



WEEK 40: Sunday, 27 September - Saturday, 3 October 2020 NSW, VIC, TAS, SA, ACT

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-09-27	0500	Outback Gourmet	Outback Gourmet Series 1 Ep 5	Justine prepares a dish showcasing products from a local family run mango farm, followed by a visit to the pristine Berry Springs Nature Park, and catches up with Radek Zalsky at Wharf One.	AUSTRALIA	English-100		G	
2020-09-27	0530	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 1	Parveen throws open the doors to her kitchen showcasing a family favourites - lamb bhuna, with raita, and rice. In Delhi, Parveen meets with foodie guide and Delhite, Anubhav Sapra.	UNITED KINGDOM	English-100		G	
2020-09-27	0630	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 3	Paul Hollywood is joined by chef Nigel Haworth as they celebrate the best of British hearty food. Nigel leaves behind his Michelin Starred cuisine and recreates his favourite childhood pie.	UNITED KINGDOM	English-100		G	
2020-09-27	0730	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 3	The Hilliards and the Pigots families will face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		PG	
2020-09-27	0830	Cheese Slices	Artisan Cheese Champions: Wales	Many people think the only traditional cheese made in Wales is mild young crumbly Caerphilly, but they're wrong.	AUSTRALIA	English-100		G	
2020-09-27	0900	Cheese Slices	Traditional Cheeses Of Provence: France	Will travels to Provence in the South East of France to try Banon, a traditional benchmark goat's milk cheese wrapped in dried chestnut leaves where he also discovers a rare cheese.	AUSTRALIA	English-100		G	
2020-09-27	0930	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100		PG	
2020-09-27	1000	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.	AUSTRALIA	English-100		PG	
2020-09-27	1030	The Hairy Bikers' Food Tour Of Britain	Gwynedd	Si and Dave explore Gwynedd, where they cook a traditional county favourite in Portmeirion. They visit a mountain lamb farmer and meet a man growing exotic mushrooms.	UNITED KINGDOM	English-100	RPT	G	
2020-09-27	1130	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 1	Parveen throws open the doors to her kitchen showcasing a family favourites - lamb bhuna, with raita, and rice. In Delhi, Parveen meets with foodie guide and Delhite, Anubhav Sapra.	UNITED KINGDOM	English-100		G	
2020-09-27	1230	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 3	Paul Hollywood is joined by chef Nigel Haworth as they celebrate the best of British hearty food. Nigel leaves behind his Michelin Starred cuisine and recreates his favourite childhood pie.	UNITED KINGDOM	English-100		G	
2020-09-27	1330	Outback Gourmet	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laksa. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100		G	
2020-09-27	1400	Say It To My Face	Showdown In Shrimp-Town	Nick Collas, the owner of Arcadia, CA's Shrimp House restaurant, has been getting into nasty online arguments with angry diners who have trashed his food, his ambience, and his service.	USA	English-100		PG	
2020-09-27	1500	Outback Gourmet	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laksa. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100		G	
2020-09-27	1530	Outback Gourmet	Outback Gourmet Series 1 Ep 5	Justine prepares a dish showcasing products from a local family run mango farm, followed by a visit to the pristine Berry Springs Nature Park, and catches up with Radek Zalsky at Wharf One.	AUSTRALIA	English-100		G	
2020-09-27	1600	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2020-09-27	1630	The Cook And The Chef	Winter And Chocolate	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100		G	

2020-09-27	1700	The Cook And The Chef	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100		G	
2020-09-27	1730	A Cook Abroad	Tony Singh's India	Scottish chef, Tony Singh travels to India - the country of his ancestors - to trace his family roots and discover whether his Mum's Punjabi cooking is the real deal.	UNITED KINGDOM	English-100		PG	
2020-09-27	1830	Asia Unplated With Diana Chan	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100		G	
2020-09-27	1900	Bonacini's Italy	Veneto	Home to popular Italian dishes like Tiramisu, chef Michael Bonacini explores cuisine from Italy's Veneto region.	CANADA	English-100		G	
2020-09-27	1930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100		G	
2020-09-27	2000	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100		G	
2020-09-27	2030	Ainsley's Mediterranean Cookbook	Marrakesh Part 2	Ainsley's exploration of Marrakesh continues and this time he's getting his hands dirty as he gets a pottery lesson. He explores the craft souks before cooking up a delicious vegetable tagine.	UNITED KINGDOM	English-100		G	
2020-09-27	2130	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 1	Chef Gino D'Acampo begins his second Italian Escape in beautiful Florence. He's on a mission to examine the food that has shaped this Renaissance city.	UNITED KINGDOM	English-100		G	
2020-09-27	2200	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 2	Gino continues his Italian Escape in breathtaking Venice. His adventure begins when he is summoned for an appointment with a Venetian Countess.	UNITED KINGDOM	English-100		G	
2020-09-27	2230	Rick Stein's Long Weekends	Reykjavik	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer.	UNITED KINGDOM	English-100	RPT	G	Y
2020-09-27	2335	A Cook Abroad	Tony Singh's India	Scottish chef, Tony Singh travels to India - the country of his ancestors - to trace his family roots and discover whether his Mum's Punjabi cooking is the real deal.	UNITED KINGDOM	English-100		PG	
2020-09-27	2435	Asia Unplated With Diana Chan	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100		G	
2020-09-27	2500	Bonacini's Italy	Veneto	Home to popular Italian dishes like Tiramisu, chef Michael Bonacini explores cuisine from Italy's Veneto region.	CANADA	English-100		G	
2020-09-27	2530	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100		G	
2020-09-27	2600	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100		G	
2020-09-27	2630	Ainsley's Mediterranean Cookbook	Marrakesh Part 2	Ainsley's exploration of Marrakesh continues and this time he's getting his hands dirty as he gets a pottery lesson. He explores the craft souks before cooking up a delicious vegetable tagine.	UNITED KINGDOM	English-100		G	
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2020-09-28	0530	A Cook Abroad	Tony Singh's India	Scottish chef, Tony Singh travels to India - the country of his ancestors - to trace his family roots and discover whether his Mum's Punjabi cooking is the real deal.	UNITED KINGDOM	English-100			PG	
2020-09-28	0630	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100			G	
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2020-09-28	0830	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 1	Chef Gino D'Acampo begins his second Italian Escape in beautiful Florence. He's on a mission to examine the food that has shaped this Renaissance city.	UNITED KINGDOM	English-100			G	
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2020-09-28	1330	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 6	Miguel serves up a fruity surprise on the beach in Cape Tribulation then goes back to his Spanish roots with his favourite fish tapas and a tropical sangria.	AUSTRALIA	English-100			G	
2020-09-28	1400	Anjum's Australian Spice Stories	Getting Started	Anjum Anand gives us a lesson in essential Indian spices, putting them to use in a ginger masala chai that she cooks over an open flame in the countryside.	AUSTRALIA	English-100			G	
2020-09-28	1430	Annabel Langbein: Free Range Cook	Ultimate Barbeque, The	Annabel Langbein jetboats across Lake Wanaka to pick luscious raspberries, then returns to her cabin to cook a glorious dinner of barbecued chicken and vegetables from her garden.	NEW ZEALAND	English-100			G	
2020-09-28	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT		G	
2020-09-28	1530	One World Kitchen	Olives, The Most Useful Ingredient	Olives and olive oil are staples in Greek cuisine and host Joanna Chery shows us its versatility by baking a moist cake.	CANADA	English-100			G	
2020-09-28	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 61	Matt shares a favourite recipe perfect to make during the school holidays - honey ice cream, while Michael cooks up a dish that's popular on Australian restaurant menus - salt and pepper squid.	AUSTRALIA	English-100			PG	
2020-09-28	1630	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100			G	
2020-09-28	1700	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100			G	

2020-09-28	1730	Lidia's Italy	Lidia's Italy Series 4 Ep 6	Join Lidia as she travels to Liguria - a region all about herbs and vegetables. Lidia begins by making a simple rice and zucchini crostada, made with fresh dough and ricotta cheese.	USA	English-100		PG	
2020-09-28	1800	Hairy Bikers' Best Of British	Pork	The Bikers celebrate the British love affair with pigs and pork - perhaps the animal which has given more to British food culture than any other. They prepare a traditional gala pie.	UNITED KINGDOM	English-100		PG	
2020-09-28	1900	Poh & Co. Best Bites	Poh & Co. Best Bites Series 2 Ep 2	This two-part Bite Size series features the best of the nine part series, Poh & Co. divided into sweet and savoury.	AUSTRALIA	English-100	RPT	G	Y
2020-09-28	1930	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 9	Juliet is joined by chef Merrilees Parker who serves up a range of party food perfect for a New Years Eve party including baked baby potatoes filled with smoked mackerel pate, and beetroots with feta.	UNITED KINGDOM	English-100		G	
2020-09-28	2030	Anthony Bourdain: Parts Unknown	Cajun Mardi Gras	In this celebration of Louisiana's Cajun culture, complete with Zydeco music and a crawfish boil, Bourdain goes off the beaten path and takes part in the less familiar Mardi Gras traditions.	USA	English-100		PG	
2020-09-28	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 11	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-28	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 12	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-28	2230	Oliver's Twist	My New Kitchen	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100		G	
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2020-09-28	2830	Poh & Co. Best Bites	Poh & Co. Best Bites Series 2 Ep 2	This two-part Bite Size series features the best of the nine part series, Poh & Co. divided into sweet and savoury.	AUSTRALIA	English-100	RPT	G	Y
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2020-09-29	0800	Lidia's Italy	Lidia's Italy Series 4 Ep 6	Join Lidia as she travels to Liguria - a region all about herbs and vegetables. Lidia begins by making a simple rice and zucchini crostada, made with fresh dough and ricotta cheese.	USA	English-100		PG	
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2020-09-29	1130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 11	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-29	1200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 12	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
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2020-09-29	1330	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 7	Miguel serves up the ultimate in tropical indulgence with succulent vanilla-infused boar cheeks, fried lychee ice cream on the beach at sunrise and a Spanish inspired sweet and salty midnight snack.	AUSTRALIA	English-100		G	
2020-09-29	1400	Anjum's Australian Spice Stories	Picnic, The	Anjum decides to create some holiday memories for her family by putting an Indian spin on a family picnic. She kicks off with a traditional home-made Indian cheese known as Paneer.	AUSTRALIA	English-100		G	
2020-09-29	1430	Annabel Langbein: Free Range Cook	Asian Inspiration	Spring has sprung in Annabel Langbein's Wanaka garden and she's already picking the first crisp snow peas of the season to use in a zingy Thai carrot salad.	NEW ZEALAND	English-100		G	
2020-09-29	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Pantacchini's, burek pasties, and meeting an Irish butcher.	AUSTRALIA	English-100	RPT	G	
2020-09-29	1530	One World Kitchen	Heart Greek Fare	Talented home cook Joanna Chery warms up the One World Kitchen cooking studio with three hearty Greek recipes.	CANADA	English-100		G	
2020-09-29	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 62	Matt is in his hometown of Noosa on the beautiful banks of the Noosa River where he dishes up a squid stir fry, while Michaels whips up a quick and simple coconut poached chicken.	AUSTRALIA	English-100		PG	
2020-09-29	1630	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100		G	

2020-09-29	1700	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100		G	
2020-09-29	1730	Lidia's Italy	Lidia's Italy Series 4 Ep 7	Lidia travels to Basilicata - a small region known for fish and capsicums. Join Lidia in the kitchen as she incorporates these capsicums into each dish she creates.	USA	English-100		PG	
2020-09-29	1800	Hairy Bikers' Best Of British	Shellfish	They Bikers make the most of Britain's outstanding shellfish - cooking up a hearty beef and oyster pie, and an exquisite crab and scallop mornay. They also help throw a crayfish party.	UNITED KINGDOM	English-100		PG	
2020-09-29	1900	Poh's Kitchen Lends A Hand	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
2020-09-29	1930	Italian Food Safari	Italian Food Safari Series 1 Ep 7	Tonight, we join professional rock fisherman at dawn to learn why so many Italians are drawn to the sea to fish for dinner. Chef Robert Castellani shows Guy an ingenious way of baking snapper.	AUSTRALIA	English-100	RPT	G	Y
2020-09-29	2000	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 6	Silvia makes divine ricotta filled Italian crepes, and then using the leftover ingredients shows us how to create a rustic story pie from the north of Italy and a heart baked pasta, pasta al forno.	AUSTRALIA			G	
2020-09-29	2030	The Great Australian Cookbook	Merle Parrish And Peter Gilmore	CWA legend Merle Parrish reveals some of her top baking secrets, while Executive Chef of Quay and Bennelong restaurants, Peter Gilmore reveals his favourite Sunday night meal, Korean chicken soup.	AUSTRALIA	English-100		G	
2020-09-29	2100	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G	Y
2020-09-29	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 13	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-29	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 14	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-09-29	2230	Oliver's Twist	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100		G	
2020-09-29	2300	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100		G	
2020-09-29	2330	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100		G	
2020-09-29	2400	Hairy Bikers' Best Of British	Shellfish	They Bikers make the most of Britain's outstanding shellfish - cooking up a hearty beef and oyster pie, and an exquisite crab and scallop mornay. They also help throw a crayfish party.	UNITED KINGDOM	English-100		PG	
2020-09-29	2500	Italian Food Safari	Italian Food Safari Series 1 Ep 7	Tonight, we join professional rock fisherman at dawn to learn why so many Italians are drawn to the sea to fish for dinner. Chef Robert Castellani shows Guy an ingenious way of baking snapper.	AUSTRALIA	English-100	RPT	G	Y
2020-09-29	2530	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 6	Silvia makes divine ricotta filled Italian crepes, and then using the leftover ingredients shows us how to create a rustic story pie from the north of Italy and a heart baked pasta, pasta al forno.	AUSTRALIA			G	
2020-09-29	2600	The Great Australian Cookbook	Merle Parrish And Peter Gilmore	CWA legend Merle Parrish reveals some of her top baking secrets, while Executive Chef of Quay and Bennelong restaurants, Peter Gilmore reveals his favourite Sunday night meal, Korean chicken soup.	AUSTRALIA	English-100		G	
2020-09-29	2630	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G	Y
2020-09-29	2700	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 13	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	

2020-09-29	2730	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 14	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-09-29	2800	Oliver's Twist	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100		G	
2020-09-29	2830	Poh's Kitchen Lends A Hand	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
2020-09-30	0500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 7	Miguel serves up the ultimate in tropical indulgence with succulent vanilla-infused boar cheeks, fried lychee ice cream on the beach at sunrise and a Spanish inspired sweet and salty midnight snack.	AUSTRALIA	English-100		G	
2020-09-30	0530	Anjum's Australian Spice Stories	Picnic, The	Anjum decides to create some holiday memories for her family by putting an Indian spin on a family picnic. She kicks off with a traditional home-made Indian cheese known as Paneer.	AUSTRALIA	English-100		G	
2020-09-30	0600	Annabel Langbein: Free Range Cook	Asian Inspiration	Spring has sprung in Annabel Langbein's Wanaka garden and she's already picking the first crisp snow peas of the season to use in a zingy Thai carrot salad.	NEW ZEALAND	English-100		G	
2020-09-30	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Pantacchini's, burek pasties, and meeting an Irish butcher.	AUSTRALIA	English-100	RPT	G	
2020-09-30	0700	One World Kitchen	Heart Greek Fare	Talented home cook Joanna Chery warms up the One World Kitchen cooking studio with three hearty Greek recipes.	CANADA	English-100		G	
2020-09-30	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 62	Matt is in his hometown of Noosa on the beautiful banks of the Noosa River where he dishes up a squid stir fry, while Michaels whips up a quick and simple coconut poached chicken.	AUSTRALIA	English-100		PG	
2020-09-30	0800	Lidia's Italy	Lidia's Italy Series 4 Ep 7	Lidia travels to Basilicata - a small region known for fish and capsicums. Join Lidia in the kitchen as she incorporates these capsicums into each dish she creates.	USA	English-100		PG	
2020-09-30	0830	Hairy Bikers' Best Of British	Shellfish	They Bikers make the most of Britain's outstanding shellfish - cooking up a hearty beef and oyster pie, and an exquisite crab and scallop mornay. They also help throw a crayfish party.	UNITED KINGDOM	English-100		PG	
2020-09-30	0930	Italian Food Safari	Italian Food Safari Series 1 Ep 7	Tonight, we join professional rock fisherman at dawn to learn why so many Italians are drawn to the sea to fish for dinner. Chef Robert Castellani shows Guy an ingenious way of baking snapper.	AUSTRALIA	English-100	RPT	G	Y
2020-09-30	1000	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 6	Silvia makes divine ricotta filled Italian crepes, and then using the leftover ingredients shows us how to create a rustic story pie from the north of Italy and a heart baked pasta, pasta al forno.	AUSTRALIA			G	
2020-09-30	1030	The Great Australian Cookbook	Merle Parrish And Peter Gilmore	CWA legend Merle Parrish reveals some of her top baking secrets, while Executive Chef of Quay and Bennelong restaurants, Peter Gilmore reveals his favourite Sunday night meal, Korean chicken soup.	AUSTRALIA	English-100		G	
2020-09-30	1100	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G	Y
2020-09-30	1130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 13	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-30	1200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 14	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-09-30	1230	Oliver's Twist	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100		G	
2020-09-30	1300	Poh's Kitchen Lends A Hand	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

2020-09-30	1330	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 8	Coffee, coffee, coffee! Miguel gets his caffeine buzz at a tropical coffee plantation in Skybury where he shows us the Spanish way to make coffee - strong and sweet.	AUSTRALIA	English-100		PG	
2020-09-30	1400	Anjum's Australian Spice Stories	Indian Flavours	From garlic, red chilli and tomato chutney to proper date and tamarind chutney, Anjum shows us the secret to her favourite Indian chutney's and how they can add instant flavour to any Indian dish.	AUSTRALIA	English-100		G	
2020-09-30	1430	Annabel Langbein: Free Range Cook	Celebration Of Spring, A	Annabel heads north to sunny Hawkes Bay to meet a farmer who specialises in tender, grass-fed wagyu beef, and stops at a local organic asparagus farm along the way.	NEW ZEALAND	English-100		G	
2020-09-30	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, a visit to the Adelaide Central Markets, and traditional Lebanese homestyle cooking.	AUSTRALIA	English-100	RPT	G	
2020-09-30	1530	One World Kitchen	From The Island Of Crete	Host Joanna Chery shows us intriguing recipes from the Greek island of Crete including a rice risotto traditionally served at weddings.	CANADA	English-100		G	
2020-09-30	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 63	Matt and Michael cook a winter warmer - a hearty tomato soup with chickpeas, while Courtney shares a recipe for one of her childhood favourites - chicken congee.	AUSTRALIA	English-100		PG	
2020-09-30	1630	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100		G	
2020-09-30	1700	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G	
2020-09-30	1730	Lidia's Italy	Lidia's Italy Series 4 Ep 8	Lidia travels up to the beautiful hills of Calabria. Join her as she demonstrates what a true shepherd's meal is with rigatoni alla pastora - a simple pasta dish made with sausage and ricotta cheese.	USA	English-100		PG	
2020-09-30	1800	Hairy Bikers' Best Of British	Apples And Pears	The Bikers explore the British obsession with apples, as well as the slightly smaller passion for pears. They combine two of Britain's greatest ingredients in a beef and apple tagine.	UNITED KINGDOM	English-100		PG	
2020-09-30	1900	Poh's Kitchen Lends A Hand	Bedford	Bedford is a not for profit organisation in Adelaide that employs hundreds of workers with a disability. Poh's journey begins in the kitchen of the organisation's headquarters.	AUSTRALIA	English-100	RPT	G	Y
2020-09-30	1930	Indian Food Made Easy	Gujerati (Leicester)	Anjum shows Leicester local and rugby captain Michael Scott how to prepare a simple Indian meal for the players at the rugby club, as an alternative to their traditional takeaway.	UNITED KINGDOM	English-100		G	
2020-09-30	2000	Gourmet Farmer	Gourmet Farmer Series 4 Ep 9	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	RPT	G	Y
2020-09-30	2030	Destination Flavour China	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-09-30	2100	Sourced	Thailand	Guy takes a trip on the floating markets of Thailand, gathers barnacles on the deadly cliffs of Portugal, and throws a drool-worthy feast in Melbourne.	USA	English-100		PG	
2020-09-30	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 15	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-30	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 16	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-30	2230	Oliver's Twist	Flash In The PAN	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100		G	
2020-09-30	2300	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100		G	

2020-09-30	2330	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G	
2020-09-30	2400	Hairy Bikers' Best Of British	Apples And Pears	The Bikers explore the British obsession with apples, as well as the slightly smaller passion for pears. They combine two of Britain's greatest ingredients in a beef and apple tagine.	UNITED KINGDOM	English-100		PG	
2020-09-30	2500	Indian Food Made Easy	Gujerati (Leicester)	Anjum shows Leicester local and rugby captain Michael Scott how to prepare a simple Indian meal for the players at the rugby club, as an alternative to their traditional takeaway.	UNITED KINGDOM	English-100		G	
2020-09-30	2530	Gourmet Farmer	Gourmet Farmer Series 4 Ep 9	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	RPT	G	Y
2020-09-30	2600	Destination Flavour China	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-09-30	2630	Sourced	Thailand	Guy takes a trip on the floating markets of Thailand, gathers barnacles on the deadly cliffs of Portugal, and throws a drool-worthy feast in Melbourne.	USA	English-100		PG	
2020-09-30	2700	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 15	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-30	2730	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 16	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-09-30	2800	Oliver's Twist	Flash In The PAN	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100		G	
2020-09-30	2830	Poh's Kitchen Lends A Hand	Bedford	Bedford is a not for profit organisation in Adelaide that employs hundreds of workers with a disability. Poh's journey begins in the kitchen of the organisation's headquarters.	AUSTRALIA	English-100	RPT	G	Y
2020-10-01	0500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 8	Coffee, coffee, coffee! Miguel gets his caffeine buzz at a tropical coffee plantation in Skybury where he shows us the Spanish way to make coffee - strong and sweet.	AUSTRALIA	English-100		PG	
2020-10-01	0530	Anjum's Australian Spice Stories	Indian Flavours	From garlic, red chilli and tomato chutney to proper date and tamarind chutney, Anjum shows us the secret to her favourite Indian chutney's and how they can add instant flavour to any Indian dish.	AUSTRALIA	English-100		G	
2020-10-01	0600	Annabel Langbein: Free Range Cook	Celebration Of Spring, A	Annabel heads north to sunny Hawkes Bay to meet a farmer who specialises in tender, grass-fed wagyu beef, and stops at a local organic asparagus farm along the way.	NEW ZEALAND	English-100		G	
2020-10-01	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, a visit to the Adelaide Central Markets, and traditional Lebanese homestyle cooking.	AUSTRALIA	English-100	RPT	G	
2020-10-01	0700	One World Kitchen	From The Island Of Crete	Host Joanna Chery shows us intriguing recipes from the Greek island of Crete including a rice risotto traditionally served at weddings.	CANADA	English-100		G	
2020-10-01	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 63	Matt and Michael cook a winter warmer - a hearty tomato soup with chickpeas, while Courtney shares a recipe for one of her childhood favourites - chicken congee.	AUSTRALIA	English-100		PG	
2020-10-01	0800	Lidia's Italy	Lidia's Italy Series 4 Ep 8	Lidia travels up to the beautiful hills of Calabria. Join her as she demonstrates what a true shepherd's meal is with rigatoni alla pastora - a simple pasta dish made with sausage and ricotta cheese.	USA	English-100		PG	
2020-10-01	0830	Hairy Bikers' Best Of British	Apples And Pears	The Bikers explore the British obsession with apples, as well as the slightly smaller passion for pears. They combine two of Britain's greatest ingredients in a beef and apple tagine.	UNITED KINGDOM	English-100		PG	
2020-10-01	0930	Indian Food Made Easy	Gujerati (Leicester)	Anjum shows Leicester local and rugby captain Michael Scott how to prepare a simple Indian meal for the players at the rugby club, as an alternative to their traditional takeaway.	UNITED KINGDOM	English-100		G	

2020-10-01	1000	Gourmet Farmer	Gourmet Farmer Series 4 Ep 9	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	RPT	G	Y
2020-10-01	1030	Destination Flavour China	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-10-01	1100	Sourced	Thailand	Guy takes a trip on the floating markets of Thailand, gathers barnacles on the deadly cliffs of Portugal, and throws a drool-worthy feast in Melbourne.	USA	English-100		PG	
2020-10-01	1130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 15	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-10-01	1200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 16	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-10-01	1230	Oliver's Twist	Flash In The PAN	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100		G	
2020-10-01	1300	Poh's Kitchen Lends A Hand	Bedford	Bedford is a not for profit organisation in Adelaide that employs hundreds of workers with a disability. Poh's journey begins in the kitchen of the organisation's headquarters.	AUSTRALIA	English-100	RPT	G	Y
2020-10-01	1330	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 9	Living it up on Green Island, Miguel gets his hands on a monster crayfish for a sumptuous Crayfish Risotto, then heads to an exotic fruit farm to find unique ingredients for his Tropical Cheesecake.	AUSTRALIA	English-100		PG	
2020-10-01	1400	Anjum's Australian Spice Stories	Comfort Food	It's cold outside so Anjum shows us how to warm our souls with her take on Indian comfort food - from a rich lamb bhuna to a spicy baked spinach ricotta.	AUSTRALIA	English-100		G	
2020-10-01	1430	Annabel Langbein: Free Range Cook	Fresh From The Farm	Annabel loves to forage, and spring is the perfect time of year to gather tender watercress. She is in her element visiting a sustainable farm, where she also collects fresh eggs.	NEW ZEALAND	English-100		G	
2020-10-01	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Overlander Steak House in Alice Springs, and handmade Indian sweets.	AUSTRALIA	English-100	RPT	G	
2020-10-01	1530	One World Kitchen	Opa!	Things get fun in the One World Kitchen cooking studio as Greek home cook Joanna Chery bakes cookies using ouzo.	CANADA	English-100		G	
2020-10-01	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 64	Matt kicks things off with his version of Som Tum, while Courtney goes back to an old 70's favourite - devilled eggs. Michael heads to Argent and Walker Beef Farm in South Gippsland.	AUSTRALIA	English-100		PG	
2020-10-01	1630	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G	
2020-10-01	1700	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G	
2020-10-01	1730	Lidia's Italy	Lidia's Italy Series 4 Ep 9	Lidia travels to Molise - a beautiful region known for great fishing and fresh seafood. Join Lidia as she explores this regions true culture by making spaghetti alla tornolla.	USA	English-100		PG	
2020-10-01	1800	Hairy Bikers' Best Of British	Atlantic, The	The Bikers explore the 'special relationship' between America and Britain's culinary cultures. They make a rich clam chowder, and even richer chocolate brownies before visiting the Savoy.	UNITED KINGDOM	English-100		PG	
2020-10-01	1900	Poh's Kitchen Lends A Hand	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
2020-10-01	1930	Just Jen	Feeling Snuggly	Need a hug? Jen shares some of her favourite comfort food recipes and demonstrates how to make a cuddly pom-pom rug.	USA	English-100		PG	
2020-10-01	2000	Rachel Khoo's Kitchen Notebook Melbourne	Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 8	Rachel Khoo wraps up her Melbourne immersion with a look into how the city is forging ahead with ground-breaking food trends.	UNITED KINGDOM	English-100	RPT	G	Y

2020-10-01	2030	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 3	There are some places that Stefano just can't get to on his bicycle and, in this episode, he sets out to drive hundreds of kilometres north from his beloved Murray River.	AUSTRALIA	English-100		PG	
2020-10-01	2100	Mary Berry's Foolproof Cooking	Busy Days	Mary shares her foolproof recipes for those days when you are simply run off your feet. There's tomato soup made from store cupboard ingredients, and express bacon and pesto pasta.	UNITED KINGDOM	English-100		G	
2020-10-01	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 17	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-10-01	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 18	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-10-01	2230	Oliver's Twist	Very British Bbq, A	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100		G	
2020-10-01	2300	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G	
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2020-10-01	2400	Hairy Bikers' Best Of British	Atlantic, The	The Bikers explore the 'special relationship' between America and Britain's culinary cultures. They make a rich clam chowder, and even richer chocolate brownies before visiting the Savoy.	UNITED KINGDOM	English-100		PG	
2020-10-01	2500	Just Jen	Feeling Snuggly	Need a hug? Jen shares some of her favourite comfort food recipes and demonstrates how to make a cuddly pom-pom rug.	USA	English-100		PG	
2020-10-01	2530	Rachel Khoo's Kitchen Notebook Melbourne	Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 8	Rachel Khoo wraps up her Melbourne immersion with a look into how the city is forging ahead with ground-breaking food trends.	UNITED KINGDOM	English-100	RPT	G	Y
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2020-10-01	2630	Mary Berry's Foolproof Cooking	Busy Days	Mary shares her foolproof recipes for those days when you are simply run off your feet. There's tomato soup made from store cupboard ingredients, and express bacon and pesto pasta.	UNITED KINGDOM	English-100		G	
2020-10-01	2700	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 17	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-10-01	2730	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 18	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-10-01	2800	Oliver's Twist	Very British Bbq, A	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100		G	
2020-10-01	2830	Poh's Kitchen Lends A Hand	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
2020-10-02	0500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 9	Living it up on Green Island, Miguel gets his hands on a monster crayfish for a sumptuous Crayfish Risotto, then heads to an exotic fruit farm to find unique ingredients for his Tropical Cheesecake.	AUSTRALIA	English-100		PG	
2020-10-02	0530	Anjum's Australian Spice Stories	Comfort Food	It's cold outside so Anjum shows us how to warm our souls with her take on Indian comfort food - from a rich lamb bhuna to a spicy baked spinach ricotta.	AUSTRALIA	English-100		G	
2020-10-02	0600	Annabel Langbein: Free Range Cook	Fresh From The Farm	Annabel loves to forage, and spring is the perfect time of year to gather tender watercress. She is in her element visiting a sustainable farm, where she also collects fresh eggs.	NEW ZEALAND	English-100		G	

2020-10-02	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Overlander Steak House in Alice Springs, and handmade Indian sweets.	AUSTRALIA	English-100	RPT	G	
2020-10-02	0700	One World Kitchen	Opa!	Things get fun in the One World Kitchen cooking studio as Greek home cook Joanna Chery bakes cookies using ouzo.	CANADA	English-100		G	
2020-10-02	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 64	Matt kicks things off with his version of Som Tum, while Courtney goes back to an old 70's favourite - devilled eggs. Michael heads to Argent and Walker Beef Farm in South Gippsland.	AUSTRALIA	English-100		PG	
2020-10-02	0800	Lidia's Italy	Lidia's Italy Series 4 Ep 9	Lidia travels to Molise - a beautiful region known for great fishing and fresh seafood. Join Lidia as she explores this regions true culture by making spaghetti alla tornolla.	USA	English-100		PG	
2020-10-02	0830	Hairy Bikers' Best Of British	Atlantic, The	The Bikers explore the 'special relationship' between America and Britain's culinary cultures. They make a rich clam chowder, and even richer chocolate brownies before visiting the Savoy.	UNITED KINGDOM	English-100		PG	
2020-10-02	0930	Just Jen	Feeling Snuggly	Need a hug? Jen shares some of her favourite comfort food recipes and demonstrates how to make a cuddly pom-pom rug.	USA	English-100		PG	
2020-10-02	1000	Rachel Khoo's Kitchen Notebook Melbourne	Rachel Khoo's Kitchen Notebook Melbourne Series 1 Ep 8	Rachel Khoo wraps up her Melbourne immersion with a look into how the city is forging ahead with ground-breaking food trends.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-02	1030	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 3	There are some places that Stefano just can't get to on his bicycle and, in this episode, he sets out to drive hundreds of kilometres north from his beloved Murray River.	AUSTRALIA	English-100		PG	
2020-10-02	1100	Mary Berry's Foolproof Cooking	Busy Days	Mary shares her foolproof recipes for those days when you are simply run off your feet. There's tomato soup made from store cupboard ingredients, and express bacon and pesto pasta.	UNITED KINGDOM	English-100		G	
2020-10-02	1130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 17	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-10-02	1200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 18	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-10-02	1230	Oliver's Twist	Very British Bbq, A	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100		G	
2020-10-02	1300	Poh's Kitchen Lends A Hand	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
2020-10-02	1330	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 10	Miguel gets into the tropical spirit with his favourite tropical produce. Fresh mussels, lobster cocktail, and for lovers of the sweeter things in life, a coconut trifle.	AUSTRALIA	English-100		PG	
2020-10-02	1400	Anjum's Australian Spice Stories	Coastal Cooking	Anjum conjures up flavours of the Indian coast with a coconut beef stir fry, malayalee fish curry and spice infused glazed pineapple.	AUSTRALIA	English-100		G	
2020-10-02	1430	Annabel Langbein: Free Range Cook	Dinner In A Flash	Nothing sings spring like strawberries, so Annabel is keen to get her hands on the first berries of the new season. She ventures north to a Hawkes Bay strawberry farm with a gift for the farmer.	NEW ZEALAND	English-100		G	
2020-10-02	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, yabby farming, and a French Patisserie in Kings Cross.	AUSTRALIA	English-100	RPT	G	Y
2020-10-02	1530	One World Kitchen	Cheese With Every Meal	Host Joanna Chery shows us her cheesy side with four traditional Greek recipes using everyone's favourite ooey-gooney ingredient.	CANADA	English-100		G	
2020-10-02	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 65	Matt prepares a cult classic - roasted spatchcock with a spiced honey glaze, while Courtney cooks up a whole roasted cauliflower.	AUSTRALIA	English-100		PG	
2020-10-02	1630	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G	

2020-10-02	1700	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G	
2020-10-02	1730	Lidia's Italy	Lidia's Italy Series 4 Ep 10	Lidia travels to the Italian island of Sardegna where she catches fresh lobster for a refreshing salad filled with celery and tomatoes, in a light egg dressing.	USA	English-100		PG	
2020-10-02	1800	Hairy Bikers' Best Of British	Woodlands	Dave and Si enter the larder of the British woodlands, revealing the hidden foodie gems that can be found within them. They prepare a wild boar ragu.	UNITED KINGDOM	English-100		PG	
2020-10-02	1900	Gourmet Farmer	Bread	Baking is always a good option in winter so Matthew focuses on bread, cakes and biscuits. He now grows and makes most of what he needs - except for bread.	AUSTRALIA	English-100	RPT	G	Y
2020-10-02	1930	Gourmet Farmer	Paddock Final Lunch	After a year on the farm, Matthew decides it's time to reflect on lessons learned and to celebrate his accomplishments with old mates and new friends.	AUSTRALIA	English-100	RPT	PG	Y
2020-10-02	2000	Loving Gluten Free	Loving Gluten Free Series 1 Ep 9	Buying gluten free bread can be tricky and expensive, so Helen shares a recipe to make your own bread at home - the addition of buckwheat and chia makes it high fibre.	AUSTRALIA	English-99; Greek-1		G	
2020-10-02	2030	Loving Gluten Free	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta also shares a recipe.	AUSTRALIA	English-99; Greek-1		G	
2020-10-02	2100	Donal's Cook, Eat, Burn	Coasteering	Donal prepares food designed to enhance his day of healthy activity, including fudge, coriander fishcakes with a spiralised-veggie Thai salad, spiced Indian dahl, and filo pastry pie.	IRELAND	English-100		G	
2020-10-02	2130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 19	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-10-02	2200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 20	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-10-02	2230	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100		G	
2020-10-02	2300	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G	
2020-10-02	2330	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G	
2020-10-02	2400	Hairy Bikers' Best Of British	Woodlands	Dave and Si enter the larder of the British woodlands, revealing the hidden foodie gems that can be found within them. They prepare a wild boar ragu.	UNITED KINGDOM	English-100		PG	
2020-10-02	2500	Gourmet Farmer	Paddock Final Lunch	After a year on the farm, Matthew decides it's time to reflect on lessons learned and to celebrate his accomplishments with old mates and new friends.	AUSTRALIA	English-100	RPT	PG	Y
2020-10-02	2530	Loving Gluten Free	Loving Gluten Free Series 1 Ep 9	Buying gluten free bread can be tricky and expensive, so Helen shares a recipe to make your own bread at home - the addition of buckwheat and chia makes it high fibre.	AUSTRALIA	English-99; Greek-1		G	
2020-10-02	2600	Loving Gluten Free	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta also shares a recipe.	AUSTRALIA	English-99; Greek-1		G	
2020-10-02	2630	Donal's Cook, Eat, Burn	Coasteering	Donal prepares food designed to enhance his day of healthy activity, including fudge, coriander fishcakes with a spiralised-veggie Thai salad, spiced Indian dahl, and filo pastry pie.	IRELAND	English-100		G	
2020-10-02	2700	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 19	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	

2020-10-02	2730	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 20	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-10-02	2800	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100		G	
2020-10-02	2830	Gourmet Farmer	Bread	Baking is always a good option in winter so Matthew focuses on bread, cakes and biscuits. He now grows and makes most of what he needs - except for bread.	AUSTRALIA	English-100	RPT	G	Y
2020-10-03	0500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 10	Miguel gets into the tropical spirit with his favourite tropical produce. Fresh mussels, lobster cocktail, and for lovers of the sweeter things in life, a coconut trifle.	AUSTRALIA	English-100		PG	
2020-10-03	0530	Anjum's Australian Spice Stories	Coastal Cooking	Anjum conjures up flavours of the Indian coast with a coconut beef stir fry, malayalee fish curry and spice infused glazed pineapple.	AUSTRALIA	English-100		G	
2020-10-03	0600	Annabel Langbein: Free Range Cook	Dinner In A Flash	Nothing sings spring like strawberries, so Annabel is keen to get her hands on the first berries of the new season. She ventures north to a Hawkes Bay strawberry farm with a gift for the farmer.	NEW ZEALAND	English-100		G	
2020-10-03	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, yabby farming, and a French Patisserie in Kings Cross.	AUSTRALIA	English-100	RPT	G	Y
2020-10-03	0700	One World Kitchen	Cheese With Every Meal	Host Joanna Chery shows us her cheesy side with four traditional Greek recipes using everyone's favourite ooey-gooey ingredient.	CANADA	English-100		G	
2020-10-03	0730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 65	Matt prepares a cult classic - roasted spatchcock with a spiced honey glaze, while Courtney cooks up a whole roasted cauliflower.	AUSTRALIA	English-100		PG	
2020-10-03	0800	Lidia's Italy	Lidia's Italy Series 4 Ep 10	Lidia travels to the Italian island of Sardegna where she catches fresh lobster for a refreshing salad filled with celery and tomatoes, in a light egg dressing.	USA	English-100		PG	
2020-10-03	0830	Hairy Bikers' Best Of British	Woodlands	Dave and Si enter the larder of the British woodlands, revealing the hidden foodie gems that can be found within them. They prepare a wild boar ragu.	UNITED KINGDOM	English-100		PG	
2020-10-03	0930	Gourmet Farmer	Paddock Final Lunch	After a year on the farm, Matthew decides it's time to reflect on lessons learned and to celebrate his accomplishments with old mates and new friends.	AUSTRALIA	English-100	RPT	PG	Y
2020-10-03	1000	Loving Gluten Free	Loving Gluten Free Series 1 Ep 9	Buying gluten free bread can be tricky and expensive, so Helen shares a recipe to make your own bread at home - the addition of buckwheat and chia makes it high fibre.	AUSTRALIA	English-99; Greek-1		G	
2020-10-03	1030	Loving Gluten Free	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta also shares a recipe.	AUSTRALIA	English-99; Greek-1		G	
2020-10-03	1100	Donal's Cook, Eat, Burn	Coasteering	Donal prepares food designed to enhance his day of healthy activity, including fudge, coriander fishcakes with a spiralised-veggie Thai salad, spiced Indian dahl, and filo pastry pie.	IRELAND	English-100		G	
2020-10-03	1130	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 19	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-10-03	1200	Come Dine With Me UK	Come Dine With Me UK Series 16 Ep 20	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-10-03	1230	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100		G	
2020-10-03	1300	Gourmet Farmer	Bread	Baking is always a good option in winter so Matthew focuses on bread, cakes and biscuits. He now grows and makes most of what he needs - except for bread.	AUSTRALIA	English-100	RPT	G	Y
2020-10-03	1330	One World Kitchen	Classic Greek Recipes	Host Joanna Chery shows us recipes that pay homage to traditional Greek cuisine including succulent roast lamb with potatoes.	CANADA	English-100		G	

2020-10-03	1400	Say It To My Face	Meatball Meltdown	Terry Gallagher, the owner of Guiseppe's restaurant in West Hills, CA feels her fine-dining Italian restaurant is being destroyed by negative online reviews.	USA	English-100			PG	
2020-10-03	1500	Outback Gourmet	Outback Gourmet Series 1 Ep 6	Justine prepares a dish at Little Miss Korea, takes a plunge in the Crocasauras Cove, and checks out Darwin's nightlife at The Trader Bar with a Green Ant Cocktail.	AUSTRALIA	English-100			G	
2020-10-03	1530	Outback Gourmet	Outback Gourmet Series 1 Ep 7	Justine travels from Darwin to Alice Springs. She joins Chef Bob Taylor for a cultural tour of Sampson's Gap and later prepares a quick Spaghetti dish at ANZAC Hill.	AUSTRALIA	English-100			G	
2020-10-03	1600	The Cook And The Chef	Old Favourites	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100			G	
2020-10-03	1630	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100			G	
2020-10-03	1700	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100			PG	
2020-10-03	1730	Paul Hollywood's Pies And Puds	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	
2020-10-03	1830	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 4	The Masachaseys and the Gangotras families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100			PG	
2020-10-03	1930	Cheese Slices	Artisan Cheeses Of Germany	Germany has a long history of cheese-making dating back to pre-Roman times, and is also the largest producer of cheese in Europe.	AUSTRALIA	English-100			G	
2020-10-03	2000	Cheese Slices	New Cheese Pioneers: Tasmania, The	Will invites his friend Tetsuya Wakuda to accompany him on a tour of Tasmania and to demonstrate a few of his unusual recipe ideas with the local dairy produce.	AUSTRALIA	English-100			G	
2020-10-03	2030	Inside Heston's World	Series 1 Ep 3	The Fat Duck Melbourne opens its doors to the Australian public for the first time and Heston's success lies in the hands of his Australian diners.	AUSTRALIA	English-100	RPT		PG	Y
2020-10-03	2130	The Hairy Bikers' Food Tour Of Britain	Somerset	Si and Dave explore Somerset, where they cook a traditional county favourite in Bath. They go wassailing in search of cider, and find a West Country herd of buffalo.	UNITED KINGDOM	English-100	RPT		G	
2020-10-03	2230	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 2	Parveen showcases her recipe for spicy lamb burgers - her version of the infamous Chappli kebab.	UNITED KINGDOM	English-100			G	
2020-10-03	2330	Rick Stein's Long Weekends	Berlin	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side.	UNITED KINGDOM	English-100	RPT		G	Y
2020-10-03	2435	Paul Hollywood's Pies And Puds	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	
2020-10-03	2535	Cheese Slices	Artisan Cheeses Of Germany	Germany has a long history of cheese-making dating back to pre-Roman times, and is also the largest producer of cheese in Europe.	AUSTRALIA	English-100			G	
2020-10-03	2700	Cheese Slices	New Cheese Pioneers: Tasmania, The	Will invites his friend Tetsuya Wakuda to accompany him on a tour of Tasmania and to demonstrate a few of his unusual recipe ideas with the local dairy produce.	AUSTRALIA	English-100			G	
2020-10-03	2730	Inside Heston's World	Series 1 Ep 3	The Fat Duck Melbourne opens its doors to the Australian public for the first time and Heston's success lies in the hands of his Australian diners.	AUSTRALIA	English-100	RPT		PG	Y
2020-10-03	2830	Outback Gourmet	Outback Gourmet Series 1 Ep 6	Justine prepares a dish at Little Miss Korea, takes a plunge in the Crocasauras Cove, and checks out Darwin's nightlife at The Trader Bar with a Green Ant Cocktail.	AUSTRALIA	English-100			G	