



**WEEK 41: Sunday, 4 October - Saturday, 10 October 2020 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-10-04	0500	<b>Outback Gourmet</b>	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	
2020-10-04	0530	<b>The Hairy Bikers' Food Tour Of Britain</b>	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	
2020-10-04	0630	<b>Parveen's Indian Kitchen</b>	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	
2020-10-04	0730	<b>Rick Stein's Long Weekends</b>	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
2020-10-04	0835	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 4	Paul Hollywood brings British Pies and Puddings back home by creating a Thai Chicken Pie with ingredients from Yorkshire, and a Pumpkin and Ginger Cheesecake from Kent.	UNITED KINGDOM	English-100		G	
2020-10-04	0930	<b>The Big Family Cooking Showdown</b>	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	
2020-10-04	1030	<b>Cheese Slices</b>	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	
2020-10-04	1100	<b>Cheese Slices</b>	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	
2020-10-04	1130	<b>Inside Heston's World</b>	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
2020-10-04	1230	<b>The Hairy Bikers' Food Tour Of Britain</b>	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	
2020-10-04	1330	<b>Outback Gourmet</b>	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	
2020-10-04	1400	<b>Say It To My Face</b>	Slammin' The Salmon	Mike and Susie Walsh, husband and wife owners of Redondo Beach restaurant Jimmy's Bar & Grill, are down to their last pennies trying to keep the doors open of their beach-side eatery.	USA	English-100		PG	
2020-10-04	1500	<b>Outback Gourmet</b>	Outback Gourmet Series 1 Ep 8	Justine stops by Alice Vietnamese Restaurant and prepares some traditional Vietnamese dishes. Later she visits Earth Sanctuary and prepares a delicious dessert over a camp fire.	AUSTRALIA	English-100		G	
2020-10-04	1530	<b>Tropical Gourmet: New Caledonia</b>	Noumea	Justine highlights some of the freshest ingredients native to Noumea. Grilled Wahoo fish is served with a New Caledonian inspired sauce vierge, and bananas are the hero in her light, crispy fritters.	AUSTRALIA	English-100		PG	
2020-10-04	1600	<b>The Cook And The Chef</b>	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages.	AUSTRALIA	English-100		G	
2020-10-04	1630	<b>The Cook And The Chef</b>	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2020-10-04	1700	<b>The Cook And The Chef</b>	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	

2020-10-04	1730	<b>A Cook Abroad</b>	John Torode's Argentina	Masterchef judge and meat connoisseur, John Torode fulfills a lifelong ambition to go to Argentina, where eating beef is a national obsession.	UNITED KINGDOM	English-100		G	
2020-10-04	1835	<b>Asia Unplated With Diana Chan</b>	Indonesian	Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado.	AUSTRALIA	English-100		G	
2020-10-04	1905	<b>Bonacini's Italy</b>	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	
2020-10-04	1930	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G	
2020-10-04	2000	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG	
2020-10-04	2030	<b>Ainsley's Mediterranean Cookbook</b>	Seville	Ainsley's Mediterranean travels have brought him to southern Spain where he's in stunning Seville, soaking up the sunshine and of course, discovering lots of lovely food.	UNITED KINGDOM	English-100		G	
2020-10-04	2130	<b>The Chocolate Factory: Cadbury Australia</b>	Chocolate Factory: Inside Cadbury Australia, The	SBS's next iteration of slow TV will take viewers into Australia's multicultural and Indigenous history via an exploration the country's most popular chocolate company - Cadbury.	AUSTRALIA	English-100	RPT	G	Y
2020-10-04	2430	<b>Outback Gourmet</b>	Outback Gourmet Series 1 Ep 8	Justine stops by Alice Vietnamese Restaurant and prepares some traditional Vietnamese dishes. Later she visits Earth Sanctuary and prepares a delicious dessert over a camp fire.	AUSTRALIA	English-100		G	
2020-10-04	2500	<b>A Cook Abroad</b>	John Torode's Argentina	Masterchef judge and meat connoisseur, John Torode fulfills a lifelong ambition to go to Argentina, where eating beef is a national obsession.	UNITED KINGDOM	English-100		G	
2020-10-04	2605	<b>Asia Unplated With Diana Chan</b>	Indonesian	Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado.	AUSTRALIA	English-100		G	
2020-10-04	2635	<b>Bonacini's Italy</b>	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	
2020-10-04	2700	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G	
2020-10-04	2730	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG	
2020-10-04	2800	<b>Ainsley's Mediterranean Cookbook</b>	Seville	Ainsley's Mediterranean travels have brought him to southern Spain where he's in stunning Seville, soaking up the sunshine and of course, discovering lots of lovely food.	UNITED KINGDOM	English-100		G	
2020-10-05	0500	<b>Outback Gourmet</b>	Outback Gourmet Series 1 Ep 8	Justine stops by Alice Vietnamese Restaurant and prepares some traditional Vietnamese dishes. Later she visits Earth Sanctuary and prepares a delicious dessert over a camp fire.	AUSTRALIA	English-100		G	
2020-10-05	0530	<b>A Cook Abroad</b>	John Torode's Argentina	Masterchef judge and meat connoisseur, John Torode fulfills a lifelong ambition to go to Argentina, where eating beef is a national obsession.	UNITED KINGDOM	English-100		G	
2020-10-05	0635	<b>Asia Unplated With Diana Chan</b>	Indonesian	Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado.	AUSTRALIA	English-100		G	
2020-10-05	0705	<b>Bonacini's Italy</b>	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	
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2020-10-05	0930	<b>Say It To My Face</b>	Slammin' The Salmon	Mike and Susie Walsh, husband and wife owners of Redondo Beach restaurant Jimmy's Bar & Grill, are down to their last pennies trying to keep the doors open of their beach-side eatery.	USA	English-100		PG	
2020-10-05	1030	<b>Tropical Gourmet: New Caledonia</b>	Noumea	Justine highlights some of the freshest ingredients native to Noumea. Grilled Wahoo fish is served with a New Caledonian inspired sauce vierge, and bananas are the hero in her light, crispy fritters.	AUSTRALIA	English-100		PG	
2020-10-05	1100	<b>Outback Gourmet</b>	Outback Gourmet Series 1 Ep 8	Justine stops by Alice Vietnamese Restaurant and prepares some traditional Vietnamese dishes. Later she visits Earth Sanctuary and prepares a delicious dessert over a camp fire.	AUSTRALIA	English-100		G	
2020-10-05	1130	<b>A Cook Abroad</b>	John Torode's Argentina	Masterchef judge and meat connoisseur, John Torode fulfills a lifelong ambition to go to Argentina, where eating beef is a national obsession.	UNITED KINGDOM	English-100		G	
2020-10-05	1235	<b>Ainsley's Mediterranean Cookbook</b>	Seville	Ainsley's Mediterranean travels have brought him to southern Spain where he's in stunning Seville, soaking up the sunshine and of course, discovering lots of lovely food.	UNITED KINGDOM	English-100		G	
2020-10-05	1330	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 11	Miguel stops in at a stunning eco lodge in Thala Beach to whip up a healthy teriyaki stir fry with seared tofu.	AUSTRALIA	English-100		G	
2020-10-05	1400	<b>Anjum's Australian Spice Stories</b>	Street Food	Anjum hits the bustling night markets of Melbourne to sample the delicious hawker style food before returning to the kitchen to showcase her favourite Indian street foods.	AUSTRALIA	English-100		G	
2020-10-05	1430	<b>Annabel Langbein: Free Range Cook</b>	Tex-Mex On The Grill	Back in spring, Annabel planted a traditional Mexican three-sisters garden of corn, beans and zucchini, and now it's time to harvest her fresh produce and transform it into aTex-Mex style meal.	NEW ZEALAND	English-100		G	
2020-10-05	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the botanical ark in Queensland, and Japanese sashimi with Hideo Dekura.	AUSTRALIA	English-100	RPT	G	Y
2020-10-05	1530	<b>Martha Bakes</b>	Never Enough Chocolate	Attention chocolate lovers! Martha shares how to prepare three standout chocolate desserts, including a rich flourless Roberta Heart cake. Chocolatier Jacques Torres also stops by.	USA	English-100		G	
2020-10-05	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 66	Matt is back in Noosa Heads where he's preparing seared salmon with sesame dressing. Courtney cooks a quick and easy curried chicken pie, while Michael prepares a family classic - beef chow mein.	AUSTRALIA	English-100		PG	
2020-10-05	1630	<b>The Cook And The Chef</b>	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G	
2020-10-05	1700	<b>The Cook And The Chef</b>	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2020-10-05	1730	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 11	Lidia travels to Liguria - a region all about flowers, herbs, and lot's of vegetables. With the help of her granddaughter Julia, Lidia creates a soup filled with lots of fresh vegetables.	USA	English-100		PG	
2020-10-05	1800	<b>Hairy Bikers' Best Of British</b>	Sheep	Dave and Si take a closer look at British sheep, which have provided Britain with milk, meat, and wool for thousands of years. In the Best of British kitchen they rustle up a classic hogget stew.	UNITED KINGDOM	English-100		PG	
2020-10-05	1900	<b>Oliver's Twist</b>	World On A Plate	Jamie and New Zealand chef Peter Gordon cook the fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100		G	
2020-10-05	1930	<b>Beautiful Baking With Juliet Sear</b>	Beautiful Baking With Juliet Sear Series 1 Ep 10	Juliet creates recipes perfect for starting a new year, including savoury breakfast muffins and granola protein bars. Doctor and television presenter Ranj Singh serves up her healthy lasagne.	UNITED KINGDOM	English-100		G	
2020-10-05	2030	<b>Anthony Bourdain: Parts Unknown</b>	Kenya	Bourdain introduces fellow television host W. Kamau Bell to the distinctive sights, tastes, and sounds of Kenya. They take a Matatu party bus ride, and share a meal of goat's head soup.	USA	English-100		PG	

2020-10-05	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 21	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	
2020-10-05	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 22	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	
2020-10-05	2230	<b>The Cook And The Chef</b>	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G	
2020-10-05	2300	<b>The Cook And The Chef</b>	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2020-10-05	2330	<b>Hairy Bikers' Best Of British</b>	Sheep	Dave and Si take a closer look at British sheep, which have provided Britain with milk, meat, and wool for thousands of years. In the Best of British kitchen they rustle up a classic hogget stew.	UNITED KINGDOM	English-100		PG	
2020-10-05	2430	<b>Beautiful Baking With Juliet Sear</b>	Beautiful Baking With Juliet Sear Series 1 Ep 10	Juliet creates recipes perfect for starting a new year, including savoury breakfast muffins and granola protein bars. Doctor and television presenter Ranj Singh serves up her healthy lasagne.	UNITED KINGDOM	English-100		G	
2020-10-05	2530	<b>Anthony Bourdain: Parts Unknown</b>	Kenya	Bourdain introduces fellow television host W. Kamau Bell to the distinctive sights, tastes, and sounds of Kenya. They take a Matatu party bus ride, and share a meal of goat's head soup.	USA	English-100		PG	
2020-10-05	2630	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 21	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	
2020-10-05	2700	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 22	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	
2020-10-05	2730	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 11	Miguel stops in at a stunning eco lodge in Thala Beach to whip up a healthy teriyaki stir fry with seared tofu.	AUSTRALIA	English-100		G	
2020-10-05	2800	<b>Anjum's Australian Spice Stories</b>	Street Food	Anjum hits the bustling night markets of Melbourne to sample the delicious hawker style food before returning to the kitchen to showcase her favourite Indian street foods.	AUSTRALIA	English-100		G	
2020-10-05	2830	<b>Annabel Langbein: Free Range Cook</b>	Tex-Mex On The Grill	Back in spring, Annabel planted a traditional Mexican three-sisters garden of corn, beans and zucchini, and now it's time to harvest her fresh produce and transform it into aTex-Mex style meal.	NEW ZEALAND	English-100		G	
2020-10-06	0500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the botanical ark in Queensland, and Japanese sashimi with Hideo Dekura.	AUSTRALIA	English-100	RPT	G	Y
2020-10-06	0530	<b>Martha Bakes</b>	Never Enough Chocolate	Attention chocolate lovers! Martha shares how to prepare three standout chocolate desserts, including a rich flourless Roberta Heart cake. Chocolatier Jacques Torres also stops by.	USA	English-100		G	
2020-10-06	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 66	Matt is back in Noosa Heads where he's preparing seared salmon with sesame dressing. Courtney cooks a quick and easy curried chicken pie, while Michael prepares a family classic - beef chow mein.	AUSTRALIA	English-100		PG	
2020-10-06	0630	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 11	Lidia travels to Liguria - a region all about flowers, herbs, and lot's of vegetables. With the help of her granddaughter Julia, Lidia creates a soup filled with lots of fresh vegetables.	USA	English-100		PG	
2020-10-06	0700	<b>Oliver's Twist</b>	World On A Plate	Jamie and New Zealand chef Peter Gordon cook the fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100		G	
2020-10-06	0730	<b>Hairy Bikers' Best Of British</b>	Sheep	Dave and Si take a closer look at British sheep, which have provided Britain with milk, meat, and wool for thousands of years. In the Best of British kitchen they rustle up a classic hogget stew.	UNITED KINGDOM	English-100		PG	
2020-10-06	0830	<b>Beautiful Baking With Juliet Sear</b>	Beautiful Baking With Juliet Sear Series 1 Ep 10	Juliet creates recipes perfect for starting a new year, including savoury breakfast muffins and granola protein bars. Doctor and television presenter Ranj Singh serves up her healthy lasagne.	UNITED KINGDOM	English-100		G	

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2020-10-06	1030	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 21	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	
2020-10-06	1100	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 22	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	
2020-10-06	1130	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 66	Matt is back in Noosa Heads where he's preparing seared salmon with sesame dressing. Courtney cooks a quick and easy curried chicken pie, while Michael prepares a family classic - beef chow mein.	AUSTRALIA	English-100		PG	
2020-10-06	1200	<b>Lidia's Kitchen</b>	Fruits And Desserts	Lidia focuses on fruits and desserts as she prepares strawberries with balsamic vinegar, panna cotta with seasonal fruit, nectarines and blueberries in prosecco, and plum crostata.	USA	English-100		PG	
2020-10-06	1230	<b>Hairy Bikers' Best Of British</b>	Sheep	Dave and Si take a closer look at British sheep, which have provided Britain with milk, meat, and wool for thousands of years. In the Best of British kitchen they rustle up a classic hogget stew.	UNITED KINGDOM	English-100		PG	
2020-10-06	1330	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 12	Miguel fires up the barbie at the Cairns lagoon, impressing the tourists with his giant prawn skewers. Then it's time for something totally indulgent, Miguel's classic chocolate and almond cake.	AUSTRALIA	English-100		G	
2020-10-06	1400	<b>Anjum's Australian Spice Stories</b>	Light And Healthy	Determined to break the myth that Indian food is heavy and indulgent, Anjum sets out to show us the light and healthy side of Indian cuisine.	AUSTRALIA	English-100		G	
2020-10-06	1430	<b>Annabel Langbein: Free Range Cook</b>	Salad Days	Always up for an adventure, Annabel Langbein treks north to a buffalo farm to meet a couple making sublime buffalo yoghurt and cheeses.	NEW ZEALAND	English-100		G	
2020-10-06	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Italian buffalo milk mozzarella cheese, and mooncakes for the August Mooncake Festival.	AUSTRALIA	English-100	RPT	G	Y
2020-10-06	1530	<b>Martha Bakes</b>	Danishes	Join Martha as she teaches a simple recipe for flaky Danish dough that is easily transformed into apricot bowties, a decadent cheese-filled Danish, and an unforgettable brown-sugar cinnamon Danish.	USA	English-100		G	
2020-10-06	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 67	Matt celebrates an absolute icon - the Aussie beef pie. He makes his own version of Aussie beef and bacon party pies that are a little bit different - they feature vegemite!	AUSTRALIA	English-100		PG	
2020-10-06	1630	<b>The Cook And The Chef</b>	Orchard, The	Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100		G	
2020-10-06	1700	<b>The Cook And The Chef</b>	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G	
2020-10-06	1730	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 12	Lidia travels to Calabria - a region with beautiful beaches and rugged mountains. With the help of her son Joe, Lidia creates a baked Cavatapi in a tomato sauce with fresh provolone.	USA	English-100		PG	
2020-10-06	1800	<b>Hairy Bikers' Best Of British</b>	Comfort Food	The Bikers enjoy the flavours of their home as they explore Britain's love of comfort food. As well as a classic rice pudding, the Bikers prepare their own tastes of home, with Dave's stuffed cabbage.	UNITED KINGDOM	English-100		PG	
2020-10-06	1900	<b>Oliver's Twist</b>	Carnival Brazil	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100		G	
2020-10-06	1930	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 8	Tonight we visit Mildura where chef Stefano Di Pieri from Stefano's restaurant shows Guy how he uses blood oranges to make a kingfish carpaccio with shaved fennel.	AUSTRALIA	English-100	RPT	G	Y
2020-10-06	2000	<b>Cook Like an Italian with Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	AUSTRALIA			G	

2020-10-06	2030	<b>The Great Australian Cookbook</b>	Ross O'meara And Anna Polyviou	Chef turned food producer Ross O'Meara cooks up a slow roasted pork shoulder with mustard and greens, while Anna Polyviou invites her staff over to sample her summer trifle with tropical fruits.	AUSTRALIA	English-100		PG	
2020-10-06	2100	<b>Luke Nguyen's France</b>	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y
2020-10-06	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 23	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	
2020-10-06	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 24	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	
2020-10-06	2230	<b>The Cook And The Chef</b>	Orchard, The	Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100		G	
2020-10-06	2300	<b>The Cook And The Chef</b>	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.	AUSTRALIA	English-100		G	
2020-10-06	2330	<b>Hairy Bikers' Best Of British</b>	Comfort Food	The Bikers enjoy the flavours of their home as they explore Britain's love of comfort food. As well as a classic rice pudding, the Bikers prepare their own tastes of home, with Dave's stuffed cabbage.	UNITED KINGDOM	English-100		PG	
2020-10-06	2430	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 8	Tonight we visit Mildura where chef Stefano Di Pieri from Stefano's restaurant shows Guy how he uses blood oranges to make a kingfish carpaccio with shaved fennel.	AUSTRALIA	English-100	RPT	G	Y
2020-10-06	2500	<b>Cook Like an Italian with Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	AUSTRALIA			G	
2020-10-06	2530	<b>The Great Australian Cookbook</b>	Ross O'meara And Anna Polyviou	Chef turned food producer Ross O'Meara cooks up a slow roasted pork shoulder with mustard and greens, while Anna Polyviou invites her staff over to sample her summer trifle with tropical fruits.	AUSTRALIA	English-100		PG	
2020-10-06	2600	<b>Luke Nguyen's France</b>	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y
2020-10-06	2630	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 23	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	
2020-10-06	2700	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 24	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	
2020-10-06	2730	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 12	Miguel fires up the barbie at the Cairns lagoon, impressing the tourists with his giant prawn skewers. Then it's time for something totally indulgent, Miguel's classic chocolate and almond cake.	AUSTRALIA	English-100		G	
2020-10-06	2800	<b>Anjum's Australian Spice Stories</b>	Light And Healthy	Determined to break the myth that Indian food is heavy and indulgent, Anjum sets out to show us the light and healthy side of Indian cuisine.	AUSTRALIA	English-100		G	
2020-10-06	2830	<b>Annabel Langbein: Free Range Cook</b>	Salad Days	Always up for an adventure, Annabel Langbein treks north to a buffalo farm to meet a couple making sublime buffalo yoghurt and cheeses.	NEW ZEALAND	English-100		G	
2020-10-07	0500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Italian buffalo milk mozzarella cheese, and mooncakes for the August Mooncake Festival.	AUSTRALIA	English-100	RPT	G	Y
2020-10-07	0530	<b>Martha Bakes</b>	Danishes	Join Martha as she teaches a simple recipe for flaky Danish dough that is easily transformed into apricot bowties, a decadent cheese-filled Danish, and an unforgettable brown-sugar cinnamon Danish.	USA	English-100		G	
2020-10-07	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 67	Matt celebrates an absolute icon - the Aussie beef pie. He makes his own version of Aussie beef and bacon party pies that are a little bit different - they feature vegemite!	AUSTRALIA	English-100		PG	

2020-10-07	0630	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 12	Lidia travels to Calabria - a region with beautiful beaches and rugged mountains. With the help of her son Joe, Lidia creates a baked Cavatapi in a tomato sauce with fresh provolone.	USA	English-100		PG	
2020-10-07	0700	<b>Oliver's Twist</b>	Carnival Brazil	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100		G	
2020-10-07	0730	<b>Hairy Bikers' Best Of British</b>	Comfort Food	The Bikers enjoy the flavours of their home as they explore Britain's love of comfort food. As well as a classic rice pudding, the Bikers prepare their own tastes of home, with Dave's stuffed cabbage.	UNITED KINGDOM	English-100		PG	
2020-10-07	0830	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 8	Tonight we visit Mildura where chef Stefano Di Pieri from Stefano's restaurant shows Guy how he uses blood oranges to make a kingfish carpaccio with shaved fennel.	AUSTRALIA	English-100	RPT	G	Y
2020-10-07	0900	<b>Cook Like an Italian with Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.				G	
2020-10-07	0930	<b>The Great Australian Cookbook</b>	Ross O'meara And Anna Polyviou	Chef turned food producer Ross O'Meara cooks up a slow roasted pork shoulder with mustard and greens, while Anna Polyviou invites her staff over to sample her summer trifle with tropical fruits.	AUSTRALIA	English-100		PG	
2020-10-07	1000	<b>Luke Nguyen's France</b>	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y
2020-10-07	1030	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 23	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	
2020-10-07	1100	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 24	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	
2020-10-07	1130	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 67	Matt celebrates an absolute icon - the Aussie beef pie. He makes his own version of Aussie beef and bacon party pies that are a little bit different - they feature vegemite!	AUSTRALIA	English-100		PG	
2020-10-07	1200	<b>Lidia's Kitchen</b>	Crespelle	Lidia shares her favourite crespelle - an Italian-style crepe - dishes, including crespelle manicotti, and chocolate and walnut crespelle.	USA	English-100		PG	
2020-10-07	1230	<b>Hairy Bikers' Best Of British</b>	Comfort Food	The Bikers enjoy the flavours of their home as they explore Britain's love of comfort food. As well as a classic rice pudding, the Bikers prepare their own tastes of home, with Dave's stuffed cabbage.	UNITED KINGDOM	English-100		PG	
2020-10-07	1330	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 13	This Spanish chef is mixing tropical produce with global cuisine, dishing up an exotic Asian beef sala, an Italian angel hair pasta with scallops and a beautiful French pineapple tart tartin.	AUSTRALIA	English-100		G	
2020-10-07	1400	<b>Anjum's Australian Spice Stories</b>	Indian Tapas	There's not a curry in sight when Anjum serves up a selection of contemporary, bite sized Indian snacks that both look and taste delicious.	AUSTRALIA	English-100		G	
2020-10-07	1430	<b>Annabel Langbein: Free Range Cook</b>	Catch Of The Day	Annabel Langbein is up early, roasting a chicken to take on a fishing expedition. She's in her element as she helps the local fishermen bait their kontiki torpedo and then prepares them lunch.	NEW ZEALAND	English-100		G	
2020-10-07	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT	G	Y
2020-10-07	1530	<b>Martha Bakes</b>	Pulled Doughs	Pizza, pretzels, and strudel are all old world European specialties that involve 'pulling' dough. Join Martha and her expert guests in the kitchen to learn all the tips you'll need to prepare them.	USA	English-100		G	
2020-10-07	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 68	Matt and Michael cook a barbecue special - pork cutlets with apple slaw, while Courtney gets festive with a traditional breakfast recipe - French toast croissant.	AUSTRALIA	English-100		PG	
2020-10-07	1630	<b>The Cook And The Chef</b>	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G	

2020-10-07	1700	<b>The Cook And The Chef</b>	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100			PG	
2020-10-07	1730	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 13	Lidia travels to the beautiful region of Sardegna where she makes two wonderful eggplant dishes, and a delicious prune cake for dessert.	USA	English-100			PG	
2020-10-07	1800	<b>Hairy Bikers' Best Of British</b>	1960s, The	Dave and Si return to the 1960s - a decade of music, fashion, and food trends which are still with us today. They prepare steak Diane and profiteroles and meet a restaurateur who made eating out cool.	UNITED KINGDOM	English-100			PG	
2020-10-07	1900	<b>Oliver's Twist</b>	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100			G	
2020-10-07	1930	<b>Indian Food Made Easy</b>	Bengali (London)	With East London's trendy Brick Lane nearby (the home of authentic Bengali cuisine in the UK), Anjum introduces a local to the delicious fish dishes available on their doorstep.	UNITED KINGDOM	English-100			G	
2020-10-07	2000	<b>Gourmet Farmer</b>	Gourmet Farmer Series 4 Ep 10	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	RPT		PG	Y
2020-10-07	2030	<b>Destination Flavour China</b>	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.		English-70; Mandarin-30	RPT		G	Y
2020-10-07	2100	<b>Sourced</b>	Japan	Guy discovers that island life is not all ocean swims and sunbathing - at least not while sourcing matcha in Japan, deadly stone fish in the Philippines, and local ingredients in Ocras Island.	USA	English-100			PG	
2020-10-07	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 25	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	
2020-10-07	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 26	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	
2020-10-07	2230	<b>The Cook And The Chef</b>	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100			G	
2020-10-07	2300	<b>The Cook And The Chef</b>	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100			PG	
2020-10-07	2330	<b>Hairy Bikers' Best Of British</b>	1960s, The	Dave and Si return to the 1960s - a decade of music, fashion, and food trends which are still with us today. They prepare steak Diane and profiteroles and meet a restaurateur who made eating out cool.	UNITED KINGDOM	English-100			PG	
2020-10-07	2430	<b>Indian Food Made Easy</b>	Bengali (London)	With East London's trendy Brick Lane nearby (the home of authentic Bengali cuisine in the UK), Anjum introduces a local to the delicious fish dishes available on their doorstep.	UNITED KINGDOM	English-100			G	
2020-10-07	2500	<b>Gourmet Farmer</b>	Gourmet Farmer Series 4 Ep 10	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	RPT		PG	Y
2020-10-07	2530	<b>Destination Flavour China</b>	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.	AUSTRALIA	English-70; Mandarin-30	RPT		G	Y
2020-10-07	2600	<b>Sourced</b>	Japan	Guy discovers that island life is not all ocean swims and sunbathing - at least not while sourcing matcha in Japan, deadly stone fish in the Philippines, and local ingredients in Ocras Island.	USA	English-100			PG	
2020-10-07	2630	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 25	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	
2020-10-07	2700	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 26	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	



2020-10-07	2730	<b>Miguel's Tropical Kitchen</b>	Miguel's Tropical Kitchen Series 1 Ep 13	This Spanish chef is mixing tropical produce with global cuisine, dishing up an exotic Asian beef sala, an Italian angel hair pasta with scallops and a beautiful French pineapple tart tartin.	AUSTRALIA	English-100		G	
2020-10-07	2800	<b>Anjum's Australian Spice Stories</b>	Indian Tapas	There's not a curry in sight when Anjum serves up a selection of contemporary, bite sized Indian snacks that both look and taste delicious.	AUSTRALIA	English-100		G	
2020-10-07	2830	<b>Annabel Langbein: Free Range Cook</b>	Catch Of The Day	Annabel Langbein is up early, roasting a chicken to take on a fishing expedition. She's in her element as she helps the local fishermen bait their kontiki torpedo and then prepares them lunch.	NEW ZEALAND	English-100		G	
2020-10-08	0500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT	G	Y
2020-10-08	0530	<b>Martha Bakes</b>	Pulled Doughs	Pizza, pretzels, and strudel are all old world European specialties that involve 'pulling' dough. Join Martha and her expert guests in the kitchen to learn all the tips you'll need to prepare them.	USA	English-100		G	
2020-10-08	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 68	Matt and Michael cook a barbecue special - pork cutlets with apple slaw, while Courtney gets festive with a traditional breakfast recipe - French toast croissant.	AUSTRALIA	English-100		PG	
2020-10-08	0630	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 13	Lidia travels to the beautiful region of Sardegna where she makes two wonderful eggplant dishes, and a delicious prune cake for dessert.	USA	English-100		PG	
2020-10-08	0700	<b>Oliver's Twist</b>	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100		G	
2020-10-08	0730	<b>Hairy Bikers' Best Of British</b>	1960s, The	Dave and Si return to the 1960s - a decade of music, fashion, and food trends which are still with us today. They prepare steak Diane and profiteroles and meet a restaurateur who made eating out cool.	UNITED KINGDOM	English-100		PG	
2020-10-08	0830	<b>Indian Food Made Easy</b>	Bengali (London)	With East London's trendy Brick Lane nearby (the home of authentic Bengali cuisine in the UK), Anjum introduces a local to the delicious fish dishes available on their doorstep.	UNITED KINGDOM	English-100		G	
2020-10-08	0900	<b>Gourmet Farmer</b>	Gourmet Farmer Series 4 Ep 10	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	RPT	PG	Y
2020-10-08	0930	<b>Destination Flavour China</b>	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2020-10-08	1000	<b>Sourced</b>	Japan	Guy discovers that island life is not all ocean swims and sunbathing - at least not while sourcing matcha in Japan, deadly stone fish in the Philippines, and local ingredients in Ocras Island.	USA	English-100		PG	
2020-10-08	1030	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 25	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	
2020-10-08	1100	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 26	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	
2020-10-08	1130	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 68	Matt and Michael cook a barbecue special - pork cutlets with apple slaw, while Courtney gets festive with a traditional breakfast recipe - French toast croissant.	AUSTRALIA	English-100		PG	
2020-10-08	1200	<b>Lidia's Kitchen</b>	Agrodolce	Lidia shares her recipe for agrodolce - an Italian-style sweet-and-sour sauce, which she uses to flavour swordfish.	USA	English-100		PG	
2020-10-08	1230	<b>Hairy Bikers' Best Of British</b>	1960s, The	Dave and Si return to the 1960s - a decade of music, fashion, and food trends which are still with us today. They prepare steak Diane and profiteroles and meet a restaurateur who made eating out cool.	UNITED KINGDOM	English-100		PG	
2020-10-08	1330	<b>New Scandinavian Cooking</b>	Stockfish And Amber	Niklas visits beautiful Lofoten, a string of islands that stretches into the North Atlantic in Northern Norway. He goes fishing for cod and cooks the fish with inspiring recipes and fiery techniques.	NORWAY	English-100		PG	

2020-10-08	1400	<b>Anjum's Australian Spice Stories</b>	Day In The Life..., A	Anjum takes us through a day in her life one meal at a time, kick-starting the day with a masala omelette, followed by a BBQ in the Aussie countryside.	AUSTRALIA	English-100		G	
2020-10-08	1430	<b>Annabel Langbein: Free Range Cook</b>	At My Italian Table	It's autumn and Annabel Langbein is making the most of her seasonal harvests, cooking up a big batch of a versatile tomato passata to use as the base for winter recipes.	NEW ZEALAND	English-100		G	
2020-10-08	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Nuevo Latino food, koeksisters - a sticky South African sweet, and Spanish chorizo.	AUSTRALIA	English-100	RPT	G	Y
2020-10-08	1530	<b>Martha Bakes</b>	Celebration Cakes	Martha gets party ready with three festive celebration cakes. Hint - one is covered in sprinkles!	USA	English-100		G	
2020-10-08	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 69	Matt and Courtney are in the festive spirit as they prepare Christmas recipes. To get things underway, Courtney prepares buttered prawns, while Matt prepares a classic pavlova.	AUSTRALIA	English-100		PG	
2020-10-08	1630	<b>The Cook And The Chef</b>	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G	
2020-10-08	1700	<b>The Cook And The Chef</b>	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG	
2020-10-08	1730	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 14	Witness a marriage of flavours as Lidia travels to the beautiful region of Basilicata, where she makes a traditional wedding soup full of flavours like escarole, fennel, and meatballs.	USA	English-100		PG	
2020-10-08	1800	<b>Hairy Bikers' Best Of British</b>	Food And Religion	The Bikers explore the delicious relationship between food and faith, and celebrate the vast range of faith-based dishes available in Britain today. They rustle up a delicious Simnel cake.	UNITED KINGDOM	English-100		PG	
2020-10-08	1900	<b>Oliver's Twist</b>	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite - oven baked fat chips with rosemary salt, Elvis' burger, and American chopped salad.	UNITED KINGDOM	English-100		G	
2020-10-08	1930	<b>Just Jen</b>	Feeling Anxious	Feeling anxious? Jen shares recipes and projects to help you de-stress and relax.	USA	English-100		PG	
2020-10-08	2000	<b>Donal's Asian Baking Adventure</b>	Hong Kong 1	Donal's journey to learn the secrets of Asian baking takes him to one of Asia's best known food hubs, Hong Kong.	SINGAPORE	English-100		G	
2020-10-08	2030	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 1 Ep 4	We see Stefano making his own olive oil from local olives, and some of the dishes he prepares in this episode use oil and olives. From his local fish supplier, he buys a magnificent tuna.	AUSTRALIA	English-100		G	
2020-10-08	2100	<b>Mary Berry's Foolproof Cooking</b>	Party Days	Mary showcases her dishes that are perfect for a party. Sometimes cooking for a crowd can be very daunting, but Mary loves sharing her ideas that are fun, different, and don't take forever to prepare.	UNITED KINGDOM	English-100		G	
2020-10-08	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 27	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	
2020-10-08	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 28	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	
2020-10-08	2230	<b>The Cook And The Chef</b>	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G	
2020-10-08	2300	<b>The Cook And The Chef</b>	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG	
2020-10-08	2330	<b>Hairy Bikers' Best Of British</b>	Food And Religion	The Bikers explore the delicious relationship between food and faith, and celebrate the vast range of faith-based dishes available in Britain today. They rustle up a delicious Simnel cake.	UNITED KINGDOM	English-100		PG	
2020-10-08	2430	<b>Just Jen</b>	Feeling Anxious	Feeling anxious? Jen shares recipes and projects to help you de-stress and relax.	USA	English-100		PG	

2020-10-08	2500	<b>Donal's Asian Baking Adventure</b>	Hong Kong 1	Donal's journey to learn the secrets of Asian baking takes him to one of Asia's best known food hubs, Hong Kong.	SINGAPORE	English-100		G	
2020-10-08	2530	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 1 Ep 4	We see Stefano making his own olive oil from local olives, and some of the dishes he prepares in this episode use oil and olives. From his local fish supplier, he buys a magnificent tuna.	AUSTRALIA	English-100		G	
2020-10-08	2600	<b>Mary Berry's Foolproof Cooking</b>	Party Days	Mary showcases her dishes that are perfect for a party. Sometimes cooking for a crowd can be very daunting, but Mary loves sharing her ideas that are fun, different, and don't take forever to prepare.	UNITED KINGDOM	English-100		G	
2020-10-08	2630	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 27	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	
2020-10-08	2700	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 28	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	
2020-10-08	2730	<b>New Scandinavian Cooking</b>	Stockfish And Amber	Niklas visits beautiful Lofoten, a string of islands that stretches into the North Atlantic in Northern Norway. He goes fishing for cod and cooks the fish with inspiring recipes and fiery techniques.	NORWAY	English-100		PG	
2020-10-08	2800	<b>Anjum's Australian Spice Stories</b>	Day In The Life..., A	Anjum takes us through a day in her life one meal at a time, kick-starting the day with a masala omelette, followed by a BBQ in the Aussie countryside.	AUSTRALIA	English-100		G	
2020-10-08	2830	<b>Annabel Langbein: Free Range Cook</b>	At My Italian Table	It's autumn and Annabel Langbein is making the most of her seasonal harvests, cooking up a big batch of a versatile tomato passata to use as the base for winter recipes.	NEW ZEALAND	English-100		G	
2020-10-09	0500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Nuevo Latino food, koeksisters - a sticky South African sweet, and Spanish chorizo.	AUSTRALIA	English-100	RPT	G	Y
2020-10-09	0530	<b>Martha Bakes</b>	Celebration Cakes	Martha gets party ready with three festive celebration cakes. Hint - one is covered in sprinkles!	USA	English-100		G	
2020-10-09	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 69	Matt and Courtney are in the festive spirit as they prepare Christmas recipes. To get things underway, Courtney prepares buttered prawns, while Matt prepares a classic pavlova.	AUSTRALIA	English-100		PG	
2020-10-09	0630	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 14	Witness a marriage of flavours as Lidia travels to the beautiful region of Basilicata, where she makes a traditional wedding soup full of flavours like escarole, fennel, and meatballs.	USA	English-100		PG	
2020-10-09	0700	<b>Oliver's Twist</b>	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite: oven baked fat chips with rosemary salt, Elvis' burger and American chopped salad.	UNITED KINGDOM	English-100		G	
2020-10-09	0730	<b>Hairy Bikers' Best Of British</b>	Food And Religion	The Bikers explore the delicious relationship between food and faith, and celebrate the vast range of faith-based dishes available in Britain today. They rustle up a delicious Simnel cake.	UNITED KINGDOM	English-100		PG	
2020-10-09	0830	<b>Just Jen</b>	Feeling Anxious	Feeling anxious? Jen shares recipes and projects to help you de-stress and relax.	USA	English-100		PG	
2020-10-09	0900	<b>Donal's Asian Baking Adventure</b>	Hong Kong 1	Donal's journey to learn the secrets of Asian baking takes him to one of Asia's best known food hubs, Hong Kong.	SINGAPORE	English-100		G	
2020-10-09	0930	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 1 Ep 4	We see Stefano making his own olive oil from local olives, and some of the dishes he prepares in this episode use oil and olives. From his local fish supplier, he buys a magnificent tuna.	AUSTRALIA	English-100		G	
2020-10-09	1000	<b>Mary Berry's Foolproof Cooking</b>	Party Days	Mary showcases her dishes that are perfect for a party. Sometimes cooking for a crowd can be very daunting, but Mary loves sharing her ideas that are fun, different, and don't take forever to prepare.	UNITED KINGDOM	English-100		G	
2020-10-09	1030	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 27	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	

2020-10-09	1100	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 28	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	
2020-10-09	1130	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 69	Matt and Courtney are in the festive spirit as they prepare Christmas recipes. To get things underway, Courtney prepares buttered prawns, while Matt prepares a classic pavlova.	AUSTRALIA	English-100			PG	
2020-10-09	1200	<b>Lidia's Kitchen</b>	Herbs And Spices	Lidia shares some of her favourite recipes made with herbs and spices, including pickled carrots, and skillet cauliflower with lemon and mint.	USA	English-100			PG	
2020-10-09	1230	<b>Hairy Bikers' Best Of British</b>	Food And Religion	The Bikers explore the delicious relationship between food and faith, and celebrate the vast range of faith-based dishes available in Britain today. They rustle up a delicious Simnel cake.	UNITED KINGDOM	English-100			PG	
2020-10-09	1330	<b>New Scandinavian Cooking</b>	Burning Water And Melted Butter	Niklas travels by horse sleigh into the mountainous region of Roros, where he enjoys the culinary treats and sites that this old mining town has to offer.	NORWAY	English-100			G	
2020-10-09	1400	<b>Anjum's Australian Spice Stories</b>	Traditional Favourites	While Anjum loves to put a modern twist on Indian cuisine, she is also passionate about holding onto those traditional favourites.	AUSTRALIA	English-100			G	
2020-10-09	1430	<b>Annabel Langbein: Free Range Cook</b>	Touch Of Spice, A	Annabel Langbein celebrates autumn's bountiful natural harvests with a foraging expedition to a neighbour's prolific walnut tree. In return she invites him and his family for dinner.	NEW ZEALAND	English-100			G	
2020-10-09	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT		G	Y
2020-10-09	1530	<b>Martha Bakes</b>	Bake It Dark	Join Martha for culinary tips to achieving maximum flavor for all your baked goods. She'll create sticky toffee pudding, mini apricot tarte Tatins, and a simple pear tart.	USA	English-100			G	
2020-10-09	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 70	Matt kicks things off in Noosa with guest, Simon Jones from Noosa Earth, and together they make a delicious mushroom and miso soup. Michael's also on location and cooks fillet steak with pepper sauce.	AUSTRALIA	English-100			PG	
2020-10-09	1630	<b>The Cook And The Chef</b>	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100			PG	
2020-10-09	1700	<b>The Cook And The Chef</b>	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100			G	
2020-10-09	1730	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 15	Lidia visits Liguria - a region known for its blue fish, tuna, and green vegetables. Join Lidia as she makes green beans, along with a beautiful tuna cooked Genoa-style with anchovies, and mushrooms.	USA	English-100			PG	
2020-10-09	1800	<b>Hairy Bikers' Best Of British</b>	Dairy	The Bikers pay tribute to Britain's dairy industry in all of its forms. Whether milk, cheese, cream or yoghurt, it is an industry to be proud of. They prepare a classic cheese and onion turn-over.	UNITED KINGDOM	English-100			PG	
2020-10-09	1900	<b>Oliver's Twist</b>	Birthday Boy	It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends.	UNITED KINGDOM	English-100			G	
2020-10-09	1930	<b>BBQ Crawl</b>	California Pig Candy And Chili Cheese Stuffed Doughnuts	Danielle starts the crawl in Lancaster, California to compete at the Blazin' BBQ Throwdown. Before things heat up on the competition front, she visits her old friend, Neil Strawder, or 'Big Mista.'	USA	English-100			PG	
2020-10-09	2000	<b>Watts On The Grill</b>	Fruit On The Q	Fruit can elevate a master barbequer's repertoire to all new heights, so why not impress your family and friends with a fruit forward dinner? Spencer shows you how to do it.	CANADA	English-100			G	
2020-10-09	2030	<b>Food Safari Fire</b>	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
2020-10-09	2100	<b>Food Safari Fire</b>	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
2020-10-09	2130	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 29	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	

2020-10-09	2200	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 30	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	
2020-10-09	2230	<b>The Cook And The Chef</b>	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100			PG	
2020-10-09	2300	<b>The Cook And The Chef</b>	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100			G	
2020-10-09	2330	<b>Hairy Bikers' Best Of British</b>	Dairy	The Bikers pay tribute to Britain's dairy industry in all of its forms. Whether milk, cheese, cream or yoghurt, it is an industry to be proud of. They prepare a classic cheese and onion turn-over.	UNITED KINGDOM	English-100			PG	
2020-10-09	2430	<b>BBQ Crawl</b>	California Pig Candy And Chili Cheese Stuffed Doughnuts	Danielle starts the crawl in Lancaster, California to compete at the Blazin' BBQ Throwdown. Before things heat up on the competition front, she visits her old friend, Neil Strawder, or 'Big Mista.'	USA	English-100			PG	
2020-10-09	2500	<b>Watts On The Grill</b>	Fruit On The Q	Fruit can elevate a master barbequer's repertoire to all new heights, so why not impress your family and friends with a fruit forward dinner? Spencer shows you how to do it.	CANADA	English-100			G	
2020-10-09	2530	<b>Food Safari Fire</b>	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
2020-10-09	2600	<b>Food Safari Fire</b>	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
2020-10-09	2630	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 29	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	
2020-10-09	2700	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 30	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	
2020-10-09	2730	<b>New Scandinavian Cooking</b>	Burning Water And Melted Butter	Niklas travels by horse sleigh into the mountainous region of Roros, where he enjoys the culinary treats and sites that this old mining town has to offer.	NORWAY	English-100			G	
2020-10-09	2800	<b>Anjum's Australian Spice Stories</b>	Traditional Favourites	While Anjum loves to put a modern twist on Indian cuisine, she is also passionate about holding onto those traditional favourites.	AUSTRALIA	English-100			G	
2020-10-09	2830	<b>Annabel Langbein: Free Range Cook</b>	Touch Of Spice, A	Annabel Langbein celebrates autumn's bountiful natural harvests with a foraging expedition to a neighbour's prolific walnut tree. In return she invites him and his family for dinner.	NEW ZEALAND	English-100			G	
2020-10-10	0500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT		G	Y
2020-10-10	0530	<b>Martha Bakes</b>	Bake It Dark	Join Martha for culinary tips to achieving maximum flavor for all your baked goods. She'll create sticky toffee pudding, mini apricot tarte Tatins, and a simple pear tart.	USA	English-100			G	
2020-10-10	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 70	Matt kicks things off in Noosa with guest, Simon Jones from Noosa Earth, and together they make a delicious mushroom and miso soup. Michael's also on location and cooks fillet steak with pepper sauce.	AUSTRALIA	English-100			PG	
2020-10-10	0630	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 15	Lidia visits Liguria - a region known for its blue fish, tuna, and green vegetables. Join Lidia as she makes green beans, along with a beautiful tuna cooked Genoa-style with anchovies, and mushrooms.	USA	English-100			PG	
2020-10-10	0700	<b>Oliver's Twist</b>	Birthday Boy	It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends.	UNITED KINGDOM	English-100			G	
2020-10-10	0730	<b>Hairy Bikers' Best Of British</b>	Dairy	The Bikers pay tribute to Britain's dairy industry in all of its forms. Whether milk, cheese, cream or yoghurt, it is an industry to be proud of. They prepare a classic cheese and onion turn-over.	UNITED KINGDOM	English-100			PG	

2020-10-10	0830	<b>BBQ Crawl</b>	California Pig Candy And Chili Cheese Stuffed Doughnuts	Danielle starts the crawl in Lancaster, California to compete at the Blazin' BBQ Throwdown. Before things heat up on the competition front, she visits her old friend, Neil Strawder, or 'Big Mista.'	USA	English-100		PG	
2020-10-10	0900	<b>Watts On The Grill</b>	Fruit On The Q	Fruit can elevate a master barbequer's repertoire to all new heights, so why not impress your family and friends with a fruit forward dinner? Spencer shows you how to do it.	CANADA	English-100		G	
2020-10-10	0930	<b>Food Safari Fire</b>	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
2020-10-10	1000	<b>Food Safari Fire</b>	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
2020-10-10	1030	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 29	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	
2020-10-10	1100	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 16 Ep 30	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	
2020-10-10	1130	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 70	Matt kicks things off in Noosa with guest, Simon Jones from Noosa Earth, and together they make a delicious mushroom and miso soup. Michael's also on location and cooks fillet steak with pepper sauce.	AUSTRALIA	English-100		PG	
2020-10-10	1200	<b>Lidia's Kitchen</b>	Steak House Favourites	Lidia pays tribute to steakhouse favourites. She prepares steak with mushroom sauce and braised escarole, to be served alongside crispy baked potatoes.	USA	English-100		PG	
2020-10-10	1230	<b>Hairy Bikers' Best Of British</b>	Dairy	The Bikers pay tribute to Britain's dairy industry in all of its forms. Whether milk, cheese, cream or yoghurt, it is an industry to be proud of. They prepare a classic cheese and onion turn-over.	UNITED KINGDOM	English-100		PG	
2020-10-10	1330	<b>Oliver's Twist</b>	Birthday Boy	It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends.	UNITED KINGDOM	English-100		G	
2020-10-10	1400	<b>Say It To My Face</b>	Black Olive	Black Olive owner David Chen has recently purchased an Italian restaurant in Lomita, CA that has been around for more than 20 years.	USA	English-100		PG	
2020-10-10	1500	<b>Tropical Gourmet: New Caledonia</b>	Isle Of Pines	In The Isle of Pines, Justine prepares pan-fried Mahi Mahi with a bold sweet and sour sauce, and later goes foraging for snails with the help of some of the locals.	AUSTRALIA	English-100		PG	
2020-10-10	1530	<b>Tropical Gourmet: New Caledonia</b>	Kanak Traditions	Justine goes exploring to find some exotic local ingredients like inyam, taro, and river prawns. The prawns are simply pan fried with shallots and butter while the inyam goes into a rich octopus stew.	AUSTRALIA	English-100		PG	
2020-10-10	1600	<b>The Cook And The Chef</b>	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G	
2020-10-10	1630	<b>The Cook And The Chef</b>	Just Vegetables	Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies.	AUSTRALIA	English-100		G	
2020-10-10	1700	<b>The Cook And The Chef</b>	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100		G	
2020-10-10	1730	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 5	Paul Hollywood raises the humble Fish Pie to the highest of luxury he thinks all the best British Pies and Puds deserve - complete with smoked langoustines and saffron.	UNITED KINGDOM	English-100		PG	
2020-10-10	1830	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 1, The Ep 5	The Herbert and the Ayoubis 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	
2020-10-10	1930	<b>Cheese Slices</b>	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	English-100		G	
2020-10-10	2000	<b>Cheese Slices</b>	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	English-100		G	

2020-10-10	2030	<b>Inside Heston's World</b>	Series 1 Ep 4	It's the final lunch service in Melbourne and the Fat Duck's last chance to dazzle the Australian public with a special menu featuring Heston's biggest culinary hits.	AUSTRALIA	English-100	RPT	PG	Y
2020-10-10	2130	<b>The Hairy Bikers' Food Tour Of Britain</b>	Cornwall	Si and Dave explore Cornwall, where they cook a traditional county favourite at the Eden Project. They go sea fishing for spider crabs and find the only tea plantation in the UK.	UNITED KINGDOM	English-100	RPT	G	
2020-10-10	2230	<b>The Sweet Life With Elise Strachan</b>	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100		G	
2020-10-10	2330	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 5	Paul Hollywood raises the humble Fish Pie to the highest of luxury he thinks all the best British Pies and Puds deserve - complete with smoked langoustines and saffron.	UNITED KINGDOM	English-100		PG	
2020-10-10	2430	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 1, The Ep 5	The Herbert and the Ayoubis 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	
2020-10-10	2530	<b>Cheese Slices</b>	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	English-100		G	
2020-10-10	2600	<b>Cheese Slices</b>	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	English-100		G	
2020-10-10	2630	<b>Inside Heston's World</b>	Series 1 Ep 4	It's the final lunch service in Melbourne and the Fat Duck's last chance to dazzle the Australian public with a special menu featuring Heston's biggest culinary hits.	AUSTRALIA	English-100	RPT	PG	Y
2020-10-10	2730	<b>The Hairy Bikers' Food Tour Of Britain</b>	Cornwall	Si and Dave explore Cornwall, where they cook a traditional county favourite at the Eden Project. They go sea fishing for spider crabs and find the only tea plantation in the UK.	UNITED KINGDOM	English-100	RPT	G	
2020-10-10	2830	<b>The Cook And The Chef</b>	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G	