



WEEK 32: Sunday, 4 August - Saturday, 10 August 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-08-04	0500	Luke Nguyen's United Kingdom	Cumbria	Luke travels through the breathtaking and spectacular Lake District in Cumbria. He goes fishing and cooks a sensational fish dish with the 'catch of the day'.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-08-04	0530	Luke Nguyen's United Kingdom	Isle Of Bute	Luke travels North to the delightful Isle of Bute off the West Coast of Scotland. Luke cooks beef and a fresh seaweed salad on the shoreline while being serenaded by a bagpiper.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-04	0600	Luke Nguyen's United Kingdom	Edinburgh	Luke travels to the Scottish capital, Edinburgh to uncover traditional Scottish cuisine and checks out the historic landmarks, Scots Monument and Edinburgh Castle.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-04	0630	Dinner Date	Dinner Date Series 8 Ep 8	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		PG		
2019-08-04	0730	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 7	After a 5000 km journey, chef Peter Kuruvita arrives on the islands of Vanuatu for the first time. Deriving food from the pristine waters and jungles is a way of life for the people.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-04	0800	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 8	Peter Kuruvita finds an intriguing mix of excitement and relaxation on the island of Tanna in Vanuatu. This volcanic island is home to a steadfastly preserved traditional way of life.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-04	0830	Ask The Butcher	Pork	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G		
2019-08-04	0900	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 3	How much heat can you handle? Things warm up in the bar as Richo puts on a show with his Blowtorch Burgers and Jalapeno Cheese Poppers that will separate the men from the boys.	AUSTRALIA	English-100		PG		
2019-08-04	0930	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		
2019-08-04	1000	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		
2019-08-04	1030	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		
2019-08-04	1100	Lyndey And Herbie's Moveable Feast	Hawkesbury	The Hawkesbury area in NSW is becoming a mecca for food and wine lovers, and Lyndey and Herbie soon discover why.	AUSTRALIA	English-100				
2019-08-04	1130	Lyndey And Herbie's Moveable Feast	Tasmania	Edna has taken Lyndey and Herbie on some outstanding adventures. So what better way to wrap up the series than with the jewel in the foodie crown; a trip to Tasmania.	AUSTRALIA	English-100				
2019-08-04	1200	James Martin Mediterranean	Chania	James explores Chania on the North West coast of Crete. He gets to grips with the gastronomic traditions of the island when he tries his hand at wood fire cooking.	UNITED KINGDOM	English-100		PG		
2019-08-04	1230	James Martin Mediterranean	Minori	James visits the beautiful town of Minori on Italy's Amalfi coast. He puts the area's most famous culinary gem, the Amalfi lemon to good use and gets a crash course in pasta making.	UNITED KINGDOM	English-100		PG		
2019-08-04	1300	Luke Nguyen's United Kingdom	Northumberland And Manchester	In Manchester, Luke stops into a celebrity dining hotspot, Australasia and meets head chef David Spanner, then explores one of Manchester's busiest restaurant strips; Curry Mile.	AUSTRALIA	English-100	RPT	G	Y	

2019-08-04	1330	Luke Nguyen's United Kingdom	Manchester And London	After exploring Manchester Luke completes his journey around the UK by returning to London, but first visits Manchester's iconic Mr Thomas's Chop House to try their famous Corned Beef Hash.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-04	1400	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 7	After a 5000 km journey, chef Peter Kuruvita arrives on the islands of Vanuatu for the first time. Deriving food from the pristine waters and jungles is a way of life for the people.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-04	1430	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 8	Peter Kuruvita finds an intriguing mix of excitement and relaxation on the island of Tanna in Vanuatu. This volcanic island is home to a steadfastly preserved traditional way of life.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-04	1500	Dinner Date	Dinner Date Series 8 Ep 9	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		PG		
2019-08-04	1600	Ask The Butcher	Game	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	Y	
2019-08-04	1630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 4	If you are going to spend the night in a bar you will need something substantial in your belly. Knackwurst with Sauerkraut, Sake Clams and Slow Cooked Pork Donuts are on the menu.	AUSTRALIA	English-100		G		
2019-08-04	1700	Lee Chan's World Tour	Germany	Lee discovers Germany, a nation known for its breathtaking countryside and hearty cuisine. Lee tours Germany along its famous Moselle and Rhine rivers.	AUSTRALIA	English-100		G		
2019-08-04	1730	Lee Chan's World Tour	China	From the Great Wall to the Forbidden City, Lee tours China like never before. The streets of Beijing serve up a mix of modern architecture and ancient traditions.	AUSTRALIA	English-100		G		
2019-08-04	1800	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		
2019-08-04	1830	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		
2019-08-04	1900	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		
2019-08-04	1930	The Little Paris Kitchen	Little Paris Kitchen Series 1 Ep 5, The	Rachel Khoo serves the lightest of desserts - iles flottantes - where delicately poached meringues drift on the creamiest vanilla custard. She samples exquisite Normandy oysters at a stall.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-04	2000	The Little Paris Kitchen	Little Paris Kitchen Series 1 Ep 6, The	Rachel Khoo plays the perfect hostess in her petite Paris kitchen for the final time. She serves a classic quiche lorraine with a rich creamy filling and melt-in-the-mouth pastry.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-08-04	2030	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G		
2019-08-04	2100	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG		
2019-08-04	2130	Luke Nguyen's France	Ile D'oleron	Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-08-04	2200	Luke Nguyen's France	Loire Valley And Saint Malo	Luke experiences life and food on the Loire River before finishing his culinary journey through France in the seaside town of St Malo.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-08-04	2230	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		
2019-08-04	2300	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		

2019-08-04	2330	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		
2019-08-04	2400	Ask The Butcher	Game	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G		Y
2019-08-04	2430	Dinner Date	Dinner Date Series 8 Ep 9	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		PG		
2019-08-04	2530	The Little Paris Kitchen	Little Paris Kitchen Series 1 Ep 5, The	Rachel Khoo serves the lightest of desserts - iles flottantes - where delicately poached meringues drift on the creamiest vanilla custard. She samples exquisite Normandy oysters at a stall.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-04	2600	The Little Paris Kitchen	Little Paris Kitchen Series 1 Ep 6, The	Rachel Khoo plays the perfect hostess in her petite Paris kitchen for the final time. She serves a classic quiche lorraine with a rich creamy filling and melt-in-the-mouth pastry.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-08-04	2630	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G		
2019-08-04	2700	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG		
2019-08-04	2730	Luke Nguyen's France	Ile D'oleron	Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-08-04	2800	Luke Nguyen's France	Loire Valley And Saint Malo	Luke experiences life and food on the Loire River before finishing his culinary journey through France in the seaside town of St Malo.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-08-04	2830	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 4	If you are going to spend the night in a bar you will need something substantial in your belly. Knackwurst with Sauerkraut, Sake Clams and Slow Cooked Pork Donuts are on the menu.	AUSTRALIA	English-100		G		
2019-08-05	0500	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		
2019-08-05	0530	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		
2019-08-05	0600	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		
2019-08-05	0630	Lee Chan's World Tour	Germany	Lee discovers Germany, a nation known for its breathtaking countryside and hearty cuisine. Lee tours Germany along its famous Moselle and Rhine rivers.	AUSTRALIA	English-100		G		
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2019-08-05	1000	The Little Paris Kitchen	Little Paris Kitchen Series 1 Ep 6, The	Rachel Khoo plays the perfect hostess in her petite Paris kitchen for the final time. She serves a classic quiche lorraine with a rich creamy filling and melt-in-the-mouth pastry.	UNITED KINGDOM	English-100	RPT	G	Y	

2019-08-05	1030	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G		
2019-08-05	1100	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG		
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2019-08-05	1200	Luke Nguyen's France	Loire Valley And Saint Malo	Luke experiences life and food on the Loire River before finishing his culinary journey through France in the seaside town of St Malo.	AUSTRALIA	English-100	RPT	G	Y	Y
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2019-08-05	1430	Lee Chan's World Tour	China	From the Great Wall to the Forbidden City, Lee tours China like never before. The streets of Beijing serve up a mix of modern architecture and ancient traditions.	AUSTRALIA	English-100		G		
2019-08-05	1500	Miguel's Feasts	Miguel's Feasts Series 2 Ep 12	Today, Miguel's delicious crayfish roll, tasty bbq ribs for a great bunch of volunteers, the great schnitzel challenge, and the latest buzz on where to find the best Aussie honey.	AUSTRALIA	English-100		G		
2019-08-05	1530	One World Kitchen	Cantonese Seafood	There are endless Cantonese seafood recipes and host Mary Tang shows us four easy-to-make recipes using clams, shrimp, squid, and then lobster.	CANADA	English-100		G		
2019-08-05	1600	Gok Cooks Chinese	Gok's Chinese Street Food	Gok goes back to basics, creating dishes usually served as street food in China.	UNITED KINGDOM	English-100		G		
2019-08-05	1630	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		G		
2019-08-05	1700	Secret Meat Business	Secret Meat Business Series 2 Ep 3	This episode, chef Adrian Richardson shows us the versatility of cooking with rabbit, serving up his succulent sweet braised rabbit ragu.	AUSTRALIA	English-100		G		
2019-08-05	1730	Poh's Kitchen	Duck And Wasabi With Neil Perry	Neil Perry guides Poh through his recipe for Taro Crusted Duck with Mandarin Sauce he demonstrates that complicated recipes don't have to be intimidating.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-05	1800	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG		
2019-08-05	1830	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	AUSTRALIA	English-100	RPT	PG	Y	
2019-08-05	1930	Outback Gourmet	Outback Gourmet Series 1 Ep 7	Justine travels from Darwin to Alice Springs. She joins Chef Bob Taylor for a cultural tour of Sampson's Gap and later prepares a quick Spaghetti dish at ANZAC Hill.	AUSTRALIA	English-100		G		
2019-08-05	2000	Outback Gourmet	Outback Gourmet Series 1 Ep 8	Justine stops by Alice Vietnamese Restaurant and prepares some traditional Vietnamese dishes. Later she visits Earth Sanctuary and prepares a delicious dessert over a camp fire.	AUSTRALIA	English-100		G		

2019-08-05	2030	Rick Stein's Long Weekends	Reykjavik	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-05	2130	Poh's Kitchen	Duck And Wasabi With Neil Perry	Neil Perry guides Poh through his recipe for Taro Crusted Duck with Mandarin Sauce he demonstrates that complicated recipes don't have to be intimidating.	AUSTRALIA	English-100	RPT	G	Y
2019-08-05	2200	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG	
2019-08-05	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-05	2330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 4	Things are getting hot in the kitchen this week as James Martin is joined by the 'The Incredible Spice Men', Cyrus Todiwala and Tony Singh.	UNITED KINGDOM	English-100		G	
2019-08-05	2430	Outback Gourmet	Outback Gourmet Series 1 Ep 7	Justine travels from Darwin to Alice Springs. She joins Chef Bob Taylor for a cultural tour of Sampson's Gap and later prepares a quick Spaghetti dish at ANZAC Hill.	AUSTRALIA	English-100		G	
2019-08-05	2500	Outback Gourmet	Outback Gourmet Series 1 Ep 8	Justine stops by Alice Vietnamese Restaurant and prepares some traditional Vietnamese dishes. Later she visits Earth Sanctuary and prepares a delicious dessert over a camp fire.	AUSTRALIA	English-100		G	
2019-08-05	2530	Rick Stein's Long Weekends	Reykjavik	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-05	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-05	2730	Miguel's Feasts	Miguel's Feasts Series 2 Ep 12	Today, Miguel's delicious crayfish roll, tasty bbq ribs for a great bunch of volunteers, the great schnitzel challenge, and the latest buzz on where to find the best Aussie honey.	AUSTRALIA	English-100			
2019-08-05	2800	One World Kitchen	Cantonese Seafood	There are endless Cantonese seafood recipes and host Mary Tang shows us four easy-to-make recipes using clams, shrimp, squid, and then lobster.	CANADA	English-100		G	
2019-08-05	2830	Gok Cooks Chinese	Gok's Chinese Street Food	Gok goes back to basics, creating dishes usually served as street food in China.	UNITED KINGDOM	English-100			
2019-08-06	0500	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100			
2019-08-06	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 3	This episode, chef Adrian Richardson shows us the versatility of cooking with rabbit, serving up his succulent sweet braised rabbit ragu.	AUSTRALIA	English-100		G	
2019-08-06	0600	Poh's Kitchen	Duck And Wasabi With Neil Perry	Neil Perry guides Poh through his recipe for Taro Crusted Duck with Mandarin Sauce he demonstrates that complicated recipes don't have to be intimidating.	AUSTRALIA	English-100	RPT	G	Y
2019-08-06	0630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-06	0730	Outback Gourmet	Outback Gourmet Series 1 Ep 7	Justine travels from Darwin to Alice Springs. She joins Chef Bob Taylor for a cultural tour of Sampson's Gap and later prepares a quick Spaghetti dish at ANZAC Hill.	AUSTRALIA	English-100		G	
2019-08-06	0800	Outback Gourmet	Outback Gourmet Series 1 Ep 8	Justine stops by Alice Vietnamese Restaurant and prepares some traditional Vietnamese dishes. Later she visits Earth Sanctuary and prepares a delicious dessert over a camp fire.	AUSTRALIA	English-100		G	
2019-08-06	0830	Rick Stein's Long Weekends	Reykjavik	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-06	0930	Miguel's Feasts	Miguel's Feasts Series 2 Ep 12	Today, Miguel's delicious crayfish roll, tasty bbq ribs for a great bunch of volunteers, the great schnitzel challenge, and the latest buzz on where to find the best Aussie honey.	AUSTRALIA	English-100			

2019-08-06	1000	One World Kitchen	Cantonese Seafood	There are endless Cantonese seafood recipes and host Mary Tang shows us four easy-to-make recipes using clams, shrimp, squid, and then lobster.	CANADA	English-100		G	
2019-08-06	1030	Gok Cooks Chinese	Gok's Chinese Street Food	Gok goes back to basics, creating dishes usually served as street food in China.	UNITED KINGDOM	English-100			
2019-08-06	1100	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100			
2019-08-06	1130	Secret Meat Business	Secret Meat Business Series 2 Ep 3	This episode, chef Adrian Richardson shows us the versatility of cooking with rabbit, serving up his succulent sweet braised rabbit ragu.	AUSTRALIA	English-100		G	
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2019-08-06	1230	Saturday Kitchen	Saturday Kitchen Series 1 Ep 4	Things are getting hot in the kitchen this week as James Martin is joined by the 'The Incredible Spice Men', Cyrus Todiwala and Tony Singh.	UNITED KINGDOM	English-100		G	
2019-08-06	1330	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-06	1430	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG	
2019-08-06	1500	Nigella Bites	Fast Food	Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-06	1530	One World Kitchen	Moon Festival Menu	Host Mary Tang shows us how to celebrate the Moon Festival with a tasty menu using ingredients that are perfect for this annual harvest holiday.	CANADA	English-100		G	
2019-08-06	1600	Gok Cooks Chinese	Gok's Celebration Feast	Gok creates the ultimate Chinese celebratory feast.	UNITED KINGDOM	English-100			
2019-08-06	1630	Spencer's Big 30	Chicken Bake Night	Spencer Watts cooks up a nutritious meal for four featuring Crispy Lemon Chicken, Sweet Potato Rosti, and Baked Peaches.	CANADA	English-100			
2019-08-06	1700	Secret Meat Business	Secret Meat Business Series 2 Ep 4	Taking a leaf out of his mother-in-law's recipe book, chef Adrian Richardson makes a Dutch recipe for delicious and decadent glazed pork hock marsala.	AUSTRALIA	English-100		G	
2019-08-06	1730	Poh's Kitchen	Sweet And Savoury With Emmanuel Mollois	Poh is exploring sweet and savoury from two very different perspectives and she's invited French chef Emmanuel Mollois to join her to add some twists to the soufflé.	AUSTRALIA	English-100	RPT	G	Y
2019-08-06	1800	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G	
2019-08-06	1830	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-06	1930	The Hairy Bikers' Food Tour Of Britain	Lincolnshire	Si and Dave explore Lincolnshire, where they cook a traditional county favourite in Lincoln, taste free-range beef and lamb, and get their hands dirty on a cauliflower farm.	UNITED KINGDOM	English-100	RPT	G	
2019-08-06	2030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 6	Paul Hollywood creates his favourite Pies and Puddings with a lovingly crafted Cheese from Botton in Yorkshire, Lavender from Kent, and a huge amount of perfect chocolate.	UNITED KINGDOM	English-100			
2019-08-06	2130	Poh's Kitchen	Sweet And Savoury With Emmanuel Mollois	Poh is exploring sweet and savoury from two very different perspectives and she's invited French chef Emmanuel Mollois to join her to add some twists to the soufflé.	AUSTRALIA	English-100	RPT	G	Y
2019-08-06	2200	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G	

2019-08-06	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-06	2330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 5	Valentine Warner guest hosts Saturday Kitchen this week with the help of his old friend Nathan Outlaw, the all-conquering king of seafood, and the Stockholm superstar chef Niklas Ekstedt.	UNITED KINGDOM	English-100		G	
2019-08-06	2430	The Hairy Bikers' Food Tour Of Britain	Lincolnshire	Si and Dave explore Lincolnshire, where they cook a traditional county favourite in Lincoln, taste free-range beef and lamb, and get their hands dirty on a cauliflower farm.	UNITED KINGDOM	English-100	RPT	G	
2019-08-06	2530	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 6	Paul Hollywood creates his favourite Pies and Puddings with a lovingly crafted Cheese from Botton in Yorkshire, Lavender from Kent, and a huge amount of perfect chocolate.	UNITED KINGDOM	English-100			
2019-08-06	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-06	2730	Nigella Bites	Fast Food	Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-06	2800	One World Kitchen	Moon Festival Menu	Host Mary Tang shows us how to celebrate the Moon Festival with a tasty menu using ingredients that are perfect for this annual harvest holiday.	CANADA	English-100		G	
2019-08-06	2830	Gok Cooks Chinese	Gok's Celebration Feast	Gok creates the ultimate Chinese celebratory feast.	UNITED KINGDOM	English-100			
2019-08-07	0500	Spencer's Big 30	Chicken Bake Night	Spencer Watts cooks up a nutritious meal for four featuring Crispy Lemon Chicken, Sweet Potato Rosti, and Baked Peaches.	CANADA	English-100			
2019-08-07	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 4	Taking a leaf out of his mother-in-law's recipe book, chef Adrian Richardson makes a Dutch recipe for delicious and decadent glazed pork hock marsala.	AUSTRALIA	English-100		G	
2019-08-07	0600	Poh's Kitchen	Sweet And Savoury With Emmanuel Mollois	Poh is exploring sweet and savoury from two very different perspectives and she's invited French chef Emmanuel Mollois to join her to add some twists to the soufflé.	AUSTRALIA	English-100	RPT	G	Y
2019-08-07	0630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-07	0730	The Hairy Bikers' Food Tour Of Britain	Lincolnshire	Si and Dave explore Lincolnshire, where they cook a traditional county favourite in Lincoln, taste free-range beef and lamb, and get their hands dirty on a cauliflower farm.	UNITED KINGDOM	English-100	RPT	G	
2019-08-07	0830	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 6	Paul Hollywood creates his favourite Pies and Puddings with a lovingly crafted Cheese from Botton in Yorkshire, Lavender from Kent, and a huge amount of perfect chocolate.	UNITED KINGDOM	English-100			
2019-08-07	0930	Nigella Bites	Fast Food	Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-07	1000	One World Kitchen	Moon Festival Menu	Host Mary Tang shows us how to celebrate the Moon Festival with a tasty menu using ingredients that are perfect for this annual harvest holiday.	CANADA	English-100		G	
2019-08-07	1030	Gok Cooks Chinese	Gok's Celebration Feast	Gok creates the ultimate Chinese celebratory feast.	UNITED KINGDOM	English-100			
2019-08-07	1100	Spencer's Big 30	Chicken Bake Night	Spencer Watts cooks up a nutritious meal for four featuring Crispy Lemon Chicken, Sweet Potato Rosti, and Baked Peaches.	CANADA	English-100			
2019-08-07	1130	Secret Meat Business	Secret Meat Business Series 2 Ep 4	Taking a leaf out of his mother-in-law's recipe book, chef Adrian Richardson makes a Dutch recipe for delicious and decadent glazed pork hock marsala.	AUSTRALIA	English-100		G	
2019-08-07	1200	Poh's Kitchen	Sweet And Savoury With Emmanuel Mollois	Poh is exploring sweet and savoury from two very different perspectives and she's invited French chef Emmanuel Mollois to join her to add some twists to the soufflé.	AUSTRALIA	English-100	RPT	G	Y

2019-08-07	1230	Saturday Kitchen	Saturday Kitchen Series 1 Ep 5	Valentine Warner guest hosts Saturday Kitchen this week with the help of his old friend Nathan Outlaw, the all-conquering king of seafood, and the Stockholm superstar chef Niklas Ekstedt.	UNITED KINGDOM	English-100		G	
2019-08-07	1330	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-07	1430	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G	
2019-08-07	1500	Nigella Bites	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-07	1530	One World Kitchen	Vietnamese Street Food With A French Twist	Host Lisa Nguyen shows us irresistible Vietnamese dishes with French influences, including a melt-in-your-mouth Mango Creme Caramel.	CANADA	English-100		PG	
2019-08-07	1600	Andy & Ben Eat Australia	Tasmania: Devonport Reunion And The Abalone	It's time to go diving and Andy Allen and Ben Milbourne, together with Ben's dad, cook the Milbourne's family special: lightly battered and fried abalone dish from the boat.	AUSTRALIA	English-100		PG	
2019-08-07	1630	Spencer's Big 30	Roast Beef Night	Host Spencer Watts shows how you can make a delicious family-style roast beef dinner in about 30 minutes, for under 30 dollars.	CANADA	English-100			
2019-08-07	1700	Secret Meat Business	Secret Meat Business Series 2 Ep 5	Adrian shows us how to use a not-so-common cut of meat, creating his aromatic, West Indian inspired pork cheek stew. Plus, a tasty marinated skirt steak salad.	AUSTRALIA	English-100		G	
2019-08-07	1730	Poh's Kitchen	Simply Italian With Antonio Carluccio	Tasting Australia' is one of the largest food festivals in Australia and is held annually in Poh's home state South Australia.	AUSTRALIA	English-100	RPT	G	Y
2019-08-07	1800	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G	
2019-08-07	1830	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	AUSTRALIA	English-100	RPT	G	Y
2019-08-07	1930	Cocoa: Beyond The Bean	Cocoa: Beyond The Bean	Have you ever wondered where chocolate comes from? Come along with Kirsten Tibballs as she explores the process of growing cocoa in Ghana, West Africa.	AUSTRALIA	English-100			
2019-08-07	2030	The Chocolate Queen	Chocolate Queen Series 1, The Ep 1	Kirsten Tibballs puts a twist on a household classic with her Chocolate Toasties, and prepares The Ultimate Banana Split.	AUSTRALIA	English-100		G	
2019-08-07	2100	The Chocolate Queen	Chocolate Queen Series 1, The Ep 2	The Chocolate Queen shows you just how simple show stopping chocolate pieces can be.	AUSTRALIA	English-100		G	
2019-08-07	2130	Poh's Kitchen	Simply Italian With Antonio Carluccio	Tasting Australia' is one of the largest food festivals in Australia and is held annually in Poh's home state South Australia.	AUSTRALIA	English-100	RPT	G	Y
2019-08-07	2200	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G	
2019-08-07	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	AUSTRALIA	English-100	RPT	G	Y
2019-08-07	2330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 6	Australia's own Masterchef George Calombaris joins James Martin on this episode of Saturday Kitchen. Bringing with him his love for Greek cuisine, George serves up a unique dish of grilled calamari.	UNITED KINGDOM	English-100		G	
2019-08-07	2430	Cocoa: Beyond The Bean	Cocoa: Beyond The Bean	Have you ever wondered where chocolate comes from? Come along with Kirsten Tibballs as she explores the process of growing cocoa in Ghana, West Africa.	AUSTRALIA	English-100			

2019-08-07	2530	The Chocolate Queen	Chocolate Queen Series 1, The Ep 1	Kirsten Tibballs puts a twist on a household classic with her Chocolate Toasties, and prepares The Ultimate Banana Split.	AUSTRALIA	English-100		G	
2019-08-07	2600	The Chocolate Queen	Chocolate Queen Series 1, The Ep 2	The Chocolate Queen shows you just how simple show stopping chocolate pieces can be.	AUSTRALIA	English-100		G	
2019-08-07	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	AUSTRALIA	English-100	RPT	G	Y
2019-08-07	2730	Nigella Bites	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-07	2800	One World Kitchen	Vietnamese Street Food With A French Twist	Host Lisa Nguyen shows us irresistible Vietnamese dishes with French influences, including a melt-in-your-mouth Mango Creme Caramel.	CANADA	English-100		PG	
2019-08-07	2830	Andy & Ben Eat Australia	Tasmania: Devonport Reunion And The Abalone	It's time to go diving and Andy Allen and Ben Milbourne, together with Ben's dad, cook the Milbourne's family special: lightly battered and fried abalone dish from the boat.	AUSTRALIA	English-100		PG	
2019-08-08	0500	Spencer's Big 30	Roast Beef Night	Host Spencer Watts shows how you can make a delicious family-style roast beef dinner in about 30 minutes, for under 30 dollars.	CANADA	English-100			
2019-08-08	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 5	Adrian shows us how to use a not-so-common cut of meat, creating his aromatic, West Indian inspired pork cheek stew. Plus, a tasty marinated skirt steak salad.	AUSTRALIA	English-100		G	
2019-08-08	0600	Poh's Kitchen	Simply Italian With Antonio Carluccio	Tasting Australia' is one of the largest food festivals in Australia and is held annually in Poh's home state South Australia.	AUSTRALIA	English-100	RPT	G	Y
2019-08-08	0630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	AUSTRALIA	English-100	RPT	G	Y
2019-08-08	0730	Cocoa: Beyond The Bean	Cocoa: Beyond The Bean	Have you ever wondered where chocolate comes from? Come along with Kirsten Tibballs as she explores the process of growing cocoa in Ghana, West Africa.	AUSTRALIA	English-100			
2019-08-08	0830	The Chocolate Queen	Chocolate Queen Series 1, The Ep 1	Kirsten Tibballs puts a twist on a household classic with her Chocolate Toasties, and prepares The Ultimate Banana Split.	AUSTRALIA	English-100		G	
2019-08-08	0900	The Chocolate Queen	Chocolate Queen Series 1, The Ep 2	The Chocolate Queen shows you just how simple show stopping chocolate pieces can be.	AUSTRALIA	English-100		G	
2019-08-08	0930	Nigella Bites	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-08	1000	One World Kitchen	Vietnamese Street Food With A French Twist	Host Lisa Nguyen shows us irresistible Vietnamese dishes with French influences, including a melt-in-your-mouth Mango Creme Caramel.	CANADA	English-100		PG	
2019-08-08	1030	Andy & Ben Eat Australia	Tasmania: Devonport Reunion And The Abalone	It's time to go diving and Andy Allen and Ben Milbourne, together with Ben's dad, cook the Milbourne's family special: lightly battered and fried abalone dish from the boat.	AUSTRALIA	English-100		PG	
2019-08-08	1100	Spencer's Big 30	Roast Beef Night	Host Spencer Watts shows how you can make a delicious family-style roast beef dinner in about 30 minutes, for under 30 dollars.	CANADA	English-100			
2019-08-08	1130	Secret Meat Business	Secret Meat Business Series 2 Ep 5	Adrian shows us how to use a not-so-common cut of meat, creating his aromatic, West Indian inspired pork cheek stew. Plus, a tasty marinated skirt steak salad.	AUSTRALIA	English-100		G	
2019-08-08	1200	Poh's Kitchen	Simply Italian With Antonio Carluccio	Tasting Australia' is one of the largest food festivals in Australia and is held annually in Poh's home state South Australia.	AUSTRALIA	English-100	RPT	G	Y

2019-08-08	1230	Saturday Kitchen	Saturday Kitchen Series 1 Ep 6	Australia's own Masterchef George Calombaris joins James Martin on this episode of Saturday Kitchen. Bringing with him his love for Greek cuisine, George serves up a unique dish of grilled calamari.	UNITED KINGDOM	English-100		G	
2019-08-08	1330	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	AUSTRALIA	English-100	RPT	G	Y
2019-08-08	1430	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G	
2019-08-08	1500	Nigella Bites	Family Food	We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïsse.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-08	1530	One World Kitchen	Vietnamese Street Food	It's all about street food in this Vietnamese episode as host Lisa Nguyen cooks up some crispy Sizzling Crepes and Grilled Lemongrass Pork.	CANADA	English-100		G	
2019-08-08	1600	Andy & Ben Eat Australia	Tasmania: From Cape Grim To Franklin	Andy Allen and Ben Milbourne have abalone diving on their minds, but with wet weather upon them they visit Cape Grim instead where the boys learn about some of the best beef in the world.	AUSTRALIA	English-100		PG	
2019-08-08	1630	Spencer's Big 30	Lasagna	Chef Spencer Watts prepares quick, easy, and delicious dishes like Skillet Lasagna, Creamed Spinach, and Banana Ice Cream in under 30 minutes.	CANADA	English-100			
2019-08-08	1700	Secret Meat Business	Secret Meat Business Series 2 Ep 6	Claiming to have settled a century old feud between the clans of Scotland, chef Adrian Richardson demystifies the art of cooking Scotland's national dish, haggis.	AUSTRALIA	English-100		G	
2019-08-08	1730	Poh's Kitchen	Poh In Kuala Lumpur	Poh is heading overseas to Malaysia, the country where she was born. She is on a trip to find out more about her heritage and about the dishes that come from Malaysia.	AUSTRALIA	English-100	RPT	G	Y
2019-08-08	1800	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons Vegetables and shows us how to pickle ginger and daikon while Maggie uses ginger to make an Eggplant Salad.	AUSTRALIA	English-100		PG	
2019-08-08	1830	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-08	1930	Heston's Feasts	Victorian	Top UK chef Heston Blumenthal does what he does best: cooking up a feast. In this first episode, Heston cooks up extreme edibles inspired by the Victorians.	UNITED KINGDOM	English-100	RPT		
2019-08-08	2030	No Passport Required	New Orleans	New Orleans is known for being one of the most vibrant food cities in America, thanks in part to the Vietnamese community's culinary contributions.	USA	English-100			
2019-08-08	2130	Poh's Kitchen	Poh In Kuala Lumpur	Poh is heading overseas to Malaysia, the country where she was born. She is on a trip to find out more about her heritage and about the dishes that come from Malaysia.	AUSTRALIA	English-100	RPT	G	Y
2019-08-08	2200	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons Vegetables and shows us how to pickle ginger and daikon while Maggie uses ginger to make an Eggplant Salad.	AUSTRALIA	English-100		PG	
2019-08-08	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-08	2330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 7	One of Britain's funniest comedians Bill Bailey heads the line-up this week on Saturday Kitchen, and his wits are sure to be tested in this week's Heaven or Hell challenge.	UNITED KINGDOM	English-100		G	
2019-08-08	2430	Heston's Feasts	Victorian	Top UK chef Heston Blumenthal does what he does best: cooking up a feast. In this first episode, Heston cooks up extreme edibles inspired by the Victorians.	UNITED KINGDOM	English-100	RPT		

2019-08-08	2530	No Passport Required	New Orleans	New Orleans is known for being one of the most vibrant food cities in America, thanks in part to the Vietnamese community's culinary contributions.	USA	English-100			
2019-08-08	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-08	2730	Nigella Bites	Family Food	We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïsse.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-08	2800	One World Kitchen	Vietnamese Street Food	It's all about street food in this Vietnamese episode as host Lisa Nguyen cooks up some crispy Sizzling Crepes and Grilled Lemongrass Pork.	CANADA	English-100		G	
2019-08-08	2830	Andy & Ben Eat Australia	Tasmania: From Cape Grim To Franklin	Andy Allen and Ben Milbourne have abalone diving on their minds, but with wet weather upon them they visit Cape Grim instead where the boys learn about some of the best beef in the world.	AUSTRALIA	English-100		PG	
2019-08-09	0500	Spencer's Big 30	Lasagna	Chef Spencer Watts prepares quick, easy, and delicious dishes like Skillet Lasagna, Creamed Spinach, and Banana Ice Cream in under 30 minutes.	CANADA	English-100			
2019-08-09	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 6	Claiming to have settled a century old feud between the clans of Scotland, chef Adrian Richardson demystifies the art of cooking Scotland's national dish, haggis.	AUSTRALIA	English-100		G	
2019-08-09	0600	Poh's Kitchen	Poh In Kuala Lumpur	Poh is heading overseas to Malaysia, the country where she was born. She is on a trip to find out more about her heritage and about the dishes that come from Malaysia.	AUSTRALIA	English-100	RPT	G	Y
2019-08-09	0630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-09	0730	Heston's Feasts	Victorian	Top UK chef Heston Blumenthal does what he does best: cooking up a feast. In this first episode, Heston cooks up extreme edibles inspired by the Victorians.	UNITED KINGDOM	English-100	RPT		
2019-08-09	0830	No Passport Required	New Orleans	New Orleans is known for being one of the most vibrant food cities in America, thanks in part to the Vietnamese community's culinary contributions.	USA	English-100			
2019-08-09	0930	Nigella Bites	Family Food	We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïsse.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-09	1000	One World Kitchen	Vietnamese Street Food	It's all about street food in this Vietnamese episode as host Lisa Nguyen cooks up some crispy Sizzling Crepes and Grilled Lemongrass Pork.	CANADA	English-100		G	
2019-08-09	1030	Andy & Ben Eat Australia	Tasmania: From Cape Grim To Franklin	Andy Allen and Ben Milbourne have abalone diving on their minds, but with wet weather upon them they visit Cape Grim instead where the boys learn about some of the best beef in the world.	AUSTRALIA	English-100		PG	
2019-08-09	1100	Spencer's Big 30	Lasagna	Chef Spencer Watts prepares quick, easy, and delicious dishes like Skillet Lasagna, Creamed Spinach, and Banana Ice Cream in under 30 minutes.	CANADA	English-100			
2019-08-09	1130	Secret Meat Business	Secret Meat Business Series 2 Ep 6	Claiming to have settled a century old feud between the clans of Scotland, chef Adrian Richardson demystifies the art of cooking Scotland's national dish, haggis.	AUSTRALIA	English-100		G	
2019-08-09	1200	Poh's Kitchen	Poh In Kuala Lumpur	Poh is heading overseas to Malaysia, the country where she was born. She is on a trip to find out more about her heritage and about the dishes that come from Malaysia.	AUSTRALIA	English-100	RPT	G	Y
2019-08-09	1230	Saturday Kitchen	Saturday Kitchen Series 1 Ep 7	One of Britain's funniest comedians Bill Bailey heads the line-up this week on Saturday Kitchen, and his wits are sure to be tested in this week's Heaven or Hell challenge.	UNITED KINGDOM	English-100		G	
2019-08-09	1330	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	AUSTRALIA	English-100	RPT	PG	Y

2019-08-09	1430	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons Vegetables and shows us how to pickle ginger and daikon while Maggie uses ginger to make an Eggplant Salad.	AUSTRALIA	English-100		PG		
2019-08-09	1500	Nigella Bites	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G		Y
2019-08-09	1530	One World Kitchen	No Cutlery Required	Easy to make, easy to serve, and no cutlery to clean. Cooking instructor Lisa Nguyen shows us four delectable Vietnamese finger food recipes.	CANADA	English-100		G		
2019-08-09	1600	Andy & Ben Eat Australia	Tasmania: The Island & The Wallaby	Andy and Ben take a trip over to the unique Bruny Island and learn how to skin Wallaby and possum. They visit Bruny Island Cheese Co. and finish the day in one of Tasmania's finest glamping setups.	AUSTRALIA	English-100		PG		
2019-08-09	1630	Spencer's Big 30	Fish & Chips Night	30-minute meals have never tasted this good. Chef Spencer Watts offers up some secrets for the perfect fish and chips dinner.	CANADA	English-100				
2019-08-09	1700	Secret Meat Business	Secret Meat Business Series 2 Ep 7	This episode, chef Adrian Richardson combines the flavours of the Deep South and Mexico with today's dish, his sweet and succulent Texan-style short rib tacos.	AUSTRALIA	English-100		G		
2019-08-09	1730	Poh's Kitchen	Poh And Nonya Cuisine	Poh continues her Malaysian adventure, heading south from Kuala Lumpur to the historic port of Melaka.	AUSTRALIA	English-100	RPT	G		Y
2019-08-09	1800	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G		
2019-08-09	1830	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	AUSTRALIA	English-100	RPT	PG		Y
2019-08-09	1930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb.	UNITED KINGDOM	English-100				
2019-08-09	2000	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 2	Rick and Chalky are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Curd Tart.	UNITED KINGDOM	English-100				
2019-08-09	2030	Gourmet Farmer	Gourmet Farmer Series 5 Ep 2	Its Autumn on Fat Pig Farm, and Matthew considers buying some goats to tackle the farm's blackberry problem.	AUSTRALIA	English-100	RPT			
2019-08-09	2100	Nigella Feasts	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G		Y
2019-08-09	2130	Poh's Kitchen	Poh And Nonya Cuisine	Poh continues her Malaysian adventure, heading south from Kuala Lumpur to the historic port of Melaka.	AUSTRALIA	English-100	RPT	G		Y
2019-08-09	2200	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G		
2019-08-09	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	AUSTRALIA	English-100	RPT	PG		Y
2019-08-09	2330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 8	Suranne Jones joins Saturday Kitchen this week. Her poker face will be put to the test in this week's Heaven or Hell challenge. Will it be her picturesque vision of food heaven?	UNITED KINGDOM	English-100		G		
2019-08-09	2430	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb.	UNITED KINGDOM	English-100				
2019-08-09	2500	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 2	Rick and Chalky are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Curd Tart.	UNITED KINGDOM	English-100				
2019-08-09	2530	Nigella Feasts	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G		Y

2019-08-09	2600	Nigella Feasts	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-09	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-09	2730	Nigella Bites	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-09	2800	One World Kitchen	No Cutlery Required	Easy to make, easy to serve, and no cutlery to clean. Cooking instructor Lisa Nguyen shows us four delectable Vietnamese finger food recipes.	CANADA	English-100		G	
2019-08-09	2830	Andy & Ben Eat Australia	Tasmania: The Island & The Wallaby	Andy and Ben take a trip over to the unique Bruny Island and learn how to skin Wallaby and possum. They visit Bruny Island Cheese Co. and finish the day in one of Tasmania's finest glamping setups.	AUSTRALIA	English-100		PG	
2019-08-10	0500	Spencer's Big 30	Fish & Chips Night	30-minute meals have never tasted this good. Chef Spencer Watts offers up some secrets for the perfect fish and chips dinner.	CANADA	English-100			
2019-08-10	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 7	This episode, chef Adrian Richardson combines the flavours of the Deep South and Mexico with today's dish, his sweet and succulent Texan-style short rib tacos.	AUSTRALIA	English-100		G	
2019-08-10	0600	Poh's Kitchen	Poh And Nonya Cuisine	Poh continues her Malaysian adventure, heading south from Kuala Lumpur to the historic port of Melaka.	AUSTRALIA	English-100	RPT	G	Y
2019-08-10	0630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-10	0730	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb.	UNITED KINGDOM	English-100			
2019-08-10	0800	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 2	Rick and Chalky are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Curd Tart.	UNITED KINGDOM	English-100			
2019-08-10	0830	Nigella Feasts	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-10	0900	Nigella Feasts	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-10	0930	Nigella Bites	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-10	1000	One World Kitchen	No Cutlery Required	Easy to make, easy to serve, and no cutlery to clean. Cooking instructor Lisa Nguyen shows us four delectable Vietnamese finger food recipes.	CANADA	English-100		G	
2019-08-10	1030	Andy & Ben Eat Australia	Tasmania: The Island & The Wallaby	Andy and Ben take a trip over to the unique Bruny Island and learn how to skin Wallaby and possum. They visit Bruny Island Cheese Co. and finish the day in one of Tasmania's finest glamping setups.	AUSTRALIA	English-100		PG	
2019-08-10	1100	Spencer's Big 30	Fish & Chips Night	30-minute meals have never tasted this good. Chef Spencer Watts offers up some secrets for the perfect fish and chips dinner.	CANADA	English-100			
2019-08-10	1130	Secret Meat Business	Secret Meat Business Series 2 Ep 7	This episode, chef Adrian Richardson combines the flavours of the Deep South and Mexico with today's dish, his sweet and succulent Texan-style short rib tacos.	AUSTRALIA	English-100		G	
2019-08-10	1200	Poh's Kitchen	Poh And Nonya Cuisine	Poh continues her Malaysian adventure, heading south from Kuala Lumpur to the historic port of Melaka.	AUSTRALIA	English-100	RPT	G	Y

2019-08-10	1230	Saturday Kitchen	Saturday Kitchen Series 1 Ep 8	Suranne Jones joins Saturday Kitchen this week. Her poker face will be put to the test in this week's Heaven or Hell challenge. Will it be her picturesque vision of food heaven?	UNITED KINGDOM	English-100			G	
2019-08-10	1330	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	AUSTRALIA	English-100	RPT		PG	Y
2019-08-10	1430	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100			G	
2019-08-10	1500	Dinner Date	Dinner Date Series 8 Ep 10	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			PG	
2019-08-10	1600	Ask The Butcher	Cured Meats	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100			G	Y
2019-08-10	1630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 5	Pull up a bar stool and grab a drink as Richo shares his recipes for the perfect Espresso Martini, stylish Oyster Shooters and his favourite, Maple and Coffee Glazed Bacon.	AUSTRALIA	English-100			G	
2019-08-10	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	
2019-08-10	1730	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	
2019-08-10	1800	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	
2019-08-10	1830	Lyndey Milan's Summer Baking Secrets	Lyndey Milan's Summer Baking Secrets Series 1 Ep 1	Breads, cakes, and muffins are the stars of this show as Lyndey creates both sweet and savoury muffins.	AUSTRALIA	English-100				
2019-08-10	1900	Lyndey Milan's Summer Baking Secrets	Lyndey Milan's Summer Baking Secrets Series 1 Ep 2	There are not one but two show-stopping cakes in this show. Lyndey begins with an all-occasion 'Naked Cake' that's sure to impress.	AUSTRALIA	English-100				
2019-08-10	1930	Cheese Slices	Champion Of English Cheese, The	Will visits influential cheese retailer Neal's Yard Dairy in London, where cheese champion Randolph Hodgson explains how English traditional farmhouse country cheese was saved from extinction.	AUSTRALIA	English-100			G	
2019-08-10	2000	Cheese Slices	Twins Of The Mediterranean: Corsica And Sardinia	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions.	AUSTRALIA	English-100			G	
2019-08-10	2030	Avec Eric	Big Flavour	Join super chef Eric Ripert as he takes us inside his world of big flavours. First, we get an inside look at, and introduction to, the legendary saucier at Le Bernardin.	USA	English-100			PG	Y
2019-08-10	2100	Avec Eric	Star Ingredients	Join Eric as he demonstrates the importance of quality ingredients in great cooking. In the kitchen of Le Bernardin, Eric takes us through the preparation of raw ingredient dishes.	USA	English-100			G	
2019-08-10	2130	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 9	Peter Kuruvita explores Rarotonga in the Cook Islands, where self-sufficiency is a necessary way of life. There he learns how to search for octopi and catch freshwater prawns.	AUSTRALIA	English-100	RPT		G	Y
2019-08-10	2200	Island Feast With Peter Kuruvita	Island Feast With Peter Kuruvita Series 1 Episode 10	After ten weeks of remarkable island exploration, Peter concludes his journey in the paradise of the Cook Islands. Here Peter snorkels and spearfishes in the pristine waters.	AUSTRALIA	English-100	RPT		G	Y
2019-08-10	2230	Dinner Date	Dinner Date Series 8 Ep 10	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			PG	

2019-08-10	2330	Ask The Butcher	Cured Meats	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100	G	Y
2019-08-10	2400	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 5	Pull up a bar stool and grab a drink as Richo shares his recipes for the perfect Espresso Martini, stylish Oyster Shooters and his favourite, Maple and Coffee Glazed Bacon.	AUSTRALIA	English-100	G	
2019-08-10	2430	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	
2019-08-10	2500	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	
2019-08-10	2530	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	
2019-08-10	2600	Lyndey Milan's Summer Baking Secrets	Lyndey Milan's Summer Baking Secrets Series 1 Ep 1	Breads, cakes, and muffins are the stars of this show as Lyndey creates both sweet and savoury muffins.	AUSTRALIA	English-100		
2019-08-10	2630	Lyndey Milan's Summer Baking Secrets	Lyndey Milan's Summer Baking Secrets Series 1 Ep 2	There are not one but two show-stopping cakes in this show. Lyndey begins with an all-occasion 'Naked Cake' that's sure to impress.	AUSTRALIA	English-100		
2019-08-10	2700	Cheese Slices	Champion Of English Cheese, The	Will visits influential cheese retailer Neal's Yard Dairy in London, where cheese champion Randolph Hodgson explains how English traditional farmhouse country cheese was saved from extinction.	AUSTRALIA	English-100	G	
2019-08-10	2730	Cheese Slices	Twins Of The Mediterranean: Corsica And Sardinia	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions.	AUSTRALIA	English-100	G	
2019-08-10	2800	Avec Eric	Big Flavour	Join super chef Eric Ripert as he takes us inside his world of big flavours. First, we get an inside look at, and introduction to, the legendary saucier at Le Bernardin.	USA	English-100	PG	Y
2019-08-10	2830	Avec Eric	Star Ingredients	Join Eric as he demonstrates the importance of quality ingredients in great cooking. In the kitchen of Le Bernardin, Eric takes us through the preparation of raw ingredient dishes.	USA	English-100	G	