



**WEEK 35: Sunday, 25 August - Saturday, 31 August 2019 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-08-25	0500	<b>Simply Italian</b>	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		PG		Y
2019-08-25	0530	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 9	Thai Pumpkin Soup, Crispy Pork and Prawn Rice Paper Rolls, Funky Monkey cocktails, and Creme Brulee Shooters - Richo packs a variety of flavour across these delicious bar snacks.	AUSTRALIA	English-100		G		
2019-08-25	0600	<b>Lyndey Milan's Summer Baking Secrets</b>	Lyndey Milan's Summer Baking Secrets Series 1 Ep 5	Prawns are a perennial summer favourite and Lyndey bakes them in their own little parcels in this episode. There is also a colourful roasted summer tomato tart.	AUSTRALIA	English-100		PG		
2019-08-25	0630	<b>Lyndey Milan's Summer Baking Secrets</b>	Lyndey Milan's Summer Baking Secrets Series 1 Ep 6	No-one wants the oven on for too long in summer so Lyndey re-invents the roast chicken, baked for a short period with a succulent chutney glaze.	AUSTRALIA	English-100		PG		
2019-08-25	0700	<b>Cheese Slices</b>	Mozzarella And The Cheeses Of Campania	Will journeys to Italy's picturesque Campania region to look at stretched curd cheeses and finds it hard to resist the lingering flavour and sensual texture of buffalo cheese made from raw milk.	AUSTRALIA	English-100		G		
2019-08-25	0730	<b>Cheese Slices</b>	Famous Cheese Of Wisconsin	The upper Midwest state is famous for its 'cheese heads' and proudly declares itself America's Dairyland because it produces more cheese than any other state in the USA.	AUSTRALIA	English-100		G		
2019-08-25	0800	<b>Avec Eric</b>	Teamwork	Eric explores the importance of teamwork - in the remarkable complexity of a honeybee hive, and in the coordination of the staff of a 4-star restaurant.	USA	English-100		G		
2019-08-25	0830	<b>Avec Eric</b>	Traditions	Eric finds inspiration in the past and shows us how traditional practices can create a base for great dishes. Eric shares his grandmother's traditional capon recipe with the sous chefs at Le Bernardi.	USA	English-100		G		
2019-08-25	0900	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 3	The Sunshine Coast is home to an amazing array of indigenous flora and fauna. Peter Kuruvita discovers the secrets of bush tucker and creates dishes inspired by native ingredients.	AUSTRALIA	English-100	RPT	G		Y
2019-08-25	0930	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 4	Peter Kuruvita mingles with a community of passionate local producers showcasing some of the finest and freshest produce in the region and visits some well-known loved faces of the Sunshine Coast.	AUSTRALIA	English-100	RPT	G		Y
2019-08-25	1000	<b>The Cook And The Chef</b>	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G		
2019-08-25	1030	<b>The Cook And The Chef</b>	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G		
2019-08-25	1100	<b>The Cook And The Chef</b>	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G		
2019-08-25	1130	<b>Dinner Date</b>	Dinner Date Series 8 Ep 14	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		
2019-08-25	1230	<b>Lyndey Milan's Summer Baking Secrets</b>	Lyndey Milan's Summer Baking Secrets Series 1 Ep 5	Prawns are a perennial summer favourite and Lyndey bakes them in their own little parcels in this episode. There is also a colourful roasted summer tomato tart.	AUSTRALIA	English-100		PG		

2019-08-25	1300	<b>Lyndey Milan's Summer Baking Secrets</b>	Lyndey Milan's Summer Baking Secrets Series 1 Ep 6	No-one wants the oven on for too long in summer so Lyndey re-invents the roast chicken, baked for a short period with a succulent chutney glaze.	AUSTRALIA	English-100		PG			
2019-08-25	1330	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 9	Thai Pumpkin Soup, Crispy Pork and Prawn Rice Paper Rolls, Funky Monkey cocktails, and Creme Brulee Shooters - Richo packs a variety of flavour across these delicious bar snacks.	AUSTRALIA	English-100		G			
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2019-08-25	1430	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 4	Peter Kuruvita mingles with a community of passionate local producers showcasing some of the finest and freshest produce in the region and visits some well-known loved faces of the Sunshine Coast.	AUSTRALIA	English-100	RPT	G		Y	
2019-08-25	1500	<b>Dinner Date</b>	Dinner Date Series 8 Ep 15	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			
2019-08-25	1600	<b>Simply Italian</b>	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		PG			
2019-08-25	1630	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 10	From Beef Tataki to Tomato Tartare, Richo shows that bar snacks can cater to everyone.	AUSTRALIA	English-100		G			
2019-08-25	1700	<b>The Cook And The Chef</b>	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G			
2019-08-25	1730	<b>The Cook And The Chef</b>	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100		G			
2019-08-25	1800	<b>The Cook And The Chef</b>	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G			
2019-08-25	1830	<b>Rick Stein's Far Eastern Odyssey</b>	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT	PG		Y	
2019-08-25	1935	<b>Ainsley's Caribbean Kitchen</b>	Trinidad	Ainsley heads to Trinidad, where a melting pot of cuisines and cultures awaits him. With local chef Debra Sardinha as his guide, Ainsley explores Port of Spain's market in search of ingredients.	UNITED KINGDOM	English-100					
2019-08-25	2035	<b>Two Greedy Italians... Still Hungry</b>	Alps And Arrangiarsi, The	Chefs Antonio and Gennaro explore Italian resourcefulness through the enterprising food skills of the Lombards. They also visit some of the last remaining partisans.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2019-08-25	2140	<b>French Food Safari</b>	French Food Safari Series 1 Episode 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G		Y	Y
2019-08-25	2210	<b>French Food Safari</b>	French Food Safari Series 1 Episode 2	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G		Y	Y
2019-08-25	2240	<b>The Spice Trip</b>	Zanzibar / Cloves	Stevie Parle and Emma Grazette travel to Zanzibar to rediscover the magic of cloves. They make a mulled wine oxtail stew, and orange, clove and polenta cake.	UNITED KINGDOM	English-100	RPT	G		Y	
2019-08-25	2335	<b>Ainsley's Caribbean Kitchen</b>	Trinidad	Ainsley heads to Trinidad, where a melting pot of cuisines and cultures awaits him. With local chef Debra Sardinha as his guide, Ainsley explores Port of Spain's market in search of ingredients.	UNITED KINGDOM	English-100					
2019-08-25	2435	<b>Two Greedy Italians... Still Hungry</b>	Alps And Arrangiarsi, The	Chefs Antonio and Gennaro explore Italian resourcefulness through the enterprising food skills of the Lombards. They also visit some of the last remaining partisans.	UNITED KINGDOM	English-100	RPT	PG		Y	Y

2019-08-25	2540	<b>French Food Safari</b>	French Food Safari Series 1 Episode 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-08-25	2610	<b>French Food Safari</b>	French Food Safari Series 1 Episode 2	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-08-25	2640	<b>Dinner Date</b>	Dinner Date Series 8 Ep 15	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		
2019-08-25	2730	<b>The Cook And The Chef</b>	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G		
2019-08-25	2800	<b>The Cook And The Chef</b>	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100		G		
2019-08-25	2830	<b>The Cook And The Chef</b>	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G		
2019-08-26	0500	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 10	From Beef Tataki to Tomato Tartare, Richo shows that bar snacks can cater to everyone.	AUSTRALIA	English-100		G		
2019-08-26	0530	<b>Rick Stein's Far Eastern Odyssey</b>	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT	PG	Y	
2019-08-26	0635	<b>Ainsley's Caribbean Kitchen</b>	Trinidad	Ainsley heads to Trinidad, where a melting pot of cuisines and cultures awaits him. With local chef Debra Sardinha as his guide, Ainsley explores Port of Spain's market in search of ingredients.	UNITED KINGDOM	English-100				
2019-08-26	0735	<b>Two Greedy Italians... Still Hungry</b>	Alps And Arrangiarsi, The	Chefs Antonio and Gennaro explore Italian resourcefulness through the enterprising food skills of the Lombards. They also visit some of the last remaining partisans.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-08-26	0840	<b>French Food Safari</b>	French Food Safari Series 1 Episode 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-08-26	0910	<b>French Food Safari</b>	French Food Safari Series 1 Episode 2	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-08-26	0940	<b>Dinner Date</b>	Dinner Date Series 8 Ep 15	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		
2019-08-26	1030	<b>Simply Italian</b>	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		PG		
2019-08-26	1100	<b>The Cook And The Chef</b>	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G		
2019-08-26	1130	<b>The Cook And The Chef</b>	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100		G		
2019-08-26	1200	<b>The Cook And The Chef</b>	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G		
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2019-08-26	1500	<b>Nigella Feasts</b>	Delicious Dinners	It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First up, there's speedy sake salmon.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-26	1530	<b>One World Kitchen</b>	All Sorts Of Spice	Lebanese home cook Jasmin Ibrahim explores the many flavours of spice as she prepares a spiced rice pudding with a spiced coffee.	CANADA	English-100		G	
2019-08-26	1600	<b>The Healthy Food Guide</b>	Hormones	Are your hormones making you fat? Carly Flynn investigates the role of hunger and hormones in how and where we gain weight. Nutritionist Claire Turnbull begins tackling teenage Tamati's health issues.	NEW ZEALAND	English-100		G	Y
2019-08-26	1630	<b>Chinese Food In Minutes</b>	Gospel Singers	Two gospel singers cook up a feast for the rest of their choir, and on the menu is a sizzling Chicken and Black Bean Stir Fry and succulent Sweet and Sour ribs.	UNITED KINGDOM	English-100		G	
2019-08-26	1700	<b>Secret Meat Business</b>	Cornish	Taking his doctor's advice to eat more veggies, Adrian makes a classic Cornish Pasty filled with beef, bacon and some rabbit food for good luck.	AUSTRALIA	English-100		G	
2019-08-26	1730	<b>Poh's Kitchen</b>	Back To Malaysia	Poh takes us back to Malaysia to share more of the experiences from her recent visit. She catches up with two of Malaysia's best chefs, Florence Tan and Ismail Ahmad.	AUSTRALIA	English-100	RPT	G	Y
2019-08-26	1800	<b>The Cook And The Chef</b>	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton Cheese and Pork sausages.	AUSTRALIA	English-100		G	
2019-08-26	1830	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 6	It's quarter-final day. The chefs' first challenge is the Invention Test - this one will push them to their limits.	UNITED KINGDOM	English-100			
2019-08-26	1935	<b>Nigellissima</b>	Nigellissima Series 1 Ep 5	Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-26	2000	<b>Nigellissima</b>	Nigellissima Series 1 Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-26	2030	<b>Rick Stein's Long Weekends</b>	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-26	2130	<b>Poh's Kitchen</b>	Back To Malaysia	Poh takes us back to Malaysia to share more of the experiences from her recent visit. She catches up with two of Malaysia's best chefs, Florence Tan and Ismail Ahmad.	AUSTRALIA	English-100	RPT	G	Y
2019-08-26	2200	<b>The Cook And The Chef</b>	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton Cheese and Pork sausages.	AUSTRALIA	English-100		G	
2019-08-26	2230	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 6	It's quarter-final day. The chefs' first challenge is the Invention Test - this one will push them to their limits.	UNITED KINGDOM	English-100			
2019-08-26	2335	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 19	On Saturday Kitchen this week, Fernando Stovell of Stovell's restaurant cooks up some delicious Caramelised scallops, shrimps and grits with pork jowl bacon.	UNITED KINGDOM	English-100		PG	
2019-08-26	2430	<b>Nigellissima</b>	Nigellissima Series 1 Ep 5	Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-26	2500	<b>Nigellissima</b>	Nigellissima Series 1 Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-26	2530	<b>Rick Stein's Long Weekends</b>	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y

2019-08-26	2630	<b>Nigella Feasts</b>	Delicious Dinners	It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First up, there's speedy sake salmon.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-26	2700	<b>One World Kitchen</b>	All Sorts Of Spice	Lebanese home cook Jasmin Ibrahim explores the many flavours of spice as she prepares a spiced rice pudding with a spiced coffee.	CANADA	English-100		G	
2019-08-26	2730	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 19	On Saturday Kitchen this week, Fernando Stovell of Stovell's restaurant cooks up some delicious Caramelised scallops, shrimps and grits with pork jowl bacon.	UNITED KINGDOM	English-100		PG	
2019-08-26	2830	<b>The Healthy Food Guide</b>	Hormones	Are your hormones making you fat? Carly Flynn investigates the role of hunger and hormones in how and where we gain weight. Nutritionist Claire Turnbull begins tackling teenage Tamati's health issues.	NEW ZEALAND	English-100		G	Y
2019-08-27	0500	<b>Chinese Food In Minutes</b>	Gospel Singers	Two gospel singers cook up a feast for the rest of their choir, and on the menu is a sizzling Chicken and Black Bean Stir Fry and succulent Sweet and Sour ribs.	UNITED KINGDOM	English-100		G	
2019-08-27	0530	<b>Secret Meat Business</b>	Cornish	Taking his doctor's advice to eat more veggies, Adrian makes a classic Cornish Pasty filled with beef, bacon and some rabbit food for good luck.	AUSTRALIA	English-100		G	
2019-08-27	0600	<b>Poh's Kitchen</b>	Back To Malaysia	Poh takes us back to Malaysia to share more of the experiences from her recent visit. She catches up with two of Malaysia's best chefs, Florence Tan and Ismail Ahmad.	AUSTRALIA	English-100	RPT	G	Y
2019-08-27	0630	<b>The Cook And The Chef</b>	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton Cheese and Pork sausages.	AUSTRALIA	English-100		G	
2019-08-27	0700	<b>Nigella Feasts</b>	Delicious Dinners	It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First up, there's speedy sake salmon.	UNITED KINGDOM	English-100	RPT	G	Y
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2019-08-27	1030	<b>Poh's Kitchen</b>	Back To Malaysia	Poh takes us back to Malaysia to share more of the experiences from her recent visit. She catches up with two of Malaysia's best chefs, Florence Tan and Ismail Ahmad.	AUSTRALIA	English-100	RPT	G	Y
2019-08-27	1100	<b>Nigella Feasts</b>	Delicious Dinners	It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First up, there's speedy sake salmon.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-27	1130	<b>One World Kitchen</b>	All Sorts Of Spice	Lebanese home cook Jasmin Ibrahim explores the many flavours of spice as she prepares a spiced rice pudding with a spiced coffee.	CANADA	English-100		G	
2019-08-27	1200	<b>The Healthy Food Guide</b>	Hormones	Are your hormones making you fat? Carly Flynn investigates the role of hunger and hormones in how and where we gain weight. Nutritionist Claire Turnbull begins tackling teenage Tamati's health issues.	NEW ZEALAND	English-100		G	Y
2019-08-27	1230	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 6	It's quarter-final day. The chefs' first challenge is the Invention Test - this one will push them to their limits.	UNITED KINGDOM	English-100			
2019-08-27	1335	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 19	On Saturday Kitchen this week, Fernando Stovell of Stovell's restaurant cooks up some delicious Caramelised scallops, shrimps and grits with pork jowl bacon.	UNITED KINGDOM	English-100		PG	
2019-08-27	1430	<b>The Cook And The Chef</b>	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton Cheese and Pork sausages.	AUSTRALIA	English-100		G	

2019-08-27	1500	<b>Nigella Feasts</b>	Fun Food	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-27	1530	<b>One World Kitchen</b>	Popular Athens Recipes	Host Joanna Chery shows us popular recipes from Athens, including tender Chicken Skewers, refreshing tzatziki dip, and sweet fried dough balls in honey.	CANADA	English-100		G	
2019-08-27	1600	<b>The Healthy Food Guide</b>	Fat	Is full fat really back? Carly Flynn finds out. Is it about quantity, quality, or both and what is fat doing for our bodies? Nutritionist Claire Turnbull gets the Parkinson kids on board.	NEW ZEALAND	English-100		G	
2019-08-27	1630	<b>Chinese Food In Minutes</b>	Barmen	Two barmen want to ditch the takeaways, on the menu is a saucy Chicken and Snake Bean Stir Fry, Sweet and Sour Duck, and sizzling yellow bean scallops with wild rice salad.	UNITED KINGDOM	English-100		G	
2019-08-27	1700	<b>Secret Meat Business</b>	Filipino	Adrian whips up a simple Filipino recipe that has delicious Spanish and Chinese influences. A taste of Manila.	AUSTRALIA	English-100		G	
2019-08-27	1730	<b>Poh's Kitchen</b>	Truffles With Emmanuel Mollois	Poh and Emmanuel Mollois are off to the Mundaring Truffle Festival in Western Australia to find out more about this knobbly delicacy that grows underground.	AUSTRALIA	English-100	RPT	G	Y
2019-08-27	1800	<b>The Cook And The Chef</b>	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2019-08-27	1830	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 7	It's the third week of the heats, and five ambitious chefs from across the country begin their bid for the title with the first challenge - the Signature Dish Test.	UNITED KINGDOM	English-100			
2019-08-27	1935	<b>The Hairy Bikers' Food Tour Of Britain</b>	Antrim	Si and Dave explore County Antrim, where they cook a traditional county favourite at Carrickfergus Castle, pick potatoes and head to the coast in search of dulce seaweed.	UNITED KINGDOM	English-100	RPT	G	
2019-08-27	2030	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 9	Paul Hollywood celebrates the best of British Pies and Puds with the Marshmallowists and their perfect accompaniments to his Sticky Toffee Pudding.	UNITED KINGDOM	English-100			
2019-08-27	2130	<b>Poh's Kitchen</b>	Truffles With Emmanuel Mollois	Poh and Emmanuel Mollois are off to the Mundaring Truffle Festival in Western Australia to find out more about this knobbly delicacy that grows underground.	AUSTRALIA	English-100	RPT	G	Y
2019-08-27	2200	<b>The Cook And The Chef</b>	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2019-08-27	2230	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 7	It's the third week of the heats, and five ambitious chefs from across the country begin their bid for the title with the first challenge - the Signature Dish Test.	UNITED KINGDOM	English-100			
2019-08-27	2335	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 20	On this show, Michelin star chef, Paul Ainsworth of Number 6 in Padstow cooks up Cornish Raw scallops, kimchi-style cabbage and Gentleman's Relish mayonnaise.	UNITED KINGDOM	English-100		PG	
2019-08-27	2430	<b>The Hairy Bikers' Food Tour Of Britain</b>	Antrim	Si and Dave explore County Antrim, where they cook a traditional county favourite at Carrickfergus Castle, pick potatoes and head to the coast in search of dulce seaweed.	UNITED KINGDOM	English-100	RPT	G	
2019-08-27	2530	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 9	Paul Hollywood celebrates the best of British Pies and Puds with the Marshmallowists and their perfect accompaniments to his Sticky Toffee Pudding.	UNITED KINGDOM	English-100			
2019-08-27	2630	<b>Nigella Feasts</b>	Fun Food	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-27	2700	<b>One World Kitchen</b>	Popular Athens Recipes	Host Joanna Chery shows us popular recipes from Athens, including tender Chicken Skewers, refreshing tzatziki dip, and sweet fried dough balls in honey.	CANADA	English-100		G	
2019-08-27	2730	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 20	On this show, Michelin star chef, Paul Ainsworth of Number 6 in Padstow cooks up Cornish Raw scallops, kimchi-style cabbage and Gentleman's Relish mayonnaise.	UNITED KINGDOM	English-100		PG	
2019-08-27	2830	<b>The Healthy Food Guide</b>	Fat	Is full fat really back? Carly Flynn finds out. Is it about quantity, quality, or both and what is fat doing for our bodies? Nutritionist Claire Turnbull gets the Parkinson kids on board.	NEW ZEALAND	English-100		G	

2019-08-28	0500	<b>Chinese Food In Minutes</b>	Barmen	Two barmen want to ditch the takeaways, on the menu is a saucy Chicken and Snake Bean Stir Fry, Sweet and Sour Duck, and sizzling yellow bean scallops with wild rice salad.	UNITED KINGDOM	English-100		G	
2019-08-28	0530	<b>Secret Meat Business</b>	Filipino	Adrian whips up a simple Filipino recipe that has delicious Spanish and Chinese influences. A taste of Manila.	AUSTRALIA	English-100		G	
2019-08-28	0600	<b>Poh's Kitchen</b>	Truffles With Emmanuel Mollois	Poh and Emmanuel Mollois are off to the Mundaring Truffle Festival in Western Australia to find out more about this knobbly delicacy that grows underground.	AUSTRALIA	English-100	RPT	G	Y
2019-08-28	0630	<b>The Cook And The Chef</b>	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2019-08-28	0700	<b>Nigella Feasts</b>	Fun Food	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-28	0730	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 7	It's the third week of the heats, and five ambitious chefs from across the country begin their bid for the title with the first challenge - the Signature Dish Test.	UNITED KINGDOM	English-100			
2019-08-28	0835	<b>The Hairy Bikers' Food Tour Of Britain</b>	Antrim	Si and Dave explore County Antrim, where they cook a traditional county favourite at Carrickfergus Castle, pick potatoes and head to the coast in search of dulce seaweed.	UNITED KINGDOM	English-100	RPT	G	
2019-08-28	0930	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 9	Paul Hollywood celebrates the best of British Pies and Puds with the Marshmallowists and their perfect accompaniments to his Sticky Toffee Pudding.	UNITED KINGDOM	English-100			
2019-08-28	1030	<b>Poh's Kitchen</b>	Truffles With Emmanuel Mollois	Poh and Emmanuel Mollois are off to the Mundaring Truffle Festival in Western Australia to find out more about this knobbly delicacy that grows underground.	AUSTRALIA	English-100	RPT	G	Y
2019-08-28	1100	<b>Nigella Feasts</b>	Fun Food	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-28	1130	<b>One World Kitchen</b>	Popular Athens Recipes	Host Joanna Chery shows us popular recipes from Athens, including tender Chicken Skewers, refreshing tzatziki dip, and sweet fried dough balls in honey.	CANADA	English-100		G	
2019-08-28	1200	<b>The Healthy Food Guide</b>	Fat	Is full fat really back? Carly Flynn finds out. Is it about quantity, quality, or both and what is fat doing for our bodies? Nutritionist Claire Turnbull gets the Parkinson kids on board.	NEW ZEALAND	English-100		G	
2019-08-28	1230	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 7	It's the third week of the heats, and five ambitious chefs from across the country begin their bid for the title with the first challenge - the Signature Dish Test.	UNITED KINGDOM	English-100			
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2019-08-28	1500	<b>Nigella Feasts</b>	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-28	1530	<b>One World Kitchen</b>	Olives, The Most Useful Ingredient	Olives and olive oil are staples in Greek cuisine and host Joanna Chery shows us its versatility by baking a moist cake.	CANADA	English-100		G	
2019-08-28	1600	<b>The Healthy Food Guide</b>	Gluten	Is going gluten free really necessary? Is it healthy - and should we all be doing it? Carly Flynn asks the experts and talks to a top notch restaurant chef about the process.	NEW ZEALAND	English-100		G	
2019-08-28	1630	<b>Chinese Food In Minutes</b>	Cheesemongers	Today's guests are a couple of Cheese Mongers from Borough market. They are dedicated foodies who want Ching to show them how to spice up their kitchen repertoires.	UNITED KINGDOM	English-100		G	
2019-08-28	1700	<b>Secret Meat Business</b>	Italian	From the small village of Telve in Italy and into your kitchen, Adrian's making one of his childhood favourites.	AUSTRALIA	English-100		G	

2019-08-28	1730	<b>Poh's Kitchen</b>	Darwin With Jacko Angeles	Poh is back in Darwin soaking up the sun and enjoying delicious fresh seafood. Local cook Jacko shows Poh how to catch and cook at his favourite fish, whiting.	AUSTRALIA	English-100	RPT	G	Y
2019-08-28	1800	<b>The Cook And The Chef</b>	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2019-08-28	1830	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 8	Five more ambitious chefs from across the country begin their bid to be crowned Professional MasterChef by facing three daunting tests.	UNITED KINGDOM	English-100			
2019-08-28	1935	<b>Let's Do Coffee</b>	Let's Do Coffee Series 1 Ep 5	Hosted from one of Sydney's most scenic waterfront cafes, we meet an entrepreneur who's turning a high tech twist on the old loyalty coffee card into a global phenomenon.	AUSTRALIA	English-100			
2019-08-28	2005	<b>Let's Do Coffee</b>	Let's Do Coffee Series 1 Ep 6	Hosted from one of Sydney's living museums, we get the history of colonial coffee, learn about coffee sustainability in the 21st century, and show you the secrets to the perfect cafe latte.	AUSTRALIA	English-100			
2019-08-28	2035	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 7	Kirsten creates an elegant chocolate Rose decoration and a fragrant Ginger Chocolate Pear.	AUSTRALIA	English-100		G	
2019-08-28	2100	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 8	Kirsten shows you how to prepare your own decadent Chocolate Hazelnut Spread and puts a chocolate twist on fried eggs.	AUSTRALIA	English-100		G	
2019-08-28	2130	<b>Poh's Kitchen</b>	Darwin With Jacko Angeles	Poh is back in Darwin soaking up the sun and enjoying delicious fresh seafood. Local cook Jacko shows Poh how to catch and cook at his favourite fish, whiting.	AUSTRALIA	English-100	RPT	G	Y
2019-08-28	2200	<b>The Cook And The Chef</b>	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2019-08-28	2230	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 8	Five more ambitious chefs from across the country begin their bid to be crowned Professional MasterChef by facing three daunting tests.	UNITED KINGDOM	English-100			
2019-08-28	2335	<b>Saturday Kitchen</b>	Saturday Kitchen Series 2 Ep 1	Comedian Chris Ramsey faces the Heaven or Hell challenge, gambling between a delectable Nduja Curry with Mozzarella Pizza, and his citrus nightmare, a Lemon cake served with a goat's cheese cream.	UNITED KINGDOM	English-100		PG	
2019-08-28	2430	<b>Let's Do Coffee</b>	Let's Do Coffee Series 1 Ep 5	Hosted from one of Sydney's most scenic waterfront cafes, we meet an entrepreneur who's turning a high tech twist on the old loyalty coffee card into a global phenomenon.	AUSTRALIA	English-100			
2019-08-28	2500	<b>Let's Do Coffee</b>	Let's Do Coffee Series 1 Ep 6	Hosted from one of Sydney's living museums, we get the history of colonial coffee, learn about coffee sustainability in the 21st century, and show you the secrets to the perfect cafe latte.	AUSTRALIA	English-100			
2019-08-28	2530	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 7	Kirsten creates an elegant chocolate Rose decoration and a fragrant Ginger Chocolate Pear.	AUSTRALIA	English-100		G	
2019-08-28	2600	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 8	Kirsten shows you how to prepare your own decadent Chocolate Hazelnut Spread and puts a chocolate twist on fried eggs.	AUSTRALIA	English-100		G	
2019-08-28	2630	<b>Nigella Feasts</b>	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-28	2700	<b>One World Kitchen</b>	Olives, The Most Useful Ingredient	Olives and olive oil are staples in Greek cuisine and host Joanna Chery shows us its versatility by baking a moist cake.	CANADA	English-100		G	
2019-08-28	2730	<b>Saturday Kitchen</b>	Saturday Kitchen Series 2 Ep 1	Comedian Chris Ramsey faces the Heaven or Hell challenge, gambling between a delectable Nduja Curry with Mozzarella Pizza, and his citrus nightmare, a Lemon cake served with a goat's cheese cream.	UNITED KINGDOM	English-100		PG	
2019-08-28	2830	<b>The Healthy Food Guide</b>	Gluten	Is going gluten free really necessary? Is it healthy - and should we all be doing it? Carly Flynn asks the experts and talks to a top notch restaurant chef about the process.	NEW ZEALAND	English-100		G	
2019-08-29	0500	<b>Chinese Food In Minutes</b>	Cheesemongers	Today's guests are a couple of Cheese Mongers from Borough market. They are dedicated foodies who want Ching to show them how to spice up their kitchen repertoires.	UNITED KINGDOM	English-100		G	



2019-08-29	0530	<b>Secret Meat Business</b>	Italian	From the small village of Telve in Italy and into your kitchen, Adrian's making one of his childhood favourites.	AUSTRALIA	English-100		G	
2019-08-29	0600	<b>Poh's Kitchen</b>	Darwin With Jacko Angeles	Poh is back in Darwin soaking up the sun and enjoying delicious fresh seafood. Local cook Jacko shows Poh how to catch and cook at his favourite fish, whiting.	AUSTRALIA	English-100	RPT	G	Y
2019-08-29	0630	<b>The Cook And The Chef</b>	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
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2019-08-29	0835	<b>Let's Do Coffee</b>	Let's Do Coffee Series 1 Ep 5	Hosted from one of Sydney's most scenic waterfront cafes, we meet an entrepreneur who's turning a high tech twist on the old loyalty coffee card into a global phenomenon.	AUSTRALIA	English-100			
2019-08-29	0905	<b>Let's Do Coffee</b>	Let's Do Coffee Series 1 Ep 6	Hosted from one of Sydney's living museums, we get the history of colonial coffee, learn about coffee sustainability in the 21st century, and show you the secrets to the perfect cafe latte.	AUSTRALIA	English-100			
2019-08-29	0935	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 7	Kirsten creates an elegant chocolate Rose decoration and a fragrant Ginger Chocolate Pear.	AUSTRALIA	English-100		G	
2019-08-29	1000	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 8	Kirsten shows you how to prepare your own decadent Chocolate Hazelnut Spread and puts a chocolate twist on fried eggs.	AUSTRALIA	English-100		G	
2019-08-29	1030	<b>Poh's Kitchen</b>	Darwin With Jacko Angeles	Poh is back in Darwin soaking up the sun and enjoying delicious fresh seafood. Local cook Jacko shows Poh how to catch and cook at his favourite fish, whiting.	AUSTRALIA	English-100	RPT	G	Y
2019-08-29	1100	<b>Nigella Feasts</b>	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-29	1130	<b>One World Kitchen</b>	Olives, The Most Useful Ingredient	Olives and olive oil are staples in Greek cuisine and host Joanna Chery shows us its versatility by baking a moist cake.	CANADA	English-100		G	
2019-08-29	1200	<b>The Healthy Food Guide</b>	Gluten	Is going gluten free really necessary? Is it healthy - and should we all be doing it? Carly Flynn asks the experts and talks to a top notch restaurant chef about the process.	NEW ZEALAND	English-100		G	
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2019-08-29	1500	<b>Nigella Feasts</b>	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-29	1530	<b>One World Kitchen</b>	Heart Greek Fare	Talented home cook Joanna Chery warms up the One World Kitchen cooking studio with three hearty Greek recipes.	CANADA	English-100		G	
2019-08-29	1600	<b>The Healthy Food Guide</b>	Fatigue	Can you fight fatigue with food? How does fatigue impact our health and our weight? And can food help fix it? Carly Flynn talks to the experts and academics studying our relationship with caffeine.	NEW ZEALAND	English-100		G	

2019-08-29	1630	<b>Chinese Food In Minutes</b>	Personal Trainers	On today's show, two personal trainers compete to win their friends approval with a couple of spicy suppers. On the menu are Juicy Chillli Chicken and Cashew Nuts.	UNITED KINGDOM	English-100		G	
2019-08-29	1700	<b>Secret Meat Business</b>	Chinese	Adrian begins with a Singaporean classic, poached chicken with classic Asian flavours. Then, not your traditional high tea treat, Adrian prepares his famous savoury scones with three meats.	AUSTRALIA	English-100		G	
2019-08-29	1730	<b>Poh's Kitchen</b>	Sauces And Stir Fry With Emmanuel Mollois	Poh and French chef Emmanuel Mollois examine the art of sauces and stir-fry. They share some great tips, including how to cut vegetables.	AUSTRALIA	English-100	RPT	G	Y
2019-08-29	1800	<b>The Cook And The Chef</b>	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make Asparagus with Soft Boiled Egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G	
2019-08-29	1830	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 9	The week's best chefs return for the quarter-finals and this is where the battle really begins. Their first challenge is an Invention Test - but this one has a twist.	UNITED KINGDOM	English-100			
2019-08-29	1935	<b>Heston's Feasts</b>	Roman	Super chef Heston Blumenthal creates a magnificent feast inspired by the orgiastic excesses of the Roman Empire. Will he be all conquering? Or will his guests head straight for the exit?	UNITED KINGDOM	English-100	RPT	PG	Y
2019-08-29	2030	<b>No Passport Required</b>	Miami	The history of Haitian immigration to Miami is deep and layered. Food serves as a way for the community to celebrate together and helps educate the region about its culture.	USA	English-100		PG	Y
2019-08-29	2130	<b>Poh's Kitchen</b>	Sauces And Stir Fry With Emmanuel Mollois	Poh and French chef Emmanuel Mollois examine the art of sauces and stir-fry. They share some great tips, including how to cut vegetables.	AUSTRALIA	English-100	RPT	G	Y
2019-08-29	2200	<b>The Cook And The Chef</b>	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make Asparagus with Soft Boiled Egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G	
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2019-08-29	2335	<b>Saturday Kitchen</b>	Saturday Kitchen Series 2 Ep 2	Australia's very own John Torode joins Saturday Kitchen this week, cooking up a Malaysian inspired Curry Mee. Canadian Cary Docherty keeps things European with a Pork Pomme puree.	UNITED KINGDOM	English-100		G	
2019-08-29	2430	<b>Heston's Feasts</b>	Roman	Super chef Heston Blumenthal creates a magnificent feast inspired by the orgiastic excesses of the Roman Empire. Will he be all conquering? Or will his guests head straight for the exit?	UNITED KINGDOM	English-100	RPT	PG	Y
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2019-08-29	2630	<b>Nigella Feasts</b>	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-29	2700	<b>One World Kitchen</b>	Heart Greek Fare	Talented home cook Joanna Chery warms up the One World Kitchen cooking studio with three hearty Greek recipes.	CANADA	English-100		G	
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2019-08-30	1500	<b>Nigella Feasts</b>	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-30	1530	<b>One World Kitchen</b>	From The Island Of Crete	Host Joanna Chery shows us intriguing recipes from the Greek island of Crete including a rice risotto traditionally served at weddings.	CANADA	English-100		G	
2019-08-30	1600	<b>The Healthy Food Guide</b>	Diabetes	Diabetes - a fast growing health crisis is Carly Flynn's focus this episode. What is the link between Type 2 Diabetes and food? Can it be reversed? Carly visits a group battling to make a difference.	NEW ZEALAND	English-100		PG	
2019-08-30	1630	<b>Chinese Food In Minutes</b>	Students	Two student friends from Durham want to improve their cooking skills and learn to make delicious, easy, and cheap Chinese food to replace their usual mince dishes.	UNITED KINGDOM	English-100		G	
2019-08-30	1700	<b>Secret Meat Business</b>	World Meats	Watch out, Adrian's wielding a sword. This time to skewer and woodfire quail kebabs. Then, tender tripe is served with Caribbean spice, chilli and pirate rum.	AUSTRALIA	English-100		G	
2019-08-30	1730	<b>Poh's Kitchen</b>	Polenta With Andre Ursini	Poh catches up with her friend Andre Ursini for some more of his northern Italian cooking. Andre cooks her polenta with mushrooms and adds creamy gorgonzola.	AUSTRALIA	English-100	RPT	G	Y
2019-08-30	1800	<b>The Cook And The Chef</b>	Just Vegetables	Longer days and a more generous serving of sun; spring has arrived, and it's the perfect time to get into fresh vegies. Maggie and Simon love spring vegies.	AUSTRALIA	English-100		G	

2019-08-30	1830	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 10	With just one hour to cook a stunning plate of food that truly showcases their talent, the professional chefs must pull out all the stops to impress the judges.	UNITED KINGDOM	English-100			
2019-08-30	1935	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 7	In the Clovelly area of North Devon, Rick goes fishing for herring with Steve Perham, whose family have been fishermen for over 200 years.	UNITED KINGDOM	English-100			
2019-08-30	2005	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 8	Rick and Chalky travel to Loch Torridon in Scotland to go fishing with John McGreggor for langoustines. Here the prawns are protected by the Marien Stewardship Council.	UNITED KINGDOM	English-100			
2019-08-30	2035	<b>Gourmet Farmer</b>	Gourmet Farmer Series 5 Ep 5	With Sadie and Hedley away, Matthew has got his work cut out managing the whole farm on his own and organising a few very special surprises for Sadie's birthday.	AUSTRALIA	English-100	RPT	G	Y
2019-08-30	2105	<b>Nigella Express</b>	Get Up And Go	Kick start the day with unbeatable fast and fabulous breakfasts. From weekend parties to pancake feasts, working breakfasts, solo comforts and wake up shakes, Nigella's got mornings covered.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-30	2135	<b>Poh's Kitchen</b>	Polenta With Andre Ursini	Poh catches up with her friend Andre Ursini for some more of his northern Italian cooking. Andre cooks her polenta with mushrooms and adds creamy gorgonzola.	AUSTRALIA	English-100	RPT	G	Y
2019-08-30	2205	<b>The Cook And The Chef</b>	Just Vegetables	Longer days and a more generous serving of sun; spring has arrived, and it's the perfect time to get into fresh vegies. Maggie and Simon love spring vegies.	AUSTRALIA	English-100		G	
2019-08-30	2235	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 10	With just one hour to cook a stunning plate of food that truly showcases their talent, the professional chefs must pull out all the stops to impress the judges.	UNITED KINGDOM	English-100			
2019-08-30	2340	<b>Saturday Kitchen</b>	Saturday Kitchen Series 2 Ep 3	Mary Berry joins Saturday Kitchen this week and shares some cooking secrets from her long and lustrous career. Mary prepares some mouthwatering stuffed chicken thighs with lemon sauce.	UNITED KINGDOM	English-100			G
2019-08-30	2435	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 7	In the Clovelly area of North Devon, Rick goes fishing for herring with Steve Perham, whose family have been fishermen for over 200 years.	UNITED KINGDOM	English-100			
2019-08-30	2505	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 8	Rick and Chalky travel to Loch Torridon in Scotland to go fishing with John McGreggor for langoustines. Here the prawns are protected by the Marien Stewardship Council.	UNITED KINGDOM	English-100			
2019-08-30	2535	<b>Nigella Express</b>	On The Run	Nigella whips up a minimum effort portable picnic with marinaded buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-30	2605	<b>Nigella Express</b>	Get Up And Go	Kick start the day with unbeatable fast and fabulous breakfasts. From weekend parties to pancake feasts, working breakfasts, solo comforts and wake up shakes, Nigella's got mornings covered.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-30	2635	<b>Nigella Feasts</b>	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-30	2705	<b>One World Kitchen</b>	From The Island Of Crete	Host Joanna Chery shows us intriguing recipes from the Greek island of Crete including a rice risotto traditionally served at weddings.	CANADA	English-100			G
2019-08-30	2730	<b>Saturday Kitchen</b>	Saturday Kitchen Series 2 Ep 3	Mary Berry joins Saturday Kitchen this week and shares some cooking secrets from her long and lustrous career. Mary prepares some mouthwatering stuffed chicken thighs with lemon sauce.	UNITED KINGDOM	English-100			G
2019-08-30	2830	<b>The Healthy Food Guide</b>	Diabetes	Diabetes - a fast growing health crisis is Carly Flynn's focus this episode. What is the link between Type 2 Diabetes and food? Can it be reversed? Carly visits a group battling to make a difference.	NEW ZEALAND	English-100			PG
2019-08-31	0500	<b>Chinese Food In Minutes</b>	Students	Two student friends from Durham want to improve their cooking skills and learn to make delicious, easy, and cheap Chinese food to replace their usual mince dishes.	UNITED KINGDOM	English-100			G
2019-08-31	0530	<b>Secret Meat Business</b>	World Meats	Watch out, Adrian's wielding a sword. This time to skewer and woodfire quail kebabs. Then, tender tripe is served with Caribbean spice, chilli and pirate rum.	AUSTRALIA	English-100			G
2019-08-31	0600	<b>Poh's Kitchen</b>	Polenta With Andre Ursini	Poh catches up with her friend Andre Ursini for some more of his northern Italian cooking. Andre cooks her polenta with mushrooms and adds creamy gorgonzola.	AUSTRALIA	English-100	RPT	G	Y

2019-08-31	0630	<b>The Cook And The Chef</b>	Just Vegetables	Longer days and a more generous serving of sun; spring has arrived, and it's the perfect time to get into fresh vegies. Maggie and Simon love spring vegies.	AUSTRALIA	English-100		G	
2019-08-31	0700	<b>Nigella Feasts</b>	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-31	0730	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 10	With just one hour to cook a stunning plate of food that truly showcases their talent, the professional chefs must pull out all the stops to impress the judges.	UNITED KINGDOM	English-100			
2019-08-31	0835	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 7	In the Clovelly area of North Devon, Rick goes fishing for herring with Steve Perham, whose family have been fishermen for over 200 years.	UNITED KINGDOM	English-100			
2019-08-31	0905	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 8	Rick and Chalky travel to Loch Torridon in Scotland to go fishing with John McGreggor for langoustines. Here the prawns are protected by the Marien Stewardship Council.	UNITED KINGDOM	English-100			
2019-08-31	0935	<b>Nigella Express</b>	On The Run	Nigella whips up a minimum effort portable picnic with marinaded buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-31	1005	<b>Nigella Express</b>	Get Up And Go	Kick start the day with unbeatable fast and fabulous breakfasts. From weekend parties to pancake feasts, working breakfasts, solo comforts and wake up shakes, Nigella's got mornings covered.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-31	1035	<b>Poh's Kitchen</b>	Polenta With Andre Ursini	Poh catches up with her friend Andre Ursini for some more of his northern Italian cooking. Andre cooks her polenta with mushrooms and adds creamy gorgonzola.	AUSTRALIA	English-100	RPT	G	Y
2019-08-31	1105	<b>Nigella Feasts</b>	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2019-08-31	1135	<b>One World Kitchen</b>	From The Island Of Crete	Host Joanna Chery shows us intriguing recipes from the Greek island of Crete including a rice risotto traditionally served at weddings.	CANADA	English-100		G	
2019-08-31	1200	<b>The Healthy Food Guide</b>	Diabetes	Diabetes - a fast growing health crisis is Carly Flynn's focus this episode. What is the link between Type 2 Diabetes and food? Can it be reversed? Carly visits a group battling to make a difference.	NEW ZEALAND	English-100		PG	
2019-08-31	1230	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 7 Ep 10	With just one hour to cook a stunning plate of food that truly showcases their talent, the professional chefs must pull out all the stops to impress the judges.	UNITED KINGDOM	English-100			
2019-08-31	1335	<b>Saturday Kitchen</b>	Saturday Kitchen Series 2 Ep 3	Mary Berry joins Saturday Kitchen this week and shares some cooking secrets from her long and lustrous career. Mary prepares some mouthwatering stuffed chicken thighs with lemon sauce.	UNITED KINGDOM	English-100		G	
2019-08-31	1430	<b>The Cook And The Chef</b>	Just Vegetables	Longer days and a more generous serving of sun; spring has arrived, and it's the perfect time to get into fresh vegies. Maggie and Simon love spring vegies.	AUSTRALIA	English-100		G	
2019-08-31	1500	<b>Dinner Date</b>	Dinner Date Series 8 Ep 16	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	
2019-08-31	1600	<b>Born To Cook: Jack Stein Down Under</b>	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100		G	Y
2019-08-31	1630	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 11	'Shaken, not stirred.' Richo shares none other than his 0-0-7 James Bond cocktail and tasty Sweet and Spicy Chicken Wings.	AUSTRALIA	English-100		G	
2019-08-31	1700	<b>The Cook And The Chef</b>	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G	
2019-08-31	1730	<b>The Cook And The Chef</b>	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G	

2019-08-31	1800	<b>The Cook And The Chef</b>	Some Favourites From The Year	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G	
2019-08-31	1830	<b>Gordon Ramsay Seasonal Special</b>	Winter Comfort Food	Winter Comfort Food	In the final special episode of Gordon's guide to home cooking, he teaches us how to cook his favourite comfort food: dishes that'll keep you cosy, contented and warm throughout the New Year.	UNITED KINGDOM	English-100		PG	
2019-08-31	1930	<b>Cheese Slices</b>	Haloumi: Cyprus	Haloumi: Cyprus	Squeaky, salty haloumi is one of the world's best-loved grilled cheeses. However most of it is now mass produced using cows milk. Will heads to the island of Cyprus to see how it's traditionally made.	AUSTRALIA	English-100		PG	
2019-08-31	2000	<b>Cheese Slices</b>	Artisan Cheese Of The USA	Artisan Cheese Of The USA	Will's cheese tour takes him across the United States to look at artisanal cheese in regions not normally associated with specialist cheese.	AUSTRALIA	English-100		G	
2019-08-31	2030	<b>Avec Eric</b>	Artisanal	Artisanal	Join Eric as he experiences the lifestyles of culinary artisans up close in Tuscany. Eric goes to a farm where they gather chestnuts for cooking and for feeding their prize-winning cows.	USA	English-100		G	
2019-08-31	2100	<b>Avec Eric</b>	Perfect Parings	Perfect Parings	Eric explores the fundamental relationship between food and wine, in which perfect pairings serve to elevate the quality of each.	USA	English-100		G	
2019-08-31	2130	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 5	Peter Kuruvita's Coastal Kitchen Series 1 Ep 5	Peter Kuruvita explores local food being produced with medicinal properties and creates delicious recipes to create at home using ginger, turmeric, millet and camel milk.	AUSTRALIA	English-100	RPT	G	Y
2019-08-31	2200	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 6	Peter Kuruvita's Coastal Kitchen Series 1 Ep 6	The final episode in the series looks to the future of farming and shows the way food community in Noosa is leading the way.	AUSTRALIA	English-100	RPT	G	Y
2019-08-31	2230	<b>Gordon Ramsay Seasonal Special</b>	Winter Comfort Food	Winter Comfort Food	In the final special episode of Gordon's guide to home cooking, he teaches us how to cook his favourite comfort food: dishes that'll keep you cosy, contented and warm throughout the New Year.	UNITED KINGDOM	English-100		PG	
2019-08-31	2330	<b>Dinner Date</b>	Dinner Date Series 8 Ep 16	Dinner Date Series 8 Ep 16	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	
2019-08-31	2430	<b>Born To Cook: Jack Stein Down Under</b>	Abalone, Truffles And Cherries	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100		G	Y
2019-08-31	2500	<b>Richo's Bar Snacks</b>	Richo's Bar Snacks Series 1 Ep 11	Richo's Bar Snacks Series 1 Ep 11	'Shaken, not stirred.' Richo shares none other than his 0-0-7 James Bond cocktail and tasty Sweet and Spicy Chicken Wings.	AUSTRALIA	English-100		G	
2019-08-31	2530	<b>The Cook And The Chef</b>	Favourite Dishes	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G	
2019-08-31	2600	<b>The Cook And The Chef</b>	Party Time	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G	
2019-08-31	2630	<b>The Cook And The Chef</b>	Some Favourites From The Year	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G	
2019-08-31	2700	<b>Avec Eric</b>	Artisanal	Artisanal	Join Eric as he experiences the lifestyles of culinary artisans up close in Tuscany. Eric goes to a farm where they gather chestnuts for cooking and for feeding their prize-winning cows.	USA	English-100		G	
2019-08-31	2730	<b>Avec Eric</b>	Perfect Parings	Perfect Parings	Eric explores the fundamental relationship between food and wine, in which perfect pairings serve to elevate the quality of each.	USA	English-100		G	
2019-08-31	2800	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 5	Peter Kuruvita's Coastal Kitchen Series 1 Ep 5	Peter Kuruvita explores local food being produced with medicinal properties and creates delicious recipes to create at home using ginger, turmeric, millet and camel milk.	AUSTRALIA	English-100	RPT	G	Y
2019-08-31	2830	<b>Peter Kuruvita's Coastal Kitchen</b>	Peter Kuruvita's Coastal Kitchen Series 1 Ep 6	Peter Kuruvita's Coastal Kitchen Series 1 Ep 6	The final episode in the series looks to the future of farming and shows the way food community in Noosa is leading the way.	AUSTRALIA	English-100	RPT	G	Y