony Bourdain: The Layover	Amsterdam	Amsterdam - otherwise known as the 'Venice of the North,' the European capital of weirdos and hedonism. Tony returns to the capital of the Netherlands after 40 years.	USA	English-100	PG	
2020-01-17	1030	Rick Stein's French Odyssey Series 1 Ep 4	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100	G	
2020-01-17	1100	Delia's How To Cook	Preserving	Delia explains the essentials of preserves, chutneys, jellies, and pickles. Arguing how much better home-made jams and pickles taste than shop-bought ones, she encourages viewers to get preserving.	UNITED KINGDOM	English-100	G	
2020-01-17	1130	Annabel Langbein: Free Range Cook	Green Grapes For Verjuice	Annabel takes off in her little jetboat to collect sour green grapes, the vital ingredient needed to make a batch of verjuice.	NEW ZEALAND	English-100	G	
2020-01-17	1200	Annabel Langbein: Free Range Cook	Big Cheese, The	Annabel travels to Oamaru to source the perfect cheese to use in a caramalised onion and cheese tart from local cheese making company, Whitestone.	NEW ZEALAND	English-100	G	
2020-01-17	1230	Masterchef: The Professionals Series 8 Ep 8	Masterchef: The Professionals Series 8 Ep 8	The hunt for the champion continues as six new chefs set out to prove they are serious contenders for the Professional MasterChef title.	UNITED KINGDOM	English-100	G	Y
2020-01-17	1335	Martha Bakes	Extraordinary Fruits	Martha's favourite desserts have something in common - fruit - nature's sweetest gift. Learn step-by-step how-tos for a soufflé with intensely fragrant passion fruit, and rhubarb cobbles.	USA	English-100		
2020-01-17	1405	Bake With Anna Olson	Cupcakes	Cupcakes are a pop culture phenomenon with countless bakeries devoted to them. Anna shares how to make a variety of styles and flavours.	CANADA	English-100	PG	
2020-01-17	1435	Late Nite Eats	Montreal	Jordan explores the Montreal scene and it doesn't disappoint. First, he heads to Notre Dame de Grace to try the late night discount menu at Monkland Tavern.	USA	English-100	G	
2020-01-17	1500	Sarah Graham Cooks Cape Town	Home Alone	Sarah is at home for a quiet evening with the kitchen all to herself, so it's time to make her favourites - fish cakes, and slow cooked chicken. She also gets ahead on some baking.	SOUTH AFRICA	English-100		
2020-01-17	1530	Annabel Langbein: Free Range Cook	Fisherman's Luck	Annabel's fishing for salmon on stunning Lake Wanaka and if she's lucky she'll be serving up a starter of tea smoked salmon, with parmesan and basil dimples.	NEW ZEALAND	English-100	G	
2020-01-17	1600	Annabel Langbein: Free Range Cook	Boutique Brewers	Annabel travels to picturesque Arrowtown, to source the best cooking beer to make a batch of morish vegetable pakoras.	NEW ZEALAND	English-100	G	
2020-01-17	1630	Ask The Butcher	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
2020-01-17	1700	Gourmet Goes Tribal	Best I Tasted	Pablo's belief that magic happens in the most unexpected places is reaffirmed after his trip to the North East of India, discovering ingredients and flavours that he has never heard of.	INDIA	English-100	PG	

2020-01-17	1730	Martha Bakes	Fruit Curds	Fruit has more delicious potential when made into a rich luscious curd. So watch step-by-step how-tos and learn to make three fruit curds.	USA	English-100	
2020-01-17	1800	Bake With Anna Olson	Creme Brulee	Anna demonstrates how to make a traditional vanilla bean crème brûlée with chilled creamy custard under a layer of crackling burnt sugar.	CANADA	English-100	PG
2020-01-17	1830	The Cook And The Chef	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
2020-01-17	1900	The Cook And The Chef	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
2020-01-17	1930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 3	Paul Hollywood is joined by chef Nigel Haworth as they celebrate the best of British hearty food. Nigel leaves behind his Michelin Starred cuisine and recreates his favourite childhood pie.	UNITED KINGDOM	English-100	G
2020-01-17	2030	Bill's Tasty Weekends	Somerset	Bill Granger's childhood dream is coming true as this weekend, he's in the beautiful Somerset countryside staying in a tree house - but this one has old mod cons.	UNITED KINGDOM	English-100	G
2020-01-17	2130	Anthony Bourdain: The Layover	Los Angeles	Tony used to love mocking Los Angelese, but after numerous visits, he has learned that there is much more to it, and he's going to help you find the hidden gems.	USA	English-100	PG
2020-01-17	2230	Anthony Bourdain: The Layover	San Francisco	San Francisco is known for vegetarians, hippies, and locavores. But Tony visits the Bay Area to discover a long history of mid-range, meaty goodness and to do a lot of drinking.	USA	English-100	PG
2020-01-17	2330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 9	In this quarter final the best six chefs from the heats return to face two more demanding challenges set by judges Monica and Marcus. First, they face a notorious MasterChef Invention Test.	UNITED KINGDOM	English-100	G
2020-01-17	2435	Bake With Anna Olson	Creme Brulee	Anna demonstrates how to make a traditional vanilla bean crème brûlée with chilled creamy custard under a layer of crackling burnt sugar.	CANADA	English-100	PG
2020-01-17	2505	Martha Bakes	Fruit Curds	Fruit has more delicious potential when made into a rich luscious curd. So watch step-by-step how-tos and learn to make three fruit curds.	USA	English-100	
2020-01-17	2535	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 12	Watch as a single guy or girl tries to find love over food. They are presented with five unique menus, of which they must pick the three that appeal to them the most.	SOUTH AFRICA	English-100	PG
2020-01-17	2630	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 3	Paul Hollywood is joined by chef Nigel Haworth as they celebrate the best of British hearty food. Nigel leaves behind his Michelin Starred cuisine and recreates his favourite childhood pie.	UNITED KINGDOM	English-100	G
2020-01-17	2730	Bill's Tasty Weekends	Somerset	Bill Granger's childhood dream is coming true as this weekend, he's in the beautiful Somerset countryside staying in a tree house - but this one has old mod cons.	UNITED KINGDOM	English-100	G
2020-01-17	2830	Late Nite Eats	Montreal	Jordan explores the Montreal scene and it doesn't disappoint. First, he heads to Notre Dame de Grace to try the late night discount menu at Monkland Tavern.	USA	English-100	G
2020-01-18	0500	Sarah Graham Cooks Cape Town	Home Alone	Sarah is at home for a quiet evening with the kitchen all to herself, so it's time to make her favourites - fish cakes, and slow cooked chicken. She also gets ahead on some baking.	SOUTH AFRICA	English-100	
2020-01-18	0530	Annabel Langbein: Free Range Cook	Fisherman's Luck	Annabel's fishing for salmon on stunning Lake Wanaka and if she's lucky she'll be serving up a starter of tea smoked salmon, with parmesan and basil dimples.	NEW ZEALAND	English-100	G
2020-01-18	0600	Annabel Langbein: Free Range Cook	Boutique Brewers	Annabel travels to picturesque Arrowtown, to source the best cooking beer to make a batch of morish vegetable pakoras.	NEW ZEALAND	English-100	G
2020-01-18	0630	Ask The Butcher	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
2020-01-18	0700	Gourmet Goes Tribal	Best I Tasted	Pablo's belief that magic happens in the most unexpected places is reaffirmed after his trip to the North East of India, discovering ingredients and flavours that he has never heard of.	INDIA	English-100	PG
2020-01-18	0730	Martha Bakes	Fruit Curds	Fruit has more delicious potential when made into a rich luscious curd. So watch step-by-step how-tos and learn to make three fruit curds.	USA	English-100	
2020-01-18	0800	Bake With Anna Olson	Creme Brulee	Anna demonstrates how to make a traditional vanilla bean crème brûlée with chilled creamy custard under a layer of crackling burnt sugar.	CANADA	English-100	PG
2020-01-18	0830	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 3	Paul Hollywood is joined by chef Nigel Haworth as they celebrate the best of British hearty food. Nigel leaves behind his Michelin Starred cuisine and recreates his favourite childhood pie.	UNITED KINGDOM	English-100	G
2020-01-18	0930	Anthony Bourdain: The Layover	Los Angeles	Tony used to love mocking Los Angelese, but after numerous visits, he has learned that there is much more to it, and he's going to help you find the hidden gems.	USA	English-100	PG

2020-01-18	1030	Sarah Graham Cooks Cape Town	Home Alone	Sarah is at home for a quiet evening with the kitchen all to herself, so it's time to make her favourites - fish cakes, and slow cooked chicken. She also gets ahead on some baking.	SOUTH AFRICA	English-100					
2020-01-18	1100	The Travelling Chef	Travelling Chef Series 3, The Ep 9	Brett travels to North Queensland to learn aboriginal food preparations in the Daintree rainforest. Brett also visits Cairn's famous Rusty's Market.	NEW ZEALAND	English-100			PG		
2020-01-18	1130	The Travelling Chef	Travelling Chef Series 3, The Ep 10	Brett heads south from Bangkok to the southern province of Petchaburi. He learns Thai sweets, a local fish delicacy and finds an unexpected vineyard making Thai wine.	NEW ZEALAND	English-100			PG		
2020-01-18	1200	Anthony Bourdain: Parts Unknown	Vietnam	Tony returns to one of his favorite places on Earth, Vietnam. For this trip, he journeys to the center of the country, near the coast, to a city he has never been to, known as The City of Ghosts.	USA	English-100			PG	Y	
2020-01-18	1300	Anthony Bourdain: Parts Unknown	Safari	Tony and Saleh chat over a cup of traditional Arabic coffee before everyone disperses at noon for the midday prayers at the nearby mosques.	USA	English-100			PG	Y	
2020-01-18	1400	Saturday Kitchen	Saturday Kitchen Series 1 Ep 3	James Martin is back in the kitchen this week, where he's joined by celebrity guest Edith Bowman. Edith shares her stories from her adventures around the UK music festival circuit.	UNITED KINGDOM	English-100			G		
2020-01-18	1500	Secret Meat Business	Secret Meat Business Series 2 Ep 2	This episode, chef Adrian Richardson pays homage to his time spent as a child in Malaysia, preparing succulent Kelantan-style grilled chicken.	AUSTRALIA	English-100			G		
2020-01-18	1530	Secret Meat Business	Secret Meat Business Series 2 Ep 3	This episode, chef Adrian Richardson shows us the versatility of cooking with rabbit, serving up his succulent sweet braised rabbit ragu.	AUSTRALIA	English-100			G		
2020-01-18	1600	The Cook And The Chef	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100			G		
2020-01-18	1630	The Cook And The Chef	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100			G		
2020-01-18	1700	The Cook And The Chef	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100			G		
2020-01-18	1730	The Delicious Miss Dahl	Nostalgia	When Sophie has been out of the country for a while, she inevitably ends up feeling nostalgic, with a desire to be at home and to be nurtured by the tastes and sensations of her youth.	UNITED KINGDOM	English-100			PG		
2020-01-18	1800	The Delicious Miss Dahl	Celebratory	Sophie is in a celebratory mood, and she is putting on a dinner party. Not a stuffy, sit down affair but a de-constructed, fun event.	UNITED KINGDOM	English-100			PG		
2020-01-18	1830	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 2 Ep 3	Aldo and Enzo head to Noto, a pretty Baroque town. They prepare a vegetarian anti pasti with local vegetables and fresh basil dressing, a sausage casserole, and a ricotta millefeuille.	UNITED KINGDOM	English-100					
2020-01-18	1900	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 2 Ep 4	Aldo and Enzo are in the province of Messina very high up in Montalbano, a beautiful town famous for its castle built in the 1200s. They prepare Montalbano-style salted goat, and a pear dessert.	UNITED KINGDOM	English-100					
2020-01-18	1930	Cheese Slices	Twins Of The Mediterranean: Corsica And Sardinia	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions.	AUSTRALIA	English-100			G		
2020-01-18	2000	Cheese Slices	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			PG		
2020-01-18	2030	Heston's Dinner In Space	Heston's Space Food Series 1 Ep 1	Heston undergoes space training where he experiences zero gravity amongst other challenging conditions. Inspired by the occasion, he also creates some delicious space food.	UNITED KINGDOM	English-100		RPT	G	Y	
2020-01-18	2130	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 10	White Flower in Ohio designs an art deco wedding cake, Christopher Garrens creates an opulent Versailles-inspired wedding cake, and Robin at Gateaux Inc. takes on a baseball-and-lingerie cake.	USA	English-100			PG		
2020-01-18	2230	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 3	Shane Delia's culinary journey into Middle Eastern cuisine continues as he explores mountain hideouts in central Lebanon where he learns age-old methods of meat preservation.	AUSTRALIA	English-100		RPT	G	Y	Y
2020-01-18	2300	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 4	Shane Delia's culinary journey into Middle Eastern cuisine continues as he travels to the Bekka Valley and visits the ancient temple of Bacchus, the god of fertility.	AUSTRALIA	English-100		RPT	G	Y	Y
2020-01-18	2330	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 12	Watch as a single guy or girl tries to find love over food. They are presented with five unique menus, of which they must pick the three that appeal to them the most.	SOUTH AFRICA	English-100			PG		
2020-01-18	2430	Heston's Dinner In Space	Heston's Space Food Series 1 Ep 1	Heston undergoes space training where he experiences zero gravity amongst other challenging conditions. Inspired by the occasion, he also creates some delicious space food.	UNITED KINGDOM	English-100		RPT	G	Y	
2020-01-18	2530	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 10	White Flower in Ohio designs an art deco wedding cake, Christopher Garrens creates an opulent Versailles-inspired wedding cake, and Robin at Gateaux Inc. takes on a baseball-and-lingerie cake.	USA	English-100			PG		

2020-01-18	2630	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 3	Shane Delia's culinary journey into Middle Eastern cuisine continues as he explores mountain hideouts in central Lebanon where he learns age-old methods of meat preservation.	AUSTRALIA	English-100	RPT	G	Y	Y
2020-01-18	2700	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 4	Shane Delia's culinary journey into Middle Eastern cuisine continues as he travels to the Bekka Valley and visits the ancient temple of Bacchus, the god of fertility.	AUSTRALIA	English-100	RPT	G	Y	Y
2020-01-18	2730	The Delicious Miss Dahl	Nostalgia	When Sophie has been out of the country for a while, she inevitably ends up feeling nostalgic, with a desire to be at home and to be nurtured by the tastes and sensations of her youth.	UNITED KINGDOM	English-100		PG		
2020-01-18	2800	The Delicious Miss Dahl	Celebratory	Sophie is in a celebratory mood, and she is putting on a dinner party. Not a stuffy, sit down affair but a de-constructed, fun event.	UNITED KINGDOM	English-100		PG		
2020-01-18	2830	Cheese Slices	Twins Of The Mediterranean: Corsica And Sardinia	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions.	AUSTRALIA	English-100		G		