



WEEK 31: Sunday, 26 July - Saturday, 1 August - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-07-26	0500	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	
2020-07-26	0530	Flintoff's Great British Road Trip	Lancashire	Freddie and Rob take their beloved green chip van back home to Lancashire. Having their first day off in six weeks, the boys head to Liverpool for the Tour of Britain cycling race.	UNITED KINGDOM	English-100		PG	
2020-07-26	0630	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G	Y
2020-07-26	0735	Cheese Slices	Seasonal Cheeses Of The Alps	Will learns how the local spruce forests play an essential role in ripening the soft and unctuous Mont D'Or before heading to the high summer pastures.	AUSTRALIA	English-100		G	
2020-07-26	0800	Cheese Slices	Aoc Of Cheeses Of Switzerland	Will samples raclette and learns how it's made the traditional way over a wood fire. His journey takes him on to the pretty town of Gruyere to look at the origins of its namesake cheese.	AUSTRALIA	English-100		G	
2020-07-26	0830	Rhodes Across Italy	Campania	Gary Rhodes' journey of Italian culinary discovery reaches Campania, home to Naples, the Amalfi Coast - and pizza! Gary visits old Naples to track down the origins of pizza.	UNITED KINGDOM	English-100		PG	
2020-07-26	0935	The Hairy Bikers' Food Tour Of Britain	Fermanagh	Si and Dave explore Fermanagh, where they cook a traditional county favourite at Crom Castle and fish for brown trout. Then they go head to head in a cook-off with a local chef.	UNITED KINGDOM	English-100	RPT	G	
2020-07-26	1030	Destination Flavour	Destination Flavour Series 1 Episode 5	Adam finds Tasmania's freshest oysters and two of the Hobart's most intriguing cafes, Renee samples truffles and marron in WA, while Lily joins top Sydney caterer Peter McClosky.	AUSTRALIA	English-100	RPT	G	Y
2020-07-26	1100	The Good Cooks	Mozambique	Australian TV personality and professional chef Paul West travels to Maputo. Here he meets trailblazing farmers and sees how they are improving their food security and sustainability.	AUSTRALIA	English-99; Portuguese-1		PG	
2020-07-26	1130	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 1	In this first episode, Michela prepares meatballs, cooks up her favourite version of the rice dish risotto, and reveals a delicious recipe for gelato.	UNITED KINGDOM	English-100		G	
2020-07-26	1200	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	
2020-07-26	1230	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G	Y
2020-07-26	1335	Cheese Slices	Seasonal Cheeses Of The Alps	Will learns how the local spruce forests play an essential role in ripening the soft and unctuous Mont D'Or before heading to the high summer pastures.	AUSTRALIA	English-100		G	
2020-07-26	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 16	British chef and television food presenter, Matt Tebbutt, has the Saturday Kitchen reigns this week and he's got two top chefs to help - Sabrina Ghayour and Ken Hom.	UNITED KINGDOM	English-100		PG	
2020-07-26	1500	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 2	Michela shows us how to cook the very best Italian food in the very best way, including gnocchi, tiramisu, and melanzane parmigiana. Guests include Theo Randall and Michela's own sister.	UNITED KINGDOM	English-100		PG	
2020-07-26	1530	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 3	Michela prepares fresh pasta dishes, homemade pizzas and a dish she considers 'summer on a plate', linguine alle vongole. Guests include Ruth Rogers and Jacob Kennedy.	UNITED KINGDOM	English-100		G	
2020-07-26	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	

2020-07-26	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	
2020-07-26	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	
2020-07-26	1730	The Chocolate Queen	Chocolate Queen Series 1, The Ep 7	Kirsten creates an elegant chocolate Rose decoration and a fragrant Ginger Chocolate Pear.	AUSTRALIA	English-100			G	
2020-07-26	1800	The Chocolate Queen	Chocolate Queen Series 1, The Ep 8	Kirsten shows you how to prepare your own decadent Chocolate Hazelnut Spread and puts a chocolate twist on fried eggs.	AUSTRALIA	English-100			G	
2020-07-26	1830	Loving Gluten Free	Loving Gluten Free Series 1 Ep 8	Helen shares the perfect recipe for your next Taco Tuesday. The Mexican theme continues as Helen checks out 'Hotel Jesus' with head chef Matt Lane.	AUSTRALIA	English-99; Greek-1			G	
2020-07-26	1900	Bonacini's Italy	Tuscany	Chef Michael Bonacini uses the fresh ingredients from rich Tuscan soil to make regional dishes like Spinach Ricotta Gnudi.	CANADA	English-100			G	
2020-07-26	1930	Gourmet Farmer Afloat	Island Time	Matthew, Ross and Nick travel westward across the north coast, heading for the port of Stanley. Here, they want to re-create the historic menu from the 1936 inauguration of the cable.	AUSTRALIA	English-100	RPT		G	Y
2020-07-26	2030	John Torode's Australia	John Torode's Australia Series 1 Ep 7	John hits South Australia - home to many renowned vineyards. But it's not just wine on offer. He catches up with food legend Maggie Beer and fulfils a lifelong ambition of cooking with his idol.	UNITED KINGDOM	English-100			G	
2020-07-26	2130	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 8	Parveen prepares Bombay potato cakes with a spicy chutney, and demonstrates how to make Indian icecream into lollies. In Mumbai, she discovers makai ni khichdi - a Gujarati dish made with sweet corn.	UNITED KINGDOM	English-100			G	
2020-07-26	2230	Destination Flavour	Destination Flavour Series 1 Episode 6	Lily finds a two-hatted family-run restaurant in Bellingen, Renee gets a taste for real 'nose to tail' eating in Perth, and Adam heads to Kangaroo Island for some 'lamb ham'.	AUSTRALIA	English-100	RPT		G	Y
2020-07-26	2300	The Chocolate Queen	Chocolate Queen Series 1, The Ep 8	Kirsten shows you how to prepare your own decadent Chocolate Hazelnut Spread and puts a chocolate twist on fried eggs.	AUSTRALIA	English-100			G	
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2020-07-26	2400	Bonacini's Italy	Tuscany	Chef Michael Bonacini uses the fresh ingredients from rich Tuscan soil to make regional dishes like Spinach Ricotta Gnudi.	CANADA	English-100			G	
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2020-07-26	2530	John Torode's Australia	John Torode's Australia Series 1 Ep 7	John hits South Australia - home to many renowned vineyards. But it's not just wine on offer. He catches up with food legend Maggie Beer and fulfils a lifelong ambition of cooking with his idol.	UNITED KINGDOM	English-100			G	
2020-07-26	2630	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 8	Parveen prepares Bombay potato cakes with a spicy chutney, and demonstrates how to make Indian icecream into lollies. In Mumbai, she discovers makai ni khichdi - a Gujarati dish made with sweet corn.	UNITED KINGDOM	English-100			G	
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2020-07-26	2830	The Chocolate Queen	Chocolate Queen Series 1, The Ep 8	Kirsten shows you how to prepare your own decadent Chocolate Hazelnut Spread and puts a chocolate twist on fried eggs.	AUSTRALIA	English-100			G	
2020-07-27	0500	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 2	Michela shows us how to cook the very best Italian food in the very best way, including gnocchi, tiramisu, and melanzane parmigiana. Guests include Theo Randall and Michela's own sister.	UNITED KINGDOM	English-100			PG	

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2020-07-27	0600	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	
2020-07-27	0630	Loving Gluten Free	Loving Gluten Free Series 1 Ep 8	Helen shares the perfect recipe for your next Taco Tuesday. The Mexican theme continues as Helen checks out 'Hotel Jesus' with head chef Matt Lane.	AUSTRALIA	English-99; Greek-1			G	
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2020-07-27	1330	Mercurio's Menu	Orange	Orange is the central tablelands of NSW and is home to around 40,000 residents. Two of those residents, Borry and Gaye Bartrell, run an apple farm called Borrodell on the Mount.	AUSTRALIA	English-100			PG	
2020-07-27	1400	Watts On The Grill	Fowl Play	Whether for a small family dinner or a big backyard barbeque, host Spencer Watts shows us the best ways to grill up tasty duck, turkey, capon, and quail.	CANADA	English-100			G	
2020-07-27	1430	The Chefs' Line	Spanish	Watch apprentice chef Manuel from top Melbourne Spanish restaurant, Anada, go up against four passionate home cooks in a classic Croquetas battle.	AUSTRALIA	English-100	RPT		G	Y
2020-07-27	1500	Delicacy Hunter	Shanxi	Returning to Shanxi, Jamie visits the countryside around Xi'An in time to join the wheat harvesting season. He explores the art of the local farmers, inspiring his taste buds to create new recipes.	SINGAPORE	English-100			G	
2020-07-27	1530	Pati's Mexican Table	Los Mochis, Street Taco Favourites	Pati heads to Los Mochis - a coastal city in the northern region of Sinaloa that was founded by Americans in the late 1800s.	USA	English-100			PG	
2020-07-27	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 16	Matt prepares a recipe that was shown to him by his wife - Afghani lamb curry.	AUSTRALIA	English-100			G	

2020-07-27	1630	The Cook And The Chef	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest.	AUSTRALIA	English-100		G	
2020-07-27	1700	The Cook And The Chef	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100		G	
2020-07-27	1730	Martha Bakes	Seeded	Martha highlights the virtues of seeds by incorporating them in three recipes - seeded wholewheat English muffins, a Saratoga torte, and crispy whole-grain wafer crackers.	USA	English-100		G	
2020-07-27	1800	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 6	Singer and actor Richard Fleeshman brings a touch of family rivalry to the red and green kitchens today, cooking against his mother, actor Sue Jenkins.	UNITED KINGDOM	English-100		G	
2020-07-27	1900	Delia's How To Cook	Store Cupboard	Delia advises on an essential part of a cook's repertoire - store cupboard ingredients. There are around 40 items - from unrefined sugar to star anise - that she wouldn't be without.	UNITED KINGDOM	English-100		G	
2020-07-27	1930	Poh & Co. Best Bites	Poh & Co. Best Bites Series 1	Some of your favourite moments from Poh & Co.	AUSTRALIA	English-100	RPT	G	Y
2020-07-27	2030	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100		G	
2020-07-27	2130	Bake With Anna Olson	Pound Cakes	Anna starts the lesson with a favourite - classic lemon pound cake, and later builds on the recipe principles to form more advanced individual marble bundt cakes with a ganache glaze.	CANADA	English-100		G	
2020-07-27	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 21	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-27	2230	Poh's Kitchen	Poh In Penang	As Poh's Malaysian adventure continues, she heads north to the 'Pearl of the Orient', the island of Penang.	AUSTRALIA	English-100	RPT	G	Y
2020-07-27	2300	Martha Bakes	Seeded	Martha highlights the virtues of seeds by incorporating them in three recipes - seeded wholewheat English muffins, a Saratoga torte, and crispy whole-grain wafer crackers.	USA	English-100		G	
2020-07-27	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 6	Singer and actor Richard Fleeshman brings a touch of family rivalry to the red and green kitchens today, cooking against his mother, actor Sue Jenkins.	UNITED KINGDOM	English-100		G	
2020-07-27	2430	Delia's How To Cook	Store Cupboard	Delia advises on an essential part of a cook's repertoire - store cupboard ingredients. There are around 40 items - from unrefined sugar to star anise - that she wouldn't be without.	UNITED KINGDOM	English-100		G	
2020-07-27	2500	Poh & Co. Best Bites	Poh & Co. Best Bites Series 1	Some of your favourite moments from Poh & Co.	AUSTRALIA	English-100	RPT	G	Y
2020-07-27	2600	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100		G	
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2020-07-28	1000	Poh & Co. Best Bites	Poh & Co. Best Bites Series 1	Some of your favourite moments from Poh & Co.		English-100	RPT	G	Y
2020-07-28	1100	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100		G	
2020-07-28	1200	Bake With Anna Olson	Pound Cakes	Anna starts the lesson with a favourite - classic lemon pound cake, and later builds on the recipe principles to form more advanced individual marble bundt cakes with a ganache glaze.	CANADA	English-100		G	
2020-07-28	1230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 21	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-28	1300	Poh's Kitchen	Poh In Penang	As Poh's Malaysian adventure continues, she heads north to the 'Pearl of the Orient', the island of Penang.	AUSTRALIA	English-100	RPT	G	Y
2020-07-28	1330	Mercurio's Menu	Daylesford	The central Victorian town of Daylesford is best known for its day spas, mineral springs, and as a great romantic holiday destination. It is now quickly being recognised as a real foodies paradise.	AUSTRALIA	English-100		PG	
2020-07-28	1400	Watts On The Grill	Sides And Sweets With Heat	Never underestimate the power of a good side or dessert. Host Spencer Watts grills up the perfect sides and treats for your next barbeque.	CANADA	English-100		G	
2020-07-28	1430	The Chefs' Line	Spanish	Watch station chef Hasanah from top Melbourne Spanish restaurant, Anada, go up against three passionate home cooks in the ultimate Chocolate Dessert challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-07-28	1500	Delicacy Hunter	Gannan	Wandering across the Silk Road towards, Jamie comes across one of the most breath-taking sceneries along this centuries-old trail, in this area influenced by Tibetan culture and traditions.	SINGAPORE	English-100		G	
2020-07-28	1530	Pati's Mexican Table	Taste Of Mazatlan, A	Pati meets up with close friends in Mazatlan - Sinola's premiere resort town claiming 13 miles of beautiful Pacific coastline, and some of the best restaurants in Mexico.	USA	English-100		PG	

2020-07-28	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 17	Matt is joined by food writer Melissa Leong and together they prepare a quick gluten free berry crumble.	AUSTRALIA	English-100			G
2020-07-28	1630	The Cook And The Chef	Pheasants And Mushrooms	Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.	AUSTRALIA	English-100			G
2020-07-28	1700	The Cook And The Chef	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100			G
2020-07-28	1730	Martha Bakes	Yeasted Breakfast Favourites	Martha shares three breakfast favourites where yeast is the magic ingredient - hazelnut and dried cherry hot-crossed buns, honey wholewheat bread, and gooey pull-apart monkey bread.	USA	English-100			G
2020-07-28	1800	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 7	Ainsley Harriott hosts a feisty family cookery challenge in the green and red kitchens with record-breaking explorer David Hempleman-Adams.	UNITED KINGDOM	English-100			G
2020-07-28	1900	Delia's How To Cook	Fish	Delia removes the 'fear factor' from cooking fish in this programme. She begins by tackling perhaps the most frightening fish of all - the humble herring.	UNITED KINGDOM	English-100			G
2020-07-28	1930	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking.	AUSTRALIA	English-100	RPT	PG	Y
2020-07-28	2000	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 7	Silvia Colloca journeys to her mother's birthplace in Abruzzo, where she learns how to transform locally grown organic goods into the joys of a summer BBQ Italian style.	AUSTRALIA	English-100	RPT	G	Y
2020-07-28	2030	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 13	No matter what you prefer, Richo shares his recipes for the perfect bar snack. Light California Rolls, sticky BBQ Pork Ribs or comforting Mac and Cheese Toasties, these recipes are sure to impress.	AUSTRALIA	English-100			G
2020-07-28	2100	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 1	Bangkok is filled with different street food vendors on every corner. Luke stumbles across hidden stalls and learns how to cook Thai Coconut Pudding.	AUSTRALIA	English-100	RPT	G	Y
2020-07-28	2130	Bake With Anna Olson	Steamed Pudding	Steamed puddings are restaurant favourites and Anna shows viewers how to make them at home like a pro. She starts with a familiar British classic - English sticky toffee pudding.	CANADA	English-100			G
2020-07-28	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 22	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-07-28	2230	Poh's Kitchen	Breakfasts Of The World With Emmanuel Mollois	To find out more about breakfast traditions around the world Poh shares amazing meals with her Indian friend Ragini Dey and Moroccan restaurateur Mohamed Bartaouch.	AUSTRALIA	English-100	RPT	G	Y
2020-07-28	2300	Martha Bakes	Yeasted Breakfast Favourites	Martha shares three breakfast favourites where yeast is the magic ingredient - hazelnut and dried cherry hot-crossed buns, honey wholewheat bread, and gooey pull-apart monkey bread.	USA	English-100			G
2020-07-28	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 7	Ainsley Harriott hosts a feisty family cookery challenge in the green and red kitchens with record-breaking explorer David Hempleman-Adams.	UNITED KINGDOM	English-100			G
2020-07-28	2430	Delia's How To Cook	Fish	Delia removes the 'fear factor' from cooking fish in this programme. She begins by tackling perhaps the most frightening fish of all - the humble herring.	UNITED KINGDOM	English-100			G
2020-07-28	2500	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking.	AUSTRALIA	English-100	RPT	PG	Y
2020-07-28	2530	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 7	Silvia Colloca journeys to her mother's birthplace in Abruzzo, where she learns how to transform locally grown organic goods into the joys of a summer BBQ Italian style.	AUSTRALIA	English-100	RPT	G	Y
2020-07-28	2600	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 13	No matter what you prefer, Richo shares his recipes for the perfect bar snack. Light California Rolls, sticky BBQ Pork Ribs or comforting Mac and Cheese Toasties, these recipes are sure to impress.	AUSTRALIA	English-100			G

2020-07-28	2630	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 1	Bangkok is filled with different street food vendors on every corner. Luke stumbles across hidden stalls and learns how to cook Thai Coconut Pudding.	AUSTRALIA	English-100	RPT	G	Y
2020-07-28	2700	Bake With Anna Olson	Steamed Pudding	Steamed puddings are restaurant favourites and Anna shows viewers how to make them at home like a pro. She starts with a familiar British classic - English sticky toffee pudding.	CANADA	English-100		G	
2020-07-28	2730	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 22	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-28	2800	Poh's Kitchen	Breakfasts Of The World With Emmanuel Mollois	To find out more about breakfast traditions around the world Poh shares amazing meals with her Indian friend Ragini Dey and Moroccan restaurateur Mohamed Bartaouch.	AUSTRALIA	English-100	RPT	G	Y
2020-07-28	2830	The Cook And The Chef	Pheasants And Mushrooms	Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.	AUSTRALIA	English-100		G	
2020-07-29	0500	Mercurio's Menu	Daylesford	The central Victorian town of Daylesford is best known for its day spas, mineral springs, and as a great romantic holiday destination. It is now quickly being recognised as a real foodies paradise.	AUSTRALIA	English-100		PG	
2020-07-29	0530	Watts On The Grill	Sides And Sweets With Heat	Never underestimate the power of a good side or dessert. Host Spencer Watts grills up the perfect sides and treats for your next barbeque.	CANADA	English-100		G	
2020-07-29	0600	The Chefs' Line	Spanish	Watch station chef Hasanah from top Melbourne Spanish restaurant, Anada, go up against three passionate home cooks in the ultimate Chocolate Dessert challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-07-29	0630	Delicacy Hunter	Gannan	Wandering across the Silk Road towards, Jamie comes across one of the most breath-taking sceneries along this centuries-old trail, in this area influenced by Tibetan culture and traditions.	SINGAPORE	English-100		G	
2020-07-29	0700	Pati's Mexican Table	Taste Of Mazatlan, A	Pati meets up with close friends in Mazatlan - Sinola's premiere resort town claiming 13 miles of beautiful Pacific coastline, and some of the best restaurants in Mexico.	USA	English-100		PG	
2020-07-29	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 17	Matt is joined by food writer Melissa Leong and together they prepare a quick gluten free berry crumble.	AUSTRALIA	English-100		G	
2020-07-29	0800	Martha Bakes	Yeasted Breakfast Favourites	Martha shares three breakfast favourites where yeast is the magic ingredient - hazelnut and dried cherry hot-crossed buns, honey wholewheat bread, and gooey pull-apart monkey bread.	USA	English-100		G	
2020-07-29	0830	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 7	Ainsley Harriott hosts a feisty family cookery challenge in the green and red kitchens with record-breaking explorer David Hempleman-Adams.	UNITED KINGDOM	English-100		G	
2020-07-29	0930	Delia's How To Cook	Fish	Delia removes the 'fear factor' from cooking fish in this programme. She begins by tackling perhaps the most frightening fish of all - the humble herring.	UNITED KINGDOM	English-100		G	
2020-07-29	1000	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking.	AUSTRALIA	English-100	RPT	PG	Y
2020-07-29	1030	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 7	Silvia Colloca journeys to her mother's birthplace in Abruzzo, where she learns how to transform locally grown organic goods into the joys of a summer BBQ Italian style.	AUSTRALIA	English-100	RPT	G	Y
2020-07-29	1100	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 13	No matter what you prefer, Richo shares his recipes for the perfect bar snack. Light California Rolls, sticky BBQ Pork Ribs or comforting Mac and Cheese Toasties, these recipes are sure to impress.	AUSTRALIA	English-100		G	
2020-07-29	1130	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 1	Bangkok is filled with different street food vendors on every corner. Luke stumbles across hidden stalls and learns how to cook Thai Coconut Pudding.	AUSTRALIA	English-100	RPT	G	Y
2020-07-29	1200	Bake With Anna Olson	Steamed Pudding	Steamed puddings are restaurant favourites and Anna shows viewers how to make them at home like a pro. She starts with a familiar British classic - English sticky toffee pudding.	CANADA	English-100		G	

2020-07-29	1230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 22	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-29	1300	Poh's Kitchen	Breakfasts Of The World With Emmanuel Mollois	To find out more about breakfast traditions around the world Poh shares amazing meals with her Indian friend Ragini Dey and Moroccan restaurateur Mohamed Bartaouch.	AUSTRALIA	English-100	RPT	G	Y
2020-07-29	1330	Mercurio's Menu	Devonport	Devonport is just a hop, skip, and a jump south from Victoria and offers some of the world's best produce.	AUSTRALIA	English-100		PG	
2020-07-29	1400	Watts On The Grill	Pork Was Made For Barbeques	Pork and the grill are good buddies and host Spencer Watts shows us four of his favourite pork recipes that will have you salivating.	CANADA	English-100		G	
2020-07-29	1430	The Chefs' Line	Spanish	Watch sous chef Bella from top Melbourne Spanish restaurant, Anada, go up against two remaining home cooks in a bid to make the best Lamb dish.	AUSTRALIA	English-100	RPT	G	Y
2020-07-29	1500	Delicacy Hunter	Zhangye	Jamie travels along the Hexi Corridor up to the North Silk Road of Gangsu's stronghold, Zhangye. Here, just beside the Danxia landform, he finds a magnificent variety of delicacies to drool over.	SINGAPORE	English-100		G	
2020-07-29	1530	Pati's Mexican Table	El Fuerte, Magic Town	Pati travels to the northern part of Sinaloa and the town of El Fuerte, one of Mexico's 'Pueblos Mágicos' or magic towns.	USA	English-100		PG	
2020-07-29	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 18	Matt shares his recipe for simple, tasty sticky chicken wings, while Courtney and Michael dish up spiced falafels with pickled slaw.	AUSTRALIA	English-100		PG	
2020-07-29	1630	The Cook And The Chef	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G	
2020-07-29	1700	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2020-07-29	1730	Martha Bakes	Better (For You) Bake Sale	Martha shares recipes packed with wholesome ingredients perfect for a bake sale - lemon yoghurt cupcakes with raspberry icing, wholewheat sticky buns, and a zesty orange barley pound cake.	USA	English-100		G	
2020-07-29	1800	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 8	Former Blue Peter presenters Zoe Salmon and Matt Baker battle it out to see who's top of the hobs? Ainsley Harriott hosts the conversation and the cooking for another classic twenty-minute challenge.	UNITED KINGDOM	English-100		G	
2020-07-29	1900	Delia's How To Cook	Meat	From the truly traditional to the exciting and exotic, Delia presents a mouth-watering selection of meat dishes for committed carnivores.	UNITED KINGDOM	English-100		G	
2020-07-29	1930	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 3	Anjum explores the ancient art of cheese making - boiling milk with yoghurt to make chunks of paneer. For dessert, she heads to a top Indian restaurant in London to learn the secrets of kulfi.	UNITED KINGDOM	English-100		G	
2020-07-29	2000	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 10	It has been a year since Matthew expanded his business and bought the new farm and it's been a steep learning curve. It's now time to set a date for their very first open day and feast.	AUSTRALIA	English-100	RPT	G	Y
2020-07-29	2030	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 4	Peter explores something close to his heart - sustainable farming and fishing practices. He learns about the delights of permaculture and speaks with an organic farmer.	AUSTRALIA	English-100	RPT	G	Y
2020-07-29	2100	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her recipe for a delicious slow-roasted lamb shoulder, along with the easiest spelt dough you'll ever make, and a velvety smooth dark chocolate ganache.	AUSTRALIA	English-100		G	
2020-07-29	2130	Bake With Anna Olson	Brioche	Brioche is a traditional French pastry. Anna begins with her recipe for classic brioche. It is slightly sweet, buttery and bread-like, and is perfect for breakfast or brunch.	CANADA	English-100		G	
2020-07-29	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 23	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	

2020-07-29	2230	Poh's Kitchen	Food Traditions With Emmanuel Mollois	When Poh finds that Emmanuel, whose passion is food history, has never had the full Peking Duck banquet experience she treats him to the 600 year old tradition that's still practised today.	AUSTRALIA	English-100	RPT	G	Y
2020-07-29	2300	Martha Bakes	Better (For You) Bake Sale	Martha shares recipes packed with wholesome ingredients perfect for a bake sale - lemon yoghurt cupcakes with raspberry icing, wholewheat sticky buns, and a zesty orange barley pound cake.	USA	English-100		G	
2020-07-29	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 8	Former Blue Peter presenters Zoe Salmon and Matt Baker battle it out to see who's top of the hobs? Ainsley Harriott hosts the conversation and the cooking for another classic twenty-minute challenge.	UNITED KINGDOM	English-100		G	
2020-07-29	2430	Delia's How To Cook	Meat	From the truly traditional to the exciting and exotic, Delia presents a mouth-watering selection of meat dishes for committed carnivores.	UNITED KINGDOM	English-100		G	
2020-07-29	2500	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 3	Anjum explores the ancient art of cheese making - boiling milk with yoghurt to make chunks of paneer. For dessert, she heads to a top Indian restaurant in London to learn the secrets of kulfi.	UNITED KINGDOM	English-100		G	
2020-07-29	2530	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 10	It has been a year since Matthew expanded his business and bought the new farm and it's been a steep learning curve. It's now time to set a date for their very first open day and feast.	AUSTRALIA	English-100	RPT	G	Y
2020-07-29	2600	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 4	Peter explores something close to his heart - sustainable farming and fishing practices. He learns about the delights of permaculture and speaks with an organic farmer.	AUSTRALIA	English-100	RPT	G	Y
2020-07-29	2630	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her recipe for a delicious slow-roasted lamb shoulder, along with the easiest spelt dough you'll ever make, and a velvety smooth dark chocolate ganache.	AUSTRALIA	English-100		G	
2020-07-29	2700	Bake With Anna Olson	Brioche	Brioche is a traditional French pastry. Anna begins with her recipe for classic brioche. It is slightly sweet, buttery and bread-like, and is perfect for breakfast or brunch.	CANADA	English-100		G	
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2020-07-30	0500	Mercurio's Menu	Devonport	Devonport is just a hop, skip, and a jump south from Victoria and offers some of the world's best produce.	AUSTRALIA	English-100		PG	
2020-07-30	0530	Watts On The Grill	Pork Was Made For Barbeques	Pork and the grill are good buddies and host Spencer Watts shows us four of his favourite pork recipes that will have you salivating.	CANADA	English-100		G	
2020-07-30	0600	The Chefs' Line	Spanish	Watch sous chef Bella from top Melbourne Spanish restaurant, Anada, go up against two remaining home cooks in a bid to make the best Lamb dish.	AUSTRALIA	English-100	RPT	G	Y
2020-07-30	0630	Delicacy Hunter	Zhangye	Jamie travels along the Hexi Corridor up to the North Silk Road of Gangsu's stronghold, Zhangye. Here, just beside the Danxia landform, he finds a magnificent variety of delicacies to drool over.	SINGAPORE	English-100		G	
2020-07-30	0700	Pati's Mexican Table	El Fuerte, Magic Town	Pati travels to the northern part of Sinaloa and the town of El Fuerte, one of Mexico's 'Pueblos Mágicos' or magic towns.	USA	English-100		PG	
2020-07-30	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 18	Matt shares his recipe for simple, tasty sticky chicken wings, while Courtney and Michael dish up spiced falafels with pickled slaw.	AUSTRALIA	English-100		PG	
2020-07-30	0800	Martha Bakes	Better (For You) Bake Sale	Martha shares recipes packed with wholesome ingredients perfect for a bake sale - lemon yoghurt cupcakes with raspberry icing, wholewheat sticky buns, and a zesty orange barley pound cake.	USA	English-100		G	

2020-07-30	0830	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 8	Former Blue Peter presenters Zoe Salmon and Matt Baker battle it out to see who's top of the hobs? Ainsley Harriott hosts the conversation and the cooking for another classic twenty-minute challenge.	UNITED KINGDOM	English-100		G	
2020-07-30	0930	Delia's How To Cook	Meat	From the truly traditional to the exciting and exotic, Delia presents a mouth-watering selection of meat dishes for committed carnivores.	UNITED KINGDOM	English-100		G	
2020-07-30	1000	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 3	Anjum explores the ancient art of cheese making - boiling milk with yoghurt to make chunks of paneer. For dessert, she heads to a top Indian restaurant in London to learn the secrets of kulfi.	UNITED KINGDOM	English-100		G	
2020-07-30	1030	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 10	It has been a year since Matthew expanded his business and bought the new farm and it's been a steep learning curve. It's now time to set a date for their very first open day and feast.	AUSTRALIA	English-100	RPT	G	Y
2020-07-30	1100	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 4	Peter explores something close to his heart - sustainable farming and fishing practices. He learns about the delights of permaculture and speaks with an organic farmer.	AUSTRALIA	English-100	RPT	G	Y
2020-07-30	1130	Donna Hay: Basics To Brilliance	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her recipe for a delicious slow-roasted lamb shoulder, along with the easiest spelt dough you'll ever make, and a velvety smooth dark chocolate ganache.	AUSTRALIA	English-100		G	
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2020-07-30	1230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 23	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-30	1300	Poh's Kitchen	Food Traditions With Emmanuel Mollois	When Poh finds that Emmanuel, whose passion is food history, has never had the full Peking Duck banquet experience she treats him to the 600 year old tradition that's still practised today.	AUSTRALIA	English-100	RPT	G	Y
2020-07-30	1330	Mercurio's Menu	Cobram	Paul Mercurio travels to Sun Country on the Murray River, where the Farm Gate Trail offers up a wealth of produce including free range pork, salt bush lamb, edible cactus, oranges, and cheese.	AUSTRALIA	English-100		G	
2020-07-30	1400	The Urban Vegetarian	Lot On Your Plate, A	Host Desiree Nielsen serves up delicious meals for a busy lifestyle, from a mouth-watering breakfast burrito to a no-carb cauliflower pizza.	CANADA	English-100		G	
2020-07-30	1430	The Chefs' Line	Spanish	Watch Head Chef Maria from top Melbourne Spanish restaurant, Anada, face off against this week's final home cook, in the ultimate Paella challenge.	AUSTRALIA	English-100	RPT	G	Y
2020-07-30	1500	Delicacy Hunter	Germany	In the land of sausages, Jamie discovers why this German dish is so popular across the globe and how some delicacies hold a strong link between the Middle Empire and the heart of Europe.	SINGAPORE	English-100		G	
2020-07-30	1530	Pati's Mexican Table	Jinetes, Adventure In The Mountains	Pati travels into the mountains of Sinaloa to the tiny village of Jinetes - a place that appears to be stuck in time.	USA	English-100		PG	
2020-07-30	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 19	Courtney and Matt get creative with leftovers to bake a pumpkin frittata. Matt cooks a dish he also serves at his restaurant - moo ping skewers.	AUSTRALIA	English-100		PG	
2020-07-30	1630	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G	
2020-07-30	1700	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G	
2020-07-30	1730	Martha Bakes	Bakery-Style Cookies	Martha shares four recipes for cookies with a wholesome update - farro chocolate-chunk cookies, spelt-nut crescents, wholewheat almond butter sandwich cookies, and granola cookies.	USA	English-100		G	
2020-07-30	1800	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 9	Who will win the Ready Steady Cook gold medal as Ainsley presides over a twenty-minute cooking challenge with a maritime flavour?	UNITED KINGDOM	English-100		G	
2020-07-30	1900	Delia's How To Cook	Poultry	It is well-known that chicken soup is a mothers' cure-all. Delia, too, is a great believer in the restorative powers of chicken, and it's her 'magical cure' for sad days.	UNITED KINGDOM	English-100		G	

2020-07-30	1930	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 1	Join Justine as she explores Macao, a region steeped in Chinese and Portuguese heritage. Justine visits a local market and prepares a dish that showcases Chinese and Portuguese fusion.	AUSTRALIA	English-100			PG	
2020-07-30	2000	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT		G	Y
2020-07-30	2030	Rachel Khoo: My Swedish Kitchen	Fishing On The Westcoast	Rachel serves a grilled lobster with a cabbage and caraway salad, and her own gravlax poke bowl. For dessert, she prepares white chocolate and berry coconut mountains.	UNITED KINGDOM	English-100			PG	
2020-07-30	2100	Gino's Italian Escape: Hidden Italy	Lombardia	Gino is in one of Italy's largest northern regions - Lombardia - home to Italy's lake district and Lago di Como, it is known for its breathtaking mountains and picturesque towns.	UNITED KINGDOM	English-100			PG	
2020-07-30	2130	Bake With Anna Olson	Upside Down Cake	An upside down cake is a single-layer cake baked with gooey-sweet fruit at the bottom. Then it's flipped and served with that delicious fruit side up. Anna starts with a pineapple upside down cake.	CANADA	English-100			G	
2020-07-30	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 24	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-07-30	2230	Poh's Kitchen	More Meat With The Butcher Boys	This episode is definitely one for the meat lovers as Poh offers her service as apprentice to butchers, Jason Bradley and Bill Smith.	AUSTRALIA	English-100	RPT		G	Y
2020-07-30	2300	Martha Bakes	Bakery-Style Cookies	Martha shares four recipes for cookies with a wholesome update - farro chocolate-chunk cookies, spelt-nut crescents, wholewheat almond butter sandwich cookies, and granola cookies.	USA	English-100			G	
2020-07-30	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 9	Who will win the Ready Steady Cook gold medal as Ainsley presides over a twenty-minute cooking challenge with a maritime flavour?	UNITED KINGDOM	English-100			G	
2020-07-30	2430	Delia's How To Cook	Poultry	It is well-known that chicken soup is a mothers' cure-all. Delia, too, is a great believer in the restorative powers of chicken, and it's her 'magical cure' for sad days.	UNITED KINGDOM	English-100			G	
2020-07-30	2500	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 1	Join Justine as she explores Macao, a region steeped in Chinese and Portuguese heritage. Justine visits a local market and prepares a dish that showcases Chinese and Portuguese fusion.	AUSTRALIA	English-100			PG	
2020-07-30	2530	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT		G	Y
2020-07-30	2600	Rachel Khoo: My Swedish Kitchen	Fishing On The Westcoast	Rachel serves a grilled lobster with a cabbage and caraway salad, and her own gravlax poke bowl. For dessert, she prepares white chocolate and berry coconut mountains.	UNITED KINGDOM	English-100			PG	
2020-07-30	2630	Gino's Italian Escape: Hidden Italy	Lombardia	Gino is in one of Italy's largest northern regions - Lombardia - home to Italy's lake district and Lago di Como, it is known for its breathtaking mountains and picturesque towns.	UNITED KINGDOM	English-100			PG	
2020-07-30	2700	Bake With Anna Olson	Upside Down Cake	An upside down cake is a single-layer cake baked with gooey-sweet fruit at the bottom. Then it's flipped and served with that delicious fruit side up. Anna starts with a pineapple upside down cake.	CANADA	English-100			G	
2020-07-30	2730	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 24	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
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2020-07-31	0500	Mercurio's Menu	Cobram	Paul Mercurio travels to Sun Country on the Murray River, where the Farm Gate Trail offers up a wealth of produce including free range pork, salt bush lamb, edible cactus, oranges, and cheese.	AUSTRALIA	English-100			G	

2020-07-31	0530	The Urban Vegetarian	Lot On Your Plate, A	Host Desiree Nielsen serves up delicious meals for a busy lifestyle, from a mouth-watering breakfast burrito to a no-carb cauliflower pizza.	CANADA	English-100		G	
2020-07-31	0600	The Chefs' Line	Spanish	Watch Head Chef Maria from top Melbourne Spanish restaurant, Anada, face off against this week's final home cook, in the ultimate Paella challenge.	AUSTRALIA	English-100	RPT	G	Y
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2020-07-31	0700	Pati's Mexican Table	Jinetes, Adventure In The Mountains	Pati travels into the mountains of Sinaloa to the tiny village of Jinetes - a place that appears to be stuck in time.	USA	English-100		PG	
2020-07-31	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 19	Courtney and Matt get creative with leftovers to bake a pumpkin frittata. Matt cooks a dish he also serves at his restaurant - moo ping skewers.	AUSTRALIA	English-100		PG	
2020-07-31	0800	Martha Bakes	Bakery-Style Cookies	Martha shares four recipes for cookies with a wholesome update - farro chocolate-chunk cookies, spelt-nut crescents, wholewheat almond butter sandwich cookies, and granola cookies.	USA	English-100		G	
2020-07-31	0830	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 9	Who will win the Ready Steady Cook gold medal as Ainsley presides over a twenty-minute cooking challenge with a maritime flavour?	UNITED KINGDOM	English-100		G	
2020-07-31	0930	Delia's How To Cook	Poultry	It is well-known that chicken soup is a mothers' cure-all. Delia, too, is a great believer in the restorative powers of chicken, and it's her 'magical cure' for sad days.	UNITED KINGDOM	English-100		G	
2020-07-31	1000	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 1	Join Justine as she explores Macao, a region steeped in Chinese and Portuguese heritage. Justine visits a local market and prepares a dish that showcases Chinese and Portuguese fusion.	AUSTRALIA	English-100		PG	
2020-07-31	1030	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G	Y
2020-07-31	1100	Rachel Khoo: My Swedish Kitchen	Fishing On The Westcoast	Rachel serves a grilled lobster with a cabbage and caraway salad, and her own gravlax poke bowl. For dessert, she prepares white chocolate and berry coconut mountains.	UNITED KINGDOM	English-100		PG	
2020-07-31	1130	Gino's Italian Escape: Hidden Italy	Lombardia	Gino is in one of Italy's largest northern regions - Lombardia - home to Italy's lake district and Lago di Como, it is known for its breathtaking mountains and picturesque towns.	UNITED KINGDOM	English-100		PG	
2020-07-31	1200	Bake With Anna Olson	Upside Down Cake	An upside down cake is a single-layer cake baked with gooey-sweet fruit at the bottom. Then it's flipped and served with that delicious fruit side up. Anna starts with a pineapple upside down cake.	CANADA	English-100		G	
2020-07-31	1230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 24	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-07-31	1300	Poh's Kitchen	More Meat With The Butcher Boys	This episode is definitely one for the meat lovers as Poh offers her service as apprentice to butchers, Jason Bradley and Bill Smith.	AUSTRALIA	English-100	RPT	G	Y
2020-07-31	1330	Mercurio's Menu	Echuca	Echuca is set within an irrigated pastoral and agricultural district on the Murray River, offering organic fruit and veggies, tender veal and goat, fresh greens, and olive oil.	AUSTRALIA	English-100		G	
2020-07-31	1400	The Urban Vegetarian	Low Carbs No Problem	Host Desiree Nielsen shows us low-carb options for any meal of the day. Buckwheat pancakes smothered in blueberries? Yes, please.	CANADA	English-100		G	
2020-07-31	1430	The Chefs' Line	Spanish	Judge Melissa Leong takes us inside the kitchen of top Melbourne Spanish restaurant, Anada. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-07-31	1500	Delicacy Hunter	Italy	In this paradise for foodies, Jamie gets in touch with Stella, a second-generation Chinese-Italian chef who, just like him, is trying to bring together two cultures at the same table.	SINGAPORE	English-100		G	
2020-07-31	1530	Pati's Mexican Table	El Chepe, Railway To The Past	Pati visits El Chepe - originally conceived as a trade route linking cattle markets in Kansas City to the nearest Pacific Ocean port in Mexico, which is Topolobampo.	USA	English-100		PG	

2020-07-31	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 20	Matt's on location at his restaurant in Noosa - Sum Yung Guys - where he shares his recipes for one of the restaurant's most requested desserts - salted coconut panna cotta.	AUSTRALIA	English-100			PG	
2020-07-31	1630	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100			G	
2020-07-31	1700	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100			G	
2020-07-31	1730	Martha Bakes	Naturally Gluten-Free	Join Martha as she creates three enticing desserts that happen to be naturally gluten-free - lemon-cornmeal cake, spiced pumpkin pie with a crisp rice crust, and a flourless chocolate-walnut torte.	USA	English-100			G	
2020-07-31	1800	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 10	Olympic bronze medal gymnast Louis Smith and sprinter Christian Malcolm reveal the food secrets behind their sporting success, while battling it out for glory in the kitchen today.	UNITED KINGDOM	English-100			G	
2020-07-31	1900	Delia's How To Cook	Vegetables	Delia shows how to 'catch the moment' when cooking a variety of veggies, from boiled cabbage to marinated zucchinis.	UNITED KINGDOM	English-100			G	
2020-07-31	1930	My Second Restaurant In India	My Second Restaurant In India Series 2, Ep 3	Further setbacks at the restaurant and the furious pace of Mumbai are beginning to wear Sarah down. With only hours before the restaurant is due to open the kitchen remains in chaos.	AUSTRALIA	English-100	RPT		G	Y
2020-07-31	2030	Rick Stein's Long Weekends	Thessaloniki	Rick's off to the North-eastern Greek city of Thessaloniki, nestling on the northern shores of the Aegean Sea. The city is revered as the gourmet capital of Greece.	UNITED KINGDOM	English-100			PG	
2020-07-31	2135	Bake With Anna Olson	Nut Cakes	Nut cakes range from easy little cakes to elaborate grand tortes. Anna shows viewers how to make cakes and desserts where nuts feature prominently in the recipe.	CANADA	English-100			G	
2020-07-31	2200	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 25	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-07-31	2230	Poh's Kitchen	Modern Thai With Martin Boetz	In her kitchen tonight, Poh's guest is Martin Boetz. Martin cooks orange sour curry and a crispy fish salad.	AUSTRALIA	English-100	RPT		G	Y
2020-07-31	2300	Martha Bakes	Naturally Gluten-Free	Join Martha as she creates three enticing desserts that happen to be naturally gluten-free - lemon-cornmeal cake, spiced pumpkin pie with a crisp rice crust, and a flourless chocolate-walnut torte.	USA	English-100			G	
2020-07-31	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 10	Olympic bronze medal gymnast Louis Smith and sprinter Christian Malcolm reveal the food secrets behind their sporting success, while battling it out for glory in the kitchen today.	UNITED KINGDOM	English-100			G	
2020-07-31	2430	Delia's How To Cook	Vegetables	Delia shows how to 'catch the moment' when cooking a variety of veggies, from boiled cabbage to marinated zucchinis.	UNITED KINGDOM	English-100			G	
2020-07-31	2500	My Second Restaurant In India	My Second Restaurant In India Series 2, Ep 3	Further setbacks at the restaurant and the furious pace of Mumbai are beginning to wear Sarah down. With only hours before the restaurant is due to open the kitchen remains in chaos.	AUSTRALIA	English-100	RPT		G	Y
2020-07-31	2600	Rick Stein's Long Weekends	Thessaloniki	Rick's off to the North-eastern Greek city of Thessaloniki, nestling on the northern shores of the Aegean Sea. The city is revered as the gourmet capital of Greece.	UNITED KINGDOM	English-100			PG	
2020-07-31	2705	Bake With Anna Olson	Nut Cakes	Nut cakes range from easy little cakes to elaborate grand tortes. Anna shows viewers how to make cakes and desserts where nuts feature prominently in the recipe.	CANADA	English-100			G	
2020-07-31	2730	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 25	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-07-31	2800	Poh's Kitchen	Modern Thai With Martin Boetz	In her kitchen tonight, Poh's guest is Martin Boetz. Martin cooks orange sour curry and a crispy fish salad.	AUSTRALIA	English-100	RPT		G	Y

2020-07-31	2830	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G	
2020-08-01	0500	Mercurio's Menu	Echuca	Echuca is set within an irrigated pastoral and agricultural district on the Murray River, offering organic fruit and veggies, tender veal and goat, fresh greens, and olive oil.	AUSTRALIA	English-100		G	
2020-08-01	0530	The Urban Vegetarian	Low Carbs No Problem	Host Desiree Nielsen shows us low-carb options for any meal of the day. Buckwheat pancakes smothered in blueberries? Yes, please.	CANADA	English-100		G	
2020-08-01	0600	The Chefs' Line	Spanish	Judge Melissa Leong takes us inside the kitchen of top Melbourne Spanish restaurant, Anada. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-08-01	0630	Delicacy Hunter	Italy	In this paradise for foodies, Jamie gets in touch with Stella, a second-generation Chinese-Italian chef who, just like him, is trying to bring together two cultures at the same table.	SINGAPORE	English-100		G	
2020-08-01	0700	Pati's Mexican Table	El Chepe, Railway To The Past	Pati visits El Chepe - originally conceived as a trade route linking cattle markets in Kansas City to the nearest Pacific Ocean port in Mexico, which is Topolobampo.	USA	English-100		PG	
2020-08-01	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 20	Matt's on location at his restaurant in Noosa - Sum Yung Guys - where he shares his recipes for one of the restaurant's most requested desserts - salted coconut panna cotta.	AUSTRALIA	English-100		PG	
2020-08-01	0800	Martha Bakes	Naturally Gluten-Free	Join Martha as she creates three enticing desserts that happen to be naturally gluten-free - lemon-cornmeal cake, spiced pumpkin pie wth a crisp rice crust, and a flourless chocolate-walnut torte.	USA	English-100		G	
2020-08-01	0830	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 10	Olympic bronze medal gymnast Louis Smith and sprinter Christian Malcolm reveal the food secrets behind their sporting success, while battling it out for glory in the kitchen today.	UNITED KINGDOM	English-100		G	
2020-08-01	0930	Delia's How To Cook	Vegetables	Delia shows how to 'catch the moment' when cooking a variety of veggies, from boiled cabbage to marinated zucchinis.	UNITED KINGDOM	English-100		G	
2020-08-01	1000	My Second Restaurant In India	My Second Restaurant In India Series 2, Ep 3	Further setbacks at the restaurant and the furious pace of Mumbai are beginning to wear Sarah down. With only hours before the restaurant is due to open the kitchen remains in chaos.	AUSTRALIA	English-100	RPT	G	Y
2020-08-01	1100	Rick Stein's Long Weekends	Thessaloniki	Rick's off to the North-eastern Greek city of Thessaloniki, nestling on the northern shores of the Aegean Sea. The city is revered as the gourmet capital of Greece.	UNITED KINGDOM	English-100		PG	
2020-08-01	1205	Bake With Anna Olson	Nut Cakes	Nut cakes range from easy little cakes to elaborate grand tortes. Anna shows viewers how to make cakes and desserts where nuts feature prominently in the recipe.	CANADA	English-100		G	
2020-08-01	1230	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 25	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-08-01	1300	Poh's Kitchen	Modern Thai With Martin Boetz	In her kitchen tonight, Poh's guest is Martin Boetz. Martin cooks orange sour curry and a crispy fish salad.	AUSTRALIA	English-100	RPT	G	Y
2020-08-01	1330	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 20	Matt's on location at his restaurant in Noosa - Sum Yung Guys - where he shares his recipes for one of the restaurant's most requested desserts - salted coconut panna cotta.	AUSTRALIA	English-100		PG	
2020-08-01	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 17	Australian celebrity chef and MasterChef UK presenter, John Torode, is in charge of the Saturday Kitchen hobs this week, with help from two top chefs - Omar Allibhoy and Elizabeth Allen.	UNITED KINGDOM	English-100		G	
2020-08-01	1500	Jimmy Shu's Taste of The Territory	Fresh Produce	Jimmy visits the bustling Rapid Creek markets and it's abuzz with activity from the produce growers, food stalls, and locals doing their weekly shop.	AUSTRALIA	English-100		G	
2020-08-01	1530	Jimmy Shu's Taste of The Territory	Flavour	The dry season in the Top End is a time for festivals, and one of the most popular is Glenti, a Greek cultural festival. Jimmy meets some of the Greek community and learns how to make dolmades.	AUSTRALIA	English-100		G	

2020-08-01	1600	The Cook And The Chef	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100			G	
2020-08-01	1630	The Cook And The Chef	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100			G	
2020-08-01	1700	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100			G	
2020-08-01	1730	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 2	Ameer El-Issa's presents his famous Middle-Eastern treat knafeh, acclaimed French pastry chef Vincent Gaden showcases chocolate balls three-ways, and Italian chef Paolo Gatto makes a Sicilian bricohe.	AUSTRALIA	English-100			G	
2020-08-01	1830	Made In Britain	Made In Britain Series 1 Ep 1	Join John Prescott on his journey of discovery into the heart of the factories making some of the region's best loved foods on a massive scale including Whitaker's Chocolates and Heck! Sausages.	UNITED KINGDOM	English-100			PG	
2020-08-01	1930	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace, including a one-pot tuna pasta method.	AUSTRALIA				G	
2020-08-01	2000	Cheese Slices	Farmstead Cheeses Of Northern California	Artisan and hand made farmhouse cheeses have been at the forefront of a growing consumer backlash against mass produced foods in the USA. Will travels to Northern California to find out more.	AUSTRALIA	English-100			G	
2020-08-01	2030	Rhodes Across Italy	Tuscany	Gary Rhodes visits one of Italy's most popular regions - Tuscany - to discover the secrets of its cuisine. He's in the Tuscan hills to cook classic Italian dishes, including chicken cacciatore.	UNITED KINGDOM	English-100			G	
2020-08-01	2130	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	
2020-08-01	2230	Destination Flavour	Destination Flavour Series 1 Episode 7	Renee finds prime free-range pork and wild fallow deer in central western NSW, Lily has lunch with two of Brisbane's best Spanish chefs, and Adam meets a renowned Turkish chef.	AUSTRALIA	English-100	RPT		G	Y
2020-08-01	2300	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100			G	
2020-08-01	2330	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 1	Reunited with the fish and chip van, Freddie and Rob set off into the unfamiliar wilds of Northumberland. First stop is a date with a thousand seals where Freddie gets an unexpected kiss.	UNITED KINGDOM	English-100			PG	
2020-08-01	2430	Made In Britain	Made In Britain Series 1 Ep 1	Join John Prescott on his journey of discovery into the heart of the factories making some of the region's best loved foods on a massive scale including Whitaker's Chocolates and Heck! Sausages.	UNITED KINGDOM	English-100			PG	
2020-08-01	2530	Cheese Slices	Cheeses Of Netherlands	The Netherlands is the second largest exporter of cheese in Europe after France, yet it is famous for just two cheeses, Edam and Gouda, and Will is eager to sample them both.	AUSTRALIA	English-100			G	
2020-08-01	2600	Cheese Slices	Farmstead Cheeses Of Northern California	Artisan and hand made farmhouse cheeses have been at the forefront of a growing consumer backlash against mass produced foods in the USA. Will travels to Northern California to find out more.	AUSTRALIA	English-100			G	
2020-08-01	2630	Rhodes Across Italy	Tuscany	Gary Rhodes visits one of Italy's most popular regions - Tuscany - to discover the secrets of its cuisine. He's in the Tuscan hills to cook classic Italian dishes, including chicken cacciatore.	UNITED KINGDOM	English-100			G	
2020-08-01	2730	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	
2020-08-01	2830	Destination Flavour	Destination Flavour Series 1 Episode 7	Renee finds prime free-range pork and wild fallow deer in central western NSW, Lily has lunch with two of Brisbane's best Spanish chefs, and Adam meets a renowned Turkish chef.	AUSTRALIA	English-100	RPT		G	Y