



WEEK 41: Sunday, 6 October - Saturday, 12 October 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-10-06	0500	Avec Eric	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		
2019-10-06	0530	Avec Eric	Building Flavours	Eric Ripert visits Surryano Ham in Virginia to learn about their organic and artisanal preparation methods. Eric tries his hand at the salting process of Surryano Hams.	USA	English-100		G		
2019-10-06	0600	Shane Delia's Spice Journey	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
2019-10-06	0630	Shane Delia's Spice Journey	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
2019-10-06	0700	Carnival Eats	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				
2019-10-06	0730	Carnival Eats	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				
2019-10-06	0800	Michela's Classic Italian	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				
2019-10-06	0830	Dinner Date	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		
2019-10-06	0930	Paul And Nick's Big Food Trip	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		PG		
2019-10-06	1000	The Cook And The Chef	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		
2019-10-06	1030	The Cook And The Chef	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		
2019-10-06	1100	The Cook And The Chef	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		
2019-10-06	1130	Luke Nguyen's Vietnam	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	
2019-10-06	1200	Luke Nguyen's Vietnam	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
2019-10-06	1230	Luke Nguyen's Greater Mekong	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

2019-10-06	1300	Luke Nguyen's Greater Mekong	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
2019-10-06	1330	Avec Eric	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	
2019-10-06	1400	Avec Eric	Building Flavours	Eric Ripert visits Surryano Ham in Virginia to learn about their organic and artisanal preparation methods. Eric tries his hand at the salting process of Surryano Hams.	USA	English-100		G	
2019-10-06	1430	Dinner Date	Rhea Bailey	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	
2019-10-06	1530	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 2	Michela shows us how to cook the very best Italian food in the very best way, including gnocchi, tiramisu, and melanzane parmigiana. Guests include Theo Randall and Michela's own sister.	UNITED KINGDOM	English-100			
2019-10-06	1600	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 3	Michela prepares fresh pasta dishes, homemade pizzas and a dish she considers 'summer on a plate', linguine alle vongole. Guests include Ruth Rogers and Jacob Kennedy.	UNITED KINGDOM	English-100			
2019-10-06	1630	Paul And Nick's Big Food Trip	East Donegal	Paul and Nick sail down Lough Swilly in the north west of Ulster and discover the strong Ulster Scots links there and how the plantation impacted the area.	IRELAND	English-100		PG	
2019-10-06	1700	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G	
2019-10-06	1730	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G	
2019-10-06	1800	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100		G	
2019-10-06	1830	Rick Stein's Seafood Odyssey	Suffolk	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG	
2019-10-06	1900	Rick Stein's Seafood Odyssey	India	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100		PG	
2019-10-06	1930	Ainsley's Caribbean Kitchen	Antigua	Ainsley travels to Antigua to experience the island of sea and sun. His first stop is at the English Harbour, where he meets with local historian Dr Reg Murphy.	UNITED KINGDOM	English-100		PG	
2019-10-06	2030	Donal's Asian Baking Adventures	Korea 2	In Donal's search to discover more about Asian baking, in this show he visits a 'temple' to baking, a five storey chandeliered bakery with 30 chefs baking for 24 hour a day in Seoul.	SINGAPORE	English-100		PG	
2019-10-06	2100	Donal's Asian Baking Adventures	Korea 1	Donal arrives in Seoul, where the American Army arrival in the 1960s also brought wheat, flour, and bread. Since then, baked goods have become a sign of luxury.	SINGAPORE	English-100		PG	
2019-10-06	2130	Food Safari	Portuguese	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 world of Portuguese food.	AUSTRALIA	English-100	RPT	G	Y
2019-10-06	2200	Food Safari	Vietnamese	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.	AUSTRALIA	English-100	RPT	G	Y
2019-10-06	2230	Rick Stein's Seafood Odyssey	Suffolk	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG	

2019-10-06	2300	Rick Stein's Seafood Odyssey	India	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100			PG
2019-10-06	2330	Ainsley's Caribbean Kitchen	Antigua	Ainsley travels to Antigua to experience the island of sea and sun. His first stop is at the English Harbour, where he meets with local historian Dr Reg Murphy.	UNITED KINGDOM	English-100			PG
2019-10-06	2430	Donal's Asian Baking Adventures	Korea 2	In Donal's search to discover more about Asian baking, in this show he visits a 'temple' to baking, a five storey chandeliered bakery with 30 chefs baking for 24 hour a day in Seoul.	SINGAPORE	English-100			PG
2019-10-06	2500	Donal's Asian Baking Adventures	Korea 1	Donal arrives in Seoul, where the American Army arrival in the 1960s also brought wheat, flour, and bread. Since then, baked goods have become a sign of luxury.	SINGAPORE	English-100			PG
2019-10-06	2530	Food Safari	Portuguese	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 world of Portuguese food.	AUSTRALIA	English-100	RPT	G	Y
2019-10-06	2600	Food Safari	Vietnamese	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.	AUSTRALIA	English-100	RPT	G	Y
2019-10-06	2630	Dinner Date	Rhea Bailey	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
2019-10-06	2730	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100			G
2019-10-06	2800	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100			G
2019-10-06	2830	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100			G
2019-10-07	0500	Paul And Nick's Big Food Trip	East Donegal	Paul and Nick sail down Lough Swilly in the north west of Ulster and discover the strong Ulster Scots links there and how the plantation impacted the area.	IRELAND	English-100			PG
2019-10-07	0530	Food Safari	Portuguese	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 world of Portuguese food.	AUSTRALIA	English-100	RPT	G	Y
2019-10-07	0600	Food Safari	Vietnamese	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.	AUSTRALIA	English-100	RPT	G	Y
2019-10-07	0630	Dinner Date	Rhea Bailey	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
2019-10-07	0730	Ainsley's Caribbean Kitchen	Antigua	Ainsley travels to Antigua to experience the island of sea and sun. His first stop is at the English Harbour, where he meets with local historian Dr Reg Murphy.	UNITED KINGDOM	English-100			PG
2019-10-07	0830	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 2	Michela shows us how to cook the very best Italian food in the very best way, including gnocchi, tiramisu, and melanzane parmigiana. Guests include Theo Randall and Michela's own sister.	UNITED KINGDOM	English-100			
2019-10-07	0900	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 3	Michela prepares fresh pasta dishes, homemade pizzas and a dish she considers 'summer on a plate', linguine alle vongole. Guests include Ruth Rogers and Jacob Kennedy.	UNITED KINGDOM	English-100			
2019-10-07	0930	Paul And Nick's Big Food Trip	East Donegal	Paul and Nick sail down Lough Swilly in the north west of Ulster and discover the strong Ulster Scots links there and how the plantation impacted the area.	IRELAND	English-100			PG
2019-10-07	1000	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100			G

2019-10-07	1030	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G	
2019-10-07	1100	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100		G	
2019-10-07	1130	Rick Stein's Seafood Odyssey	Suffolk	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG	
2019-10-07	1200	Rick Stein's Seafood Odyssey	India	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100		PG	
2019-10-07	1230	Ainsley's Caribbean Kitchen	Antigua	Ainsley travels to Antigua to experience the island of sea and sun. His first stop is at the English Harbour, where he meets with local historian Dr Reg Murphy.	UNITED KINGDOM	English-100		PG	
2019-10-07	1330	Donal's Asian Baking Adventures	Korea 2	In Donal's search to discover more about Asian baking, in this show he visits a 'temple' to baking, a five storey chandeliered bakery with 30 chefs baking for 24 hour a day in Seoul.	SINGAPORE	English-100		PG	
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2019-10-07	1430	Food Safari	Portuguese	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 world of Portuguese food.	AUSTRALIA	English-100	RPT	G	Y
2019-10-07	1500	Oliver's Twist	Bon Voyage	Jamie puts together a farewell dinner for his friend, who is travelling for a year.	UNITED KINGDOM	English-100		G	
2019-10-07	1530	Bonacini's Italy	Lazio	Chef Michael Bonacini cooks up classic dishes like Mint Fava Bean Soup and Amaretti Cake from the well-known Lazio region of Italy.	CANADA	English-100		G	
2019-10-07	1600	The Chocolate Queen	Chocolate Queen Series 1, The Ep 11	The Chocolate Queen shares her recipe for a classic Chocolate Fudge and creamy Coconut Hot Chocolate.	AUSTRALIA	English-100		G	
2019-10-07	1630	Michela's Classic Italian	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			
2019-10-07	1700	Miguel's Feasts	Miguel's Feasts Series 2 Ep 8	Today, a whole new take on Fish and Chips, the secret to a delicious mushroom risotto, and Miguel discovers the perfect American BBQ companion - macaroni and cheese.	AUSTRALIA	English-100		PG	
2019-10-07	1730	BBQ Crawl	Texas Competition	Danielle starts her BBQ roadtrip in Texas, the land of beef. She's visiting two joints owned by members of the Mueller family.	USA	English-100			
2019-10-07	1800	BBQ Crawl	Texas To Arkansas Crawl	Danielle visits the oldest BBQ joint in the state of Texas - the Southside Market. Their sausages are famous all over the world - she gets to eat them and see how they're made.	USA	English-100			
2019-10-07	1830	The Cook And The Chef	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G	
2019-10-07	1900	The Cook And The Chef	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G	
2019-10-07	1930	Bbq Champ	Bbq Champ Series 1 Ep 1	Kuldip from London takes the 'Personality On A Plate' challenge to extremes and makes the judges dig in to his 'Dinosaur Ribs' dish.	UNITED KINGDOM	English-100			

2019-10-07	2030	Food Safari Fire	Food Safari Fire Series 1 Ep 1	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Maeve O'Meara travels across Australia to meet with chefs and grilling experts.	AUSTRALIA	English-100	RPT	G	Y
2019-10-07	2100	Food Safari Fire	Food Safari Fire Series 1 Ep 2	Maeve explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay and Mexican fish tacos.	AUSTRALIA	English-100	RPT	G	Y
2019-10-07	2130	The Cook And The Chef	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G	
2019-10-07	2200	The Cook And The Chef	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G	
2019-10-07	2230	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 15	It's Knockout Week, and two Michelin starred British chef Marcus Wareing, formidable perfectionist chef Monica Galetti, and MasterChef maestro Gregg Wallace continue their search for the next winner.	UNITED KINGDOM	English-100			
2019-10-07	2335	BBQ Crawl	Texas Competition	Danielle starts her BBQ roadtrip in Texas, the land of beef. She's visiting two joints owned by members of the Mueller family.	USA	English-100			
2019-10-07	2405	BBQ Crawl	Texas To Arkansas Crawl	Danielle visits the oldest BBQ joint in the state of Texas - the Southside Market. Their sausages are famous all over the world - she gets to eat them and see how they're made.	USA	English-100			
2019-10-07	2435	The F Word USA	F Word USA Series 1, The Ep 10	The Extinguishers compete against The Church Ladies in the kitchen, with each team adding their own twist to a Sesame Crusted Tuna dish to win over diners.	USA	English-100		PG	
2019-10-07	2530	The F Word USA	F Word USA Series 1, The Ep 11	In this finale, Gordon reveals which two teams he chose to compete to win \$100,000 and the title of F Word Champion!	USA	English-100			Y
2019-10-07	2630	Food Safari Fire	Food Safari Fire Series 1 Ep 1	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Maeve O'Meara travels across Australia to meet with chefs and grilling experts.	AUSTRALIA	English-100	RPT	G	Y
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2019-10-07	2730	Miguel's Feasts	Miguel's Feasts Series 2 Ep 8	Today, a whole new take on Fish and Chips, the secret to a delicious mushroom risotto, and Miguel discovers the perfect American BBQ companion - macaroni and cheese.	AUSTRALIA	English-100		PG	
2019-10-07	2800	The Cook And The Chef	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G	
2019-10-07	2830	The Cook And The Chef	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G	
2019-10-08	0500	Oliver's Twist	Bon Voyage	Jamie puts together a farewell dinner for his friend, who is travelling for a year.	UNITED KINGDOM	English-100		G	
2019-10-08	0530	Bonacini's Italy	Lazio	Chef Michael Bonacini cooks up classic dishes like Mint Fava Bean Soup and Amaretti Cake from the well-known Lazio region of Italy.	CANADA	English-100		G	
2019-10-08	0600	The Chocolate Queen	Chocolate Queen Series 1, The Ep 11	The Chocolate Queen shares her recipe for a classic Chocolate Fudge and creamy Coconut Hot Chocolate.	AUSTRALIA	English-100		G	
2019-10-08	0630	Michela's Classic Italian	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			

2019-10-08	0700	BBQ Crawl	Texas Competition	Danielle starts her BBQ roadtrip in Texas, the land of beef. She's visiting two joints owned by members of the Mueller family.	USA	English-100			
2019-10-08	0730	BBQ Crawl	Texas To Arkansas Crawl	Danielle visits the oldest BBQ joint in the state of Texas - the Southside Market. Their sausages are famous all over the world - she gets to eat them and see how they're made.	USA	English-100			
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2019-10-08	1030	The F Word USA	F Word USA Series 1, The Ep 10	The Extinguishers compete against The Church Ladies in the kitchen, with each team adding their own twist to a Sesame Crusted Tuna dish to win over diners.	USA	English-100		PG	
2019-10-08	1130	Bonacini's Italy	Lazio	Chef Michael Bonacini cooks up classic dishes like Mint Fava Bean Soup and Amaretti Cake from the well-known Lazio region of Italy.	CANADA	English-100		G	
2019-10-08	1200	The Chocolate Queen	Chocolate Queen Series 1, The Ep 11	The Chocolate Queen shares her recipe for a classic Chocolate Fudge and creamy Coconut Hot Chocolate.	AUSTRALIA	English-100		G	
2019-10-08	1230	Michela's Classic Italian	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			
2019-10-08	1300	Miguel's Feasts	Miguel's Feasts Series 2 Ep 8	Today, a whole new take on Fish and Chips, the secret to a delicious mushroom risotto, and Miguel discovers the perfect American BBQ companion - macaroni and cheese.	AUSTRALIA	English-100		PG	
2019-10-08	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 15	It's Knockout Week, and two Michelin starred British chef Marcus Wareing, formidable perfectionist chef Monica Galetti, and MasterChef maestro Gregg Wallace continue their search for the next winner.	UNITED KINGDOM	English-100			
2019-10-08	1435	The Cook And The Chef	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G	
2019-10-08	1505	Oliver's Twist	Wedding	Jamie prepares a meal to remember for a friend's wedding day. Recipes include antipasto platters, baked salmon, salsa verde, antipasto platters, and summer berries with mascarpone cream.	UNITED KINGDOM	English-100		G	
2019-10-08	1530	Bonacini's Italy	Umbria	Charming host Michael Bonacini inspires us to make simple, flavourful dishes from the rustic Italian region, Umbria.	CANADA	English-100		G	
2019-10-08	1600	The Chocolate Queen	Chocolate Queen Series 1, The Ep 12	The Chocolate Queen takes the humble donut to the next level with her decadent Choc Chip Donuts with Swiss Meringue and Chocolate Ganache.	AUSTRALIA	English-100		G	
2019-10-08	1630	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 2	Michela shows us how to cook the very best Italian food in the very best way, including gnocchi, tiramisu, and melanzane parmigiana. Guests include Theo Randall and Michela's own sister.	UNITED KINGDOM	English-100			
2019-10-08	1700	Miguel's Feasts	Miguel's Feasts Series 2 Ep 9	In this episode, scrumptious bacon and egg pie, a gourmet budget dinner to wow any crowd, the best seafood recipe for a fresh catch, and an Irish favourite to warm the cockles of your heart.	AUSTRALIA	English-100		PG	
2019-10-08	1730	BBQ Crawl	Tennessee Competition	Danielle cruises into Memphis Tennessee and although there are hundreds of prospective BBQ joints to visit, she only chooses one: A&R BBQ. It is the heart and soul of Memphis' 'cue.	USA	English-100			

2019-10-08	1800	BBQ Crawl	Mississippi Crawl	Danielle heads south to Mississippi to the crazy fun filled joint known as The Shed. Danielle is made an honoree 'Shed Hed' as she hangs out, and chases alligators.	USA	English-100			
2019-10-08	1830	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2019-10-08	1900	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G	
2019-10-08	1930	The Hairy Bikers' Food Tour Of Britain	North Yorkshire	Si and Dave explore North Yorkshire, where they cook a traditional county favourite in Scarborough. They then select the finest catch from Whitby Harbour.	UNITED KINGDOM	English-100	RPT	G	
2019-10-08	2030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 15	Paul Hollywood is joined by Rachel Allen as they celebrate the best of Family Pies and Puds. Rachel cooks her own children's favourite Raspberry and Coconut Pudding.	UNITED KINGDOM	English-100			
2019-10-08	2130	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2019-10-08	2200	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G	
2019-10-08	2230	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 16	The first two semi-finalists battle it out for a place in Finals Week where they are sent into a busy lunchtime service at the Michelin starred Treby Arms in Devon.	UNITED KINGDOM	English-100			
2019-10-08	2335	BBQ Crawl	Tennessee Competition	Danielle cruises into Memphis Tennessee and although there are hundreds of prospective BBQ joints to visit, she only chooses one: A&R BBQ. It is the heart and soul of Memphis' 'cue.	USA	English-100			
2019-10-08	2405	BBQ Crawl	Mississippi Crawl	Danielle heads south to Mississippi to the crazy fun filled joint known as The Shed. Danielle is made an honoree 'Shed Hed' as she hangs out, and chases alligators.	USA	English-100			
2019-10-08	2435	Worst Cooks In America	It Just Got Worse	Fourteen recruits, each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne Burrell and Bobby Flay.	USA	English-100		PG	Y
2019-10-08	2530	The Hairy Bikers' Food Tour Of Britain	North Yorkshire	Si and Dave explore North Yorkshire, where they cook a traditional county favourite in Scarborough. They then select the finest catch from Whitby Harbour.	UNITED KINGDOM	English-100	RPT	G	
2019-10-08	2630	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 15	Paul Hollywood is joined by Rachel Allen as they celebrate the best of Family Pies and Puds. Rachel cooks her own children's favourite Raspberry and Coconut Pudding.	UNITED KINGDOM	English-100			
2019-10-08	2730	Miguel's Feasts	Miguel's Feasts Series 2 Ep 9	In this episode, scrumptious bacon and egg pie, a gourmet budget dinner to wow any crowd, the best seafood recipe for a fresh catch, and an Irish favourite to warm the cockles of your heart.	AUSTRALIA	English-100		PG	
2019-10-08	2800	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2019-10-08	2830	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G	
2019-10-09	0500	Oliver's Twist	Wedding	Jamie prepares a meal to remember for a friend's wedding day. Recipes include antipasto platters, baked salmon, salsa verde, antipasto platters, and summer berries with mascarpone cream.	UNITED KINGDOM	English-100		G	
2019-10-09	0530	Bonacini's Italy	Umbria	Charming host Michael Bonacini inspires us to make simple, flavourful dishes from the rustic Italian region, Umbria.	CANADA	English-100		G	

2019-10-09	0600	The Chocolate Queen	Chocolate Queen Series 1, The Ep 12	The Chocolate Queen takes the humble donut to the next level with her decadent Choc Chip Donuts with Swiss Meringue and Chocolate Ganache.	AUSTRALIA	English-100		G
2019-10-09	0630	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 2	Michela shows us how to cook the very best Italian food in the very best way, including gnocchi, tiramisu, and melanzane parmigiana. Guests include Theo Randall and Michela's own sister.	UNITED KINGDOM	English-100		
2019-10-09	0700	BBQ Crawl	Tennessee Competition	Danielle cruises into Memphis Tennessee and although there are hundreds of prospective BBQ joints to visit, she only chooses one: A&R BBQ. It is the heart and soul of Memphis 'cue.	USA	English-100		
2019-10-09	0730	BBQ Crawl	Mississippi Crawl	Danielle heads south to Mississippi to the crazy fun filled joint known as The Shed. Danielle is made an honoree 'Shed Hed' as she hangs out, and chases alligators.	USA	English-100		
2019-10-09	0800	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G
2019-10-09	0830	The Hairy Bikers' Food Tour Of Britain	North Yorkshire	Si and Dave explore North Yorkshire, where they cook a traditional county favourite in Scarborough. They then select the finest catch from Whitby Harbour.	UNITED KINGDOM	English-100	RPT	G
2019-10-09	0930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 15	Paul Hollywood is joined by Rachel Allen as they celebrate the best of Family Pies and Puds. Rachel cooks her own children's favourite Raspberry and Coconut Pudding.	UNITED KINGDOM	English-100		
2019-10-09	1030	Worst Cooks In America	It Just Got Worse	Fourteen recruits, each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne Burrell and Bobby Flay.	USA	English-100		PG Y
2019-10-09	1130	Bonacini's Italy	Umbria	Charming host Michael Bonacini inspires us to make simple, flavourful dishes from the rustic Italian region, Umbria.	CANADA	English-100		G
2019-10-09	1200	The Chocolate Queen	Chocolate Queen Series 1, The Ep 12	The Chocolate Queen takes the humble donut to the next level with her decadent Choc Chip Donuts with Swiss Meringue and Chocolate Ganache.	AUSTRALIA	English-100		G
2019-10-09	1230	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 2	Michela shows us how to cook the very best Italian food in the very best way, including gnocchi, tiramisu, and melanzane parmigiana. Guests include Theo Randall and Michela's own sister.	UNITED KINGDOM	English-100		
2019-10-09	1300	Miguel's Feasts	Miguel's Feasts Series 2 Ep 9	In this episode, scrumptious bacon and egg pie, a gourmet budget dinner to wow any crowd, the best seafood recipe for a fresh catch, and an Irish favourite to warm the cockles of your heart.	AUSTRALIA	English-100		PG
2019-10-09	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 16	The first two semi-finalists battle it out for a place in Finals Week where they are sent into a busy lunchtime service at the Michelin starred Treby Arms in Devon.	UNITED KINGDOM	English-100		
2019-10-09	1435	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G
2019-10-09	1505	Oliver's Twist	Suppliers Surprise	As a regular customer at their stalls, Jamie decides to invite some Borough Market vendors to dinner, where the meals are made from their own wares. He cooks up a scrumptious Italian mixed roast.	UNITED KINGDOM	English-100		G
2019-10-09	1530	Bonacini's Italy	Liguria	Famed chef Michael Bonacini celebrates the food of the Italian Riviera as he shows viewers delicious dishes from Liguria.	CANADA	English-100		G
2019-10-09	1600	The Chocolate Queen	Chocolate Queen Series 1, The Ep 13	Choux pastry buns coated in chocolate and sandwiched with chocolate cream, this isn't your average burger; it's a Chocolate Queen special.	AUSTRALIA	English-100		G
2019-10-09	1630	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 3	Michela prepares fresh pasta dishes, homemade pizzas and a dish she considers 'summer on a plate', linguine alle vongole. Guests include Ruth Rogers and Jacob Kennedy.	UNITED KINGDOM	English-100		
2019-10-09	1700	Miguel's Feasts	Miguel's Feasts Series 2 Ep 10	In this episode, the secret to a heavenly macadamia caramel slice, creating a fresh take on a seafood favourite, and easy home made dinners ready in 10 minutes.	AUSTRALIA	English-100		PG

2019-10-09	1730	BBQ Crawl	Alabama Competition	Danielle is headed to the Decatur Jaycee's Riverfest to compete but before she gets there, she's looking forward to meeting up with old friends and eating some local "bama" cue.	USA	English-100			
2019-10-09	1800	BBQ Crawl	Atlanta To North Carolina Crawl	Danielle heads east through Georgia - land of peaches and Bubba Q BBQ. Her buddy, William 'Bubba' Latimer owns the place with his wife.	USA	English-100			
2019-10-09	1830	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G	
2019-10-09	1900	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G	
2019-10-09	1930	Bbq Champ	Bbq Champ Series 1 Ep 2	The seven remaining contestants must first take on the regally named King of the Kebab challenge. Will Solomon, the youth worker from Brixton, be able to impress the judges with his spicy kebab?	UNITED KINGDOM	English-100			
2019-10-09	2030	Food Safari Fire	Food Safari Fire Series 1 Ep 3	Maeve O'Meara explores the versatility and culinary delights of the wood fired oven from fish to Neapolitan pizza, to slow-cooked goat and sourdough bread.	AUSTRALIA	English-100	RPT	G	Y
2019-10-09	2100	Food Safari Fire	Food Safari Fire Series 1 Ep 4	Maeve O'Meara explores how fire and coals create some of the world's classic recipes - Turkish kebabs, Portuguese sardines, marinated Chilean pork belly and South African braais.	AUSTRALIA	English-100	RPT	G	Y
2019-10-09	2130	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G	
2019-10-09	2200	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G	
2019-10-09	2230	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 17	It's the Semi-Finals and the judges are turning up the heat in their hunt for a future culinary superstar. Three more exceptional chefs battle it out for a place in Finals Week.	UNITED KINGDOM	English-100			
2019-10-09	2335	BBQ Crawl	Alabama Competition	Danielle is headed to the Decatur Jaycee's Riverfest to compete but before she gets there, she's looking forward to meeting up with old friends and eating some local "bama" cue.	USA	English-100			
2019-10-09	2405	BBQ Crawl	Atlanta To North Carolina Crawl	Danielle heads east through Georgia - land of peaches and Bubba Q BBQ. Her buddy, William 'Bubba' Latimer owns the place with his wife.	USA	English-100			
2019-10-09	2435	Worst Cooks In America	Scratching The Surface	The remaining recruits find out they are going on a culinary field trip to the farm. Upon arrival, they must herd cows, milk them, and then make their own homemade cheese.	USA	English-100		PG	Y
2019-10-09	2530	Bbq Champ	Bbq Champ Series 1 Ep 2	The seven remaining contestants must first take on the regally named King of the Kebab challenge. Will Solomon, the youth worker from Brixton, be able to impress the judges with his spicy kebab?	UNITED KINGDOM	English-100			
2019-10-09	2630	Food Safari Fire	Food Safari Fire Series 1 Ep 3	Maeve O'Meara explores the versatility and culinary delights of the wood fired oven from fish to Neapolitan pizza, to slow-cooked goat and sourdough bread.	AUSTRALIA	English-100	RPT	G	Y
2019-10-09	2700	Food Safari Fire	Food Safari Fire Series 1 Ep 4	Maeve O'Meara explores how fire and coals create some of the world's classic recipes - Turkish kebabs, Portuguese sardines, marinated Chilean pork belly and South African braais.	AUSTRALIA	English-100	RPT	G	Y
2019-10-09	2730	Miguel's Feasts	Miguel's Feasts Series 2 Ep 10	In this episode, the secret to a heavenly macadamia caramel slice, creating a fresh take on a seafood favourite, and easy home made dinners ready in 10 minutes.	AUSTRALIA	English-100		PG	

2019-10-09	2800	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G	
2019-10-09	2830	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G	
2019-10-10	0500	Oliver's Twist	Suppliers Surprise	As a regular customer at their stalls, Jamie decides to invite some Borough Market vendors to dinner, where the meals are made from their own wares. He cooks up a scrumptious Italian mixed roast.	UNITED KINGDOM	English-100		G	
2019-10-10	0530	Bonacini's Italy	Liguria	Famed chef Michael Bonacini celebrates the food of the Italian Riviera as he shows viewers delicious dishes from Liguria.	CANADA	English-100		G	
2019-10-10	0600	The Chocolate Queen	Chocolate Queen Series 1, The Ep 13	Choux pastry buns coated in chocolate and sandwiched with chocolate cream, this isn't your average burger; it's a Chocolate Queen special.	AUSTRALIA	English-100		G	
2019-10-10	0630	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 3	Michela prepares fresh pasta dishes, homemade pizzas and a dish she considers 'summer on a plate', linguine alle vongole. Guests include Ruth Rogers and Jacob Kennedy.	UNITED KINGDOM	English-100		G	
2019-10-10	0700	BBQ Crawl	Alabama Competition	Danielle is headed to the Decatur Jaycee's Riverfest to compete but before she gets there, she's looking forward to meeting up with old friends and eating some local "bama" cue.	USA	English-100		G	
2019-10-10	0730	BBQ Crawl	Atlanta To North Carolina Crawl	Danielle heads east through Georgia - land of peaches and Bubba Q BBQ. Her buddy, William 'Bubba' Latimer owns the place with his wife.	USA	English-100		G	
2019-10-10	0800	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G	
2019-10-10	0830	Bbq Champ	Bbq Champ Series 1 Ep 2	The seven remaining contestants must first take on the regally named King of the Kebab challenge. Will Solomon, the youth worker from Brixton, be able to impress the judges with his spicy kebab?	UNITED KINGDOM	English-100		G	
2019-10-10	0930	Food Safari Fire	Food Safari Fire Series 1 Ep 3	Maeve O'Meara explores the versatility and culinary delights of the wood fired oven from fish to Neapolitan pizza, to slow-cooked goat and sourdough bread.	AUSTRALIA	English-100	RPT	G	Y
2019-10-10	1000	Food Safari Fire	Food Safari Fire Series 1 Ep 4	Maeve O'Meara explores how fire and coals create some of the world's classic recipes - Turkish kebabs, Portuguese sardines, marinated Chilean pork belly and South African braais.	AUSTRALIA	English-100	RPT	G	Y
2019-10-10	1030	Worst Cooks In America	Scratching The Surface	The remaining recruits find out they are going on a culinary field trip to the farm. Upon arrival, they must herd cows, milk them, and then make their own homemade cheese.	USA	English-100		PG	Y
2019-10-10	1130	Bonacini's Italy	Liguria	Famed chef Michael Bonacini celebrates the food of the Italian Riviera as he shows viewers delicious dishes from Liguria.	CANADA	English-100		G	
2019-10-10	1200	The Chocolate Queen	Chocolate Queen Series 1, The Ep 13	Choux pastry buns coated in chocolate and sandwiched with chocolate cream, this isn't your average burger; it's a Chocolate Queen special.	AUSTRALIA	English-100		G	
2019-10-10	1230	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 3	Michela prepares fresh pasta dishes, homemade pizzas and a dish she considers 'summer on a plate', linguine alle vongole. Guests include Ruth Rogers and Jacob Kennedy.	UNITED KINGDOM	English-100		G	
2019-10-10	1300	Miguel's Feasts	Miguel's Feasts Series 2 Ep 10	In this episode, the secret to a heavenly macadamia caramel slice, creating a fresh take on a seafood favourite, and easy home made dinners ready in 10 minutes.	AUSTRALIA	English-100		PG	
2019-10-10	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 17	It's the Semi-Finals and the judges are turning up the heat in their hunt for a future culinary superstar. Three more exceptional chefs battle it out for a place in Finals Week.	UNITED KINGDOM	English-100		G	

2019-10-10	1435	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G	
2019-10-10	1505	Oliver's Twist	Friends	There's a lot to catch-up on when Jamie's old classmates turn up for a school reunion. Jamie cooks up a wealth of tasty food in preparation, including fried zucchini flowers and fig canapes.	UNITED KINGDOM	English-100		G	
2019-10-10	1530	Bonacini's Italy	Emilia Romagna	Emilia Romagna is the culinary heart of Italy and chef Michael Bonacini shows viewers how to make some of the region's most delicious dishes.	CANADA	English-100		G	
2019-10-10	1600	The Hairy Bikers: Mums Know Best	Family Favourites	Si and Dave are celebrating family favourites those dishes that speak of home and childhood and love. This celebration starts north of the border with visits to three Scottish Mums.	UNITED KINGDOM	English-100		G	
2019-10-10	1705	Miguel's Feasts	Miguel's Feasts Series 2 Ep 11	In this episode, a LA food truck recipes to make at home, a beach food challenge, a fabulous fish recipe, and a fun way to cook with vegies.	AUSTRALIA	English-100		G	
2019-10-10	1730	BBQ Crawl	Kentucky Competition	Danielle heads to Kentucky to compete in the Owensboro Grillin' and Chillin' BBQ cookoff.	USA	English-100		G	
2019-10-10	1800	BBQ Crawl	Kentucky To Missouri Crawl	Danielle is leaving Kentucky but can't miss out on Billy's BBQ in Louisville where they are known for their eclectic décor, Mexcian cornbread and loin-back pork ribs.	USA	English-100		G	
2019-10-10	1830	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G	
2019-10-10	1900	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G	
2019-10-10	1930	Heston's Feasts	70s Feast	Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies and a luxury dinner of spam fritters.	UNITED KINGDOM	English-100	RPT	G	Y
2019-10-10	2030	Bill's Kitchen: Notting Hill	Street Food	Bill is planning a small street party for a few mates, and the recipes he has chosen reflect his greatest street food memories.	UNITED KINGDOM	English-100		PG	
2019-10-10	2100	Bill's Kitchen: Notting Hill	No Place Like Home	Bill's move from Sydney to Notting Hill has got him thinking of how he discovered food for the first time.	UNITED KINGDOM	English-100		PG	
2019-10-10	2130	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G	
2019-10-10	2200	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G	
2019-10-10	2230	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 18	It's the last semi-final and the remaining three chefs battle it out for a place in Finals Week.	UNITED KINGDOM	English-100		G	
2019-10-10	2335	BBQ Crawl	Kentucky Competition	Danielle heads to Kentucky to compete in the Owensboro Grillin' and Chillin' BBQ cookoff.	USA	English-100		G	
2019-10-10	2405	BBQ Crawl	Kentucky To Missouri Crawl	Danielle is leaving Kentucky but can't miss out on Billy's BBQ in Louisville where they are known for their eclectic décor, Mexcian cornbread and loin-back pork ribs.	USA	English-100		G	
2019-10-10	2435	Worst Cooks In America	Glazed And Confused	Anne and Bobby train the remaining ten recruits' palettes as this week is all about creating their own flavour combinations. The recruits sample unique doughnut flavours that blow their minds.	USA	English-100		PG	Y
2019-10-10	2530	Heston's Feasts	70s Feast	Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies and a luxury dinner of spam fritters.	UNITED KINGDOM	English-100	RPT	G	Y

2019-10-10	2630	Bill's Kitchen: Notting Hill	Street Food	Bill is planning a small street party for a few mates, and the recipes he has chosen reflect his greatest street food memories.	UNITED KINGDOM	English-100	PG
2019-10-10	2700	Bill's Kitchen: Notting Hill	No Place Like Home	Bill's move from Sydney to Notting Hill has got him thinking of how he discovered food for the first time.	UNITED KINGDOM	English-100	PG
2019-10-10	2730	Miguel's Feasts	Miguel's Feasts Series 2 Ep 11	In this episode, a L.A food truck recipes to make at home, a beach food challenge, a fabulous fish recipe, and a fun way to cook with vegies.	AUSTRALIA	English-100	G
2019-10-10	2800	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100	G
2019-10-10	2830	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100	G
2019-10-11	0500	Oliver's Twist	Friends	There's a lot to catch-up on when Jamie's old classmates turn up for a school reunion. Jamie cooks up a wealth of tasty food in preparation, including fried zucchini flowers and fig canapes.	UNITED KINGDOM	English-100	G
2019-10-11	0530	Bonacini's Italy	Emilia Romagna	Emilia Romagna is the culinary heart of Italy and chef Michael Bonacini shows viewers how to make some of the region's most delicious dishes.	CANADA	English-100	G
2019-10-11	0600	The Hairy Bikers: Mums Know Best	Family Favourites	Si and Dave are celebrating family favourites those dishes that speak of home and childhood and love. This celebration starts north of the border with visits to three Scottish Mums.	UNITED KINGDOM	English-100	
2019-10-11	0705	BBQ Crawl	Kentucky Competition	Danielle heads to Kentucky to compete in the Owensboro Grillin' and Chillin' BBQ cookoff.	USA	English-100	
2019-10-11	0730	BBQ Crawl	Kentucky To Missouri Crawl	Danielle is leaving Kentucky but can't miss out on Billy's BBQ in Louisville where they are known for their eclectic décor, Mexcian cornbread and loin-back pork ribs.	USA	English-100	
2019-10-11	0800	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100	G

2019-10-11	0830	Heston's Feasts	70s Feast	Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies and a luxury dinner of spam fritters.	UNITED KINGDOM	English-100	RPT	G	Y
2019-10-11	0930	Bill's Kitchen: Notting Hill	Street Food	Bill is planning a small street party for a few mates, and the recipes he has chosen reflect his greatest street food memories.	UNITED KINGDOM	English-100		PG	
2019-10-11	1000	Bill's Kitchen: Notting Hill	No Place Like Home	Bill's move from Sydney to Notting Hill has got him thinking of how he discovered food for the first time.	UNITED KINGDOM	English-100		PG	
2019-10-11	1030	Worst Cooks In America	Glazed And Confused	Anne and Bobby train the remaining ten recruits' palettes as this week is all about creating their own flavour combinations. The recruits sample unique doughnut flavours that blow their minds.	USA	English-100		PG	Y
2019-10-11	1130	Bonacini's Italy	Emilia Romagna	Emilia Romagna is the culinary heart of Italy and chef Michael Bonacini shows viewers how to make some of the region's most delicious dishes.	CANADA	English-100		G	
2019-10-11	1200	The Hairy Bikers: Mums Know Best	Family Favourites	Si and Dave are celebrating family favourites those dishes that speak of home and childhood and love. This celebration starts north of the border with visits to three Scottish Mums.	UNITED KINGDOM	English-100			
2019-10-11	1305	Miguel's Feasts	Miguel's Feasts Series 2 Ep 11	In this episode, a L.A food truck recipes to make at home, a beach food challenge, a fabulous fish recipe, and a fun way to cook with vegies.	AUSTRALIA	English-100		G	
2019-10-11	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 18	It's the last semi-final and the remaining three chefs battle it out for a place in Finals Week.	UNITED KINGDOM	English-100			
2019-10-11	1435	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G	
2019-10-11	1505	Oliver's Twist	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100		PG	
2019-10-11	1530	Bonacini's Italy	Trentino-Alto Adige	Renowned chef Michael Bonacini shows takes viewers on a culinary tour of the Italian region of Trentino-Alto Adige without leaving his own kitchen.	CANADA	English-100		G	
2019-10-11	1600	The Hairy Bikers: Mums Know Best	Picnics	When the sun shines and the grass isn't too wet, there is nothing like being in the great outdoors feasting on home cooked delicacies! But why limit your hamper to jam sandwiches and sausage rolls?	UNITED KINGDOM	English-100			
2019-10-11	1705	Miguel's Feasts	Miguel's Feasts Series 2 Ep 12	Today, Miguel's delicious crayfish roll, tasty bbq ribs for a great bunch of volunteers, the great schnitzel challenge, and the latest buzz on where to find the best Aussie honey.	AUSTRALIA	English-100		PG	
2019-10-11	1730	BBQ Crawl	Missouri Competition	Danielle is almost done her roadtrip but she has the granddaddy of all competitions coming up. It's the American Royal and her very own professional competition team is flying down to join her.	USA	English-100			
2019-10-11	1800	BBQ Crawl	Missouri Competition Pt 2	Danielle and her team are competing for four days at American Royal BBQ competition. Between power outages and barbecue fires, they have their work cut out for them.	USA	English-100			
2019-10-11	1830	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G	
2019-10-11	1900	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G	
2019-10-11	1930	Rick Stein's Mediterranean Escapes	Sicily And Puglia	Rick Stein continues to enjoy the colours and ambience of Catania's busy fish market. In Puglia, he cooks peas with onions parma ham and olive oil, then gives his take on a fennel sausage recipe.	UNITED KINGDOM	English-99; Italian-1	RPT	PG	Y
2019-10-11	2035	Nigella Kitchen	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100		G	

2019-10-11	2105	Nigella Kitchen	Rags To Riches	Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings.	UNITED KINGDOM	English-100		G	
2019-10-11	2135	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G	
2019-10-11	2205	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G	
2019-10-11	2235	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 19	Five exceptional chefs have made it through to Finals Week and now the fight truly begins. Over the next three nights massive gastronomic adventures lie ahead.	UNITED KINGDOM	English-100			Y
2019-10-11	2340	BBQ Crawl	Missouri Competition	Danielle is almost done her roadtrip but she has the granddaddy of all competitions coming up. It's the American Royal and her very own professional competition team is flying down to join her.	USA	English-100			
2019-10-11	2405	BBQ Crawl	Missouri Competition Pt 2	Danielle and her team are competing for four days at American Royal BBQ competition. Between power outages and barbecue fires, they have their work cut out for them.	USA	English-100			
2019-10-11	2435	Worst Cooks In America	Surprise!	In an effort to learn how to cook efficiently for a crowd, the recruits work together as a team to make enough California rolls and Spicy Salmon rolls to feed the public during the lunch rush.	USA	English-100		PG	Y
2019-10-11	2530	Rick Stein's Mediterranean Escapes	Sicily And Puglia	Rick Stein continues to enjoy the colours and ambience of Catania's busy fish market. In Puglia, he cooks peas with onions parma ham and olive oil, then gives his take on a fennel sausage recipe.	UNITED KINGDOM	English-99; Italian-1	RPT	PG	Y
2019-10-11	2635	Nigella Kitchen	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100		G	
2019-10-11	2705	Nigella Kitchen	Rags To Riches	Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings.	UNITED KINGDOM	English-100		G	
2019-10-11	2735	Miguel's Feasts	Miguel's Feasts Series 2 Ep 12	Today, Miguel's delicious crayfish roll, tasty bbq ribs for a great bunch of volunteers, the great schnitzel challenge, and the latest buzz on where to find the best Aussie honey.	AUSTRALIA	English-100		PG	
2019-10-11	2800	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G	
2019-10-11	2830	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G	
2019-10-12	0500	Oliver's Twist	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100		PG	
2019-10-12	0530	Bonacini's Italy	Trentino-Alto Adige	Renowned chef Michael Bonacini shows takes viewers on a culinary tour of the Italian region of Trentino-Alto Adige without leaving his own kitchen.	CANADA	English-100		G	
2019-10-12	0600	The Hairy Bikers: Mums Know Best	Picnics	When the sun shines and the grass isn't too wet, there is nothing like being in the great outdoors feasting on home cooked delicacies! But why limit your hamper to jam sandwiches and sausage rolls?	UNITED KINGDOM	English-100			
2019-10-12	0705	BBQ Crawl	Missouri Competition	Danielle is almost done her roadtrip but she has the granddaddy of all competitions coming up. It's the American Royal and her very own professional competition team is flying down to join her.	USA	English-100			
2019-10-12	0735	BBQ Crawl	Missouri Competition Pt 2	Danielle and her team are competing for four days at American Royal BBQ competition. Between power outages and barbecue fires, they have their work cut out for them.	USA	English-100			
2019-10-12	0800	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G	

2019-10-12	0830	Rick Stein's Mediterranean Escapes	Sicily And Puglia	Rick Stein continues to enjoy the colours and ambience of Catania's busy fish market. In Puglia, he cooks peas with onions parma ham and olive oil, then gives his take on a fennel sausage recipe.	UNITED KINGDOM	English-99; Italian-1	RPT	PG	Y	
2019-10-12	0935	Nigella Kitchen	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100		G		
2019-10-12	1005	Nigella Kitchen	Rags To Riches	Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings.	UNITED KINGDOM	English-100		G		
2019-10-12	1035	Worst Cooks In America	Surprise!	In an effort to learn how to cook efficiently for a crowd, the recruits work together as a team to make enough California rolls and Spicy Salmon rolls to feed the public during the lunch rush.	USA	English-100		PG		Y
2019-10-12	1130	Bonacini's Italy	Trentino-Alto Adige	Renowned chef Michael Bonacini shows takes viewers on a culinary tour of the Italian region of Trentino-Alto Adige without leaving his own kitchen.	CANADA	English-100		G		
2019-10-12	1200	The Hairy Bikers: Mums Know Best	Picnics	When the sun shines and the grass isn't too wet, there is nothing like being in the great outdoors feasting on home cooked delicacies! But why limit your hamper to jam sandwiches and sausage rolls?	UNITED KINGDOM	English-100				
2019-10-12	1305	Miguel's Feasts	Miguel's Feasts Series 2 Ep 12	Today, Miguel's delicious crayfish roll, tasty bbq ribs for a great bunch of volunteers, the great schnitzel challenge, and the latest buzz on where to find the best Aussie honey.	AUSTRALIA	English-100		PG		
2019-10-12	1330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 19	Five exceptional chefs have made it through to Finals Week and now the fight truly begins. Over the next three nights massive gastronomic adventures lie ahead.	UNITED KINGDOM	English-100				Y
2019-10-12	1435	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G		
2019-10-12	1505	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 1	Watch as a single guy or girl tries to find love over food. They are presented with five unique menus, of which they must pick the three that appeal to them the most.	SOUTH AFRICA	English-100				
2019-10-12	1600	The Cook And The Chef	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100		G		
2019-10-12	1630	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100		G		
2019-10-12	1700	The Cook And The Chef	Produce Of Two Islands	South of Hobart in the delightfully named Sandfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100		G		
2019-10-12	1730	Jonathan Phang's Gourmet Express	Venice To London	Jonathan Phang, a self-confessed bon viveur with a passion for gastronomy, sets off on a gourmet journey crossing continents aboard some of the world's most elegant trains.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-10-12	1830	A Shared Table	Shared Table Series 1, A Ep 1	Stephanie and Elena travel north and south of Perth to gather ingredients for a lunch of Mediterranean flavours and influences.	AUSTRALIA	English-100				
2019-10-12	1900	A Shared Table	Shared Table Series 1, A Ep 2	This wild and beautiful island off the coast of South Australia is the location for a beach barbecue. The episode starts on the mainland at the mouth of the Murray.	AUSTRALIA	English-100				
2019-10-12	1930	Cheese Slices	India: Indian Paneer And The Chenna Sweets Of West Bengal	Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chennai.	AUSTRALIA			G		
2019-10-12	2000	Cheese Slices	Israel: Israeli Artisan Cheese	Will visits Jerusalem to meet the godfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert.	AUSTRALIA			G		

2019-10-12	2030	Avec Eric	Chef's Table	Chefs Anthony Bourdain, Dean Fearing, Jose Andres, Grant Achatz, and David Chang sit down with Eric Ripert to talk about the world of being a chef.	USA	English-100		G		
2019-10-12	2100	Avec Eric	Service With Flare	Great food calls for great service. Eric visits the Culinary Institute of America.	USA	English-100		G		
2019-10-12	2130	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 5	Shane Delia's culinary journey into Middle Eastern cuisine continues as he visits the twin port cities of Sidon, where the beautiful people play and pop-up restaurants cover the beach.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-10-12	2200	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 6	Shane Delia's culinary journey into Middle Eastern cuisine continues as he travels to Beirut where, despite the visible scars of the recent civil war, a vibrant food scene is thriving.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-10-12	2230	Carnival Eats	Zacho Libre	Noah gets eatin' at the Eaton County Fair in Charlotte, Michigan, and then goes loco at the Mo-Co Fair in Maryland!	USA	English-100				
2019-10-12	2300	Carnival Eats	Jurassic Pork	Host Noah Cappe Tenne-sees some authentic hot chicken at the Wilson County Fair in Lebanon, Tennessee, and later goes around the Pickaway County Fair in Circleville, Ohio.	USA	English-100				
2019-10-12	2330	Ainsley's Caribbean Kitchen	Antigua	As Ainsley's adventure in the Caribbean draws to a close - he's saved the best for last. As he explores Antigua further, he meets the formidable Mrs Douglas.	UNITED KINGDOM	English-100		PG		
2019-10-12	2430	A Shared Table	Shared Table Series 1, A Ep 1	Stephanie and Elena travel north and south of Perth to gather ingredients for a lunch of Mediterranean flavours and influences.	AUSTRALIA	English-100				
2019-10-12	2500	A Shared Table	Shared Table Series 1, A Ep 2	This wild and beautiful island off the coast of South Australia is the location for a beach barbecue. The episode starts on the mainland at the mouth of the Murray.	AUSTRALIA	English-100				
2019-10-12	2530	Cheese Slices	India: Indian Paneer And The Chenna Sweets Of West Bengal	Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chennai.	AUSTRALIA			G		
2019-10-12	2600	Cheese Slices	Israel: Israeli Artisan Cheese	Will visits Jerusalem to meet the godfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert.	AUSTRALIA			G		
2019-10-12	2630	Avec Eric	Chef's Table	Chefs Anthony Bourdain, Dean Fearing, Jose Andres, Grant Achatz, and David Chang sit down with Eric Ripert to talk about the world of being a chef.	USA	English-100		G		
2019-10-12	2700	Avec Eric	Service With Flare	Great food calls for great service. Eric visits the Culinary Institute of America.	USA	English-100		G		
2019-10-12	2730	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 5	Shane Delia's culinary journey into Middle Eastern cuisine continues as he visits the twin port cities of Sidon, where the beautiful people play and pop-up restaurants cover the beach.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-10-12	2800	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 6	Shane Delia's culinary journey into Middle Eastern cuisine continues as he travels to Beirut where, despite the visible scars of the recent civil war, a vibrant food scene is thriving.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-10-12	2830	Carnival Eats	Zacho Libre	Noah gets eatin' at the Eaton County Fair in Charlotte, Michigan, and then goes loco at the Mo-Co Fair in Maryland!	USA	English-100				