



**WEEK 40: Sunday, 29 September - Saturday, 5 October 2019 (NSW, ACT, VIC, TAS, SA)**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-09-29	0500	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G		
2019-09-29	0530	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits, Feijoa and Kiwifruit.	AUSTRALIA	English-100		G		
2019-09-29	0600	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG		
2019-09-29	0630	<b>Dinner Date</b>	Dinner Date Series 8 Ep 25	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-09-29	0730	<b>Paul And Nick's Big Food Trip</b>	Campbeltown	Paul Rankin and Nick Nairn sail to Campbeltown on the Kintyre peninsula in Scotland. A visit to a local smoke house inspires the chefs to create an Ulster Scotch Egg.	IRELAND	English-100				
2019-09-29	0800	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 7	Chef Luke Nguyen visits the beachside town of Nha Trang, a coastal town abundant with fresh seafood - and prepares char grilled lobster right on the beach.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-29	0830	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 8	Luke visits Quy Nhon on the central coast of Vietnam. He cooks vegetarian fried rice with a Monk, learns how to make Tofu, and spends time with two old ladies making the best noodles around.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-29	0900	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 7	Luke hikes to the hill tribe villages of the Shan State and the township of Keng Tung, where he cooks some unusual delicacies and local marketplace favourites.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-29	0930	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 8	Luke makes it to the town of Chiang Khong in northern Thailand, where he literally catches the ingredients for his traditional Tom Yum fish soup and tasty northern-style frog curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-29	1000	<b>Avec Eric</b>	Cultivating Taste	Eric visits a former chef colleague, now a farmer, whose mission is still all about taste and flavour.	USA	English-100		G		
2019-09-29	1030	<b>Avec Eric</b>	Cayman Cookout	A chef's job is much more than cooking in a restaurant. Eric travels to Grand Cayman for a grand cookout and grilling competition with his friend Anthony Bourdain.	USA	English-100		G		
2019-09-29	1100	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 1	Shane Delia's enthusiasm for food and culture comes together in this ten-part series, as the award-winning chef and author takes a culinary journey into Middle Eastern cuisine.	AUSTRALIA	English-100	RPT	PG	Y	
2019-09-29	1130	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 2	Shane Delia's culinary journey into Middle Eastern cuisine continues as he explores the souks of Tripoli. There he learns how food traditions of the ancient port city have been shape.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-09-29	1200	<b>Carnival Eats</b>	Some Like It Popped	Noah checks out his prospects in Prospect, Pennsylvania at the Big Butler Fair, then heads to the San Mateo County Fair in California for some west coast wonders.	USA	English-100				
2019-09-29	1230	<b>Carnival Eats</b>	When Harry Met Salad	It's party time as Noah visits the world of the Wayne County Fair and then heads to the Lane County Fair in Oregon, the beaver state, for some dam fine coffee.	USA	English-100				

2019-09-29	1300	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G	
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2019-09-29	1400	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG	
2019-09-29	1430	<b>Paul And Nick's Big Food Trip</b>	Campbeltown	Paul Rankin and Nick Nairn sail to Campbeltown on the Kintyre peninsula in Scotland. A visit to a local smoke house inspires the chefs to create an Ulster Scotch Egg.	IRELAND	English-100			
2019-09-29	1500	<b>Dinner Date</b>	Dinner Date Series 8 Ep 1	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-09-29	1600	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	In the season finale, Jack honours the truly amazing people and food he has encountered in the Kimberley with a long table dinner under the stars.	AUSTRALIA	English-100		G	
2019-09-29	1630	<b>Paul And Nick's Big Food Trip</b>	South Down	Paul Rankin and Nick Nairn head to south county Down and in spite of torrential rain, they find inspiration from local food producers to create a three-course meal for some hungry band members.	IRELAND	English-100			
2019-09-29	1700	<b>The Cook And The Chef</b>	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G	
2019-09-29	1730	<b>The Cook And The Chef</b>	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G	
2019-09-29	1800	<b>The Cook And The Chef</b>	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G	
2019-09-29	1830	<b>Rick Stein's Far Eastern Odyssey</b>	Bangladesh	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-29	1935	<b>Ainsley's Caribbean Kitchen</b>	Dominica	This week, Ainsley's Caribbean Kitchen travels to Dominica, Natures Island. The wild rainforests of Dominica hide many waterfalls and rivers.	UNITED KINGDOM	English-100		PG	
2019-09-29	2035	<b>Donal's Asian Baking Adventures</b>	Tokyo 2	Donal is exploring Japan, whose bakeries have been a big influence in the rise in popularity of wheat flour in Asia, and Kyoto has a reputation for great food.	SINGAPORE	English-100		PG	
2019-09-29	2105	<b>Donal's Asian Baking Adventures</b>	Macau	Jumping on a ferry to neighboring Macau, colonised by Portugal, residents here believe the custard tart, a favourite of Donal's, was in fact brought over by the Portuguese.	SINGAPORE	English-100		PG	
2019-09-29	2135	<b>Food Safari</b>	Moroccan	Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	RPT	G	Y
2019-09-29	2205	<b>Food Safari</b>	Malaysian	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the spicy world of Malaysian food.	AUSTRALIA	English-100	RPT	G	Y
2019-09-29	2235	<b>Rick Stein's Far Eastern Odyssey</b>	Bangladesh	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-29	2340	<b>Ainsley's Caribbean Kitchen</b>	Dominica	This week, Ainsley's Caribbean Kitchen travels to Dominica, Natures Island. The wild rainforests of Dominica hide many waterfalls and rivers.	UNITED KINGDOM	English-100		PG	
2019-09-29	2440	<b>Donal's Asian Baking Adventures</b>	Tokyo 2	Donal is exploring Japan, whose bakeries have been a big influence in the rise in popularity of wheat flour in Asia, and Kyoto has a reputation for great food.	SINGAPORE	English-100		PG	

2019-09-29	2510	<b>Donal's Asian Baking Adventures</b>	Macau	Jumping on a ferry to neighboring Macau, colonised by Portugal, residents here believe the custard tart, a favourite of Donal's, was in fact brought over by the Portuguese.	SINGAPORE	English-100		PG	
2019-09-29	2540	<b>Food Safari</b>	Moroccan	Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	RPT	G	Y
2019-09-29	2610	<b>Food Safari</b>	Malaysian	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the spicy world of Malaysian food.	AUSTRALIA	English-100	RPT	G	Y
2019-09-29	2640	<b>Dinner Date</b>	Dinner Date Series 8 Ep 1	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-09-29	2730	<b>The Cook And The Chef</b>	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G	
2019-09-29	2800	<b>The Cook And The Chef</b>	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G	
2019-09-29	2830	<b>The Cook And The Chef</b>	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G	
2019-09-30	0500	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	In the season finale, Jack honours the truly amazing people and food he has encountered in the Kimberley with a long table dinner under the stars.	AUSTRALIA	English-100		G	
2019-09-30	0530	<b>Dinner Date</b>	Dinner Date Series 8 Ep 1	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
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2019-09-30	0700	<b>Donal's Asian Baking Adventures</b>	Tokyo 2	Donal is exploring Japan, whose bakeries have been a big influence in the rise in popularity of wheat flour in Asia, and Kyoto has a reputation for great food.	SINGAPORE	English-100		PG	
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2019-09-30	0800	<b>Food Safari</b>	Moroccan	Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	RPT	G	Y
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2019-09-30	1000	<b>The Cook And The Chef</b>	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G	
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2019-09-30	1500	<b>Oliver's Twist</b>	First Date	Jamie's sister-in-law, Lisa, has offered to cook a meal for her new boyfriend. She's determined to make a lasting impression.	UNITED KINGDOM	English-100		G	
2019-09-30	1530	<b>Bonacini's Italy</b>	Campania	The Italian region Campania is known for its seafood and pizza. Famed chef Michael Bonacini prepares classics like Margherita Pizza and Fried Seafood.	CANADA	English-100		G	
2019-09-30	1600	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 6	Kirsten prepares an intriguing and delicious Chocolate Salami, and shows you how to achieve the perfect Liquid Centre Chocolate Pudding.	AUSTRALIA	English-100		G	
2019-09-30	1630	<b>Taste Of Marley</b>	Reggae Is Rasta	Here, we explore Jamaica's greatest gifts to the world - Rasta and reggae. For the first time ever, we meet the man behind The Congos, Ashanti Roy.	UNITED KINGDOM	English-100			Y
2019-09-30	1730	<b>Poh's Kitchen Lends A Hand</b>	Fred's Van	Every night on Adelaide's streets, Fred's Van feeds the homeless. Volunteers have less than an hour to prepare food for over 100 people who have not eaten since the previous nights' free feed.	AUSTRALIA	English-100	RPT	PG	Y
2019-09-30	1800	<b>The Cook And The Chef</b>	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100		G	
2019-09-30	1830	<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	
2019-09-30	1935	<b>Rachel Khoo's Kitchen Notebook: London</b>	Diy	Rachel visits a Norwegian-style smokehouse in North London, and she samples some of Lillie's homemade preserves and jams at the London Borough of Jam.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-30	2005	<b>Rachel Khoo's Kitchen Notebook: London</b>	Pleasure Is All Mine, The	Rachel seeks out some of London's luxurious treats, including champagne high tea in Mayfair, and she whips up some tasty recipes to try at home.	UNITED KINGDOM	English-100	RPT	G	Y
2019-09-30	2035	<b>Rick Stein's Long Weekends</b>	Palermo	Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence.	UNITED KINGDOM	English-100		PG	
2019-09-30	2140	<b>Poh's Kitchen Lends A Hand</b>	Fred's Van	Every night on Adelaide's streets, Fred's Van feeds the homeless. Volunteers have less than an hour to prepare food for over 100 people who have not eaten since the previous nights' free feed.	AUSTRALIA	English-100	RPT	PG	Y
2019-09-30	2210	<b>The Cook And The Chef</b>	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100		G	
2019-09-30	2240	<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	

2019-09-30	2345	<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
2019-09-30	2435	<b>Rachel Khoo's Kitchen Notebook: London</b>	Diy	Rachel visits a Norwegian-style smokehouse in North London, and she samples some of Lillie's homemade preserves and jams at the London Borough of Jam.	UNITED KINGDOM	English-100	RPT	G		Y
2019-09-30	2510	<b>Rachel Khoo's Kitchen Notebook: London</b>	Pleasure Is All Mine, The	Rachel seeks out some of London's luxurious treats, including champagne high tea in Mayfair, and she whips up some tasty recipes to try at home.	UNITED KINGDOM	English-100	RPT	G		Y
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2019-10-01	1200	<b>Rachel Khoo's Kitchen Notebook: London</b>	Pleasure Is All Mine, The	Rachel seeks out some of London's luxurious treats, including champagne high tea in Mayfair, and she whips up some tasty recipes to try at home.	UNITED KINGDOM	English-100	RPT	G	Y
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2019-10-01	1335	<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	
2019-10-01	1440	<b>The Cook And The Chef</b>	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100		G	
2019-10-01	1510	<b>Oliver's Twist</b>	Bill, The	On the set of his favourite TV show, The Bill, Jamie cooks up Chilli Vodka, Pan Roasted Almonds with Chilli and Sea Salt, and Hot Ribs with Smoked Bacon and Chilli Crust.	UNITED KINGDOM	English-100		G	
2019-10-01	1535	<b>Bonacini's Italy</b>	Sicily	Rice Balls Stuffed with Seafood and Pistachio Cannoli are on the menu as chef Michael Bonacini explores dishes from the Italian island of Sicily.	CANADA	English-100		G	
2019-10-01	1600	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 7	Kirsten creates an elegant chocolate Rose decoration and a fragrant Ginger Chocolate Pear.	AUSTRALIA	English-100		G	
2019-10-01	1630	<b>Taste Of Marley</b>	Rasta Is Reggae	On the second part of this journey, Rohan meets legendary DJ Big Youth, visits an indigenous Rastafari village, and discusses music and spirituality with Junior Reid.	UNITED KINGDOM	English-100			Y
2019-10-01	1730	<b>Poh's Kitchen Lends A Hand</b>	Kinglake	Poh visits Kinglake, the Victorian town almost wiped out during the 2009 Black Saturday fires.	AUSTRALIA	English-100	RPT	G	Y
2019-10-01	1800	<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	
2019-10-01	1830	<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	
2019-10-01	1935	<b>The Hairy Bikers' Food Tour Of Britain</b>	Cornwall	Si and Dave explore Cornwall, where they cook a traditional county favourite at the Eden Project. They go sea fishing for spider crabs and find the only tea plantation in the UK.	UNITED KINGDOM	English-100	RPT	G	
2019-10-01	2030	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 14	Paul Hollywood celebrates British Pies and Puds during a day with the ladies of Chippenham Truck Stop, and creates a Bacon and Egg Pie inspired by their surprisingly healthy roadside fare.	UNITED KINGDOM	English-100			
2019-10-01	2130	<b>Poh's Kitchen Lends A Hand</b>	Kinglake	Poh visits Kinglake, the Victorian town almost wiped out during the 2009 Black Saturday fires.	AUSTRALIA	English-100	RPT	G	Y
2019-10-01	2200	<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	
2019-10-01	2230	<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	
2019-10-01	2335	<b>The F Word USA</b>	F Word USA Series 1, The Ep 6	Live at The F Word Restaurant, Cat Deeley and Marlon Wayans stop by for some fun as Seoul Food and The Italian Stallions compete with their best take on Fish and Chips.	USA	English-100		PG	Y
2019-10-01	2430	<b>The Hairy Bikers' Food Tour Of Britain</b>	Cornwall	Si and Dave explore Cornwall, where they cook a traditional county favourite at the Eden Project. They go sea fishing for spider crabs and find the only tea plantation in the UK.	UNITED KINGDOM	English-100	RPT	G	
2019-10-01	2530	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 14	Paul Hollywood celebrates British Pies and Puds during a day with the ladies of Chippenham Truck Stop, and creates a Bacon and Egg Pie inspired by their surprisingly healthy roadside fare.	UNITED KINGDOM	English-100			
2019-10-01	2630	<b>Oliver's Twist</b>	Bill, The	On the set of his favourite TV show, The Bill, Jamie cooks up Chilli Vodka, Pan Roasted Almonds with Chilli and Sea Salt, and Hot Ribs with Smoked Bacon and Chilli Crust.	UNITED KINGDOM	English-100		G	

2019-10-01	2700	<b>Bonacini's Italy</b>	Sicily	Rice Balls Stuffed with Seafood and Pistachio Cannoli are on the menu as chef Michael Bonacini explores dishes from the Italian island of Sicily.	CANADA	English-100		G	
2019-10-01	2730	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 7	Kirsten creates an elegant chocolate Rose decoration and a fragrant Ginger Chocolate Pear.	AUSTRALIA	English-100		G	
2019-10-01	2800	<b>Taste Of Marley</b>	Rasta Is Reggae	On the second part of this journey, Rohan meets legendary DJ Big Youth, visits an indigenous Rastafari village, and discusses music and spirituality with Junior Reid.	UNITED KINGDOM	English-100			Y
2019-10-02	0500	<b>Poh's Kitchen Lends A Hand</b>	Kinglake	Poh visits Kinglake, the Victorian town almost wiped out during the 2009 Black Saturday fires.	AUSTRALIA	English-100	RPT	G	Y
2019-10-02	0530	<b>The Hairy Bikers' Food Tour Of Britain</b>	Cornwall	Si and Dave explore Cornwall, where they cook a traditional county favourite at the Eden Project. They go sea fishing for spider crabs and find the only tea plantation in the UK.	UNITED KINGDOM	English-100	RPT	G	
2019-10-02	0630	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 14	Paul Hollywood celebrates British Pies and Puds during a day with the ladies of Chippenham Truck Stop, and creates a Bacon and Egg Pie inspired by their surprisingly healthy roadside fare.	UNITED KINGDOM	English-100			
2019-10-02	0730	<b>Oliver's Twist</b>	Bill, The	On the set of his favourite TV show, The Bill, Jamie cooks up Chilli Vodka, Pan Roasted Almonds with Chilli and Sea Salt, and Hot Ribs with Smoked Bacon and Chilli Crust.	UNITED KINGDOM	English-100		G	
2019-10-02	0800	<b>Bonacini's Italy</b>	Sicily	Rice Balls Stuffed with Seafood and Pistachio Cannoli are on the menu as chef Michael Bonacini explores dishes from the Italian island of Sicily.	CANADA	English-100		G	
2019-10-02	0830	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 7	Kirsten creates an elegant chocolate Rose decoration and a fragrant Ginger Chocolate Pear.	AUSTRALIA	English-100		G	
2019-10-02	0900	<b>Taste Of Marley</b>	Rasta Is Reggae	On the second part of this journey, Rohan meets legendary DJ Big Youth, visits an indigenous Rastafari village, and discusses music and spirituality with Junior Reid.	UNITED KINGDOM	English-100			Y
2019-10-02	1000	<b>Poh's Kitchen Lends A Hand</b>	Kinglake	Poh visits Kinglake, the Victorian town almost wiped out during the 2009 Black Saturday fires.	AUSTRALIA	English-100	RPT	G	Y
2019-10-02	1030	<b>The F Word USA</b>	F Word USA Series 1, The Ep 6	Live at The F Word Restaurant, Cat Deeley and Marlon Wayans stop by for some fun as Seoul Food and The Italian Stallions compete with their best take on Fish and Chips.	USA	English-100		PG	Y
2019-10-02	1130	<b>The Hairy Bikers' Food Tour Of Britain</b>	Cornwall	Si and Dave explore Cornwall, where they cook a traditional county favourite at the Eden Project. They go sea fishing for spider crabs and find the only tea plantation in the UK.	UNITED KINGDOM	English-100	RPT	G	
2019-10-02	1230	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 14	Paul Hollywood celebrates British Pies and Puds during a day with the ladies of Chippenham Truck Stop, and creates a Bacon and Egg Pie inspired by their surprisingly healthy roadside fare.	UNITED KINGDOM	English-100			
2019-10-02	1330	<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	
2019-10-02	1435	<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	
2019-10-02	1505	<b>Oliver's Twist</b>	Wild City	Jamie and his mentor, Gennaro, demonstrate that Mother Nature does provide, cooking with all-natural ingredients. Dishes include bresaola with wild chestnuts and roux.	UNITED KINGDOM	English-100		G	
2019-10-02	1530	<b>Bonacini's Italy</b>	Piemonte	Piemonte cuisine is influenced by its mountainous terrain. Chef Michael Bonacini shows us how to make its warm regional dishes like Bagna Cauda.	CANADA	English-100		G	
2019-10-02	1600	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 8	Kirsten shows you how to prepare your own decadent Chocolate Hazelnut Spread and puts a chocolate twist on fried eggs.	AUSTRALIA	English-100		G	
2019-10-02	1630	<b>Taste Of Marley</b>	Party In Jamaica	We explore every aspect of a true Jamaican party, from sound systems to music with King Jammys, learning about dancehall and finally experiencing a true Jamaican party.	UNITED KINGDOM	English-100			Y

2019-10-02	1730	<b>Poh's Kitchen Lends A Hand</b>	Operation Flinders	Poh packs her rucksack and pulls on her walking boots to lend a hand to Operation Flinders, a wilderness therapy program that helps transform the lives of young people at risk.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-02	1800	<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	
2019-10-02	1830	<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			Y
2019-10-02	1935	<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			Y
2019-10-02	2005	<b>Chilli Hunter</b>	Japan	Touching down in Tokyo, host Tyson Mayr's 'mission Japan' sees him whip up a very special batch of local chilli condiment, 'shimichi', before trying it out on the city's unsuspecting public.	SINGAPORE	English-100			Y
2019-10-02	2035	<b>Cheese Slices</b>	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100			
2019-10-02	2105	<b>Cheese Slices</b>	New Zealand	After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.	AUSTRALIA	English-100			
2019-10-02	2135	<b>Poh's Kitchen Lends A Hand</b>	Operation Flinders	Poh packs her rucksack and pulls on her walking boots to lend a hand to Operation Flinders, a wilderness therapy program that helps transform the lives of young people at risk.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-02	2205	<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	
2019-10-02	2235	<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			Y
2019-10-02	2340	<b>The F Word USA</b>	F Word USA Series 1, The Ep 7	Gordon and his daughter Tilly face the McCurdy family in a live rematch for a Guinness World Records egg cracking title. Celebrity guests Cheryl Hines and Justin Hartley are also live with Gordon.	USA	English-100		PG	Y
2019-10-02	2430	<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			Y
2019-10-02	2500	<b>Chilli Hunter</b>	Japan	Touching down in Tokyo, host Tyson Mayr's 'mission Japan' sees him whip up a very special batch of local chilli condiment, 'shimichi', before trying it out on the city's unsuspecting public.	SINGAPORE	English-100			Y
2019-10-02	2530	<b>Cheese Slices</b>	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100			
2019-10-02	2600	<b>Cheese Slices</b>	New Zealand	After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.	AUSTRALIA	English-100			
2019-10-02	2630	<b>Oliver's Twist</b>	Wild City	Jamie and his mentor, Gennaro, demonstrate that Mother Nature does provide, cooking with all-natural ingredients. Dishes include bresaola with wild chestnuts and roux.	UNITED KINGDOM	English-100		G	
2019-10-02	2700	<b>Bonacini's Italy</b>	Piemonte	Piemonte cuisine is influenced by its mountainous terrain. Chef Michael Bonacini shows us how to make its warm regional dishes like Bagna Cauda.	CANADA	English-100		G	
2019-10-02	2730	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 8	Kirsten shows you how to prepare your own decadent Chocolate Hazelnut Spread and puts a chocolate twist on fried eggs.	AUSTRALIA	English-100		G	
2019-10-02	2800	<b>Taste Of Marley</b>	Party In Jamaica	We explore every aspect of a true Jamaican party, from sound systems to music with King Jammys, learning about dancehall and finally experiencing a true Jamaican party.	UNITED KINGDOM	English-100			Y



2019-10-03	0500	<b>Poh's Kitchen Lends A Hand</b>	Operation Flinders	Poh packs her rucksack and pulls on her walking boots to lend a hand to Operation Flinders, a wilderness therapy program that helps transform the lives of young people at risk.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-03	0530	<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			Y
2019-10-03	0600	<b>Chilli Hunter</b>	Japan	Touching down in Tokyo, host Tyson Mayr's 'mission Japan' sees him whip up a very special batch of local chilli condiment, 'shimichi', before trying it out on the city's unsuspecting public.	SINGAPORE	English-100			Y
2019-10-03	0630	<b>Cheese Slices</b>	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100			
2019-10-03	0700	<b>Cheese Slices</b>	New Zealand	After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.	AUSTRALIA	English-100			
2019-10-03	0730	<b>Oliver's Twist</b>	Wild City	Jamie and his mentor, Gennaro, demonstrate that Mother Nature does provide, cooking with all-natural ingredients. Dishes include bresaola with wild chestnuts and roux.	UNITED KINGDOM	English-100		G	
2019-10-03	0800	<b>Bonacini's Italy</b>	Piemonte	Piemonte cuisine is influenced by its mountainous terrain. Chef Michael Bonacini shows us how to make its warm regional dishes like Bagna Cauda.	CANADA	English-100		G	
2019-10-03	0830	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 8	Kirsten shows you how to prepare your own decadent Chocolate Hazelnut Spread and puts a chocolate twist on fried eggs.	AUSTRALIA	English-100		G	
2019-10-03	0900	<b>Taste Of Marley</b>	Party In Jamaica	We explore every aspect of a true Jamaican party, from sound systems to music with King Jammys, learning about dancehall and finally experiencing a true Jamaican party.	UNITED KINGDOM	English-100			Y
2019-10-03	1000	<b>Poh's Kitchen Lends A Hand</b>	Operation Flinders	Poh packs her rucksack and pulls on her walking boots to lend a hand to Operation Flinders, a wilderness therapy program that helps transform the lives of young people at risk.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-03	1030	<b>The F Word USA</b>	F Word USA Series 1, The Ep 7	Gordon and his daughter Tilly face the McCurdy family in a live rematch for a Guinness World Records egg cracking title. Celebrity guests Cheryl Hines and Justin Hartley are also live with Gordon.	USA	English-100		PG	Y
2019-10-03	1130	<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			Y
2019-10-03	1200	<b>Chilli Hunter</b>	Japan	Touching down in Tokyo, host Tyson Mayr's 'mission Japan' sees him whip up a very special batch of local chilli condiment, 'shimichi', before trying it out on the city's unsuspecting public.	SINGAPORE	English-100			Y
2019-10-03	1230	<b>Cheese Slices</b>	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100			
2019-10-03	1300	<b>Cheese Slices</b>	New Zealand	After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.	AUSTRALIA	English-100			
2019-10-03	1330	<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			Y
2019-10-03	1435	<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	
2019-10-03	1505	<b>Oliver's Twist</b>	Chocolate	Jamie tackles a few unusual recipes with chocolate at its core.	UNITED KINGDOM	English-100		G	
2019-10-03	1530	<b>Bonacini's Italy</b>	Lombardy	Celebrity chef Michael Bonacini prepares traditional dishes from the Northern Italian region, Lombardy.	CANADA	English-100		G	

2019-10-03	1600	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 9	The Chocolate Queen creates indulgent chocolate tacos and puts her spin on an Australian classic with Triple Chocolate Lamingtons.	AUSTRALIA	English-100		G		
2019-10-03	1630	<b>Taste Of Marley</b>	Running Free	Rohan takes us on a journey through history from the Maroons of Moore Town to an African restaurant in Kingston, and introduces us to Jamaica's next track and field superstar Brianna Lyston.	UNITED KINGDOM	English-100				Y
2019-10-03	1730	<b>Poh's Kitchen Lends A Hand</b>	Cambodia	Poh travels to Cambodia to meet Scott Neeson, an Aussie who is working with the children of the notorious garbage dump Steung Meanchey in Phnom Penh.	AUSTRALIA	English-100	RPT	G		Y
2019-10-03	1800	<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		
2019-10-03	1830	<b>Masterchef: The Professionals</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				Y
2019-10-03	1935	<b>Heston's Feasts</b>	Gothic Feast	Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster, plus a graveyard dessert.	UNITED KINGDOM	English-100	RPT	PG		Y
2019-10-03	2030	<b>Bill's Kitchen: Notting Hill</b>	Sweden	Scandinavia has been rocking the food world with world class restaurants and ingredients for years now, and it's time Bill visited to discover for himself what the fuss is about.	UNITED KINGDOM	English-100		PG		
2019-10-03	2100	<b>Bill's Kitchen: Notting Hill</b>	City Life	For Bill, the big attraction of London's food scene is its diversity. It's one of the few cities where you could be have Brazilian BBQ's for breakfast and snack on Burrito's for lunch.	UNITED KINGDOM	English-100		PG		
2019-10-03	2130	<b>Poh's Kitchen Lends A Hand</b>	Cambodia	Poh travels to Cambodia to meet Scott Neeson, an Aussie who is working with the children of the notorious garbage dump Steung Meanchey in Phnom Penh.	AUSTRALIA	English-100	RPT	G		Y
2019-10-03	2200	<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		
2019-10-03	2230	<b>Masterchef: The Professionals</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				Y
2019-10-03	2335	<b>The F Word USA</b>	F Word USA Series 1, The Ep 8	Gordon heads to the Florida Everglades to hunt python, and Martina Servaty flies to Los Angeles all the way from Germany to attempt to break her Guinness World Records title for grape stomping.	USA	English-100		PG		
2019-10-03	2430	<b>Heston's Feasts</b>	Gothic Feast	Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster, plus a graveyard dessert.	UNITED KINGDOM	English-100	RPT	PG		Y
2019-10-03	2530	<b>Bill's Kitchen: Notting Hill</b>	Sweden	Scandinavia has been rocking the food world with world class restaurants and ingredients for years now, and it's time Bill visited to discover for himself what the fuss is about.	UNITED KINGDOM	English-100		PG		
2019-10-03	2600	<b>Bill's Kitchen: Notting Hill</b>	City Life	For Bill, the big attraction of London's food scene is its diversity. It's one of the few cities where you could be have Brazilian BBQ's for breakfast and snack on Burrito's for lunch.	UNITED KINGDOM	English-100		PG		
2019-10-03	2630	<b>Oliver's Twist</b>	Chocolate	Jamie tackles a few unusual recipes with chocolate at its core.	UNITED KINGDOM	English-100		G		
2019-10-03	2700	<b>Bonacini's Italy</b>	Lombardy	Celebrity chef Michael Bonacini prepares traditional dishes from the Northern Italian region, Lombardy.	CANADA	English-100		G		
2019-10-03	2730	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 9	The Chocolate Queen creates indulgent chocolate tacos and puts her spin on an Australian classic with Triple Chocolate Lamingtons.	AUSTRALIA	English-100		G		
2019-10-03	2800	<b>Taste Of Marley</b>	Running Free	Rohan takes us on a journey through history from the Maroons of Moore Town to an African restaurant in Kingston, and introduces us to Jamaica's next track and field superstar Brianna Lyston.	UNITED KINGDOM	English-100				Y

2019-10-04	0500	<b>Poh's Kitchen Lends A Hand</b>	Cambodia	Poh travels to Cambodia to meet Scott Neeson, an Aussie who is working with the children of the notorious garbage dump Steung Meanchey in Phnom Penh.	AUSTRALIA	English-100	RPT	G	Y	
2019-10-04	0530	<b>Heston's Feasts</b>	Gothic Feast	Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster, plus a graveyard dessert.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-10-04	0630	<b>Bill's Kitchen: Notting Hill</b>	Sweden	Scandinavia has been rocking the food world with world class restaurants and ingredients for years now, and it's time Bill visited to discover for himself what the fuss is about.	UNITED KINGDOM	English-100		PG		
2019-10-04	0700	<b>Bill's Kitchen: Notting Hill</b>	City Life	For Bill, the big attraction of London's food scene is its diversity. It's one of the few cities where you could be have Brazilian BBQ's for breakfast and snack on Burrito's for lunch.	UNITED KINGDOM	English-100		PG		
2019-10-04	0730	<b>Oliver's Twist</b>	Chocolate	Jamie tackles a few unusual recipes with chocolate at its core.	UNITED KINGDOM	English-100		G		
2019-10-04	0800	<b>Bonacini's Italy</b>	Lombardy	Celebrity chef Michael Bonacini prepares traditional dishes from the Northern Italian region, Lombardy.	CANADA	English-100		G		
2019-10-04	0830	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 9	The Chocolate Queen creates indulgent chocolate tacos and puts her spin on an Australian classic with Triple Chocolate Lamingtons.	AUSTRALIA	English-100		G		
2019-10-04	0900	<b>Taste Of Marley</b>	Running Free	Rohan takes us on a journey through history from the Maroons of Moore Town to an African restaurant in Kingston, and introduces us to Jamaica's next track and field superstar Brianna Lyston.	UNITED KINGDOM	English-100				Y
2019-10-04	1000	<b>Poh's Kitchen Lends A Hand</b>	Cambodia	Poh travels to Cambodia to meet Scott Neeson, an Aussie who is working with the children of the notorious garbage dump Steung Meanchey in Phnom Penh.	AUSTRALIA	English-100	RPT	G	Y	
2019-10-04	1030	<b>The F Word USA</b>	F Word USA Series 1, The Ep 8	Gordon heads to the Florida Everglades to hunt python, and Martina Servaty flies to Los Angeles all the way from Germany to attempt to break her Guinness World Records title for grape stomping.	USA	English-100		PG		
2019-10-04	1130	<b>Heston's Feasts</b>	Gothic Feast	Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster, plus a graveyard dessert.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-10-04	1230	<b>Bill's Kitchen: Notting Hill</b>	Sweden	Scandinavia has been rocking the food world with world class restaurants and ingredients for years now, and it's time Bill visited to discover for himself what the fuss is about.	UNITED KINGDOM	English-100		PG		
2019-10-04	1300	<b>Bill's Kitchen: Notting Hill</b>	City Life	For Bill, the big attraction of London's food scene is its diversity. It's one of the few cities where you could be have Brazilian BBQ's for breakfast and snack on Burrito's for lunch.	UNITED KINGDOM	English-100		PG		
2019-10-04	1330	<b>Masterchef: The Professionals</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				Y
2019-10-04	1435	<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		
2019-10-04	1505	<b>Oliver's Twist</b>	Wimbledon	Jamie invites his mother-in-law and her friends round to watch the Wimbledon men's final on TV, and treats them to a big summer feast.	UNITED KINGDOM	English-100		PG		
2019-10-04	1530	<b>Bonacini's Italy</b>	Veneto	Home to popular Italian dishes like Tiramisu, chef Michael Bonacini explores cuisine from Italy's Veneto region.	CANADA	English-100		G		
2019-10-04	1600	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 10	Kirsten makes a simple Microwave Chocolate Sponge and show stopping Chocolate Pops.	AUSTRALIA	English-100		G		
2019-10-04	1630	<b>Taste Of Marley</b>	Blessings And Guidance	For the finale, Rohan invites his son Nico on the island, who comes back for the first time to the place where he grew up. Rohan gives him a tour of Spanish Town and the two of them play football.	UNITED KINGDOM	English-100				Y

2019-10-04	1730	<b>Poh's Kitchen Lends A Hand</b>	Streat	Poh joins a community program called Streat, which is giving Melbourne's homeless youth a chance to come in from the edge of society.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-04	1800	<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	
2019-10-04	1830	<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			

2019-10-04	1935	<b>Rick Stein's Mediterranean Escapes</b>	Sardinia And Sicily	Rick Stein watches as the local fishermen catch mullet using methods dating back to the Ancient Romans. In Palermo, he rustles up a vegetarian pasta with tomatoes, capers and mint.	UNITED KINGDOM	English-100	RPT	G	Y
2019-10-04	2040	<b>Gourmet Farmer</b>	Gourmet Farmer Series 5 Ep 10	It's now been twelve months, four seasons, and lots of hard lessons learned since Matthew set out to transform his cherished Fat Pig Farm.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-04	2110	<b>Nigella Kitchen</b>	Hurry Up, I'm Hungry	Nigella has an armoury of short cut recipes to ensure there is no waiting around.	UNITED KINGDOM	English-100		G	
2019-10-04	2140	<b>Poh's Kitchen Lends A Hand</b>	Streat	Poh joins a community program called Streat, which is giving Melbourne's homeless youth a chance to come in from the edge of society.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-04	2210	<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	
2019-10-04	2240	<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			
2019-10-04	2345	<b>The F Word USA</b>	F Word USA Series 1, The Ep 9	It's Sass & Class versus Papa Knows Best at The F Word restaurant with their best takes on chicken cacciatore. Plus, celebrity guests Rob Riggle and Brad Garrett.	USA	English-100		PG	
2019-10-04	2435	<b>Rick Stein's Mediterranean Escapes</b>	Sardinia And Sicily	Rick Stein watches as the local fishermen catch mullet using methods dating back to the Ancient Romans. In Palermo, he rustles up a vegetarian pasta with tomatoes, capers and mint.	UNITED KINGDOM	English-100	RPT	G	Y
2019-10-04	2540	<b>Nigella Kitchen</b>	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'.	UNITED KINGDOM	English-100		G	
2019-10-04	2610	<b>Nigella Kitchen</b>	Hurry Up, I'm Hungry	Nigella has an armoury of short cut recipes to ensure there is no waiting around.	UNITED KINGDOM	English-100		G	
2019-10-04	2640	<b>Oliver's Twist</b>	Wimbledon	Jamie invites his mother-in-law and her friends round to watch the Wimbledon men's final on TV, and treats them to a big summer feast.	UNITED KINGDOM	English-100		PG	
2019-10-04	2710	<b>Bonacini's Italy</b>	Veneto	Home to popular Italian dishes like Tiramisu, chef Michael Bonacini explores cuisine from Italy's Veneto region.	CANADA	English-100		G	
2019-10-04	2735	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 10	Kirsten makes a simple Microwave Chocolate Sponge and show stopping Chocolate Pops.	AUSTRALIA	English-100		G	
2019-10-04	2800	<b>Taste Of Marley</b>	Blessings And Guidance	For the finale, Rohan invites his son Nico on the island, who comes back for the first time to the place where he grew up. Rohan gives him a tour of Spanish Town and the two of them play football.	UNITED KINGDOM	English-100			Y
2019-10-05	0500	<b>Poh's Kitchen Lends A Hand</b>	Streat	Poh joins a community program called Streat, which is giving Melbourne's homeless youth a chance to come in from the edge of society.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-05	0530	<b>Rick Stein's Mediterranean Escapes</b>	Sardinia And Sicily	Rick Stein watches as the local fishermen catch mullet using methods dating back to the Ancient Romans. In Palermo, he rustles up a vegetarian pasta with tomatoes, capers and mint.	UNITED KINGDOM	English-100	RPT	G	Y
2019-10-05	0635	<b>Nigella Kitchen</b>	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'.	UNITED KINGDOM	English-100		G	
2019-10-05	0705	<b>Nigella Kitchen</b>	Hurry Up, I'm Hungry	Nigella has an armoury of short cut recipes to ensure there is no waiting around.	UNITED KINGDOM	English-100		G	
2019-10-05	0735	<b>Oliver's Twist</b>	Wimbledon	Jamie invites his mother-in-law and her friends round to watch the Wimbledon men's final on TV, and treats them to a big summer feast.	UNITED KINGDOM	English-100		PG	
2019-10-05	0800	<b>Bonacini's Italy</b>	Veneto	Home to popular Italian dishes like Tiramisu, chef Michael Bonacini explores cuisine from Italy's Veneto region.	CANADA	English-100		G	

2019-10-05	0830	<b>The Chocolate Queen</b>	Chocolate Queen Series 1, The Ep 10	Kirsten makes a simple Microwave Chocolate Sponge and show stopping Chocolate Pops.	AUSTRALIA	English-100		G			
2019-10-05	0900	<b>Taste Of Marley</b>	Blessings And Guidance	For the finale, Rohan invites his son Nico on the island, who comes back for the first time to the place where he grew up. Rohan gives him a tour of Spanish Town and the two of them play football.	UNITED KINGDOM	English-100				Y	
2019-10-05	1000	<b>Poh's Kitchen Lends A Hand</b>	Streat	Poh joins a community program called Streat, which is giving Melbourne's homeless youth a chance to come in from the edge of society.	AUSTRALIA	English-100	RPT	PG		Y	
2019-10-05	1030	<b>The F Word USA</b>	F Word USA Series 1, The Ep 9	It's Sass & Class versus Papa Knows Best at The F Word restaurant with their best takes on chicken cacciatore. Plus, celebrity guests Rob Riggle and Brad Garrett.	USA	English-100		PG			
2019-10-05	1130	<b>Rick Stein's Mediterranean Escapes</b>	Sardinia And Sicily	Rick Stein watches as the local fishermen catch mullet using methods dating back to the Ancient Romans. In Palermo, he rustles up a vegetarian pasta with tomatoes, capers and mint.	UNITED KINGDOM	English-100	RPT	G		Y	
2019-10-05	1235	<b>Gourmet Farmer</b>	Gourmet Farmer Series 5 Ep 10	It's now been twelve months, four seasons, and lots of hard lessons learned since Matthew set out to transform his cherished Fat Pig Farm.	AUSTRALIA	English-100	RPT	PG		Y	
2019-10-05	1305	<b>Nigella Kitchen</b>	Hurry Up, I'm Hungry	Nigella has an armoury of short cut recipes to ensure there is no waiting around.	UNITED KINGDOM	English-100		G			
2019-10-05	1335	<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					
2019-10-05	1440	<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			
2019-10-05	1510	<b>Dinner Date</b>	James Hill	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG			
2019-10-05	1600	<b>Michela's Classic Italian</b>	Michela's Classic Italian Series 1 Ep 1	In this first episode, Michela prepares meatballs, cooks up her favourite version of the rice dish risotto, and reveals a delicious recipe for gelato.	UNITED KINGDOM	English-100					
2019-10-05	1630	<b>Paul And Nick's Big Food Trip</b>	Islay	Inspired by the beautiful produce at the Islay House Community Garden on the Isle of Islay, Paul Rankin and Nick Nairn create a fabulous healthy starter.	IRELAND	English-100					
2019-10-05	1700	<b>The Cook And The Chef</b>	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing sub tropical food enterprises.	AUSTRALIA	English-100		G			
2019-10-05	1730	<b>The Cook And The Chef</b>	Brussels Sprouts And Avocado	Maggie and Simon go green with Brussels Sprouts and Avocados. Enjoy their warm winter take on the much maligned Sprout and take a trip back to the seventies with Simon's Avocado Ice Cream.	AUSTRALIA	English-100		G			
2019-10-05	1800	<b>The Cook And The Chef</b>	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland has embraced its reputation as Australia's hippy capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100		G			
2019-10-05	1830	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 9	Luke travels to the ancient town of Hoi An - which used to be one of the main trading ports in Vietnam, thus influencing the food and making it a very special place for Luke.	AUSTRALIA	English-100	RPT	PG		Y	
2019-10-05	1900	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 10	In the final episode of his journey, Luke continues in Hoi An where vibrant markets are bustling and magnificent produce is on offer for him to cook with.	AUSTRALIA	English-100	RPT	G		Y	Y
2019-10-05	1930	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 9	Travelling in north Thailand, Luke arrives at the mountainous Mae Salong where he prepare a rustic tomato dish with Apear, an Aka grandmother. He then sets up kitchen in a banana forest.	AUSTRALIA	English-100	RPT	G		Y	Y
2019-10-05	2000	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT	G		Y	

2019-10-05	2030	<b>Avec Eric</b>	City Harvest	Celebrity chef Eric Ripert doesn't always cook in his 4-Star restaurant kitchen. Today, we'll see him in action at City Harvest Mobile Market.	USA	English-100		G		
2019-10-05	2100	<b>Avec Eric</b>	Building Flavours	Eric Ripert visits Surrlyano Ham in Virginia to learn about their organic and artisanal preparation methods. Eric tries his hand at the salting process of Surrlyano Hams.	USA	English-100		G		
2019-10-05	2130	<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
2019-10-05	2200	<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
2019-10-05	2230	<b>Carnival Eats</b>	Dawn Of The Bread	Noah hits peak deliciousness at the Columbia County Fair in St. Helen's, Oregon, before hopping on the road to the El Dorado County Fair for some crazy S'mores.	USA	English-100				
2019-10-05	2300	<b>Carnival Eats</b>	Meat, Pray Love	At the Delaware State Fair, Noah samples a tried and true Delaware delicacy, before heading to Obion County Fair to check out the state of Union City, Tennessee.	USA	English-100				
2019-10-05	2330	<b>Dinner Date</b>	James Hill	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-10-05	2430	<b>Michela's Classic Italian</b>	Michela's Classic Italian Series 1 Ep 1	In this first episode, Michela prepares meatballs, cooks up her favourite version of the rice dish risotto, and reveals a delicious recipe for gelato.	UNITED KINGDOM	English-100				
2019-10-05	2500	<b>Paul And Nick's Big Food Trip</b>	Islay	Inspired by the beautiful produce at the Islay House Community Garden on the Isle of Islay, Paul Rankin and Nick Nairn create a fabulous healthy starter.	IRELAND	English-100				
2019-10-05	2530	<b>The Cook And The Chef</b>	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing sub tropical food enterprises.	AUSTRALIA	English-100		G		
2019-10-05	2700	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 9	Luke travels to the ancient town of Hoi An - which used to be one of the main trading ports in Vietnam, thus influencing the food and making it a very special place for Luke.	AUSTRALIA	English-100	RPT	PG	Y	
2019-10-05	2730	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 1 Episode 10	In the final episode of his journey, Luke continues in Hoi An where vibrant markets are bustling and magnificent produce is on offer for him to cook with.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-10-05	2800	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 9	Travelling in north Thailand, Luke arrives at the mountainous Mae Salong where he prepare a rustic tomato dish with Apear, an Aka grandmother. He then sets up kitchen in a banana forest.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-10-05	2830	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT	G	Y	