



**WEEK 35: Sunday, 23 August - Saturday, 29 August 2020 ALL MARKETS**

| Date       | Start Time | Title   | Episode Title                               | Digital Epg Synopsis   | Country of Origin | Language    | Repeat | Classification | Closed Captions |
|------------|------------|---|---|--|-------------------|-------------|--------|----------------|-----------------|
| 2020-08-23 | 0500       | <b>Thai Street Food With David Thompson</b>   | Lunch                                       | David Thompson takes us on this culinary tour of a hectic and bustling lunchtime, teaching us two dishes which are regular lunch favourites in Bangkok.  | AUSTRALIA         | English-100 | RPT    | G              | Y               |
| 2020-08-23 | 0530       | <b>The F Word USA</b>                         | F Word USA Series 1, The Ep 4               | Gordon grills live in The F Word restaurant with Joel McHale and tests Leslie Jones's taste buds, while teams Slaw & Order and Food Bosses try to impress diners with their New York Steak dishes.       | USA               | English-100 |        | PG             |                 |
| 2020-08-23 | 0630       | <b>Made In Britain</b>                        | Made In Britain Series 1 Ep 4               | John Prescott hits the road again to find out how his favourite meal is made - fish supper, followed by rice pudding. He travels to the Ambrosia factory in Devon, and the Young's factory in Grimsby.   | UNITED KINGDOM    | English-100 |        | G              |                 |
| 2020-08-23 | 0730       | <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              |                 |
| 2020-08-23 | 0800       | <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              |                 |
| 2020-08-23 | 0830       | <b>Rhodes Across Italy</b>                    | Liguria                                     | Gary Rhodes travels to the northern region of Piedmont on the latest leg of his Italian culinary grand tour. Piedmont is the truffle capital of Italy and Gary cooks a white truffle risotto.            | UNITED KINGDOM    | English-100 |        | G              |                 |
| 2020-08-23 | 0930       | <b>The Hairy Bikers' Food Tour Of Britain</b> | 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              |                 |
| 2020-08-23 | 1030       | <b>Destination Flavour Singapore</b>          | Destination Flavour Singapore Series 1 Ep 3 | At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu.           | AUSTRALIA         | English-100 | RPT    | G              | Y               |
| 2020-08-23 | 1100       | <b>Thai Street Food With David Thompson</b>   | Noodles                                     | From the sophisticated to the simple, noodle dishes vary in every province and part of the country. But no matter where they come from, Thai noodles all share a common street heritage.                 | AUSTRALIA         | English-100 | RPT    | G              | Y               |
| 2020-08-23 | 1130       | <b>The F Word USA</b>                         | F Word USA Series 1, The Ep 4               | Gordon grills live in The F Word restaurant with Joel McHale and tests Leslie Jones's taste buds, while teams Slaw & Order and Food Bosses try to impress diners with their New York Steak dishes.       | USA               | English-100 |        | PG             |                 |
| 2020-08-23 | 1230       | <b>Made In Britain</b>                        | Made In Britain Series 1 Ep 4               | John Prescott hits the road again to find out how his favourite meal is made - fish supper, followed by rice pudding. He travels to the Ambrosia factory in Devon, and the Young's factory in Grimsby.   | UNITED KINGDOM    | English-100 |        | G              |                 |
| 2020-08-23 | 1330       | <b>Thai Street Food With David Thompson</b>   | Lunch                                       | David Thompson takes us on this culinary tour of a hectic and bustling lunchtime, teaching us two dishes which are regular lunch favourites in Bangkok.  | AUSTRALIA         | English-100 | RPT    | G              | Y               |
| 2020-08-23 | 1400       | <b>The F Word USA</b>                         | F Word USA Series 1, The Ep 5               | Lords of the Lake are up against Miracle in the Kitchen cooking Buttermilk Fried Chicken, joined live by celebrity guests Joe Manganiello and Rachel Bilson.   | USA               | English-100 |        | PG             |                 |
| 2020-08-23 | 1500       | <b>Thai Street Food With David Thompson</b>   | Curry                                       | Episode seven takes us on a discovery of the most authentic dishes that add to this vast repertoire that is curry. David Thompson teaches us to make a delicious red catfish curry.                      | AUSTRALIA         | English-100 | RPT    | G              | Y               |
| 2020-08-23 | 1530       | <b>Thai Street Food With David Thompson</b>   | Desserts                                    | Desserts are considered to be the pinnacle of Thai food. They're colourful, rich and varied in both their presentation and taste. In this episode, David Thompson will celebrate Thai desserts.          | AUSTRALIA         | English-100 | RPT    | G              | Y               |
| 2020-08-23 | 1600       | <b>The Cook And The Chef</b>                  | Land Of The Long White Cloud                | The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua. | AUSTRALIA         | English-100 |        | G              |                 |
| 2020-08-23 | 1630       | <b>The Cook And The Chef</b>                  | Kumara And Venison                          | Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.      | AUSTRALIA         | English-100 |        | G              |                 |

|            |      |   |   |  |                |             |     |    |   |
|------------|------|---|---|--|----------------|-------------|-----|----|---|
| 2020-08-23 | 1700 | <b>The Cook And The Chef</b>                | Salmon And Wasabi                           | Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.        | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-23 | 1730 | <b>No Passport Required</b>                 | Philadelphia                                | Marcus Samuelsson heads to Philadelphia, where he meets new friends and old, and learns more about the city's Italian food scene.  | USA            | English-100 |     | PG |   |
| 2020-08-23 | 1830 | <b>Asia Unplated With Diana Chan</b>        | Thai  | Thai food is on the menu so Diana enlists the help of mentor and Thai food enthusiast, Gary Mehigan, who is an expert at striking the balance of salty, sweet and sour.                                | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-23 | 1900 | <b>Bonacini's Italy</b>                     | Calabria                                    | Chef Michael Bonacini explores the diversity of the Italian region Calabria by making fresh tuna to hearty pork to a sumptuous orange cake.  | CANADA         | English-100 |     | G  |   |
| 2020-08-23 | 1930 | <b>Rick Stein's Taste Of Italian Opera</b>  | Rick Stein's Taste Of Italian Opera         | In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy. | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-08-23 | 2035 | <b>Ainsley's Mediterranean Cookbook</b>     | Corsica: Ajaccio                            | Ainsley's kicking off his journey across the Mediterranean in style on board a 44 ft catamaran, visiting the stunning island of Corsica.   | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-23 | 2130 | <b>Gok Cooks Chinese</b>                    | Gok's Dim Sum Feast                         | Gok provides tips on how to cook dim sum, including chicken and leek dim sum.  | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-23 | 2200 | <b>Gok Cooks Chinese</b>                    | Gok's Traditional Favourites                | Gok makes steamed lemon sole, Peking duck with pancakes and stewed aromatic aubergine.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-23 | 2230 | <b>Destination Flavour Singapore</b>        | Destination Flavour Singapore Series 1 Ep 4 | Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab.                                     | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-23 | 2300 | <b>Thai Street Food With David Thompson</b> | Desserts                                    | Desserts are considered to be the pinnacle of Thai food. They're colourful, rich and varied in both their presentation and taste. In this episode, David Thompson will celebrate Thai desserts.        | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-23 | 2330 | <b>No Passport Required</b>                 | Philadelphia                                | Marcus Samuelsson heads to Philadelphia, where he meets new friends and old, and learns more about the city's Italian food scene.  | USA            | English-100 |     | PG |   |
| 2020-08-23 | 2430 | <b>Asia Unplated With Diana Chan</b>        | Thai  | Thai food is on the menu so Diana enlists the help of mentor and Thai food enthusiast, Gary Mehigan, who is an expert at striking the balance of salty, sweet and sour.                                | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-23 | 2500 | <b>Bonacini's Italy</b>                     | Calabria                                    | Chef Michael Bonacini explores the diversity of the Italian region Calabria by making fresh tuna to hearty pork to a sumptuous orange cake.  | CANADA         | English-100 |     | G  |   |
| 2020-08-23 | 2530 | <b>Rick Stein's Taste Of Italian Opera</b>  | Rick Stein's Taste Of Italian Opera         | In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy. | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-08-23 | 2635 | <b>Ainsley's Mediterranean Cookbook</b>     | Corsica: Ajaccio                            | Ainsley's kicking off his journey across the Mediterranean in style on board a 44 ft catamaran, visiting the stunning island of Corsica.   | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-23 | 2730 | <b>Gok Cooks Chinese</b>                    | Gok's Dim Sum Feast                         | Gok provides tips on how to cook dim sum, including chicken and leek dim sum.  | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-23 | 2800 | <b>Gok Cooks Chinese</b>                    | Gok's Traditional Favourites                | Gok makes steamed lemon sole, Peking duck with pancakes and stewed aromatic aubergine.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-23 | 2830 | <b>Destination Flavour Singapore</b>        | Destination Flavour Singapore Series 1 Ep 4 | Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab.                                     | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-24 | 0500 | <b>Thai Street Food With David Thompson</b> | Desserts                                    | Desserts are considered to be the pinnacle of Thai food. They're colourful, rich and varied in both their presentation and taste. In this episode, David Thompson will celebrate Thai desserts.        | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-24 | 0530 | <b>No Passport Required</b>                 | Philadelphia                                | Marcus Samuelsson heads to Philadelphia, where he meets new friends and old, and learns more about the city's Italian food scene.  | USA            | English-100 |     | PG |   |

|            |      |   |  |  |                |             |     |    |   |
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| 2020-08-24 | 0630 | <b>Asia Unplated With Diana Chan</b>        | Thai   | Thai food is on the menu so Diana enlists the help of mentor and Thai food enthusiast, Gary Mehigan, who is an expert at striking the balance of salty, sweet and sour.                                | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-24 | 0700 | <b>Bonacini's Italy</b>                     | Calabria   | Chef Michael Bonacini explores the diversity of the Italian region Calabria by making fresh tuna to hearty pork to a sumptuous orange cake.  | CANADA         | English-100 |     | G  |   |
| 2020-08-24 | 0730 | <b>Rick Stein's Taste Of Italian Opera</b>  | Rick Stein's Taste Of Italian Opera                  | In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy. | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-08-24 | 0835 | <b>Ainsley's Mediterranean Cookbook</b>     | Corsica: Ajaccio                                     | Ainsley's kicking off his journey across the Mediterranean in style on board a 44 ft catamaran, visiting the stunning island of Corsica.   | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-24 | 0930 | <b>Gok Cooks Chinese</b>                    | Gok's Dim Sum Feast                                  | Gok provides tips on how to cook dim sum, including chicken and leek dim sum.  | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-24 | 1000 | <b>Gok Cooks Chinese</b>                    | Gok's Traditional Favourites                         | Gok makes steamed lemon sole, Peking duck with pancakes and stewed aromatic aubergine.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-24 | 1030 | <b>Destination Flavour Singapore</b>        | Destination Flavour Singapore Series 1 Ep 4          | Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab.                                     | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-24 | 1100 | <b>Thai Street Food With David Thompson</b> | Curry  | Episode seven takes us on a discovery of the most authentic dishes that add to this vast repertoire that is curry. David Thompson teaches us to make a delicious red catfish curry.                    | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-24 | 1130 | <b>The F Word USA</b>                       | F Word USA Series 1, The Ep 5                        | Lords of the Lake are up against Miracle in the Kitchen cooking Buttermilk Fried Chicken, joined live by celebrity guests Joe Manganiello and Rachel Bilson.   | USA            | English-100 |     | PG |   |
| 2020-08-24 | 1230 | <b>No Passport Required</b>                 | Philadelphia   | Marcus Samuelsson heads to Philadelphia, where he meets new friends and old, and learns more about the city's Italian food scene.  | USA            | English-100 |     | PG |   |
| 2020-08-24 | 1330 | <b>Miguel's Feasts</b>                      | Miguel's Feasts Series 1 Ep 6                        | It's a celebration of meat in the battle of the barbeque, and we meet Miguel's Family and find out his mum's secret recipe.  | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-24 | 1400 | <b>Spencer's Big 30</b>                     | Lasagna  | Chef Spencer Watts prepares quick, easy, and delicious dishes like Skillet Lasagna, Creamed Spinach, and Banana Ice Cream in under 30 minutes.   | CANADA         | English-100 |     | G  |   |
| 2020-08-24 | 1430 | <b>Annabel Langbein: Free Range Cook</b>    | Cherry Picker's Picnic                               | It's cherry season, and Annabel sets off on an adventure with young friends to fill their baskets with juicy, plump fruit and prepares a picnic for the occasion including a bacon and egg pie.        | NEW ZEALAND    | English-100 |     | G  |   |
| 2020-08-24 | 1500 | <b>Lyndey And Herbie's Moveable Feast</b>   | More Byron Secrets                                   | Lyndey and Herbie create recipes from breakfast through to dinner. In a magnificent rainforest they eat macadamias straight from the tree.   | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-24 | 1530 | <b>Sarah Graham Cooks Cape Town</b>         | Stellenbosch   | Rob's Aunt Sue and Uncle Chris are renowned for their annual potjie and paella New Year Cook Offs. The competition is fierce and the results delicious.  | SOUTH AFRICA   | English-100 |     | G  |   |
| 2020-08-24 | 1600 | <b>Cook's Pantry With Matt Sinclair</b>     | Cook's Pantry With Matt Sinclair Series 1, The Ep 36 | Matt's taken back to his childhood with a breakfast recipe that he attributes to his Mum, that's full of breakfast staples - bacon and egg tortilla cups.  | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-24 | 1630 | <b>The Cook And The Chef</b>                | Trout And Eggs                                       | Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.      | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-24 | 1700 | <b>The Cook And The Chef</b>                | Bush Tucker And Buffalo Mozzarella                   | Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.                           | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-24 | 1730 | <b>Lidia's Italy</b>                        | Lidia's Italy Series 3 Ep 6                          | Lidia's daughter Tanya is in the beautiful medieval town of Gubbio, where she savours a wonderful 'torta al testo' - a regional sandwich stuffed with prosciutto, taleggio, bresaola, and arugula.     | USA            | English-100 |     | PG |   |

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|------------|------|--|---|--|----------------|-------------|-----|--|----|---|
| 2020-08-24 | 1800 | <b>Ready Steady Cook UK</b>              | Ready Steady Cook UK Series 20 Ep 26            | Top fashion model agent and mentor Jonathon Phang goes head to head in the kitchen with one of his protegees, winner of Britain's Missing Top Model - Kelly Knox.                                      | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-08-24 | 1900 | <b>Oliver's Twist</b>                    | Scrumptious And Sinful                          | Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them.          | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-08-24 | 1930 | <b>Beautiful Baking With Juliet Sear</b> | Beautiful Baking With Juliet Sear Series 1 Ep 4 | Juliet focuses on dough as she prepares breakfast bagels, donuts, and cinnamon rolls. Master baker Richard Bertinet gives a lesson in baking the perfect sourdough.                                    | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-08-24 | 2030 | <b>Anthony Bourdain: Parts Unknown</b>   | Anthony Bourdain: Parts Unknown Series 11 Ep 3  | Anthony experiences the culture and cuisine of Armenia, in the company of Serj Tankian, Armenian-American frontman for the band System of a Down.  | USA            | English-100 |     |  | PG |   |
| 2020-08-24 | 2130 | <b>Bake With Anna Olson</b>              | Cobblers And Crisps                             | Cobblers and crisps are the comfort food of the dessert world, and they share a common presentation of crunchy topping baked over fruit. Anna shares her favourite versions.                           | CANADA         | English-100 |     |  | G  |   |
| 2020-08-24 | 2200 | <b>Come Dine With Me UK</b>              | Come Dine With Me UK Series 15 Ep 41            | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-08-24 | 2230 | <b>Poh's Kitchen On The Road</b>         | Cowboys Of The Sea                              | When it comes to food, often it's the locals who know best and in this new instalment, Poh is on a culinary adventure to meet some of the country's finest producers and chefs.                        | AUSTRALIA      | English-100 | RPT |  | G  | Y |
| 2020-08-24 | 2300 | <b>The Cook And The Chef</b>             | Trout And Eggs                                  | Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.      | AUSTRALIA      | English-100 |     |  | G  |   |
| 2020-08-24 | 2330 | <b>The Cook And The Chef</b>             | Bush Tucker And Buffalo Mozzarella              | Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.                           | AUSTRALIA      | English-100 |     |  | G  |   |
| 2020-08-24 | 2400 | <b>Lidia's Italy</b>                     | Lidia's Italy Series 3 Ep 6                     | Lidia's daughter Tanya is in the beautiful medieval town of Gubbio, where she savours a wonderful 'torta al testo' - a regional sandwich stuffed with prosciutto, taleggio, bresaola, and arugula.     | USA            | English-100 |     |  | PG |   |
| 2020-08-24 | 2430 | <b>Ready Steady Cook UK</b>              | Ready Steady Cook UK Series 20 Ep 26            | Top fashion model agent and mentor Jonathon Phang goes head to head in the kitchen with one of his protegees, winner of Britain's Missing Top Model - Kelly Knox.                                      | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-08-24 | 2530 | <b>Beautiful Baking With Juliet Sear</b> | Beautiful Baking With Juliet Sear Series 1 Ep 4 | Juliet focuses on dough as she prepares breakfast bagels, donuts, and cinnamon rolls. Master baker Richard Bertinet gives a lesson in baking the perfect sourdough.                                    | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-08-24 | 2630 | <b>Anthony Bourdain: Parts Unknown</b>   | Anthony Bourdain: Parts Unknown Series 11 Ep 3  | Anthony experiences the culture and cuisine of Armenia, in the company of Serj Tankian, Armenian-American frontman for the band System of a Down.  | USA            | English-100 |     |  | PG |   |
| 2020-08-24 | 2730 | <b>Bake With Anna Olson</b>              | Cobblers And Crisps                             | Cobblers and crisps are the comfort food of the dessert world, and they share a common presentation of crunchy topping baked over fruit. Anna shares her favourite versions.                           | CANADA         | English-100 |     |  | G  |   |
| 2020-08-24 | 2800 | <b>Come Dine With Me UK</b>              | Come Dine With Me UK Series 15 Ep 41            | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-08-24 | 2830 | <b>Poh's Kitchen On The Road</b>         | Cowboys Of The Sea                              | When it comes to food, often it's the locals who know best and in this new instalment, Poh is on a culinary adventure to meet some of the country's finest producers and chefs.                        | AUSTRALIA      | English-100 | RPT |  | G  | Y |
| 2020-08-25 | 0500 | <b>Miguel's Feasts</b>                   | Miguel's Feasts Series 1 Ep 6                   | It's a celebration of meat in the battle of the barbeque, and we meet Miguel's Family and find out his mum's secret recipe.  | AUSTRALIA      | English-100 |     |  | G  |   |
| 2020-08-25 | 0530 | <b>Spencer's Big 30</b>                  | Lasagna   | Chef Spencer Watts prepares quick, easy, and delicious dishes like Skillet Lasagna, Creamed Spinach, and Banana Ice Cream in under 30 minutes.   | CANADA         | English-100 |     |  | G  |   |
| 2020-08-25 | 0600 | <b>Annabel Langbein: Free Range Cook</b> | Cherry Picker's Picnic                          | It's cherry season, and Annabel sets off on an adventure with young friends to fill their baskets with juicy, plump fruit and prepares a picnic for the occasion including a bacon and egg pie.        | NEW ZEALAND    | English-100 |     |  | G  |   |

|            |      |   |  |  |                |             |     |    |   |
|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2020-08-25 | 0630 | <b>Lyndey And Herbie's Moveable Feast</b> | More Byron Secrets                                   | Lyndey and Herbie create recipes from breakfast through to dinner. In a magnificent rainforest they eat macadamias straight from the tree.   | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-25 | 0700 | <b>Sarah Graham Cooks Cape Town</b>       | Stellenbosch   | Rob's Aunt Sue and Uncle Chris are renowned for their annual potjie and paella New Year Cook Offs. The competition is fierce and the results delicious.  | SOUTH AFRICA   | English-100 |     | G  |   |
| 2020-08-25 | 0730 | <b>Cook's Pantry With Matt Sinclair</b>   | Cook's Pantry With Matt Sinclair Series 1, The Ep 36 | Matt's taken back to his childhood with a breakfast recipe that he attributes to his Mum, that's full of breakfast staples - bacon and egg tortilla cups.  | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-25 | 0800 | <b>Lidia's Italy</b>                      | Lidia's Italy Series 3 Ep 6                          | Lidia's daughter Tanya is in the beautiful medieval town of Gubbio, where she savours a wonderful 'torta al testo' - a regional sandwich stuffed with prosciutto, taleggio, bresaola, and arugula.     | USA            | English-100 |     | PG |   |
| 2020-08-25 | 0830 | <b>Ready Steady Cook UK</b>               | Ready Steady Cook UK Series 20 Ep 26                 | Top fashion model agent and mentor Jonathon Phang goes head to head in the kitchen with one of his protegees, winner of Britain's Missing Top Model - Kelly Knox.                                      | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-25 | 0930 | <b>Beautiful Baking With Juliet Sear</b>  | Beautiful Baking With Juliet Sear Series 1 Ep 4      | Juliet focuses on dough as she prepares breakfast bagels, donuts, and cinnamon rolls. Master baker Richard Bertinet gives a lesson in baking the perfect sourdough.                                    | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-25 | 1030 | <b>Anthony Bourdain: Parts Unknown</b>    | Anthony Bourdain: Parts Unknown Series 11 Ep 3       | Anthony experiences the culture and cuisine of Armenia, in the company of Serj Tankian, Armenian-American frontman for the band System of a Down.  | USA            | English-100 |     | PG |   |
| 2020-08-25 | 1130 | <b>Oliver's Twist</b>                     | Scrumptious And Sinful                               | Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them.          | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-25 | 1200 | <b>Bake With Anna Olson</b>               | Cobblers And Crisps                                  | Cobblers and crisps are the comfort food of the dessert world, and they share a common presentation of crunchy topping baked over fruit. Anna shares her favourite versions.                           | CANADA         | English-100 |     | G  |   |
| 2020-08-25 | 1230 | <b>Come Dine With Me UK</b>               | Come Dine With Me UK Series 15 Ep 41                 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-25 | 1300 | <b>Poh's Kitchen On The Road</b>          | Cowboys Of The Sea                                   | When it comes to food, often it's the locals who know best and in this new instalment, Poh is on a culinary adventure to meet some of the country's finest producers and chefs.                        | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-25 | 1330 | <b>Miguel's Feasts</b>                    | Miguel's Feasts Series 1 Ep 7                        | We visit the home of the Empanada in Chile where Miguel compares his grandma's family recipe for Spanish Empanada Pie with the local Chilean Empanada.   | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-25 | 1400 | <b>Spencer's Big 30</b>                   | Fish & Chips Night                                   | 30-minute meals have never tasted this good. Chef Spencer Watts offers up some secrets for the perfect fish and chips dinner.  | CANADA         | English-100 |     | G  |   |
| 2020-08-25 | 1430 | <b>Annabel Langbein: Free Range Cook</b>  | To Market To Market                                  | Every Sunday morning Annabel makes the 30-minute journey in her trusty yellow truck to the farmers' market in Old Cromwell Town to stock up on the best local produce.                                 | NEW ZEALAND    | English-100 |     | G  |   |
| 2020-08-25 | 1500 | <b>Lyndey And Herbie's Moveable Feast</b> | Dazzling Coast, The                                  | Queensland's Sunshine Coast has crystal blue waters, white sands, and is surrounded by green rolling hills, which makes for perfect agricultural conditions and a haven for food producers.            | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-25 | 1530 | <b>Sarah Graham Cooks Cape Town</b>       | Saldanha Community Lunch                             | Sarah designs and cooks with local ingredients for a group of retired fishermen, using fresh fish and vegetables from the community.   | SOUTH AFRICA   | English-100 |     | G  |   |
| 2020-08-25 | 1600 | <b>Cook's Pantry With Matt Sinclair</b>   | Cook's Pantry With Matt Sinclair Series 1, The Ep 37 | Matt prepares a steamed burramundi with red curry, that's simple to prepare and ready in under half an hour.   | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-25 | 1630 | <b>The Cook And The Chef</b>              | Diabetic Diet, A                                     | Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.                     | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-25 | 1700 | <b>The Cook And The Chef</b>              | Dried Food And Eels                                  | Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration.        | AUSTRALIA      | English-100 |     | G  |   |

|            |      |   |  |   |                |             |     |    |   |
|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2020-08-25 | 1730 | <b>Lidia's Italy</b>                            | Lidia's Italy Series 3 Ep 7                            | Lombardy's most famous city is Milan, and one of Milan's most famous dish is ossobuco alla Milanese, which is served on a saffron risotto. Lidia shares her recipes for both dishes.                    | USA            | English-100 |     | PG |   |
| 2020-08-25 | 1800 | <b>Ready Steady Cook UK</b>                     | Ready Steady Cook UK Series 20 Ep 27                   | Family rivalry takes over the kitchen as radio and TV presenter Toby Anstis competes for cooking glory against his twin sister Kate.  | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-25 | 1900 | <b>Oliver's Twist</b>                           | Great Packed Lunches                                   | Bicycle couriers Steven and David pedal all day long in London and usually only eat sandwiches to keep them going. Jamie shows them how to prepare tasty lunches.                                       | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-25 | 1930 | <b>Italian Food Safari</b>                      | Italian Food Safari Series 1 Ep 2                      | First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide. | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-25 | 2000 | <b>Cook Like an Italian with Silvia Colloca</b> | Cook Like An Italian With Silvia Colloca Series 1 Ep 1 | Silvia starts by detailing the best way to stock an Italian pantry, proving that when a pantry is well stocked, you only need a few fresh ingredients to create simple yet memorable meals.             | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-25 | 2030 | <b>The Great Australian Cookbook</b>            | Matt Moran & Rayleen Brown                             | Food icon, Matt Moran cooks the perfect BBQ of prawns and pan-fried barramundi with raw zucchini salad and Indigenous trailblazer, Rayleen Brown shares her recipe for a bush fruit Christmas cake.     | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-25 | 2100 | <b>Luke Nguyen's Street Food Asia</b>           | Jakarta, Indonesia - Part 1                            | Meeting up with his old friend, Derice, Luke unearths the delicious delicacies of Jakarta's Chinatown, finding the experience a melting pot of diverse cultural cuisines.                               | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-25 | 2130 | <b>Bake With Anna Olson</b>                     | Danishes   | Anna shares her techniques for achieving the balace of a rich dough with a hint of flakiness with her Danish recipes.   | CANADA         | English-100 |     | G  |   |
| 2020-08-25 | 2200 | <b>Come Dine With Me UK</b>                     | Come Dine With Me UK Series 15 Ep 42                   | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-25 | 2230 | <b>Poh's Kitchen On The Road</b>                | Tasmanian Flour  | Poh is on the road in central Tasmania to discover the secrets of flour. At a restored flour mill in Oatlands, Poh learns about the delights of stone ground Tasmanian flour.                           | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-25 | 2300 | <b>The Cook And The Chef</b>                    | Diabetic Diet, A                                       | Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.                      | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-25 | 2330 | <b>The Cook And The Chef</b>                    | Dried Food And Eels                                    | Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration.         | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-25 | 2400 | <b>Lidia's Italy</b>                            | Lidia's Italy Series 3 Ep 7                            | Lombardy's most famous city is Milan, and one of Milan's most famous dish is ossobuco alla Milanese, which is served on a saffron risotto. Lidia shares her recipes for both dishes.                    | USA            | English-100 |     | PG |   |
| 2020-08-25 | 2430 | <b>Ready Steady Cook UK</b>                     | Ready Steady Cook UK Series 20 Ep 27                   | Family rivalry takes over the kitchen as radio and TV presenter Toby Anstis competes for cooking glory against his twin sister Kate.  | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-25 | 2530 | <b>Italian Food Safari</b>                      | Italian Food Safari Series 1 Ep 2                      | First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide. | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-25 | 2600 | <b>Cook Like an Italian with Silvia Colloca</b> | Cook Like An Italian With Silvia Colloca Series 1 Ep 1 | Silvia starts by detailing the best way to stock an Italian pantry, proving that when a pantry is well stocked, you only need a few fresh ingredients to create simple yet memorable meals.             | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-25 | 2630 | <b>The Great Australian Cookbook</b>            | Matt Moran & Rayleen Brown                             | Food icon, Matt Moran cooks the perfect BBQ of prawns and pan-fried barramundi with raw zucchini salad and Indigenous trailblazer, Rayleen Brown shares her recipe for a bush fruit Christmas cake.     | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-25 | 2700 | <b>Luke Nguyen's Street Food Asia</b>           | Jakarta, Indonesia - Part 1                            | Meeting up with his old friend, Derice, Luke unearths the delicious delicacies of Jakarta's Chinatown, finding the experience a melting pot of diverse cultural cuisines.                               | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-25 | 2730 | <b>Bake With Anna Olson</b>                     | Danishes   | Anna shares her techniques for achieving the balace of a rich dough with a hint of flakiness with her Danish recipes.   | CANADA         | English-100 |     | G  |   |

|            |      |   |  |   |                |             |     |   |    |   |
|------------|------|---|--|---|----------------|-------------|-----|---|----|---|
| 2020-08-25 | 2800 | <b>Come Dine With Me UK</b>                     | Come Dine With Me UK Series 15 Ep 42                   | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.  | UNITED KINGDOM | English-100 |     |   | PG |   |
| 2020-08-25 | 2830 | <b>Poh's Kitchen On The Road</b>                | Tasmanian Flour  | Poh is on the road in central Tasmania to discover the secrets of flour. At a restored flour mill in Oatlands, Poh learns about the delights of stone ground Tasmanian flour.                           | AUSTRALIA      | English-100 | RPT | G |    | Y |
| 2020-08-26 | 0500 | <b>Miguel's Feasts</b>                          | Miguel's Feasts Series 1 Ep 7                          | We visit the home of the Empanada in Chile where Miguel compares his grandma's family recipe for Spanish Empanada Pie with the local Chilean Empanada.  | AUSTRALIA      | English-100 |     |   | PG |   |
| 2020-08-26 | 0530 | <b>Spencer's Big 30</b>                         | Fish & Chips Night                                     | 30-minute meals have never tasted this good. Chef Spencer Watts offers up some secrets for the perfect fish and chips dinner.   | CANADA         | English-100 |     |   | G  |   |
| 2020-08-26 | 0600 | <b>Annabel Langbein: Free Range Cook</b>        | To Market To Market                                    | Every Sunday morning Annabel makes the 30-minute journey in her trusty yellow truck to the farmers' market in Old Cromwell Town to stock up on the best local produce.                                  | NEW ZEALAND    | English-100 |     |   | G  |   |
| 2020-08-26 | 0630 | <b>Lyndey And Herbie's Moveable Feast</b>       | Dazzling Coast, The                                    | Queensland's Sunshine Coast has crystal blue waters, white sands, and is surrounded by green rolling hills, which makes for perfect agricultural conditions and a haven for food producers.             | AUSTRALIA      | English-100 |     |   | G  |   |
| 2020-08-26 | 0700 | <b>Sarah Graham Cooks Cape Town</b>             | Saldanha Community Lunch                               | Sarah designs and cooks with local ingredients for a group of retired fishermen, using fresh fish and vegetables from the community.  | SOUTH AFRICA   | English-100 |     |   | G  |   |
| 2020-08-26 | 0730 | <b>Cook's Pantry With Matt Sinclair</b>         | Cook's Pantry With Matt Sinclair Series 1, The Ep 37   | Matt prepares a steamed burramundi with red curry, that's simple to prepare and ready in under half an hour.  | AUSTRALIA      | English-100 |     |   | PG |   |
| 2020-08-26 | 0800 | <b>Lidia's Italy</b>                            | Lidia's Italy Series 3 Ep 7                            | Lombardy's most famous city is Milan, and one of Milan's most famous dish is ossobuco alla Milanese, which is served on a saffron risotto. Lidia shares her recipes for both dishes.                    | USA            | English-100 |     |   | PG |   |
| 2020-08-26 | 0830 | <b>Ready Steady Cook UK</b>                     | Ready Steady Cook UK Series 20 Ep 27                   | Family rivalry takes over the kitchen as radio and TV presenter Toby Anstis competes for cooking glory against his twin sister Kate.  | UNITED KINGDOM | English-100 |     |   | G  |   |
| 2020-08-26 | 0930 | <b>Italian Food Safari</b>                      | Italian Food Safari Series 1 Ep 2                      | First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide. | AUSTRALIA      | English-100 | RPT | G |    | Y |
| 2020-08-26 | 1000 | <b>Cook Like an Italian with Silvia Colloca</b> | Cook Like An Italian With Silvia Colloca Series 1 Ep 1 | Silvia starts by detailing the best way to stock an Italian pantry, proving that when a pantry is well stocked, you only need a few fresh ingredients to create simple yet memorable meals.             | AUSTRALIA      | English-100 |     |   | G  |   |
| 2020-08-26 | 1030 | <b>The Great Australian Cookbook</b>            | Matt Moran & Rayleen Brown                             | Food icon, Matt Moran cooks the perfect BBQ of prawns and pan-fried barramundi with raw zucchini salad and Indigenous trailblazer, Rayleen Brown shares her recipe for a bush fruit Christmas cake.     | AUSTRALIA      | English-100 |     |   | PG |   |
| 2020-08-26 | 1100 | <b>Luke Nguyen's Street Food Asia</b>           | Jakarta, Indonesia - Part 1                            | Meeting up with his old friend, Derice, Luke unearths the delicious delicacies of Jakarta's Chinatown, finding the experience a melting pot of diverse cultural cuisines.                               | AUSTRALIA      | English-100 | RPT | G |    | Y |
| 2020-08-26 | 1130 | <b>Oliver's Twist</b>                           | Great Packed Lunches                                   | Bicycle couriers Steven and David pedal all day long in London and usually only eat sandwiches to keep them going. Jamie shows them how to prepare tasty lunches.                                       | UNITED KINGDOM | English-100 |     |   | G  |   |
| 2020-08-26 | 1200 | <b>Bake With Anna Olson</b>                     | Danishes   | Anna shares her techniques for achieving the balace of a rich dough with a hint of flakiness with her Danish recipes.   | CANADA         | English-100 |     |   | G  |   |
| 2020-08-26 | 1230 | <b>Come Dine With Me UK</b>                     | Come Dine With Me UK Series 15 Ep 42                   | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.  | UNITED KINGDOM | English-100 |     |   | PG |   |
| 2020-08-26 | 1300 | <b>Poh's Kitchen On The Road</b>                | Tasmanian Flour  | Poh is on the road in central Tasmania to discover the secrets of flour. At a restored flour mill in Oatlands, Poh learns about the delights of stone ground Tasmanian flour.                           | AUSTRALIA      | English-100 | RPT | G |    | Y |
| 2020-08-26 | 1330 | <b>Miguel's Feasts</b>                          | Miguel's Feasts Series 1 Ep 8                          | How far will Miguel go for fresh ingredients? Knee deep in mud, Miguel pulls out a mud crab the size of a basketball.   | AUSTRALIA      | English-100 |     |   | PG |   |

|            |      |   |  |  |                |                         |     |  |    |   |
|------------|------|---|--|--|----------------|-------------------------|-----|--|----|---|
| 2020-08-26 | 1400 | <b>Spencer's Big 30</b>                     | 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             |     |  | G  |   |
| 2020-08-26 | 1430 | <b>Annabel Langbein: Free Range Cook</b>    | Show Me The Honey                                    | Annabel needs to replenish one of her pantry essentials - honey. She travels to stunning Alexandra for her favourite organic honey and on the way learns a few tips for cooking with this sweet treat. | NEW ZEALAND    | English-100             |     |  | G  |   |
| 2020-08-26 | 1500 | <b>Lyndey And Herbie's Moveable Feast</b>   | Sunshine Extra                                       | In this second visit to the sunny coast, Lyndey meets a great character who breeds water buffalo, and combined with a local trumpet player's cheese, she creates her 'Spiced Bocconcini Salad'.        | AUSTRALIA      | English-100             |     |  | G  |   |
| 2020-08-26 | 1530 | <b>Sarah Graham Cooks Cape Town</b>         | Rob's 30th Party                                     | In celebration of husband Rob's 30th Birthday, Sarah collaborates with celebrity chef Neill Anthony to design a dinner party that fuses childhood food nostalgia with gourmet influences.              | SOUTH AFRICA   | English-100             |     |  | G  |   |
| 2020-08-26 | 1600 | <b>Cook's Pantry With Matt Sinclair</b>     | Cook's Pantry With Matt Sinclair Series 1, The Ep 38 | Matt and Michael whip up a family favourite - honey mustard chicken drumsticks, while Courtney heads to a broccoli and cauliflower farm.   | AUSTRALIA      | English-100             |     |  | PG |   |
| 2020-08-26 | 1630 | <b>The Cook And The Chef</b>                | Quince And Pork                                      | Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.                  | AUSTRALIA      | English-100             |     |  | G  |   |
| 2020-08-26 | 1700 | <b>The Cook And The Chef</b>                | 100th Special  | The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.                                  | AUSTRALIA      | English-100             |     |  | G  |   |
| 2020-08-26 | 1730 | <b>Lidia's Italy</b>                        | Lidia's Italy Series 3 Ep 8                          | Lidia prepares a simple and delicious dish to put on the table for the family during the week - chicken with olives, pinenuts, and celery steamed in a skillet.  | USA            | English-100             |     |  | PG |   |
| 2020-08-26 | 1800 | <b>Ready Steady Cook UK</b>                 | Ready Steady Cook UK Series 20 Ep 28                 | Ainsley Harriott hosts another classic 20-minutes of high-energy cookery with Ali Bastian and Graeme Cole from The Bill in the kitchen.  | UNITED KINGDOM | English-100             |     |  | PG |   |
| 2020-08-26 | 1900 | <b>Oliver's Twist</b>                       | Kitchen Builders                                     | Jamie treats the men renovating his flat to a 'thank you' meal. Dishes include chick pea and leek soup, braised lamb shanks, and English trifle.   | UNITED KINGDOM | English-100             |     |  | G  |   |
| 2020-08-26 | 1930 | <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             |     |  | G  |   |
| 2020-08-26 | 2000 | <b>Gourmet Farmer</b>                       | Gourmet Farmer Series 4 Ep 4                         | After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.                                | AUSTRALIA      | English-100             | RPT |  | PG | Y |
| 2020-08-26 | 2030 | <b>Destination Flavour China</b>            | Anhui  | Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.           | AUSTRALIA      | English-70; Mandarin-30 | RPT |  | G  | Y |
| 2020-08-26 | 2100 | <b>Donna Hay: Basics To Brilliance Kids</b> | Treasure Hunt  | An important part of getting ready for the day's treasure hunt is making sure everyone has enough energy. Donna and her two helpers make bowls of pesto pasta with a twist.                            | AUSTRALIA      | English-100             |     |  | PG |   |
| 2020-08-26 | 2130 | <b>Bake With Anna Olson</b>                 | Flourless Cakes                                      | Anna showcases some classic and contemporary cakes made using ingredients other than flour, and with that comes the lesson in how to achieve delicate and moist cakes made without wheat flour.        | CANADA         | English-100             |     |  | G  |   |
| 2020-08-26 | 2200 | <b>Come Dine With Me UK</b>                 | Come Dine With Me UK Series 15 Ep 43                 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100             |     |  | PG |   |
| 2020-08-26 | 2230 | <b>Poh's Kitchen On The Road</b>            | Singapore  | Poh is on the road and this week she's in Singapore, one of the great international food capitals of the world. She meets ex-pat Antonia Kidman and food stars Andre Chiang and Janice Wong.           | AUSTRALIA      | English-100             | RPT |  | G  | Y |
| 2020-08-26 | 2300 | <b>The Cook And The Chef</b>                | Quince And Pork                                      | Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.                  | AUSTRALIA      | English-100             |     |  | G  |   |
| 2020-08-26 | 2330 | <b>The Cook And The Chef</b>                | 100th Special  | The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.                                  | AUSTRALIA      | English-100             |     |  | G  |   |



|            |      |   |  |  |                |                         |     |    |   |
|------------|------|---|--|--|----------------|-------------------------|-----|----|---|
| 2020-08-26 | 2400 | <b>Lidia's Italy</b>                        | Lidia's Italy Series 3 Ep 8                          | Lidia prepares a simple and delicious dish to put on the table for the family during the week - chicken with olives, pinenuts, and celery steamed in a skillet.  | USA            | English-100             |     | PG |   |
| 2020-08-26 | 2430 | <b>Ready Steady Cook UK</b>                 | Ready Steady Cook UK Series 20 Ep 28                 | Ainsley Harriott hosts another classic 20-minutes of high-energy cookery with Ali Bastian and Graeme Cole from The Bill in the kitchen.  | UNITED KINGDOM | English-100             |     | PG |   |
| 2020-08-26 | 2530 | <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             |     | G  |   |
| 2020-08-26 | 2600 | <b>Gourmet Farmer</b>                       | Gourmet Farmer Series 4 Ep 4                         | After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.                                | AUSTRALIA      | English-100             | RPT | PG | Y |
| 2020-08-26 | 2630 | <b>Destination Flavour China</b>            | Anhui  | Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.           | AUSTRALIA      | English-70; Mandarin-30 | RPT | G  | Y |
| 2020-08-26 | 2700 | <b>Donna Hay: Basics To Brilliance Kids</b> | Treasure Hunt  | An important part of getting ready for the day's treasure hunt is making sure everyone has enough energy. Donna and her two helpers make bowls of pesto pasta with a twist.                            | AUSTRALIA      | English-100             |     | PG |   |
| 2020-08-26 | 2730 | <b>Bake With Anna Olson</b>                 | Flourless Cakes                                      | Anna showcases some classic and contemporary cakes made using ingredients other than flour, and with that comes the lesson in how to achieve delicate and moist cakes made without wheat flour.        | CANADA         | English-100             |     | G  |   |
| 2020-08-26 | 2800 | <b>Come Dine With Me UK</b>                 | Come Dine With Me UK Series 15 Ep 43                 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100             |     | PG |   |
| 2020-08-26 | 2830 | <b>Poh's Kitchen On The Road</b>            | Singapore  | Poh is on the road and this week she's in Singapore, one of the great international food capitals of the world. She meets ex-pat Antonia Kidman and food stars Andre Chiang and Janice Wong.           | AUSTRALIA      | English-100             | RPT | G  | Y |
| 2020-08-27 | 0500 | <b>Miguel's Feasts</b>                      | Miguel's Feasts Series 1 Ep 8                        | How far will Miguel go for fresh ingredients? Knee deep in mud, Miguel pulls out a mud crab the size of a basketball.  | AUSTRALIA      | English-100             |     | PG |   |
| 2020-08-27 | 0530 | <b>Spencer's Big 30</b>                     | 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             |     | G  |   |
| 2020-08-27 | 0600 | <b>Annabel Langbein: Free Range Cook</b>    | Show Me The Honey                                    | Annabel needs to replenish one of her pantry essentials - honey. She travels to stunning Alexandra for her favourite organic honey and on the way learns a few tips for cooking with this sweet treat. | NEW ZEALAND    | English-100             |     | G  |   |
| 2020-08-27 | 0630 | <b>Lyndey And Herbie's Moveable Feast</b>   | Sunshine Extra                                       | In this second visit to the sunny coast, Lyndey meets a great character who breeds water buffalo, and combined with a local trumpet player's cheese, she creates her 'Spiced Bocconcini Salad'.        | AUSTRALIA      | English-100             |     | G  |   |
| 2020-08-27 | 0700 | <b>Sarah Graham Cooks Cape Town</b>         | Rob's 30th Party                                     | In celebration of husband Rob's 30th Birthday, Sarah collaborates with celebrity chef Neill Anthony to design a dinner party that fuses childhood food nostalgia with gourmet influences.              | SOUTH AFRICA   | English-100             |     | G  |   |
| 2020-08-27 | 0730 | <b>Cook's Pantry With Matt Sinclair</b>     | Cook's Pantry With Matt Sinclair Series 1, The Ep 38 | Matt and Michael whip up a family favourite - honey mustard chicken drumsticks, while Courtney heads to a broccoli and cauliflower farm.   | AUSTRALIA      | English-100             |     | PG |   |
| 2020-08-27 | 0800 | <b>Lidia's Italy</b>                        | Lidia's Italy Series 3 Ep 8                          | Lidia prepares a simple and delicious dish to put on the table for the family during the week - chicken with olives, pinenuts, and celery steamed in a skillet.  | USA            | English-100             |     | PG |   |
| 2020-08-27 | 0830 | <b>Ready Steady Cook UK</b>                 | Ready Steady Cook UK Series 20 Ep 28                 | Ainsley Harriott hosts another classic 20-minutes of high-energy cookery with Ali Bastian and Graeme Cole from The Bill in the kitchen.  | UNITED KINGDOM | English-100             |     | PG |   |
| 2020-08-27 | 0930 | <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             |     | G  |   |
| 2020-08-27 | 1000 | <b>Gourmet Farmer</b>                       | Gourmet Farmer Series 4 Ep 4                         | After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.                                | AUSTRALIA      | English-100             | RPT | PG | Y |

|            |      |   |  |  |                |                            |     |    |   |
|------------|------|---|--|--|----------------|----------------------------|-----|----|---|
| 2020-08-27 | 1030 | <b>Destination Flavour China</b>                | Anhui  | Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.             | AUSTRALIA      | English-70;<br>Mandarin-30 | RPT | G  | Y |
| 2020-08-27 | 1100 | <b>Donna Hay: Basics To Brilliance Kids</b>     | Treasure Hunt  | An important part of getting ready for the day's treasure hunt is making sure everyone has enough energy. Donna and her two helpers make bowls of pesto pasta with a twist.                              | AUSTRALIA      | English-100                |     | PG |   |
| 2020-08-27 | 1130 | <b>Oliver's Twist</b>                           | Kitchen Builders                                       | Jamie treats the men renovating his flat to a 'thank you' meal. Dishes include chick pea and leek soup, braised lamb shanks, and English trifle.   | UNITED KINGDOM | English-100                |     | G  |   |
| 2020-08-27 | 1200 | <b>Bake With Anna Olson</b>                     | Flourless Cakes  | Anna showcases some classic and contemporary cakes made using ingredients other than flour, and with that comes the lesson in how to achieve delicate and moist cakes made without wheat flour.          | CANADA         | English-100                |     | G  |   |
| 2020-08-27 | 1230 | <b>Come Dine With Me UK</b>                     | Come Dine With Me UK Series 15 Ep 43                   | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.   | UNITED KINGDOM | English-100                |     | PG |   |
| 2020-08-27 | 1300 | <b>Poh's Kitchen On The Road</b>                | Singapore  | Poh is on the road and this week she's in Singapore, one of the great international food capitals of the world. She meets ex-pat Antonia Kidman and food stars Andre Chiang and Janice Wong.             | AUSTRALIA      | English-100                | RPT | G  | Y |
| 2020-08-27 | 1330 | <b>Miguel's Feasts</b>                          | Miguel's Feasts Series 1 Ep 9                          | In this episode of Miguel's Feasts, a deep sea New Zealand specialty, a smoking hot picnic, and has Miguel got what it takes to be a Banana Farmer? Or should he just stick to cooking them?             | AUSTRALIA      | English-100                |     | PG |   |
| 2020-08-27 | 1400 | <b>Spencer's Big 30</b>                         | 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                |     | G  |   |
| 2020-08-27 | 1430 | <b>Annabel Langbein: Free Range Cook</b>        | Good Egg, A  | Annabel travels to Waimate to gather eggs from mad keen poultry enthusiast John Davies.  | NEW ZEALAND    | English-100                |     | G  |   |
| 2020-08-27 | 1500 | <b>Lyndey And Herbie's Moveable Feast</b>       | Riverina Food Bowl                                     | Defined by the great Murrumbidgee River, the Riverina area is a flourishing food bowl, brimming with magnificent produce.  | AUSTRALIA      | English-100                |     | G  |   |
| 2020-08-27 | 1530 | <b>One World Kitchen</b>                        | Dim Yum  | Host Mary Tang cooks up traditional Cantonese dim sum recipes. These brunch dishes are bite-sized but big on flavour.  | CANADA         | English-100                |     | G  |   |
| 2020-08-27 | 1600 | <b>Cook's Pantry With Matt Sinclair</b>         | Cook's Pantry With Matt Sinclair Series 1, The Ep 39   | Matt's first dish is inspired by his local Chinese take-away where he grew up - a one wok wonder - Mongolian Beef.   | AUSTRALIA      | English-100                |     | PG |   |
| 2020-08-27 | 1630 | <b>The Cook And The Chef</b>                    | Land Of The Long White Cloud                           | The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua. | AUSTRALIA      | English-100                |     | G  |   |
| 2020-08-27 | 1700 | <b>The Cook And The Chef</b>                    | Kumara And Venison                                     | Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.      | AUSTRALIA      | English-100                |     | G  |   |
| 2020-08-27 | 1730 | <b>Lidia's Italy</b>                            | Lidia's Italy Series 3 Ep 9                            | Italy is known for its wine, but a strong beer culture can also be found there as well. High in the mountains of Italy's north, beer making is quite a prominent part of the region's culture.           | USA            | English-100                |     | PG |   |
| 2020-08-27 | 1800 | <b>Ready Steady Cook UK</b>                     | Ready Steady Cook UK Series 20 Ep29                    | TV presenter Josie D'Arby faces her comedian friend, actor and writer Emma Kennedy for another bout of food rivalry in the red and green kitchens.   | UNITED KINGDOM | English-100                |     | PG |   |
| 2020-08-27 | 1900 | <b>Oliver's Twist</b>                           | More Than Just A Lettuce Leaf                          | Jamie cooks up a range of vegetarian dishes, including a mushroom sarnie, tagliatelle, and pecan and vanilla ice cream.  | UNITED KINGDOM | English-100                |     | PG |   |
| 2020-08-27 | 1930 | <b>Macao Gourmet With Justine Schofield</b>     | Macao Gourmet Series 1 Ep 5                            | Justine meets with chef Hans Lee Rasmussen who invites her to visit to visit Macao Tourism Institute where he is training aspiring chefs to fight food waste and make their industry more sustainable.   | AUSTRALIA      | English-100                |     | G  |   |
| 2020-08-27 | 2000 | <b>Wok X Pot With Marion And Silvia</b>         | Wok X Pot With Marion And Silvia Series 1 Ep 1         | Marion and Silvia are on the task of creating silky Italian pasta and soft, spongy rice noodles as they turn them into delicious cannelloni and Pad see Yew.   | AUSTRALIA      | English-100                |     | PG |   |
| 2020-08-27 | 2030 | <b>Rachel Khoo's Kitchen Notebook Melbourne</b> | Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 3 | Rachel continues her journey through the cuisine capital of Australia. In this episode, she explores some of the city's suburban pockets and discovers an open-hearted food community.                   | UNITED KINGDOM | English-100                | RPT | G  | Y |

|            |      |   |  |  |                |             |     |    |   |
|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2020-08-27 | 2100 | <b>Gino's Italian Escape: Hidden Italy</b>      | Piedmont   | Gino is in Piemonte - one of the three regions that the Po Valley straddles, which is at the heart of the Italian rice production. He tries his hand at rice harvesting.                                 | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-27 | 2130 | <b>Bake With Anna Olson</b>                     | Biscotti   | Anna shares her recipes for biscotti, which translates from Italian to mean twice baked. From classic, crunchy biscotti to a more tender version, Anna shares everything you need to know.               | CANADA         | English-100 |     | G  |   |
| 2020-08-27 | 2200 | <b>Come Dine With Me UK</b>                     | Come Dine With Me UK Series 15 Ep 44                   | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.   | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-27 | 2230 | <b>Poh's Kitchen On The Road</b>                | One Magic Bowl   | Poh is on the road to South Australia's Fleurieu Peninsular, where she attends the 'One Magic Bowl' in Port Willunga, an event where 11 local chefs create 11 seafood dishes.                            | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-27 | 2300 | <b>The Cook And The Chef</b>                    | Land Of The Long White Cloud                           | The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua. | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-27 | 2330 | <b>The Cook And The Chef</b>                    | Kumara And Venison                                     | Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.      | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-27 | 2400 | <b>Lidia's Italy</b>                            | Lidia's Italy Series 3 Ep 9                            | Italy is known for its wine, but a strong beer culture can also be found there as well. High in the mountains of Italy's north, beer making is quite a prominent part of the region's culture.           | USA            | English-100 |     | PG |   |
| 2020-08-27 | 2430 | <b>Ready Steady Cook UK</b>                     | Ready Steady Cook UK Series 20 Ep29                    | TV presenter Josie D'Arby faces her comedian friend, actor and writer Emma Kennedy for another bout of food rivalry in the red and green kitchens.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-27 | 2530 | <b>Macao Gourmet With Justine Schofield</b>     | Macao Gourmet Series 1 Ep 5                            | Justine meets with chef Hans Lee Rasmussen who invites her to visit to visit Macao Tourism Institute where he is training aspiring chefs to fight food waste and make their industry more sustainable.   | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-27 | 2600 | <b>Wok X Pot With Marion And Silvia</b>         | Wok X Pot With Marion And Silvia Series 1 Ep 1         | Marion and Silvia are on the task of creating silky Italian pasta and soft, spongy rice noodles as they turn them into delicious cannelloni and Pad see Yew.   | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-27 | 2630 | <b>Rachel Khoo's Kitchen Notebook Melbourne</b> | Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 3 | Rachel continues her journey through the cuisine capital of Australia. In this episode, she explores some of the city's suburban pockets and discovers an open-hearted food community.                   | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-08-27 | 2700 | <b>Gino's Italian Escape: Hidden Italy</b>      | Piedmont   | Gino is in Piemonte - one of the three regions that the Po Valley straddles, which is at the heart of the Italian rice production. He tries his hand at rice harvesting.                                 | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-27 | 2730 | <b>Bake With Anna Olson</b>                     | Biscotti   | Anna shares her recipes for biscotti, which translates from Italian to mean twice baked. From classic, crunchy biscotti to a more tender version, Anna shares everything you need to know.               | CANADA         | English-100 |     | G  |   |
| 2020-08-27 | 2800 | <b>Come Dine With Me UK</b>                     | Come Dine With Me UK Series 15 Ep 44                   | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.   | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-27 | 2830 | <b>Poh's Kitchen On The Road</b>                | One Magic Bowl   | Poh is on the road to South Australia's Fleurieu Peninsular, where she attends the 'One Magic Bowl' in Port Willunga, an event where 11 local chefs create 11 seafood dishes.                            | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-28 | 0500 | <b>Miguel's Feasts</b>                          | Miguel's Feasts Series 1 Ep 9                          | In this episode of Miguel's Feasts, a deep sea New Zealand specialty, a smoking hot picnic, and has Miguel got what it takes to be a Banana Farmer? Or should he just stick to cooking them?             | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-28 | 0530 | <b>Spencer's Big 30</b>                         | 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 |     | G  |   |
| 2020-08-28 | 0600 | <b>Annabel Langbein: Free Range Cook</b>        | Good Egg, A  | Annabel travels to Waimate to gather eggs from mad keen poultry enthusiast John Davies.  | NEW ZEALAND    | English-100 |     | G  |   |
| 2020-08-28 | 0630 | <b>Lyndey And Herbie's Moveable Feast</b>       | Riverina Food Bowl                                     | Defined by the great Murrumbidgee River, the Riverina area is a flourishing food bowl, brimming with magnificent produce.  | AUSTRALIA      | English-100 |     | G  |   |

|            |      |   |  |  |                |             |     |    |   |
|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2020-08-28 | 0700 | <b>One World Kitchen</b>                        | Dim Yum  | Host Mary Tang cooks up traditional Cantonese dim sum recipes. These brunch dishes are bite-sized but big on flavour.  | CANADA         | English-100 |     | G  |   |
| 2020-08-28 | 0730 | <b>Cook's Pantry With Matt Sinclair</b>         | Cook's Pantry With Matt Sinclair Series 1, The Ep 39   | Matt's first dish is inspired by his local Chinese take-away where he grew up - a one wok wonder - Mongolian Beef.   | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-28 | 0800 | <b>Lidia's Italy</b>                            | Lidia's Italy Series 3 Ep 9                            | Italy is known for its wine, but a strong beer culture can also be found there as well. High in the mountains of Italy's north, beer making is quite a prominent part of the region's culture.         | USA            | English-100 |     | PG |   |
| 2020-08-28 | 0830 | <b>Ready Steady Cook UK</b>                     | Ready Steady Cook UK Series 20 Ep29                    | TV presenter Josie D'Arby faces her comedian friend, actor and writer Emma Kennedy for another bout of food rivalry in the red and green kitchens.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-28 | 0930 | <b>Macao Gourmet With Justine Schofield</b>     | Macao Gourmet Series 1 Ep 5                            | Justine meets with chef Hans Lee Rasmussen who invites her to visit to visit Macao Tourism Institute where he is training aspiring chefs to fight food waste and make their industry more sustainable. | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-28 | 1000 | <b>Wok X Pot With Marion And Silvia</b>         | Wok X Pot With Marion And Silvia Series 1 Ep 1         | Marion and Silvia are on the task of creating silky Italian pasta and soft, spongy rice noodles as they turn them into delicious cannelloni and Pad see Yew.   | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-28 | 1030 | <b>Rachel Khoo's Kitchen Notebook Melbourne</b> | Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 3 | Rachel continues her journey through the cuisine capital of Australia. In this episode, she explores some of the city's suburban pockets and discovers an open-hearted food community.                 | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-08-28 | 1100 | <b>Gino's Italian Escape: Hidden Italy</b>      | Piedmont   | Gino is in Piemonte - one of the three regions that the Po Valley straddles, which is at the heart of the Italian rice production. He tries his hand at rice harvesting.                               | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-28 | 1130 | <b>Oliver's Twist</b>                           | More Than Just A Lettuce Leaf                          | Jamie cooks up a range of vegetarian dishes, including a mushroom sarnie, tagliatelle, and pecan and vanilla ice cream.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-28 | 1200 | <b>Bake With Anna Olson</b>                     | Biscotti   | Anna shares her recipes for biscotti, which translates from Italian to mean twice baked. From classic, crunchy biscotti to a more tender version, Anna shares everything you need to know.             | CANADA         | English-100 |     | G  |   |
| 2020-08-28 | 1230 | <b>Come Dine With Me UK</b>                     | Come Dine With Me UK Series 15 Ep 44                   | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-28 | 1300 | <b>Poh's Kitchen On The Road</b>                | One Magic Bowl   | Poh is on the road to South Australia's Fleurieu Peninsular, where she attends the 'One Magic Bowl' in Port Willunga, an event where 11 local chefs create 11 seafood dishes.                          | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-28 | 1330 | <b>Miguel's Feasts</b>                          | Miguel's Feasts Series 1 Ep 10                         | In this episode of Miguel's Feasts, the secrets of Bull-Boar Sausages is revealed, and a street food cook off becomes a battle of the sexes.   | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-28 | 1400 | <b>Spencer's Big 30</b>                         | 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 |     | G  |   |
| 2020-08-28 | 1430 | <b>Annabel Langbein: Free Range Cook</b>        | Girlfriends Go Fishing In Dusk                         | When Annabel is offered a weekend on a charter boat in remote Dusky Sound, she invites a couple of girlfriends to join her. After a day of fishing they all relax and celebrate their catch.           | NEW ZEALAND    | English-100 |     | PG |   |
| 2020-08-28 | 1500 | <b>Lyndey And Herbie's Moveable Feast</b>       | More Riverina Treasures                                | With such an array of wonderful produce, this episode explores more Riverina treasures with Lyndey and Herbie discovering a citrus orchard singing with freshness, and walnuts straight from the tree. | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-28 | 1530 | <b>One World Kitchen</b>                        | Irrestistable Pork Recipes                             | Cantonese expert Mary Tang shows us three mouth-watering dishes using one of her favourite ingredients - savoury pork.   | CANADA         | English-100 |     | G  |   |
| 2020-08-28 | 1600 | <b>Cook's Pantry With Matt Sinclair</b>         | Cook's Pantry With Matt Sinclair Series 1, The Ep 40   | Matt's visits stunning Noosa Heads overlooking Lagoona Bay where he barbeques harissa-spiced corn cobs.  | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-28 | 1630 | <b>The Cook And The Chef</b>                    | Salmon And Wasabi                                      | Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.        | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-28 | 1700 | <b>The Cook And The Chef</b>                    | Olives And Mussels                                     | Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.               | AUSTRALIA      | English-100 |     | G  |   |

|            |      |  |                                      |  |                |             |     |    |   |
|------------|------|--|--------------------------------------|--|----------------|-------------|-----|----|---|
| 2020-08-28 | 1730 | <b>Lidia's Italy</b>                       | Lidia's Italy Series 3 Ep 10         | Lidia's friend Vittorio Beltrami has a look very similar to Albert Einstein. And his genius is cheese! Lidia visits Beltrami's farm in Le Marche where he tends to his precious animals.               | USA            | English-100 |     | PG |   |
| 2020-08-28 | 1800 | <b>Ready Steady Cook UK</b>                | Ready Steady Cook UK Series 20 Ep 30 | Last Choir Standing judge Suzi Digby faces Maestro mentor Jason Lai in the green and red kitchens.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-28 | 1900 | <b>Oliver's Twist</b>                      | Late Night Snacks                    | Greg and Junior are both stand up comedians, and have a terrible diet of take-out and beer. Jamie shows them how to make quick and easy foods.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-28 | 1930 | <b>Hairy Biker's Mississippi Adventure</b> | Cajun                                | Si and Dave visit the epicentre of Cajun culture, experiencing great food and great people in Lafayette. They tuck in to crawfish, and groove at a jam session.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-28 | 2030 | <b>Rick Stein's Far Eastern Odyssey</b>    | Malaysia And Sri Lanka               | Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.            | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2020-08-28 | 2135 | <b>Bake With Anna Olson</b>                | Bars                                 | Anna showcases a number of her favourite recipes for the widely popular baked treat - the bar, from a simple one-bowl granola bar recipe to a distinctly Canadian Nanaimo bar.                         | CANADA         | English-100 |     | G  |   |
| 2020-08-28 | 2200 | <b>Come Dine With Me UK</b>                | Come Dine With Me UK Series 15 Ep 45 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-28 | 2230 | <b>Poh's Kitchen On The Road</b>           | Beer In The Alps                     | Poh is on the road to the Australian Alps to visit a charming little boutique brewery near Bright. She talks to some local brewers and meets chef Anthony Simone.                                      | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-28 | 2300 | <b>The Cook And The Chef</b>               | Salmon And Wasabi                    | Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.        | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-28 | 2330 | <b>The Cook And The Chef</b>               | Olives And Mussels                   | Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.               | AUSTRALIA      | English-100 |     | G  |   |
| 2020-08-28 | 2400 | <b>Lidia's Italy</b>                       | Lidia's Italy Series 3 Ep 10         | Lidia's friend Vittorio Beltrami has a look very similar to Albert Einstein. And his genius is cheese! Lidia visits Beltrami's farm in Le Marche where he tends to his precious animals.               | USA            | English-100 |     | PG |   |
| 2020-08-28 | 2430 | <b>Ready Steady Cook UK</b>                | Ready Steady Cook UK Series 20 Ep 30 | Last Choir Standing judge Suzi Digby faces Maestro mentor Jason Lai in the green and red kitchens.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-28 | 2530 | <b>Hairy Biker's Mississippi Adventure</b> | Cajun                                | Si and Dave visit the epicentre of Cajun culture, experiencing great food and great people in Lafayette. They tuck in to crawfish, and groove at a jam session.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-08-28 | 2630 | <b>Rick Stein's Far Eastern Odyssey</b>    | Malaysia And Sri Lanka               | Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.            | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2020-08-28 | 2735 | <b>Bake With Anna Olson</b>                | Bars                                 | Anna showcases a number of her favourite recipes for the widely popular baked treat - the bar, from a simple one-bowl granola bar recipe to a distinctly Canadian Nanaimo bar.                         | CANADA         | English-100 |     | G  |   |
| 2020-08-28 | 2800 | <b>Come Dine With Me UK</b>                | Come Dine With Me UK Series 15 Ep 45 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-08-28 | 2830 | <b>Poh's Kitchen On The Road</b>           | Beer In The Alps                     | Poh is on the road to the Australian Alps to visit a charming little boutique brewery near Bright. She talks to some local brewers and meets chef Anthony Simone.                                      | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-08-29 | 0500 | <b>Miguel's Feasts</b>                     | Miguel's Feasts Series 1 Ep 10       | In this episode of Miguel's Feasts, the secrets of Bull-Boar Sausages is revealed, and a street food cook off becomes a battle of the sexes.   | AUSTRALIA      | English-100 |     | PG |   |
| 2020-08-29 | 0530 | <b>Spencer's Big 30</b>                    | 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 |     | G  |   |

|            |      |   |  |  |                |             |     |  |    |   |
|------------|------|---|--|--|----------------|-------------|-----|--|----|---|
| 2020-08-29 | 0600 | <b>Annabel Langbein: Free Range Cook</b>    | Girlfriends Go Fishing In Dusk                       | When Annabel is offered a weekend on a charter boat in remote Dusky Sound, she invites a couple of girlfriends to join her. After a day of fishing they all relax and celebrate their catch.           | NEW ZEALAND    | English-100 |     |  | PG |   |
| 2020-08-29 | 0630 | <b>Lyndey And Herbie's Moveable Feast</b>   | More Riverina Treasures                              | With such an array of wonderful produce, this episode explores more Riverina treasures with Lyndey and Herbie discovering a citrus orchard singing with freshness, and walnuts straight from the tree. | AUSTRALIA      | English-100 |     |  | G  |   |
| 2020-08-29 | 0700 | <b>One World Kitchen</b>                    | Irrestistable Pork Recipes                           | Cantonese expert Mary Tang shows us three mouth-watering dishes using one of her favourite ingredients - savoury pork.   | CANADA         | English-100 |     |  | G  |   |
| 2020-08-29 | 0730 | <b>Cook's Pantry With Matt Sinclair</b>     | Cook's Pantry With Matt Sinclair Series 1, The Ep 40 | Matt's visits stunning Noosa Heads overlooking Lagoona Bay where he barbeques harissa-spiced corn cobs.  | AUSTRALIA      | English-100 |     |  | PG |   |
| 2020-08-29 | 0800 | <b>Lidia's Italy</b>                        | Lidia's Italy Series 3 Ep 10                         | Lidia's friend Vittorio Beltrami has a look very similar to Albert Einstein. And his genius is cheese! Lidia visits Beltrami's farm in Le Marche where he tends to his precious animals.               | USA            | English-100 |     |  | PG |   |
| 2020-08-29 | 0830 | <b>Ready Steady Cook UK</b>                 | Ready Steady Cook UK Series 20 Ep 30                 | Last Choir Standing judge Suzi Digby faces Maestro mentor Jason Lai in the green and red kitchens.   | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-08-29 | 0930 | <b>Hairy Biker's Mississippi Adventure</b>  | Cajun  | Si and Dave visit the epicentre of Cajun culture, experiencing great food and great people in Lafayette. They tuck in to crawfish, and groove at a jam session.  | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-08-29 | 1030 | <b>Rick Stein's Far Eastern Odyssey</b>     | Malaysia And Sri Lanka                               | Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.            | UNITED KINGDOM | English-100 | RPT |  | PG | Y |
| 2020-08-29 | 1135 | <b>Oliver's Twist</b>                       | Late Night Snacks                                    | Greg and Junior are both stand up comedians, and have a terrible diet of take-out and beer. Jamie shows them how to make quick and easy foods.   | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-08-29 | 1205 | <b>Bake With Anna Olson</b>                 | Bars   | Anna showcases a number of her favourite recipes for the widely popular baked treat - the bar, from a simple one-bowl granola bar recipe to a distinctly Canadian Nanaimo bar.                         | CANADA         | English-100 |     |  | G  |   |
| 2020-08-29 | 1230 | <b>Come Dine With Me UK</b>                 | Come Dine With Me UK Series 15 Ep 45                 | Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds. | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-08-29 | 1300 | <b>Poh's Kitchen On The Road</b>            | Beer In The Alps                                     | Poh is on the road to the Australian Alps to visit a charming little boutique brewery near Bright. She talks to some local brewers and meets chef Anthony Simone.                                      | AUSTRALIA      | English-100 | RPT |  | G  | Y |
| 2020-08-29 | 1330 | <b>Cook's Pantry With Matt Sinclair</b>     | Cook's Pantry With Matt Sinclair Series 1, The Ep 40 | Matt's visits stunning Noosa Heads overlooking Lagoona Bay where he barbeques harissa-spiced corn cobs.  | AUSTRALIA      | English-100 |     |  | PG |   |
| 2020-08-29 | 1400 | <b>The F Word USA</b>                       | F Word USA Series 1, The Ep 6                        | Live at The F Word Restaurant, Cat Deeley and Marlon Wayans stop by for some fun as Seoul Food and The Italian Stallions compete with their best take on Fish and Chips.                               | USA            | English-100 |     |  | PG |   |
| 2020-08-29 | 1500 | <b>Thai Street Food With David Thompson</b> | Transitions  | This episode will focus on transitions: that of day to night, of traditional Bangkok to the modern day city and market transformation in surrounding areas.  | AUSTRALIA      | English-100 | RPT |  | G  | Y |
| 2020-08-29 | 1530 | <b>Thai Street Food With David Thompson</b> | Seafood  | This episode sees David learns about the life of the Thai fishermen, before he sets up a cooking session with a fresh catch, right on the boat.  | AUSTRALIA      | English-100 | RPT |  | G  | Y |
| 2020-08-29 | 1600 | <b>The Cook And The Chef</b>                | Olives And Mussels                                   | Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.               | AUSTRALIA      | English-100 |     |  | G  |   |
| 2020-08-29 | 1630 | <b>The Cook And The Chef</b>                | Feijoa And Kiwi Fruit                                | Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.   | AUSTRALIA      | English-100 |     |  | G  |   |
| 2020-08-29 | 1700 | <b>The Cook And The Chef</b>                | Lamb And Saffron                                     | Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.  | AUSTRALIA      | English-100 |     |  | PG |   |

|            |      |   |  |  |                |             |     |  |    |   |
|------------|------|---|--|--|----------------|-------------|-----|--|----|---|
| 2020-08-29 | 1730 | <b>Flintoff's Great British Road Trip</b>     | Flintoff's Great British Road Trip Series 2 Ep 5 | Rob takes Freddie to his adopted homeland of Wales to see if he can persuade him that it truly is the best place in the British Isles.   | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-08-29 | 1830 | <b>Made In Britain</b>                        | Made In Britain Series 1 Ep 5                    | John Prescott is in search of the quintessentially British staple of tea and biscuits. He visits the Typhoo tea factory in Liverpool, and the Fox's biscuits factory in Batley.                          | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-08-29 | 1930 | <b>Cheese Slices</b>                          | 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 |   |
| 2020-08-29 | 2000 | <b>Cheese Slices</b>                          | 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  |   |
| 2020-08-29 | 2030 | <b>Rhodes Across Italy</b>                    | Piedmont   | Gary Rhodes travels to the northern region of Piedmont on the latest leg of his Italian culinary grand tour. He visits Alba's famous truffle fair, before going on a truffle hunt of his own.            | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-08-29 | 2130 | <b>The Hairy Bikers' Food Tour Of Britain</b> | Dumfries And Galloway                            | Si and Dave explore Dumfries and Galloway, where they cook haggis for the locals in Dumfries. They try their hand at beekeeping and find some award-winning mutton.                                      | UNITED KINGDOM | English-100 | RPT |  | G  |   |
| 2020-08-29 | 2230 | <b>Destination Flavour Singapore</b>          | Destination Flavour Singapore Series 1 Ep 5      | Adam continues his search for seafood inspiration by heading to the famous Newton Food Centre. He gives a Hawker Stall 101, & demonstrates how to line up a seafood feast like no other for under \$100. | AUSTRALIA      | English-100 | RPT |  | G  | Y |
| 2020-08-29 | 2300 | <b>Thai Street Food With David Thompson</b>   | Seafood  | This episode sees David learns about the life of the Thai fishermen, before he sets up a cooking session with a fresh catch, right on the boat.  | AUSTRALIA      | English-100 | RPT |  | G  | Y |
| 2020-08-29 | 2330 | <b>Flintoff's Great British Road Trip</b>     | Flintoff's Great British Road Trip Series 2 Ep 5 | Rob takes Freddie to his adopted homeland of Wales to see if he can persuade him that it truly is the best place in the British Isles.   | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-08-29 | 2430 | <b>Made In Britain</b>                        | Made In Britain Series 1 Ep 5                    | John Prescott is in search of the quintessentially British staple of tea and biscuits. He visits the Typhoo tea factory in Liverpool, and the Fox's biscuits factory in Batley.                          | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-08-29 | 2530 | <b>Cheese Slices</b>                          | 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 |   |
| 2020-08-29 | 2600 | <b>Cheese Slices</b>                          | 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  |   |
| 2020-08-29 | 2630 | <b>Rhodes Across Italy</b>                    | Piedmont   | Gary Rhodes travels to the northern region of Piedmont on the latest leg of his Italian culinary grand tour. He visits Alba's famous truffle fair, before going on a truffle hunt of his own.            | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-08-29 | 2730 | <b>The Hairy Bikers' Food Tour Of Britain</b> | Dumfries And Galloway                            | Si and Dave explore Dumfries and Galloway, where they cook haggis for the locals in Dumfries. They try their hand at beekeeping and find some award-winning mutton.                                      | UNITED KINGDOM | English-100 | RPT |  | G  |   |
| 2020-08-29 | 2830 | <b>Thai Street Food With David Thompson</b>   | Transitions                                      | This episode will focus on transitions: that of day to night, of traditional Bangkok to the modern day city and market transformation in surrounding areas.  | AUSTRALIA      | English-100 | RPT |  | G  | Y |