



WEEK 37: Sunday, 8 September - Saturday, 14 September 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-09-08	0500	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		
2019-09-08	0530	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		
2019-09-08	0600	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		
2019-09-08	0630	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	
2019-09-08	0700	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	
2019-09-08	0730	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		
2019-09-08	0830	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		
2019-09-08	0900	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		
2019-09-08	0930	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
2019-09-08	1000	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
2019-09-08	1030	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
2019-09-08	1100	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
2019-09-08	1130	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		
2019-09-08	1200	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
2019-09-08	1230	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		

2019-09-08	1300	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		
2019-09-08	1330	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		
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2019-09-08	1500	Dinner Date	Dinner Date Series 8 Ep 19	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		
2019-09-08	1600	Born To Cook: Jack Stein Down Under	Pork, Venison And Gin	Jack Stein visits some rare-breed pigs, visits the first venison farm in Western Australia & ends with a trip to Limeburners where he makes an 'ode to the English Meadow' gin at Cameron's Giniversity.	AUSTRALIA	English-100		G		
2019-09-08	1630	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 14	Richo serves up some of his favourite bar snacks. Quick and easy Seared Scallops with Vietnamese Dressing, flavour packed Steak Tartare and a Gooley Birthday Cake for One that is sure to impress.	AUSTRALIA	English-100		G		
2019-09-08	1700	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G		
2019-09-08	1730	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G		
2019-09-08	1800	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G		
2019-09-08	1830	Rick Stein's Far Eastern Odyssey	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG	Y	
2019-09-08	1935	Ainsley's Caribbean Kitchen	Grenada	Ainsley's Caribbean adventure continues on Grenada, known as The Spice Island. He meets up with Chef Brian Benjamin, who teaches Ainsley about the national dish of Oil Down.	UNITED KINGDOM	English-100				
2019-09-08	2030	Donal's Asian Baking Adventures	Hong Kong 1	Donal's journey to learn the secrets of Asian baking takes him to one of Asia's best known food hubs, Hong Kong.	SINGAPORE	English-100				
2019-09-08	2100	Donal's Asian Baking Adventures	Hong Kong 2	Daniel's in Hong Kong unravelling the story of the original 20th century cake trend - the classic egg tart or dan taat as it's known locally, a rich egg custard in a shortcrust pastry base.	SINGAPORE	English-100				
2019-09-08	2130	French Food Safari	French Food Safari Series 1 Episode 5	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-08	2200	French Food Safari	French Food Safari Series 1 Episode 6	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-08	2230	The Spice Trip	Grenada / Nutmeg	Chef Stevie Parle and spice blender Emma Grazette head to the Caribbean island of Grenada and learn that the country's main export, nutmeg, is dubbed 'black gold' by locals.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-09-08	2330	Rick Stein's Far Eastern Odyssey	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG	Y	
2019-09-08	2435	Ainsley's Caribbean Kitchen	Grenada	Ainsley's Caribbean adventure continues on Grenada, known as The Spice Island. He meets up with Chef Brian Benjamin, who teaches Ainsley about the national dish of Oil Down.	UNITED KINGDOM	English-100				

2019-09-08	2530	Donal's Asian Baking Adventures	Hong Kong 1	Donal's journey to learn the secrets of Asian baking takes him to one of Asia's best known food hubs, Hong Kong.	SINGAPORE	English-100					
2019-09-08	2600	Donal's Asian Baking Adventures	Hong Kong 2	Daniel's in Hong Kong unravelling the story of the original 20th century cake trend - the classic egg tart or dan taat as it's known locally, a rich egg custard in a shortcrust pastry base.	SINGAPORE	English-100					
2019-09-08	2630	French Food Safari	French Food Safari Series 1 Episode 5	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G	Y	Y	
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2019-09-08	2730	Dinner Date	Dinner Date Series 8 Ep 19	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
2019-09-08	2830	Born To Cook: Jack Stein Down Under	Pork, Venison And Gin	Jack Stein visits some rare-breed pigs, visits the first venison farm in Western Australia & ends with a trip to Limeburners where he makes an 'ode to the English Meadow' gin at Cameron's Giniversity.	AUSTRALIA	English-100					G
2019-09-09	0500	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100					G
2019-09-09	0530	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100					G
2019-09-09	0600	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100					G
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2019-09-09	1000	French Food Safari	French Food Safari Series 1 Episode 6	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT	G	Y	Y	
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2019-09-09	1500	Nigella Feasts	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-09	1530	Essence Of India	Street Foods Of India	New York's signature street food is the hot dog. In India, street food is a highly developed cuisine all on its own, going back hundreds of years.	USA	English-100		G	
2019-09-09	1600	Anjum's Australian Spice Stories	Coastal Cooking	Anjum conjures up flavours of the Indian coast with a coconut beef stir fry, malayalee fish curry and spice infused glazed pineapple.	AUSTRALIA	English-100		G	
2019-09-09	1630	Chinese Food In Minutes	Nurses	Two busy Manchester nurses want to ditch the takeaways at the end of a long shift. On the menu, a Taiwanese style Chicken rice with garlic spinach and ginger, chilli and soy steamed cod.	UNITED KINGDOM	English-100		G	
2019-09-09	1700	Miguel's Feasts	Miguel's Feasts Series 1 Ep 1	Meet one of New Zealand's biggest mussel men. From the paddock to the plate, Miguel engages a rich winter favourite.	AUSTRALIA	English-100		G	
2019-09-09	1730	Poh's Kitchen On The Road	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
2019-09-09	1800	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG	
2019-09-09	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 16	It's the semi-finals. Firstly, Marcus and Monica send the semi-finalists to London's Knightsbridge to work in service under one of the country's greatest fish chefs - Nathan Outlaw.	UNITED KINGDOM	English-100			
2019-09-09	1935	Rachel Khoo's Kitchen Notebook: London	Nostalgia	Rachel revamps some of her childhood favourites and calls into a very unique 'ice cream lab'. Plus, she shows us the secret behind creating the perfect strudel.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-09	2005	Rachel Khoo's Kitchen Notebook: London	Fast Food	London's fast food scene is constantly reinventing itself. Rachel samples some of the city's premier fast food, including hot Taiwanese sandwiches and Caribbean Jerk Chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-09	2035	Rick Stein's Long Weekends	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100		G	
2019-09-09	2140	Poh's Kitchen On The Road	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
2019-09-09	2210	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG	
2019-09-09	2240	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 16	It's the semi-finals. Firstly, Marcus and Monica send the semi-finalists to London's Knightsbridge to work in service under one of the country's greatest fish chefs - Nathan Outlaw.	UNITED KINGDOM	English-100			
2019-09-09	2345	Saturday Kitchen	Saturday Kitchen Series 2 Ep 9	James Martin hosts his last show ever on Saturday Kitchen with help from some his mates Paul Ainsworth, Claude Bosi, Vivek Singh, Sat Bains, and Brian Turner.	UNITED KINGDOM	English-100		PG	

2019-09-09	2455	Silvia's Tasty Bites	Sweet And Savory Tarts	Join famed cook Silvia Colloca in her kitchen as she cooks up some deliciously easy recipes, inspired by her Italian roots and family traditions.	AUSTRALIA	English-100		G	
2019-09-09	2510	Essence Of India	Street Foods Of India	New York's signature street food is the hot dog. In India, street food is a highly developed cuisine all on its own, going back hundreds of years.	USA	English-100		G	
2019-09-09	2535	Anjum's Australian Spice Stories	Coastal Cooking	Anjum conjures up flavours of the Indian coast with a coconut beef stir fry, malayalee fish curry and spice infused glazed pineapple.	AUSTRALIA	English-100		G	
2019-09-09	2600	Chinese Food In Minutes	Nurses	Two busy Manchester nurses want to ditch the takeaways at the end of a long shift. On the menu, a Taiwanese style Chicken rice with garlic spinach and ginger, chilli and soy steamed cod.	UNITED KINGDOM	English-100		G	
2019-09-09	2630	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 16	It's the semi-finals. Firstly, Marcus and Monica send the semi-finalists to London's Knightsbridge to work in service under one of the country's greatest fish chefs - Nathan Outlaw.	UNITED KINGDOM	English-100		G	
2019-09-09	2735	Saturday Kitchen	Saturday Kitchen Series 2 Ep 9	James Martin hosts his last show ever on Saturday Kitchen with help from some his mates Paul Ainsworth, Claude Bosi, Vivek Singh, Sat Bains, and Brian Turner.	UNITED KINGDOM	English-100		PG	
2019-09-09	2845	Silvia's Tasty Bites	Sweet And Savory Tarts	Join famed cook Silvia Colloca in her kitchen as she cooks up some deliciously easy recipes, inspired by her Italian roots and family traditions.	AUSTRALIA	English-100		G	
2019-09-10	0500	Nigella Feasts	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-10	0530	Essence Of India	Street Foods Of India	New York's signature street food is the hot dog. In India, street food is a highly developed cuisine all on its own, going back hundreds of years.	USA	English-100		G	
2019-09-10	0600	Anjum's Australian Spice Stories	Coastal Cooking	Anjum conjures up flavours of the Indian coast with a coconut beef stir fry, malayalee fish curry and spice infused glazed pineapple.	AUSTRALIA	English-100		G	
2019-09-10	0630	Chinese Food In Minutes	Nurses	Two busy Manchester nurses want to ditch the takeaways at the end of a long shift. On the menu, a Taiwanese style Chicken rice with garlic spinach and ginger, chilli and soy steamed cod.	UNITED KINGDOM	English-100		G	
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2019-09-10	1135	Nigella Feasts	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-10	1205	Essence Of India	Street Foods Of India	New York's signature street food is the hot dog. In India, street food is a highly developed cuisine all on its own, going back hundreds of years.	USA	English-100		G	
2019-09-10	1235	Anjum's Australian Spice Stories	Coastal Cooking	Anjum conjures up flavours of the Indian coast with a coconut beef stir fry, malayalee fish curry and spice infused glazed pineapple.	AUSTRALIA	English-100		G	

2019-09-10	1300	Chinese Food In Minutes	Nurses	Two busy Manchester nurses want to ditch the takeaways at the end of a long shift. On the menu, a Taiwanese style Chicken rice with garlic spinach and ginger, chilli and soy steamed cod.	UNITED KINGDOM	English-100		G	
2019-09-10	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 16	It's the semi-finals. Firstly, Marcus and Monica send the semi-finalists to London's Knightsbridge to work in service under one of the country's greatest fish chefs - Nathan Outlaw.	UNITED KINGDOM	English-100			
2019-09-10	1435	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG	
2019-09-10	1505	Oliver's Twist	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	
2019-09-10	1530	Essence Of India	Curry Trail, The	The whole world loves a good curry, and living in New York, Samira loves to make curries, Indian, South East Asian and the Western stew, but she heads back to India where she recreates the classics.	USA	English-100		G	
2019-09-10	1600	Anjum's Australian Spice Stories	Street Food	Anjum hits the bustling night markets of Melbourne to sample the delicious hawker style food before returning to the kitchen to showcase her favourite Indian street foods.	AUSTRALIA	English-100		G	
2019-09-10	1630	Chinese Food In Minutes	Ice Skaters	Professional ice dancers Fred and Maria want to find some healthy, quick nutritious meals they can cook in minutes after training.	UNITED KINGDOM	English-100		G	
2019-09-10	1700	Miguel's Feasts	Miguel's Feasts Series 1 Ep 2	It's a different kind of milking required to create this bacon and eggs with a twist. And forget fancy restaurants, Miguel hits the streets to check out the latest in street food - 'meals on wheels'.	AUSTRALIA	English-100		PG	
2019-09-10	1730	Poh's Kitchen On The Road	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
2019-09-10	1800	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G	
2019-09-10	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 17	It's the semi-finals. First up, Marcus and Monica send the semi-finalists to Hibiscus in London's Mayfair, the two Michelin-starred restaurant of the formidable chef Claude Bosi.	UNITED KINGDOM	English-100			
2019-09-10	1935	The Hairy Bikers' Food Tour Of Britain	East Sussex	Si and Dave explore East Sussex, where they cook a hearty dish on Brighton beach, and taste local sparkling wine every bit as good as champagne.	UNITED KINGDOM	English-100	RPT	G	
2019-09-10	2030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 11	Paul Hollywood truly celebrates British home cooking when Michelin Starred Pub Gub chef Tom Kerridge shares his favourite Pud with Paul - his own mums Bread and Butter Pudding.	UNITED KINGDOM	English-100			
2019-09-10	2130	Poh's Kitchen On The Road	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
2019-09-10	2200	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G	
2019-09-10	2230	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 17	It's the semi-finals. First up, Marcus and Monica send the semi-finalists to Hibiscus in London's Mayfair, the two Michelin-starred restaurant of the formidable chef Claude Bosi.	UNITED KINGDOM	English-100			
2019-09-10	2335	Saturday Kitchen	Saturday Kitchen Series 2 Ep 10	Michel Roux Jr presents Saturday Kitchen this week with help from two of Europe's top chefs, the Welsh sensation Bryn Williams and the founding father of New Nordic cuisine Claus Meyer.	UNITED KINGDOM	English-100		PG	
2019-09-10	2430	Oliver's Twist	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	
2019-09-10	2500	Essence Of India	Curry Trail, The	The whole world loves a good curry, and living in New York, Samira loves to make curries, Indian, South East Asian and the Western stew, but she heads back to India where she recreates the classics.	USA	English-100		G	

2019-09-10	2530	Anjum's Australian Spice Stories	Street Food	Anjum hits the bustling night markets of Melbourne to sample the delicious hawker style food before returning to the kitchen to showcase her favourite Indian street foods.	AUSTRALIA	English-100		G	
2019-09-10	2600	Chinese Food In Minutes	Ice Skaters	Professional ice dancers Fred and Maria want to find some healthy, quick nutritious meals they can cook in minutes after training.	UNITED KINGDOM	English-100		G	
2019-09-10	2630	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 17	It's the semi-finals. First up, Marcus and Monica send the semi-finalists to Hibiscus in London's Mayfair, the two Michelin-starred restaurant of the formidable chef Claude Bosi.	UNITED KINGDOM	English-100			
2019-09-10	2735	Saturday Kitchen	Saturday Kitchen Series 2 Ep 10	Michel Roux Jr presents Saturday Kitchen this week with help from two of Europe's top chefs, the Welsh sensation Bryn Williams and the founding father of New Nordic cuisine Claus Meyer.	UNITED KINGDOM	English-100		PG	
2019-09-10	2830	Miguel's Feasts	Miguel's Feasts Series 1 Ep 2	It's a different kind of milking required to create this bacon and eggs with a twist. And forget fancy restaurants, Miguel hits the streets to check out the latest in street food - 'meals on wheels'.	AUSTRALIA	English-100		PG	
2019-09-11	0500	Oliver's Twist	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	
2019-09-11	0530	Essence Of India	Curry Trail, The	The whole world loves a good curry, and living in New York, Samira loves to make curries, Indian, South East Asian and the Western stew, but she heads back to India where she recreates the classics.	USA	English-100		G	
2019-09-11	0600	Anjum's Australian Spice Stories	Street Food	Anjum hits the bustling night markets of Melbourne to sample the delicious hawker style food before returning to the kitchen to showcase her favourite Indian street foods.	AUSTRALIA	English-100		G	
2019-09-11	0630	Chinese Food In Minutes	Ice Skaters	Professional ice dancers Fred and Maria want to find some healthy, quick nutritious meals they can cook in minutes after training.	UNITED KINGDOM	English-100		G	
2019-09-11	0700	Poh's Kitchen On The Road	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
2019-09-11	0730	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 17	It's the semi-finals. First up, Marcus and Monica send the semi-finalists to Hibiscus in London's Mayfair, the two Michelin-starred restaurant of the formidable chef Claude Bosi.	UNITED KINGDOM	English-100			
2019-09-11	0835	Saturday Kitchen	Saturday Kitchen Series 2 Ep 10	Michel Roux Jr presents Saturday Kitchen this week with help from two of Europe's top chefs, the Welsh sensation Bryn Williams and the founding father of New Nordic cuisine Claus Meyer.	UNITED KINGDOM	English-100		PG	
2019-09-11	0930	The Hairy Bikers' Food Tour Of Britain	East Sussex	Si and Dave explore East Sussex, where they cook a hearty dish on Brighton beach, and taste local sparkling wine every bit as good as champagne.	UNITED KINGDOM	English-100	RPT	G	
2019-09-11	1030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 11	Paul Hollywood truly celebrates British home cooking when Michelin Starred Pub Gub chef Tom Kerridge shares his favourite Pud with Paul - his own mums Bread and Butter Pudding.	UNITED KINGDOM	English-100			
2019-09-11	1130	Oliver's Twist	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	
2019-09-11	1200	Essence Of India	Curry Trail, The	The whole world loves a good curry, and living in New York, Samira loves to make curries, Indian, South East Asian and the Western stew, but she heads back to India where she recreates the classics.	USA	English-100		G	
2019-09-11	1230	Anjum's Australian Spice Stories	Street Food	Anjum hits the bustling night markets of Melbourne to sample the delicious hawker style food before returning to the kitchen to showcase her favourite Indian street foods.	AUSTRALIA	English-100		G	
2019-09-11	1300	Chinese Food In Minutes	Ice Skaters	Professional ice dancers Fred and Maria want to find some healthy, quick nutritious meals they can cook in minutes after training.	UNITED KINGDOM	English-100		G	
2019-09-11	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 17	It's the semi-finals. First up, Marcus and Monica send the semi-finalists to Hibiscus in London's Mayfair, the two Michelin-starred restaurant of the formidable chef Claude Bosi.	UNITED KINGDOM	English-100			

2019-09-11	1435	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G	
2019-09-11	1505	Oliver's Twist	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2019-09-11	1530	Essence Of India	Tandoori Party	The world loves to BBQ and India has some of the oldest forms - Tandoori cooking. Samira takes a fresh approach to Tandoori cuisine and the grill that goes back thousands of years.	USA	English-100		G	
2019-09-11	1600	Anjum's Australian Spice Stories	Light And Healthy	Determined to break the myth that Indian food is heavy and indulgent, Anjum sets out to show us the light and healthy side of Indian cuisine.	AUSTRALIA	English-100		G	
2019-09-11	1630	Chinese Food In Minutes	Rugby Players	Fun loving Liverpoolian rugby players Phil and Simon are more used to being in on the pitch than in a kitchen, but they want to learn how to make quick protein packed Chinese food.	UNITED KINGDOM	English-100		G	
2019-09-11	1700	Miguel's Feasts	Miguel's Feasts Series 1 Ep 3	We go to the source of the freshest produce in search of the creamiest goats cheese. We also meet the Queen of the rice paper roll. She's got attitude and all the tips for the best rolls in town.	AUSTRALIA	English-100		PG	
2019-09-11	1730	Poh's Kitchen On The Road	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
2019-09-11	1800	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G	
2019-09-11	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 18	It's the last of the semi-finals. The two remaining semi-finalists head to the Michelin-starred Wild Honey in London's Mayfair, where they face a frenetic lunchtime service.	UNITED KINGDOM	English-100			
2019-09-11	1935	Chilli Hunter	Singapore	Tyson Mayr meets local foodie and celebrity Denise Tan to get a taste of the Lion City's heat. He tackles a too-hot-to-handle level ten Chilli Crab.	SINGAPORE	English-100			
2019-09-11	2005	Chilli Hunter	Malaysia	Tyson Mayr gets a spicy sambal masterclass from local culinary legend Chef Ismail, and dials up the heat to make Malaysia's terrifying '911 pizza'.	SINGAPORE	English-100			
2019-09-11	2035	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese.	AUSTRALIA	English-100			
2019-09-11	2105	Cheese Slices	Spain - Traditional Galician Cheese	Galicia is known as 'Green Spain' and its high rainfall is perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past.	AUSTRALIA	English-100			
2019-09-11	2130	Poh's Kitchen On The Road	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
2019-09-11	2200	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G	
2019-09-11	2230	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 18	It's the last of the semi-finals. The two remaining semi-finalists head to the Michelin-starred Wild Honey in London's Mayfair, where they face a frenetic lunchtime service.	UNITED KINGDOM	English-100			
2019-09-11	2335	Saturday Kitchen	Saturday Kitchen Series 2 Ep 11	Lorraine Pascal steers the Saturday Kitchen ship this week with help from two Michelin chefs, the king of fish cooking Nathan Outlaw, and Michael Caines, the Southwest culinary sensation.	UNITED KINGDOM	English-100		G	
2019-09-11	2430	Oliver's Twist	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2019-09-11	2500	Essence Of India	Tandoori Party	The world loves to BBQ and India has some of the oldest forms - Tandoori cooking. Samira takes a fresh approach to Tandoori cuisine and the grill that goes back thousands of years.	USA	English-100		G	
2019-09-11	2530	Anjum's Australian Spice Stories	Light And Healthy	Determined to break the myth that Indian food is heavy and indulgent, Anjum sets out to show us the light and healthy side of Indian cuisine.	AUSTRALIA	English-100		G	

2019-09-11	2600	Chinese Food In Minutes	Rugby Players	Fun loving Liverpoolian rugby players Phil and Simon are more used to being in on the pitch than in a kitchen, but they want to learn how to make quick protein packed Chinese food.	UNITED KINGDOM	English-100		G	
2019-09-11	2630	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 18	It's the last of the semi-finals. The two remaining semi-finalists head to the Michelin-starred Wild Honey in London's Mayfair, where they face a frenetic lunchtime service.	UNITED KINGDOM	English-100			
2019-09-11	2735	Saturday Kitchen	Saturday Kitchen Series 2 Ep 11	Lorraine Pascal steers the Saturday Kitchen ship this week with help from two Michelin chefs, the king of fish cooking Nathan Outlaw, and Michael Caines, the Southwest culinary sensation.	UNITED KINGDOM	English-100		G	
2019-09-11	2830	Miguel's Feasts	Miguel's Feasts Series 1 Ep 3	We go to the source of the freshest produce in search of the creamiest goats cheese. We also meet the Queen of the rice paper roll. She's got attitude and all the tips for the best rolls in town.	AUSTRALIA	English-100		PG	
2019-09-12	0500	Oliver's Twist	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2019-09-12	0530	Essence Of India	Tandoori Party	The world loves to BBQ and India has some of the oldest forms - Tandoori cooking. Samira takes a fresh approach to Tandoori cuisine and the grill that goes back thousands of years.	USA	English-100		G	
2019-09-12	0600	Anjum's Australian Spice Stories	Light And Healthy	Determined to break the myth that Indian food is heavy and indulgent, Anjum sets out to show us the light and healthy side of Indian cuisine.	AUSTRALIA	English-100		G	
2019-09-12	0630	Chinese Food In Minutes	Rugby Players	Fun loving Liverpoolian rugby players Phil and Simon are more used to being in on the pitch than in a kitchen, but they want to learn how to make quick protein packed Chinese food.	UNITED KINGDOM	English-100		G	
2019-09-12	0700	Poh's Kitchen On The Road	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
2019-09-12	0730	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 18	It's the last of the semi-finals. The two remaining semi-finalists head to the Michelin-starred Wild Honey in London's Mayfair, where they face a frenetic lunchtime service.	UNITED KINGDOM	English-100			
2019-09-12	0835	Saturday Kitchen	Saturday Kitchen Series 2 Ep 11	Lorraine Pascal steers the Saturday Kitchen ship this week with help from two Michelin chefs, the king of fish cooking Nathan Outlaw, and Michael Caines, the Southwest culinary sensation.	UNITED KINGDOM	English-100		G	
2019-09-12	0930	Chilli Hunter	Singapore	Tyson Mayr meets local foodie and celebrity Denise Tan to get a taste of the Lion City's heat. He tackles a too-hot-to-handle level ten Chilli Crab.	SINGAPORE	English-100			
2019-09-12	1000	Chilli Hunter	Malaysia	Tyson Mayr gets a spicy sambal masterclass from local culinary legend Chef Ismail, and dials up the heat to make Malaysia's terrifying '911 pizza'.	SINGAPORE	English-100			
2019-09-12	1030	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese.	AUSTRALIA	English-100			
2019-09-12	1100	Cheese Slices	Spain - Traditional Galician Cheese	Galicia is known as 'Green Spain' and its high rainfall is perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past.	AUSTRALIA	English-100			
2019-09-12	1130	Oliver's Twist	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2019-09-12	1200	Essence Of India	Tandoori Party	The world loves to BBQ and India has some of the oldest forms - Tandoori cooking. Samira takes a fresh approach to Tandoori cuisine and the grill that goes back thousands of years.	USA	English-100		G	
2019-09-12	1230	Anjum's Australian Spice Stories	Light And Healthy	Determined to break the myth that Indian food is heavy and indulgent, Anjum sets out to show us the light and healthy side of Indian cuisine.	AUSTRALIA	English-100		G	
2019-09-12	1300	Chinese Food In Minutes	Rugby Players	Fun loving Liverpoolian rugby players Phil and Simon are more used to being in on the pitch than in a kitchen, but they want to learn how to make quick protein packed Chinese food.	UNITED KINGDOM	English-100		G	
2019-09-12	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 18	It's the last of the semi-finals. The two remaining semi-finalists head to the Michelin-starred Wild Honey in London's Mayfair, where they face a frenetic lunchtime service.	UNITED KINGDOM	English-100			

2019-09-12	1435	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G		
2019-09-12	1505	Oliver's Twist	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		
2019-09-12	1530	Essence Of India	Sweet Life, The	Indian food is becoming a staple in most big cities around the world. But its desserts have taken a back seat to some of its popular main courses.	USA	English-100		G		
2019-09-12	1600	Anjum's Australian Spice Stories	Indian Tapas	There's not a curry in sight when Anjum serves up a selection of contemporary, bite sized Indian snacks that both look and taste delicious.	AUSTRALIA	English-100		G		
2019-09-12	1630	Gok Cooks Chinese	Gok's Chinese Classics	Gok provides a guide on the simple basics of Chinese cooking and makes takeaway classics.	UNITED KINGDOM	English-100		PG		
2019-09-12	1700	Miguel's Feasts	Miguel's Feasts Series 1 Ep 4	We learn how to find the good oil and what to cook with it. What does extra virgin olive oil really mean?	AUSTRALIA	English-100		PG		
2019-09-12	1730	Poh's Kitchen On The Road	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
2019-09-12	1800	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100		G		
2019-09-12	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 19	Five talented chefs have cooked their way to a place in Final Week and the chance to take part in the amazing culinary adventures that lie ahead over the next three nights.	UNITED KINGDOM	English-100				
2019-09-12	1935	Heston's Feasts	Chocolate Feast	Heston explores the 1960s, an amazing age of food experimentation, with a Charlie and the Chocolate Factory feast including psychedelic duck a l'orange.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-09-12	2030	Bill's Kitchen: Notting Hill	Day Off, A	In his new London home, Bill is busy running his new restaurant, the hours are long but a day off is a chance to cook up some Granger favourites.	UNITED KINGDOM	English-100		PG		
2019-09-12	2100	Bill's Kitchen: Notting Hill	Home From Home	Although Bill is now settled in London, he still travels the world and finds inspiration wherever he goes but like all travellers he loves it when he comes home to cook in his family kitchen.	UNITED KINGDOM	English-100		PG		
2019-09-12	2130	Poh's Kitchen On The Road	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
2019-09-12	2200	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100		G		
2019-09-12	2230	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 19	Five talented chefs have cooked their way to a place in Final Week and the chance to take part in the amazing culinary adventures that lie ahead over the next three nights.	UNITED KINGDOM	English-100				
2019-09-12	2335	Saturday Kitchen	Saturday Kitchen Series 2 Ep 12	Ireland's rising star chef Donal Skehan hosts Saturday Kitchen this week with some help from regular Michelin starred chef Theo Randall, and London's newest chef on the block, Sabrina Gidda.	UNITED KINGDOM	English-100		PG		
2019-09-12	2430	Oliver's Twist	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		
2019-09-12	2500	Essence Of India	Sweet Life, The	Indian food is becoming a staple in most big cities around the world. But its desserts have taken a back seat to some of its popular main courses.	USA	English-100		G		
2019-09-12	2530	Anjum's Australian Spice Stories	Indian Tapas	There's not a curry in sight when Anjum serves up a selection of contemporary, bite sized Indian snacks that both look and taste delicious.	AUSTRALIA	English-100		G		

2019-09-12	2600	Gok Cooks Chinese	Gok's Chinese Classics	Gok provides a guide on the simple basics of Chinese cooking and makes takeaway classics.	UNITED KINGDOM	English-100		PG		
2019-09-12	2630	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 19	Five talented chefs have cooked their way to a place in Final Week and the chance to take part in the amazing culinary adventures that lie ahead over the next three nights.	UNITED KINGDOM	English-100				
2019-09-12	2735	Saturday Kitchen	Saturday Kitchen Series 2 Ep 12	Ireland's rising star chef Donal Skehan hosts Saturday Kitchen this week with some help from regular Michelin starred chef Theo Randall, and London's newest chef on the block, Sabrina Gidda.	UNITED KINGDOM	English-100		PG		
2019-09-12	2830	Miguel's Feasts	Miguel's Feasts Series 1 Ep 4	We learn how to find the good oil and what to cook with it. What does extra virgin olive oil really mean?	AUSTRALIA	English-100		PG		
2019-09-13	0500	Oliver's Twist	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		
2019-09-13	0530	Essence Of India	Sweet Life, The	Indian food is becoming a staple in most big cities around the world. But its desserts have taken a back seat to some of its popular main courses.	USA	English-100		G		
2019-09-13	0600	Anjum's Australian Spice Stories	Indian Tapas	There's not a curry in sight when Anjum serves up a selection of contemporary, bite sized Indian snacks that both look and taste delicious.	AUSTRALIA	English-100		G		
2019-09-13	0630	Gok Cooks Chinese	Gok's Chinese Classics	Gok provides a guide on the simple basics of Chinese cooking and makes takeaway classics.	UNITED KINGDOM	English-100		PG		
2019-09-13	0700	Poh's Kitchen On The Road	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
2019-09-13	0730	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 19	Five talented chefs have cooked their way to a place in Final Week and the chance to take part in the amazing culinary adventures that lie ahead over the next three nights.	UNITED KINGDOM	English-100				
2019-09-13	0835	Saturday Kitchen	Saturday Kitchen Series 2 Ep 12	Ireland's rising star chef Donal Skehan hosts Saturday Kitchen this week with some help from regular Michelin starred chef Theo Randall, and London's newest chef on the block, Sabrina Gidda.	UNITED KINGDOM	English-100		PG		
2019-09-13	0930	Heston's Feasts	Chocolate Feast	Heston explores the 1960s, an amazing age of food experimentation, with a Charlie and the Chocolate Factory feast including psychedelic duck a l'orange.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-09-13	1030	Bill's Kitchen: Notting Hill	Day Off, A	In his new London home, Bill is busy running his new restaurant, the hours are long but a day off is a chance to cook up some Granger favourites.	UNITED KINGDOM	English-100		PG		
2019-09-13	1100	Bill's Kitchen: Notting Hill	Home From Home	Although Bill is now settled in London, he still travels the world and finds inspiration wherever he goes but like all travellers he loves it when he comes home to cook in his family kitchen.	UNITED KINGDOM	English-100		PG		
2019-09-13	1130	Oliver's Twist	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		
2019-09-13	1200	Essence Of India	Sweet Life, The	Indian food is becoming a staple in most big cities around the world. But its desserts have taken a back seat to some of its popular main courses.	USA	English-100		G		
2019-09-13	1230	Anjum's Australian Spice Stories	Indian Tapas	There's not a curry in sight when Anjum serves up a selection of contemporary, bite sized Indian snacks that both look and taste delicious.	AUSTRALIA	English-100		G		
2019-09-13	1300	Gok Cooks Chinese	Gok's Chinese Classics	Gok provides a guide on the simple basics of Chinese cooking and makes takeaway classics.	UNITED KINGDOM	English-100		PG		
2019-09-13	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 19	Five talented chefs have cooked their way to a place in Final Week and the chance to take part in the amazing culinary adventures that lie ahead over the next three nights.	UNITED KINGDOM	English-100				

2019-09-13	1435	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100	G
2019-09-13	1505	Oliver's Twist	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

2019-09-13	1530	Essence Of India	Coastal	India has a spectacular coastal cuisine. With over 4600 miles of Coastline, and eight regional states bordering its vast shores, India's coastal waters are home to some of the most fish.	USA	English-100		G	
2019-09-13	1600	Anjum's Australian Spice Stories	Day In The Life..., A	Anjum takes us through a day in her life one meal at a time, kick-starting the day with a masala omelette, followed by a BBQ in the Aussie countryside.	AUSTRALIA	English-100		G	
2019-09-13	1630	Gok Cooks Chinese	Gok's Family Favourites	Gok Wan shares his family's favourite recipes, including a healthy pork and ginger soup.	UNITED KINGDOM	English-100		PG	
2019-09-13	1700	Miguel's Feasts	Miguel's Feasts Series 1 Ep 5	We go from the Paddock to the Plate with an old favorite - Pea and Ham Soup.	AUSTRALIA	English-100		PG	
2019-09-13	1730	Poh's Kitchen On The Road	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
2019-09-13	1800	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100		G	
2019-09-13	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 20	The four remaining finalists battle it out to make it to the last three and the chance go on the trip of a lifetime to cook in one of the world's most creative restaurants.	UNITED KINGDOM	English-100			
2019-09-13	1935	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 11	Rick and Chalky enjoy a Turkish barbecue in London's East End. After contributing Lamb Kotfas to the fare at the Mangal Okacbasi Turkish restaurant in Dalton, Rick moves on to Hackney Marshes.	UNITED KINGDOM	English-100			
2019-09-13	2005	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM	English-100			
2019-09-13	2035	Gourmet Farmer	Gourmet Farmer Series 5 Ep 7	It's Spring on Fat Pig Farm, the hungry patch, everything is furiously growing, but there is almost nothing to harvest yet, so Matthew needs to make do and forage for some springtime food ideas.	AUSTRALIA	English-100	RPT	G	Y
2019-09-13	2100	Nigella Express	Quick Quick Slow	Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-13	2130	Poh's Kitchen On The Road	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
2019-09-13	2200	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100		G	
2019-09-13	2230	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 20	The four remaining finalists battle it out to make it to the last three and the chance go on the trip of a lifetime to cook in one of the world's most creative restaurants.	UNITED KINGDOM	English-100			
2019-09-13	2335	Saturday Kitchen	Saturday Kitchen Series 2 Ep 13	British Chinese food writer and TV chef Ching-He Huang hosts Saturday Kitchen this week with help from two of Britain's top Michelin starred chefs, Ben Tish and Yotam Ottolenghi.	UNITED KINGDOM	English-100		G	
2019-09-13	2430	Oliver's Twist	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	
2019-09-13	2500	Essence Of India	Coastal	India has a spectacular coastal cuisine. With over 4600 miles of Coastline, and eight regional states bordering its vast shores, India's coastal waters are home to some of the most fish.	USA	English-100		G	
2019-09-13	2530	Anjum's Australian Spice Stories	Day In The Life..., A	Anjum takes us through a day in her life one meal at a time, kick-starting the day with a masala omelette, followed by a BBQ in the Aussie countryside.	AUSTRALIA	English-100		G	
2019-09-13	2600	Gok Cooks Chinese	Gok's Family Favourites	Gok Wan shares his family's favourite recipes, including a healthy pork and ginger soup.	UNITED KINGDOM	English-100		PG	
2019-09-13	2630	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 20	The four remaining finalists battle it out to make it to the last three and the chance go on the trip of a lifetime to cook in one of the world's most creative restaurants.	UNITED KINGDOM	English-100			

2019-09-13	2735	Saturday Kitchen	Saturday Kitchen Series 2 Ep 13	British Chinese food writer and TV chef Ching-He Huang hosts Saturday Kitchen this week with help from two of Britain's top Michelin starred chefs, Ben Tish and Yotam Ottolenghi.	UNITED KINGDOM	English-100		G	
2019-09-13	2830	Miguel's Feasts	Miguel's Feasts Series 1 Ep 5	We go from the Paddock to the Plate with an old favorite - Pea and Ham Soup.	AUSTRALIA	English-100		PG	
2019-09-14	0500	Oliver's Twist	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	
2019-09-14	0530	Essence Of India	Coastal	India has a spectacular coastal cuisine. With over 4600 miles of Coastline, and eight regional states bordering its vast shores, India's coastal waters are home to some of the most fish.	USA	English-100		G	
2019-09-14	0600	Anjum's Australian Spice Stories	Day In The Life..., A	Anjum takes us through a day in her life one meal at a time, kick-starting the day with a masala omelette, followed by a BBQ in the Aussie countryside.	AUSTRALIA	English-100		G	
2019-09-14	0630	Gok Cooks Chinese	Gok's Family Favourites	Gok Wan shares his family's favourite recipes, including a healthy pork and ginger soup.	UNITED KINGDOM	English-100		PG	
2019-09-14	0700	Poh's Kitchen On The Road	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
2019-09-14	0730	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 20	The four remaining finalists battle it out to make it to the last three and the chance go on the trip of a lifetime to cook in one of the world's most creative restaurants.	UNITED KINGDOM	English-100			
2019-09-14	0835	Saturday Kitchen	Saturday Kitchen Series 2 Ep 13	British Chinese food writer and TV chef Ching-He Huang hosts Saturday Kitchen this week with help from two of Britain's top Michelin starred chefs, Ben Tish and Yotam Ottolenghi.	UNITED KINGDOM	English-100		G	
2019-09-14	0930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 11	Rick and Chalky enjoy a Turkish barbecue in London's East End. After contributing Lamb Kotfas to the fare at the Mangal Okacbasi Turkish restaurant in Dalton, Rick moves on to Hackney Marshes.	UNITED KINGDOM	English-100			
2019-09-14	1000	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM	English-100			
2019-09-14	1030	Nigella Express	Speedy Gonzalez	It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-14	1100	Nigella Express	Quick Quick Slow	Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-14	1130	Oliver's Twist	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	
2019-09-14	1200	Essence Of India	Coastal	India has a spectacular coastal cuisine. With over 4600 miles of Coastline, and eight regional states bordering its vast shores, India's coastal waters are home to some of the most fish.	USA	English-100		G	
2019-09-14	1230	Anjum's Australian Spice Stories	Day In The Life..., A	Anjum takes us through a day in her life one meal at a time, kick-starting the day with a masala omelette, followed by a BBQ in the Aussie countryside.	AUSTRALIA	English-100		G	
2019-09-14	1300	Gok Cooks Chinese	Gok's Family Favourites	Gok Wan shares his family's favourite recipes, including a healthy pork and ginger soup.	UNITED KINGDOM	English-100		PG	
2019-09-14	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 20	The four remaining finalists battle it out to make it to the last three and the chance go on the trip of a lifetime to cook in one of the world's most creative restaurants.	UNITED KINGDOM	English-100			
2019-09-14	1435	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100		G	

2019-09-14	1505	Dinner Date	Dinner Date Series 8 Ep 20	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		
2019-09-14	1600	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles.	AUSTRALIA	English-100		PG		
2019-09-14	1630	Paul And Nick's Big Food Trip	Tarbert	Top chefs Nick Nairn and Paul Rankin sail to the fishing village of Tarbert on the Kintyre peninsula in Scotland.	IRELAND	English-100				
2019-09-14	1700	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G		
2019-09-14	1730	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G		
2019-09-14	1800	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G		
2019-09-14	1830	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 3	Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta.	AUSTRALIA	English-100	RPT	PG	Y	
2019-09-14	1900	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 4	The Vietnamese island of Phu Quoc is well known for its production of fish sauce, and its peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-14	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 3	Travelling in China's Yunnan Province, chef Luke Nguyen reaches the fabled town of Lijiang where the nightlife reigns and a Naxi 'aunty' teaches Luke how to cook a local speciality.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-14	2000	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 4	Continuing through China, Luke journeys to Xishuangbana, where China meets Southeast Asia, to experience Dai culture and cuisines and try the acquired tastes of the tea horse trail.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-14	2030	Avec Eric	Least Deadliest Catch, The	Urbanna, Virginia, situated on the Rappahannock River just east of the Chesapeake Bay, was established in 1680 making it one of the oldest towns in America.	USA	English-100		PG		
2019-09-14	2100	Avec Eric	Catch & Cook	Eric Ripert heads to the Cayman Islands to visit Blue, his restaurant, and serves up some fresh seafood. Heading out into the ocean, Eric goes fishing and catches some tuna.	USA	English-100		PG		
2019-09-14	2130	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 3	Peter meets with the Wadandi people, the traditional owners of the Margaret River Region. He hears their stories, learns about the secrets of bush foods and foraging before cooking up a storm.	AUSTRALIA	English-100	RPT	PG	Y	
2019-09-14	2200	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 4	Peter explores something close to his heart - sustainable farming and fishing practices. He learns about the delights of permaculture and speaks with an organic farmer.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-14	2230	Dinner Date	Dinner Date Series 8 Ep 20	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		
2019-09-14	2330	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles.	AUSTRALIA	English-100		PG		
2019-09-14	2400	Paul And Nick's Big Food Trip	Tarbert	Top chefs Nick Nairn and Paul Rankin sail to the fishing village of Tarbert on the Kintyre peninsula in Scotland.	IRELAND	English-100				
2019-09-14	2430	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G		
2019-09-14	2500	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G		

2019-09-14	2530	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G		
2019-09-14	2600	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 3	Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta.	AUSTRALIA	English-100	RPT	PG	Y	
2019-09-14	2630	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 4	The Vietnamese island of Phu Quoc is well known for its production of fish sauce, and its peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-14	2700	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 3	Travelling in China's Yunnan Province, chef Luke Nguyen reaches the fabled town of Lijiang where the nightlife reigns and a Naxi 'aunty' teaches Luke how to cook a local speciality.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-14	2730	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 4	Continuing through China, Luke journeys to Xishuangbana, where China meets Southeast Asia, to experience Dai culture and cuisines and try the acquired tastes of the tea horse trail.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-14	2800	Avec Eric	Least Deadliest Catch, The	Urbanna, Virginia, situated on the Rappahannock River just east of the Chesapeake Bay, was established in 1680 making it one of the oldest towns in America.	USA	English-100		PG		
2019-09-14	2830	Avec Eric	Catch & Cook	Eric Ripert heads to the Cayman Islands to visit Blue, his restaurant, and serves up some fresh seafood. Heading out into the ocean, Eric goes fishing and catches some tuna.	USA	English-100		PG		