



**WEEK 4: Sunday, 19 January - Saturday, 25 January 2020 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2020-01-19	0500	<b>Cheese Slices</b>	Cheeses Of Quebec	The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance.	AUSTRALIA	English-100		PG		
2020-01-19	0530	<b>Heston's Dinner In Space</b>	Heston's Space Food Series 1 Ep 1	Heston undergoes space training where he experiences zero gravity amongst other challenging conditions. Inspired by the occasion, he also creates some delicious space food.	UNITED KINGDOM	English-100	RPT	G	Y	
2020-01-19	0630	<b>The Travelling Chef</b>	Travelling Chef Series 3, The Ep 9	Brett travels to North Queensland to learn aboriginal food preparations in the Daintree rainforest. Brett also visits Cairn's famous Rusty's Market.	NEW ZEALAND	English-100		PG		
2020-01-19	0700	<b>The Travelling Chef</b>	Travelling Chef Series 3, The Ep 10	Brett heads south from Bangkok to the southern province of Petchaburi. He learns Thai sweets, a local fish delicacy and finds an unexpected vineyard making Thai wine.	NEW ZEALAND	English-100		PG		
2020-01-19	0730	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 3	Shane Delia's culinary journey into Middle Eastern cuisine continues as he explores mountain hideouts in central Lebanon where he learns age-old methods of meat preservation.	AUSTRALIA	English-100	RPT	G	Y	Y
2020-01-19	0800	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 4	Shane Delia's culinary journey into Middle Eastern cuisine continues as he travels to the Bekka Valley and visits the ancient temple of Bacchus, the god of fertility.	AUSTRALIA	English-100	RPT	G	Y	Y
2020-01-19	0830	<b>The Delicious Miss Dahl</b>	Nostalgia	When Sophie has been out of the country for a while, she inevitably ends up feeling nostalgic, with a desire to be at home and to be nurtured by the tastes and sensations of her youth.	UNITED KINGDOM	English-100		PG		
2020-01-19	0900	<b>The Delicious Miss Dahl</b>	Celebratory	Sophie is in a celebratory mood, and she is putting on a dinner party. Not a stuffy, sit down affair but a de-constructed, fun event.	UNITED KINGDOM	English-100		PG		
2020-01-19	0930	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 2 Ep 3	Aldo and Enzo head to Noto, a pretty Baroque town. They prepare a vegetarian anti pasti with local vegetables and fresh basil dressing, a sausage casserole, and a ricotta millefeuille.	UNITED KINGDOM	English-100				
2020-01-19	1000	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 2 Ep 4	Aldo and Enzo are in the province of Messina very high up in Montalbano, a beautiful town famous for its castle built in the 1200s. They prepare Montalbano-style salted goat, and a pear dessert.	UNITED KINGDOM	English-100				
2020-01-19	1030	<b>Amazing Wedding Cakes</b>	Amazing Wedding Cakes Series 4 Ep 10	White Flower in Ohio designs an art deco wedding cake, Christopher Garrens creates an opulent Versailles-inspired wedding cake, and Robin at Gateaux Inc. takes on a baseball-and-lingerie cake.	USA	English-100		PG		
2020-01-19	1130	<b>The Cook And The Chef</b>	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G		
2020-01-19	1200	<b>Anthony Bourdain: Parts Unknown</b>	Paraguay	Tony discovers Paraguay is a country where a lot is changing. There's a new government, and the situation here seems to be improving for everyday Paraguayans.	USA	English-100		PG		Y
2020-01-19	1300	<b>Anthony Bourdain: Parts Unknown</b>	Massachusetts	This unique episode looks closely at the 'other' Massachusetts - far away from the blue blood getaways of Nantucket or the urban sprawl of Boston.	USA	English-100		PG		
2020-01-19	1400	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 4	Things are getting hot in the kitchen this week as James Martin is joined by the 'The Incredible Spice Men', Cyrus Todiwala and Tony Singh.	UNITED KINGDOM	English-100		G		
2020-01-19	1500	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 4	Taking a leaf out of his mother-in-law's recipe book, chef Adrian Richardson makes a Dutch recipe for delicious and decadent glazed pork hock marsala.	AUSTRALIA	English-100		G		
2020-01-19	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 5	Adrian shows us how to use a not-so-common cut of meat, creating his aromatic, West Indian inspired pork cheek stew. Plus, a tasty marinated skirt steak salad.	AUSTRALIA	English-100		G		
2020-01-19	1600	<b>The Cook And The Chef</b>	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G		
2020-01-19	1630	<b>The Cook And The Chef</b>	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G		
2020-01-19	1700	<b>The Cook And The Chef</b>	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G		

2020-01-19	1730	<b>A Shared Table</b>	Melbourne	In her hometown, Stephanie reflects on the fact that Melbourne offers some of the freshest and most diverse food in the world.	AUSTRALIA	English-100		PG		
2020-01-19	1800	<b>A Shared Table</b>	North-East Tasmania	Stephanie and Elena drive through the densely timbered landscape of north-east Tasmania to their planned lunch location at the home of Andrew and Sabrina Pirie at Piper's Brook vineyard.	AUSTRALIA	English-100		G		
2020-01-19	1830	<b>Rick Stein's Food Heroes</b>	North East England	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations.	UNITED KINGDOM	English-100		G		
2020-01-19	1900	<b>Rick Stein's Food Heroes</b>	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100		G		
2020-01-19	1935	<b>Ainsley Eats The Streets</b>	Madrid	Ainsley sets out to discover where the locals eat in Madrid. He visits the world famous tapas bars, tasting salt cod fritters, garlic prawns, and grilled sardines.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2020-01-19	2030	<b>The Great Australian Cookbook</b>	Matt Wilkinson And Simmone Logue	Matt Wilkinson shares one of his children's favourite meals, pesto pasta, while Simmone Logue shares a long lunch with her siblings at their country home in Oberon.	AUSTRALIA	English-100		PG		
2020-01-19	2100	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 8	Luke visits Hai Phong, a major industrial city and the second largest in the northern part of Vietnam. This is a special visit for Luke as it's the birthplace of his partner Lynne.			RPT	PG		
2020-01-19	2130	<b>Silvia Colloca's Cook Like An Italian</b>	Silvia Colloca's Cook Like An Italian Series 1 Ep 2	Silvia shares her family's most cherished meals, starting with her Nonna's Sunday lunch spectacular, a rich sausage stew served at the table over a giant bed of soft polenta.				PG		
2020-01-19	2200	<b>Asia Unplated With Diana Chan</b>	Cantonese	The celebration of Cantonese cooking begins in one of Melbourne's most iconic restaurants, Flower Drum, in the heart of Chinatown. Diana is also joined by MasterChef alumni and friend, Karlie Verkerk.	AUSTRALIA	English-100		PG		
2020-01-19	2230	<b>Carnival Eats</b>	French Toast Connection, The	Noah heads to the San Diego County Fair, and then it's doors open at the La Porte Country Fair in Indiana.	USA	English-100				
2020-01-19	2300	<b>Carnival Eats</b>	Million Dollar Baby Cakes	Noah gets ready to pig out at Rio Rancho's Pork and Brew festival in New Mexico, then sees his money go a long way at the Ionia Free Fair in Michigan.	USA	English-100				
2020-01-19	2330	<b>Let's Do Coffee</b>	Let's Do Coffee Series 1 Ep 9	We meet the documentary makers behind a coffee journey that took them from Ethiopia to the World Barista championships, and show you the secrets to a perfect long black.	AUSTRALIA	English-100		G		
2020-01-19	2400	<b>Let's Do Coffee</b>	Let's Do Coffee Series 2 Ep 1	Jason Roberts goes to Byron Bay to see how a little Aussie nut has been specially crafted into a non-dairy milk alternative for baristas worldwide.	AUSTRALIA	English-100				
2020-01-19	2430	<b>Ainsley Eats The Streets</b>	Madrid	Ainsley sets out to discover where the locals eat in Madrid. He visits the world famous tapas bars, tasting salt cod fritters, garlic prawns, and grilled sardines.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2020-01-19	2530	<b>The Great Australian Cookbook</b>	Matt Wilkinson And Simmone Logue	Matt Wilkinson shares one of his children's favourite meals, pesto pasta, while Simmone Logue shares a long lunch with her siblings at their country home in Oberon.	AUSTRALIA	English-100		PG		
2020-01-19	2600	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 8	Luke visits Hai Phong, a major industrial city and the second largest in the northern part of Vietnam. This is a special visit for Luke as it's the birthplace of his partner Lynne.			RPT	PG		
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2020-01-19	2830	<b>Let's Do Coffee</b>	Let's Do Coffee Series 1 Ep 9	We meet the documentary makers behind a coffee journey that took them from Ethiopia to the World Barista championships, and show you the secrets to a perfect long black.	AUSTRALIA	English-100		G		
2020-01-20	0500	<b>Let's Do Coffee</b>	Let's Do Coffee Series 2 Ep 1	Jason Roberts goes to Byron Bay to see how a little Aussie nut has been specially crafted into a non-dairy milk alternative for baristas worldwide.	AUSTRALIA	English-100				
2020-01-20	0530	<b>A Shared Table</b>	Melbourne	In her hometown, Stephanie reflects on the fact that Melbourne offers some of the freshest and most diverse food in the world.	AUSTRALIA	English-100		PG		

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2020-01-20	1100	<b>Carnival Eats</b>	Million Dollar Baby Cakes	Noah gets ready to pig out at Rio Rancho's Pork and Brew festival in New Mexico, then sees his money go a long way at the Ionia Free Fair in Michigan.	USA	English-100				
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2020-01-20	1230	<b>On Country Kitchen</b>	Duck, Tapenade & Abalone	Derek begins his journey with a blessing for his future travels from local indigenous Warden women, something very important to Indigenous peoples across Australia.	AUSTRALIA	English-100	RPT	G		
2020-01-20	1300	<b>On Country Kitchen</b>	Sheep Cheese, Black Garlic & Marron	Derek heads to Cambray Cheese in what he says is a town named after him - Nannup! He tries black garlic in Osmington, teaches a couple of local kids some busking tips before watching a local dive.	AUSTRALIA	English-100	RPT	G		
2020-01-20	1330	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 1	In this episode, Ben and Joel will explore the different ways to cook with cheese whilst making it a feast for not only the mouth but also for the eyes.	AUSTRALIA	English-100		PG		
2020-01-20	1400	<b>Surfing The Menu</b>	Abrolhos Islands	Leading Aussie chefs and keen surfers, Ben O'Donoghue and Curtis Stone, are looking for inspiration from the place that gave them their succes - Australia.	AUSTRALIA	English-100		PG		
2020-01-20	1430	<b>Late Nite Eats</b>	Vancouver	Jordan's on the west coast checking out what Vancouver has to offer after hours. His first stop is for a taste of Espana, a tapas bar in English Bay that keeps tradition alive.	USA	English-100		G		
2020-01-20	1500	<b>Sarah Graham Cooks Cape Town</b>	Stellenbosch	Rob's Aunt Sue and Uncle Chris are renowned for their annual potjie and paella New Year Cook Offs. The competition is fierce and the results delicious.	SOUTH AFRICA	English-100		PG		
2020-01-20	1530	<b>Annabel Langbein: Free Range Cook</b>	Annabel's Choice	Annabel's at the Agricultural & Pastoral show in search of Wanaka's best home made chutney - which she recreates to serve with her best ever bread.	NEW ZEALAND	English-100		G		
2020-01-20	1600	<b>Annabel Langbein: Free Range Cook</b>	White Gold	Annabel is in Haast with friends for a spot of whitebaiting. On the menu she's cooking whitebait souffles, a fragrant seafood bowl with spicy garlic croutons and strawberry cloud cake.	NEW ZEALAND	English-100		G		
2020-01-20	1630	<b>Ask The Butcher</b>	Poultry	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G		
2020-01-20	1700	<b>New Scandinavian Cooking</b>	Pale Fish	Andreas visits the small community of Bulandet, a group of wind-blown islands in Western Norway. He goes fishing after saithe, summers most delicious fish.	NORWAY	English-100				

2020-01-20	1730	<b>Martha Bakes</b>	Homemade Doughnuts	Make the fryer your friend and delve into the depths of the donut to master crave-worthy classics like the jelly-filled doughnut, apple fritter, and sugary beignet.	USA	English-100				
2020-01-20	1800	<b>Bake With Anna Olson</b>	Pie Dough	Anna shares her secrets to making the perfect pie dough. She starts off with her standard pie dough recipe and forms it into sweet, sticky pecan butter tarts.	CANADA	English-100		PG		
2020-01-20	1830	<b>The Cook And The Chef</b>	Apples And Onions	Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.	AUSTRALIA	English-100		G		
2020-01-20	1900	<b>The Cook And The Chef</b>	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest.	AUSTRALIA	English-100		G		
2020-01-20	1930	<b>How To Cook Like Heston</b>	Eggs	Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs.	UNITED KINGDOM	English-100	RPT	G	Y	
2020-01-20	2000	<b>How To Cook Like Heston</b>	Chocolate	Heston challenges the way we cook chocolate as he lifts the lid on his magical popping candy, passionfruit gateaux with an exploding base, and an amazing flowerpot tiramisu.	UNITED KINGDOM	English-100	RPT	G	Y	
2020-01-20	2030	<b>Ottolenghi's Mediterranean Island Feast</b>	Corsica	Yotam travels to the stunning French island of Corsica, where he discovers how the lush green landscape, called the maquis, flavours and infuses the food, from charcuterie and olive oil.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2020-01-20	2130	<b>Rick Stein's Food Heroes</b>	Cornwall	Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes.	UNITED KINGDOM	English-100		G		
2020-01-20	2200	<b>Rick Stein's Food Heroes</b>	Southern England	Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source.	UNITED KINGDOM	English-100		G		
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2020-01-20	2335	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 8 Ep 10	It's the last of the Professional MasterChef heats, as six new and ambitious chefs set out to prove they have what it takes to win the coveted title.	UNITED KINGDOM	English-100		PG		
2020-01-20	2440	<b>Bake With Anna Olson</b>	Pie Dough	Anna shares her secrets to making the perfect pie dough. She starts off with her standard pie dough recipe and forms it into sweet, sticky pecan butter tarts.	CANADA	English-100		PG		
2020-01-20	2510	<b>Martha Bakes</b>	Homemade Doughnuts	Make the fryer your friend and delve into the depths of the donut to master crave-worthy classics like the jelly-filled doughnut, apple fritter, and sugary beignet.	USA	English-100				
2020-01-20	2540	<b>Dinner Date South Africa</b>	Dinner Date South Africa Series 1 Ep 13	Watch as a single guy or girl tries to find love over food. They are presented with five unique menus, of which they must pick the three that appeal to them the most.	SOUTH AFRICA	English-100		PG		
2020-01-20	2635	<b>How To Cook Like Heston</b>	Eggs	Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs.	UNITED KINGDOM	English-100	RPT	G	Y	
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2020-01-21	1230	<b>On Country Kitchen</b>	Beetroot Pasta, Beef & Bloodroot	Derek learns how to make beetroot pasta, goes cattle herding on a 4 wheeler and even heads on country on a real hunt in the bush for Indigenous bloodroot with a father and son.	AUSTRALIA	English-100	RPT	G		
2020-01-21	1300	<b>On Country Kitchen</b>	Pork, Lemon Myrtle & Egg	Today, Derek is on the hunt for pork, to find some orchard raised free-range eggs, and investigates a very special Lemon Myrtle herb. He also talks culture with Indigenous Noongar man Joe Northover.	AUSTRALIA	English-100	RPT	G		
2020-01-21	1330	<b>Food Lab By Ben Milbourne Series 3 Ep 2</b>	Food Lab By Ben Milbourne Series 3 Ep 2	Ben is continuing his stay at Thalia Haven while showing us how to make a mushroom soup with five ingredients. Less ingredients doesn't mean less flavour.	AUSTRALIA	English-100		G		
2020-01-21	1400	<b>Surfing The Menu</b>	Broome	The town of Broome in Australia's northwest is an oasis of colour and character. Curtis uses his fish catch in a tian of fresh mud crab with avocado and tomato.	AUSTRALIA	English-100		PG		
2020-01-21	1430	<b>Late Nite Eats</b>	Pittsburgh	When the sun sets on Steeltown, Jordan Andino hits the streets to uncover unexpected late night delights in Pittsburgh. First Jordan heads to The Yard in Shadyside.	USA	English-100		G		
2020-01-21	1500	<b>Sarah Graham Cooks Cape Town</b>	Saldanha Community Lunch	Sarah designs and cooks with local ingredients for a group of retired fishermen, using fresh fish and vegetables from the community.	SOUTH AFRICA	English-100		PG		
2020-01-21	1530	<b>Annabel Langbein: Free Range Cook</b>	High Country Muster	It's all go on the farm because it's the annual muster so Annabel whips up a treat of sticky buns for the hungry farmers.	NEW ZEALAND	English-100		G		
2020-01-21	1600	<b>Annabel Langbein: Free Range Cook</b>	Lunch On The Grill	Annabel Langbein cooks a Middle Eastern-inspired al fresco lunch for the grape pickers at Mt Maude vineyard in New Zealand's Central Otago.	NEW ZEALAND	English-100		G		
2020-01-21	1630	<b>Ask The Butcher</b>	Lean Meats	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G		
2020-01-21	1700	<b>New Scandinavian Cooking</b>	Traveller's Bite, A	Andreas travels by train through different climates and the mountainous heart of Norway, between Bergen and Oslo. He starts to prepare a travellers must, a shrimp sandwich inspired by Western Norway.	NORWAY	English-100		G		
2020-01-21	1730	<b>Martha Bakes</b>	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100		G		
2020-01-21	1800	<b>Bake With Anna Olson</b>	Chocolate Cake	Anna starts by teaching the fundamentals of chocolate cake when she prepares a classic Devil's Food cake. She then advances the lesson with a delicious Red Velvet cake that is sure to impress.	CANADA	English-100		PG		
2020-01-21	1830	<b>The Cook And The Chef</b>	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100		G		
2020-01-21	1900	<b>The Cook And The Chef</b>	Pheasants And Mushrooms	Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.	AUSTRALIA	English-100		G		

2020-01-21	1930	<b>The Hairy Bikers' Food Tour Of Britain</b>	Moray	Si and Dave explore Moray where they cook a traditional county favourite in Elgin. They also don their waders to fish for wild salmon in the River Spey.	UNITED KINGDOM	English-100	RPT	G	
2020-01-21	2030	<b>Rick Stein's Taste Of Italian Opera</b>	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT		
2020-01-21	2135	<b>Rick Stein's Food Heroes</b>	London, Midlands And East England	At London's Borough Market, which Rick Stein favourably compares with markets on the continent, he samples a superb eel pie and mash lunch at Manze's.	UNITED KINGDOM	English-100		PG	
2020-01-21	2205	<b>Rick Stein's Food Heroes</b>	North West England	In the middle of the Foot and Mouth crisis, Rick heads North in search of one of his favourite British dishes - Lancashire Hotpot.	UNITED KINGDOM	English-100		PG	
2020-01-21	2240	<b>The Cook And The Chef</b>	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100		G	
2020-01-21	2310	<b>The Cook And The Chef</b>	Pheasants And Mushrooms	Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.	AUSTRALIA	English-100		G	
2020-01-21	2340	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 8 Ep 11	It's the final heat of Professional MasterChef, and six brand new chefs fight for the last places in the quarter final.	UNITED KINGDOM	English-100		G	
2020-01-21	2445	<b>Bake With Anna Olson</b>	Chocolate Cake	Anna starts by teaching the fundamentals of chocolate cake when she prepares a classic Devil's Food cake. She then advances the lesson with a delicious Red Velvet cake that is sure to impress.	CANADA	English-100		PG	
2020-01-21	2515	<b>Martha Bakes</b>	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100			
2020-01-21	2545	<b>The F Word USA</b>	F Word USA Series 1, The Ep 2	Pan-seared pork chop is on the menu as The Cooking Cubans face off against School Pride, and Kaitlin Olson stops by The F Word restaurant for a flambe demo. Gordon also challenges James Corden.	USA	English-100		PG	Y
2020-01-21	2635	<b>The Hairy Bikers' Food Tour Of Britain</b>	Moray	Si and Dave explore Moray where they cook a traditional county favourite in Elgin. They also don their waders to fish for wild salmon in the River Spey.	UNITED KINGDOM	English-100	RPT	G	
2020-01-21	2730	<b>Rick Stein's Taste Of Italian Opera</b>	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT		
2020-01-21	2835	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 2	Ben is continuing his stay at Thalia Haven while showing us how to make a mushroom soup with five ingredients. Less ingredients doesn't mean less flavour.	AUSTRALIA	English-100		G	
2020-01-22	0500	<b>Surfing The Menu</b>	Broome	The town of Broome in Australia's northwest is an oasis of colour and character. Curtis uses his fish catch in a tian of fresh mud crab with avocado and tomato.	AUSTRALIA	English-100		PG	
2020-01-22	0530	<b>Late Nite Eats</b>	Pittsburgh	When the sun sets on Steeltown, Jordan Andino hits the streets to uncover unexpected late night delights in Pittsburgh. First Jordan heads to The Yard in Shadyside.	USA	English-100		G	
2020-01-22	0600	<b>Sarah Graham Cooks Cape Town</b>	Saldanha Community Lunch	Sarah designs and cooks with local ingredients for a group of retired fishermen, using fresh fish and vegetables from the community.	SOUTH AFRICA	English-100		PG	
2020-01-22	0630	<b>Annabel Langbein: Free Range Cook</b>	High Country Muster	It's all go on the farm because it's the annual muster so Annabel whips up a treat of sticky buns for the hungry farmers.	NEW ZEALAND	English-100		G	
2020-01-22	0700	<b>Annabel Langbein: Free Range Cook</b>	Lunch On The Grill	Annabel Langbein cooks a Middle Eastern-inspired al fresco lunch for the grape pickers at Mt Maude vineyard in New Zealand's Central Otago.	NEW ZEALAND	English-100		G	
2020-01-22	0730	<b>Ask The Butcher</b>	Lean Meats	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	
2020-01-22	0800	<b>New Scandinavian Cooking</b>	Traveller's Bite, A	Andreas travels by train through different climates and the mountainous heart of Norway, between Bergen and Oslo. He starts to prepare a travellers must, a shrimp sandwich inspired by Western Norway.	NORWAY	English-100			
2020-01-22	0830	<b>Martha Bakes</b>	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100			
2020-01-22	0900	<b>Bake With Anna Olson</b>	Chocolate Cake	Anna starts by teaching the fundamentals of chocolate cake when she prepares a classic Devil's Food cake. She then advances the lesson with a delicious Red Velvet cake that is sure to impress.	CANADA	English-100		PG	
2020-01-22	0930	<b>Rick Stein's Food Heroes</b>	London, Midlands And East England	At London's Borough Market, which Rick Stein favourably compares with markets on the continent, he samples a superb eel pie and mash lunch at Manze's.	UNITED KINGDOM	English-100		PG	
2020-01-22	1000	<b>Rick Stein's Food Heroes</b>	North West England	In the middle of the Foot and Mouth crisis, Rick heads North in search of one of his favourite British dishes - Lancashire Hotpot.	UNITED KINGDOM	English-100		PG	

2020-01-22	1035	<b>The Hairy Bikers' Food Tour Of Britain</b>	Moray	Si and Dave explore Moray where they cook a traditional county favourite in Elgin. They also don their waders to fish for wild salmon in the River Spey.	UNITED KINGDOM	English-100	RPT	G	
2020-01-22	1130	<b>Rick Stein's Taste Of Italian Opera</b>	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT		
2020-01-22	1235	<b>On Country Kitchen</b>	Kim Chi, Maple Smoked Bacon & Honey	Derek starts out with a fun way to harvest cabbages, he then helps prepare smoked meats, and helps a beekeeper put a queen bee into a new hive!	AUSTRALIA	English-100	RPT	G	
2020-01-22	1305	<b>On Country Kitchen</b>	Avocado, Finger Lime Butter & Olive Oil	Aboriginal school kids sing to a proud Derek in their shared Noongar language before he heads out to pick avocados, learns about native finger limes and gets Mark some more of his favorite olive oil.	AUSTRALIA	English-100	RPT	G	
2020-01-22	1335	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 3	Ben once again stays on the 130 acre wooded peninsula surrounded by the crystal-blue waters of the renowned Great Oyster Bay at Thalia Haven and shows you how to use up your leftover tomatoes.	AUSTRALIA	English-100		G	
2020-01-22	1400	<b>Surfing The Menu</b>	Margaret River	After a surf at Margaret River, Ben and Curtis head to the kitchen to prepare roast venison stuffed with mushrooms and herbs and wrapped in prosciutto.	AUSTRALIA	English-100		G	
2020-01-22	1430	<b>Late Nite Eats</b>	Providence	Jordan heads to Providence, Rhode Island, a small town bursting with late night eating opportunities. He starts off in College Hill at Durk's BBQ, the city's only Texas BBQ joint.	USA	English-100		G	
2020-01-22	1500	<b>Sarah Graham Cooks Cape Town</b>	Rob's 30th Party	In celebration of husband Rob's 30th Birthday, Sarah collaborates with celebrity chef Neill Anthony to design a dinner party that fuses childhood food nostalgia with gourmet influences.	SOUTH AFRICA	English-100		PG	
2020-01-22	1530	<b>Annabel Langbein: Free Range Cook</b>	Decadent Dinner, A	Annabel helicopters deep into the Southern Alps high country of New Zealand to cook a hearty lunch for the deer musters.	NEW ZEALAND	English-100		G	
2020-01-22	1600	<b>Annabel Langbein: Free Range Cook</b>	Paella Party	Annabel Langbein cooks up a seafood celebration feast on the back of her truck, including the most spectacular Beachside Paella and flambeed peaches from her Wanaka orchard.	NEW ZEALAND	English-100		PG	
2020-01-22	1630	<b>Ask The Butcher</b>	Wagyu	Anthony Puharich heads to Japan to the national Wagyu show and inside the Wagyu processing rooms. This is a world never seen before.	AUSTRALIA	English-100		G	Y
2020-01-22	1700	<b>New Scandinavian Cooking</b>	Norwegian Versions Of Classic Recipes	As Andreas travels through Norway's biggest national park, he investigates traditional recipes that are deceptively similar to classic Mexican, Italian and American dishes, and just as tasty.	NORWAY	English-100			
2020-01-22	1730	<b>Martha Bakes</b>	Sponge Cake	Spring into action with three sponge cake variations that will liven up any celebration. From rolling to layering, learn the basics behind a traditional sponge cake, and how you can transform it.	USA	English-100			
2020-01-22	1800	<b>Bake With Anna Olson</b>	French Meringue	Anna shares her secrets for making perfect French meringues. She starts by teaching the fundamentals with birds nests, and moves to a more exacting meringue recipe - classic passion fruit pavlova.	CANADA	English-100		PG	
2020-01-22	1830	<b>The Cook And The Chef</b>	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G	
2020-01-22	1900	<b>The Cook And The Chef</b>	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G	
2020-01-22	1930	<b>Donal's Asian Baking Adventure</b>	Hong Kong 2	Daniel's in Hong Kong unravelling the story of the original 20th century cake trend - the classic egg tart or dan taat as it's known locally, a rich egg custard in a shortcrust pastry base.	SINGAPORE	English-100		G	
2020-01-22	2000	<b>Gourmet Farmer</b>	Passata And Fishing	Matthew Evans has thrown in his city life for small farm living in Tasmania. Tonight, Matthew embarks on a fishing adventure, returning to harvest tomatoes.		English-100	RPT	G	Y
2020-01-22	2030	<b>Silvia Colloca's Cook Like An Italian</b>	Silvia Colloca's Cook Like An Italian Series 1 Ep 3	Nothing Silvia makes will be measured or mixed with kitchen appliances, it's all hands on, starting with delicious mini pizzas made from leftover bread, and a delicate prawn and lemon risotto.				PG	
2020-01-22	2100	<b>French Food Safari</b>	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	
2020-01-22	2130	<b>Rick Stein's Food Heroes</b>	South East England	Rick samples welchs at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100		PG	
2020-01-22	2200	<b>Rick Stein's Food Heroes</b>	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys.	UNITED KINGDOM	English-100		G	
2020-01-22	2235	<b>The Cook And The Chef</b>	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G	

2020-01-22	2305	<b>The Cook And The Chef</b>	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G	
2020-01-22	2335	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 8 Ep 12	It's the last of the Professional MasterChef quarter finals and the six most talented chefs from this week's heats come together to compete in two challenges set by Judges Marcus and Monica.	UNITED KINGDOM	English-100		G	Y
2020-01-22	2440	<b>Bake With Anna Olson</b>	French Meringue	Anna shares her secrets for making perfect French meringues. She starts by teaching the fundamentals with birds nests, and moves to a more exacting meringue recipe - classic passion fruit pavlova.	CANADA	English-100		PG	
2020-01-22	2510	<b>Martha Bakes</b>	Sponge Cake	Spring into action with three sponge cake variations that will liven up any celebration. From rolling to layering, learn the basics behind a traditional sponge cake, and how you can transform it.	USA	English-100			
2020-01-22	2540	<b>The F Word USA</b>	F Word USA Series 1, The Ep 3	Gordon Ramsay challenges Katy Perry to a cookoff and attempts to set a Guinness World Records Title for fastest time to filet a 10lb fish.	USA	English-100		PG	
2020-01-22	2630	<b>Donal's Asian Baking Adventure</b>	Hong Kong 2	Daniel's in Hong Kong unravelling the story of the original 20th century cake trend - the classic egg tart or dan taat as it's known locally, a rich egg custard in a shortcrust pastry base.	SINGAPORE	English-100		G	
2020-01-22	2700	<b>Gourmet Farmer</b>	Passata And Fishing	Matthew Evans has thrown in his city life for small farm living in Tasmania. Tonight, Matthew embarks on a fishing adventure, returning to harvest tomatoes.		English-100	RPT	G	Y
2020-01-22	2730	<b>Silvia Colloca's Cook Like An Italian</b>	Silvia Colloca's Cook Like An Italian Series 1 Ep 3	Nothing Silvia makes will be measured or mixed with kitchen appliances, it's all hands on, starting with delicious mini pizzas made from leftover bread, and a delicate prawn and lemon risotto.				PG	
2020-01-22	2800	<b>French Food Safari</b>	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	
2020-01-22	2830	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 3	Ben once again stays on the 130 acre wooded peninsula surrounded by the crystal-blue waters of the renowned Great Oyster Bay at Thalia Haven and shows you how to use up your leftover tomatoes.	AUSTRALIA	English-100		G	
2020-01-23	0500	<b>Surfing The Menu</b>	Margaret River	After a surf at Margaret River, Ben and Curtis head to the kitchen to prepare roast venison stuffed with mushrooms and herbs and wrapped in prosciutto.	AUSTRALIA	English-100		G	
2020-01-23	0530	<b>Late Nite Eats</b>	Providence	Jordan heads to Providence, Rhode Island, a small town bursting with late night eating opportunities. He starts off in College Hill at Durk's BBQ, the city's only Texas BBQ joint.	USA	English-100		G	
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2020-01-23	0630	<b>Annabel Langbein: Free Range Cook</b>	Decadent Dinner, A	Annabel helicopters deep into the Southern Alps high country of New Zealand to cook a hearty lunch for the deer musters.	NEW ZEALAND	English-100		G	
2020-01-23	0700	<b>Annabel Langbein: Free Range Cook</b>	Paella Party	Annabel Langbein cooks up a seafood celebration feast on the back of her truck, including the most spectacular Beachside Paella and flambeed peaches from her Wanaka orchard.	NEW ZEALAND	English-100		PG	
2020-01-23	0730	<b>Ask The Butcher</b>	Wagyu	Anthony Puharich heads to Japan to the national Wagyu show and inside the Wagyu processing rooms. This is a world never seen before.	AUSTRALIA	English-100		G	Y
2020-01-23	0800	<b>New Scandinavian Cooking</b>	Norwegian Versions Of Classic Recipes	As Andreas travels through Norway's biggest national park, he investigates traditional recipes that are deceptively similar to classic Mexican, Italian and American dishes, and just as tasty.	NORWAY	English-100			
2020-01-23	0830	<b>Martha Bakes</b>	Sponge Cake	Spring into action with three sponge cake variations that will liven up any celebration. From rolling to layering, learn the basics behind a traditional sponge cake, and how you can transform it.	USA	English-100			
2020-01-23	0900	<b>Bake With Anna Olson</b>	French Meringue	Anna shares her secrets for making perfect French meringues. She starts by teaching the fundamentals with birds nests, and moves to a more exacting meringue recipe - classic passion fruit pavlova.	CANADA	English-100		PG	
2020-01-23	0930	<b>Rick Stein's Food Heroes</b>	South East England	Rick samples welkls at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100		PG	
2020-01-23	1000	<b>Rick Stein's Food Heroes</b>	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys.	UNITED KINGDOM	English-100		G	
2020-01-23	1035	<b>Donal's Asian Baking Adventure</b>	Hong Kong 2	Daniel's in Hong Kong unravelling the story of the original 20th century cake trend - the classic egg tart or dan taat as it's known locally, a rich egg custard in a shortcrust pastry base.	SINGAPORE	English-100		G	
2020-01-23	1100	<b>Gourmet Farmer</b>	Passata And Fishing	Matthew Evans has thrown in his city life for small farm living in Tasmania. Tonight, Matthew embarks on a fishing adventure, returning to harvest tomatoes.		English-100	RPT	G	Y
2020-01-23	1130	<b>Anthony Bourdain: Parts Unknown</b>	Shanghai	Forget all the antiquated views you might hold about a communist-run, creativity-devoid bunch of State-controlled androids. The modern China, is to Bourdain, a vibrant, dynamic monument to capitalism.	USA	English-100		PG	Y



2020-01-23	1230	<b>Anthony Bourdain: Parts Unknown</b>	Bronx, The	Tony experiences the Bronx from a legendary collection of Bronx native - Hip Hop originators Kool Herc, Afrika Bambaataa, and Melle Mel discuss the early years of hip hop.	USA	English-100	PG	
2020-01-23	1330	<b>Food Lab By Ben Milbourne Series 3 Ep 4</b>	Food Lab By Ben Milbourne Series 3 Ep 4	Ben once again stays off the grid, 2km from the nearest road or neighbour at the unique ancient stone accommodation 'Thalia Haven', where energy is provided only by the sun and wind.	AUSTRALIA	English-100	G	
2020-01-23	1400	<b>Surfing The Menu</b>	Tasmania	With the picturesque coastal town of Strahan providing the background, Ben and Curtis cook up the local delights, with seafood big on the menu.	AUSTRALIA	English-100	G	
2020-01-23	1430	<b>Late Nite Eats</b>	Portland	Jordan hits up Portland, Maine, a tiny New England town with a tremendous amount to offer late night. He starts off his night at Nosh, a late night hangout known for supersized sandwiches.	USA	English-100	PG	
2020-01-23	1500	<b>Born To Cook: Jack Stein Down Under</b>	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100	G	Y
2020-01-23	1530	<b>Annabel Langbein: Free Range Cook</b>	Italian Inspiration	Annabel visits Sam Neill's Two Paddocks vineyard to harvest saffron and pick heritage pears, then invites him and his team to her cabin to try her modern take on classic Italian osso bucco.	NEW ZEALAND	English-100	G	
2020-01-23	1600	<b>Annabel Langbein: Free Range Cook</b>	Cooking For A Crowd	Annabel tries her hand at flyfishing on the lake near her Wanaka cabin, then shows how to cook the most succulent trout enrobed in salt.	NEW ZEALAND	English-100	G	
2020-01-23	1630	<b>Anjum's Australian Spice Stories</b>	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	
2020-01-23	1700	<b>New Scandinavian Cooking</b>	Journey To The North, A	Andreas visits the small community of Bulandet, a group of wind-blown islands in Western Norway. He goes fishing after saithe, summers most delicious fish.	NORWAY	English-100		
2020-01-23	1730	<b>Martha Bakes</b>	Frangipane	Martha showcases the versatility of frangipane, playing with flavour and presentation in four outstanding recipes.	USA	English-100		
2020-01-23	1800	<b>Bake With Anna Olson</b>	Pastry Cream	Anna knows that all great pastry chefs have a recipe for pastry cream in their repertoire. She shows how to perfect this thick, rich custard filling to create delicious cakes and pastries.	CANADA	English-100	PG	
2020-01-23	1830	<b>The Cook And The Chef</b>	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100	G	
2020-01-23	1900	<b>The Cook And The Chef</b>	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100	G	
2020-01-23	1930	<b>Donna Hay: Basics To Brilliance Series 1</b>	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100	G	
2020-01-23	2000	<b>Asia Unplated With Diana Chan</b>	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	PG	
2020-01-23	2030	<b>Rick Stein's French Odyssey Series 1 Ep 5</b>	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	
2020-01-23	2100	<b>Delia's How To Cook</b>	Hot Puddings	Delia Smith extols the joys of the good old British pud. Comfort food, beloved of schoolboys, traditional hot British desserts, are currently enjoying a resurgence of popularity.	UNITED KINGDOM	English-100	G	
2020-01-23	2130	<b>Rick Stein's Food Heroes</b>	North East England	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations.	UNITED KINGDOM	English-100	G	
2020-01-23	2200	<b>Rick Stein's Food Heroes</b>	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100	G	
2020-01-23	2235	<b>The Cook And The Chef</b>	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100	G	
2020-01-23	2305	<b>The Cook And The Chef</b>	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100	G	
2020-01-23	2335	<b>Masterchef: The Professionals Series 8 Ep 13</b>	Masterchef: The Professionals Series 8 Ep 13	It's Knockout Week on Professional MasterChef. Marcus Wareing, formidable perfectionist, chef Monica Galetti, and MasterChef maestro Gregg Wallace continue their search.	UNITED KINGDOM	English-100	G	Y
2020-01-23	2440	<b>Bake With Anna Olson</b>	Pastry Cream	Anna knows that all great pastry chefs have a recipe for pastry cream in their repertoire. She shows how to perfect this thick, rich custard filling to create delicious cakes and pastries.	CANADA	English-100	PG	
2020-01-23	2510	<b>Martha Bakes</b>	Frangipane	Martha showcases the versatility of frangipane, playing with flavour and presentation in four outstanding recipes.	USA	English-100		

2020-01-23	2540	<b>The F Word USA</b>	F Word USA Series 1, The Ep 4	Gordon grills live in The F Word restaurant with Joel McHale and tests Leslie Jones's taste buds, while teams Slaw & Order and Food Bosses try to impress diners with their New York Steak dishes.	USA	English-100	PG	
2020-01-23	2630	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100	G	
2020-01-23	2700	<b>Asia Unplated With Diana Chan</b>	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 bryani recipe.	AUSTRALIA	English-100	PG	
2020-01-23	2730	<b>Rick Stein's French Odyssey</b>	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	
2020-01-23	2800	<b>Delia's How To Cook</b>	Hot Puddings	Delia Smith extols the joys of the good old British pud. Comfort food, beloved of schoolboys, traditional hot British desserts, are currently enjoying a resurgence of popularity.	UNITED KINGDOM	English-100	G	
2020-01-23	2835	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 4	Ben once again stays off the grid, 2km from the nearest road or neighbour at the unique ancient stone accommodation 'Thalia Haven', where energy is provided only by the sun and wind.	AUSTRALIA	English-100	G	
2020-01-24	0500	<b>Surfing The Menu</b>	Tasmania	With the picturesque coastal town of Strahan providing the background, Ben and Curtis cook up the local delights, with seafood big on the menu.	AUSTRALIA	English-100	G	
2020-01-24	0530	<b>Late Nite Eats</b>	Portland	Jordan hits up Portland, Maine, a tiny New England town with a tremendous amount to offer late night. He starts off his night at Nosh, a late night hangout known for supersized sandwiches.	USA	English-100	PG	
2020-01-24	0600	<b>Born To Cook: Jack Stein Down Under</b>	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100	G	Y
2020-01-24	0630	<b>Annabel Langbein: Free Range Cook</b>	Italian Inspiration	Annabel visits Sam Neill's Two Paddocks vineyard to harvest saffron and pick heritage pears, then invites him and his team to her cabin to try her modern take on classic Italian osso bucco.	NEW ZEALAND	English-100	G	
2020-01-24	0700	<b>Annabel Langbein: Free Range Cook</b>	Cooking For A Crowd	Annabel tries her hand at flyfishing on the lake near her Wanaka cabin, then shows how to cook the most succulent trout enrobed in salt.	NEW ZEALAND	English-100	G	
2020-01-24	0730	<b>Anjum's Australian Spice Stories</b>	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	
2020-01-24	0800	<b>New Scandinavian Cooking</b>	Journey To The North, A	Andreas visits the small community of Bulandet, a group of wind-blown islands in Western Norway. He goes fishing after saithe, summers most delicious fish.	NORWAY	English-100		
2020-01-24	0830	<b>Martha Bakes</b>	Frangipane	Martha showcases the versatility of frangipane, playing with flavour and presentation in four outstanding recipes.	USA	English-100		
2020-01-24	0900	<b>Bake With Anna Olson</b>	Pastry Cream	Anna knows that all great pastry chefs have a recipe for pastry cream in their repertoire. She shows how to perfect this thick, rich custard filling to create delicious cakes and pastries.	CANADA	English-100	PG	
2020-01-24	0930	<b>Rick Stein's Food Heroes</b>	North East England	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations.	UNITED KINGDOM	English-100	G	
2020-01-24	1000	<b>Rick Stein's Food Heroes</b>	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100	G	
2020-01-24	1035	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100	G	
2020-01-24	1100	<b>Asia Unplated With Diana Chan</b>	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 bryani recipe.	AUSTRALIA	English-100	PG	
2020-01-24	1130	<b>Anthony Bourdain: Parts Unknown</b>	Iran	Tony and his crew get a temperature gage for what appears to be a changing and complicated Iran.	USA	English-100	PG	Y
2020-01-24	1230	<b>Anthony Bourdain: Parts Unknown</b>	Jamaica	Tony travels to the lesser known, North Eastern Coast of Jamaica, and the reality is - Jamaica is a divided country with new challenges emerging.	USA	English-100	PG	Y
2020-01-24	1330	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 5	Ben cooks up a delicious coq au vin over the hot charcoal fire pit at Thalia Haven using a large variety of fresh ingredients.	AUSTRALIA	English-100	G	
2020-01-24	1400	<b>Surfing The Menu</b>	New Norcia	There's some wonderful characters to meet and delicious fresh produce to sample when Ben and Curtis visit the Spanish monastery town of New Norcia.	AUSTRALIA	English-100	G	Y
2020-01-24	1430	<b>Late Nite Eats</b>	St. Louis	Jordan is headed to St. Louis. Known as the gateway to the west, this city is a gateway to a wide variety of culinary delights. Jordan kicks off his journey at a restaurant close to his own heart.	USA	English-100	G	

2020-01-24	1500	<b>Born To Cook: Jack Stein Down Under</b>	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100	G	
2020-01-24	1530	<b>Annabel Langbein: Free Range Cook</b>	Perfect Roast, A	Annabel gathers culinary lavender and merino lamb to make a roast dinner with a difference. Also on the menu are deep-fried zucchini flowers and a divine tarte tatin.	NEW ZEALAND	English-100	G	
2020-01-24	1600	<b>Annabel Langbein: Free Range Cook</b>	Taste Of Asia, A	In sunny Nelson at the top of New Zealand's South Island, Annabel harvests mushrooms to use in a quick and easy teriyaki fish and mushroom bake.	NEW ZEALAND	English-100	G	
2020-01-24	1630	<b>Anjum's Australian Spice Stories</b>	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	
2020-01-24	1700	<b>New Scandinavian Cooking</b>	Eat Like The Vikings	Andreas travels by train through different climates and the mountainous heart of Norway, between Bergen and Oslo. He starts to prepare a travellers must, a shrimp sandwich inspired by Western Norway.	NORWAY	English-100		
2020-01-24	1730	<b>Martha Bakes</b>	White Bread	Conquer white bread with Martha who breaks down the basics, as well as sweet and savoury variations.	USA	English-100		
2020-01-24	1800	<b>Bake With Anna Olson</b>	Choux Paste	Choux Paste, also known as pâte a choux or cream puff dough, is a wonderful airy pastry that can be used in countless ways to prepare cream-filled desserts.	CANADA	English-100	PG	
2020-01-24	1830	<b>The Cook And The Chef</b>	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100	G	
2020-01-24	1900	<b>The Cook And The Chef</b>	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100	G	
2020-01-24	1930	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 4	Paul Hollywood brings British Pies and Puddings back home by creating a Thai Chicken Pie with ingredients from Yorkshire, and a Pumpkin and Ginger Cheesecake from Kent.	UNITED KINGDOM	English-100	G	
2020-01-24	2030	<b>Bill's Tasty Weekends</b>	Suffolk	Bill Granger might just be staying in the wackiest weekend retreat in the country. His home for the weekend is the House in the Clouds in Suffolk - a local tourist spot.	UNITED KINGDOM	English-100	PG	
2020-01-24	2130	<b>Rick Stein's Food Heroes</b>	North East England And Scotland	Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for generations.	UNITED KINGDOM	English-100	G	
2020-01-24	2200	<b>Rick Stein's Food Heroes</b>	North Scotland	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front.	UNITED KINGDOM	English-100	PG	
2020-01-24	2235	<b>The Cook And The Chef</b>	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100	G	
2020-01-24	2305	<b>The Cook And The Chef</b>	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100	G	
2020-01-24	2335	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 8 Ep 14	Knockout Week continues on Professional MasterChef, and Marcus Wareing, formidable perfectionist, chef Monica Galetti, and MasterChef maestro Gregg Wallace continue their search.	UNITED KINGDOM	English-100	G	
2020-01-24	2440	<b>Bake With Anna Olson</b>	Choux Paste	Choux Paste, also known as pâte a choux or cream puff dough, is a wonderful airy pastry that can be used in countless ways to prepare cream-filled desserts.	CANADA	English-100	PG	
2020-01-24	2510	<b>Martha Bakes</b>	White Bread	Conquer white bread with Martha who breaks down the basics, as well as sweet and savoury variations.	USA	English-100		
2020-01-24	2540	<b>The F Word USA</b>	F Word USA Series 1, The Ep 5	Lords of the Lake are up against Miracle in the Kitchen cooking Buttermilk Fried Chicken, joined live by celebrity guests Joe Manganiello and Rachel Bilson.	USA	English-100	PG	Y
2020-01-24	2630	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 4	Paul Hollywood brings British Pies and Puddings back home by creating a Thai Chicken Pie with ingredients from Yorkshire, and a Pumpkin and Ginger Cheesecake from Kent.	UNITED KINGDOM	English-100	G	
2020-01-24	2730	<b>Bill's Tasty Weekends</b>	Suffolk	Bill Granger might just be staying in the wackiest weekend retreat in the country. His home for the weekend is the House in the Clouds in Suffolk - a local tourist spot.	UNITED KINGDOM	English-100	PG	
2020-01-24	2830	<b>Food Lab By Ben Milbourne</b>	Food Lab By Ben Milbourne Series 3 Ep 5	Ben cooks up a delicious coq au vin over the hot charcoal fire pit at Thalia Haven using a large variety of fresh ingredients.	AUSTRALIA	English-100	G	
2020-01-25	0500	<b>Surfing The Menu</b>	New Norcia	There's some wonderful characters to meet and delicious fresh produce to sample when Ben and Curtis visit the Spanish monastery town of New Norcia.	AUSTRALIA	English-100	G	Y
2020-01-25	0530	<b>Late Nite Eats</b>	St. Louis	Jordan is headed to St. Louis. Known as the gateway to the west, this city is a gateway to a wide variety of culinary delights. Jordan kicks off his journey at a restaurant close to his own heart.	USA	English-100	G	

2020-01-25	0600	<b>Born To Cook: Jack Stein Down Under</b>	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100		G		
2020-01-25	0630	<b>Annabel Langbein: Free Range Cook</b>	Perfect Roast, A	Annabel gathers culinary lavender and merino lamb to make a roast dinner with a difference. Also on the menu are deep-fried zucchini flowers and a divine tarte tatin.	NEW ZEALAND	English-100		G		
2020-01-25	0700	<b>Annabel Langbein: Free Range Cook</b>	Taste Of Asia, A	In sunny Nelson at the top of New Zealand's South Island, Annabel harvests mushrooms to use in a quick and easy teriyaki fish and mushroom bake.	NEW ZEALAND	English-100		G		
2020-01-25	0730	<b>Anjum's Australian Spice Stories</b>	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		
2020-01-25	0800	<b>New Scandinavian Cooking</b>	Eat Like The Vikings	Andreas travels by train through different climates and the mountainous heart of Norway, between Bergen and Oslo. He starts to prepare a travellers must, a shrimp sandwich inspired by Western Norway.	NORWAY	English-100				
2020-01-25	0830	<b>Chilli Hunter</b>	China	Tyson Mayr, the Chilli Hunter, touches down in Szechuan - a mecca for chilli lovers from across the world.	SINGAPORE	English-100		G		Y
2020-01-25	0900	<b>Destination Flavour China</b>	Beijing	Adam Liaw arrives in his Mum's home town of Beijing to begin a culinary, historical and personal journey through the ancient country of China.		English-70; Mandarin-30	RPT	G	Y	Y
2020-01-25	0930	<b>Destination Flavour China</b>	Anhui	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.		English-70; Mandarin-30	RPT	G	Y	Y
2020-01-25	1000	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 1	Adam Liaw travels to the islands of Singapore. He's set a challenge for himself. In 6 weeks, he's going to put on a Salute to Singapore Banquet Dinner for some of the country's top food identities.	AUSTRALIA	English-100	RPT	G	Y	
2020-01-25	1030	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 1	Acclaimed Sydney chef Luke Nguyen returns to the country of his heritage to take a culinary journey through the southern regions of Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2020-01-25	1100	<b>Chilli Hunter</b>	South Korea	Tyson Mayr's quest for fire takes him to local food markets for a taste of Seoul's spiciest surprises, and into the countryside to learn the ancient art of making red-hot 'gochujang' paste.	SINGAPORE	English-100		PG		Y
2020-01-25	1130	<b>Hairy Bikers' Asian Adventure</b>	South Korea	Korean food is set to be the next big thing in the UK so the bikers want to find out more about this hot new trend on the horizon.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2020-01-25	1230	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 2	Adam's salute to Singapore Banquet Dinner quest continues as he goes in search of inspiration for a meat dish.	AUSTRALIA	English-100	RPT	PG	Y	
2020-01-25	1300	<b>Anthony Bourdain: Parts Unknown</b>	Laos	The rich sensory experience of Laos with its enchanting scenery, distinctive aromas, and exceptional food are explored in Bourdain's trip to this Southeast Asian country.	USA	English-100		PG		Y
2020-01-25	1400	<b>Rick Stein's Far Eastern Odyssey</b>	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT	PG	Y	
2020-01-25	1505	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 6	Claiming to have settled a century old feud between the clans of Scotland, chef Adrian Richardson demystifies the art of cooking Scotland's national dish, haggis.	AUSTRALIA	English-100		G		
2020-01-25	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 7	This episode, chef Adrian Richardson combines the flavours of the Deep South and Mexico with today's dish, his sweet and succulent Texan-style short rib tacos.	AUSTRALIA	English-100		G		
2020-01-25	1600	<b>The Cook And The Chef</b>	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G		
2020-01-25	1630	<b>The Cook And The Chef</b>	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G		
2020-01-25	1700	<b>The Cook And The Chef</b>	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G		
2020-01-25	1730	<b>Parveen's Indian Kitchen</b>	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				
2020-01-25	1830	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 2 Ep 5	Aldo and Enzo head to Partenico, where they make fresh limonata that they use to marinade mackerel, along with tuna, and sweet and sour onions.	UNITED KINGDOM	English-100				
2020-01-25	1900	<b>Sicily With Aldo And Enzo</b>	Sicily With Aldo And Enzo Series 2 Ep 6	Aldo and Enzo travel to Bagherua where they prepare a semifreddo, and a pesto made from freshly ground almonds.	UNITED KINGDOM	English-100				
2020-01-25	1930	<b>Cheese Slices</b>	Ancient Cheese Of Portugal, The	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese.	AUSTRALIA	English-100		G		

2020-01-25	2000	<b>Cheese Slices</b>	Mozzarella And The Cheeses Of Campania	Will journeys to Italy's picturesque Campania region to look at stretched curd cheeses and finds it hard to resist the lingering flavour and sensual texture of buffalo cheese made from raw milk.	AUSTRALIA	English-100		G		
2020-01-25	2030	<b>Heston's Dinner In Space</b>	Heston's Space Food Series 1 Ep 2	Heston and his team create a nostalgic menu for the first ever dinner party in space. With meals reminiscent of Tim's childhood, Heston puts his out-of-this-world twist on a bacon sandwich.	UNITED KINGDOM	English-100	RPT	G	Y	
2020-01-25	2130	<b>The Best In Australia</b>	Best Spaghetti Dish And The Best Beef Dinner, The	Hosts Darren Simpson, Anna Gare, and Ben O'Donoghue compete for the titles of the best spaghetti dish, and the best beef dinner.	AUSTRALIA	English-100				
2020-01-25	2230	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 5	Shane Delia's culinary journey into Middle Eastern cuisine continues as he visits the twin port cities of Sidon, where the beautiful people play and pop-up restaurants cover the beach.	AUSTRALIA	English-100	RPT	G	Y	Y
2020-01-25	2300	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 6	Shane Delia's culinary journey into Middle Eastern cuisine continues as he travels to Beirut where, despite the visible scars of the recent civil war, a vibrant food scene is thriving.	AUSTRALIA	English-100	RPT	PG	Y	Y
2020-01-25	2330	<b>Let's Do Coffee</b>	Let's Do Coffee Series 2 Ep 2	Hosted from Avalon on the Beach, we take a look the power of social media in cafe life, and the common milk mistakes with your coffee at home.	AUSTRALIA	English-100				
2020-01-25	2400	<b>Let's Do Coffee</b>	Let's Do Coffee Series 2 Ep 3	Catch up with international cricketer and coffee entrepreneur Ed Cowan, and learn how to make the most delicious and nutritious donuts right at home.	AUSTRALIA	English-100				
2020-01-25	2430	<b>Heston's Dinner In Space</b>	Heston's Space Food Series 1 Ep 2	Heston and his team create a nostalgic menu for the first ever dinner party in space. With meals reminiscent of Tim's childhood, Heston puts his out-of-this-world twist on a bacon sandwich.	UNITED KINGDOM	English-100	RPT	G	Y	
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2020-01-25	2630	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 5	Shane Delia's culinary journey into Middle Eastern cuisine continues as he visits the twin port cities of Sidon, where the beautiful people play and pop-up restaurants cover the beach.	AUSTRALIA	English-100	RPT	G	Y	Y
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2020-01-25	2800	<b>Let's Do Coffee</b>	Let's Do Coffee Series 2 Ep 3	Catch up with international cricketer and coffee entrepreneur Ed Cowan, and learn how to make the most delicious and nutritious donuts right at home.	AUSTRALIA	English-100				
2020-01-25	2830	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 6	Claiming to have settled a century old feud between the clans of Scotland, chef Adrian Richardson demystifies the art of cooking Scotland's national dish, haggis.	AUSTRALIA	English-100		G		