WEEK 38: Sunday, 16 September - Saturday, 22 September, 2018 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synpopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2018-09-16	0500	**Follow Donal To Europe: Ikaria**	Ikaria, Greece	Far from Europe's culinary capitals, food writer and host Donal Skehan meets up with foodies across the continent to uncover its incredible underground food scenes.	UNITED KINGDOM	English-100		G		Y
2018-09-16	0530	**Wonderful Indonesia Flavours**	Padang - Gateway To Sumatra	Rinrin and Tobie slow down and absorb the rugged paradise of Padang, the gateway to Minangkabau Wonders and the Mentawai Islands.	USA	English-100		G		Y
2018-09-16	0600	**Wonderful Indonesia Flavours**	Jakarta - New York Of The East	In a city that never sleeps, Rinrin and Tobie troll the streets for hidden food stalls for local eats like Ketoprak and Sop Bontot.	USA	English-100		G		Y
2018-09-16	0630	**Jeni And Olly's Coastal Wine Adventures**	Portland	Jeni and Olly's adventures begin in hip and happening Portland, Oregon, one of the most forward thinking and foodie cities in America.	USA	English-100		G		
2018-09-16	0700	**Jeni And Olly's Coastal Wine Adventures**	South Oregon	Jeni and Olly kick off the second leg of their adventure. First they are in South Oregon, where Olly, an Oregon first timer, is checking out the Dancin Vineyard in the Rogue Valley.	USA	English-100		G		
2018-09-16	0730	**Jeni And Olly's Coastal Wine Adventures**	Sonoma Valley	It's all about legends and heroes as the wine adventure double act explores the world famous Sonoma Valley in California.	USA	English-100		PG		
2018-09-16	0800	**Jeni And Olly's Coastal Wine Adventures**	San Francisco	City and country, that's what's on the menu in the final leg of the wine adventure. Starting in the beautiful Sonoma Valley with a lot of ground to cover, Jeni Barnett is on the cheese trail.	USA	English-100		G		
2018-09-16	0830	**Made In Italy With Silvia Colloca**	Made In Italy With Silvia Colloca Series 1 Ep 3	Silvia journeys to Ascoli Piceno and immerses herself in Italian cafe culture. Inspired, she returns to her Italian family home to make the perfect coffee dunking cookie - tozzetti.	AUSTRALIA	English-100	RPT	G	Y	
2018-09-16	0900	**Made In Italy With Silvia Colloca**	Made In Italy With Silvia Colloca Series 1 Ep 4	Travelling south to from her mother's hometown of Abruzzo to Molise, Silvia collects some roadside onions and teams up with her brother to make mouth-watering onion Focaccia.	AUSTRALIA	English-100	RPT	G	Y	
2018-09-16	0930	**Best Of New Zealand With Nick Honeyman**	Auckland	Nick meets an Auckland family who own a boutique vineyard and a farmer who raises Southdown sheep, before preparing a classic roast lamb dish with a twist, matched with a local wine.	AUSTRALIA	English-100		G		
2018-09-16	1000	**Best Of New Zealand With Nick Honeyman**	Canterbury	Nick hangs out with a beekeeper and tries honey straight from a hive. He drops into an old homestead and makes sticky chicken drumsticks and an elderflower and honey cordial.	AUSTRALIA	English-100		G		
2018-09-16	1030	**Andrew Zimmern's Driven By Food**	Hyderabad	Following his cabbies' insider tips, Andrew Zimmern discovers how 400-year-old Sultan recipes mix with new flavours, tries akhada wrestling and gets treated to a family dinner.	USA	English-100		PG		Y
2018-09-16	1125	**Peter Kuruvita's Mexican Fiesta Bitesize**	Mexican Fiesta With Peter Kuruvita S1 Bitesize Ep 2	All your favourite moments so far from chef Peter Kuruvita's culinary and cultural journey through vibrant and colourful Mexico.	AUSTRALIA	English-95; Spanish-5	RPT	G	Y	
2018-09-16	1130	**Tia Mowry At Home**	New Friends	Tia Mowry recently met Catherine McCord and they instantly hit it off. It's not hard to see why - they have a lot of mutual friends and are both busy moms who love to cook.	USA	English-100		PG		
2018-09-16	1200	**Tia Mowry At Home**	Holiday	It's time for the holidays and Tia Mowry is putting together some of her favourite holiday dishes to share with her closest friends. She'll make Herb-Crusted Beef Tenderloin with a Horseradish Cream.	USA	English-100		PG		

2018-09-16	1230	**Tia Mowry At Home**	Cory's Guys	Cory has a lot of single actor friends who rarely get to enjoy a home-cooked meal. Tia's invited them over for a cookout by the pool and she's putting Cory in charge of the grill.	USA	English-100		PG		
2018-09-16	1300	**Follow Donal To Europe: Budapest**	Budapest, Hungary	Far from Europe's culinary capitals, food writer and host Donal Skehan meets up with foodies across the continent to uncover its incredible underground food scenes.	UNITED KINGDOM	English-100		G		Y
2018-09-16	1330	**Jeni And Olly's Coastal Wine Adventures**	Portland	Jeni and Olly's adventures begin in hip and happening Portland, Oregon, one of the most forward thinking and foodie cities in America.	USA	English-100		G		
2018-09-16	1400	**Jeni And Olly's Coastal Wine Adventures**	South Oregon	Jeni and Olly kick off the second leg of their adventure. First they are in South Oregon, where Olly, an Oregon first timer, is checking out the Dancin Vineyard in the Rogue Valley.	USA	English-100		G		
2018-09-16	1430	**Mystery Diners**	Bringing Down The Haus	Mystery Diners go undercover at a German restaurant to find out if the owners' nephew is qualified for the job.	USA	English-100		PG		Y
2018-09-16	1500	**Mystery Diners**	Big Earl's Gone Wild	Mystery Diners go undercover as a waitress and a flirty customer in hopes of scoring invitations to an after-hours bash after hearing rumours of late-night staff parties.	USA	English-100		PG		Y
2018-09-16	1530	**Made In Italy With Silvia Colloca**	Made In Italy With Silvia Colloca Series 1 Ep 3	Silvia journeys to Ascoli Piceno and immerses herself in Italian cafe culture. Inspired, she returns to her Italian family home to make the perfect coffee dunking cookie - tozzetti.	AUSTRALIA	English-100	RPT	G	Y	
2018-09-16	1600	**Made In Italy With Silvia Colloca**	Made In Italy With Silvia Colloca Series 1 Ep 4	Travelling south to from her mother's hometown of Abruzzo to Molise, Silvia collects some roadside onions and teams up with her brother to make mouth-watering onion Focaccia.	AUSTRALIA	English-100	RPT	G	Y	
2018-09-16	1630	**Wedding Cake Championship**	Super Cakes	Johnny Weir and Tara Lipinski hit the contestants with their first surprise and introduce special guest Randy Fenoli from Say Yes to the Dress, who challenges the bakers to create an outrageous dress.	USA	English-100				
2018-09-16	1730	**Wedding Cake Championship**	Viva Mexico!	Johnny Weir and Tara Lipinski task the five remaining teams with making the ultimate destination beach wedding cake topper. Then, the teams meet their next client, a lively couple about to wed.	USA	English-100				
2018-09-16	1825	**Luke Nguyen's France**	Luke Nguyen's France Series 1 Bitesize Ep 4	Some of the best moments from Luke Nguyen's culinary journey around France, including the country's breathtaking scenery and famous cuisine.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2018-09-16	1830	**Good Eats Specials**	Alton's Countdown To T-Day	Years after changing Thanksgiving history forever, Alton Brown and the Good Eats crew take one final shot at the biggest food holiday of the year, making Butterflied Dry Brined Roasted Turkey.	USA	English-100				
2018-09-16	1925	**Destination Flavour - Japan**	Destination Flavour - Japan Series 1 Bitesize Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2018-09-16	1930	**Olly Smith Ale Trails**	Illinois	From the Windy City, to the state capital, Olly Smith continues his Ale Trail. Starting in Chicago, Olly finds out how emigration has crafted the beer tastes of this great city.	USA	English-100				
2018-09-16	2000	**Olly Smith Ale Trails**	Colorado	Olly travels from the Rocky Mountains to Denver. At Olly’s first stop, he helps to make a summertime beer, the Nitro Dreamsicle, based on an orange ice-lolly.	USA	English-100				
2018-09-16	2030	**Rick Stein's India**	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100			Y	Y
2018-09-16	2130	**Step Up To The Plate**	Step Up To The Plate	In 2009, the three-Michelin-star French chef Michel Bras decides to hand his restaurant over to his son Sebastien, who had been working with him for 15 years.	FRANCE	French-100				Y
2018-09-16	2315	**Destination Flavour Down Under Bitesize**	Destination Flavour Down Under Series 1 Bitesize Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2018-09-16	2325	**Peter Kuruvita's Mexican Fiesta Bitesize**	Mexican Fiesta With Peter Kuruvita S1 Bitesize Ep 4	All your favourite moments so far from chef Peter Kuruvita's culinary and cultural journey through vibrant and colourful Mexico.	AUSTRALIA	English-95; Spanish-5	RPT	G	Y	Y

2018-09-16	2330	**Food: Fact Or Fiction**	Carnie Knowledge	Michael discovers whether cotton candy is at the root of a cavity conspiracy, if popcorn kernels saved the silver screen and if saltwater taffy pulled itself into the middle of a giant legal war.	USA	English-100		G		
2018-09-16	2400	**Tia Mowry At Home**	Holiday	It's time for the holidays and Tia Mowry is putting together some of her favourite holiday dishes to share with her closest friends. She'll make Herb-Crusted Beef Tenderloin with a Horseradish Cream.	USA	English-100		PG		
2018-09-16	2430	**Wedding Cake Championship**	Super Cakes	Johnny Weir and Tara Lipinski hit the contestants with their first surprise and introduce special guest Randy Fenoli from Say Yes to the Dress, who challenges the bakers to create an outrageous dress.	USA	English-100				
2018-09-16	2525	**Duff Goldman In Australia**	Duff Goldman In Australia	Food Network's favourite cake decorator, Duff Goldman, came to Australia for the ultimate decorating challenge. With junior fans to assist, Duff decorates a giant cake in the shape of Australia.	AUSTRALIA	English-100		G		
2018-09-16	2530	**Wedding Cake Championship**	Viva Mexico!	Johnny Weir and Tara Lipinski task the five remaining teams with making the ultimate destination beach wedding cake topper. Then, the teams meet their next client, a lively couple about to wed.	USA	English-100				
2018-09-16	2625	**Luke Nguyen's France**	Luke Nguyen's France Series 1 Bitesize Ep 4	Some of the best moments from Luke Nguyen's culinary journey around France, including the country's breathtaking scenery and famous cuisine.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2018-09-16	2630	**Olly Smith Ale Trails**	Illinois	From the Windy City, to the state capital, Olly Smith continues his Ale Trail. Starting in Chicago, Olly finds out how emigration has crafted the beer tastes of this great city.	USA	English-100				
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2018-09-16	2830	**Tia Mowry At Home**	Cory's Guys	Cory has a lot of single actor friends who rarely get to enjoy a home-cooked meal. Tia's invited them over for a cookout by the pool and she's putting Cory in charge of the grill.	USA	English-100		PG		
2018-09-17	0500	**Food: Fact Or Fiction**	Carnie Knowledge	Michael discovers whether cotton candy is at the root of a cavity conspiracy, if popcorn kernels saved the silver screen and if saltwater taffy pulled itself into the middle of a giant legal war.	USA	English-100		G		
2018-09-17	0530	**Good Eats Specials**	Alton's Countdown To T-Day	Years after changing Thanksgiving history forever, Alton Brown and the Good Eats crew take one final shot at the biggest food holiday of the year, making Butterflied Dry Brined Roasted Turkey.	USA	English-100				
2018-09-17	0625	**Destination Flavour - Japan**	Destination Flavour - Japan Series 1 Bitesize Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
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2018-09-17	0800	**Wedding Cake Championship**	Super Cakes	Johnny Weir and Tara Lipinski hit the contestants with their first surprise and introduce special guest Randy Fenoli from Say Yes to the Dress, who challenges the bakers to create an outrageous dress.	USA	English-100				
2018-09-17	0855	**Duff Goldman In Australia**	Duff Goldman In Australia	Food Network's favourite cake decorator, Duff Goldman, came to Australia for the ultimate decorating challenge. With junior fans to assist, Duff decorates a giant cake in the shape of Australia.	AUSTRALIA	English-100		G		

2018-09-17	0900	**Wedding Cake Championship**	Viva Mexico!	Johnny Weir and Tara Lipinski task the five remaining teams with making the ultimate destination beach wedding cake topper. Then, the teams meet their next client, a lively couple about to wed.	USA	English-100				
2018-09-17	0955	**Luke Nguyen's France**	Luke Nguyen's France Series 1 Bitesize Ep 4	Some of the best moments from Luke Nguyen's culinary journey around France, including the country's breathtaking scenery and famous cuisine.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2018-09-17	1000	**Rick Stein's India**	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100			Y	Y
2018-09-17	1100	**Good Eats Specials**	Alton's Countdown To T-Day	Years after changing Thanksgiving history forever, Alton Brown and the Good Eats crew take one final shot at the biggest food holiday of the year, making Butterflied Dry Brined Roasted Turkey.	USA	English-100				
2018-09-17	1155	**Destination Flavour - Japan**	Destination Flavour - Japan Series 1 Bitesize Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2018-09-17	1200	**Tia Mowry At Home**	Cory's Guys	Cory has a lot of single actor friends who rarely get to enjoy a home-cooked meal. Tia's invited them over for a cookout by the pool and she's putting Cory in charge of the grill.	USA	English-100		PG		
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2018-09-17	1500	**Food Lab By Ben Milbourne**	Food Lab Series 2 Ep 31	Ben explores protein denaturation when it comes to meat by massaging and adding salt. Joel offers an extended scientific explanation to this.	AUSTRALIA	English-100		G		Y
2018-09-17	1530	**Giada In Italy**	Fava Beans And Chianti	Giada de Laurentiis takes a walk down memory lane, visiting some of the filming locations of Hannibal, and creates a meal inspired by her grandfather and the Florence landscape.	USA	English-100		G		
2018-09-17	1600	**Barefoot Contessa: Back To Basics**	Cocktails For A Crowd	Ina Garten's hosting a fundraiser at the barn for the East Hampton Historical Society and is sharing her blueprint for a foolproof cocktail party.	USA	English-100		G		
2018-09-17	1630	**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		
2018-09-17	1700	**Nigella Bites**	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G	Y	
2018-09-17	1730	**Bizarre Foods: Delicious Destinations**	Chiang Mai	Andrew Zimmern reveals the most iconic foods of Chiang Mai, Thailand, from coconut curry soup to a signature sausage with pork and chile paste, to fish roasted in banana leaves.	USA	English-100				Y
2018-09-17	1800	**Bizarre Foods: Delicious Destinations**	Phnom Penh	Andrew Zimmern discovers the complex flavours of Phnom Penh, Cambodia. Spicy grilled crab, cold and refreshing beef salad, and herbaceous fish and noodle soup reflect a mission to preserve culture.	USA	English-100				Y
2018-09-17	1825	**Small Business Secrets Bitesize**	Voula Greek	Nick and Voula have created a successful small business based on food, family and partnership.	AUSTRALIA	English-100		NC		

2018-09-17	1830	**Adam Richman's Fandemonium**	Cowboys And Testicle Festival	Adam goes buck wild by eating spicy Bison balls at the Testicle Festival, learns how to lasso some cowgirls, goes to chuck wagon heaven and competes in a raucous pancake-flipping competition.	USA	English-100		PG	
2018-09-17	1900	**Adam Richman's Fandemonium**	Lotsa Bull In Nola	Adam celebrates France's Bastille Day and Spain's San Fermin Running of the Bulls in New Orleans. He runs in the running of the bulls, eats European-inspired grilled cheese and sees a bull float.	USA	English-100		PG	
2018-09-17	1925	**Eat Australia In NT**	Kakadu Kitchen	From his campsite in Kakadu National Park, Andy heads off to a local Indigenous community to find Ben Tyler from Kakadu Kitchen. Ben introduces Andy to the Magpie Goose.	AUSTRALIA	English-100			
2018-09-17	1930	**Tropical Gourmet**	Tropical Gourmet Series 1 Ep 5	Justine joins local chef Damien Styles on his search for prawns for his Prawns in Nim Jam sauce. Justine also visits a brewing company to get fresh beer for her beet battered onion rings.	AUSTRALIA	English-100			
2018-09-17	2000	**Tropical Gourmet**	Tropical Gourmet Series 1 Ep 6	Justine heads to a local turmeric farm and forages for ingredients, and Terri Taylor prepares a batch of Turmeric Chicken Skewers. Up in Port Douglas, Justine cooks up some kangaroo.	AUSTRALIA	English-100			
2018-09-17	2025	**Lyndey And Herbie's Moveable Feast**	Capers On Toast	Lyndey meets some of the more colourful characters behind Australia's modern culinary enterprises.	AUSTRALIA	English-100		G	
2018-09-17	2030	**Rick Stein's French Odyssey**	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage.	UNITED KINGDOM	English-100		G	
2018-09-17	2100	**Rick Stein's French Odyssey**	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	Y
2018-09-17	2135	**The Chefs' Line**	Mexican	Watch apprentice chef Miguel from top Melbourne Mexican restaurant, Mamasita, go up against four passionate home cooks in a classic Tacos battle.	AUSTRALIA	English-100	RPT		
2018-09-17	2200	**Bizarre Foods: Delicious Destinations**	Chiang Mai	Andrew Zimmern reveals the most iconic foods of Chiang Mai, Thailand, from coconut curry soup to a signature sausage with pork and chile paste, to fish roasted in banana leaves.	USA	English-100			Y
2018-09-17	2230	**Bizarre Foods: Delicious Destinations**	Phnom Penh	Andrew Zimmern discovers the complex flavours of Phnom Penh, Cambodia. Spicy grilled crab, cold and refreshing beef salad, and herbaceous fish and noodle soup reflect a mission to preserve culture.	USA	English-100			Y
2018-09-17	2255	**Small Business Secrets Bitesize**	Voula Greek	Nick and Voula have created a successful small business based on food, family and partnership.	AUSTRALIA	English-100		NC	
2018-09-17	2300	**Mystery Diners**	Deep Sea Delivery	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	Y
2018-09-17	2330	**Chopped**	Oodles Of Noodles	The chefs are tasked with making noodle or pasta dishes from the items in the mystery baskets. In the first round, the competitors get ingredients that seem to point them in an Asian direction.	USA	English-100		PG	
2018-09-17	2425	**Silvia's Tasty Bites**	Nonna's Sausage	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			
2018-09-17	2430	**Adam Richman's Fandemonium**	Cowboys And Testicle Festival	Adam goes buck wild by eating spicy Bison balls at the Testicle Festival, learns how to lasso some cowgirls, goes to chuck wagon heaven and competes in a raucous pancake-flipping competition.	USA	English-100		PG	
2018-09-17	2500	**Adam Richman's Fandemonium**	Lotsa Bull In Nola	Adam celebrates France's Bastille Day and Spain's San Fermin Running of the Bulls in New Orleans. He runs in the running of the bulls, eats European-inspired grilled cheese and sees a bull float.	USA	English-100		PG	
2018-09-17	2525	**Eat Australia In NT**	Kakadu Kitchen	From his campsite in Kakadu National Park, Andy heads off to a local Indigenous community to find Ben Tyler from Kakadu Kitchen. Ben introduces Andy to the Magpie Goose.	AUSTRALIA	English-100			

2018-09-17	2530	**Tropical Gourmet**	Tropical Gourmet Series 1 Ep 5	Justine joins local chef Damien Styles on his search for prawns for his Prawns in Nim Jam sauce. Justine also visits a brewing company to get fresh beer for her beet battered onion rings.	AUSTRALIA	English-100					
2018-09-17	2600	**Tropical Gourmet**	Tropical Gourmet Series 1 Ep 6	Justine heads to a local turmeric farm and forages for ingredients, and Terri Taylor prepares a batch of Turmeric Chicken Skewers. Up in Port Douglas, Justine cooks up some kangaroo.	AUSTRALIA	English-100					
2018-09-17	2630	**Rick Stein's French Odyssey**	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage.	UNITED KINGDOM	English-100		G			
2018-09-17	2700	**Rick Stein's French Odyssey**	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G			Y
2018-09-17	2735	**Unwrapped 2.0**	Little Bits	Alfonso explores little treats with big flavour, like the colourful Carousel gumballs at Ford Gum and Ghirardelli Chocolate's decadent semi-sweet Baking Chips.	USA	English-100		PG			
2018-09-17	2800	**Mystery Diners**	Deep Sea Delivery	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG			Y
2018-09-17	2830	**Nigella Bites**	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G	Y		
2018-09-18	0500	**Barefoot Contessa: Back To Basics**	Cocktails For A Crowd	Ina Garten's hosting a fundraiser at the barn for the East Hampton Historical Society and is sharing her blueprint for a foolproof cocktail party.	USA	English-100		G			
2018-09-18	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			
2018-09-18	0600	**Giada In Italy**	Fava Beans And Chianti	Giada de Laurentiis takes a walk down memory lane, visiting some of the filming locations of Hannibal, and creates a meal inspired by her grandfather and the Florence landscape.	USA	English-100		G			
2018-09-18	0630	**Beat Bobby Flay**	Roll With The Punches	West coast boys Simon Majumdar and Curtis Stone are here to take down the king of the east coast. They've brought in chefs Perry Cheung and Richard Mancini with one goal in mind: knock out Bobby Flay.	USA	English-100		G			Y
2018-09-18	0700	**Adam Richman's Fandemonium**	Cowboys And Testicle Festival	Adam goes buck wild by eating spicy Bison balls at the Testicle Festival, learns how to lasso some cowgirls, goes to chuck wagon heaven and competes in a raucous pancake-flipping competition.	USA	English-100		PG			
2018-09-18	0730	**Adam Richman's Fandemonium**	Lotsa Bull In Nola	Adam celebrates France's Bastille Day and Spain's San Fermin Running of the Bulls in New Orleans. He runs in the running of the bulls, eats European-inspired grilled cheese and sees a bull float.	USA	English-100		PG			
2018-09-18	0755	**Eat Australia In NT**	Kakadu Kitchen	From his campsite in Kakadu National Park, Andy heads off to a local Indigenous community to find Ben Tyler from Kakadu Kitchen. Ben introduces Andy to the Magpie Goose.	AUSTRALIA	English-100					
2018-09-18	0800	**Tropical Gourmet**	Tropical Gourmet Series 1 Ep 5	Justine joins local chef Damien Styles on his search for prawns for his Prawns in Nim Jam sauce. Justine also visits a brewing company to get fresh beer for her beet battered onion rings.	AUSTRALIA	English-100					
2018-09-18	0830	**Tropical Gourmet**	Tropical Gourmet Series 1 Ep 6	Justine heads to a local turmeric farm and forages for ingredients, and Terri Taylor prepares a batch of Turmeric Chicken Skewers. Up in Port Douglas, Justine cooks up some kangaroo.	AUSTRALIA	English-100					
2018-09-18	0900	**Rick Stein's French Odyssey**	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage.	UNITED KINGDOM	English-100		G			
2018-09-18	0930	**Rick Stein's French Odyssey**	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G			Y

2018-09-18	1005	**Unwrapped 2.0**	Little Bits	Alfonso explores little treats with big flavour, like the colourful Carousel gumballs at Ford Gum and Ghirardelli Chocolate's decadent semi-sweet Baking Chips.	USA	English-100		PG		
2018-09-18	1030	**Bizarre Foods: Delicious Destinations**	Chiang Mai	Andrew Zimmern reveals the most iconic foods of Chiang Mai, Thailand, from coconut curry soup to a signature sausage with pork and chile paste, to fish roasted in banana leaves.	USA	English-100				Y
2018-09-18	1100	**Bizarre Foods: Delicious Destinations**	Phnom Penh	Andrew Zimmern discovers the complex flavours of Phnom Penh, Cambodia. Spicy grilled crab, cold and refreshing beef salad, and herbaceous fish and noodle soup reflect a mission to preserve culture.	USA	English-100				Y
2018-09-18	1130	**Chopped**	Oodles Of Noodles	The chefs are tasked with making noodle or pasta dishes from the items in the mystery baskets. In the first round, the competitors get ingredients that seem to point them in an Asian direction.	USA	English-100		PG		
2018-09-18	1225	**Silvia's Tasty Bites**	Nonna's Sausage	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				
2018-09-18	1230	**Giada In Italy**	Fava Beans And Chianti	Giada de Laurentiis takes a walk down memory lane, visiting some of the filming locations of Hannibal, and creates a meal inspired by her grandfather and the Florence landscape.	USA	English-100		G		
2018-09-18	1300	**Barefoot Contessa: Back To Basics**	Cocktails For A Crowd	Ina Garten's hosting a fundraiser at the barn for the East Hampton Historical Society and is sharing her blueprint for a foolproof cocktail party.	USA	English-100		G		
2018-09-18	1330	**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		
2018-09-18	1400	**Beat Bobby Flay**	Roll With The Punches	West coast boys Simon Majumdar and Curtis Stone are here to take down the king of the east coast. They've brought in chefs Perry Cheung and Richard Mancini with one goal in mind: knock out Bobby Flay.	USA	English-100		G		Y
2018-09-18	1430	**Mystery Diners**	Deep Sea Delivery	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG		Y
2018-09-18	1500	**Food Lab By Ben Milbourne**	Food Lab Series 2 Ep 32	Ben's friend and go-to butcher Scotty, teaches us how to get the most out of a leg of lamb, featuring minimal wastage, and money saving secrets.	AUSTRALIA	English-100		G		Y
2018-09-18	1530	**Giada In Italy**	Passion For Fashion	Before Milan, Florence was the centre of fashion in Italy. Fashion enthusiast Giada hosts a cocktail party on a terrace near Florence's famed Duomo and creates a menu with Crab Arancini.	USA	English-100		G		
2018-09-18	1600	**Barefoot Contessa: Back To Basics**	Surprise Italian Party	Ina is hosting a surprise dinner party with an Italian theme for a friend. She's sharing her dinner party know-how and strategies.	USA	English-100		G		
2018-09-18	1630	**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		
2018-09-18	1700	**Nigella Bites**	White	With her bag packed with some very special appliances, Nigella Lawson heads to the seaside for a bit of curry, hotcakes, passion (fruit) and rolls with her guests.	UNITED KINGDOM	English-100	RPT	G	Y	
2018-09-18	1730	**Bizarre Foods: Delicious Destinations**	Cape Town	Andrew Zimmern leaves no meal unexplored in multicultural Cape Town, South Africa, where meat comes in all forms, from sausage, to stew, to pie. The coastal city's seafood is out of this world.	USA	English-100				Y
2018-09-18	1800	**Bizarre Foods: Delicious Destinations**	Mauritius	From piping-hot fried dumplings and handmade egg noodles, to veggie-stuffed flatbread and curried swordfish, Andrew Zimmern showcases the flavourful fusions of the island paradise of Mauritius.	USA	English-100				Y
2018-09-18	1825	**Lyndey Milan's Taste Of Australia**	Margaret River, Part 1 Of 2	Join TV personality Lyndey Milan as she unearths the characters, places, pastures and heroes - the thriving backbone of a thriving Australian culinary culture - and delivers a real Taste of Australia.	AUSTRALIA	English-100		G		

2018-09-18	1830	**Man Fire Food**	Fireside Hangs	Roger Mooking is hanging out with two chefs, putting a whole new spin on rotisserie cooking in the great outdoors.	USA	English-100		G	
2018-09-18	1900	**Man Fire Food**	Florida Fixins	Roger Mooking is in Florida fanning the flames for something savoury and something sweet.	USA	English-100		G	
2018-09-18	1925	**Eat Australia In NT**	Yellow Water Barramundi Fishing	Andy’s still in Kakadu National Park, and he meets up with local Barramundi expert Rob Johnson to jump aboard his charter boat for some fishing on the Yellow Water floodplain.	AUSTRALIA	English-100			
2018-09-18	1930	**The Naked Chef**	Babysitting	When Jamie's uncle and cousins are in London for the day, Jamie's on kid duty. Together they create a pasta feast for the rest of the family.	UNITED KINGDOM	English-100		G	
2018-09-18	2000	**The Naked Chef**	Band, The	It's a huge night for Jamie and his reunited band. Fuelled by a giant bacon sandwich, he heads off to Chinatown to buy herbs and spices to make a Thai Green Curry.	UNITED KINGDOM	English-100		G	
2018-09-18	2035	**Big Bad Bbq Brawl**	Chicago Italian Beef Bbq Brawl	Shannon Ambrosio is in Chicago, where he challenges husband and wife pit-masters Greg and Kristina of Chicago Culinary Kitchen.	USA	English-100			
2018-09-18	2100	**Big Bad Bbq Brawl**	Bone-In Bbq Brawl	Shannon Ambrosio heads to Minneapolis to battle local barbecue favourites, Charlie and Hannah Johnson of Q Fanatic, in a Bone-in-BBQ Brawl.	USA	English-100			
2018-09-18	2130	**The Chefs' Line**	Mexican	Watch station chef Ray from top Melbourne Mexican restaurant, Mamasita, go up against three passionate home cooks in the ultimate Flan challenge.	AUSTRALIA	English-100	RPT		
2018-09-18	2200	**Bizarre Foods: Delicious Destinations**	Cape Town	Andrew Zimmern leaves no meal unexplored in multicultural Cape Town, South Africa, where meat comes in all forms, from sausage, to stew, to pie. The coastal city's seafood is out of this world.	USA	English-100			Y
2018-09-18	2230	**Bizarre Foods: Delicious Destinations**	Mauritius	From piping-hot fried dumplings and handmade egg noodles, to veggie-stuffed flatbread and curried swordfish, Andrew Zimmern showcases the flavourful fusions of the island paradise of Mauritius.	USA	English-100			Y
2018-09-18	2255	**Lyndey Milan's Taste Of Australia**	Margaret River, Part 1 Of 2	Join TV personality Lyndey Milan as she unearths the characters, places, pastures and heroes - the thriving backbone of a thriving Australian culinary culture - and delivers a real Taste of Australia.	AUSTRALIA	English-100		G	
2018-09-18	2300	**Mystery Diners**	Hawaiian Club Crashers	Hosted by Charles Stiles, this hidden-camera show uses mystery diners to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	Y
2018-09-18	2330	**Chopped**	Celebrating Veterans	Four former military service members who are pursuing culinary careers compete to see who will be the Chopped Champion. In the first round, a favourite American comfort food must mingle on the plate.	USA	English-100		PG	
2018-09-18	2425	**Silvia's Tasty Bites**	Pavlova Swirl	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			
2018-09-18	2430	**Man Fire Food**	Fireside Hangs	Roger Mooking is hanging out with two chefs, putting a whole new spin on rotisserie cooking in the great outdoors.	USA	English-100		G	
2018-09-18	2500	**Man Fire Food**	Florida Fixins	Roger Mooking is in Florida fanning the flames for something savoury and something sweet.	USA	English-100		G	
2018-09-18	2525	**Eat Australia In NT**	Yellow Water Barramundi Fishing	Andy’s still in Kakadu National Park, and he meets up with local Barramundi expert Rob Johnson to jump aboard his charter boat for some fishing on the Yellow Water floodplain.	AUSTRALIA	English-100			
2018-09-18	2530	**The Naked Chef**	Babysitting	When Jamie's uncle and cousins are in London for the day, Jamie's on kid duty. Together they create a pasta feast for the rest of the family.	UNITED KINGDOM	English-100		G	
2018-09-18	2600	**The Naked Chef**	Band, The	It's a huge night for Jamie and his reunited band. Fuelled by a giant bacon sandwich, he heads off to Chinatown to buy herbs and spices to make a Thai Green Curry.	UNITED KINGDOM	English-100		G	

2018-09-18	2635	**Big Bad Bbq Brawl**	Chicago Italian Beef Bbq Brawl	Shannon Ambrosio is in Chicago, where he challenges husband and wife pit-masters Greg and Kristina of Chicago Culinary Kitchen.	USA	English-100				
2018-09-18	2700	**Big Bad Bbq Brawl**	Bone-In Bbq Brawl	Shannon Ambrosio heads to Minneapolis to battle local barbecue favourites, Charlie and Hannah Johnson of Q Fanatic, in a Bone-in-BBQ Brawl.	USA	English-100				
2018-09-18	2730	**Unwrapped 2.0**	Farm Fresh	Alfonso showcases foods with farm-fresh ingredients, and he goes hog wild over Benton's Bacon.	USA	English-100		PG		
2018-09-18	2800	**Mystery Diners**	Hawaiian Club Crashers	Hosted by Charles Stiles, this hidden-camera show uses mystery diners to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG		Y
2018-09-18	2830	**Nigella Bites**	White	With her bag packed with some very special appliances, Nigella Lawson heads to the seaside for a bit of curry, hotcakes, passion (fruit) and rolls with her guests.	UNITED KINGDOM	English-100	RPT	G	Y	
2018-09-19	0500	**Barefoot Contessa: Back To Basics**	Surprise Italian Party	Ina is hosting a surprise dinner party with an Italian theme for a friend. She's sharing her dinner party know-how and strategies.	USA	English-100		G		
2018-09-19	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		
2018-09-19	0600	**Giada In Italy**	Passion For Fashion	Before Milan, Florence was the centre of fashion in Italy. Fashion enthusiast Giada hosts a cocktail party on a terrace near Florence's famed Duomo and creates a menu with Crab Arancini.	USA	English-100		G		
2018-09-19	0630	**Beat Bobby Flay**	Steak Me Home Tonight	Comedian Chris D'Elia and the notoriously tough-to-please Anne Burrell try to wipe the smile off Bobby Flay's face as Jersey girl gone Cali Trish Tracey and rocker turned chef Daniel Cox square off.	USA	English-100		G		
2018-09-19	0700	**Man Fire Food**	Fireside Hangs	Roger Mooking is hanging out with two chefs, putting a whole new spin on rotisserie cooking in the great outdoors.	USA	English-100		G		
2018-09-19	0730	**Man Fire Food**	Florida Fixins	Roger Mooking is in Florida fanning the flames for something savoury and something sweet.	USA	English-100		G		
2018-09-19	0755	**Eat Australia In NT**	Yellow Water Barramundi Fishing	Andy’s still in Kakadu National Park, and he meets up with local Barramundi expert Rob Johnson to jump aboard his charter boat for some fishing on the Yellow Water floodplain.	AUSTRALIA	English-100				
2018-09-19	0800	**The Naked Chef**	Babysitting	When Jamie's uncle and cousins are in London for the day, Jamie's on kid duty. Together they create a pasta feast for the rest of the family.	UNITED KINGDOM	English-100		G		
2018-09-19	0830	**The Naked Chef**	Band, The	It's a huge night for Jamie and his reunited band. Fuelled by a giant bacon sandwich, he heads off to Chinatown to buy herbs and spices to make a Thai Green Curry.	UNITED KINGDOM	English-100		G		
2018-09-19	0905	**Big Bad Bbq Brawl**	Chicago Italian Beef Bbq Brawl	Shannon Ambrosio is in Chicago, where he challenges husband and wife pit-masters Greg and Kristina of Chicago Culinary Kitchen.	USA	English-100				
2018-09-19	0930	**Big Bad Bbq Brawl**	Bone-In Bbq Brawl	Shannon Ambrosio heads to Minneapolis to battle local barbecue favourites, Charlie and Hannah Johnson of Q Fanatic, in a Bone-in-BBQ Brawl.	USA	English-100				
2018-09-19	1000	**Unwrapped 2.0**	Farm Fresh	Alfonso showcases foods with farm-fresh ingredients, and he goes hog wild over Benton's Bacon.	USA	English-100		PG		
2018-09-19	1030	**Bizarre Foods: Delicious Destinations**	Cape Town	Andrew Zimmern leaves no meal unexplored in multicultural Cape Town, South Africa, where meat comes in all forms, from sausage, to stew, to pie. The coastal city's seafood is out of this world.	USA	English-100				Y

2018-09-19	1100	**Bizarre Foods: Delicious Destinations**	Mauritius	From piping-hot fried dumplings and handmade egg noodles, to veggie-stuffed flatbread and curried swordfish, Andrew Zimmern showcases the flavourful fusions of the island paradise of Mauritius.	USA	English-100			Y
2018-09-19	1130	**Chopped**	Celebrating Veterans	Four former military service members who are pursuing culinary careers compete to see who will be the Chopped Champion. In the first round, a favourite American comfort food must mingle on the plate.	USA	English-100		PG	
2018-09-19	1225	**Silvia's Tasty Bites**	Pavlova Swirl	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			
2018-09-19	1230	**Giada In Italy**	Passion For Fashion	Before Milan, Florence was the centre of fashion in Italy. Fashion enthusiast Giada hosts a cocktail party on a terrace near Florence's famed Duomo and creates a menu with Crab Arancini.	USA	English-100		G	
2018-09-19	1300	**Barefoot Contessa: Back To Basics**	Surprise Italian Party	Ina is hosting a surprise dinner party with an Italian theme for a friend. She's sharing her dinner party know-how and strategies.	USA	English-100		G	
2018-09-19	1330	**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	
2018-09-19	1400	**Beat Bobby Flay**	Steak Me Home Tonight	Comedian Chris D'Elia and the notoriously tough-to-please Anne Burrell try to wipe the smile off Bobby Flay's face as Jersey girl gone Cali Trish Tracey and rocker turned chef Daniel Cox square off.	USA	English-100		G	
2018-09-19	1430	**Mystery Diners**	Hawaiian Club Crashers	Hosted by Charles Stiles, this hidden-camera show uses mystery diners to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	Y
2018-09-19	1500	**Food Lab By Ben Milbourne**	Food Lab Series 2 Ep 33	Ben creates a fiery Armaticianna Pizza at Fairholme on the OzPig and Dr Andrew Stephenson helps us to understand the different methods of energy transfer.	AUSTRALIA	English-100		PG	Y
2018-09-19	1530	**Giada In Italy**	Sweet Masters	Florence, Italy is the city of masters. Giada De Laurentiis learns the art of cannoli-making from a southern Italian pastry maker, then creates a unique cannoli filling with Chocolate Amaretto.	USA	English-100		G	
2018-09-19	1600	**Barefoot Contessa: Back To Basics**	Welcome To Town Party	Ina is throwing a housewarming party for a new colleague. She's got the lowdown on travel-friendly dishes made from local ingredients.	USA	English-100		G	
2018-09-19	1630	**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	
2018-09-19	1700	**Nigella Bites**	Red	It may be getting cool outside but the summer heat is still coming from Nigella Lawson's kitchen. Today, Nigella looks at some ingredients that can keep the temperature high.	UNITED KINGDOM	English-100	RPT	G	Y
2018-09-19	1730	**Bizarre Foods: Delicious Destinations**	Asheville	Andrew Zimmern reveals the iconic eats of Asheville, North Carolina. The eclectic food city features tangy barbecue, decadent sweet potato pie, fried chicken, and succulent rainbow trout.	USA	English-100			
2018-09-19	1800	**Bizarre Foods: Delicious Destinations**	Savannah	Andrew Zimmern dives into the flavour-packed favorites of Savannah, Georgia, like creamy shrimp and grits, briny oysters in a half shell, upscale crab bisque, and down-home barbecue stew.	USA	English-100			
2018-09-19	1825	**Small Business Secrets Bitesize**	Bitton	Meet David and Sohani Bitton to find out how they have successfully combined their French and South African Indian heritages to create a unique culinary business.	AUSTRALIA	English-100		NC	
2018-09-19	1830	**Man Fire Food**	Too Hot To Handle	Roger Mooking meets two talented chefs who own two spectacular outdoor cooking rigs. In Miami, Chef Aaron Brooks celebrates Latin flavours with his unique coal-fueled contraption.	USA	English-100		G	
2018-09-19	1900	**Man Fire Food**	Hog Heaven	Roger Mooking's in pig paradise, cooking up two whole hogs in two different styles.	USA	English-100		G	
2018-09-19	1925	**Eat Australia In NT**	Billabong Barramundi	Andy tests a brand new recipe - his Paperbark Leaf BBQ Barramundi with Sour Tamarind Sauce. This episode takes place on the banks of the famous Anbangbang Billabong, in the Kakadu National Park.	AUSTRALIA	English-100			

2018-09-19	1930	**Food Paradise**	Saucy	The best sauce-driven dishes across the country are highlighted in this episode. From New York to LA and beyond, these restaurants are pouring out the love.	USA	English-100				
2018-09-19	2025	**Destination Flavour Down Under Bitesize**	Destination Flavour Down Under Series 1 Bitesize Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2018-09-19	2030	**Man V. Food Nation**	New Haven	Adam heads to New Haven to help college freshman Ric Best devour 10 grilled cheeses within one hour at the Caseus Cheese Truck Challenge. Adam also samples the original hamburger.	USA	English-100				
2018-09-19	2100	**Man V. Food Nation**	Tulsa	Adam is in Tulsa to defeat the Incinerator Spicy Pizza Challenge, and he recruits local firefighter Kyle Younger to subdue this spicy challenge. Also, Adam eats a steak known as the Gusher.	USA	English-100				
2018-09-19	2125	**Roger Mooking In Australia**	Roger Mooking In Australia	Man Fire Food host, Roger Mooking, comes to Australia to test out the local barbecue scene. From picturesque Margaret River, Roger discovers the local produce and chefs that make this region unique.	AUSTRALIA	English-100		G		
2018-09-19	2130	**The Chefs' Line**	Mexican	Watch sous chef Aiven from top Melbourne Mexican restaurant, Mamasita, go up against three remaining home cooks in a bid to make the best Tamales.	AUSTRALIA	English-100	RPT			
2018-09-19	2200	**Bizarre Foods: Delicious Destinations**	Asheville	Andrew Zimmern reveals the iconic eats of Asheville, North Carolina. The eclectic food city features tangy barbecue, decadent sweet potato pie, fried chicken, and succulent rainbow trout.	USA	English-100				
2018-09-19	2230	**Bizarre Foods: Delicious Destinations**	Savannah	Andrew Zimmern dives into the flavour-packed favorites of Savannah, Georgia, like creamy shrimp and grits, briny oysters in a half shell, upscale crab bisque, and down-home barbecue stew.	USA	English-100				
2018-09-19	2255	**Small Business Secrets Bitesize**	Bitton	Meet David and Sohani Bitton to find out how they have successfully combined their French and South African Indian heritages to create a unique culinary business.	AUSTRALIA	English-100		NC		
2018-09-19	2300	**Mystery Diners**	Fyre On The Beach	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG		Y
2018-09-19	2330	**Chopped**	Whiskey And Wings	Whiskey and wings appear in some form in every basket, guaranteeing a good time in each round. A fun starch must also make its way onto the chefs' appetiser plates.	USA	English-100		PG		
2018-09-19	2425	**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				
2018-09-19	2430	**Man Fire Food**	Too Hot To Handle	Roger Mooking meets two talented chefs who own two spectacular outdoor cooking rigs. In Miami, Chef Aaron Brooks celebrates Latin flavours with his unique coal-fueled contraption.	USA	English-100		G		
2018-09-19	2500	**Man Fire Food**	Hog Heaven	Roger Mooking's in pig paradise, cooking up two whole hogs in two different styles.	USA	English-100		G		
2018-09-19	2525	**Eat Australia In NT**	Billabong Barramundi	Andy tests a brand new recipe - his Paperbark Leaf BBQ Barramundi with Sour Tamarind Sauce. This episode takes place on the banks of the famous Anbangbang Billabong, in the Kakadu National Park.	AUSTRALIA	English-100				
2018-09-19	2530	**Food Paradise**	Saucy	The best sauce-driven dishes across the country are highlighted in this episode. From New York to LA and beyond, these restaurants are pouring out the love.	USA	English-100				
2018-09-19	2625	**Destination Flavour Down Under Bitesize**	Destination Flavour Down Under Series 1 Bitesize Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2018-09-19	2630	**Man V. Food Nation**	New Haven	Adam heads to New Haven to help college freshman Ric Best devour 10 grilled cheeses within one hour at the Caseus Cheese Truck Challenge. Adam also samples the original hamburger.	USA	English-100				
2018-09-19	2700	**Man V. Food Nation**	Tulsa	Adam is in Tulsa to defeat the Incinerator Spicy Pizza Challenge, and he recruits local firefighter Kyle Younger to subdue this spicy challenge. Also, Adam eats a steak known as the Gusher.	USA	English-100				

2018-09-19	2730	**Unwrapped 2.0**	Quick Fix	Alfonso comes to the rescue with quick fixes. P.F. Chang's Home Menu Beef and Broccoli frozen entree makes weeknight meals easy.	USA	English-100		PG			
2018-09-19	2800	**Mystery Diners**	Fyre On The Beach	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG			Y
2018-09-19	2830	**Nigella Bites**	Red	It may be getting cool outside but the summer heat is still coming from Nigella Lawson's kitchen. Today, Nigella looks at some ingredients that can keep the temperature high.	UNITED KINGDOM	English-100	RPT	G	Y		
2018-09-20	0500	**Barefoot Contessa: Back To Basics**	Welcome To Town Party	Ina is throwing a housewarming party for a new colleague. She's got the lowdown on travel-friendly dishes made from local ingredients.	USA	English-100		G			
2018-09-20	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			
2018-09-20	0600	**Giada In Italy**	Sweet Masters	Florence, Italy is the city of masters. Giada De Laurentiis learns the art of cannoli-making from a southern Italian pastry maker, then creates a unique cannoli filling with Chocolate Amaretto.	USA	English-100		G			
2018-09-20	0630	**Beat Bobby Flay**	Sweet But Sour	It's all about dessert. Competing Chicago pastry chefs Kym DeLost and Chris Teixeira put their friendship in the blast chiller to see who can satisfy the judges' sweet tooths.	USA	English-100		G			
2018-09-20	0700	**Man Fire Food**	Too Hot To Handle	Roger Mooking meets two talented chefs who own two spectacular outdoor cooking rigs. In Miami, Chef Aaron Brooks celebrates Latin flavours with his unique coal-fueled contraption.	USA	English-100		G			
2018-09-20	0730	**Man Fire Food**	Hog Heaven	Roger Mooking's in pig paradise, cooking up two whole hogs in two different styles.	USA	English-100		G			
2018-09-20	0755	**Eat Australia In NT**	Billabong Barramundi	Andy tests a brand new recipe - his Paperbark Leaf BBQ Barramundi with Sour Tamarind Sauce. This episode takes place on the banks of the famous Anbangbang Billabong, in the Kakadu National Park.	AUSTRALIA	English-100					

2018-09-20	0800	**Food Paradise**	Saucy	The best sauce-driven dishes across the country are highlighted in this episode. From New York to LA and beyond, these restaurants are pouring out the love.	USA	English-100				
2018-09-20	0855	**Destination Flavour Down Under Bitesize**	Destination Flavour Down Under Series 1 Bitesize Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2018-09-20	0900	**Man V. Food Nation**	New Haven	Adam heads to New Haven to help college freshman Ric Best devour 10 grilled cheeses within one hour at the Caseus Cheese Truck Challenge. Adam also samples the original hamburger.	USA	English-100				
2018-09-20	0930	**Man V. Food Nation**	Tulsa	Adam is in Tulsa to defeat the Incinerator Spicy Pizza Challenge, and he recruits local firefighter Kyle Younger to subdue this spicy challenge. Also, Adam eats a steak known as the Gusher.	USA	English-100				
2018-09-20	1000	**Unwrapped 2.0**	Quick Fix	Alfonso comes to the rescue with quick fixes. P.F. Chang's Home Menu Beef and Broccoli frozen entree makes weeknight meals easy.	USA	English-100		PG		
2018-09-20	1030	**Bizarre Foods: Delicious Destinations**	Asheville	Andrew Zimmern reveals the iconic eats of Asheville, North Carolina. The eclectic food city features tangy barbecue, decadent sweet potato pie, fried chicken, and succulent rainbow trout.	USA	English-100				
2018-09-20	1100	**Bizarre Foods: Delicious Destinations**	Savannah	Andrew Zimmern dives into the flavour-packed favorites of Savannah, Georgia, like creamy shrimp and grits, briny oysters in a half shell, upscale crab bisque, and down-home barbecue stew.	USA	English-100				
2018-09-20	1130	**Chopped**	Whiskey And Wings	Whiskey and wings appear in some form in every basket, guaranteeing a good time in each round. A fun starch must also make its way onto the chefs' appetiser plates.	USA	English-100		PG		
2018-09-20	1225	**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				
2018-09-20	1230	**Giada In Italy**	Sweet Masters	Florence, Italy is the city of masters. Giada De Laurentiis learns the art of cannoli-making from a southern Italian pastry maker, then creates a unique cannoli filling with Chocolate Amaretto.	USA	English-100		G		
2018-09-20	1300	**Barefoot Contessa: Back To Basics**	Welcome To Town Party	Ina is throwing a housewarming party for a new colleague. She's got the lowdown on travel-friendly dishes made from local ingredients.	USA	English-100		G		
2018-09-20	1330	**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		
2018-09-20	1400	**Beat Bobby Flay**	Sweet But Sour	It's all about dessert. Competing Chicago pastry chefs Kym DeLost and Chris Teixeira put their friendship in the blast chiller to see who can satisfy the judges' sweet tooths.	USA	English-100		G		
2018-09-20	1430	**Mystery Diners**	Fyre On The Beach	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG		Y
2018-09-20	1500	**Food Lab By Ben Milbourne**	Food Lab Series 2 Ep 34	From his home, Ben demonstrates one of his childhood family favourites.	AUSTRALIA	English-100		G		Y
2018-09-20	1530	**Giada In Italy**	Goodnight, Florence	When Nonna V travels to Forence for a visit, Giada De Laurentiis creates a lovely dinner to be shared as the sun goes down over the Ponte Vecchio.	USA	English-100		G		
2018-09-20	1600	**Barefoot Contessa: Back To Basics**	Wedding Anniversary	It's Ina and Jeffrey's wedding anniversary and Ina's got a romantic game plan guaranteed to impress, including a perfect alfresco setting.	USA	English-100		G		
2018-09-20	1630	**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		
2018-09-20	1700	**Nigella Bites**	Brown	Nigella Lawson takes us on a magic carpet ride through the culinary treasure trove of the Middle East. This episode features za'tar chicken with fatoush salad.	UNITED KINGDOM	English-100	RPT	G	Y	

2018-09-20	1730	**Bizarre Foods: Delicious Destinations**	Jerusalem	Andrew Zimmern investigates the rich culinary heritage of Jerusalem, from savoury classics like shawarma, falafel, kubbeh, and hummus, to tempting pastries like halva and bureka.	USA	English-100			Y
2018-09-20	1800	**Bizarre Foods: Delicious Destinations**	Amman	Andrew Zimmern introduces the rich and welcoming dishes of Amman, Jordan. The city's multicultural influences have created a culinary scene steeped in hospitality.	USA	English-100			Y
2018-09-20	1825	**Tasty Conversations With Audra Morrice**	Seasoning Your Wok	With her tool kit and favourite staples always at the ready, Audra embarks on a personal journey as she delves into the rich culture of modern Australian cuisine via her Chinese and Indian roots.	AUSTRALIA	English-100		G	
2018-09-20	1830	**Man Fire Food**	Swords And Spits	In Georgia, Roger Mooking meets Erik Niel, a chef that loves to break out of his butcher shop to cook outdoors. Erik is pulling something out of his hat: over a dozen rabbits cooked rotisserie-style.	USA	English-100		G	
2018-09-20	1900	**Man Fire Food**	Queens Of 'cue	Roger Mooking meets with two Southern ladies famous in the barbecue world. In Nashville, Roger has eyes only for the smoked ribs at Mary's Old Fashioned Pit Bar-B-Que.	USA	English-100		G	
2018-09-20	1925	**Eat Australia In NT**	Elijah's Kitchen	Andy is in Darwin to meet with Zach Green of Elijah's Kitchen. A unique Darwin food experience, Elijah's serves al fresco indigenous inspired a la carte meals out of a food truck.	AUSTRALIA	English-100			
2018-09-20	1930	**Guy Fieri's Spain Adventure**	Guy Fieri's Spain Adventure	Guy Fieri goes behind the scenes when his hit Food Network show shoots in a can't-miss destination - Barcelona, Spain.	USA	English-100			
2018-09-20	2025	**Food Safari Earth Bitesize - Nowruz**	Food Safari Earth Bitesize - Nowruz	Maeve heads to Ryde, in Sydney's west, to explore its Persian community. She joins a family in preparing for Nowruz, a traditional festive that celebrates life and love.	AUSTRALIA	English-100		G	
2018-09-20	2030	**24 Hour Restaurant Battle**	Texas Vs. Ex's Battle	This battle pits two couples with failed business experience against each other for a second stab at a venture together.	USA	English-100		PG	Y
2018-09-20	2125	**Vanilla Slice Slice Baby**	Vanilla Slice Slice Baby	Black Star Pastry's head chef and owner Christopher The is jumping on board the train with his take on vanilla slice, with pandan custard and kaya jam glaze.	AUSTRALIA	English-100		G	
2018-09-20	2130	**The Chefs' Line**	Mexican	Watch Head Chef Michael Smith from top Melbourne Mexican restaurant, Mamasita, face off against this week’s two final home cooks, Alejandra and Maria, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT		
2018-09-20	2200	**Bizarre Foods: Delicious Destinations**	Jerusalem	Andrew Zimmern investigates the rich culinary heritage of Jerusalem, from savoury classics like shawarma, falafel, kubbeh, and hummus, to tempting pastries like halva and bureka.	USA	English-100			Y
2018-09-20	2230	**Bizarre Foods: Delicious Destinations**	Amman	Andrew Zimmern introduces the rich and welcoming dishes of Amman, Jordan. The city's multicultural influences have created a culinary scene steeped in hospitality.	USA	English-100			Y
2018-09-20	2255	**Tasty Conversations With Audra Morrice**	Seasoning Your Wok	With her tool kit and favourite staples always at the ready, Audra embarks on a personal journey as she delves into the rich culture of modern Australian cuisine via her Chinese and Indian roots.	AUSTRALIA	English-100		G	
2018-09-20	2300	**Mystery Diners**	Bad Credit	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	Y
2018-09-20	2330	**Chopped**	Game Day Party	The chefs take on a football-themed competition, aiming to create elevated game day food in every course. Creative reinterpretations of mac and cheese add a comfort food spin to the appetiser round.	USA	English-100		PG	Y
2018-09-20	2425	**Silvia's Tasty Bites**	Vegan Lemon And Almond Cake	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			
2018-09-20	2430	**Man Fire Food**	Swords And Spits	In Georgia, Roger Mooking meets Erik Niel, a chef that loves to break out of his butcher shop to cook outdoors. Erik is pulling something out of his hat: over a dozen rabbits cooked rotisserie-style.	USA	English-100		G	

2018-09-20	2500	**Man Fire Food**	Queens Of 'cue	Roger Mooking meets with two Southern ladies famous in the barbecue world. In Nashville, Roger has eyes only for the smoked ribs at Mary's Old Fashioned Pit Bar-B-Que.	USA	English-100		G		
2018-09-20	2525	**Eat Australia In NT**	Elijah's Kitchen	Andy is in Darwin to meet with Zach Green of Elijah's Kitchen. A unique Darwin food experience, Elijah's serves al fresco indigenous inspired a la carte meals out of a food truck.	AUSTRALIA	English-100				
2018-09-20	2530	**Guy Fieri's Spain Adventure**	Guy Fieri's Spain Adventure	Guy Fieri goes behind the scenes when his hit Food Network show shoots in a can't-miss destination - Barcelona, Spain.	USA	English-100				
2018-09-20	2625	**Food Safari Earth Bitesize - Nowruz**	Food Safari Earth Bitesize - Nowruz	Maeve heads to Ryde, in Sydney's west, to explore its Persian community. She joins a family in preparing for Nowruz, a traditional festive that celebrates life and love.	AUSTRALIA	English-100		G		
2018-09-20	2630	**24 Hour Restaurant Battle**	Texas Vs. Ex's Battle	This battle pits two couples with failed business experience against each other for a second stab at a venture together.	USA	English-100		PG		Y
2018-09-20	2725	**Vanilla Slice Slice Baby**	Vanilla Slice Slice Baby	Black Star Pastry's head chef and owner Christopher The is jumping on board the train with his take on vanilla slice, with pandan custard and kaya jam glaze.	AUSTRALIA	English-100		G		
2018-09-20	2730	**Unwrapped 2.0**	Simple Goodness	Alfonso is covering all things easy, such as snacks that evoke childhood memories like iconic Hostess Twinkies and the colourful Jel Sert Otter Pops.	USA	English-100		PG		
2018-09-20	2800	**Mystery Diners**	Bad Credit	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y
2018-09-20	2830	**Nigella Bites**	Brown	Nigella Lawson takes us on a magic carpet ride through the culinary treasure trove of the Middle East. This episode features za'tar chicken with fatoush salad.	UNITED KINGDOM	English-100	RPT	G	Y	
2018-09-21	0500	**Barefoot Contessa: Back To Basics**	Wedding Anniversary	It's Ina and Jeffrey's wedding anniversary and Ina's got a romantic game plan guaranteed to impress, including a perfect alfresco setting.	USA	English-100		G		
2018-09-21	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		
2018-09-21	0600	**Giada In Italy**	Goodnight, Florence	When Nonna V travels to Forence for a visit, Giada De Laurentiis creates a lovely dinner to be shared as the sun goes down over the Ponte Vecchio.	USA	English-100		G		
2018-09-21	0630	**Beat Bobby Flay**	Thrown From The Throne	Amanda Freitag and walking culinary encyclopaedia Simon Majumdar hope they're a winning combination, as Virginia-bred chef Ian Boden matches up with up-and-coming chef Danielle Duran to slay the Flay.	USA	English-100		G		
2018-09-21	0700	**Man Fire Food**	Swords And Spits	In Georgia, Roger Mooking meets Erik Niel, a chef that loves to break out of his butcher shop to cook outdoors. Erik is pulling something out of his hat: over a dozen rabbits cooked rotisserie-style.	USA	English-100		G		
2018-09-21	0730	**Man Fire Food**	Queens Of 'cue	Roger Mooking meets with two Southern ladies famous in the barbecue world. In Nashville, Roger has eyes only for the smoked ribs at Mary's Old Fashioned Pit Bar-B-Que.	USA	English-100		G		
2018-09-21	0755	**Eat Australia In NT**	Elijah's Kitchen	Andy is in Darwin to meet with Zach Green of Elijah's Kitchen. A unique Darwin food experience, Elijah's serves al fresco indigenous inspired a la carte meals out of a food truck.	AUSTRALIA	English-100				
2018-09-21	0800	**Guy Fieri's Spain Adventure**	Guy Fieri's Spain Adventure	Guy Fieri goes behind the scenes when his hit Food Network show shoots in a can't-miss destination - Barcelona, Spain.	USA	English-100				
2018-09-21	0855	**Food Safari Earth Bitesize - Nowruz**	Food Safari Earth Bitesize - Nowruz	Maeve heads to Ryde, in Sydney's west, to explore its Persian community. She joins a family in preparing for Nowruz, a traditional festive that celebrates life and love.	AUSTRALIA	English-100		G		
2018-09-21	0900	**24 Hour Restaurant Battle**	Texas Vs. Ex's Battle	This battle pits two couples with failed business experience against each other for a second stab at a venture together.	USA	English-100		PG		Y
2018-09-21	0955	**Vanilla Slice Slice Baby**	Vanilla Slice Slice Baby	Black Star Pastry's head chef and owner Christopher The is jumping on board the train with his take on vanilla slice, with pandan custard and kaya jam glaze.	AUSTRALIA	English-100		G		

2018-09-21	1000	**Unwrapped 2.0**	Simple Goodness	Alfonso is covering all things easy, such as snacks that evoke childhood memories like iconic Hostess Twinkies and the colourful Jel Sert Otter Pops.	USA	English-100		PG		
2018-09-21	1030	**Bizarre Foods: Delicious Destinations**	Jerusalem	Andrew Zimmern investigates the rich culinary heritage of Jerusalem, from savoury classics like shawarma, falafel, kubbeh, and hummus, to tempting pastries like halva and bureka.	USA	English-100				Y
2018-09-21	1100	**Bizarre Foods: Delicious Destinations**	Amman	Andrew Zimmern introduces the rich and welcoming dishes of Amman, Jordan. The city's multicultural influences have created a culinary scene steeped in hospitality.	USA	English-100				Y
2018-09-21	1130	**Chopped**	Game Day Party	The chefs take on a football-themed competition, aiming to create elevated game day food in every course. Creative reinterpretations of mac and cheese add a comfort food spin to the appetiser round.	USA	English-100		PG		Y
2018-09-21	1225	**Silvia's Tasty Bites**	Vegan Lemon And Almond Cake	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				
2018-09-21	1230	**Giada In Italy**	Goodnight, Florence	When Nonna V travels to Forence for a visit, Giada De Laurentiis creates a lovely dinner to be shared as the sun goes down over the Ponte Vecchio.	USA	English-100		G		
2018-09-21	1300	**Barefoot Contessa: Back To Basics**	Wedding Anniversary	It's Ina and Jeffrey's wedding anniversary and Ina's got a romantic game plan guaranteed to impress, including a perfect alfresco setting.	USA	English-100		G		
2018-09-21	1330	**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		
2018-09-21	1400	**Beat Bobby Flay**	Thrown From The Throne	Amanda Freitag and walking culinary encyclopaedia Simon Majumdar hope they're a winning combination, as Virginia-bred chef Ian Boden matches up with up-and-coming chef Danielle Duran to slay the Flay.	USA	English-100		G		
2018-09-21	1430	**Mystery Diners**	Bad Credit	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y
2018-09-21	1500	**Food Lab By Ben Milbourne**	Food Lab Series 2 Ep 35	Ben shows how to make a tasty Mexican Salmon dish with next to no clean up.	AUSTRALIA	English-100		G		Y
2018-09-21	1530	**Miguel's Tropical Kitchen**	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G		
2018-09-21	1600	**Barefoot Contessa: Back To Basics**	Birthday Boat Party	Ina is setting sail down the Hudson River to celebrate a friend's birthday. They're providing the boat and she's bringing fantastic portable food.	USA	English-100		G		
2018-09-21	1630	**Secret Meat Business**	Secret Meat Business Series 2 Ep 1	Aussie chef Adrian Richardson generally knows all there is to know about meat - how to choose it, cut it, cook it and eat it. Today Adrian looks at Beef Wellington.	AUSTRALIA	English-100		G		
2018-09-21	1700	**Nigella Bites**	Green	Mint has the ability to transform whatever it touches. Nigella Lawson looks at some food combinations that are so natural that it's hard to imagine they were invented.	UNITED KINGDOM	English-100	RPT	G	Y	
2018-09-21	1730	**Bizarre Foods: Delicious Destinations**	Mumbai	Andrew Zimmern unveils Mumbai's multicultural flavours and addictive ingredients. A city built on chaos, hard work, and multicultural melding, Mumbai showcases its history through its delicious food.	USA	English-100				Y
2018-09-21	1800	**Bizarre Foods: Delicious Destinations**	Hyderabad	Andrew Zimmern explores the aromatic treasures of Hyderabad, India, from savoury potato pastries and silver-garnished syrupy fried bread, to spicy pancakes and hearty meals of meat and rice.	USA	English-100				Y
2018-09-21	1825	**Lyndey And Herbie's Moveable Feast**	Tuna Tataki And Rice Noodles	Lyndey meets some of the more colourful characters behind Australia's modern culinary enterprises.	AUSTRALIA	English-100		G		
2018-09-21	1830	**Man Fire Food**	Fiery Fish And Fowl	In North Bend, Oregon, Roger Mooking meets up with Don Ivy, Chief of the Coquille Tribe. They roast a school of salmon for a traditional tribal feast.	USA	English-100		G		

2018-09-21	1900	**Man Fire Food**	All You Can Feast	Roger goes to Llano Seco Ranch in Chico, California, where he and Charlie Thieriot slow roast a 30-pound porchetta.	USA	English-100		G	
2018-09-21	1925	**Eat Australia In NT**	Bush Tucker Buffalo Recipe	Andy cooks Seared Buffalo with Pandanus and Charred Herb Salsa. Inspired by bush tucker ingredients from the NT, and before the cooking, Andy meets with Dewayne Webb from Pudakul Cultural Tours.	AUSTRALIA	English-100			
2018-09-21	1930	**How To Cook Like Heston**	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT	G	Y
2018-09-21	2000	**How To Cook Like Heston**	Eggs	Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs.	UNITED KINGDOM	English-100	RPT	G	Y
2018-09-21	2025	**Small Business Secrets Bitesize**	Chocolate Johnny	Find out how Chocolate Johnny is using social media to modernise his family's chocolate business.	AUSTRALIA	English-100		NC	
2018-09-21	2030	**Food: Fact Or Fiction**	Up In The Air	Michael discovers if there's a scientific reason you don't like airline food, why hungry astronauts tend to float over to spicy shrimp and how a corned beef sandwich could sabotage a space mission.	USA	English-100		G	
2018-09-21	2100	**Food: Fact Or Fiction**	State Fare	Michael takes a trip around the US to discover what baked Alaska has to do with Alaska, who put the Big Apple in New York cheesecake, and if the California roll is from California, Japan or Canada.	USA	English-100		G	
2018-09-21	2125	**Lyndey Milan's Taste Of Ireland**	Dublin Markets	Contrary to the popular stereotype, Lyndey shows that there's more to Irish food than potatoes as she unearths a bounty of fabulous local produce and traditional recipes.	AUSTRALIA	English-100		G	
2018-09-21	2130	**The Chefs' Line**	Mexican	Judge Melissa Leong takes us inside the kitchen of top Melbourne Mexican restaurant, Mamasita. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT		
2018-09-21	2200	**Bizarre Foods: Delicious Destinations**	Mumbai	Andrew Zimmern unveils Mumbai's multicultural flavours and addictive ingredients. A city built on chaos, hard work, and multicultural melding, Mumbai showcases its history through its delicious food.	USA	English-100			Y
2018-09-21	2230	**Bizarre Foods: Delicious Destinations**	Hyderabad	Andrew Zimmern explores the aromatic treasures of Hyderabad, India, from savoury potato pastries and silver-garnished syrupy fried bread, to spicy pancakes and hearty meals of meat and rice.	USA	English-100			Y
2018-09-21	2255	**Lyndey And Herbie's Moveable Feast**	Tuna Tataki And Rice Noodles	Lyndey meets some of the more colourful characters behind Australia's modern culinary enterprises.	AUSTRALIA	English-100		G	
2018-09-21	2300	**Mystery Diners**	Deli Drama	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	Y
2018-09-21	2330	**Chopped**	Chocolate Obsession	In this competition, the chefs get grand chocolaty surprises in each basket. The appetisers must combine white chocolate and soft shell crab.	USA	English-100		PG	
2018-09-21	2425	**Silvia's Tasty Bites**	Vegan Roasted Cherry Tomatoe Bean Sauce	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			
2018-09-21	2430	**Man Fire Food**	Fiery Fish And Fowl	In North Bend, Oregon, Roger Mooking meets up with Don Ivy, Chief of the Coquille Tribe. They roast a school of salmon for a traditional tribal feast.	USA	English-100		G	
2018-09-21	2500	**Man Fire Food**	All You Can Feast	Roger goes to Llano Seco Ranch in Chico, California, where he and Charlie Thieriot slow roast a 30-pound porchetta.	USA	English-100		G	
2018-09-21	2525	**Eat Australia In NT**	Bush Tucker Buffalo Recipe	Andy cooks Seared Buffalo with Pandanus and Charred Herb Salsa. Inspired by bush tucker ingredients from the NT, and before the cooking, Andy meets with Dewayne Webb from Pudakul Cultural Tours.	AUSTRALIA	English-100			

2018-09-21	2530	**How To Cook Like Heston**	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT	G	Y	
2018-09-21	2600	**How To Cook Like Heston**	Eggs	Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs.	UNITED KINGDOM	English-100	RPT	G	Y	
2018-09-21	2630	**Food: Fact Or Fiction**	Up In The Air	Michael discovers if there's a scientific reason you don't like airline food, why hungry astronauts tend to float over to spicy shrimp and how a corned beef sandwich could sabotage a space mission.	USA	English-100		G		
2018-09-21	2700	**Food: Fact Or Fiction**	State Fare	Michael takes a trip around the US to discover what baked Alaska has to do with Alaska, who put the Big Apple in New York cheesecake, and if the California roll is from California, Japan or Canada.	USA	English-100		G		
2018-09-21	2730	**Unwrapped 2.0**	Southern Treats	Alfonso is in the land of Dixie to see how a few of our favourite sweet Southern treats are made. Watch GooGoo Clusters take a bath in chocolate and Red Bird Peppermint Puffs earn their stripes.	USA	English-100		G		
2018-09-21	2800	**Mystery Diners**	Deli Drama	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y
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2018-09-22	0500	**Barefoot Contessa: Back To Basics**	Birthday Boat Party	Ina is setting sail down the Hudson River to celebrate a friend's birthday. They're providing the boat and she's bringing fantastic portable food.	USA	English-100		G		
2018-09-22	0530	**Secret Meat Business**	Secret Meat Business Series 2 Ep 1	Aussie chef Adrian Richardson generally knows all there is to know about meat - how to choose it, cut it, cook it and eat it. Today Adrian looks at Beef Wellington.	AUSTRALIA	English-100		G		
2018-09-22	0600	**Miguel's Tropical Kitchen**	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G		
2018-09-22	0630	**Beat Bobby Flay**	I Thought We Were Friends	Two of Bobby Flay's closest friends, Scott Conant and Giada De Laurentiis, become his sworn enemies as they pick the chef to take him down and put an end to his winning streak.	USA	English-100		PG		
2018-09-22	0700	**Man Fire Food**	Fiery Fish And Fowl	In North Bend, Oregon, Roger Mooking meets up with Don Ivy, Chief of the Coquille Tribe. They roast a school of salmon for a traditional tribal feast.	USA	English-100		G		
2018-09-22	0730	**Man Fire Food**	All You Can Feast	Roger goes to Llano Seco Ranch in Chico, California, where he and Charlie Thieriot slow roast a 30-pound porchetta.	USA	English-100		G		
2018-09-22	0755	**Eat Australia In NT**	Bush Tucker Buffalo Recipe	Andy cooks Seared Buffalo with Pandanus and Charred Herb Salsa. Inspired by bush tucker ingredients from the NT, and before the cooking, Andy meets with Dewayne Webb from Pudakul Cultural Tours.	AUSTRALIA	English-100				
2018-09-22	0800	**How To Cook Like Heston**	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT	G	Y	
2018-09-22	0830	**How To Cook Like Heston**	Eggs	Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs.	UNITED KINGDOM	English-100	RPT	G	Y	
2018-09-22	0900	**Food: Fact Or Fiction**	Up In The Air	Michael discovers if there's a scientific reason you don't like airline food, why hungry astronauts tend to float over to spicy shrimp and how a corned beef sandwich could sabotage a space mission.	USA	English-100		G		

2018-09-22	0930	**Food: Fact Or Fiction**	State Fare	Michael takes a trip around the US to discover what baked Alaska has to do with Alaska, who put the Big Apple in New York cheesecake, and if the California roll is from California, Japan or Canada.	USA	English-100		G	
2018-09-22	1000	**Unwrapped 2.0**	Southern Treats	Alfonso is in the land of Dixie to see how a few of our favourite sweet Southern treats are made. Watch GooGoo Clusters take a bath in chocolate and Red Bird Peppermint Puffs earn their stripes.	USA	English-100		G	
2018-09-22	1030	**Bizarre Foods: Delicious Destinations**	Mumbai	Andrew Zimmern unveils Mumbai's multicultural flavours and addictive ingredients. A city built on chaos, hard work, and multicultural melding, Mumbai showcases its history through its delicious food.	USA	English-100			Y
2018-09-22	1100	**Guy And Hunter's European Vacation**	Germany And France	In Germany the duo make authentic pretzels. In France, they learn the surprising intricate tradition behind making croissants in Paris and cook up a feast while reuniting with some old friends.	USA	English-100		G	
2018-09-22	1130	**Bizarre Foods: Delicious Destinations**	Munich	As the proud capital of Bavaria, Munich has built a cuisine around hearty dishes meant to stick to the bones. From schnitzel and spatzle to knoedel and cake, Andrew reveals Munich's festival of foods.	USA	English-100		G	
2018-09-22	1200	**Chopped**	Oktoberfest!	Don your lederhosen and hold your steins high for Oktoberfest in the Chopped Kitchen! The chefs discover fine fare for a German party in the first basket.	USA	English-100		PG	
2018-09-22	1255	**Small Business Secrets Bitesize**	Barossa Valley Small Goods	From Munich to Adelaide the Knoll family has turned their love of small goods into a mass-scale business.	AUSTRALIA	English-100		NC	
2018-09-22	1300	**Paul Hollywood City Bakes**	Munich	Paul Hollywood travels to Bavaria, and the German town of Munich. What more can Munich offer the world than great beer and magnificent pretzels?	UNITED KINGDOM	English-100		G	
2018-09-22	1330	**Iron Chef America**	Battle Oktoberfest	Iron Chefs Michael Symon and Geoffrey Zakarian go face to face with a team of Austro-German chefs, led by Bernhard Mairinger, head chef at Bierbeisl.	USA	English-100		G	Y
2018-09-22	1425	**Andrew Zimmern's Driven By Food**	Berlin	Andrew leaves his Berlin itinerary up to two taxi drivers, one from the East side of the city and the other from the West. He eats currywurst and haute cuisine at his cabbies' favourite joints.	USA	English-100		PG	Y
2018-09-22	1515	**Anthony Bourdain: No Reservations**	Berlin	In this episode, history and a surprisingly edible menu entice Anthony to Berlin, a city of contrasts.	USA	English-100	RPT	PG	Y
2018-09-22	1605	**Worst Cooks In America**	Oktoberfest Feast	In the spirit of Oktoberfest, Anne and Rachael have their teams cook a traditional wiener schnitzel - but in a relay-race while playing beer pong.	USA	English-100		PG	
2018-09-22	1655	**Peter Kuruvita's Mexican Fiesta Bitesize**	Mexican Fiesta With Peter Kuruvita S1 Bitesize Ep 9	All your favourite moments so far from chef Peter Kuruvita's culinary and cultural journey through vibrant and colourful Mexico.	AUSTRALIA	English-95; Spanish-5	RPT	G	Y
2018-09-22	1700	**Mystery Diners**	F For Effort	A Mystery Diner goes undercover as a waiter and discovers several problem employees who are threatening patrons, drinking on the job and eating customers' food.	USA	English-100		PG	Y
2018-09-22	1725	**Mystery Diners**	Managing Disaster	Mystery Diners go undercover as waitresses to see if the manager of Amaro Pizzeria and Vino Lounge in Arizona is hiring attractive waitresses over qualified ones.	USA	English-100		PG	Y
2018-09-22	1750	**Mystery Diners**	Grumpy Tom	Chef 'Grumpy Tom' has a knack for disrespecting everyone in his restaurant, including the new owner. Jessica's undercover to prove just how grumpy Tom is and how his attitude affects business.	USA	English-100		PG	Y

2018-09-22	1820	**Silvia's Tasty Bites**	No Knead Focaccia	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				
2018-09-22	1830	**Made In Italy With Silvia Colloca**	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G	Y	
2018-09-22	1900	**Made In Italy With Silvia Colloca**	Made In Italy With Silvia Colloca Series 1 Ep 6	In Abruzzo, Silva collects eggs from the freshest and most sustainable source possible, the local hens, and makes her son's favourite dunking cake, lemon and ricotta ring cake.	AUSTRALIA	English-100	RPT	G	Y	
2018-09-22	1925	**Best Thing I Ever Ate Bitesize**	Giada De Laurentiis - Chicken Pot Pie	Giada De Laurentiis raves about her all-time favourite chicken pot pie from Woodspoon in Los Angeles. This homey Brazilian meal includes olives and tender chicken.	USA	English-100		G		
2018-09-22	1930	**Best Of New Zealand With Nick Honeyman**	Waikato	Nick meets one of New Zealand's leading race horse owners, who's also a major beef farmer. Nick makes a delectable beef sirloin dish with chimichurri sauce.	AUSTRALIA	English-100		G		
2018-09-22	2000	**Best Of New Zealand With Nick Honeyman**	Otago-Southland	Nick kicks things off with an early morning sky dive and visits a High Country deer farm to see how red deer are raised. He flies out to meet lobster boats and makes a sashimi lobster dish.	AUSTRALIA	English-100		PG		
2018-09-22	2025	**Best Thing I Ever Ate Bitesize Asia**	Thailand - Ian Kittichai	Food stars and celebrities talk about some of the best meals they've ever eaten. Ian Kittichai chooses grilled chicken and sticky rice from Nanjit Kai Yang, Thailand.	SINGAPORE	English-100		G		
2018-09-22	2030	**Chocolate Perfection With Michel Roux Jr**	Chocolate Perfection With Michel Roux Jnr	Discover the sumptuous and decadent secrets of chocolate with michelin-star chef Michel Roux Jnr as he goes on a culinary and cultural journey to discover the secret of chocolate.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2018-09-22	2130	**Follow Donal To Europe: Istanbul**	Istanbul, Turkey	Far from Europe's culinary capitals, food writer and host Donal Skehan meets up with foodies across the continent to uncover its incredible underground food scenes.	UNITED KINGDOM	English-100		G		Y
2018-09-22	2200	**Follow Donal To Europe: Amsterdam**	Amsterdam, Netherlands	Far from Europe's culinary capitals, food writer and host Donal Skehan meets up with foodies across the continent to uncover its incredible underground food scenes.	UNITED KINGDOM	English-100		G		Y
2018-09-22	2225	**Lyndey And Herbie's Moveable Feast**	Capers On Toast	Lyndey meets some of the more colourful characters behind Australia's modern culinary enterprises.	AUSTRALIA	English-100		G		
2018-09-22	2230	**Wonderful Indonesia Flavours**	Yogyakart - Soul Of Indonesia: City Of Art & Culture	With the help of thespians, passionate guides, and a restauranteur dedicated to the royals and the city's youth, the duo tick off a diverse list of cuisine and experiences in this much beloved city.	USA	English-100		G		Y
2018-09-22	2300	**Wonderful Indonesia Flavours**	Bali - City Of Spiritual Journeys	Probably the most famous island in Indonesia, Bali is known for its spectacular mountain scenery, beautiful beaches, and friendly people. Also known as the Lands of the Gods, Bali takes the lead.	USA	English-100		G		Y
2018-09-22	2325	**Roger Mooking In Australia**	Roger Mooking In Australia	Man Fire Food host, Roger Mooking, comes to Australia to test out the local barbecue scene. From picturesque Margaret River, Roger discovers the local produce and chefs that make this region unique.	AUSTRALIA	English-100		G		
2018-09-22	2330	**Guy And Hunter's European Vacation**	Germany And France	In Germany the duo make authentic pretzels. In France, they learn the surprising intricate tradition behind making croissants in Paris and cook up a feast while reuniting with some old friends.	USA	English-100		G		
2018-09-22	2400	**Bizarre Foods: Delicious Destinations**	Munich	As the proud capital of Bavaria, Munich has built a cuisine around hearty dishes meant to stick to the bones. From schnitzel and spatzle to knoedel and cake, Andrew reveals Munich's festival of foods.	USA	English-100		G		
2018-09-22	2430	**Chopped**	Oktoberfest!	Don your lederhosen and hold your steins high for Oktoberfest in the Chopped Kitchen! The chefs discover fine fare for a German party in the first basket.	USA	English-100		PG		
2018-09-22	2525	**Small Business Secrets Bitesize**	Barossa Valley Small Goods	From Munich to Adelaide the Knoll family has turned their love of small goods into a mass-scale business.	AUSTRALIA	English-100		NC		

2018-09-22	2530	**Iron Chef America**	Battle Oktoberfest	Iron Chefs Michael Symon and Geoffrey Zakarian go face to face with a team of Austro-German chefs, led by Bernhard Mairinger, head chef at Bierbeisl.	USA	English-100		G		Y
2018-09-22	2625	**Shane Delia's Spice Turkey Bitesize**	Shane Delia's Spice Journey - Turkey S1 Bitesize Ep 1	Some of the best moments so far from Shane Delia's culinary and cultural journey through the wondrous nation of Turkey.	AUSTRALIA	English-100	RPT	G	Y	
2018-09-22	2630	**Anthony Bourdain: No Reservations**	Berlin	In this episode, history and a surprisingly edible menu entice Anthony to Berlin, a city of contrasts.	USA	English-100	RPT	PG	Y	
2018-09-22	2725	**Tasty Conversations With Audra Morrice**	Crispy Salmon Belly And Herb Salad	With her tool kit and favourite staples always at the ready, Audra embarks on a personal journey as she delves into the rich culture of modern Australian cuisine via her Chinese and Indian roots.	AUSTRALIA	English-100		G		
2018-09-22	2730	**Worst Cooks In America**	Oktoberfest Feast	In the spirit of Oktoberfest, Anne and Rachael have their teams cook a traditional wiener schnitzel - but in a relay-race while playing beer pong.	USA	English-100		PG		
2018-09-22	2825	**Lyndey Milan's Taste Of Australia**	Orange In Winter	Join TV personality Lyndey Milan as she unearths the characters, places, pastures and heroes - the thriving backbone of a thriving Australian culinary culture - and delivers a real Taste of Australia.	AUSTRALIA	English-100		G		
2018-09-22	2830	**Paul Hollywood City Bakes**	Munich	Paul Hollywood travels to Bavaria, and the German town of Munich. What more can Munich offer the world than great beer and magnificent pretzels?	UNITED KINGDOM	English-100		G		