



WEEK 38: Sunday, 15 September - Saturday, 21 September 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-09-15	0500	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	
2019-09-15	0530	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	
2019-09-15	0600	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		
2019-09-15	0630	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		
2019-09-15	0730	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				
2019-09-15	0800	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		
2019-09-15	0830	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't be 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		
2019-09-15	0900	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		
2019-09-15	0930	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	
2019-09-15	1000	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	
2019-09-15	1030	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
2019-09-15	1100	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
2019-09-15	1130	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		
2019-09-15	1200	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		
2019-09-15	1230	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		
2019-09-15	1300	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		

2019-09-15	1400	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	
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2019-09-15	1500	Dinner Date	Dinner Date Series 8 Ep 21	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		
2019-09-15	1600	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100		PG		
2019-09-15	1630	Paul And Nick's Big Food Trip	Londonderry / Derry	Top chefs Paul Rankin and Nick Nairn sail into the port of Derry and Londonderry. A visit to a Limavady farm inspires them to produce a Galloway Beef pie.	IRELAND	English-100				
2019-09-15	1700	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G		
2019-09-15	1730	The Cook And The Chef	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100		G		
2019-09-15	1800	The Cook And The Chef	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G		
2019-09-15	1830	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y	
2019-09-15	1935	Ainsley's Caribbean Kitchen	Barbados	Ainsley is on an island that is close to his heart, and one he's visited many times - Barbados. Starting his Bajan adventure, Ainsley goes in search of some elusive Green Monkeys in a Welchman Gully.	UNITED KINGDOM	English-100				
2019-09-15	2035	Donal's Asian Baking Adventures	Singapore 1	Jumping on a ferry to neighbouring Macau, colonised by Portugal, residents here believe the custard tart, a favourite of Donal's, was in fact brought over by the Portuguese.	SINGAPORE	English-100				
2019-09-15	2105	Donal's Asian Baking Adventures	Singapore 2	Donal arrives in Seoul, where the American Army arrival in the 1960s also brought wheat flour and bread, and baked goods became a sign of luxury.	SINGAPORE	English-100				
2019-09-15	2130	French Food Safari	French Food Safari Series 1 Episode 7	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-15	2200	French Food Safari	French Food Safari Series 1 Episode 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-15	2230	The Spice Trip	Turkey / Cumin	Chef Stevie Parle and spice blender Emma Gazette head to Turkey to discover the secrets of cumin. In Istanbul, Stevie and Emma explore Europe's biggest spice market.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-09-15	2330	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y	
2019-09-15	2435	Ainsley's Caribbean Kitchen	Barbados	Ainsley is on an island that is close to his heart, and one he's visited many times - Barbados. Starting his Bajan adventure, Ainsley goes in search of some elusive Green Monkeys in a Welchman Gully.	UNITED KINGDOM	English-100				
2019-09-15	2535	Donal's Asian Baking Adventures	Singapore 1	Jumping on a ferry to neighbouring Macau, colonised by Portugal, residents here believe the custard tart, a favourite of Donal's, was in fact brought over by the Portuguese.	SINGAPORE	English-100				
2019-09-15	2605	Donal's Asian Baking Adventures	Singapore 2	Donal arrives in Seoul, where the American Army arrival in the 1960s also brought wheat flour and bread, and baked goods became a sign of luxury.	SINGAPORE	English-100				

2019-09-15	2630	French Food Safari	French Food Safari Series 1 Episode 7	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-15	2700	French Food Safari	French Food Safari Series 1 Episode 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-15	2730	The Spice Trip	Turkey / Cumin	Chef Stevie Parle and spice blender Emma Grazette head to Turkey to discover the secrets of cumin. In Istanbul, Stevie and Emma explore Europe's biggest spice market.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-09-15	2830	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100		PG		
2019-09-16	0500	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G		
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2019-09-16	0730	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y	
2019-09-16	0835	Ainsley's Caribbean Kitchen	Barbados	Ainsley is on an island that is close to his heart, and one he's visited many times - Barbados. Starting his Bajan adventure, Ainsley goes in search of some elusive Green Monkeys in a Welchman Gully.	UNITED KINGDOM	English-100				
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2019-09-16	1500	Oliver's Twist	Kitchen Builders	Jamie treats the men renovating his flat to a 'thank you' meal. Dishes include chick pea and leek soup, braised lamb shanks, and English trifle.	UNITED KINGDOM	English-100		G	
2019-09-16	1530	Essence Of India	My Big Fat Indian Wedding!	In India, a wedding may just hold the secret to the Essence of India - for this is where it all comes together - the family, the traditions, the food, the culture, the festivities and the love.	USA	English-100		G	
2019-09-16	1600	Anjum's Australian Spice Stories	Traditional Favourites	While Anjum loves to put a modern twist on Indian cuisine, she is also passionate about holding onto those traditional favourites.	AUSTRALIA	English-100		G	
2019-09-16	1630	Gok Cooks Chinese	Gok's Dim Sum Feast	Gok provides tips on how to cook dim sum, including chicken and leek dim sum.	UNITED KINGDOM	English-100		G	
2019-09-16	1700	Miguel's Feasts	Miguel's Feasts Series 1 Ep 6	It's a celebration of meat in the battle of the barbeque, and we meet Miguel's Family and find out his mum's secret recipe.	AUSTRALIA	English-100		G	Y
2019-09-16	1730	Poh's Kitchen On The Road	Outback Lamb	Poh is on the road to the sheep country of the Flinders Ranges in northern South Australia. Once there, Poh prepares an easy spiced lamb sausage and egg breakfast.	AUSTRALIA	English-100	RPT	G	Y
2019-09-16	1800	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100		PG	
2019-09-16	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 21	It's the final, and for Marcus Wareing, Monica Galetti and Gregg Wallace, the search for a culinary talent exceptional enough to be crowned champion is almost over.	UNITED KINGDOM	English-100		PG	Y
2019-09-16	1935	Rachel Khoo's Kitchen Notebook: London	Lazy Days	In this episode, Rachel slows down the pace a bit and cooks comfort food, designed for relaxing -whether it's on the couch or at a picnic.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-16	2005	Rachel Khoo's Kitchen Notebook: London	East Meets West	Rachel whips up her favourite Malaysian dessert, and shows us fabulous ideas for using up leftover roast meat in a soft steamed Asian bun.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-16	2035	Rick Stein's Long Weekends	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100		G	
2019-09-16	2140	Poh's Kitchen On The Road	Outback Lamb	Poh is on the road to the sheep country of the Flinders Ranges in northern South Australia. Once there, Poh prepares an easy spiced lamb sausage and egg breakfast.	AUSTRALIA	English-100	RPT	G	Y
2019-09-16	2210	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100		PG	
2019-09-16	2240	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 21	It's the final, and for Marcus Wareing, Monica Galetti and Gregg Wallace, the search for a culinary talent exceptional enough to be crowned champion is almost over.	UNITED KINGDOM	English-100		PG	Y
2019-09-16	2345	Saturday Kitchen	Saturday Kitchen Series 2 Ep 14	Chef and television cooking maestro Matt Tebbutt guest hosts Saturday Kitchen this week with help from his Michelin starred mentor Galton Blackiston and another Michelin starred chef Nieves Barragan.	UNITED KINGDOM	English-100		G	
2019-09-16	2445	Rachel Khoo's Kitchen Notebook: London	Lazy Days	In this episode, Rachel slows down the pace a bit and cooks comfort food, designed for relaxing -whether it's on the couch or at a picnic.	UNITED KINGDOM	English-100	RPT	G	Y
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2019-09-16	2650	Oliver's Twist	Kitchen Builders	Jamie treats the men renovating his flat to a 'thank you' meal. Dishes include chick pea and leek soup, braised lamb shanks, and English trifle.	UNITED KINGDOM	English-100		G	

2019-09-16	2715	Essence Of India	My Big Fat Indian Wedding!	In India, a wedding may just hold the secret to the Essence of India - for this is where it all comes together - the family, the traditions, the food, the culture, the festivities and the love.	USA	English-100		G	
2019-09-16	2740	Anjum's Australian Spice Stories	Traditional Favourites	While Anjum loves to put a modern twist on Indian cuisine, she is also passionate about holding onto those traditional favourites.	AUSTRALIA	English-100		G	
2019-09-16	2805	Gok Cooks Chinese	Gok's Dim Sum Feast	Gok provides tips on how to cook dim sum, including chicken and leek dim sum.	UNITED KINGDOM	English-100		G	
2019-09-16	2835	Miguel's Feasts	Miguel's Feasts Series 1 Ep 6	It's a celebration of meat in the battle of the barbeque, and we meet Miguel's Family and find out his mum's secret recipe.	AUSTRALIA	English-100		G	Y
2019-09-17	0500	Poh's Kitchen On The Road	Outback Lamb	Poh is on the road to the sheep country of the Flinders Ranges in northern South Australia. Once there, Poh prepares an easy spiced lamb sausage and egg breakfast.	AUSTRALIA	English-100	RPT	G	Y
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2019-09-17	1105	Rachel Khoo's Kitchen Notebook: London	East Meets West	Rachel whips up her favourite Malaysian dessert, and shows us fabulous ideas for using up leftover roast meat in a soft steamed Asian bun.	UNITED KINGDOM	English-100	RPT	G	Y
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2019-09-17	1335	Masterchef: The Professionals	Masterchef: The Professionals Series 7 Ep 21	It's the final, and for Marcus Wareing, Monica Galetti and Gregg Wallace, the search for a culinary talent exceptional enough to be crowned champion is almost over.	UNITED KINGDOM	English-100		PG	Y
2019-09-17	1440	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100		PG	

2019-09-17	1510	Oliver's Twist	More Than Just A Lettuce Leaf	Jamie cooks up a range of vegetarian dishes, including a mushroom sarnie, tagliatelle, and pecan and vanilla ice cream.	UNITED KINGDOM	English-100			PG	
2019-09-17	1535	Essence Of India	You Are What You Eat, Detox The Indian Way	Between learning how to cook healthy, wholesome meals, Samira looks at the true meaning of yoga in the birthplace of the ancient practice.	USA	English-100			G	
2019-09-17	1605	Anjum's Australian Spice Stories	Anjum's Twist	Anjum puts an Indian twist on some much loved English and Australian favourites with her inspired take on a meat pie and fish and chips.	AUSTRALIA	English-100			G	
2019-09-17	1630	Gok Cooks Chinese	Gok's Traditional Favourites	Gok makes steamed lemon sole, Peking duck with pancakes and stewed aromatic aubergine.	UNITED KINGDOM	English-100			PG	
2019-09-17	1700	Miguel's Feasts	Miguel's Feasts Series 1 Ep 7	We visit the home of the Empanada in Chile where Miguel compares his grandma's family recipe for Spanish Empanada Pie with the local Chilean Empanada.	AUSTRALIA	English-100			PG	Y
2019-09-17	1730	Poh's Kitchen On The Road	Sydney Outdoors	Alfresco dining has become a real mark of the way Australians enjoy eating, and Poh's in Sydney on the hunt for the great outdoors.	AUSTRALIA	English-100	RPT		G	Y
2019-09-17	1800	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100			G	
2019-09-17	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 1	In this opening heat, six aspiring chefs from all over the country arrive at the MasterChef kitchen to stake their claim to the coveted title.	UNITED KINGDOM	English-100			G	
2019-09-17	1935	The Hairy Bikers' Food Tour Of Britain	Gwynedd	Si and Dave explore Gwynedd, where they cook a traditional county favourite in Portmeirion. They visit a mountain lamb farmer and meet a man growing exotic mushrooms.	UNITED KINGDOM	English-100	RPT		G	
2019-09-17	2030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 12	Paul Hollywood proves that Britains Pies and Puds are among the best in the world as he is joined by American baking boys Outsider Tart for a Great Transatlantic Bake Off.	UNITED KINGDOM	English-100			G	
2019-09-17	2130	Poh's Kitchen On The Road	Sydney Outdoors	Alfresco dining has become a real mark of the way Australians enjoy eating, and Poh's in Sydney on the hunt for the great outdoors.	AUSTRALIA	English-100	RPT		G	Y
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2019-09-17	2335	Saturday Kitchen	Saturday Kitchen Series 2 Ep 15	Two legendary Italian chefs, Antonio Carluccio and Gennaro Contaldo, team up this week to guest host Saturday Kitchen, with help from two of Britain's up and coming chefs, Joe Hurd and Anna Jones.	UNITED KINGDOM	English-100			G	
2019-09-17	2435	The Hairy Bikers' Food Tour Of Britain	Gwynedd	Si and Dave explore Gwynedd, where they cook a traditional county favourite in Portmeirion. They visit a mountain lamb farmer and meet a man growing exotic mushrooms.	UNITED KINGDOM	English-100	RPT		G	
2019-09-17	2530	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 12	Paul Hollywood proves that Britains Pies and Puds are among the best in the world as he is joined by American baking boys Outsider Tart for a Great Transatlantic Bake Off.	UNITED KINGDOM	English-100			G	
2019-09-17	2630	Oliver's Twist	More Than Just A Lettuce Leaf	Jamie cooks up a range of vegetarian dishes, including a mushroom sarnie, tagliatelle, and pecan and vanilla ice cream.	UNITED KINGDOM	English-100			PG	
2019-09-17	2700	Essence Of India	You Are What You Eat, Detox The Indian Way	Between learning how to cook healthy, wholesome meals, Samira looks at the true meaning of yoga in the birthplace of the ancient practice.	USA	English-100			G	
2019-09-17	2730	Anjum's Australian Spice Stories	Anjum's Twist	Anjum puts an Indian twist on some much loved English and Australian favourites with her inspired take on a meat pie and fish and chips.	AUSTRALIA	English-100			G	

2019-09-17	2800	Gok Cooks Chinese	Gok's Traditional Favourites	Gok makes steamed lemon sole, Peking duck with pancakes and stewed aromatic aubergine.	UNITED KINGDOM	English-100		PG	
2019-09-17	2830	Miguel's Feasts	Miguel's Feasts Series 1 Ep 7	We visit the home of the Empanada in Chile where Miguel compares his grandma's family recipe for Spanish Empanada Pie with the local Chilean Empanada.	AUSTRALIA	English-100		PG	Y
2019-09-18	0500	Poh's Kitchen On The Road	Sydney Outdoors	Alfresco dining has become a real mark of the way Australians enjoy eating, and Poh's in Sydney on the hunt for the great outdoors.	AUSTRALIA	English-100	RPT	G	Y
2019-09-18	0530	Saturday Kitchen	Saturday Kitchen Series 2 Ep 15	Two legendary Italian chefs, Antonio Carluccio and Gennaro Contaldo, team up this week to guest host Saturday Kitchen, with help from two of Britain's up and coming chefs, Joe Hurd and Anna Jones.	UNITED KINGDOM	English-100		G	
2019-09-18	0630	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G	
2019-09-18	0700	Oliver's Twist	More Than Just A Lettuce Leaf	Jamie cooks up a range of vegetarian dishes, including a mushroom sarnie, tagliatelle, and pecan and vanilla ice cream.	UNITED KINGDOM	English-100		PG	
2019-09-18	0730	Essence Of India	You Are What You Eat, Detox The Indian Way	Between learning how to cook healthy, wholesome meals, Samira looks at the true meaning of yoga in the birthplace of the ancient practice.	USA	English-100		G	
2019-09-18	0800	Anjum's Australian Spice Stories	Anjum's Twist	Anjum puts an Indian twist on some much loved English and Australian favourites with her inspired take on a meat pie and fish and chips.	AUSTRALIA	English-100		G	
2019-09-18	0830	Gok Cooks Chinese	Gok's Traditional Favourites	Gok makes steamed lemon sole, Peking duck with pancakes and stewed aromatic aubergine.	UNITED KINGDOM	English-100		PG	
2019-09-18	0900	Miguel's Feasts	Miguel's Feasts Series 1 Ep 7	We visit the home of the Empanada in Chile where Miguel compares his grandma's family recipe for Spanish Empanada Pie with the local Chilean Empanada.	AUSTRALIA	English-100		PG	Y
2019-09-18	0930	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 1	In this opening heat, six aspiring chefs from all over the country arrive at the MasterChef kitchen to stake their claim to the coveted title.	UNITED KINGDOM	English-100		G	
2019-09-18	1035	The Hairy Bikers' Food Tour Of Britain	Gwynedd	Si and Dave explore Gwynedd, where they cook a traditional county favourite in Portmeirion. They visit a mountain lamb farmer and meet a man growing exotic mushrooms.	UNITED KINGDOM	English-100	RPT	G	
2019-09-18	1130	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 12	Paul Hollywood proves that Britains Pies and Puds are among the best in the world as he is joined by American baking boys Outsider Tart for a Great Transatlantic Bake Off.	UNITED KINGDOM	English-100			
2019-09-18	1230	Poh's Kitchen On The Road	Sydney Outdoors	Alfresco dining has become a real mark of the way Australians enjoy eating, and Poh's in Sydney on the hunt for the great outdoors.	AUSTRALIA	English-100	RPT	G	Y
2019-09-18	1300	Miguel's Feasts	Miguel's Feasts Series 1 Ep 7	We visit the home of the Empanada in Chile where Miguel compares his grandma's family recipe for Spanish Empanada Pie with the local Chilean Empanada.	AUSTRALIA	English-100		PG	Y
2019-09-18	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 1	In this opening heat, six aspiring chefs from all over the country arrive at the MasterChef kitchen to stake their claim to the coveted title.	UNITED KINGDOM	English-100		G	
2019-09-18	1435	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G	
2019-09-18	1505	Oliver's Twist	Late Night Snacks	Greg and Junior are both stand up comedians, and have a terrible diet of take-out and beer. Jamie shows them how to make quick and easy foods.	UNITED KINGDOM	English-100		PG	
2019-09-18	1530	Essence Of India	Brunch Indian Style	It's that time of the week, when we kick back, relax, enjoy some great food, a time to catch up with good friends and family. The meal of course is Sunday Brunch - it's a Western concept.	USA	English-100		G	
2019-09-18	1600	Anjum's Australian Spice Stories	Final Banquet, The	Anjum finishes off her Australian holiday with a bang seeking out the perfect produce for the ultimate outdoor banquet for family and friends.	AUSTRALIA	English-100		G	

2019-09-18	1630	Gok Cooks Chinese	Gok's Chinese Street Food	Gok goes back to basics, creating dishes usually served as street food in China.	UNITED KINGDOM	English-100		PG	
2019-09-18	1700	Miguel's Feasts	Miguel's Feasts Series 1 Ep 8	How far will Miguel go for fresh ingredients? Knee deep in mud, Miguel pulls out a mud crab the size of a basketball.	AUSTRALIA	English-100		PG	
2019-09-18	1730	Poh's Kitchen On The Road	Tastes Of Thailand	Poh starts her Thailand road trip in the city of Chiang Mai where tradition is revered and celebrated. It's here that Poh learns the basics of northern Thai cooking.	AUSTRALIA	English-100	RPT	G	Y
2019-09-18	1800	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G	
2019-09-18	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 2	In this heat, six ambitious new chefs set out to prove to the judges that they have the ability, commitment and style to push them to the top of their demanding industry.	UNITED KINGDOM	English-100		G	
2019-09-18	1935	Chilli Hunter	Indonesia	Tyson Mayr discovers the spicy secrets of the nation's capital, Jakarta. He samples 34 searing local sambals, and concocts a unique creation of his own.	SINGAPORE	English-100			Y
2019-09-18	2005	Chilli Hunter	Thailand	Tyson Mayr's Thailand adventure kicks off with a local lesson in all things chilli from 'Eat List Star' celebrity, Chef Anupong, before diving into the fevered depths of Thailand's chilli obsession.	SINGAPORE	English-100			Y
2019-09-18	2035	Cheese Slices	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100			
2019-09-18	2105	Cheese Slices	France - The Lyonnais Cheese Revolution	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system.	AUSTRALIA	English-100			
2019-09-18	2135	Poh's Kitchen On The Road	Tastes Of Thailand	Poh starts her Thailand road trip in the city of Chiang Mai where tradition is revered and celebrated. It's here that Poh learns the basics of northern Thai cooking.	AUSTRALIA	English-100	RPT	G	Y
2019-09-18	2205	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G	
2019-09-18	2235	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 2	In this heat, six ambitious new chefs set out to prove to the judges that they have the ability, commitment and style to push them to the top of their demanding industry.	UNITED KINGDOM	English-100		G	
2019-09-18	2340	Saturday Kitchen	Saturday Kitchen Series 2 Ep 16	The Michelin starred sensation from Birmingham, Glynn Purnell, commands the kitchen this week with help from the adventurous Michael O'Hare and top French chef, Amandine Chaignot.	UNITED KINGDOM	English-100		G	
2019-09-18	2435	Chilli Hunter	Indonesia	Tyson Mayr discovers the spicy secrets of the nation's capital, Jakarta. He samples 34 searing local sambals, and concocts a unique creation of his own.	SINGAPORE	English-100			Y
2019-09-18	2505	Chilli Hunter	Thailand	Tyson Mayr's Thailand adventure kicks off with a local lesson in all things chilli from 'Eat List Star' celebrity, Chef Anupong, before diving into the fevered depths of Thailand's chilli obsession.	SINGAPORE	English-100			Y
2019-09-18	2535	Cheese Slices	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100			
2019-09-18	2605	Cheese Slices	France - The Lyonnais Cheese Revolution	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system.	AUSTRALIA	English-100			
2019-09-18	2635	Oliver's Twist	Late Night Snacks	Greg and Junior are both stand up comedians, and have a terrible diet of take-out and beer. Jamie shows them how to make quick and easy foods.	UNITED KINGDOM	English-100		PG	
2019-09-18	2700	Essence Of India	Brunch Indian Style	It's that time of the week, when we kick back, relax, enjoy some great food, a time to catch up with good friends and family. The meal of course is Sunday Brunch - it's a Western concept.	USA	English-100		G	
2019-09-18	2730	Anjum's Australian Spice Stories	Final Banquet, The	Anjum finishes off her Australian holiday with a bang seeking out the perfect produce for the ultimate outdoor banquet for family and friends.	AUSTRALIA	English-100		G	

2019-09-18	2800	Gok Cooks Chinese	Gok's Chinese Street Food	Gok goes back to basics, creating dishes usually served as street food in China.	UNITED KINGDOM	English-100		PG	
2019-09-18	2830	Miguel's Feasts	Miguel's Feasts Series 1 Ep 8	How far will Miguel go for fresh ingredients? Knee deep in mud, Miguel pulls out a mud crab the size of a basketball.	AUSTRALIA	English-100		PG	
2019-09-19	0500	Poh's Kitchen On The Road	Tastes Of Thailand	Poh starts her Thailand road trip in the city of Chiang Mai where tradition is revered and celebrated. It's here that Poh learns the basics of northern Thai cooking.	AUSTRALIA	English-100	RPT	G	Y
2019-09-19	0530	Saturday Kitchen	Saturday Kitchen Series 2 Ep 16	The Michelin starred sensation from Birmingham, Glynn Purnell, commands the kitchen this week with help from the adventurous Michael O'Hare and top French chef, Amandine Chaignot.	UNITED KINGDOM	English-100		G	
2019-09-19	0630	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G	
2019-09-19	0700	Oliver's Twist	Late Night Snacks	Greg and Junior are both stand up comedians, and have a terrible diet of take-out and beer. Jamie shows them how to make quick and easy foods.	UNITED KINGDOM	English-100		PG	
2019-09-19	0730	Essence Of India	Brunch Indian Style	It's that time of the week, when we kick back, relax, enjoy some great food, a time to catch up with good friends and family. The meal of course is Sunday Brunch - it's a Western concept.	USA	English-100		G	
2019-09-19	0800	Anjum's Australian Spice Stories	Final Banquet, The	Anjum finishes off her Australian holiday with a bang seeking out the perfect produce for the ultimate outdoor banquet for family and friends.	AUSTRALIA	English-100		G	
2019-09-19	0830	Gok Cooks Chinese	Gok's Chinese Street Food	Gok goes back to basics, creating dishes usually served as street food in China.	UNITED KINGDOM	English-100		PG	
2019-09-19	0900	Miguel's Feasts	Miguel's Feasts Series 1 Ep 8	How far will Miguel go for fresh ingredients? Knee deep in mud, Miguel pulls out a mud crab the size of a basketball.	AUSTRALIA	English-100		PG	
2019-09-19	0930	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 2	In this heat, six ambitious new chefs set out to prove to the judges that they have the ability, commitment and style to push them to the top of their demanding industry.	UNITED KINGDOM	English-100		G	
2019-09-19	1035	Chilli Hunter	Indonesia	Tyson Mayr discovers the spicy secrets of the nation's capital, Jakarta. He samples 34 searing local sambals, and concocts a unique creation of his own.	SINGAPORE	English-100			Y
2019-09-19	1105	Chilli Hunter	Thailand	Tyson Mayr's Thailand adventure kicks off with a local lesson in all things chilli from 'Eat List Star' celebrity, Chef Anupong, before diving into the fevered depths of Thailand's chilli obsession.	SINGAPORE	English-100			Y
2019-09-19	1135	Cheese Slices	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100			
2019-09-19	1205	Cheese Slices	France - The Lyonnais Cheese Revolution	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system.	AUSTRALIA	English-100			
2019-09-19	1235	Poh's Kitchen On The Road	Tastes Of Thailand	Poh starts her Thailand road trip in the city of Chiang Mai where tradition is revered and celebrated. It's here that Poh learns the basics of northern Thai cooking.	AUSTRALIA	English-100	RPT	G	Y
2019-09-19	1305	Miguel's Feasts	Miguel's Feasts Series 1 Ep 8	How far will Miguel go for fresh ingredients? Knee deep in mud, Miguel pulls out a mud crab the size of a basketball.	AUSTRALIA	English-100		PG	
2019-09-19	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 2	In this heat, six ambitious new chefs set out to prove to the judges that they have the ability, commitment and style to push them to the top of their demanding industry.	UNITED KINGDOM	English-100		G	
2019-09-19	1435	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G	

2019-09-19	1505	Oliver's Twist	Big Grub For Big Boys	Jamie prepares a post-match meal for some rugby players. Recipes include chicken in milk, proper polenta, panettone and bread-and-butter pudding.	UNITED KINGDOM	English-100		PG	
2019-09-19	1530	Essence Of India	Feasting On Art, Modern India Cooks!	Food in India is swiftly becoming more than just a bunch of elements with lots of spices, cooked and served up in large platters to feed family and friends.	USA	English-100		PG	
2019-09-19	1600	Anjum's Australian Spice Stories	Getting Started	Anjum Anand gives us a lesson in essential Indian spices, putting them to use in a ginger masala chai that she cooks over an open flame in the countryside.	AUSTRALIA	English-100		G	
2019-09-19	1630	Gok Cooks Chinese	Gok's Celebration Feast	Gok creates the ultimate Chinese celebratory feast.	UNITED KINGDOM	English-100		PG	
2019-09-19	1700	Miguel's Feasts	Miguel's Feasts Series 1 Ep 9	In this episode of Miguel's Feasts, a deep sea New Zealand specialty, a smoking hot picnic, and has Miguel got what it takes to be a Banana Farmer? Or should he just stick to cooking them?	AUSTRALIA	English-100		PG	Y
2019-09-19	1730	Poh's Kitchen On The Road	King Of Islands, The	Poh's road trip takes her to King Island, where she visits a dairy farm owned by Philip and Kelly Lancaster, before catching up with master cheese maker Ueli Berger.	AUSTRALIA	English-100	RPT	G	Y
2019-09-19	1800	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2019-09-19	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 3	In this first quarter final, the six strongest chefs from the heats attempt to impress Monica and Marcus in two challenges.	UNITED KINGDOM	English-100		G	Y
2019-09-19	1935	Heston's Feasts	Fairytale Feast	Heston makes a fairytale meal featuring a Cinderella pumpkin, a stuffed boar's head inspired by Snow White, and an edible Hansel and Gretel house for pudding.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-09-19	2030	Bill's Kitchen: Notting Hill	Notting Hill	Moving the whole family from Australia to England has been an upheaval for Bill and his family, but it was worth it to be part of London's vibrant and exciting food scene.	UNITED KINGDOM	English-100		PG	
2019-09-19	2100	Bill's Kitchen: Notting Hill	Break For The Border	A recent trip to Mexico has inspired Bill to work with the flavours and ingredients he discovered, but with a Bill twist.	UNITED KINGDOM	English-100		PG	
2019-09-19	2130	Poh's Kitchen On The Road	King Of Islands, The	Poh's road trip takes her to King Island, where she visits a dairy farm owned by Philip and Kelly Lancaster, before catching up with master cheese maker Ueli Berger.	AUSTRALIA	English-100	RPT	G	Y
2019-09-19	2200	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2019-09-19	2230	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 3	In this first quarter final, the six strongest chefs from the heats attempt to impress Monica and Marcus in two challenges.	UNITED KINGDOM	English-100		G	Y
2019-09-19	2335	Saturday Kitchen	Saturday Kitchen Series 2 Ep 17	The Hairy Bikers, David Myers and Si King, take charge of Saturday Kitchen this week with the support of three ladies in red.	UNITED KINGDOM	English-100		G	
2019-09-19	2435	Heston's Feasts	Fairytale Feast	Heston makes a fairytale meal featuring a Cinderella pumpkin, a stuffed boar's head inspired by Snow White, and an edible Hansel and Gretel house for pudding.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-09-19	2530	Bill's Kitchen: Notting Hill	Notting Hill	Moving the whole family from Australia to England has been an upheaval for Bill and his family, but it was worth it to be part of London's vibrant and exciting food scene.	UNITED KINGDOM	English-100		PG	
2019-09-19	2600	Bill's Kitchen: Notting Hill	Break For The Border	A recent trip to Mexico has inspired Bill to work with the flavours and ingredients he discovered, but with a Bill twist.	UNITED KINGDOM	English-100		PG	
2019-09-19	2630	Oliver's Twist	Big Grub For Big Boys	Jamie prepares a post-match meal for some rugby players. Recipes include chicken in milk, proper polenta, panettone and bread-and-butter pudding.	UNITED KINGDOM	English-100		PG	
2019-09-19	2700	Essence Of India	Feasting On Art, Modern India Cooks!	Food in India is swiftly becoming more than just a bunch of elements with lots of spices, cooked and served up in large platters to feed family and friends.	USA	English-100		PG	

2019-09-19	2730	Anjum's Australian Spice Stories	Getting Started	Anjum Anand gives us a lesson in essential Indian spices, putting them to use in a ginger masala chai that she cooks over an open flame in the countryside.	AUSTRALIA	English-100		G	
2019-09-19	2800	Gok Cooks Chinese	Gok's Celebration Feast	Gok creates the ultimate Chinese celebratory feast.	UNITED KINGDOM	English-100		PG	
2019-09-19	2830	Miguel's Feasts	Miguel's Feasts Series 1 Ep 9	In this episode of Miguel's Feasts, a deep sea New Zealand specialty, a smoking hot picnic, and has Miguel got what it takes to be a Banana Farmer? Or should he just stick to cooking them?	AUSTRALIA	English-100		PG	Y
2019-09-20	0500	Poh's Kitchen On The Road	King Of Islands, The	Poh's road trip takes her to King Island, where she visits a dairy farm owned by Philip and Kelly Lancaster, before catching up with master cheese maker Ueli Berger.	AUSTRALIA	English-100	RPT	G	Y
2019-09-20	0530	Saturday Kitchen	Saturday Kitchen Series 2 Ep 17	The Hairy Bikers, David Myers and Si King, take charge of Saturday Kitchen this week with the support of three ladies in red.	UNITED KINGDOM	English-100		G	
2019-09-20	0630	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2019-09-20	0700	Oliver's Twist	Big Grub For Big Boys	Jamie prepares a post-match meal for some rugby players. Recipes include chicken in milk, proper polenta, panettone and bread-and-butter pudding.	UNITED KINGDOM	English-100		PG	
2019-09-20	0730	Essence Of India	Feasting On Art, Modern India Cooks!	Food in India is swiftly becoming more than just a bunch of elements with lots of spices, cooked and served up in large platters to feed family and friends.	USA	English-100		PG	
2019-09-20	0800	Anjum's Australian Spice Stories	Getting Started	Anjum Anand gives us a lesson in essential Indian spices, putting them to use in a ginger masala chai that she cooks over an open flame in the countryside.	AUSTRALIA	English-100		G	
2019-09-20	0830	Gok Cooks Chinese	Gok's Celebration Feast	Gok creates the ultimate Chinese celebratory feast.	UNITED KINGDOM	English-100		PG	
2019-09-20	0900	Miguel's Feasts	Miguel's Feasts Series 1 Ep 9	In this episode of Miguel's Feasts, a deep sea New Zealand specialty, a smoking hot picnic, and has Miguel got what it takes to be a Banana Farmer? Or should he just stick to cooking them?	AUSTRALIA	English-100		PG	Y
2019-09-20	0930	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 3	In this first quarter final, the six strongest chefs from the heats attempt to impress Monica and Marcus in two challenges.	UNITED KINGDOM	English-100		G	Y
2019-09-20	1035	Heston's Feasts	Fairytale Feast	Heston makes a fairytale meal featuring a Cinderella pumpkin, a stuffed boar's head inspired by Snow White, and an edible Hansel and Gretel house for pudding.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-09-20	1130	Bill's Kitchen: Notting Hill	Notting Hill	Moving the whole family from Australia to England has been an upheaval for Bill and his family, but it was worth it to be part of London's vibrant and exciting food scene.	UNITED KINGDOM	English-100		PG	
2019-09-20	1200	Bill's Kitchen: Notting Hill	Break For The Border	A recent trip to Mexico has inspired Bill to work with the flavours and ingredients he discovered, but with a Bill twist.	UNITED KINGDOM	English-100		PG	
2019-09-20	1230	Poh's Kitchen On The Road	King Of Islands, The	Poh's road trip takes her to King Island, where she visits a dairy farm owned by Philip and Kelly Lancaster, before catching up with master cheese maker Ueli Berger.	AUSTRALIA	English-100	RPT	G	Y
2019-09-20	1300	Miguel's Feasts	Miguel's Feasts Series 1 Ep 9	In this episode of Miguel's Feasts, a deep sea New Zealand specialty, a smoking hot picnic, and has Miguel got what it takes to be a Banana Farmer? Or should he just stick to cooking them?	AUSTRALIA	English-100		PG	Y
2019-09-20	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 3	In this first quarter final, the six strongest chefs from the heats attempt to impress Monica and Marcus in two challenges.	UNITED KINGDOM	English-100		G	Y

2019-09-20	1435	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2019-09-20	1505	Oliver's Twist	Abba Mania	Lynn, Chris, Paula and Steve are all mad ABBA fans who tour the UK in their camper. Jamie cooks them Marinated squid salad, Pot roasted pork, and a fruit cobbler.	UNITED KINGDOM	English-100		G	
2019-09-20	1530	Essence Of India	Global Influences On Indian Food	Between elephant rides and a thrilling ride polo pony escapade, we squeeze in a few incredible cuisines, not just dishes.	USA	English-100		G	
2019-09-20	1600	Anjum's Australian Spice Stories	Picnic, The	Anjum decides to create some holiday memories for her family by putting an Indian spin on a family picnic. She kicks off with a traditional home-made Indian cheese known as Paneer.	AUSTRALIA	English-100		G	
2019-09-20	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	
2019-09-20	1700	Miguel's Feasts	Miguel's Feasts Series 1 Ep 10	In this episode of Miguel's Feasts, the secrets of Bull-Boar Sausages is revealed, and a street food cook off becomes a battle of the sexes.	AUSTRALIA	English-100		PG	
2019-09-20	1730	Poh's Kitchen On The Road	Too Much Coffee	Poh is in Melbourne to find out why this city takes its coffee so seriously. Many factors have influenced the growth of our coffee culture and Poh finds them all here.	AUSTRALIA	English-100	RPT	G	Y
2019-09-20	1800	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G	
2019-09-20	1830	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 4	Six new chefs begin their bid for the coveted Professional MasterChef title as they take on two challenges set by the judges.	UNITED KINGDOM	English-100		G	Y
2019-09-20	1935	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100		PG	
2019-09-20	2005	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG	
2019-09-20	2040	Gourmet Farmer	Gourmet Farmer Series 5 Ep 8	With Spring in full swing, Matthew begins to understand just how important insects are to the ecosystem and health of his farm and his food.	AUSTRALIA	English-100	RPT	PG	Y
2019-09-20	2110	Nigella Express	Razzle Dazzle	It's party time at Nigella's and this is one party that's full of fast, easy, delicious make in advance recipes and simple, achievable, last minute touches to make the food table and the party itself.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-20	2135	Poh's Kitchen On The Road	Too Much Coffee	Poh is in Melbourne to find out why this city takes its coffee so seriously. Many factors have influenced the growth of our coffee culture and Poh finds them all here.	AUSTRALIA	English-100	RPT	G	Y
2019-09-20	2205	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G	
2019-09-20	2235	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 4	Six new chefs begin their bid for the coveted Professional MasterChef title as they take on two challenges set by the judges.	UNITED KINGDOM	English-100		G	Y
2019-09-20	2340	Saturday Kitchen	Saturday Kitchen Series 2 Ep 18	Australian MasterChef UK presenter John Torode hosts Saturday Kitchen this week with help from Michelin starred chef Angela Hartnett and the master of Thai cuisine, Andy Oliver.	UNITED KINGDOM	English-100		G	
2019-09-20	2440	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100		PG	
2019-09-20	2510	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG	

2019-09-20	2545	Nigella Express	Retro Rapido	Nigella's going back in time to give her favourite retro recipes the express treatment. For her school and university friend it's cheese fondue followed by cherry cheesecake.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-20	2615	Nigella Express	Razzle Dazzle	It's party time at Nigella's and this is one party that's full of fast, easy, delicious make in advance recipes and simple, achievable, last minute touches to make the food table and the party itself.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-20	2645	Oliver's Twist	Abba Mania	Lynn, Chris, Paula and Steve are all mad ABBA fans who tour the UK in their camper. Jamie cooks them Marinated squid salad, Pot roasted pork, and a fruit cobbler.	UNITED KINGDOM	English-100		G	
2019-09-20	2710	Essence Of India	Global Influences On Indian Food	Between elephant rides and a thrilling ride polo pony escapade, we squeeze in a few incredible cuisines, not just dishes.	USA	English-100		G	
2019-09-20	2740	Anjum's Australian Spice Stories	Picnic, The	Anjum decides to create some holiday memories for her family by putting an Indian spin on a family picnic. She kicks off with a traditional home-made Indian cheese known as Paneer.	AUSTRALIA	English-100		G	
2019-09-20	2805	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	
2019-09-20	2830	Miguel's Feasts	Miguel's Feasts Series 1 Ep 10	In this episode of Miguel's Feasts, the secrets of Bull-Boar Sausages is revealed, and a street food cook off becomes a battle of the sexes.	AUSTRALIA	English-100		PG	
2019-09-21	0500	Poh's Kitchen On The Road	Too Much Coffee	Poh is in Melbourne to find out why this city takes its coffee so seriously. Many factors have influenced the growth of our coffee culture and Poh finds them all here.	AUSTRALIA	English-100	RPT	G	Y
2019-09-21	0530	Saturday Kitchen	Saturday Kitchen Series 2 Ep 18	Australian MasterChef UK presenter John Torode hosts Saturday Kitchen this week with help from Michelin starred chef Angela Hartnett and the master of Thai cuisine, Andy Oliver.	UNITED KINGDOM	English-100		G	
2019-09-21	0630	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G	
2019-09-21	0700	Oliver's Twist	Abba Mania	Lynn, Chris, Paula and Steve are all mad ABBA fans who tour the UK in their camper. Jamie cooks them Marinated squid salad, Pot roasted pork, and a fruit cobbler.	UNITED KINGDOM	English-100		G	
2019-09-21	0730	Essence Of India	Global Influences On Indian Food	Between elephant rides and a thrilling ride polo pony escapade, we squeeze in a few incredible cuisines, not just dishes.	USA	English-100		G	
2019-09-21	0800	Anjum's Australian Spice Stories	Picnic, The	Anjum decides to create some holiday memories for her family by putting an Indian spin on a family picnic. She kicks off with a traditional home-made Indian cheese known as Paneer.	AUSTRALIA	English-100		G	
2019-09-21	0830	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	
2019-09-21	0900	Miguel's Feasts	Miguel's Feasts Series 1 Ep 10	In this episode of Miguel's Feasts, the secrets of Bull-Boar Sausages is revealed, and a street food cook off becomes a battle of the sexes.	AUSTRALIA	English-100		PG	
2019-09-21	0930	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 4	Six new chefs begin their bid for the coveted Professional MasterChef title as they take on two challenges set by the judges.	UNITED KINGDOM	English-100		G	Y
2019-09-21	1035	Nigella Express	Retro Rapido	Nigella's going back in time to give her favourite retro recipes the express treatment. For her school and university friend it's cheese fondue followed by cherry cheesecake.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-21	1105	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100		PG	
2019-09-21	1135	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG	

2019-09-21	1210	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100		PG		
2019-09-21	1240	Poh's Kitchen On The Road	Too Much Coffee	Poh is in Melbourne to find out why this city takes its coffee so seriously. Many factors have influenced the growth of our coffee culture and Poh finds them all here.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-21	1310	Miguel's Feasts	Miguel's Feasts Series 1 Ep 10	In this episode of Miguel's Feasts, the secrets of Bull-Boar Sausages is revealed, and a street food cook off becomes a battle of the sexes.	AUSTRALIA	English-100		PG		
2019-09-21	1335	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 4	Six new chefs begin their bid for the coveted Professional MasterChef title as they take on two challenges set by the judges.	UNITED KINGDOM	English-100		G		Y
2019-09-21	1440	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G		
2019-09-21	1510	Dinner Date	Dinner Date Series 8 Ep 22	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		
2019-09-21	1600	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100		PG		
2019-09-21	1630	Paul And Nick's Big Food Trip	Arran	Paul Rankin and Nick Nairn visit the Isle of Arran, known as Scotland in miniature, and find some inspiring local produce. With deer aplenty on the island, venison makes it onto the menu.	IRELAND	English-100				
2019-09-21	1700	The Cook And The Chef	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G		
2019-09-21	1730	The Cook And The Chef	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G		
2019-09-21	1800	The Cook And The Chef	100th Special	The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G		
2019-09-21	1830	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 5	Chef Luke Nguyen reaches the beautiful beaches of the east coast of Vietnam, stopping to visit relatives in Phan Thiet. In Mui Ne, he creates a razor clam salad on the beach.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-21	1900	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 6	Luke visits the town of Dalat in the beautiful central highlands of Vietnam. He enjoys the cooler climate and the abundance of fresh produce on offer.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-21	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 5	Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making Mohinga.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-21	2000	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 6	Luke Nguyen ventures to the Shan State where entire villages and kilometres of tomato farms float upon Inle Lake. There he experiences the warm hospitality of the Shan people.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-21	2030	Avec Eric	Everything Is Better With Bacon	Eric Ripert visits Tuscany to learn about the art of making and eating lardo. Along the way he enjoys fine wines, amazing meals and interesting concoctions.	USA	English-100		PG		
2019-09-21	2100	Avec Eric	Becoming A Chef	The path that each cook takes to becoming a chef is different. Eric's journey began in his home kitchen in the South of France, where he was lucky to be influenced by both of my grandmothers.	USA	English-100		G		
2019-09-21	2130	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 5	Peter is known throughout the world as a seafood chef and the Margaret River region has provided an exceptional opportunity for him to explore his passion.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-21	2200	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 6	Having explored a truly exceptional part of the world, Peter culminates his journey in Margaret River by delving into the world of gourmet foods.	AUSTRALIA	English-100	RPT	G	Y	

2019-09-21	2230	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 5	Chef Luke Nguyen reaches the beautiful beaches of the east coast of Vietnam, stopping to visit relatives in Phan Thiet. In Mui Ne, he creates a razor clam salad on the beach.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-21	2300	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 6	Luke visits the town of Dalat in the beautiful central highlands of Vietnam. He enjoys the cooler climate and the abundance of fresh produce on offer.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-21	2330	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 5	Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making Mohinga.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-21	2400	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 6	Luke Nguyen ventures to the Shan State where entire villages and kilometres of tomato farms float upon Inle Lake. There he experiences the warm hospitality of the Shan people.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-21	2430	Avec Eric	Everything Is Better With Bacon	Eric Ripert visits Tuscany to learn about the art of making and eating lardo. Along the way he enjoys fine wines, amazing meals and interesting concoctions.	USA	English-100		PG		
2019-09-21	2500	Avec Eric	Becoming A Chef	The path that each cook takes to becoming a chef is different. Eric's journey began in his home kitchen in the South of France, where he was lucky to be influenced by both of my grandmothers.	USA	English-100		G		
2019-09-21	2530	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 5	Peter is known throughout the world as a seafood chef and the Margaret River region has provided an exceptional opportunity for him to explore his passion.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-21	2600	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 6	Having explored a truly exceptional part of the world, Peter culminates his journey in Margaret River by delving into the world of gourmet foods.	AUSTRALIA	English-100	RPT	G	Y	
2019-09-21	2630	Dinner Date	Dinner Date Series 8 Ep 22	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		
2019-09-21	2730	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100		PG		
2019-09-21	2800	Paul And Nick's Big Food Trip	Arran	Paul Rankin and Nick Nairn visit the Isle of Arran, known as Scotland in miniature, and find some inspiring local produce. With deer aplenty on the island, venison makes it onto the menu.	IRELAND	English-100				
2019-09-21	2830	The Cook And The Chef	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G		