



WEEK 36: Sunday, 1 September - Saturday, 7 September 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-09-01	0500	Born To Cook: Jack Stein Down Under	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100		G		Y
2019-09-01	0530	Dinner Date	Dinner Date Series 8 Ep 16	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-09-01	0630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 11	'Shaken, not stirred.' Richo shares none other than his 0-0-7 James Bond cocktail and tasty Sweet and Spicy Chicken Wings.	AUSTRALIA	English-100		G		
2019-09-01	0700	The Cook And The Chef	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G		
2019-09-01	0730	The Cook And The Chef	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G		
2019-09-01	0800	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G		
2019-09-01	0830	Gordon Ramsay Seasonal Special	Winter Comfort Food	In the final special episode of Gordon's guide to home cooking, he teaches us how to cook his favourite comfort food: dishes that'll keep you cosy, contented and warm throughout the New Year.	UNITED KINGDOM	English-100		PG		
2019-09-01	0930	Cheese Slices	Haloumi: Cyprus	Squeaky, salty haloumi is one of the world's best-loved grilled cheeses. However most of it is now mass produced using cows milk. Will heads to the island of Cyprus to see how it's traditionally made.	AUSTRALIA	English-100		PG		
2019-09-01	1000	Cheese Slices	Artisan Cheese Of The USA	Will's cheese tour takes him across the United States to look at artisanal cheese in regions not normally associated with specialist cheese.	AUSTRALIA	English-100		G		
2019-09-01	1030	Avec Eric	Artisanal	Join Eric as he experiences the lifestyles of culinary artisans up close in Tuscany. Eric goes to a farm where they gather chestnuts for cooking and for feeding their prize-winning cows.	USA	English-100		G		
2019-09-01	1100	Avec Eric	Perfect Pairings	Eric explores the fundamental relationship between food and wine, in which perfect pairings serve to elevate the quality of each.	USA	English-100		G		
2019-09-01	1130	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 5	Peter Kuruvita explores local food being produced with medicinal properties and creates delicious recipes to create at home using ginger, turmeric, millet and camel milk.	AUSTRALIA	English-100	RPT	G		Y
2019-09-01	1200	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 1 Ep 6	The final episode in the series looks to the future of farming and shows the way food community in Noosa is leading the way.	AUSTRALIA	English-100	RPT	G		Y
2019-09-01	1230	Gordon Ramsay Seasonal Special	Winter Comfort Food	In the final special episode of Gordon's guide to home cooking, he teaches us how to cook his favourite comfort food: dishes that'll keep you cosy, contented and warm throughout the New Year.	UNITED KINGDOM	English-100		PG		
2019-09-01	1330	Dinner Date	Dinner Date Series 8 Ep 16	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		

2019-09-01	1430	Born To Cook: Jack Stein Down Under	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100		G		Y
2019-09-01	1500	Dinner Date	Dinner Date Series 8 Ep 17	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-09-01	1600	Born To Cook: Jack Stein Down Under	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100		G		
2019-09-01	1630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 12	Mediterranean Tarts, BBQ King Fish Wings, and Bacon and Cheese Pies, Richo shows just how easy and diverse bar snacks can be.	AUSTRALIA	English-100		G		
2019-09-01	1700	The Cook And The Chef	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G		
2019-09-01	1730	The Cook And The Chef	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G		
2019-09-01	1800	The Cook And The Chef	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G		
2019-09-01	1830	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-09-01	1935	Ainsley's Caribbean Kitchen	Tobago	Ainsley takes the 20 minute plane trip to the island of Tobago, where seafood is king! Ainsley meets with Miss Trim, who cooks up the best 'Crab n Dumplings' on the island.	UNITED KINGDOM	English-100				
2019-09-01	2030	Two Greedy Italians... Still Hungry	Rome And Machismo	Rome and Machismo - Gennaro and Antonio look at the modern Italian man and ask if there is still a place in Italy for 'macho' men. They start in the rugged mountain villages of Lazio.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-09-01	2135	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-01	2205	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-01	2235	The Spice Trip	Cambodia / Black Pepper	Chef Stevie Parle and professional spice blender Emma Grazette travel to Cambodia, where black pepper is considered the king of spices.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-09-01	2330	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-09-01	2435	Ainsley's Caribbean Kitchen	Tobago	Ainsley takes the 20 minute plane trip to the island of Tobago, where seafood is king! Ainsley meets with Miss Trim, who cooks up the best 'Crab n Dumplings' on the island.	UNITED KINGDOM	English-100				
2019-09-01	2530	Two Greedy Italians... Still Hungry	Rome And Machismo	Rome and Machismo - Gennaro and Antonio look at the modern Italian man and ask if there is still a place in Italy for 'macho' men. They start in the rugged mountain villages of Lazio.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-09-01	2635	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-01	2705	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-01	2735	The Spice Trip	Cambodia / Black Pepper	Chef Stevie Parle and professional spice blender Emma Grazette travel to Cambodia, where black pepper is considered the king of spices.	UNITED KINGDOM	English-100	RPT	PG	Y	Y

2019-09-01	2830	Born To Cook: Jack Stein Down Under	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100		G		
2019-09-02	0500	The Cook And The Chef	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G		
2019-09-02	0530	The Cook And The Chef	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G		
2019-09-02	0600	The Cook And The Chef	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G		
2019-09-02	0630	Dinner Date	Dinner Date Series 8 Ep 17	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-09-02	0730	Ainsley's Caribbean Kitchen	Tobago	Ainsley takes the 20 minute plane trip to the island of Tobago, where seafood is king! Ainsley meets with Miss Trim, who cooks up the best 'Crab n Dumplings' on the island.	UNITED KINGDOM	English-100				
2019-09-02	0830	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-09-02	0935	Two Greedy Italians... Still Hungry	Rome And Machismo	Rome and Machismo - Gennaro and Antonio look at the modern Italian man and ask if there is still a place in Italy for 'macho' men. They start in the rugged mountain villages of Lazio.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-09-02	1040	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-02	1110	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-02	1140	The Spice Trip	Cambodia / Black Pepper	Chef Stevie Parle and professional spice blender Emma Grazette travel to Cambodia, where black pepper is considered the king of spices.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-09-02	1235	Born To Cook: Jack Stein Down Under	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100		G		
2019-09-02	1305	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 12	Mediterranean Tarts, BBQ King Fish Wings, and Bacon and Cheese Pies, Richo shows just how easy and diverse bar snacks can be.	AUSTRALIA	English-100		G		
2019-09-02	1335	Ainsley's Caribbean Kitchen	Tobago	Ainsley takes the 20 minute plane trip to the island of Tobago, where seafood is king! Ainsley meets with Miss Trim, who cooks up the best 'Crab n Dumplings' on the island.	UNITED KINGDOM	English-100				
2019-09-02	1430	The Cook And The Chef	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G		
2019-09-02	1500	Nigella Feasts	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-09-02	1530	One World Kitchen	Opa!	Things get fun in the One World Kitchen cooking studio as Greek home cook Joanna Chery bakes cookies using ouzo.	CANADA	English-100		G		
2019-09-02	1600	The Healthy Food Guide	Work Life Balance	How do you get the balance of work and life right? Carly Flynn wants to know is it possible and what role does food play? Carly meets a pilot who has all the tricks for balancing her life.	NEW ZEALAND	English-100		PG		
2019-09-02	1630	Chinese Food In Minutes	Carpenters	Today's guests are a couple of cheeky carpenters. They're complete novice cooks, but want to swap their hammers for woks to learn how to make quick and delicious Chinese meals.	UNITED KINGDOM	English-100		G		
2019-09-02	1700	Secret Meat Business	Argentinean	Adrian is up to his elbows in beef ribs, taking a traditional Argentinean dish to a whole new level.	AUSTRALIA	English-100		G		

2019-09-02	1730	Poh's Kitchen	Salted Fish With Emmanuel Mollois	Poh and her friend French chef Emmanuel Mollois immerse themselves in the world of salted fish. This method of preserving has been around for millennium.	AUSTRALIA	English-100	RPT	G	Y
2019-09-02	1800	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's Fish Won Tons and Garlic Prawns.	AUSTRALIA	English-100		G	
2019-09-02	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 11	The last five ambitious chefs plucked from kitchens across the country begin their bid to be crowned Professional MasterChef 2014 with three daunting tests.	UNITED KINGDOM	English-100			
2019-09-02	1935	Rachel Khoo's Kitchen Notebook: London	Fashion	Capturing London's individual style, the series kicks off with a visit to a pop-up restaurant (hidden at the back of a boutique), and Rachel checks out one of the city's unique rooftop haunts.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-02	2005	Rachel Khoo's Kitchen Notebook: London	Crowd Pleasers	Rachel explores the food scene in vibrant East London, and visits her favourite 24-hour bagel shop, where she discovers that a simple approach is often the secret to success.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-02	2035	Rick Stein's Long Weekends	Lisbon	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.	UNITED KINGDOM	English-100		PG	
2019-09-02	2140	Poh's Kitchen	Salted Fish With Emmanuel Mollois	Poh and her friend French chef Emmanuel Mollois immerse themselves in the world of salted fish. This method of preserving has been around for millennium.	AUSTRALIA	English-100	RPT	G	Y
2019-09-02	2210	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's Fish Won Tons and Garlic Prawns.	AUSTRALIA	English-100		G	
2019-09-02	2240	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 11	The last five ambitious chefs plucked from kitchens across the country begin their bid to be crowned Professional MasterChef 2014 with three daunting tests.	UNITED KINGDOM	English-100			
2019-09-02	2345	Saturday Kitchen	Saturday Kitchen Series 2 Ep 4	Olia Hercules returns to Saturday Kitchen this week to share another of her mums fabled Ukranian recipes, a roast pork belly with sour cabbage, apples, and prunes.	UNITED KINGDOM	English-100		PG	
2019-09-02	2445	Chinese Food In Minutes	Carpenters	Today's guests are a couple of cheeky carpenters. They're complete novice cooks, but want to swap their hammers for woks to learn how to make quick and delicious Chinese meals.	UNITED KINGDOM	English-100		G	
2019-09-02	2510	Secret Meat Business	Argentinean	Adrian is up to his elbows in beef ribs, taking a traditional Argentinean dish to a whole new level.	AUSTRALIA	English-100		G	
2019-09-02	2535	Rachel Khoo's Kitchen Notebook: London	Fashion	Capturing London's individual style, the series kicks off with a visit to a pop-up restaurant (hidden at the back of a boutique), and Rachel checks out one of the city's unique rooftop haunts.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-02	2605	Rachel Khoo's Kitchen Notebook: London	Crowd Pleasers	Rachel explores the food scene in vibrant East London, and visits her favourite 24-hour bagel shop, where she discovers that a simple approach is often the secret to success.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-02	2635	Rick Stein's Long Weekends	Lisbon	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.	UNITED KINGDOM	English-100		PG	
2019-09-02	2740	Nigella Feasts	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-02	2810	One World Kitchen	Opa!	Things get fun in the One World Kitchen cooking studio as Greek home cook Joanna Chery bakes cookies using ouzo.	CANADA	English-100		G	
2019-09-02	2835	The Healthy Food Guide	Work Life Balance	How do you get the balance of work and life right? Carly Flynn wants to know is it possible and what role does food play? Carly meets a pilot who has all the tricks for balancing her life.	NEW ZEALAND	English-100		PG	
2019-09-03	0500	Chinese Food In Minutes	Carpenters	Today's guests are a couple of cheeky carpenters. They're complete novice cooks, but want to swap their hammers for woks to learn how to make quick and delicious Chinese meals.	UNITED KINGDOM	English-100		G	
2019-09-03	0530	Secret Meat Business	Argentinean	Adrian is up to his elbows in beef ribs, taking a traditional Argentinean dish to a whole new level.	AUSTRALIA	English-100		G	

2019-09-03	0600	Poh's Kitchen	Salted Fish With Emmanuel Mollois	Poh and her friend French chef Emmanuel Mollois immerse themselves in the world of salted fish. This method of preserving has been around for millennium.	AUSTRALIA	English-100	RPT	G	Y
2019-09-03	0630	Saturday Kitchen	Saturday Kitchen Series 2 Ep 4	Olia Hercules returns to Saturday Kitchen this week to share another of her mums fabled Ukranian recipes, a roast pork belly with sour cabbage, apples, and prunes.	UNITED KINGDOM	English-100		PG	
2019-09-03	0730	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's Fish Won Tons and Garlic Prawns.	AUSTRALIA	English-100		G	
2019-09-03	0800	Nigella Feasts	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-03	0830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 11	The last five ambitious chefs plucked from kitchens across the country begin their bid to be crowned Professional MasterChef 2014 with three daunting tests.	UNITED KINGDOM	English-100			
2019-09-03	0935	Rachel Khoo's Kitchen Notebook: London	Fashion	Capturing London's individual style, the series kicks off with a visit to a pop-up restaurant (hidden at the back of a boutique), and Rachel checks out one of the city's unique rooftop haunts.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-03	1005	Rachel Khoo's Kitchen Notebook: London	Crowd Pleasers	Rachel explores the food scene in vibrant East London, and visits her favourite 24-hour bagel shop, where she discovers that a simple approach is often the secret to success.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-03	1035	Rick Stein's Long Weekends	Lisbon	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.	UNITED KINGDOM	English-100		PG	
2019-09-03	1140	One World Kitchen	Opa!	Things get fun in the One World Kitchen cooking studio as Greek home cook Joanna Chery bakes cookies using ouzo.	CANADA	English-100		G	
2019-09-03	1205	The Healthy Food Guide	Work Life Balance	How do you get the balance of work and life right? Carly Flynn wants to know is it possible and what role does food play? Carly meets a pilot who has all the tricks for balancing her life.	NEW ZEALAND	English-100		PG	
2019-09-03	1230	Chinese Food In Minutes	Carpenters	Today's guests are a couple of cheeky carpenters. They're complete novice cooks, but want to swap their hammers for woks to learn how to make quick and delicious Chinese meals.	UNITED KINGDOM	English-100		G	
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2019-09-03	1505	Nigella Feasts	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-03	1535	One World Kitchen	Cheese With Every Meal	Host Joanna Chery shows us her cheesy side with four traditional Greek recipes using everyone's favourite ooey-gooey ingredient.	CANADA	English-100		G	
2019-09-03	1600	Anjum's Australian Spice Stories	Getting Started	Anjum Anand gives us a lesson in essential Indian spices, putting them to use in a ginger masala chai that she cooks over an open flame in the countryside.	AUSTRALIA	English-100		G	
2019-09-03	1630	Chinese Food In Minutes	Entrepreneurs	Today's guests are two young American entrepreneurs. They're living busy, busy lives in London and want to learn to make fast and tasty Chinese food.	UNITED KINGDOM	English-100		G	
2019-09-03	1700	Secret Meat Business	Japanese	Japanese pancakes at their finest. This combination of chicken, soba noodles and traditional flavours makes for a super impressive dish.	AUSTRALIA	English-100		G	
2019-09-03	1730	Poh's Kitchen	Filipino Food With Dennis Leslie	Poh introduces executive chef Denis Leslie, who draws on his Filipino heritage to treat us to a traditional tangy soup and melt-in-the-mouth chicken dish.	AUSTRALIA	English-100	RPT	G	Y

2019-09-03	1800	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G	
2019-09-03	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 12	The week's best chefs return for the quarter-finals and the battle really begins. Their first challenge is an Invention Test - but this one has a twist.	UNITED KINGDOM	English-100			
2019-09-03	1935	The Hairy Bikers' Food Tour Of Britain	Oxfordshire	Si and Dave explore Oxfordshire, where they resurrect a lost county recipe and cook it for the locals in Henley. They also make cheese with rock star Alex James.	UNITED KINGDOM	English-100	RPT	G	
2019-09-03	2030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 10	Paul Hollywood celebrates his favourite flavours as Pies and Puds rediscovers a recipe from Cumbria's seafaring history, and a cheese from Yorkshire that nearly got banned.	UNITED KINGDOM	English-100			
2019-09-03	2130	Poh's Kitchen	Filipino Food With Dennis Leslie	Poh introduces executive chef Denis Leslie, who draws on his Filipino heritage to treat us to a traditional tangy soup and melt-in-the-mouth chicken dish.	AUSTRALIA	English-100	RPT	G	Y
2019-09-03	2200	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G	
2019-09-03	2230	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 12	The week's best chefs return for the quarter-finals and the battle really begins. Their first challenge is an Invention Test - but this one has a twist.	UNITED KINGDOM	English-100			
2019-09-03	2335	Saturday Kitchen	Saturday Kitchen Series 2 Ep 5	The Michelin starred Norfolk marvel, Galton Blackiston joins Saturday Kitchen this week to share another one of his scrumptious creation - Lamb cutlets with chicken mousse and sauce Choron.	UNITED KINGDOM	English-100		G	
2019-09-03	2435	Chinese Food In Minutes	Entrepreneurs	Today's guests are two young American entrepreneurs. They're living busy, busy lives in London and want to learn to make fast and tasty Chinese food.	UNITED KINGDOM	English-100		G	
2019-09-03	2505	Secret Meat Business	Japanese	Japanese pancakes at their finest. This combination of chicken, soba noodles and traditional flavours makes for a super impressive dish.	AUSTRALIA	English-100		G	
2019-09-03	2535	The Hairy Bikers' Food Tour Of Britain	Oxfordshire	Si and Dave explore Oxfordshire, where they resurrect a lost county recipe and cook it for the locals in Henley. They also make cheese with rock star Alex James.	UNITED KINGDOM	English-100	RPT	G	
2019-09-03	2630	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 10	Paul Hollywood celebrates his favourite flavours as Pies and Puds rediscovers a recipe from Cumbria's seafaring history, and a cheese from Yorkshire that nearly got banned.	UNITED KINGDOM	English-100			
2019-09-03	2730	Nigella Feasts	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-03	2800	One World Kitchen	Cheese With Every Meal	Host Joanna Chery shows us her cheesy side with four traditional Greek recipes using everyone's favourite ooey-goey ingredient.	CANADA	English-100		G	
2019-09-03	2830	Anjum's Australian Spice Stories	Getting Started	Anjum Anand gives us a lesson in essential Indian spices, putting them to use in a ginger masala chai that she cooks over an open flame in the countryside.	AUSTRALIA	English-100		G	
2019-09-04	0500	Chinese Food In Minutes	Entrepreneurs	Today's guests are two young American entrepreneurs. They're living busy, busy lives in London and want to learn to make fast and tasty Chinese food.	UNITED KINGDOM	English-100		G	
2019-09-04	0530	Secret Meat Business	Japanese	Japanese pancakes at their finest. This combination of chicken, soba noodles and traditional flavours makes for a super impressive dish.	AUSTRALIA	English-100		G	
2019-09-04	0600	Poh's Kitchen	Filipino Food With Dennis Leslie	Poh introduces executive chef Denis Leslie, who draws on his Filipino heritage to treat us to a traditional tangy soup and melt-in-the-mouth chicken dish.	AUSTRALIA	English-100	RPT	G	Y
2019-09-04	0630	Saturday Kitchen	Saturday Kitchen Series 2 Ep 5	The Michelin starred Norfolk marvel, Galton Blackiston joins Saturday Kitchen this week to share another one of his scrumptious creation - Lamb cutlets with chicken mousse and sauce Choron.	UNITED KINGDOM	English-100		G	
2019-09-04	0730	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G	

2019-09-04	0800	Nigella Feasts	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-04	0830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 12	The week's best chefs return for the quarter-finals and the battle really begins. Their first challenge is an Invention Test - but this one has a twist.	UNITED KINGDOM	English-100			
2019-09-04	0935	The Hairy Bikers' Food Tour Of Britain	Oxfordshire	Si and Dave explore Oxfordshire, where they resurrect a lost county recipe and cook it for the locals in Henley. They also make cheese with rock star Alex James.	UNITED KINGDOM	English-100	RPT	G	
2019-09-04	1030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 10	Paul Hollywood celebrates his favourite flavours as Pies and Puds rediscovers a recipe from Cumbria's sea-faring history, and a cheese from Yorkshire that nearly got banned.	UNITED KINGDOM	English-100			
2019-09-04	1130	One World Kitchen	Cheese With Every Meal	Host Joanna Chery shows us her cheesy side with four traditional Greek recipes using everyone's favourite ooey-gooey ingredient.	CANADA	English-100		G	
2019-09-04	1200	Anjum's Australian Spice Stories	Getting Started	Anjum Anand gives us a lesson in essential Indian spices, putting them to use in a ginger masala chai that she cooks over an open flame in the countryside.	AUSTRALIA	English-100		G	
2019-09-04	1230	Chinese Food In Minutes	Entrepreneurs	Today's guests are two young American entrepreneurs. They're living busy, busy lives in London and want to learn to make fast and tasty Chinese food.	UNITED KINGDOM	English-100		G	
2019-09-04	1300	Secret Meat Business	Japanese	Japanese pancakes at their finest. This combination of chicken, soba noodles and traditional flavours makes for a super impressive dish.	AUSTRALIA	English-100		G	
2019-09-04	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 12	The week's best chefs return for the quarter-finals and the battle really begins. Their first challenge is an Invention Test - but this one has a twist.	UNITED KINGDOM	English-100			
2019-09-04	1435	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G	
2019-09-04	1505	Nigella Feasts	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-04	1535	One World Kitchen	Classic Greek Recipes	Host Joanna Chery shows us recipes that pay homage to traditional Greek cuisine including succulent roast lamb with potatoes.	CANADA	English-100		G	
2019-09-04	1600	Anjum's Australian Spice Stories	Picnic, The	Anjum decides to create some holiday memories for her family by putting an Indian spin on a family picnic. She kicks off with a traditional home-made Indian cheese known as Paneer.	AUSTRALIA	English-100		G	
2019-09-04	1630	Chinese Food In Minutes	Surveyors	Ching is joined by two competitive surveyors who are keen to impress their friends with their cooking skills. On the menu today - succulent and crispy Mongolian lamb.	UNITED KINGDOM	English-100		G	
2019-09-04	1700	Secret Meat Business	Korean	Inspired by a Korean fan, Adrian's making his version of beef bulgogi: marinated and grilled meat with some classic Korean flavours.	AUSTRALIA	English-100		G	
2019-09-04	1730	Poh's Kitchen	Slow Cooking With Emmanuel Molloisoh	This episode, Poh and Emmanuel are slow cooking two delicious meat dishes that bring back wonderful memories for both of them.	AUSTRALIA	English-100	RPT	G	Y
2019-09-04	1800	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G	
2019-09-04	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 13	It's the semi-finals, and Marcus Wareing, formidable chef Monica Galetti, and MasterChef's seasoned diner Gregg Wallace step up the pressure in their search for culinary talent.	UNITED KINGDOM	English-100			
2019-09-04	1935	Let's Do Coffee	Let's Do Coffee Series 1 Ep 7	Hosted from the Museum of Sydney, we meet the big successes behind the smallest coffee treats, perfect our pour-over coffee skills, and dine in style like the first Governor of Australia.	AUSTRALIA	English-100			
2019-09-04	2005	Let's Do Coffee	Let's Do Coffee Series 1 Ep 8	Hosted from one of Sydney's most historic homesteads, we meet one of the pioneers of Australia's coffee culture, and dispel some of the top coffee myths.	AUSTRALIA	English-100			
2019-09-04	2035	The Chocolate Queen	Chocolate Queen Series 1, The Ep 9	The Chocolate Queen creates indulgent chocolate tacos and puts her spin on an Australian classic with Triple Chocolate Lamingtons.	AUSTRALIA	English-100		G	

2019-09-04	2100	The Chocolate Queen	Chocolate Queen Series 1, The Ep 10	Kirsten makes a simple Microwave Chocolate Sponge and show stopping Chocolate Pops.	AUSTRALIA	English-100		G	
2019-09-04	2130	Poh's Kitchen	Slow Cooking With Emmanuel Molloisoh	This episode, Poh and Emmanuel are slow cooking two delicious meat dishes that bring back wonderful memories for both of them.	AUSTRALIA	English-100	RPT	G	Y
2019-09-04	2200	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G	
2019-09-04	2230	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 13	It's the semi-finals, and Marcus Wareing, formidable chef Monica Galetti, and MasterChef's seasoned diner Gregg Wallace step up the pressure in their search for culinary talent.	UNITED KINGDOM	English-100		G	
2019-09-04	2335	Saturday Kitchen	Saturday Kitchen Series 2 Ep 6	Pop star Ronan Keating faces the heaven or hell challenge as he contemplates the proliferation of beetroot in burgers.	UNITED KINGDOM	English-100		G	
2019-09-04	2435	Chinese Food In Minutes	Surveyors	Ching is joined by two competitive surveyors who are keen to impress their friends with their cooking skills. On the menu today - succulent and crispy Mongolian lamb.	UNITED KINGDOM	English-100		G	
2019-09-04	2500	Secret Meat Business	Korean	Inspired by a Korean fan, Adrian's making his version of beef bulgogi: marinated and grilled meat with some classic Korean flavours.	AUSTRALIA	English-100		G	
2019-09-04	2530	Let's Do Coffee	Let's Do Coffee Series 1 Ep 7	Hosted from the Museum of Sydney, we meet the big successes behind the smallest coffee treats, perfect our pour-over coffee skills, and dine in style like the first Governor of Australia.	AUSTRALIA	English-100		G	
2019-09-04	2600	Let's Do Coffee	Let's Do Coffee Series 1 Ep 8	Hosted from one of Sydney's most historic homesteads, we meet one of the pioneers of Australia's coffee culture, and dispel some of the top coffee myths.	AUSTRALIA	English-100		G	
2019-09-04	2630	The Chocolate Queen	Chocolate Queen Series 1, The Ep 9	The Chocolate Queen creates indulgent chocolate tacos and puts her spin on an Australian classic with Triple Chocolate Lamingtons.	AUSTRALIA	English-100		G	
2019-09-04	2700	The Chocolate Queen	Chocolate Queen Series 1, The Ep 10	Kirsten makes a simple Microwave Chocolate Sponge and show stopping Chocolate Pops.	AUSTRALIA	English-100		G	
2019-09-04	2730	Nigella Feasts	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-04	2800	One World Kitchen	Classic Greek Recipes	Host Joanna Chery shows us recipes that pay homage to traditional Greek cuisine including succulent roast lamb with potatoes.	CANADA	English-100		G	
2019-09-04	2830	Anjum's Australian Spice Stories	Picnic, The	Anjum decides to create some holiday memories for her family by putting an Indian spin on a family picnic. She kicks off with a traditional home-made Indian cheese known as Paneer.	AUSTRALIA	English-100		G	
2019-09-05	0500	Chinese Food In Minutes	Surveyors	Ching is joined by two competitive surveyors who are keen to impress their friends with their cooking skills. On the menu today - succulent and crispy Mongolian lamb.	UNITED KINGDOM	English-100		G	
2019-09-05	0530	Secret Meat Business	Korean	Inspired by a Korean fan, Adrian's making his version of beef bulgogi: marinated and grilled meat with some classic Korean flavours.	AUSTRALIA	English-100		G	
2019-09-05	0600	Poh's Kitchen	Slow Cooking With Emmanuel Molloisoh	This episode, Poh and Emmanuel are slow cooking two delicious meat dishes that bring back wonderful memories for both of them.	AUSTRALIA	English-100	RPT	G	Y
2019-09-05	0630	Saturday Kitchen	Saturday Kitchen Series 2 Ep 6	Pop star Ronan Keating faces the heaven or hell challenge as he contemplates the proliferation of beetroot in burgers.	UNITED KINGDOM	English-100		G	
2019-09-05	0730	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G	
2019-09-05	0800	Nigella Feasts	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT	G	Y

2019-09-05	0830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 13	It's the semi-finals, and Marcus Wareing, formidable chef Monica Galetti, and MasterChef's seasoned diner Gregg Wallace step up the pressure in their search for culinary talent.	UNITED KINGDOM	English-100				
2019-09-05	0935	Let's Do Coffee	Let's Do Coffee Series 1 Ep 7	Hosted from the Museum of Sydney, we meet the big successes behind the smallest coffee treats, perfect our pour-over coffee skills, and dine in style like the first Governor of Australia.	AUSTRALIA	English-100				
2019-09-05	1005	Let's Do Coffee	Let's Do Coffee Series 1 Ep 8	Hosted from one of Sydney's most historic homesteads, we meet one of the pioneers of Australia's coffee culture, and dispel some of the top coffee myths.	AUSTRALIA	English-100				
2019-09-05	1035	The Chocolate Queen	Chocolate Queen Series 1, The Ep 9	The Chocolate Queen creates indulgent chocolate tacos and puts her spin on an Australian classic with Triple Chocolate Lamingtons.	AUSTRALIA	English-100			G	
2019-09-05	1100	The Chocolate Queen	Chocolate Queen Series 1, The Ep 10	Kirsten makes a simple Microwave Chocolate Sponge and show stopping Chocolate Pops.	AUSTRALIA	English-100			G	
2019-09-05	1130	One World Kitchen	Classic Greek Recipes	Host Joanna Chery shows us recipes that pay homage to traditional Greek cuisine including succulent roast lamb with potatoes.	CANADA	English-100			G	
2019-09-05	1200	Anjum's Australian Spice Stories	Picnic, The	Anjum decides to create some holiday memories for her family by putting an Indian spin on a family picnic. She kicks off with a traditional home-made Indian cheese known as Paneer.	AUSTRALIA	English-100			G	
2019-09-05	1230	Chinese Food In Minutes	Surveyors	Ching is joined by two competitive surveyors who are keen to impress their friends with their cooking skills. On the menu today - succulent and crispy Mongolian lamb.	UNITED KINGDOM	English-100			G	
2019-09-05	1300	Secret Meat Business	Korean	Inspired by a Korean fan, Adrian's making his version of beef bulgogi: marinated and grilled meat with some classic Korean flavours.	AUSTRALIA	English-100			G	
2019-09-05	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 13	It's the semi-finals, and Marcus Wareing, formidable chef Monica Galetti, and MasterChef's seasoned diner Gregg Wallace step up the pressure in their search for culinary talent.	UNITED KINGDOM	English-100				
2019-09-05	1435	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100			G	
2019-09-05	1505	Nigella Feasts	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT		G	Y
2019-09-05	1535	One World Kitchen	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	
2019-09-05	1600	Anjum's Australian Spice Stories	Indian Flavours	From Garlic, Red Chilli and Tomato Chutney to Proper Date and Tamarind Chutney, Anjum show's us the secret to her favourite Indian Chutney's and how they can add instant flavour to any Indian dish.	AUSTRALIA	English-100			G	
2019-09-05	1630	Chinese Food In Minutes	Taxi Drivers	Two London cabbies are keen to prove they've got the edge when it comes to wok cooking - on the menu, a punchy prawn and chilli bamboo shoot stir fry.	UNITED KINGDOM	English-100			G	
2019-09-05	1700	Secret Meat Business	Turkish	Adrian creates a fantastic Turkish chicken dish, fresh and juicy. Complete with homemade flat bread, it's a dinner party delight.	AUSTRALIA	English-100			G	
2019-09-05	1730	Poh's Kitchen	Breakfast With Bill Granger	Renowned chef Bill Granger visits Poh to share some great breakfast secrets. Bill's scrambled eggs have been described by The Times as the best in the world.	AUSTRALIA	English-100	RPT		G	Y
2019-09-05	1800	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100			PG	
2019-09-05	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 14	Marcus Wareing and Monica Galetti send the first two talented semi-finalists to Mayfair's Connaught Hotel to experience service in a two-Michelin-starred kitchen.	UNITED KINGDOM	English-100				

2019-09-05	1935	Heston's Feasts	Christmas	Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-09-05	2030	No Passport Required	D.C.	Outside of Ethiopia, D.C. has the largest population of Ethiopians, so the city feels like a homecoming to Marcus even though he's never lived there.	USA	English-100		PG		
2019-09-05	2130	Poh's Kitchen	Breakfast With Bill Granger	Renowned chef Bill Granger visits Poh to share some great breakfast secrets. Bill's scrambled eggs have been described by The Times as the best in the world.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-05	2200	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG		
2019-09-05	2230	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 14	Marcus Wareing and Monica Galetti send the first two talented semi-finalists to Mayfair's Connaught Hotel to experience service in a two-Michelin-starred kitchen.	UNITED KINGDOM	English-100				
2019-09-05	2335	Saturday Kitchen	Saturday Kitchen Series 2 Ep 7	The man at the helm of the award winning Audex restaurant and the pride of Wales himself, Bryn Williams joins James this week to whip up lemon sole with slow-cooked leeks, brown shrimp, and capers.	UNITED KINGDOM	English-100		G		Y
2019-09-05	2435	Chinese Food In Minutes	Taxi Drivers	Two London cabbies are keen to prove they've got the edge when it comes to wok cooking - on the menu, a punchy prawn and chilli bamboo shoot stir fry.	UNITED KINGDOM	English-100		G		
2019-09-05	2500	Secret Meat Business	Turkish	Adrian creates a fantastic Turkish chicken dish, fresh and juicy. Complete with homemade flat bread, it's a dinner party delight.	AUSTRALIA	English-100		G		
2019-09-05	2530	Heston's Feasts	Christmas	Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-09-05	2630	No Passport Required	D.C.	Outside of Ethiopia, D.C. has the largest population of Ethiopians, so the city feels like a homecoming to Marcus even though he's never lived there.	USA	English-100		PG		
2019-09-05	2730	Nigella Feasts	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-09-05	2800	One World Kitchen	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		
2019-09-05	2830	Anjum's Australian Spice Stories	Indian Flavours	From Garlic, Red Chilli and Tomato Chutney to Proper Date and Tamarind Chutney, Anjum show's us the secret to her favourite Indian Chutney's and how they can add instant flavour to any Indian dish.	AUSTRALIA	English-100		G		
2019-09-06	0500	Chinese Food In Minutes	Taxi Drivers	Two London cabbies are keen to prove they've got the edge when it comes to wok cooking - on the menu, a punchy prawn and chilli bamboo shoot stir fry.	UNITED KINGDOM	English-100		G		
2019-09-06	0530	Secret Meat Business	Turkish	Adrian creates a fantastic Turkish chicken dish, fresh and juicy. Complete with homemade flat bread, it's a dinner party delight.	AUSTRALIA	English-100		G		
2019-09-06	0600	Poh's Kitchen	Breakfast With Bill Granger	Renowned chef Bill Granger visits Poh to share some great breakfast secrets. Bill's scrambled eggs have been described by The Times as the best in the world.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-06	0630	Saturday Kitchen	Saturday Kitchen Series 2 Ep 7	The man at the helm of the award winning Audex restaurant and the pride of Wales himself, Bryn Williams joins James this week to whip up lemon sole with slow-cooked leeks, brown shrimp, and capers.	UNITED KINGDOM	English-100		G		Y
2019-09-06	0730	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG		
2019-09-06	0800	Nigella Feasts	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT	G	Y	

2019-09-06	0830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 14	Marcus Wareing and Monica Galetti send the first two talented semi-finalists to Mayfair's Connaught Hotel to experience service in a two-Michelin-starred kitchen.	UNITED KINGDOM	English-100				
2019-09-06	0935	Heston's Feasts	Christmas	Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-09-06	1030	No Passport Required	D.C.	Outside of Ethiopia, D.C. has the largest population of Ethiopians, so the city feels like a homecoming to Marcus even though he's never lived there.	USA	English-100		PG		
2019-09-06	1130	One World Kitchen	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		
2019-09-06	1200	Anjum's Australian Spice Stories	Indian Flavours	From Garlic, Red Chilli and Tomato Chutney to Proper Date and Tamarind Chutney, Anjum show's us the secret to her favourite Indian Chutney's and how they can add instant flavour to any Indian dish.	AUSTRALIA	English-100		G		
2019-09-06	1230	Chinese Food In Minutes	Taxi Drivers	Two London cabbies are keen to prove they've got the edge when it comes to wok cooking - on the menu, a punchy prawn and chilli bamboo shoot stir fry.	UNITED KINGDOM	English-100		G		
2019-09-06	1300	Secret Meat Business	Turkish	Adrian creates a fantastic Turkish chicken dish, fresh and juicy. Complete with homemade flat bread, it's a dinner party delight.	AUSTRALIA	English-100		G		
2019-09-06	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 14	Marcus Wareing and Monica Galetti send the first two talented semi-finalists to Mayfair's Connaught Hotel to experience service in a two-Michelin-starred kitchen.	UNITED KINGDOM	English-100				
2019-09-06	1435	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG		
2019-09-06	1505	Nigella Feasts	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-09-06	1535	One World Kitchen	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		
2019-09-06	1600	Anjum's Australian Spice Stories	Comfort Food	It's cold outside so Anjum shows us how to warm our souls with her take on Indian comfort food - from a rich lamb bhuna to a spicy baked spinach ricotta.	AUSTRALIA	English-100		G		
2019-09-06	1630	Chinese Food In Minutes	Estate Agents	A pair of estate agents from Bridlington are looking for healthy substitutes for the takeaways they rely on during the busy working week.	UNITED KINGDOM	English-100		G		
2019-09-06	1700	Secret Meat Business	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100		G		
2019-09-06	1730	Poh's Kitchen	Joyeux Noel With Emmanuel Mollois	In the season finale, Poh and chef Emmanuel Mollois get caught up in the Christmas spirit when they prepare two delicious Yuletide desserts.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-06	1800	The Cook And The Chef	Shellfish	What do you do with Sea Urchin? How do you prepare Abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G		

2019-09-06	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 15	First up, the chefs head to London's Knightsbridge to cook for the formidable chef Pierre Koffmann. With a fearsome reputation and over 50 years of experience, he has trained a generation of greats.	UNITED KINGDOM	English-100			
2019-09-06	1935	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 9	Rick pays a memorable visit to the Channel Island of Jersey, where he goes reef fishing for sea bass, which he grills.He also makes a Consommé and enjoys a beach barbecue.	UNITED KINGDOM	English-100			
2019-09-06	2005	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 10	Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins.	UNITED KINGDOM	English-100			
2019-09-06	2035	Gourmet Farmer	Gourmet Farmer Series 5 Ep 6	Matthew realises two long held day dreams when he installs an incredible outdoor fire pit and finally catches something from the ocean worth bragging about.	AUSTRALIA	English-100	RPT	G	Y
2019-09-06	2105	Nigella Express	Storecupboard SOS	This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-06	2135	Poh's Kitchen	Joyeux Noel With Emmanuel Mollois	In the season finale, Poh and chef Emmanuel Mollois get caught up in the Christmas spirit when they prepare two delicious Yuletide desserts.	AUSTRALIA	English-100	RPT	G	Y
2019-09-06	2205	The Cook And The Chef	Shellfish	What do you do with Sea Urchin? How do you prepare Abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G	
2019-09-06	2235	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 15	First up, the chefs head to London's Knightsbridge to cook for the formidable chef Pierre Koffmann. With a fearsome reputation and over 50 years of experience, he has trained a generation of greats.	UNITED KINGDOM	English-100			
2019-09-06	2340	Saturday Kitchen	Saturday Kitchen Series 2 Ep 8	The Spaniard with an array of best-selling books and award winning restaurants, Jose Pizarro, joins James this week to whip up Hake and clams in a green sauce.	UNITED KINGDOM	English-100		G	
2019-09-06	2440	Chinese Food In Minutes	Estate Agents	A pair of estate agents from Bridlington are looking for healthy substitutes for the takeaways they rely on during the busy working week.	UNITED KINGDOM	English-100		G	
2019-09-06	2505	Secret Meat Business	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100		G	
2019-09-06	2530	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 9	Rick pays a memorable visit to the Channel Island of Jersey, where he goes reef fishing for sea bass, which he grills.He also makes a Consommé and enjoys a beach barbecue.	UNITED KINGDOM	English-100			
2019-09-06	2600	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 10	Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins.	UNITED KINGDOM	English-100			
2019-09-06	2630	Nigella Express	Instant Calmer	Everyone's favourite comfort food gets the Nigella Express treatment, proving that calming, delicious food can be the work of moments.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-06	2700	Nigella Express	Storecupboard SOS	This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-06	2730	Nigella Feasts	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-06	2800	One World Kitchen	Irresistible Pork Recipes	Cantonese expert Mary Tang shows us three mouth-watering dishes using one of her favourite ingredients - savoury pork.	CANADA	English-100		G	
2019-09-06	2830	Anjum's Australian Spice Stories	Comfort Food	It's cold outside so Anjum shows us how to warm our souls with her take on Indian comfort food - from a rich lamb bhuna to a spicy baked spinach ricotta.	AUSTRALIA	English-100		G	
2019-09-07	0500	Chinese Food In Minutes	Estate Agents	A pair of estate agents from Bridlington are looking for healthy substitutes for the takeaways they rely on during the busy working week.	UNITED KINGDOM	English-100		G	
2019-09-07	0530	Secret Meat Business	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100		G	

2019-09-07	0600	Poh's Kitchen	Joyeux Noel With Emmanuel Mollois	In the season finale, Poh and chef Emmanuel Mollois get caught up in the Christmas spirit when they prepare two delicious Yuletide desserts.	AUSTRALIA	English-100	RPT	G	Y
2019-09-07	0630	Saturday Kitchen	Saturday Kitchen Series 2 Ep 8	The Spaniard with an array of best-selling books and award winning restaurants, Jose Pizarro, joins James this week to whip up Hake and clams in a green sauce.	UNITED KINGDOM	English-100		G	
2019-09-07	0730	The Cook And The Chef	Shellfish	What do you do with Sea Urchin? How do you prepare Abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G	
2019-09-07	0800	Nigella Feasts	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-07	0830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 15	First up, the chefs head to London's Knightsbridge to cook for the formidable chef Pierre Koffmann. With a fearsome reputation and over 50 years of experience, he has trained a generation of greats.	UNITED KINGDOM	English-100			
2019-09-07	0935	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 9	Rick pays a memorable visit to the Channel Island of Jersey, where he goes reef fishing for sea bass, which he grills. He also makes a Consommé and enjoys a beach barbecue.	UNITED KINGDOM	English-100			
2019-09-07	1005	Life Of Pie	Life Of Pie	This documentary lifts the lid, sees beyond the crust, and presents a story of some of those that wrap Australia in pastry and their personal stories behind the pie delights they make.	AUSTRALIA	English-100			
2019-09-07	1035	Nigella Express	Instant Calmer	Everyone's favourite comfort food gets the Nigella Express treatment, proving that calming, delicious food can be the work of moments.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-07	1100	Nigella Express	Storecupboard SOS	This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-07	1130	One World Kitchen	Irresistible Pork Recipes	Cantonese expert Mary Tang shows us three mouth-watering dishes using one of her favourite ingredients - savoury pork.	CANADA	English-100		G	
2019-09-07	1200	Anjum's Australian Spice Stories	Comfort Food	It's cold outside so Anjum shows us how to warm our souls with her take on Indian comfort food - from a rich lamb bhuna to a spicy baked spinach ricotta.	AUSTRALIA	English-100		G	
2019-09-07	1230	Chinese Food In Minutes	Estate Agents	A pair of estate agents from Bridlington are looking for healthy substitutes for the takeaways they rely on during the busy working week.	UNITED KINGDOM	English-100		G	
2019-09-07	1300	Secret Meat Business	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100		G	
2019-09-07	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 15	First up, the chefs head to London's Knightsbridge to cook for the formidable chef Pierre Koffmann. With a fearsome reputation and over 50 years of experience, he has trained a generation of greats.	UNITED KINGDOM	English-100			
2019-09-07	1435	Let's Do Coffee	Let's Do Coffee Series 1 Ep 9	We meet the documentary makers behind a coffee journey that took them from Ethiopia to the World Barista championships, and show you the secrets to a perfect long black.	AUSTRALIA	English-100			
2019-09-07	1505	Dinner Date	Dinner Date Series 8 Ep 18	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-09-07	1600	Born To Cook: Jack Stein Down Under	Red Wine, Finger Limes And Capers	Jack Stein heads to a winery where he blends his own Pinot Noir and enjoys a home-cooked lamb shank. At an elusive finger lime orchard, he sees the budding citrus caviar in Pemberton.	AUSTRALIA	English-100		PG	
2019-09-07	1630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 13	No matter what you prefer, Richo shares his recipes for the perfect bar snack. Light California Rolls, sticky BBQ Pork Ribs or comforting Mac and Cheese Toasties, these recipes are sure to impress.	AUSTRALIA	English-100		G	
2019-09-07	1700	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G	

2019-09-07	1730	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro, herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G		
2019-09-07	1800	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100		G		
2019-09-07	1830	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 1	Acclaimed Sydney chef Luke Nguyen returns to the country of his heritage to take a culinary journey through the southern regions of Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-07	1900	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 2	Tonight, acclaimed Sydney chef Luke Nguyen spends time cooking with his extended family in Ho Chi Minh City.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-07	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 1	Chef Luke Nguyen takes a culinary journey across the Greater Mekong region of Southeast Asia. Luke explores the cultures and centuries-old traditions of Yunnan Province.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-07	2000	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 2	Luke discovers the unique flavours and culinary traditions of the Bai and Yai people in the historic Chinese towns of Dali and Shaxi. There, Luke experiences the best fishing of his life.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-07	2030	Avec Eric	Oil & Wine	Join Eric this week as he explores the fascinating parallels between olive oil and wine. We get an insider look at one of the regular olive oil blind tastings done at Le Bernardin.	USA	English-100		G		
2019-09-07	2100	Avec Eric	Craftsmanship	Eric takes a closer look at craftsmanship and the importance of hands-on skills in cooking. We start in Le Bernardin where we follow the fastest fish butcher in the business.	USA	English-100		G		Y
2019-09-07	2130	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 1	Peter begins his journey by exploring what the Margaret River is famous for. With its Mediterranean climate, the region is bursting with food favourites - wine, cheese and olives.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-07	2200	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 2	Peter continues his journey along the Margaret River meeting with artisanal producers and learning their craft. He starts at the famed Margaret River Farmers Markets before stepping back in time.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-07	2230	Dinner Date	Dinner Date Series 8 Ep 18	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-09-07	2330	Born To Cook: Jack Stein Down Under	Red Wine, Finger Limes And Capers	Jack Stein heads to a winery where he blends his own Pinot Noir and enjoys a home-cooked lamb shank. At an elusive finger lime orchard, he sees the budding citrus caviar in Pemberton.	AUSTRALIA	English-100		PG		
2019-09-07	2400	Life Of Pie	Life Of Pie	This documentary lifts the lid, sees beyond the crust, and presents a story of some of those that wrap Australia in pastry and their personal stories behind the pie delights they make.	AUSTRALIA	English-100				
2019-09-07	2430	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G		
2019-09-07	2500	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro, herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G		
2019-09-07	2530	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100		G		
2019-09-07	2600	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 1	Acclaimed Sydney chef Luke Nguyen returns to the country of his heritage to take a culinary journey through the southern regions of Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-07	2630	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 2	Tonight, acclaimed Sydney chef Luke Nguyen spends time cooking with his extended family in Ho Chi Minh City.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-07	2700	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 1	Chef Luke Nguyen takes a culinary journey across the Greater Mekong region of Southeast Asia. Luke explores the cultures and centuries-old traditions of Yunnan Province.	AUSTRALIA	English-100	RPT	G	Y	Y

2019-09-07	2730	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 2	Luke discovers the unique flavours and culinary traditions of the Bai and Yai people in the historic Chinese towns of Dali and Shaxi. There, Luke experiences the best fishing of his life.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-07	2800	Avec Eric	Oil & Wine	Join Eric this week as he explores the fascinating parallels between olive oil and wine. We get an insider look at one of the regular olive oil blind tastings done at Le Bernardin.	USA	English-100		G		
2019-09-07	2830	Avec Eric	Craftsmanship	Eric takes a closer look at craftsmanship and the importance of hands-on skills in cooking. We start in Le Bernardin where we follow the fastest fish butcher in the business.	USA	English-100		G		Y