



WEEK 33: Sunday, 11 August - Saturday, 17 August 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-08-11	0500	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	
2019-08-11	0530	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	
2019-08-11	0600	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		
2019-08-11	0630	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		
2019-08-11	0700	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		
2019-08-11	0730	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		
2019-08-11	0830	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
2019-08-11	0900	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				
2019-08-11	0930	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				
2019-08-11	1000	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		
2019-08-11	1030	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		
2019-08-11	1100	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
2019-08-11	1130	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		
2019-08-11	1200	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	
2019-08-11	1230	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	
2019-08-11	1300	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		

2019-08-11	1330	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		
2019-08-11	1400	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		
2019-08-11	1430	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		G		
2019-08-11	1500	Dinner Date	Dinner Date Series 8 Ep 11	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		
2019-08-11	1600	Ask The Butcher	Poultry	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		
2019-08-11	1630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 6	Richo adapts a comforting family meal into the perfect bar snack (Roast Chicken and Gravy Roll) and shares the recipe for one of the bars staple ingredients, Bacon Jam.	AUSTRALIA	English-100		G		
2019-08-11	1700	Lee Chan's World Tour	Canada	Lee is rail hopping, road tripping and tasting her way through Canada's famous Rocky Mountains. Ending up in Vancouver, Lee celebrates Canada Day by cooking three of their national dishes.	AUSTRALIA	English-100		G		
2019-08-11	1730	Lee Chan's World Tour	India	The land of spices welcomes Lee with open arms. With so much colour and spice at the centre of Indian culture, Lee decides to adopt some Indian fashion tips and dress up for the occasion.	AUSTRALIA	English-100		G		
2019-08-11	1800	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G		
2019-08-11	1830	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G		
2019-08-11	1900	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G		
2019-08-11	1930	Ainsley's Caribbean Kitchen	Jamaica	Ainsley's first stop is Jamaica, the island where his father grew up, to re-discover the country that has long been linked to great food, music and culture.	UNITED KINGDOM	English-100		G		
2019-08-11	2030	Two Greedy Italians... Still Hungry	Calabria And Babinone	Chefs Antonio Carluccio and Gennaro Contaldo return to Italy to discover how the country's food and culture have changed since they left more than 40 years ago.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-11	2130	Italian Food Safari	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-11	2200	Italian Food Safari	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-11	2230	Dinner Date	Dinner Date Series 8 Ep 11	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		
2019-08-11	2330	Ask The Butcher	Poultry	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		
2019-08-11	2400	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 6	Richo adapts a comforting family meal into the perfect bar snack (Roast Chicken and Gravy Roll) and shares the recipe for one of the bars staple ingredients, Bacon Jam.	AUSTRALIA	English-100		G		
2019-08-11	2430	Lee Chan's World Tour	Canada	Lee is rail hopping, road tripping and tasting her way through Canada's famous Rocky Mountains. Ending up in Vancouver, Lee celebrates Canada Day by cooking three of their national dishes.	AUSTRALIA	English-100		G		

2019-08-11	2500	Lee Chan's World Tour	India	The land of spices welcomes Lee with open arms. With so much colour and spice at the centre of Indian culture, Lee decides to adopt some Indian fashion tips and dress up for the occasion.	AUSTRALIA	English-100		G	
2019-08-11	2530	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G	
2019-08-11	2600	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G	
2019-08-11	2630	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G	
2019-08-11	2700	Italian Food Safari	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G	Y
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2019-08-11	2800	Ainsley's Caribbean Kitchen	Jamaica	Ainsley's first stop is Jamaica, the island where his father grew up, to re-discover the country that has long been linked to great food, music and culture.	UNITED KINGDOM	English-100			
2019-08-12	0500	Ask The Butcher	Poultry	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	
2019-08-12	0530	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 6	Richo adapts a comforting family meal into the perfect bar snack (Roast Chicken and Gravy Roll) and shares the recipe for one of the bars staple ingredients, Bacon Jam.	AUSTRALIA	English-100		G	
2019-08-12	0600	Lee Chan's World Tour	Canada	Lee is rail hopping, road tripping and tasting her way through Canada's famous Rocky Mountains. Ending up in Vancouver, Lee celebrates Canada Day by cooking three of their national dishes.	AUSTRALIA	English-100		G	
2019-08-12	0630	Lee Chan's World Tour	India	The land of spices welcomes Lee with open arms. With so much colour and spice at the centre of Indian culture, Lee decides to adopt some Indian fashion tips and dress up for the occasion.	AUSTRALIA	English-100		G	
2019-08-12	0700	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G	
2019-08-12	0730	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G	
2019-08-12	0800	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G	
2019-08-12	0830	Dinner Date	Dinner Date Series 8 Ep 11	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	
2019-08-12	0930	Italian Food Safari	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G	Y
2019-08-12	1000	Italian Food Safari	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT	G	Y
2019-08-12	1030	Lee Chan's World Tour	Canada	Lee is rail hopping, road tripping and tasting her way through Canada's famous Rocky Mountains. Ending up in Vancouver, Lee celebrates Canada Day by cooking three of their national dishes.	AUSTRALIA	English-100		G	
2019-08-12	1100	Lee Chan's World Tour	India	The land of spices welcomes Lee with open arms. With so much colour and spice at the centre of Indian culture, Lee decides to adopt some Indian fashion tips and dress up for the occasion.	AUSTRALIA	English-100		G	

2019-08-12	1130	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G		
2019-08-12	1200	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G		
2019-08-12	1230	Ainsley's Caribbean Kitchen	Jamaica	Ainsley's first stop is Jamaica, the island where his father grew up, to re-discover the country that has long been linked to great food, music and culture.	UNITED KINGDOM	English-100				
2019-08-12	1330	Two Greedy Italians... Still Hungry	Calabria And Babinone	Chefs Antonio Carluccio and Gennaro Contaldo return to Italy to discover how the country's food and culture have changed since they left more than 40 years ago.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-12	1430	Ask The Butcher	Poultry	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		
2019-08-12	1500	Nigella Bites	Weekend	Nigella Lawson shares her favorite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-08-12	1530	One World Kitchen	Hanoi Specialities	Host Lisa Nguyen shows us recipes from Vietnam's capital city of Hanoi, including a perfectly Grilled Pork Patty with a sweet caramel dipping sauce.	CANADA	English-100		G		
2019-08-12	1600	Andy & Ben Eat Australia	South Australia: Africola Adelaide	In Adelaide, Andy makes a bee-line to visit Africola restaurant to cook with chef and owner Duncan Welgemoed. Following the creation of an epic feed, Andy heads towards the Barossa.	AUSTRALIA	English-100			PG	
2019-08-12	1630	Spencer's Big 30	Chinese Take-Out Night	Host Spencer Watts shows us some of his favourite budget-friendly Chinese take-out dishes in around 30 minutes.	CANADA	English-100				
2019-08-12	1700	Secret Meat Business	Secret Meat Business Series 2 Ep 8	Chef Adrian Richardson shows us a dish that is sure to wow at the dinner table, a succulent slow roasted Greek-style tender goat with honey, rosemary and garlic.	AUSTRALIA	English-100		G		
2019-08-12	1730	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	
2019-08-12	1800	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100			PG	
2019-08-12	1830	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry. Meanwhile, Digger brings joy to some people in need.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-12	1930	Nigellissima	Nigellissima Series 1 Ep 1	Nigella Lawson introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic and almonds.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-08-12	2000	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-08-12	2030	Rick Stein's Long Weekends	Berlin	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-08-12	2130	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	
2019-08-12	2200	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100			PG	
2019-08-12	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry. Meanwhile, Digger brings joy to some people in need.	AUSTRALIA	English-100	RPT	G	Y	
2019-08-12	2330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 9	The star of the hit comedy series 'The IT Crowd', Katherine Parkinson, is managing the kitchen this week and sharing some details on her upcoming comedic series 'The Kennedys'.	UNITED KINGDOM	English-100		G		

2019-08-12	2430	Nigellissima	Nigellissima Series 1 Ep 1	Nigella Lawson introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic and almonds.	UNITED KINGDOM	English-100	RPT	G	Y
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2019-08-12	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry. Meanwhile, Digger brings joy to some people in need.	AUSTRALIA	English-100	RPT	G	Y
2019-08-12	2730	Saturday Kitchen	Saturday Kitchen Series 1 Ep 9	The star of the hit comedy series 'The IT Crowd', Katherine Parkinson, is managing the kitchen this week and sharing some details on her upcoming comedic series 'The Kennedys'.	UNITED KINGDOM	English-100		G	
2019-08-12	2830	Nigella Bites	Weekend	Nigella Lawson shares her favorite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-13	0500	Andy & Ben Eat Australia	South Australia: Africola Adelaide	In Adelaide, Andy makes a bee-line to visit Africola restaurant to cook with chef and owner Duncan Weigemoed. Following the creation of an epic feed, Andy heads towards the Barossa.	AUSTRALIA	English-100			PG
2019-08-13	0530	Spencer's Big 30	Chinese Take-Out Night	Host Spencer Watts shows us some of his favourite budget-friendly Chinese take-out dishes in around 30 minutes.	CANADA	English-100			
2019-08-13	0600	Secret Meat Business	Secret Meat Business Series 2 Ep 8	Chef Adrian Richardson shows us a dish that is sure to wow at the dinner table, a succulent slow roasted Greek-style tender goat with honey, rosemary and garlic.	AUSTRALIA	English-100			G
2019-08-13	0630	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
2019-08-13	0700	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100			PG
2019-08-13	0730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry. Meanwhile, Digger brings joy to some people in need.	AUSTRALIA	English-100	RPT	G	Y
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2019-08-13	1030	Nigella Bites	Weekend	Nigella Lawson shares her favorite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-13	1100	One World Kitchen	Hanoi Specialities	Host Lisa Nguyen shows us recipes from Vietnam's capital city of Hanoi, including a perfectly Grilled Pork Patty with a sweet caramel dipping sauce.	CANADA	English-100			G
2019-08-13	1130	Andy & Ben Eat Australia	South Australia: Africola Adelaide	In Adelaide, Andy makes a bee-line to visit Africola restaurant to cook with chef and owner Duncan Weigemoed. Following the creation of an epic feed, Andy heads towards the Barossa.	AUSTRALIA	English-100			PG
2019-08-13	1200	Spencer's Big 30	Chinese Take-Out Night	Host Spencer Watts shows us some of his favourite budget-friendly Chinese take-out dishes in around 30 minutes.	CANADA	English-100			
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2019-08-13	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
2019-08-13	1330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 9	The star of the hit comedy series 'The IT Crowd', Katherine Parkinson, is managing the kitchen this week and sharing some details on her upcoming comedic series 'The Kennedys'.	UNITED KINGDOM	English-100		G	
2019-08-13	1430	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG	
2019-08-13	1500	The Naked Chef	Moving House	It's out with the camping stove and Jamie improvises a hearty, man-size sandwich for the removal men.	UNITED KINGDOM	English-100		PG	
2019-08-13	1535	One World Kitchen	Vietnam's Love For Noodles	Fun host Lisa Nguyen shows us just how versatile noodles are with four different recipes, including Crispy Egg Noodle Pillows.	CANADA	English-100		G	
2019-08-13	1600	Andy & Ben Eat Australia	South Australia: Clare And The Lamb	It's a freezing morning in the Clare Valley and Andy heads to Terroir Auburn to meet local chef and wild food forager, Dan Moss. They meet local food producers & cook an epic lamb ribs dish.	AUSTRALIA	English-100		PG	Y
2019-08-13	1630	Spencer's Big 30	Breakfast For Dinner Night	Breakfast for dinner is quick, easy, and ever-delicious. Host Spencer Watts makes some breakfast classics like a skillet BLT frittata.	CANADA	English-100			
2019-08-13	1700	Secret Meat Business	Secret Meat Business Series 2 Ep 9	This episode, chef Adrian Richardson cooks Feijoada - a Brazilian slow cooked stew, packed full of black beans, five types of meat and loads of flavour.	AUSTRALIA	English-100		G	
2019-08-13	1730	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
2019-08-13	1800	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G	
2019-08-13	1830	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-13	1930	The Hairy Bikers' Food Tour Of Britain	Kent	Si and Dave explore Kent, where they cook a traditional county favourite at Leeds Castle, forage for wild vegetables and sample the county's fine ale.	UNITED KINGDOM	English-100	RPT	G	
2019-08-13	2030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 7	Paul Hollywood's favourite Pies and Puds pack a real punch in this episode with a Tart created from three types of Onion.	UNITED KINGDOM	English-100			
2019-08-13	2130	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
2019-08-13	2200	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G	
2019-08-13	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-13	2330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 10	Pop star Alesha Dixon takes a break from judging Britain's got talent and jumps in to judge the food on Saturday Kitchen.	UNITED KINGDOM	English-100		PG	
2019-08-13	2430	The Hairy Bikers' Food Tour Of Britain	Kent	Si and Dave explore Kent, where they cook a traditional county favourite at Leeds Castle, forage for wild vegetables and sample the county's fine ale.	UNITED KINGDOM	English-100	RPT	G	
2019-08-13	2530	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 7	Paul Hollywood's favourite Pies and Puds pack a real punch in this episode with a Tart created from three types of Onion.	UNITED KINGDOM	English-100			
2019-08-13	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	AUSTRALIA	English-100	RPT	PG	Y

2019-08-13	2730	Saturday Kitchen	Saturday Kitchen Series 1 Ep 10	Pop star Alesha Dixon takes a break from judging Britain's got talent and jumps in to judge the food on Saturday Kitchen.	UNITED KINGDOM	English-100		PG	
2019-08-13	2825	The Naked Chef	Moving House	It's out with the camping stove and Jamie improvises a hearty, man-size sandwich for the removal men.	UNITED KINGDOM	English-100		PG	
2019-08-14	0500	Andy & Ben Eat Australia	South Australia: Clare And The Lamb	It's a freezing morning in the Clare Valley and Andy heads to Terroir Auburn to meet local chef and wild food forager, Dan Moss. They meet local food producers & cook an epic lamb ribs dish.	AUSTRALIA	English-100		PG	Y
2019-08-14	0530	Spencer's Big 30	Breakfast For Dinner Night	Breakfast for dinner is quick, easy, and ever-delicious. Host Spencer Watts makes some breakfast classics like a skillet BLT frittata.	CANADA	English-100			
2019-08-14	0600	Secret Meat Business	Secret Meat Business Series 2 Ep 9	This episode, chef Adrian Richardson cooks Feijoada - a Brazilian slow cooked stew, packed full of black beans, five types of meat and loads of flavour.	AUSTRALIA	English-100		G	
2019-08-14	0630	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
2019-08-14	0700	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G	
2019-08-14	0730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-14	0830	The Hairy Bikers' Food Tour Of Britain	Kent	Si and Dave explore Kent, where they cook a traditional county favourite at Leeds Castle, forage for wild vegetables and sample the county's fine ale.	UNITED KINGDOM	English-100	RPT	G	
2019-08-14	0930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 7	Paul Hollywood's favourite Pies and Puds pack a real punch in this episode with a Tart created from three types of Onion.	UNITED KINGDOM	English-100			
2019-08-14	1030	The Naked Chef	Moving House	It's out with the camping stove and Jamie improvises a hearty, man-size sandwich for the removal men.	UNITED KINGDOM	English-100		PG	
2019-08-14	1105	One World Kitchen	Vietnam's Love For Noodles	Fun host Lisa Nguyen shows us just how versatile noodles are with four different recipes, including Crispy Egg Noodle Pillows.	CANADA	English-100		G	
2019-08-14	1130	Andy & Ben Eat Australia	South Australia: Clare And The Lamb	It's a freezing morning in the Clare Valley and Andy heads to Terroir Auburn to meet local chef and wild food forager, Dan Moss. They meet local food producers & cook an epic lamb ribs dish.	AUSTRALIA	English-100		PG	Y
2019-08-14	1200	Spencer's Big 30	Breakfast For Dinner Night	Breakfast for dinner is quick, easy, and ever-delicious. Host Spencer Watts makes some breakfast classics like a skillet BLT frittata.	CANADA	English-100			
2019-08-14	1230	Secret Meat Business	Secret Meat Business Series 2 Ep 9	This episode, chef Adrian Richardson cooks Feijoada - a Brazilian slow cooked stew, packed full of black beans, five types of meat and loads of flavour.	AUSTRALIA	English-100		G	
2019-08-14	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
2019-08-14	1330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 10	Pop star Alesha Dixon takes a break from judging Britain's got talent and jumps in to judge the food on Saturday Kitchen.	UNITED KINGDOM	English-100		PG	
2019-08-14	1430	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G	
2019-08-14	1500	The Naked Chef	Rock And Roast	Jamie cooks up Jay Kay's favourite meal: roast beef with all the trimmings.	UNITED KINGDOM	English-100		G	
2019-08-14	1535	One World Kitchen	Balancing Sweet With Savoury	Host Lisa Nguyen combines fruit with savoury flavours in four classic Vietnamese dishes, including Sour Fish Soup and Pomelo and Crab Salad.	CANADA	English-100		G	
2019-08-14	1600	Andy & Ben Eat Australia	South Australia: Exploring The Yorke	To finish the South Australian chapter, Andy heads down into the Yorke Peninsula. He gets his hands into some fresh oyster leases, and makes a swimmer crab pasta to die for.	AUSTRALIA	English-100		PG	

2019-08-14	1630	Spencer's Big 30	Pizza Night	What's fun for the whole family? Pizza night! Chef Spencer Watts makes two easy, budget-friendly pizzas for a delicious family-style meal.	CANADA	English-100				
2019-08-14	1700	Secret Meat Business	Secret Meat Business Series 2 Ep 10	Chef Adrian Richardson shares his Mum's recipe for an Aussie family favourite, succulent roast chicken. Plus, he whips up a hearty Sicilian chilli beef ragu.	AUSTRALIA	English-100		G		
2019-08-14	1730	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	
2019-08-14	1800	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G		
2019-08-14	1830	Nigella: The Cook Who Changed Our Lives	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-14	1930	Let's Do Coffee	Let's Do Coffee Series 1 Ep 1	Hosted from the cafe in one of Australia's most iconic parks, we meet the owner of one of the world's finest collection of antique coffee machines, and the master roaster at an iconic coffee brand.	AUSTRALIA	English-100				
2019-08-14	2000	Let's Do Coffee	Let's Do Coffee Series 1 Ep 2	Hosted from the high coffee experience at the InterContinental Sydney, we show you the secrets to perfecting the flat white, and meet the sisters behind a suburban cafe's success.	AUSTRALIA	English-100				
2019-08-14	2030	The Chocolate Queen	Chocolate Queen Series 1, The Ep 3	Kirsten shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100		G		
2019-08-14	2100	The Chocolate Queen	Chocolate Queen Series 1, The Ep 4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100		G		
2019-08-14	2130	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	
2019-08-14	2200	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G		
2019-08-14	2230	Nigella: The Cook Who Changed Our Lives	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-08-14	2330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 11	British 'National Treasure' Dawn French stops by the studio to talk about her new novel 'According to Yes' as well as taking on the heaven or hell challenge.	UNITED KINGDOM	English-100		G		
2019-08-14	2430	Let's Do Coffee	Let's Do Coffee Series 1 Ep 1	Hosted from the cafe in one of Australia's most iconic parks, we meet the owner of one of the world's finest collection of antique coffee machines, and the master roaster at an iconic coffee brand.	AUSTRALIA	English-100				
2019-08-14	2500	Let's Do Coffee	Let's Do Coffee Series 1 Ep 2	Hosted from the high coffee experience at the InterContinental Sydney, we show you the secrets to perfecting the flat white, and meet the sisters behind a suburban cafe's success.	AUSTRALIA	English-100				
2019-08-14	2530	The Chocolate Queen	Chocolate Queen Series 1, The Ep 3	Kirsten shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100		G		
2019-08-14	2600	The Chocolate Queen	Chocolate Queen Series 1, The Ep 4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100		G		
2019-08-14	2630	Nigella: The Cook Who Changed Our Lives	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y	Y

2019-08-14	2730	Saturday Kitchen	Saturday Kitchen Series 1 Ep 11	British 'National Treasure' Dawn French stops by the studio to talk about her new novel 'According to Yes' as well as taking on the heaven or hell challenge.	UNITED KINGDOM	English-100		G		
2019-08-14	2825	The Naked Chef	Rock And Roast	Jamie cooks up Jay Kay's favourite meal: roast beef with all the trimmings.	UNITED KINGDOM	English-100		G		
2019-08-15	0500	Andy & Ben Eat Australia	South Australia: Exploring The Yorke	To finish the South Australian chapter, Andy heads down into the Yorke Peninsula. He gets his hands into some fresh oyster leases, and makes a swimmer crab pasta to die for.	AUSTRALIA	English-100		PG		
2019-08-15	0530	Spencer's Big 30	Pizza Night	What's fun for the whole family? Pizza night! Chef Spencer Watts makes two easy, budget-friendly pizzas for a delicious family-style meal.	CANADA	English-100				
2019-08-15	0600	Secret Meat Business	Secret Meat Business Series 2 Ep 10	Chef Adrian Richardson shares his Mum's recipe for an Aussie family favourite, succulent roast chicken. Plus, he whips up a hearty Sicilian chilli beef ragu.	AUSTRALIA	English-100		G		
2019-08-15	0630	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
2019-08-15	0700	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G		
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2019-08-15	0830	Let's Do Coffee	Let's Do Coffee Series 1 Ep 1	Hosted from the cafe in one of Australia's most iconic parks, we meet the owner of one of the world's finest collection of antique coffee machines, and the master roaster at an iconic coffee brand.	AUSTRALIA	English-100				
2019-08-15	0900	Let's Do Coffee	Let's Do Coffee Series 1 Ep 2	Hosted from the high coffee experience at the InterContinental Sydney, we show you the secrets to perfecting the flat white, and meet the sisters behind a suburban cafe's success.	AUSTRALIA	English-100				
2019-08-15	0930	The Chocolate Queen	Chocolate Queen Series 1, The Ep 3	Kirsten shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100		G		
2019-08-15	1000	The Chocolate Queen	Chocolate Queen Series 1, The Ep 4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100		G		
2019-08-15	1030	The Naked Chef	Rock And Roast	Jamie cooks up Jay Kay's favourite meal: roast beef with all the trimmings.	UNITED KINGDOM	English-100		G		
2019-08-15	1105	One World Kitchen	Balancing Sweet With Savoury	Host Lisa Nguyen combines fruit with savoury flavours in four classic Vietnamese dishes, including Sour Fish Soup and Pomelo and Crab Salad.	CANADA	English-100		G		
2019-08-15	1130	Andy & Ben Eat Australia	South Australia: Exploring The Yorke	To finish the South Australian chapter, Andy heads down into the Yorke Peninsula. He gets his hands into some fresh oyster leases, and makes a swimmer crab pasta to die for.	AUSTRALIA	English-100		PG		
2019-08-15	1200	Spencer's Big 30	Pizza Night	What's fun for the whole family? Pizza night! Chef Spencer Watts makes two easy, budget-friendly pizzas for a delicious family-style meal.	CANADA	English-100				
2019-08-15	1230	Secret Meat Business	Secret Meat Business Series 2 Ep 10	Chef Adrian Richardson shares his Mum's recipe for an Aussie family favourite, succulent roast chicken. Plus, he whips up a hearty Sicilian chilli beef ragu.	AUSTRALIA	English-100		G		
2019-08-15	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
2019-08-15	1330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 11	British 'National Treasure' Dawn French stops by the studio to talk about her new novel 'According to Yes' as well as taking on the heaven or hell challenge.	UNITED KINGDOM	English-100		G		

2019-08-15	1430	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G		
2019-08-15	1500	The Naked Chef	Godfather, The	Jamie prepares dipping sauces for beautiful, fresh oysters, a dish of roasted brill with lemons and roasted asparagus with pancetta for his goddaughter's Christening.	UNITED KINGDOM	English-100		PG		
2019-08-15	1535	One World Kitchen	Banquet Fit For An Emperor, A	Vietnamese expert Lisa Nguyen takes us back in time with Spicy Hue Beef Noodle Soup and other recipes that are fit for a royal dinner party.	CANADA	English-100		G		
2019-08-15	1600	Andy & Ben Eat Australia	Victoria: Melbourne Cbd	The boys take in the afternoon at CODA restaurant, where they dine with owner and head chef Adam D'Sylva. Then they go on a 'food crawl', sampling the hidden gems the city has to offer.	AUSTRALIA	English-100		G		Y
2019-08-15	1630	Spencer's Big 30	Curry In A Hurry Night	Indian meals are the epitome of a full family dinner. Host Spencer Watts uses bold flavours to make classic Butter Chicken and refreshing Mango Lassi.	CANADA	English-100		G		
2019-08-15	1700	Secret Meat Business	Secret Meat Business Series 2 Ep 11	Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison.	AUSTRALIA	English-100		G		
2019-08-15	1730	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
2019-08-15	1800	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G		
2019-08-15	1830	Simply Italian	Linguine, Farfalle, Bologna, Ragu	Michela shows us how easy it is to make delicious fresh pasta at home - without the use of any gadgets.	UNITED KINGDOM	English-100				
2019-08-15	1900	Simply Italian	Tortelli, Lobster Ravioli, Cinque Terre, Pasta Reale	This episode is all about how to create the perfect filled pasta. Michela takes us back to Italy to the stunning Cinque Terre coastline in north east Italy.	UNITED KINGDOM	English-100				
2019-08-15	1930	Heston's Feasts	Medieval	Cooking maestro Heston Blumenthal creates an extraordinary feast inspired by the remarkable food of the Medieval age - a time when food was all about trickery and illusion.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-08-15	2030	No Passport Required	Chicago	Marcus visits the longstanding Mexican community in Chicago to learn about its heritage and traditions. With muralist Juan Angel Chavez, Marcus eats tacos de cecina and grilled nopales.	USA	English-100		PG		Y
2019-08-15	2130	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
2019-08-15	2200	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G		
2019-08-15	2230	Simply Italian	Linguine, Farfalle, Bologna, Ragu	Michela shows us how easy it is to make delicious fresh pasta at home - without the use of any gadgets.	UNITED KINGDOM	English-100				
2019-08-15	2300	Simply Italian	Tortelli, Lobster Ravioli, Cinque Terre, Pasta Reale	This episode is all about how to create the perfect filled pasta. Michela takes us back to Italy to the stunning Cinque Terre coastline in north east Italy.	UNITED KINGDOM	English-100				
2019-08-15	2330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 12	Hollywood comedy superstar Nick Frost joins Saturday Kitchen this week to promote his autobiography and to tackle the heaven or hell challenge.	UNITED KINGDOM	English-100		G		
2019-08-15	2430	Heston's Feasts	Medieval	Cooking maestro Heston Blumenthal creates an extraordinary feast inspired by the remarkable food of the Medieval age - a time when food was all about trickery and illusion.	UNITED KINGDOM	English-100	RPT	PG	Y	Y

2019-08-15	2530	No Passport Required	Chicago	Marcus visits the longstanding Mexican community in Chicago to learn about its heritage and traditions. With muralist Juan Angel Chavez, Marcus eats tacos de cecina and grilled nopales.	USA	English-100		PG		Y
2019-08-15	2630	Simply Italian	Linguine, Farfalle, Bologna, Ragu	Michela shows us how easy it is to make delicious fresh pasta at home - without the use of any gadgets.	UNITED KINGDOM	English-100				
2019-08-15	2700	Simply Italian	Tortelli, Lobster Ravioli, Cinque Terre, Pasta Reale	This episode is all about how to create the perfect filled pasta. Michela takes us back to Italy to the stunning Cinque Terre coastline in north east Italy.	UNITED KINGDOM	English-100				
2019-08-15	2730	Saturday Kitchen	Saturday Kitchen Series 1 Ep 12	Hollywood comedy superstar Nick Frost joins Saturday Kitchen this week to promote his autobiography and to tackle the heaven or hell challenge.	UNITED KINGDOM	English-100		G		
2019-08-15	2825	The Naked Chef	Godfather, The	Jamie prepares dipping sauces for beautiful, fresh oysters, a dish of roasted brill with lemons and roasted asparagus with pancetta for his goddaughter's Christening.	UNITED KINGDOM	English-100		PG		
2019-08-16	0500	Andy & Ben Eat Australia	Victoria: Melbourne Cbd	The boys take in the afternoon at CODA restaurant, where they dine with owner and head chef Adam D'Sylva. Then they go on a 'food crawl', sampling the hidden gems the city has to offer.	AUSTRALIA	English-100		G		Y
2019-08-16	0530	Spencer's Big 30	Curry In A Hurry Night	Indian meals are the epitome of a full family dinner. Host Spencer Watts uses bold flavours to make classic Butter Chicken and refreshing Mango Lassi.	CANADA	English-100				
2019-08-16	0600	Secret Meat Business	Secret Meat Business Series 2 Ep 11	Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison.	AUSTRALIA	English-100		G		
2019-08-16	0630	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	
2019-08-16	0700	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G		
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2019-08-16	0930	No Passport Required	Chicago	Marcus visits the longstanding Mexican community in Chicago to learn about its heritage and traditions. With muralist Juan Angel Chavez, Marcus eats tacos de cecina and grilled nopales.	USA	English-100		PG		Y
2019-08-16	1030	The Naked Chef	Godfather, The	Jamie prepares dipping sauces for beautiful, fresh oysters, a dish of roasted brill with lemons and roasted asparagus with pancetta for his goddaughter's Christening.	UNITED KINGDOM	English-100		PG		
2019-08-16	1105	One World Kitchen	Banquet Fit For An Emperor, A	Vietnamese expert Lisa Nguyen takes us back in time with Spicy Hue Beef Noodle Soup and other recipes that are fit for a royal dinner party.	CANADA	English-100		G		
2019-08-16	1130	Andy & Ben Eat Australia	Victoria: Melbourne Cbd	The boys take in the afternoon at CODA restaurant, where they dine with owner and head chef Adam D'Sylva. Then they go on a 'food crawl', sampling the hidden gems the city has to offer.	AUSTRALIA	English-100		G		Y
2019-08-16	1200	Spencer's Big 30	Curry In A Hurry Night	Indian meals are the epitome of a full family dinner. Host Spencer Watts uses bold flavours to make classic Butter Chicken and refreshing Mango Lassi.	CANADA	English-100				
2019-08-16	1230	Secret Meat Business	Secret Meat Business Series 2 Ep 11	Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison.	AUSTRALIA	English-100		G		

2019-08-16	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
2019-08-16	1330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 12	Hollywood comedy superstar Nick Frost joins Saturday Kitchen this week to promote his autobiography and to tackle the heaven or hell challenge.	UNITED KINGDOM	English-100		G	
2019-08-16	1430	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G	
2019-08-16	1500	The Naked Chef	Highland Fling	Jamie is in the remote Scottish isles to meet the supplier of seafood to the finest London restaurants. He also goes out on a trawler. Afterwards, Jamie cooks a meal for the fishermen and divers.	UNITED KINGDOM	English-100		PG	
2019-08-16	1535	One World Kitchen	Lebanese Culinary Favourites	Host Jasmin Ibrahim cooks up popular Lebanese dishes, including a mouth-watering, decadent cheese pastry smothered in sweet syrup.	CANADA	English-100		G	
2019-08-16	1600	Andy & Ben Eat Australia	Victoria: Melbourne	Andy and Ben learn about Australia's coffee making ethos through the eyes of one of its biggest visionaries, and pick up snacks from boutique Mexican eatery La Tortilleria.	AUSTRALIA	English-100		PG	
2019-08-16	1630	Spencer's Big 30	Taco Night	Have a fun, inexpensive, 30-minute fiesta in the kitchen with chef Spencer Watts' favourite taco night recipes.	CANADA	English-100			
2019-08-16	1700	Secret Meat Business	Secret Meat Business Series 2 Ep 12	Chef Adrian Richardson dishes up a robust French-style boned lamb shoulder with pommes boulangere, a delicious variation on what we know as roast lamb with veggies.	AUSTRALIA	English-100		G	
2019-08-16	1730	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
2019-08-16	1800	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2019-08-16	1830	Simply Italian	Gnocchi, Torta, Pancake Nidi, Tagliatelle	Michela kicks off with gorgeous Gnocchi Tricolore served with a Creamy Hazelnut Sauce. She creates dainty red, white and green potato dumplings in honour of her Italian roots.	UNITED KINGDOM	English-100			
2019-08-16	1900	Simply Italian	Ravioli In Uovo, Pappardelle, Beetroot Pastas, Tortelli	Michela Chiappa might have been born in the valleys of South Wales but her family's Italian and she's grown up learning all there is to know about the country's cuisine.	UNITED KINGDOM	English-100			
2019-08-16	1930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire.	UNITED KINGDOM	English-100			
2019-08-16	2000	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding.	UNITED KINGDOM	English-100			
2019-08-16	2030	Gourmet Farmer	Gourmet Farmer Series 5 Ep 3	With Winter setting in Matthew begins to tackle Fat Pig Farms long-term soil health by planting an edible native garden and using an age old form of landscaping that will benefit his farm for years.	AUSTRALIA	English-100	RPT	PG	Y
2019-08-16	2100	Nigella Express	Against The Clock	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-16	2130	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
2019-08-16	2200	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2019-08-16	2230	Simply Italian	Gnocchi, Torta, Pancake Nidi, Tagliatelle	Michela kicks off with gorgeous Gnocchi Tricolore served with a Creamy Hazelnut Sauce. She creates dainty red, white and green potato dumplings in honour of her Italian roots.	UNITED KINGDOM	English-100			
2019-08-16	2300	Simply Italian	Ravioli In Uovo, Pappardelle, Beetroot Pastas, Tortelli	Michela Chiappa might have been born in the valleys of South Wales but her family's Italian and she's grown up learning all there is to know about the country's cuisine.	UNITED KINGDOM	English-100			

2019-08-16	2330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 13	It's all fish, all the way in this episode of Saturday Kitchen with a stunning pescatarian menu. TV host Fearne Cotton faces the heaven or hell challenge, crossing her fingers for her idea of heaven.	UNITED KINGDOM	English-100		G	
2019-08-16	2430	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire.	UNITED KINGDOM	English-100			
2019-08-16	2500	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding.	UNITED KINGDOM	English-100			
2019-08-16	2530	Nigella Express	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-16	2600	Nigella Express	Against The Clock	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-16	2630	Simply Italian	Gnocchi, Torta, Pancake Nidi, Tagliatelle	Michela kicks off with gorgeous Gnocchi Tricolore served with a Creamy Hazelnut Sauce. She creates dainty red, white and green potato dumplings in honour of her Italian roots.	UNITED KINGDOM	English-100			
2019-08-16	2700	Simply Italian	Ravioli In Uovo, Pappardelle, Beetroot Past, Tortelli	Michela Chiappa might have been born in the valleys of South Wales but her family's Italian and she's grown up learning all there is to know about the country's cuisine.	UNITED KINGDOM	English-100			
2019-08-16	2730	Saturday Kitchen	Saturday Kitchen Series 1 Ep 13	It's all fish, all the way in this episode of Saturday Kitchen with a stunning pescatarian menu. TV host Fearne Cotton faces the heaven or hell challenge, crossing her fingers for her idea of heaven.	UNITED KINGDOM	English-100		G	
2019-08-16	2825	The Naked Chef	Highland Fling	Jamie is in the remote Scottish isles to meet the supplier of seafood to the finest London restaurants. He also goes out on a trawler. Afterwards, Jamie cooks a meal for the fishermen and divers.	UNITED KINGDOM	English-100		PG	
2019-08-17	0500	Andy & Ben Eat Australia	Victoria: Melbourne	Andy and Ben learn about Australia's coffee making ethos through the eyes of one of its biggest visionaries, and pick up snacks from boutique Mexican eatery La Tortilleria.	AUSTRALIA	English-100		PG	
2019-08-17	0530	Spencer's Big 30	Taco Night	Have a fun, inexpensive, 30-minute fiesta in the kitchen with chef Spencer Watts' favourite taco night recipes.	CANADA	English-100			
2019-08-17	0600	Secret Meat Business	Secret Meat Business Series 2 Ep 12	Chef Adrian Richardson dishes up a robust French-style boned lamb shoulder with pommes boulangere, a delicious variation on what we know as roast lamb with veggies.	AUSTRALIA	English-100		G	
2019-08-17	0630	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
2019-08-17	0700	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2019-08-17	0730	Simply Italian	Gnocchi, Torta, Pancake Nidi, Tagliatelle	Michela kicks off with gorgeous Gnocchi Tricolore served with a Creamy Hazelnut Sauce. She creates dainty red, white and green potato dumplings in honour of her Italian roots.	UNITED KINGDOM	English-100			
2019-08-17	0800	Simply Italian	Ravioli In Uovo, Pappardelle, Beetroot Past, Tortelli	Michela Chiappa might have been born in the valleys of South Wales but her family's Italian and she's grown up learning all there is to know about the country's cuisine.	UNITED KINGDOM	English-100			
2019-08-17	0830	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire.	UNITED KINGDOM	English-100			
2019-08-17	0900	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding.	UNITED KINGDOM	English-100			

2019-08-17	0930	Nigella Express	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-17	1000	Nigella Express	Against The Clock	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-17	1030	The Naked Chef	Highland Fling	Jamie is in the remote Scottish isles to meet the supplier of seafood to the finest London restaurants. He also goes out on a trawler. Afterwards, Jamie cooks a meal for the fishermen and divers.	UNITED KINGDOM	English-100		PG	
2019-08-17	1105	One World Kitchen	Lebanese Culinary Favourites	Host Jasmin Ibrahim cooks up popular Lebanese dishes, including a mouth-watering, decadent cheese pastry smothered in sweet syrup.	CANADA	English-100		G	
2019-08-17	1130	Andy & Ben Eat Australia	Victoria: Melbourne	Andy and Ben learn about Australia's coffee making ethos through the eyes of one of its biggest visionaries, and pick up snacks from boutique Mexican eatery La Tortilleria.	AUSTRALIA	English-100		PG	
2019-08-17	1200	Spencer's Big 30	Taco Night	Have a fun, inexpensive, 30-minute fiesta in the kitchen with chef Spencer Watts' favourite taco night recipes.	CANADA	English-100			
2019-08-17	1230	Secret Meat Business	Secret Meat Business Series 2 Ep 12	Chef Adrian Richardson dishes up a robust French-style boned lamb shoulder with pommes boulangere, a delicious variation on what we know as roast lamb with veggies.	AUSTRALIA	English-100		G	
2019-08-17	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
2019-08-17	1330	Saturday Kitchen	Saturday Kitchen Series 1 Ep 13	It's all fish, all the way in this episode of Saturday Kitchen with a stunning pescatarian menu. TV host Fearnie Cotton faces the heaven or hell challenge, crossing her fingers for her idea of heaven.	UNITED KINGDOM	English-100		G	
2019-08-17	1430	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2019-08-17	1500	Dinner Date	Dinner Date Series 8 Ep 12	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	
2019-08-17	1600	Ask The Butcher	Lean 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	
2019-08-17	1630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 7	Richo serves up a Triple Meat Scotch Egg, Bacon and Cheese Popcorn, and his irresistible Rocky Road.	AUSTRALIA	English-100		G	
2019-08-17	1700	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G	
2019-08-17	1730	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G	
2019-08-17	1800	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G	
2019-08-17	1830	Lyndey Milan's Summer Baking Secrets	Lyndey Milan's Summer Baking Secrets Series 1 Ep 3	They say good things come in small packages, and this show has some sweet little coconut cupcakes created from Lyndey's mother's original recipe.	AUSTRALIA	English-100			
2019-08-17	1900	Lyndey Milan's Summer Baking Secrets	Lyndey Milan's Summer Baking Secrets Series 1 Ep 4	This episode is seething with baked goods that pack a flavour punch! In the kitchen, Lyndey creates Mexican and Turkish inspired Brunch Tarts, really fresh for summer.	AUSTRALIA	English-100			

2019-08-17	1930	Cheese Slices	Cheeses Of Quebec	The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance.	AUSTRALIA	English-100		PG	
2019-08-17	2000	Cheese Slices	Ancient Cheese Of Portugal, The	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese.	AUSTRALIA	English-100		G	
2019-08-17	2030	Avec Eric	Farming The Sea	We travel with Eric to experience farming the sea. We begin at Le Bernardin with the preparation of thousands of pounds of fresh fish delivered every morning to the restaurant.	USA	English-100		PG	
2019-08-17	2100	Avec Eric	Birth Of A Dish	We go on a journey with Eric to follow the birth a new dish. Eric travels to coastal Livorno in Tuscany where he starts the day early in the morning at the local fish and vegetable markets.	USA	English-100		G	
2019-08-17	2130	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 1	Having bid farewell to city life and moved to the tropical seaside town of Noosa, chef and restaurateur Peter Kuruvita heads out to learn about the fresh local produce.	AUSTRALIA	English-100	RPT	G	Y
2019-08-17	2200	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 2	Peter Kuruvita showcases the Sunshine Coast's amazing local seafood, from Mooloolaba prawns and spanner crabs to coral trout and fresh squid, sharing the recipes to some of his favourite dishes.	AUSTRALIA	English-100	RPT	G	Y
2019-08-17	2230	Ask The Butcher	Lean 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	
2019-08-17	2300	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 7	Richo serves up a Triple Meat Scotch Egg, Bacon and Cheese Popcorn, and his irresistible Rocky Road.	AUSTRALIA	English-100		G	
2019-08-17	2330	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G	
2019-08-17	2400	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G	
2019-08-17	2430	Lyndey Milan's Summer Baking Secrets	Lyndey Milan's Summer Baking Secrets Series 1 Ep 3	They say good things come in small packages, and this show has some sweet little coconut cupcakes created from Lyndey's mother's original recipe.	AUSTRALIA	English-100			
2019-08-17	2500	Lyndey Milan's Summer Baking Secrets	Lyndey Milan's Summer Baking Secrets Series 1 Ep 4	This episode is seething with baked goods that pack a flavour punch! In the kitchen, Lyndey creates Mexican and Turkish inspired Brunch Tarts, really fresh for summer.	AUSTRALIA	English-100			
2019-08-17	2530	Cheese Slices	Cheeses Of Quebec	The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance.	AUSTRALIA	English-100		PG	
2019-08-17	2600	Cheese Slices	Ancient Cheese Of Portugal, The	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese.	AUSTRALIA	English-100		G	
2019-08-17	2630	Avec Eric	Farming The Sea	We travel with Eric to experience farming the sea. We begin at Le Bernardin with the preparation of thousands of pounds of fresh fish delivered every morning to the restaurant.	USA	English-100		PG	
2019-08-17	2700	Avec Eric	Birth Of A Dish	We go on a journey with Eric to follow the birth a new dish. Eric travels to coastal Livorno in Tuscany where he starts the day early in the morning at the local fish and vegetable markets.	USA	English-100		G	
2019-08-17	2730	Dinner Date	Dinner Date Series 8 Ep 12	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	
2019-08-17	2830	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G	