



WEEK 30: Sunday, 21 July - Saturday, 27 July 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-07-21	0500	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G		
2019-07-21	0530	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G		
2019-07-21	0600	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G		
2019-07-21	0630	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 3	Before leaving the Philippines, chef Peter Kuruvita adventurously visits one island that many leave off their holiday plans, the voodoo island of Siquijor.	AUSTRALIA	English-100	RPT	G	Y	
2019-07-21	0700	Dinner Date	Dinner Date Series 8 Ep 4	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100				
2019-07-21	0800	Say It To My Face	Those Who Forget The Past	Hosts Andrew Gruel and Anthony Dispensa count down the top five biggest restaurant redemptions on this season of Say It To My Face.	USA	English-100		PG		Y
2019-07-21	0900	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 4	Peter lands on the Indonesian island of Sulawesi and stops at the bustling seafood market in the island's capital of Makassar. Here the roads are lined with carts of dried fish.	AUSTRALIA	English-100	RPT	G	Y	
2019-07-21	0930	Lyndey And Herbie's Moveable Feast	Dazzling Coast, The	Queensland's Sunshine Coast has crystal blue waters, white sands, and is surrounded by green rolling hills, which makes for perfect agricultural conditions and a haven for food producers.	AUSTRALIA	English-100				
2019-07-21	1000	Lyndey And Herbie's Moveable Feast	Sunshine Extra	In this second visit to the sunny coast, Lyndey meets a great character who breeds water buffalo, and combined with a local trumpet player's cheese, she creates her 'Spiced Bocconcini Salad'.	AUSTRALIA	English-100				
2019-07-21	1030	James Martin Mediterranean	Marseille	James sails into the busy French port of Marseille to track down the famous fish stew - Bouillabaisse. He explores the port's diverse food culture at the local North African market.	UNITED KINGDOM	English-100				
2019-07-21	1100	James Martin Mediterranean	Gaeta	James explores Gaeta on Italy's Lazio coast. Here he finds out how they produce their world class Gaeta olives and discovers one of the area's local specialities, pizza pie.	UNITED KINGDOM	English-100				
2019-07-21	1130	Born To Cook: Jack Stein Down Under	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100		G		Y
2019-07-21	1200	Born To Cook: Jack Stein Down Under	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100		G		
2019-07-21	1230	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G		
2019-07-21	1300	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G		
2019-07-21	1330	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G		

2019-07-21	1400	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 3	Before leaving the Philippines, chef Peter Kuruvita adventurously visits one island that many leave off their holiday plans, the voodoo island of Siquijor.	AUSTRALIA	English-100	RPT	G	Y	
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2019-07-21	1500	Dinner Date	Dinner Date Series 8 Ep 5	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100				
2019-07-21	1600	Say It To My Face	Asian Confusion	Guest hosts Michael Chernow and Daniel Holzman, owners of 'The Meatball Shop', travel to Pasadena, CA to help the owner of Equator Cafe conquer his terrible online reviews.	USA	English-100		PG	Y	
2019-07-21	1700	Lee Chan's World Tour	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		G	Y	
2019-07-21	1730	Lee Chan's World Tour	Egypt	Travelling back in time, Lee begins her tour like most tourists do - at the Pyramids of Giza.	AUSTRALIA	English-100		G		
2019-07-21	1800	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		
2019-07-21	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		
2019-07-21	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		
2019-07-21	1930	The Little Paris Kitchen	Little Paris Kitchen Series 1 Ep 1, The	Rachel cooks up her unique take on a croque madame, conjures up some wonderful madeleine cakes, shops in the Moroccan part of the capital's oldest food market.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-07-21	2000	The Little Paris Kitchen	Little Paris Kitchen Series 1 Ep 2, The	Rachel crafts baguettes with a master Parisian baker, puts her twist on the traditional beef bourguignon and creates an irresistible chocolate sponge, oozing with salted caramel.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-07-21	2030	Rick Stein's French Odyssey	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		
2019-07-21	2100	Rick Stein's French Odyssey	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	
2019-07-21	2130	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-07-21	2200	Luke Nguyen's France	Marseille	Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-07-21	2230	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		
2019-07-21	2300	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		
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2019-07-21	2400	The Little Paris Kitchen	Little Paris Kitchen Series 1 Ep 1, The	Rachel cooks up her unique take on a croque madame, conjures up some wonderful madeleine cakes, shops in the Moroccan part of the capital's oldest food market.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-07-21	2430	The Little Paris Kitchen	Little Paris Kitchen Series 1 Ep 2, The	Rachel crafts baguettes with a master Parisian baker, puts her twist on the traditional beef bourguignon and creates an irresistible chocolate sponge, oozing with salted caramel.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-07-21	2500	Rick Stein's French Odyssey	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		
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2019-07-21	2600	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-07-21	2630	Luke Nguyen's France	Marseille	Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-07-21	2700	Dinner Date	Dinner Date Series 8 Ep 5	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100				
2019-07-21	2800	Say It To My Face	Asian Confusion	Guest hosts Michael Chernow and Daniel Holzman, owners of 'The Meatball Shop', travel to Pasadena, CA to help the owner of Equator Cafe conquer his terrible online reviews.	USA	English-100		PG		Y
2019-07-22	0500	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		
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2019-07-22	1100	Rick Stein's French Odyssey	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
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2019-07-22	1500	Miguel's Feasts	Miguel's Feasts Series 2 Ep 2	Miguel conjures up magical coffee éclairs, ventures into the woods for Halloween, discovers the secret for a perfect Italian tomato salad, and drums up delicious finger food.	AUSTRALIA	English-100				
2019-07-22	1530	Essence Of India	You Are What You Eat, Detox The Indian Way	Between learning how to cook healthy, wholesome meals, Samira looks at the true meaning of yoga in the birthplace of the ancient practice.	USA	English-100		G		
2019-07-22	1600	Chinese Food In Minutes	Surveyors	Ching is joined by two competitive surveyors who are keen to impress their friends with their cooking skills. On the menu today - succulent and crispy Mongolian lamb.	UNITED KINGDOM	English-100				
2019-07-22	1630	The Latin Kitchen	Traditional Mexican Beans With Breakfast, Lunch And Dinner	Chef Luis Valenzuela fries up classic Mexican bean recipes, proving that the side dish can also be the main attraction.	CANADA	English-100				
2019-07-22	1700	Secret Meat Business	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		PG		
2019-07-22	1730	Poh's Kitchen	Traditional Cooking With David Thompson	Thai food guru, David Thompson, returns to Poh's kitchen to share with us an ancient Thai recipe, a shrimp paste relish, Nahm Prik Gapi. Poh impresses David with a traditional Malaysian stir fry.	AUSTRALIA	English-100	RPT	G	Y	
2019-07-22	1800	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes Peach Jam, sharing a new method to check when it is ready to set, makes a simple Peach and Prosciutto salad and finishes with a Peach drink.	AUSTRALIA	English-100		G		
2019-07-22	1830	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	AUSTRALIA	English-100	RPT	PG	Y	
2019-07-22	1930	Outback Gourmet	Outback Gourmet Series 1 Ep 3	Justine visits Marksie's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100		G		
2019-07-22	2000	Outback Gourmet	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laksa. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100		G		
2019-07-22	2030	A Cook Abroad	Rick Stein's Australia	Rick Stein is in Australia, a country he fell in love with on his first visit at the age of 19. He embarks on a journey for fresh produce, beginning from his Mollymook home in New South Wales.	UNITED KINGDOM	English-100		PG		Y
2019-07-22	2135	Poh's Kitchen	Traditional Cooking With David Thompson	Thai food guru, David Thompson, returns to Poh's kitchen to share with us an ancient Thai recipe, a shrimp paste relish, Nahm Prik Gapi. Poh impresses David with a traditional Malaysian stir fry.	AUSTRALIA	English-100	RPT	G	Y	

2019-07-22	2205	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes Peach Jam, sharing a new method to check when it is ready to set, makes a simple Peach and Prosciutto salad and finishes with a Peach drink.	AUSTRALIA	English-100		G	
2019-07-22	2235	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-22	2330	Outback Gourmet	Outback Gourmet Series 1 Ep 3	Justine visits Marksie's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100		G	
2019-07-22	2400	Outback Gourmet	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laksa. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100		G	
2019-07-22	2430	Worst Cooks In America	Worst Of The Worst	Fourteen 'recruits', each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne and Bobby with grocery bags full of food found in their homes.	USA	English-100		PG	
2019-07-22	2530	A Cook Abroad	Rick Stein's Australia	Rick Stein is in Australia, a country he fell in love with on his first visit at the age of 19. He embarks on a journey for fresh produce, beginning from his Mollymook home in New South Wales.	UNITED KINGDOM	English-100		PG	Y
2019-07-22	2635	Miguel's Feasts	Miguel's Feasts Series 2 Ep 2	Miguel conjures up magical coffee éclairs, ventures into the woods for Halloween, discovers the secret for a perfect Italian tomato salad, and drums up delicious finger food.	AUSTRALIA	English-100			
2019-07-22	2700	Essence Of India	You Are What You Eat, Detox The Indian Way	Between learning how to cook healthy, wholesome meals, Samira looks at the true meaning of yoga in the birthplace of the ancient practice.	USA	English-100		G	
2019-07-22	2730	Chinese Food In Minutes	Surveyors	Ching is joined by two competitive surveyors who are keen to impress their friends with their cooking skills. On the menu today - succulent and crispy Mongolian lamb.	UNITED KINGDOM	English-100			
2019-07-22	2800	The Latin Kitchen	Traditional Mexican Beans With Breakfast, Lunch And Dinner	Chef Luis Valenzuela fries up classic Mexican bean recipes, proving that the side dish can also be the main attraction.	CANADA	English-100			
2019-07-22	2830	Secret Meat Business	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		PG	
2019-07-23	0500	Poh's Kitchen	Traditional Cooking With David Thompson	Thai food guru, David Thompson, returns to Poh's kitchen to share with us an ancient Thai recipe, a shrimp paste relish, Nahm Prik Gapi. Poh impresses David with a traditional Malaysian stir fry.	AUSTRALIA	English-100	RPT	G	Y
2019-07-23	0530	Worst Cooks In America	Worst Of The Worst	Fourteen 'recruits', each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne and Bobby with grocery bags full of food found in their homes.	USA	English-100		PG	
2019-07-23	0630	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes Peach Jam, sharing a new method to check when it is ready to set, makes a simple Peach and Prosciutto salad and finishes with a Peach drink.	AUSTRALIA	English-100		G	
2019-07-23	0700	Miguel's Feasts	Miguel's Feasts Series 2 Ep 2	Miguel conjures up magical coffee éclairs, ventures into the woods for Halloween, discovers the secret for a perfect Italian tomato salad, and drums up delicious finger food.	AUSTRALIA	English-100			
2019-07-23	0730	Essence Of India	You Are What You Eat, Detox The Indian Way	Between learning how to cook healthy, wholesome meals, Samira looks at the true meaning of yoga in the birthplace of the ancient practice.	USA	English-100		G	
2019-07-23	0800	Chinese Food In Minutes	Surveyors	Ching is joined by two competitive surveyors who are keen to impress their friends with their cooking skills. On the menu today - succulent and crispy Mongolian lamb.	UNITED KINGDOM	English-100			
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2019-07-23	0930	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-23	1030	Outback Gourmet	Outback Gourmet Series 1 Ep 3	Justine visits Marksie's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100		G	
2019-07-23	1100	Outback Gourmet	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laksa. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100		G	
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2019-07-23	1330	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	AUSTRALIA	English-100	RPT	PG	Y
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2019-07-23	1500	Miguel's Feasts	Miguel's Feasts Series 2 Ep 3	Meat is on the menu in South Africa, and Miguel cooks up an easy one pot stop to feed the whole family.	AUSTRALIA	English-100			
2019-07-23	1530	Essence Of India	Brunch Indian Style	It's that time of the week, when we kick back, relax, enjoy some great food, a time to catch up with good friends and family. The meal of course is Sunday Brunch - it's a Western concept.	USA	English-100		G	
2019-07-23	1600	Chinese Food In Minutes	Taxi Drivers	Two London cabbies are keen to prove they've got the edge when it comes to wok cooking - on the menu, a punchy prawn and chilli bamboo shoot stir fry.	UNITED KINGDOM	English-100			
2019-07-23	1630	The Latin Kitchen	Baja Dishes	Chef Luis Valenzuela takes us on a culinary tour of the Baja region of Mexico with sweet and savoury flavours from the beach, to the mountains and back again.	CANADA	English-100			
2019-07-23	1700	Secret Meat Business	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	
2019-07-23	1730	Poh's Kitchen	Cooking Chinese With Neil Perry	Neil Perry takes Poh on a trip through Chinatown before heading back to the kitchen to cook Chinese, and Neil shows why he is at the cutting edge of Modern Asian cuisine.	AUSTRALIA	English-100	RPT	G	Y
2019-07-23	1800	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G	
2019-07-23	1830	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-23	1930	The Hairy Bikers' Food Tour Of Britain	Cheshire	Si and Dave explore Cheshire, where they cook a traditional county favourite at Chester Zoo, visit a smokehouse, and tuck into some of Cheshire's famous cheese.	UNITED KINGDOM	English-100	RPT	G	
2019-07-23	2030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 4	Paul Hollywood brings British Pies and Puddings back home by creating a Thai Chicken Pie with ingredients from Yorkshire, and a Pumpkin and Ginger Cheesecake from Kent.	UNITED KINGDOM	English-100			
2019-07-23	2130	Poh's Kitchen	Cooking Chinese With Neil Perry	Neil Perry takes Poh on a trip through Chinatown before heading back to the kitchen to cook Chinese, and Neil shows why he is at the cutting edge of Modern Asian cuisine.	AUSTRALIA	English-100	RPT	G	Y
2019-07-23	2200	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G	

2019-07-23	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-23	2330	The Hairy Bikers' Food Tour Of Britain	Cheshire	Si and Dave explore Cheshire, where they cook a traditional county favourite at Chester Zoo, visit a smokehouse, and tuck into some of Cheshire's famous cheese.	UNITED KINGDOM	English-100	RPT	G	
2019-07-23	2430	Worst Cooks In America	Straight Edge Skills	The remaining recruits wake up to a note from Anne and Bobby saying they are going on a culinary field trip on the high seas. They head to the docks and jump aboard a fishing boat.	USA	English-100		PG	Y
2019-07-23	2530	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 4	Paul Hollywood brings British Pies and Puddings back home by creating a Thai Chicken Pie with ingredients from Yorkshire, and a Pumpkin and Ginger Cheesecake from Kent.	UNITED KINGDOM	English-100			
2019-07-23	2630	Miguel's Feasts	Miguel's Feasts Series 2 Ep 3	Meat is on the menu in South Africa, and Miguel cooks up an easy one pot stop to feed the whole family.	AUSTRALIA	English-100			
2019-07-23	2700	Essence Of India	Brunch Indian Style	It's that time of the week, when we kick back, relax, enjoy some great food, a time to catch up with good friends and family. The meal of course is Sunday Brunch - it's a Western concept.	USA	English-100		G	
2019-07-23	2730	Chinese Food In Minutes	Taxi Drivers	Two London cabbies are keen to prove they've got the edge when it comes to wok cooking - on the menu, a punchy prawn and chilli bamboo shoot stir fry.	UNITED KINGDOM	English-100			
2019-07-23	2800	The Latin Kitchen	Baja Dishes	Chef Luis Valenzuela takes us on a culinary tour of the Baja region of Mexico with sweet and savoury flavours from the beach, to the mountains and back again.	CANADA	English-100			
2019-07-23	2830	Secret Meat Business	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	
2019-07-24	0500	Poh's Kitchen	Cooking Chinese With Neil Perry	Neil Perry takes Poh on a trip through Chinatown before heading back to the kitchen to cook Chinese, and Neil shows why he is at the cutting edge of Modern Asian cuisine.	AUSTRALIA	English-100	RPT	G	Y
2019-07-24	0530	Worst Cooks In America	Straight Edge Skills	The remaining recruits wake up to a note from Anne and Bobby saying they are going on a culinary field trip on the high seas. They head to the docks and jump aboard a fishing boat.	USA	English-100		PG	Y
2019-07-24	0630	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G	
2019-07-24	0700	Miguel's Feasts	Miguel's Feasts Series 2 Ep 3	Meat is on the menu in South Africa, and Miguel cooks up an easy one pot stop to feed the whole family.	AUSTRALIA	English-100			
2019-07-24	0730	Essence Of India	Brunch Indian Style	It's that time of the week, when we kick back, relax, enjoy some great food, a time to catch up with good friends and family. The meal of course is Sunday Brunch - it's a Western concept.	USA	English-100		G	
2019-07-24	0800	Chinese Food In Minutes	Taxi Drivers	Two London cabbies are keen to prove they've got the edge when it comes to wok cooking - on the menu, a punchy prawn and chilli bamboo shoot stir fry.	UNITED KINGDOM	English-100			
2019-07-24	0830	The Latin Kitchen	Baja Dishes	Chef Luis Valenzuela takes us on a culinary tour of the Baja region of Mexico with sweet and savoury flavours from the beach, to the mountains and back again.	CANADA	English-100			
2019-07-24	0900	Secret Meat Business	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	
2019-07-24	0930	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-24	1030	The Hairy Bikers' Food Tour Of Britain	Cheshire	Si and Dave explore Cheshire, where they cook a traditional county favourite at Chester Zoo, visit a smokehouse, and tuck into some of Cheshire's famous cheese.	UNITED KINGDOM	English-100	RPT	G	
2019-07-24	1130	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 4	Paul Hollywood brings British Pies and Puddings back home by creating a Thai Chicken Pie with ingredients from Yorkshire, and a Pumpkin and Ginger Cheesecake from Kent.	UNITED KINGDOM	English-100			

2019-07-24	1230	Worst Cooks In America	Straight Edge Skills	The remaining recruits wake up to a note from Anne and Bobby saying they are going on a culinary field trip on the high seas. They head to the docks and jump aboard a fishing boat.	USA	English-100		PG		Y
2019-07-24	1330	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	AUSTRALIA	English-100	RPT	PG		Y
2019-07-24	1430	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G		
2019-07-24	1500	Miguel's Feasts	Miguel's Feasts Series 2 Ep 4	Miguel embarks on a family cook fest with five appetising meals for under a 100 dollars, and we'll learn the secret to a perfect corn fritter.	AUSTRALIA	English-100				
2019-07-24	1530	Essence Of India	Feasting On Art, Modern India Cooks!	Food in India is swiftly becoming more than just a bunch of elements with lots of spices, cooked and served up in large platters to feed family and friends.	USA	English-100		PG		
2019-07-24	1600	Chinese Food In Minutes	Estate Agents	A pair of estate agents from Bridlington are looking for healthy substitutes for the takeaways they rely on during the busy working week.	UNITED KINGDOM	English-100				
2019-07-24	1630	The Latin Kitchen	Mexican Street Food	Master traditional Mexican tacos with chef Luis Valenzuela who shares his secret to smoky and juicy pollo (chicken) tacos.	CANADA	English-100				
2019-07-24	1700	Secret Meat Business	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		G		
2019-07-24	1730	Poh's Kitchen	Kormas With Ragini Dey	Poh invites trail-blazing Indian chef Ragini Dey to her kitchen so she can learn a few secrets of Indian cooking.	AUSTRALIA	English-100	RPT	G		Y
2019-07-24	1800	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G		
2019-07-24	1830	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	AUSTRALIA	English-100	RPT	PG		Y
2019-07-24	1930	Luke Nguyen's United Kingdom	Wiltshire	Luke heads South West to historic Wiltshire. He travels through the stunning countryside to Devizes and creates a mouth watering lamb shoulder with wild garlic salsa verde.	AUSTRALIA	English-100	RPT	G		Y
2019-07-24	2000	Luke Nguyen's United Kingdom	Wiltshire, Hampshire And Devon	Luke continues his journey through Wiltshire and into Hampshire setting up a stall in Winchester farmers' markets and learns the secrets behind Salisbury's oldest pub.	AUSTRALIA	English-100	RPT	G		Y
2019-07-24	2030	Italian Food Safari	Italian Food Safari Series 1 Ep 7	Tonight, we join professional rock fisherman at dawn to learn why so many Italians are drawn to the sea to fish for dinner. Chef Robert Castellani shows Guy an ingenious way of baking snapper.	AUSTRALIA	English-100	RPT	G		Y
2019-07-24	2100	Italian Food Safari	Italian Food Safari Series 1 Ep 8	Tonight we visit Mildura where chef Stefano Di Pieri from Stefano's restaurant shows Guy how he uses blood oranges to make a kingfish carpaccio with shaved fennel.	AUSTRALIA	English-100	RPT	G		Y
2019-07-24	2130	Poh's Kitchen	Kormas With Ragini Dey	Poh invites trail-blazing Indian chef Ragini Dey to her kitchen so she can learn a few secrets of Indian cooking.	AUSTRALIA	English-100	RPT	G		Y
2019-07-24	2200	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G		
2019-07-24	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	AUSTRALIA	English-100	RPT	PG		Y
2019-07-24	2330	Luke Nguyen's United Kingdom	Wiltshire	Luke heads South West to historic Wiltshire. He travels through the stunning countryside to Devizes and creates a mouth watering lamb shoulder with wild garlic salsa verde.	AUSTRALIA	English-100	RPT	G		Y
2019-07-24	2400	Luke Nguyen's United Kingdom	Wiltshire, Hampshire And Devon	Luke continues his journey through Wiltshire and into Hampshire setting up a stall in Winchester farmers' markets and learns the secrets behind Salisbury's oldest pub.	AUSTRALIA	English-100	RPT	G		Y

2019-07-24	2430	Worst Cooks In America	Fire And Ice	Anne Burrell and Bobby Flay train the remaining ten recruits' palettes as this episode is all about creating their own flavour combinations.	USA	English-100		PG		Y
2019-07-24	2530	Italian Food Safari	Italian Food Safari Series 1 Ep 7	Tonight, we join professional rock fisherman at dawn to learn why so many Italians are drawn to the sea to fish for dinner. Chef Robert Castellani shows Guy an ingenious way of baking snapper.	AUSTRALIA	English-100	RPT	G		Y
2019-07-24	2600	Italian Food Safari	Italian Food Safari Series 1 Ep 8	Tonight we visit Mildura where chef Stefano Di Pieri from Stefano's restaurant shows Guy how he uses blood oranges to make a kingfish carpaccio with shaved fennel.	AUSTRALIA	English-100	RPT	G		Y
2019-07-24	2630	Miguel's Feasts	Miguel's Feasts Series 2 Ep 4	Miguel embarks on a family cook fest with five appetising meals for under a 100 dollars, and we'll learn the secret to a perfect corn fritter.	AUSTRALIA	English-100				
2019-07-24	2700	Essence Of India	Feasting On Art, Modern India Cooks!	Food in India is swiftly becoming more than just a bunch of elements with lots of spices, cooked and served up in large platters to feed family and friends.	USA	English-100		PG		
2019-07-24	2730	Chinese Food In Minutes	Estate Agents	A pair of estate agents from Bridlington are looking for healthy substitutes for the takeaways they rely on during the busy working week.	UNITED KINGDOM	English-100				
2019-07-24	2800	The Latin Kitchen	Mexican Street Food	Master traditional Mexican tacos with chef Luis Valenzuela who shares his secret to smoky and juicy pollo (chicken) tacos.	CANADA	English-100				
2019-07-24	2830	Secret Meat Business	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		G		
2019-07-25	0500	Poh's Kitchen	Kormas With Ragini Dey	Poh invites trail-blazing Indian chef Ragini Dey to her kitchen so she can learn a few secrets of Indian cooking.	AUSTRALIA	English-100	RPT	G		Y
2019-07-25	0530	Worst Cooks In America	Fire And Ice	Anne Burrell and Bobby Flay train the remaining ten recruits' palettes as this episode is all about creating their own flavour combinations.	USA	English-100		PG		Y
2019-07-25	0630	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G		
2019-07-25	0700	Miguel's Feasts	Miguel's Feasts Series 2 Ep 4	Miguel embarks on a family cook fest with five appetising meals for under a 100 dollars, and we'll learn the secret to a perfect corn fritter.	AUSTRALIA	English-100				
2019-07-25	0730	Essence Of India	Feasting On Art, Modern India Cooks!	Food in India is swiftly becoming more than just a bunch of elements with lots of spices, cooked and served up in large platters to feed family and friends.	USA	English-100		PG		
2019-07-25	0800	Chinese Food In Minutes	Estate Agents	A pair of estate agents from Bridlington are looking for healthy substitutes for the takeaways they rely on during the busy working week.	UNITED KINGDOM	English-100				
2019-07-25	0830	The Latin Kitchen	Mexican Street Food	Master traditional Mexican tacos with chef Luis Valenzuela who shares his secret to smoky and juicy pollo (chicken) tacos.	CANADA	English-100				
2019-07-25	0900	Secret Meat Business	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		G		
2019-07-25	0930	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	AUSTRALIA	English-100	RPT	PG		Y
2019-07-25	1030	Luke Nguyen's United Kingdom	Wiltshire	Luke heads South West to historic Wiltshire. He travels through the stunning countryside to Devizes and creates a mouth watering lamb shoulder with wild garlic salsa verde.	AUSTRALIA	English-100	RPT	G		Y
2019-07-25	1100	Luke Nguyen's United Kingdom	Wiltshire, Hampshire And Devon	Luke continues his journey through Wiltshire and into Hampshire setting up a stall in Winchester farmers' markets and learns the secrets behind Salisbury's oldest pub.	AUSTRALIA	English-100	RPT	G		Y
2019-07-25	1130	Italian Food Safari	Italian Food Safari Series 1 Ep 7	Tonight, we join professional rock fisherman at dawn to learn why so many Italians are drawn to the sea to fish for dinner. Chef Robert Castellani shows Guy an ingenious way of baking snapper.	AUSTRALIA	English-100	RPT	G		Y

2019-07-25	1200	Italian Food Safari	Italian Food Safari Series 1 Ep 8	Tonight we visit Mildura where chef Stefano Di Pieri from Stefano's restaurant shows Guy how he uses blood oranges to make a kingfish carpaccio with shaved fennel.	AUSTRALIA	English-100	RPT	G	Y
2019-07-25	1230	Worst Cooks In America	Fire And Ice	Anne Burrell and Bobby Flay train the remaining ten recruits' palettes as this episode is all about creating their own flavour combinations.	USA	English-100		PG	Y
2019-07-25	1330	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-25	1430	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G	
2019-07-25	1500	Miguel's Feasts	Miguel's Feasts Series 2 Ep 5	See Miguel's Canadian take on a seafood favourite, and we learn a simple recipe for exotic jerk. Miguel also delights everyone with the perfect pavlova.	AUSTRALIA	English-100			
2019-07-25	1530	Essence Of India	Global Influences On Indian Food	Between elephant rides and a thrilling ride polo pony escapade, we squeeze in a few incredible cuisines, not just dishes.	USA	English-100		G	
2019-07-25	1600	Chinese Food In Minutes	Nurses	Two busy Manchester nurses want to ditch the takeaways at the end of a long shift. On the menu, a Taiwanese style Chicken rice with garlic spinach and ginger, chilli and soy steamed cod.	UNITED KINGDOM	English-100			
2019-07-25	1630	The Latin Kitchen	Chilies, Chilies, Chilies!	Bring the heat to your kitchen with chef Luis Valenzuela as he shows us the diversity of chilies in four different recipes.	CANADA	English-100			
2019-07-25	1700	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	
2019-07-25	1730	Poh's Kitchen	Fish With Neil Perry	Poh and Neil Perry demonstrate that fish is an incredibly versatile ingredient and prepare snapper in four different ways. Poh also looks at some aquaculture innovations helping to save the plan.	AUSTRALIA	English-100	RPT	G	Y
2019-07-25	1800	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG	
2019-07-25	1830	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-25	1930	How To Cook Like Heston	Chocolate	Heston challenges the way we cook chocolate as he lifts the lid on his magical popping candy, passionfruit gateaux with an exploding base, and an amazing flowerpot tiramisu.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-25	2000	How To Cook Like Heston	Chicken	It might be the most popular meat in the world but Heston Blumenthal thinks the old bird needs a bit of a makeover. First up, he attempts a new way to roast a chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-25	2030	Yotam Ottolenghi's Mediterranean Feasts	Israel	Yotam's Mediterranean journey concludes in the country where he grew up - Israel. In Tel Aviv, he explores Israel's freshest produce, samples seafood and cooks with some great chefs.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-25	2130	Poh's Kitchen	Fish With Neil Perry	Poh and Neil Perry demonstrate that fish is an incredibly versatile ingredient and prepare snapper in four different ways. Poh also looks at some aquaculture innovations helping to save the plan.	AUSTRALIA	English-100	RPT	G	Y
2019-07-25	2200	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG	
2019-07-25	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-25	2330	How To Cook Like Heston	Chocolate	Heston challenges the way we cook chocolate as he lifts the lid on his magical popping candy, passionfruit gateaux with an exploding base, and an amazing flowerpot tiramisu.	UNITED KINGDOM	English-100	RPT	G	Y

2019-07-25	2400	How To Cook Like Heston	Chicken	It might be the most popular meat in the world but Heston Blumenthal thinks the old bird needs a bit of a makeover. First up, he attempts a new way to roast a chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-07-25	2430	Worst Cooks In America	Do It Yourself Cooking	Anne Burrell and Bobby Flay give the Worst Cooks in America a surprise visit to their house in order to give them a lesson on how to stop relying on others to cook for them.	USA	English-100		PG		Y
2019-07-25	2530	Yotam Ottolenghi's Mediterranean Feasts	Israel	Yotam's Mediterranean journey concludes in the country where he grew up - Israel. In Tel Aviv, he explores Israel's freshest produce, samples seafood and cooks with some great chefs.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-07-25	2630	Miguel's Feasts	Miguel's Feasts Series 2 Ep 5	See Miguel's Canadian take on a seafood favourite, and we learn a simple recipe for exotic jerk. Miguel also delights everyone with the perfect pavlova.	AUSTRALIA	English-100				
2019-07-25	2700	Essence Of India	Global Influences On Indian Food	Between elephant rides and a thrilling ride polo pony escapade, we squeeze in a few incredible cuisines, not just dishes.	USA	English-100		G		
2019-07-25	2730	Chinese Food In Minutes	Nurses	Two busy Manchester nurses want to ditch the takeaways at the end of a long shift. On the menu, a Taiwanese style Chicken rice with garlic spinach and ginger, chilli and soy steamed cod.	UNITED KINGDOM	English-100				
2019-07-25	2800	The Latin Kitchen	Chilies, Chilies, Chilies!	Bring the heat to your kitchen with chef Luis Valenzuela as he shows us the diversity of chilies in four different recipes.	CANADA	English-100				
2019-07-25	2830	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		
2019-07-26	0500	Poh's Kitchen	Fish With Neil Perry	Poh and Neil Perry demonstrate that fish is an incredibly versatile ingredient and prepare snapper in four different ways. Poh also looks at some aquaculture innovations helping to save the plan.	AUSTRALIA	English-100	RPT	G	Y	
2019-07-26	0530	Worst Cooks In America	Do It Yourself Cooking	Anne Burrell and Bobby Flay give the Worst Cooks in America a surprise visit to their house in order to give them a lesson on how to stop relying on others to cook for them.	USA	English-100		PG		Y
2019-07-26	0630	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG		
2019-07-26	0700	Miguel's Feasts	Miguel's Feasts Series 2 Ep 5	See Miguel's Canadian take on a seafood favourite, and we learn a simple recipe for exotic jerk. Miguel also delights everyone with the perfect pavlova.	AUSTRALIA	English-100				
2019-07-26	0730	Essence Of India	Global Influences On Indian Food	Between elephant rides and a thrilling ride polo pony escapade, we squeeze in a few incredible cuisines, not just dishes.	USA	English-100		G		
2019-07-26	0800	Chinese Food In Minutes	Nurses	Two busy Manchester nurses want to ditch the takeaways at the end of a long shift. On the menu, a Taiwanese style Chicken rice with garlic spinach and ginger, chilli and soy steamed cod.	UNITED KINGDOM	English-100				
2019-07-26	0830	The Latin Kitchen	Chilies, Chilies, Chilies!	Bring the heat to your kitchen with chef Luis Valenzuela as he shows us the diversity of chilies in four different recipes.	CANADA	English-100				
2019-07-26	0900	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		
2019-07-26	0930	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	AUSTRALIA	English-100	RPT	PG	Y	
2019-07-26	1030	How To Cook Like Heston	Chocolate	Heston challenges the way we cook chocolate as he lifts the lid on his magical popping candy, passionfruit gateaux with an exploding base, and an amazing flowerpot tiramisu.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-07-26	1100	How To Cook Like Heston	Chicken	It might be the most popular meat in the world but Heston Blumenthal thinks the old bird needs a bit of a makeover. First up, he attempts a new way to roast a chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-07-26	1130	Yotam Ottolenghi's Mediterranean Feasts	Israel	Yotam's Mediterranean journey concludes in the country where he grew up - Israel. In Tel Aviv, he explores Israel's freshest produce, samples seafood and cooks with some great chefs.	UNITED KINGDOM	English-100	RPT	G	Y	Y

2019-07-26	1230	Worst Cooks in America	Do It Yourself Cooking	Anne Burrell and Bobby Flay give the Worst Cooks in America a surprise visit to their house in order to give them a lesson on how to stop relying on others to cook for them.	USA	English-100		PG		Y
2019-07-26	1330	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	AUSTRALIA	English-100	RPT	PG		Y

2019-07-26	1430	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG	
2019-07-26	1500	Miguel's Feasts	Miguel's Feasts Series 2 Ep 6	Miguel goes to boot camp in New Zealand for a soldier's treat and shows us the secret to perfect roast chicken.	AUSTRALIA	English-100			
2019-07-26	1530	Essence Of India	Street Foods Of India	New York's signature street food is the hot dog. In India, street food is a highly developed cuisine all on its own, going back hundreds of years.	USA	English-100		G	
2019-07-26	1600	Chinese Food In Minutes	Ice Skaters	Professional ice dancers Fred and Maria want to find some healthy, quick nutritious meals they can cook in minutes after training.	UNITED KINGDOM	English-100			
2019-07-26	1630	The Latin Kitchen	Classic Mexican Dishes With Avocado	The avocado is a staple in Mexican cuisine and chef Luis Valenzuela shows us how to whip up a creamy avocado salsa, the perfect side dish for crispy pork carnitas.	CANADA	English-100			
2019-07-26	1700	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	
2019-07-26	1730	Poh's Kitchen	Barbecue With Neil Perry	Poh's been invited to Neil Perry's home in Sydney to help cook up a feast for his family. Before they fire up the barbecue, Neil takes Poh to his local butchers to check out the best cuts of meat.	AUSTRALIA	English-100	RPT	G	Y
2019-07-26	1800	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G	
2019-07-26	1830	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-26	1930	Rick Stein's Food Heroes	North East England	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations.	UNITED KINGDOM	English-100			
2019-07-26	2000	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100			
2019-07-26	2030	Nigella Feasts	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-26	2100	Nigella Feasts	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-26	2130	Poh's Kitchen	Barbecue With Neil Perry	Poh's been invited to Neil Perry's home in Sydney to help cook up a feast for his family. Before they fire up the barbecue, Neil takes Poh to his local butchers to check out the best cuts of meat.	AUSTRALIA	English-100	RPT	G	Y
2019-07-26	2200	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G	
2019-07-26	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-26	2330	Rick Stein's Food Heroes	North East England	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations.	UNITED KINGDOM	English-100			
2019-07-26	2400	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100			
2019-07-26	2430	Worst Cooks In America	Face Your Fears Of Feeding Others	As being some of the six Worst Cooks in America, they haven't been able to give their friends and family a healthy, sufficient meal but today Anne Burrell and Bobby Flay are going to change that.	USA	English-100		PG	Y

2019-07-26	2530	Nigella Feasts	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-26	2600	Nigella Feasts	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-26	2630	Miguel's Feasts	Miguel's Feasts Series 2 Ep 6	Miguel goes to boot camp in New Zealand for a soldier's treat and shows us the secret to perfect roast chicken.	AUSTRALIA	English-100			
2019-07-26	2700	Essence Of India	Street Foods Of India	New York's signature street food is the hot dog. In India, street food is a highly developed cuisine all on its own, going back hundreds of years.	USA	English-100		G	
2019-07-26	2730	Chinese Food In Minutes	Ice Skaters	Professional ice dancers Fred and Maria want to find some healthy, quick nutritious meals they can cook in minutes after training.	UNITED KINGDOM	English-100			
2019-07-26	2800	The Latin Kitchen	Classic Mexican Dishes With Avocado	The avocado is a staple in Mexican cuisine and chef Luis Valenzuela shows us how to whip up a creamy avocado salsa, the perfect side dish for crispy pork carnitas.	CANADA	English-100			
2019-07-26	2830	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	
2019-07-27	0500	Poh's Kitchen	Barbecue With Neil Perry	Poh's been invited to Neil Perry's home in Sydney to help cook up a feast for his family. Before they fire up the barbecue, Neil takes Poh to his local butchers to check out the best cuts of meat.	AUSTRALIA	English-100	RPT	G	Y
2019-07-27	0530	Worst Cooks In America	Face Your Fears Of Feeding Others	As being some of the six Worst Cooks in America, they haven't been able to give their friends and family a healthy, sufficient meal but today Anne Burrell and Bobby Flay are going to change that.	USA	English-100		PG	Y
2019-07-27	0630	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G	
2019-07-27	0700	Miguel's Feasts	Miguel's Feasts Series 2 Ep 6	Miguel goes to boot camp in New Zealand for a soldier's treat and shows us the secret to perfect roast chicken.	AUSTRALIA	English-100			
2019-07-27	0730	Essence Of India	Street Foods Of India	New York's signature street food is the hot dog. In India, street food is a highly developed cuisine all on its own, going back hundreds of years.	USA	English-100		G	
2019-07-27	0800	Chinese Food In Minutes	Ice Skaters	Professional ice dancers Fred and Maria want to find some healthy, quick nutritious meals they can cook in minutes after training.	UNITED KINGDOM	English-100			
2019-07-27	0830	The Latin Kitchen	Classic Mexican Dishes With Avocado	The avocado is a staple in Mexican cuisine and chef Luis Valenzuela shows us how to whip up a creamy avocado salsa, the perfect side dish for crispy pork carnitas.	CANADA	English-100			
2019-07-27	0900	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	
2019-07-27	0930	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	AUSTRALIA	English-100	RPT	PG	Y
2019-07-27	1030	Rick Stein's Food Heroes	North East England	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations.	UNITED KINGDOM	English-100			
2019-07-27	1100	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100			
2019-07-27	1130	Nigella Feasts	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT	G	Y
2019-07-27	1200	Nigella Feasts	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT	G	Y

2019-07-27	1230	Worst Cooks In America	Face Your Fears Of Feeding Others	As being some of the six Worst Cooks in America, they haven't been able to give their friends and family a healthy, sufficient meal but today Anne Burrell and Bobby Flay are going to change that.	USA	English-100		PG		Y
2019-07-27	1330	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	AUSTRALIA	English-100	RPT	PG		Y
2019-07-27	1430	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G		
2019-07-27	1500	Dinner Date	Dinner Date Series 8 Ep 6	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100				
2019-07-27	1600	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		
2019-07-27	1630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 1	From the Ultimate Nut Mix to the classic Americano cocktail, we introduce you to Richo's bar with these classic bar snacks.	AUSTRALIA	English-100		G		
2019-07-27	1700	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		
2019-07-27	1730	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		
2019-07-27	1800	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		
2019-07-27	1830	Lyndey And Herbie's Moveable Feast	Riverina Food Bowl	Defined by the great Murrumbidgee River, the Riverina area is a flourishing food bowl, brimming with magnificent produce.	AUSTRALIA	English-100				
2019-07-27	1900	Lyndey And Herbie's Moveable Feast	More Riverina Treasures	With such an array of wonderful produce, this episode explores more Riverina treasures with Lyndey and Herbie discovering a citrus orchard singing with freshness, and walnuts straight from the tree.	AUSTRALIA	English-100				
2019-07-27	1930	James Martin Mediterranean	Elounda	James visits Elounda in North East Crete. He meets a group of inspirational women, passionate about keeping their baking traditions alive.	UNITED KINGDOM	English-100				
2019-07-27	2000	James Martin Mediterranean	Valencia	James is in the birthplace of paella - Valencia. He sets off to discover the secret to this traditional rice dish before cooking a simple butternut squash and almond soup.	UNITED KINGDOM	English-100				
2019-07-27	2030	Born To Cook: Jack Stein Down Under	Red Wine, Finger Limes And Capers	Jack Stein heads to a winery where he blends his own Pinot Noir and enjoys a home-cooked lamb shank. At an elusive finger lime orchard, he sees the budding citrus caviar in Pemberton.	AUSTRALIA	English-100		PG		
2019-07-27	2100	Born To Cook: Jack Stein Down Under	Pork, Venison And Gin	Jack Stein visits some rare-breed pigs, visits the first venison farm in Western Australia & ends with a trip to Limeburners where he makes an 'ode to the English Meadow' gin at Cameron's Giniversity.	AUSTRALIA	English-100		G		
2019-07-27	2130	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 5	Chef Peter Kuruvita retraces journeys of rich cultural significance as he sets sail along the ancient spice trade routes of picturesque Indonesia.	AUSTRALIA	English-100	RPT	G		Y
2019-07-27	2200	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 6	Sailing north through the Banda Sea, chef Peter Kuruvita crosses the equator to reach his final Indonesian destination, the vibrant Maluku, or Spice Islands.	AUSTRALIA	English-100	RPT	G		Y
2019-07-27	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		
2019-07-27	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		

2019-07-27	2330	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
2019-07-27	2400	Lyndey And Herbie's Moveable Feast	Riverina Food Bowl	Defined by the great Murrumbidgee River, the Riverina area is a flourishing food bowl, brimming with magnificent produce.	AUSTRALIA	English-100	
2019-07-27	2430	Lyndey And Herbie's Moveable Feast	More Riverina Treasures	With such an array of wonderful produce, this episode explores more Riverina treasures with Lyndey and Herbie discovering a citrus orchard singing with freshness, and walnuts straight from the tree.	AUSTRALIA	English-100	
2019-07-27	2500	James Martin Mediterranean	Elounda	James visits Elounda in North East Crete. He meets a group of inspirational women, passionate about keeping their baking traditions alive.	UNITED KINGDOM	English-100	
2019-07-27	2530	James Martin Mediterranean	Valencia	James is in the birthplace of paella - Valencia. He sets off to discover the secret to this traditional rice dish before cooking a simple butternut squash and almond soup.	UNITED KINGDOM	English-100	
2019-07-27	2600	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
2019-07-27	2630	Dinner Date	Dinner Date Series 8 Ep 6	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100	
2019-07-27	2730	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
2019-07-27	2800	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
2019-07-27	2830	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