



WEEK 39: Sunday, 20 September - Saturday, 26 September 2020 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-09-20	0500	Lidia's Italy	Lidia's Italy Series 3 Ep 26	Lidia explores the rich farmlands of Molise, and cooks with many of the treasures of the agricultural landscape, including legumes, broad beans, potatoes, cheese, and cauliflower.	USA	English-100		PG	
2020-09-20	0530	Say It To My Face	Asian Confusion	Guest hosts Michael Chernow and Daniel Holzman, owners of 'The Meatball Shop', travel to Pasadena, CA to help the owner of Equator Cafe conquer his terrible online reviews.	USA	English-100		PG	
2020-09-20	0630	Tropical Gourmet: New Caledonia	Final Days In Noumea	Justine celebrates the fresh, flavoursome seafood available among the waters of Noumea by serving up the ultimate prawn and crab sandwich. That's followed by a decadent chocolate tart.	AUSTRALIA	English-100		PG	
2020-09-20	0700	Outback Gourmet	Outback Gourmet Series 1 Ep 1	Justine travels from Darwin to Kakadu exploring the Ubirri Rock Art walk, where she prepares a picnic lunch by the stunning Maguk Pools and experiences a pop up dining experience like no other.	AUSTRALIA	English-100		PG	
2020-09-20	0730	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 2	Paul Hollywood continues his search for the best of British Pies and Puds by taking Afternoon Tea at the Dorchester Hotel in London - his first visit there after being Head Baker 20 years ago.	UNITED KINGDOM	English-100		G	
2020-09-20	0830	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 2	The Karim and the Daws families face a series of challenges, based on the realities of everyday meals as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		PG	
2020-09-20	0930	Cheese Slices	Artisan Cheeses From The Highlands And Islands: Scotland	Scotland is not renowned for good cheese, but in the rugged rolling highland country, Will unearths an ancient sour cream 'chieftains' cheese called Caboc.	AUSTRALIA	English-100		G	
2020-09-20	1000	Cheese Slices	Rare Traditional Cheeses From The Hills And Alps: Piedmont	No Italian region boasts as many traditional cheeses as Piedmont. Will investigates the many different types of Toma cheese made in the Alps before travelling to the Langhe Hills.	AUSTRALIA	English-100		G	
2020-09-20	1030	Lidia's Italy	Lidia's Italy Series 3 Ep 26	Lidia explores the rich farmlands of Molise, and cooks with many of the treasures of the agricultural landscape, including legumes, broad beans, potatoes, cheese, and cauliflower.	USA	English-100		PG	
2020-09-20	1100	French Food Safari	French Food Safari Series 1 Episode 5	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G	Y
2020-09-20	1130	French Food Safari	French Food Safari Series 1 Episode 6	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT	G	Y
2020-09-20	1200	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	PG	Y
2020-09-20	1230	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
2020-09-20	1300	French Food Safari	French Food Safari Series 1 Episode 9	Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes.	AUSTRALIA	English-100	RPT	G	Y
2020-09-20	1330	Outback Gourmet	Outback Gourmet Series 1 Ep 1	Justine travels from Darwin to Kakadu exploring the Ubirri Rock Art walk, where she prepares a picnic lunch by the stunning Maguk Pools and experiences a pop up dining experience like no other.	AUSTRALIA	English-100		PG	
2020-09-20	1400	Say It To My Face	Your Customers Are Dying Off!	Mother and son restaurant owners, Maria and Efren Vasquez, of Culver City steakhouse Dear John's, are losing tons of money every month, and they believe negative online reviews are to blame.	USA	English-100		PG	
2020-09-20	1500	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100		G	

2020-09-20	1530	Outback Gourmet	Outback Gourmet Series 1 Ep 3	Justine visits Marksie's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100		G	
2020-09-20	1600	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad.	AUSTRALIA	English-100		PG	
2020-09-20	1630	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G	
2020-09-20	1700	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG	
2020-09-20	1730	A Cook Abroad	Dave Myers' Egypt	Hairy Biker Dave Myers travels to Egypt, home to some of the oldest recipes known to man.	UNITED KINGDOM	English-100		PG	
2020-09-20	1835	Asia Unplated With Diana Chan	Singaporean	Singaporean cuisine is widely influenced by several ethnic groups that make up the population. MasterChef winner Sashi Cheliah, who grew up in Singapore, shares his quick and easy briyani recipe.	AUSTRALIA	English-100		G	
2020-09-20	1900	Bonacini's Italy	Lombardy	Celebrity chef Michael Bonacini prepares traditional dishes from the Northern Italian region, Lombardy.	CANADA	English-100		G	
2020-09-20	1930	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	
2020-09-20	2000	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	
2020-09-20	2030	Ainsley's Mediterranean Cookbook	Marrakesh Part 1	Ainsley's Mediterranean adventure takes him to Morocco, where he's exploring the sights and smells of Marrakesh, as he takes a trip around the food stalls of Jemaa el-Fna square.	UNITED KINGDOM	English-100		G	
2020-09-20	2130	Gino's Italian Escape	Gragnano	Gino D'Acampo returns to his native Campania - the Italian region where he grew up and where his family still live.	UNITED KINGDOM	English-100		G	
2020-09-20	2200	Gino's Italian Escape	Matera	Gino D'Acampo's final leg of his Italian Escape starts on the 'heel' of Italy's boot, in Puglia. As a chef, Gino is always on the lookout for amazing food and is rewarded in the town of Altamura.	UNITED KINGDOM	English-100		G	
2020-09-20	2230	Rick Stein's Long Weekends	Bordeaux	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters.	UNITED KINGDOM	English-100	RPT	G	Y
2020-09-20	2335	A Cook Abroad	Dave Myers' Egypt	Hairy Biker Dave Myers travels to Egypt, home to some of the oldest recipes known to man.	UNITED KINGDOM	English-100		PG	
2020-09-20	2440	Asia Unplated With Diana Chan	Singaporean	Singaporean cuisine is widely influenced by several ethnic groups that make up the population. MasterChef winner Sashi Cheliah, who grew up in Singapore, shares his quick and easy briyani recipe.	AUSTRALIA	English-100		G	
2020-09-20	2505	Bonacini's Italy	Lombardy	Celebrity chef Michael Bonacini prepares traditional dishes from the Northern Italian region, Lombardy.	CANADA	English-100		G	
2020-09-20	2530	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	
2020-09-20	2600	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	
2020-09-20	2630	Ainsley's Mediterranean Cookbook	Marrakesh Part 1	Ainsley's Mediterranean adventure takes him to Morocco, where he's exploring the sights and smells of Marrakesh, as he takes a trip around the food stalls of Jemaa el-Fna square.	UNITED KINGDOM	English-100		G	
2020-09-20	2730	Gino's Italian Escape	Gragnano	Gino D'Acampo returns to his native Campania - the Italian region where he grew up and where his family still live.	UNITED KINGDOM	English-100		G	

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2020-09-20	2830	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG	
2020-09-21	0500	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100		G	
2020-09-21	0530	A Cook Abroad	Dave Myers' Egypt	Hairy Biker Dave Myers travels to Egypt, home to some of the oldest recipes known to man.	UNITED KINGDOM	English-100		PG	
2020-09-21	0635	Asia Unplated With Diana Chan	Singaporean	Singaporean cuisine is widely influenced by several ethnic groups that make up the population. MasterChef winner Sashi Cheliah, who grew up in Singapore, shares his quick and easy briyani recipe.	AUSTRALIA	English-100		G	
2020-09-21	0700	Bonacini's Italy	Lombardy	Celebrity chef Michael Bonacini prepares traditional dishes from the Northern Italian region, Lombardy.	CANADA	English-100		G	
2020-09-21	0730	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	
2020-09-21	0800	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	
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2020-09-21	0930	Gino's Italian Escape	Gragnano	Gino D'Acampo returns to his native Campania - the Italian region where he grew up and where his family still live.	UNITED KINGDOM	English-100		G	
2020-09-21	1000	Gino's Italian Escape	Matera	Gino D'Acampo's final leg of his Italian Escape starts on the 'heel' of Italy's boot, in Puglia. As a chef, Gino is always on the lookout for amazing food and is rewarded in the town of Altamura.	UNITED KINGDOM	English-100		G	
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2020-09-21	1135	A Cook Abroad	Dave Myers' Egypt	Hairy Biker Dave Myers travels to Egypt, home to some of the oldest recipes known to man.	UNITED KINGDOM	English-100		PG	
2020-09-21	1240	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	
2020-09-21	1310	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	
2020-09-21	1340	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	
2020-09-21	1405	The Urban Vegetarian	On Trend	Desiree Nielsen adds more plants to her plate with two epic grilled cheese recipes that sneak in veggies.	CANADA	English-100		G	
2020-09-21	1430	Annabel Langbein: Free Range Cook	Fiesta For Friends	Annabel picks heritage apples, then returns to her lakeside cabin to cook a Mexican-style feast of succulent slow-cooked pork with smoky chilli beans and guacamole, followed by apple and berry sorbet.	NEW ZEALAND	English-100		G	
2020-09-21	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G	

2020-09-21	1530	One World Kitchen	Nuts About Walnuts, Pine Nuts And Pistachios	Host Jasmin Ibrahim shares her favourite nutty recipes, including walnut-filled pancakes doused in a sweet rose water.	CANADA	English-100		G	
2020-09-21	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 56	Matt's back in his hometown of Noosa where he cooks up a healthy chia pudding. Courtney makes a fattoush chicken salad, while Michael cooks up a super green soup with broccoli and cous cous.	AUSTRALIA	English-100		PG	
2020-09-21	1630	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G	
2020-09-21	1700	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G	
2020-09-21	1730	Lidia's Italy	Lidia's Italy Series 4 Ep 1	Lidia travels to Calabria - a region widely known for their variety of peppers. Lidia shows us how to use them, along with red onions, potatoes, and other vegetables to create a Calabrese salad.	USA	English-100		PG	
2020-09-21	1800	Hairy Bikers' Best Of British	Exotic Foods	The Bikers celebrate Britain's taste for the exotic - one of the driving forces of Britain's culinary history. They prepare a classic chilli ginger bread and show how to make the perfect sushi.	UNITED KINGDOM	English-100		PG	
2020-09-21	1900	Poh & Co.	Dream Comes True, A	Poh and Sarah finally have their own shop at Adelaide Central Market. Preoccupied, she forgets to harvest her cabbage and they've bolted, resulting in a unique kimchi.	AUSTRALIA	English-100	RPT	G	Y
2020-09-21	1930	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 8	Juliet prepares some special bakes for Christmas, including baked party canapes, a brussels sprouts tarte tatin, and a spectacular chocolate orange profiteroles tower.	UNITED KINGDOM	English-100		G	
2020-09-21	2030	Anthony Bourdain: Parts Unknown	Hong Kong	Bourdain visits Hong Kong - a city that's always in transition and unapologetically modern that has another side - a beautiful one that's in danger of disappearing entirely.	USA	English-100		PG	
2020-09-21	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 1	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-09-21	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 2	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-09-21	2230	Oliver's Twist	Friends	There's a lot to catch-up on when Jamie's old classmates turn up for a school reunion. Jamie cooks up a wealth of tasty food in preparation, including fried zucchini flowers and fig canapes.	UNITED KINGDOM	English-100		G	
2020-09-21	2300	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G	
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2020-09-21	2400	Hairy Bikers' Best Of British	Exotic Foods	The Bikers celebrate Britain's taste for the exotic - one of the driving forces of Britain's culinary history. They prepare a classic chilli ginger bread and show how to make the perfect sushi.	UNITED KINGDOM	English-100		PG	
2020-09-21	2500	Poh & Co.	Dream Comes True, A	Poh and Sarah finally have their own shop at Adelaide Central Market. Preoccupied, she forgets to harvest her cabbage and they've bolted, resulting in a unique kimchi.	AUSTRALIA	English-100	RPT	G	Y
2020-09-21	2530	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 8	Juliet prepares some special bakes for Christmas, including baked party canapes, a brussels sprouts tarte tatin, and a spectacular chocolate orange profiteroles tower.	UNITED KINGDOM	English-100		G	
2020-09-21	2630	Anthony Bourdain: Parts Unknown	Hong Kong	Bourdain visits Hong Kong - a city that's always in transition and unapologetically modern that has another side - a beautiful one that's in danger of disappearing entirely.	USA	English-100		PG	
2020-09-21	2730	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 1	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	

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2020-09-22	0700	One World Kitchen	Nuts About Walnuts, Pine Nuts And Pistachios	Host Jasmin Ibrahim shares her favourite nutty recipes, including walnut-filled pancakes doused in a sweet rose water.	CANADA	English-100		G	
2020-09-22	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 56	Matt's back in his hometown of Noosa where he cooks up a healthy chia pudding. Courtney makes a fattoush chicken salad, while Michael cooks up a super green soup with broccoli and cous cous.	AUSTRALIA	English-100		PG	
2020-09-22	0800	Lidia's Italy	Lidia's Italy Series 4 Ep 1	Lidia travels to Calabria - a region widely known for their variety of peppers. Lidia shows us how to use them, along with red onions, potatoes, and other vegetables to create a Calabrese salad.	USA	English-100		PG	
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2020-09-22	1230	Oliver's Twist	Friends	There's a lot to catch-up on when Jamie's old classmates turn up for a school reunion. Jamie cooks up a wealth of tasty food in preparation, including fried zucchini flowers and fig canapes.	UNITED KINGDOM	English-100		G	
2020-09-22	1300	Poh & Co.	Dream Comes True, A	Poh and Sarah finally have their own shop at Adelaide Central Market. Preoccupied, she forgets to harvest her cabbage and they've bolted, resulting in a unique kimchi.	AUSTRALIA	English-100	RPT	G	Y
2020-09-22	1330	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 2	From Green Island, one of the oldest and most beautiful Islands in the Great Barrier Reef, Miguel reveals some simple steps to a stunning Tuna Carpaccio.	AUSTRALIA	English-100		G	
2020-09-22	1400	The Urban Vegetarian	Lettuce Eat Lasagna	Desiree Nielsen shows how salads can be a tasty main and served warm with a grilled romaine salad.	CANADA	English-100		G	
2020-09-22	1430	Annabel Langbein: Free Range Cook	French Country Table, A	Annabel visits her neighbour's hazelnut orchard for the autumn harvest, cooking up a rib-sticking pea and ham soup and a spiced apple cake for lunch.	NEW ZEALAND	English-100		PG	

2020-09-22	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G	
2020-09-22	1530	One World Kitchen	Four Course Lebanese	Home cook Jasmin Ibrahim combines the sweet flavour of crunchy pomegranates with rich lamb pastry pockets and then crispy chicken.	CANADA	English-100		PG	
2020-09-22	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 57	Matt cooks up a Chinese classic - drunken chicken. Michael is location in Murroka Farm in Gippsland, Victoria where he explains the benefits of grass fed beef and cooks up a tangy Thai Beef Salad.	AUSTRALIA	English-100		PG	
2020-09-22	1630	The Cook And The Chef	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100		G	
2020-09-22	1700	The Cook And The Chef	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
2020-09-22	1730	Lidia's Italy	Lidia's Italy Series 4 Ep 2	Lidia travels to Sardegna - the second largest island in the Mediterranean - known for its beautiful granite rocks. With the help of her two grandson's, Lidia prepares a baked fregola casserole.	USA	English-100		PG	
2020-09-22	1800	Hairy Bikers' Best Of British	Potatoes	The Bikers explore the history behind Britain's greatest staple food - the humble potato, from a warming Lancashire potato and butter pie, to a delicious chicken casserole with potato cobbler.	UNITED KINGDOM	English-100		PG	
2020-09-22	1900	Poh & Co.	Central Markets Are Go	Opening day is fast approaching, so Jono and the lads rush to fit out the Central Market cafe, while Poh creates two brilliant new recipes.	AUSTRALIA	English-100	RPT	G	Y
2020-09-22	1930	Italian Food Safari	Italian Food Safari Series 1 Ep 6	Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.	AUSTRALIA	English-100	RPT	G	Y
2020-09-22	2000	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 5	With Silvia's best friends coming to stay for few days she is out to impress, making one of her Nonna's most delicious, crowd pleasing pasta feasts, plus a delicate ricotta and semolina cake.	AUSTRALIA			G	
2020-09-22	2030	The Great Australian Cookbook	Ronni Kahn And Paul West	Sydney founder of OzHarvest, Ronni Kahn cooks her mum's veggie lasagne, while Australian River Cottage host, Paul West cooks up braised wild rabbit with salami and warrigal greens.	AUSTRALIA	English-100		G	
2020-09-22	2100	Luke Nguyen's France	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y
2020-09-22	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-09-22	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-09-22	2230	Oliver's Twist	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100		PG	
2020-09-22	2300	The Cook And The Chef	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100		G	
2020-09-22	2330	The Cook And The Chef	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
2020-09-22	2400	Hairy Bikers' Best Of British	Potatoes	The Bikers explore the history behind Britain's greatest staple food - the humble potato, from a warming Lancashire potato and butter pie, to a delicious chicken casserole with potato cobbler.	UNITED KINGDOM	English-100		PG	
2020-09-22	2500	Poh & Co.	Central Markets Are Go	Opening day is fast approaching, so Jono and the lads rush to fit out the Central Market cafe, while Poh creates two brilliant new recipes.	AUSTRALIA	English-100	RPT	G	Y

2020-09-22	2530	Italian Food Safari	Italian Food Safari Series 1 Ep 6	Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.	AUSTRALIA	English-100	RPT	G	Y
2020-09-22	2600	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 5	With Silvia's best friends coming to stay for few days she is out to impress, making one of her Nonna's most delicious, crowd pleasing pasta feasts, plus a delicate ricotta and semolina cake.	AUSTRALIA			G	
2020-09-22	2630	The Great Australian Cookbook	Ronni Kahn And Paul West	Sydney founder of OzHarvest, Ronni Kahn cooks her mum's veggie lasagne, while Australian River Cottage host, Paul West cooks up braised wild rabbit with salami and warrigal greens.	AUSTRALIA	English-100		G	
2020-09-22	2700	Luke Nguyen's France	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y
2020-09-22	2730	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-09-22	2800	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-09-22	2830	Oliver's Twist	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100		PG	
2020-09-23	0500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 2	From Green Island, one of the oldest and most beautiful Islands in the Great Barrier Reef, Miguel reveals some simple steps to a stunning Tuna Carpaccio.	AUSTRALIA	English-100		G	
2020-09-23	0530	The Urban Vegetarian	Lettuce Eat Lasagna	Desiree Nielsen shows how salads can be a tasty main and served warm with a grilled romaine salad.	CANADA	English-100		G	
2020-09-23	0600	Annabel Langbein: Free Range Cook	French Country Table, A	Annabel visits her neighbour's hazelnut orchard for the autumn harvest, cooking up a rib-sticking pea and ham soup and a spiced apple cake for lunch.	NEW ZEALAND	English-100		PG	
2020-09-23	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G	
2020-09-23	0700	One World Kitchen	Four Course Lebanese	Home cook Jasmin Ibrahim combines the sweet flavour of crunchy pomegranates with rich lamb pastry pockets and then crispy chicken.	CANADA	English-100		PG	
2020-09-23	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 57	Matt cooks up a Chinese classic - drunken chicken. Michael is location in Murroka Farm in Gippsland, Victoria where he explains the benefits of grass fed beef and cooks up a tangy Thai Beef Salad.	AUSTRALIA	English-100		PG	
2020-09-23	0800	Lidia's Italy	Lidia's Italy Series 4 Ep 2	Lidia travels to Sardegna - the second largest island in the Mediterranean - known for its beautiful granite rocks. With the help of her two grandson's, Lidia prepares a baked fregola casserole.	USA	English-100		PG	
2020-09-23	0830	Hairy Bikers' Best Of British	Potatoes	The Bikers explore the history behind Britain's greatest staple food - the humble potato, from a warming Lancashire potato and butter pie, to a delicious chicken casserole with potato cobbler.	UNITED KINGDOM	English-100		PG	
2020-09-23	0930	Italian Food Safari	Italian Food Safari Series 1 Ep 6	Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.	AUSTRALIA	English-100	RPT	G	Y
2020-09-23	1000	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 5	With Silvia's best friends coming to stay for few days she is out to impress, making one of her Nonna's most delicious, crowd pleasing pasta feasts, plus a delicate ricotta and semolina cake.	AUSTRALIA			G	
2020-09-23	1030	The Great Australian Cookbook	Ronni Kahn And Paul West	Sydney founder of OzHarvest, Ronni Kahn cooks her mum's veggie lasagne, while Australian River Cottage host, Paul West cooks up braised wild rabbit with salami and warrigal greens.	AUSTRALIA	English-100		G	
2020-09-23	1100	Luke Nguyen's France	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y

2020-09-23	1130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-09-23	1200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG
2020-09-23	1230	Oliver's Twist	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100			PG
2020-09-23	1300	Poh & Co.	Central Markets Are Go	Opening day is fast approaching, so Jono and the lads rush to fit out the Central Market cafe, while Poh creates two brilliant new recipes.	AUSTRALIA	English-100	RPT	G	Y
2020-09-23	1330	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 3	Miguel finds time to take a dip at the breathtaking Milla Milla Waterfalls before whipping up a fresh Asian salad that really packs a punch.	AUSTRALIA	English-100			G
2020-09-23	1400	The Urban Vegetarian	Treat Yourself	Food nerd Desiree Nielsen knows how to add more veggies to our morning and shows us how it's done with a blueberry, celery, cucumber, and red cabbage juice.	CANADA	English-100			G
2020-09-23	1430	Annabel Langbein: Free Range Cook	Fish On The Menu	Always up for an adventure, Annabel wades in boots and all to net for flounder on a Nelson beach at the northern tip of New Zealand's South Island.	NEW ZEALAND	English-100			PG
2020-09-23	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Pantacchini's, burek pasties, and meeting an Irish butcher.	AUSTRALIA	English-100	RPT		G
2020-09-23	1530	One World Kitchen	Lebanese Small Plates	Food is best when it's shared with friends. Lebanese expert Jasmin Ibrahim cooks up four small plate recipes perfect for grazing.	CANADA	English-100			G
2020-09-23	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 58	Matt heads to the banks of the Noosa River to create a delicious duck breast dish with green mango slaw, while Michael cooks an affordable, mid-week dinner of beef and broccoli with oyster sauce.	AUSTRALIA	English-100			PG
2020-09-23	1630	The Cook And The Chef	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100			G
2020-09-23	1700	The Cook And The Chef	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100			G
2020-09-23	1730	Lidia's Italy	Lidia's Italy Series 4 Ep 3	Lidia visits the region of Molise - an area well known for its olive oil and fresh fish. Lidia prepares a traditional Molise meal including a fish soup with vegetables, as well as tacozze pasta.	USA	English-100			PG
2020-09-23	1800	Hairy Bikers' Best Of British	Beef	The Bikers explore British world-class beef, and champion it in a beef and suet pudding, as well as an oxtail soup.	UNITED KINGDOM	English-100			PG
2020-09-23	1900	Poh & Co.	Brand New Life, A	It's opening day at the Central Market Cafe and the group is nervous and excited. The future of the cafe is unknown, but right now Poh is making new friends.	AUSTRALIA	English-100	RPT	G	Y
2020-09-23	1930	Indian Food Made Easy	Keralan (Liverpool)	Liverpool is home to a large community of Keralans and, to highlight the delights of this region's cuisine, Anjum cooks with two local Keralan women who are fantastic home cooks.	UNITED KINGDOM	English-100			G
2020-09-23	2000	Gourmet Farmer	Gourmet Farmer Series 4 Ep 8	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2020-09-23	2030	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of China's population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-09-23	2100	Donna Hay: Basics To Brilliance Kids	Bake Sale	What's a bake sale without cupcakes? They're everyone's favourite, so Donna, Gracie and Natasha make a batch each, with various flavours of icing.	AUSTRALIA	English-100			G

2020-09-23	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			G	
2020-09-23	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			G	
2020-09-23	2230	Oliver's Twist	Halloween	In preparation for a night of trick-or-treating with his friends' children, Jamie makes some party food to keep the autumn chill at bay.	UNITED KINGDOM	English-100			PG	
2020-09-23	2300	The Cook And The Chef	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100			G	
2020-09-23	2330	The Cook And The Chef	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100			G	
2020-09-23	2400	Hairy Bikers' Best Of British	Beef	The Bikers explore British world-class beef, and champion it in a beef and suet pudding, as well as an oxtail soup.	UNITED KINGDOM	English-100			PG	
2020-09-23	2500	Poh & Co.	Brand New Life, A	It's opening day at the Central Market Cafe and the group is nervous and excited. The future of the cafe is unknown, but right now Poh is making new friends.	AUSTRALIA	English-100	RPT		G	Y
2020-09-23	2530	Indian Food Made Easy	Keralan (Liverpool)	Liverpool is home to a large community of Keralans and, to highlight the delights of this region's cuisine, Anjum cooks with two local Keralan women who are fantastic home cooks.	UNITED KINGDOM	English-100			G	
2020-09-23	2600	Gourmet Farmer	Gourmet Farmer Series 4 Ep 8	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	RPT		G	Y
2020-09-23	2630	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.	AUSTRALIA	English-70; Mandarin-30	RPT		G	Y
2020-09-23	2700	Donna Hay: Basics To Brilliance Kids	Bake Sale	What's a bake sale without cupcakes? They're everyone's favourite, so Donna, Gracie and Natasha make a batch each, with various flavours of icing.	AUSTRALIA	English-100			G	
2020-09-23	2730	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			G	
2020-09-23	2800	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			G	
2020-09-23	2830	Oliver's Twist	Halloween	In preparation for a night of trick-or-treating with his friends' children, Jamie makes some party food to keep the autumn chill at bay.	UNITED KINGDOM	English-100			PG	
2020-09-24	0500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 3	Miguel finds time to take a dip at the breathtaking Milla Milla Waterfalls before whipping up a fresh Asian salad that really packs a punch.	AUSTRALIA	English-100			G	
2020-09-24	0530	The Urban Vegetarian	Treat Yourself	Food nerd Desiree Nielsen knows how to add more veggies to our morning and shows us how it's done with a blueberry, celery, cucumber, and red cabbage juice.	CANADA	English-100			G	
2020-09-24	0600	Annabel Langbein: Free Range Cook	Fish On The Menu	Always up for an adventure, Annabel wades in boots and all to net for flounder on a Nelson beach at the northern tip of New Zealand's South Island.	NEW ZEALAND	English-100			PG	
2020-09-24	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Pantacchini's, burek pasties, and meeting an Irish butcher.	AUSTRALIA	English-100	RPT		G	
2020-09-24	0700	One World Kitchen	Lebanese Small Plates	Food is best when it's shared with friends. Lebanese expert Jasmin Ibrahim cooks up four small plate recipes perfect for grazing.	CANADA	English-100			G	

2020-09-24	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 58	Matt heads to the banks of the Noosa River to create a delicious duck breast dish with green mango slaw, while Michael cooks an affordable, mid-week dinner of beef and broccoli with oyster sauce.	AUSTRALIA	English-100		PG	
2020-09-24	0800	Lidia's Italy	Lidia's Italy Series 4 Ep 3	Lidia visits the region of Molise - an area well known for its olive oil and fresh fish. Lidia prepares a traditional Molise meal including a fish soup with vegetables, as well as taccozze pasta.	USA	English-100		PG	
2020-09-24	0830	Hairy Bikers' Best Of British	Beef	The Bikers explore British world-class beef, and champion it in a beef and suet pudding, as well as an oxtail soup.	UNITED KINGDOM	English-100		PG	
2020-09-24	0930	Indian Food Made Easy	Keralan (Liverpool)	Liverpool is home to a large community of Keralans and, to highlight the delights of this region's cuisine, Anjum cooks with two local Keralan women who are fantastic home cooks.	UNITED KINGDOM	English-100		G	
2020-09-24	1000	Gourmet Farmer	Gourmet Farmer Series 4 Ep 8	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2020-09-24	1030	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-09-24	1100	Donna Hay: Basics To Brilliance Kids	Bake Sale	What's a bake sale without cupcakes? They're everyone's favourite, so Donna, Gracie and Natasha make a batch each, with various flavours of icing.	AUSTRALIA	English-100		G	
2020-09-24	1130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-24	1200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-24	1230	Oliver's Twist	Halloween	In preparation for a night of trick-or-treating with his friends' children, Jamie makes some party food to keep the autumn chill at bay.	UNITED KINGDOM	English-100		PG	
2020-09-24	1300	Poh & Co.	Brand New Life, A	It's opening day at the Central Market Cafe and the group is nervous and excited. The future of the cafe is unknown, but right now Poh is making new friends.	AUSTRALIA	English-100	RPT	G	Y
2020-09-24	1330	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 4	Miguel puts on a show at the Cairns Races, dazzling the ladies with his Fruit Skewers Bombe Alaska, and then it's back to the pool for home made Prawn Ravioli that's simply to die for.	AUSTRALIA	English-100		G	
2020-09-24	1400	The Urban Vegetarian	Easy Comfort Food	Desiree Nielsen cooks up a filling breakfast with spiralised fried potatoes with eggs and hollandaise.	CANADA	English-100		G	
2020-09-24	1430	Annabel Langbein: Free Range Cook	Life's A Picnic	Annabel and her daughter Rose head off to a local Wanaka orchard to pick one of the South Island's most eagerly anticipated stone fruits - apricots.	NEW ZEALAND	English-100		G	
2020-09-24	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, a visit to the Adelaide Central Markets, and traditional Lebanese homestyle cooking.	AUSTRALIA	English-100	RPT	G	
2020-09-24	1530	One World Kitchen	All Sorts Of Spice	Lebanese home cook Jasmin Ibrahim explores the many flavours of spice as she prepares a spiced rice pudding with a spiced coffee.	CANADA	English-100		G	
2020-09-24	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 59	Matt is in his hometown of Noosa, sharing one of his favourite recipes - the prawn slider, while Michael prepares a simple dinner dish - coleslaw with grilled chicken.	AUSTRALIA	English-100		PG	
2020-09-24	1630	The Cook And The Chef	Margaret Fulton	Simon and Maggie recreate several Margaet Fulton recipes - the cookery writer of half a century who brought the world to Australian dinner tables.	AUSTRALIA	English-100		G	
2020-09-24	1700	The Cook And The Chef	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100		G	
2020-09-24	1730	Lidia's Italy	Lidia's Italy Series 4 Ep 4	Lidia travels to the region of Abruzzo where she goes from the highlands to the seashore exploring the beautiful scenery and fresh food.	USA	English-100		PG	

2020-09-24	1800	Hairy Bikers' Best Of British	1970s, The	The Bikers revisit the 1970s - a decade which is all too often unfairly stigmatised for its food. They show how a well-prepared chicken cordon bleu, and banoffee pie can be a gastronomic delight.	UNITED KINGDOM	English-100		PG	
2020-09-24	1900	Poh & Co. Best Bites	Poh & Co. Best Bites Series 2 Ep 1	This two-part Bite Size series features the best of the nine part series, Poh & Co. divided into sweet and savoury.	AUSTRALIA	English-100	RPT	G	Y
2020-09-24	1930	Just Jen	Feeling Foggy	Jen shares recipes to help you break through your own mental fog, and then experiments with liquid nitrogen to make some fog of her own in the kitchen.	USA	English-100		PG	
2020-09-24	2000	Rachel Khoo's Kitchen Notebook Melbourne	Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 7	Rachel uncovers one of Melbourne's hidden secret day trips when she heads for the hills and explores the Dandenong region.	UNITED KINGDOM	English-100	RPT	G	Y
2020-09-24	2030	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 2	Stefano visits the cantina of a farming family where bread is still made in a traditional wood-burning oven. He shares with them a wonderful meal of fresh bruschetta, pickled vegetables and sardines.	AUSTRALIA	English-100		G	
2020-09-24	2100	Mary Berry's Foolproof Cooking	Family Days	Mary prepares scrumptious goodies to thrill the family and keep them coming back for more. She enlists the help of her granddaughters to prepare a delicious chicken and bacon lattice pie.	UNITED KINGDOM	English-100		G	
2020-09-24	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-24	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-24	2230	Oliver's Twist	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100		G	
2020-09-24	2300	The Cook And The Chef	Margaret Fulton	Simon and Maggie recreate several Margaet Fulton recipes - the cookery writer of half a century who brought the world to Australian dinner tables.	AUSTRALIA	English-100		G	
2020-09-24	2330	The Cook And The Chef	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100		G	
2020-09-24	2400	Hairy Bikers' Best Of British	1970s, The	The Bikers revisit the 1970s - a decade which is all too often unfairly stigmatised for its food. They show how a well-prepared chicken cordon bleu, and banoffee pie can be a gastronomic delight.	UNITED KINGDOM	English-100		PG	
2020-09-24	2500	Poh & Co. Best Bites	Poh & Co. Best Bites Series 2 Ep 1	This two-part Bite Size series features the best of the nine part series, Poh & Co. divided into sweet and savoury.	AUSTRALIA	English-100	RPT	G	Y
2020-09-24	2530	Just Jen	Feeling Foggy	Jen shares recipes to help you break through your own mental fog, and then experiments with liquid nitrogen to make some fog of her own in the kitchen.	USA	English-100		PG	
2020-09-24	2600	Rachel Khoo's Kitchen Notebook Melbourne	Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 7	Rachel uncovers one of Melbourne's hidden secret day trips when she heads for the hills and explores the Dandenong region.	UNITED KINGDOM	English-100	RPT	G	Y
2020-09-24	2630	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 2	Stefano visits the cantina of a farming family where bread is still made in a traditional wood-burning oven. He shares with them a wonderful meal of fresh bruschetta, pickled vegetables and sardines.	AUSTRALIA	English-100		G	
2020-09-24	2700	Mary Berry's Foolproof Cooking	Family Days	Mary prepares scrumptious goodies to thrill the family and keep them coming back for more. She enlists the help of her granddaughters to prepare a delicious chicken and bacon lattice pie.	UNITED KINGDOM	English-100		G	
2020-09-24	2730	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-24	2800	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	

2020-09-24	2830	Oliver's Twist	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100		G	
2020-09-25	0500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 4	Miguel puts on a show at the Cairns Races, dazzling the ladies with his Fruit Skewers Bombe Alaska, and then it's back to the pool for home made Prawn Ravioli that's simply to die for.	AUSTRALIA	English-100		G	
2020-09-25	0530	The Urban Vegetarian	Easy Comfort Food	Desiree Nielsen cooks up a filling breakfast with spiralised fried potatoes with eggs and hollandaise.	CANADA	English-100		G	
2020-09-25	0600	Annabel Langbein: Free Range Cook	Life's A Picnic	Annabel and her daughter Rose head off to a local Wanaka orchard to pick one of the South Island's most eagerly anticipated stone fruits - apricots.	NEW ZEALAND	English-100		G	
2020-09-25	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, a visit to the Adelaide Central Markets, and traditional Lebanese homestyle cooking.	AUSTRALIA	English-100	RPT	G	
2020-09-25	0700	One World Kitchen	All Sorts Of Spice	Lebanese home cook Jasmin Ibrahim explores the many flavours of spice as she prepares a spiced rice pudding with a spiced coffee.	CANADA	English-100		G	
2020-09-25	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 59	Matt is in his hometown of Noosa, sharing one of his favourite recipes - the prawn slider, while Michael prepares a simple dinner dish - coleslaw with grilled chicken.	AUSTRALIA	English-100		PG	
2020-09-25	0800	Lidia's Italy	Lidia's Italy Series 4 Ep 4	Lidia travels to the region of Abruzzo where she goes from the highlands to the seashore exploring the beautiful scenery and fresh food.	USA	English-100		PG	
2020-09-25	0830	Hairy Bikers' Best Of British	1970s, The	The Bikers revisit the 1970s - a decade which is all too often unfairly stigmatised for its food. They show how a well-prepared chicken cordon bleu, and banoffee pie can be a gastronomic delight.	UNITED KINGDOM	English-100		PG	
2020-09-25	0930	Just Jen	Feeling Foggy	Jen shares recipes to help you break through your own mental fog, and then experiments with liquid nitrogen to make some fog of her own in the kitchen.	USA	English-100		PG	
2020-09-25	1000	Rachel Khoo's Kitchen Notebook Melbourne	Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 7	Rachel uncovers one of Melbourne's hidden secret day trips when she heads for the hills and explores the Dandenong region.	UNITED KINGDOM	English-100	RPT	G	Y
2020-09-25	1030	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 2	Stefano visits the cantina of a farming family where bread is still made in a traditional wood-burning oven. He shares with them a wonderful meal of fresh bruschetta, pickled vegetables and sardines.	AUSTRALIA	English-100		G	
2020-09-25	1100	Mary Berry's Foolproof Cooking	Family Days	Mary prepares scrumptious goodies to thrill the family and keep them coming back for more. She enlists the help of her granddaughters to prepare a delicious chicken and bacon lattice pie.	UNITED KINGDOM	English-100		G	
2020-09-25	1130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-25	1200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-25	1230	Oliver's Twist	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100		G	
2020-09-25	1300	Poh & Co. Best Bites	Poh & Co. Best Bites Series 2 Ep 1	This two-part Bite Size series features the best of the nine part series, Poh & Co. divided into sweet and savoury.	AUSTRALIA	English-100	RPT	G	Y
2020-09-25	1330	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 5	Miguel creates his Asian inspired Lemongrass Chicken Skewers from an ancient rainforest in Cairns, shows us the secret to a Mango Sorbet without an ice cream machine and feasts on fresh Coral Trout.	AUSTRALIA	English-100		G	
2020-09-25	1400	The Urban Vegetarian	Meals On The Go	Desiree Nielsen cooks up a green curry vegetable potpie, the perfect flavourful comfort food that's high in nutrition.	CANADA	English-100		G	
2020-09-25	1430	Annabel Langbein: Free Range Cook	Effortless Entertaining	Annabel milks goats at her neighbours' farm and makes haloumi to grill on skewers with prawns and zucchini. Also on the menu are flash-roasted salmon fillets with pesto, and molten chocolate pots.	NEW ZEALAND	English-100		G	

2020-09-25	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Overlander Steak House in Alice Springs, and handmade Indian sweets.	AUSTRALIA	English-100	RPT	G	
2020-09-25	1530	One World Kitchen	Popular Athens Recipes	Host Joanna Chery shows us popular recipes from Athens, including tender Chicken Skewers, refreshing tzatziki dip, and sweet fried dough balls in honey.	CANADA	English-100		G	
2020-09-25	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 60	Matt and Michael share a recipe that's worth the wait - red curry Maryland, while Courtney cooks up a cracking dish for all the meatball lovers out there - meatballs with tomato sugo.	AUSTRALIA	English-100		PG	
2020-09-25	1630	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100		G	
2020-09-25	1700	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100		G	
2020-09-25	1730	Lidia's Italy	Lidia's Italy Series 4 Ep 5	Lidia travels to the north eastern part of Sardegna - a region known for it's rich and complex foods. Join Lidia as she creates a zuppa filled with savoy cabbage, provolone, and pecorino cheese.	USA	English-100		PG	
2020-09-25	1800	Hairy Bikers' Best Of British	Francophile	The Bikers look across the Channel to see how their French neighbours have influenced the British style of cooking and eating over the centuries. They prepare a delicious roast chicken with forty cloves of garlic.	UNITED KINGDOM	English-100		PG	
2020-09-25	1900	Gourmet Farmer	Highland Deer	It's the deep heart of winter and Matthew, along with his two mates, go deer hunting. Not knowing how to butcher their game, they decide to visit a deer farmer.	AUSTRALIA	English-100	RPT	PG	Y
2020-09-25	1930	Gourmet Farmer	Illegal Dinner	Hosting a Bastille Day lunch to showcase a range of delicacies to stall patrons seems like a good idea to Matthew - but it requires a licence, and possums are decimating his garden.	AUSTRALIA	English-100	RPT	PG	Y
2020-09-25	2000	Loving Gluten Free	Loving Gluten Free Series 1 Ep 7	Food blogger, Jo Whitton, joins Helen in the kitchen to share a unique and mouth watering dessert recipe for pumpkin bownie pudding. Helen shares a way to make sausage rolls gluten free.	AUSTRALIA	English-99; Greek-1		PG	
2020-09-25	2030	Loving Gluten Free	Loving Gluten Free Series 1 Ep 8	Helen shares the perfect recipe for your next Taco Tuesday. The Mexican theme continues as Helen checks out 'Hotel Jesus' with head chef Matt Lane.	AUSTRALIA	English-99; Greek-1		G	
2020-09-25	2100	Donal's Cook, Eat, Burn	Greenway, The	It's all about eating on-the-go as Donal heads to the Atlantic Coast to cycle the stunning Greenway in Mayo. He prepares food perfect for eating on a day of exercise and activity.	IRELAND	English-100		G	
2020-09-25	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-25	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-09-25	2230	Oliver's Twist	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100		G	
2020-09-25	2300	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100		G	
2020-09-25	2330	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100		G	
2020-09-25	2400	Hairy Bikers' Best Of British	Francophile	The Bikers look across the Channel to see how their French neighbours have influenced the British style of cooking and eating over the centuries. They prepare a delicious roast chicken with forty cloves of garlic.	UNITED KINGDOM	English-100		PG	
2020-09-25	2500	Gourmet Farmer	Highland Deer	It's the deep heart of winter and Matthew, along with his two mates, go deer hunting. Not knowing how to butcher their game, they decide to visit a deer farmer.	AUSTRALIA	English-100	RPT	PG	Y

2020-09-25	2530	Gourmet Farmer	Illegal Dinner	Hosting a Bastille Day lunch to showcase a range of delicacies to stall patrons seems like a good idea to Matthew - but it requires a licence, and possums are decimating his garden.	AUSTRALIA	English-100	RPT	PG	Y
2020-09-25	2600	Loving Gluten Free	Loving Gluten Free Series 1 Ep 7	Food blogger, Jo Whitton, joins Helen in the kitchen to share a unique and mouth watering dessert recipe for pumpkin bownie pudding. Helen shares a way to make sausage rolls gluten free.	AUSTRALIA	English-99; Greek-1		PG	
2020-09-25	2630	Loving Gluten Free	Loving Gluten Free Series 1 Ep 8	Helen shares the perfect recipe for your next Taco Tuesday. The Mexican theme continues as Helen checks out 'Hotel Jesus' with head chef Matt Lane.	AUSTRALIA	English-99; Greek-1		G	
2020-09-25	2700	Donal's Cook, Eat, Burn	Greenway, The	It's all about eating on-the-go as Donal heads to the Atlantic Coast to cycle the stunning Greenway in Mayo. He prepares food perfect for eating on a day of exercise and activity.	IRELAND	English-100		G	
2020-09-25	2730	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-25	2800	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-09-25	2830	Oliver's Twist	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100		G	
2020-09-26	0500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 5	Miguel creates his Asian inspired Lemongrass Chicken Skewers from an ancient rainforest in Cairns, shows us the secret to a Mango Sorbet without an ice cream machine and feasts on fresh Coral Trout.	AUSTRALIA	English-100		G	
2020-09-26	0530	The Urban Vegetarian	Meals On The Go	Desiree Nielsen cooks up a green curry vegetable potpie, the perfect flavourful comfort food that's high in nutrition.	CANADA	English-100		G	
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2020-09-26	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Overlander Steak House in Alice Springs, and handmade Indian sweets.	AUSTRALIA	English-100	RPT	G	
2020-09-26	0700	One World Kitchen	Popular Athens Recipes	Host Joanna Chery shows us popular recipes from Athens, including tender Chicken Skewers, refreshing tzatziki dip, and sweet fried dough balls in honey.	CANADA	English-100		G	
2020-09-26	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 60	Matt and Michael share a recipe that's worth the wait - red curry Maryland, while Courtney cooks up a cracking dish for all the meatball lovers out there - meatballs with tomato sugo.	AUSTRALIA	English-100		PG	
2020-09-26	0800	Lidia's Italy	Lidia's Italy Series 4 Ep 5	Lidia travels to the north eastern part of Sardegna - a region known for it's rich and complex foods. Join Lidia as she creates a zuppa filled with savoy cabbage, provolone, and pecorino cheese.	USA	English-100		PG	
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2020-09-26	1000	Loving Gluten Free	Loving Gluten Free Series 1 Ep 7	Food blogger, Jo Whitton, joins Helen in the kitchen to share a unique and mouth watering dessert recipe for pumpkin bownie pudding. Helen shares a way to make sausage rolls gluten free.	AUSTRALIA	English-99; Greek-1		PG	
2020-09-26	1030	Loving Gluten Free	Loving Gluten Free Series 1 Ep 8	Helen shares the perfect recipe for your next Taco Tuesday. The Mexican theme continues as Helen checks out 'Hotel Jesus' with head chef Matt Lane.	AUSTRALIA	English-99; Greek-1		G	
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2020-09-26	1200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
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2020-09-26	1300	Gourmet Farmer	Highland Deer	It's the deep heart of winter and Matthew, along with his two mates, go deer hunting. Not knowing how to butcher their game, they decide to visit a deer farmer.	AUSTRALIA	English-100	RPT	PG	Y
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2020-09-26	1400	Say It To My Face	Wtf Is American Fusion?	Mark Cammarano says he's about to lose his Simi Valley restaurant because he's being unfairly crushed by negative online reviews.	USA	English-100		PG	
2020-09-26	1500	Outback Gourmet	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laksa. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100		G	
2020-09-26	1530	Outback Gourmet	Outback Gourmet Series 1 Ep 5	Justine prepares a dish showcasing products from a local family run mango farm, followed by a visit to the pristine Berry Springs Nature Park, and catches up with Radek Zalsky at Wharf One.	AUSTRALIA	English-100		G	
2020-09-26	1600	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G	
2020-09-26	1630	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G	
2020-09-26	1700	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G	
2020-09-26	1730	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 3	Paul Hollywood is joined by chef Nigel Haworth as they celebrate the best of British hearty food. Nigel leaves behind his Michelin Starred cuisine and recreates his favourite childhood pie.	UNITED KINGDOM	English-100		G	
2020-09-26	1830	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 3	The Hilliards and the Pigots families face a series of challenges, based on the realities of everyday meals as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		PG	
2020-09-26	1930	Cheese Slices	Artisan Cheese Champions: Wales	Many people think the only traditional cheese made in Wales is mild young crumbly Caerphilly, but they're wrong.	AUSTRALIA	English-100		G	
2020-09-26	2000	Cheese Slices	Traditional Cheeses Of Provence: France	Will travels to Provence in the South East of France to try Banon, a traditional benchmark goat's milk cheese wrapped in dried chestnut leaves where he also discovers a rare cheese.	AUSTRALIA	English-100		G	
2020-09-26	2030	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume introduces the French philosophy of savoir vivre. He serves a ratatouille - a classic Provencal dish accompanied by home-made olive tapenade.	AUSTRALIA	English-100		PG	
2020-09-26	2100	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume is serving his version of a classic steak tartare, and dishes out some expert advice for ordering this raw meat dish in a French restaurant.	AUSTRALIA	English-100		PG	
2020-09-26	2130	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	
2020-09-26	2230	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 1	Parveen throws open the doors to her kitchen showcasing a family favourites - lamb bhuna, with raita, and rice. In Delhi, Parveen meets with foodie guide and Delhite, Anubhav Sapra.	UNITED KINGDOM	English-100		G	
2020-09-26	2330	Inside Heston's World	Series 1 Ep 2	The entire Fat Duck restaurant, all of its staff and seven tonnes of specialist equipment land in Australia and prepare for opening day.	AUSTRALIA	English-100	RPT	PG	Y

2020-09-26	2430	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 3	The Hilliards and the Pigots families face a series of challenges, based on the realities of everyday meals as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		PG
2020-09-26	2530	Cheese Slices	Artisan Cheese Champions: Wales	Many people think the only traditional cheese made in Wales is mild young crumbly Caerphilly, but they're wrong.	AUSTRALIA	English-100		G
2020-09-26	2600	Cheese Slices	Traditional Cheeses Of Provence: France	Will travels to Provence in the South East of France to try Banon, a traditional benchmark goat's milk cheese wrapped in dried chestnut leaves where he also discovers a rare cheese.	AUSTRALIA	English-100		G
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