



WEEK 42: Sunday, 13 October - Saturday, 19 October 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-10-13	0500	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		PG		
2019-10-13	0530	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				
2019-10-13	0630	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		
2019-10-13	0700	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		
2019-10-13	0730	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		
2019-10-13	0800	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
2019-10-13	0900	A Shared Table	Western Australia	Stephanie and Elena travel north and south of Perth to gather ingredients for a lunch of Mediterranean flavours and influences.	AUSTRALIA	English-100				
2019-10-13	0930	A Shared Table	Kangaroo Island And The Coorong South Australia	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				
2019-10-13	1000	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		
2019-10-13	1030	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		
2019-10-13	1100	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		
2019-10-13	1130	Avec Eric	Service With Flare	Great food calls for great service. Eric visits the Culinary Institute of America.	USA	English-100		G		
2019-10-13	1200	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
2019-10-13	1230	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
2019-10-13	1300	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		PG		
2019-10-13	1330	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		PG		
2019-10-13	1400	A Shared Table	Western Australia	Stephanie and Elena travel north and south of Perth to gather ingredients for a lunch of Mediterranean flavours and influences.	AUSTRALIA	English-100				
2019-10-13	1430	A Shared Table	Kangaroo Island And The Coorong South Australia	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				
2019-10-13	1500	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 2	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				Y

2019-10-13	1600	<b>Nigella: The Cook Who Changed Our Lives</b>	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-10-13	1700	<b>The Cook And The Chef</b>	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100		G		
2019-10-13	1730	<b>The Cook And The Chef</b>	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G		
2019-10-13	1800	<b>The Cook And The Chef</b>	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100		G		
2019-10-13	1830	<b>Rick Stein's Seafood Odyssey</b>	Spain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100		PG		
2019-10-13	1900	<b>Rick Stein's Seafood Odyssey</b>	Goa	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100		PG		
2019-10-13	1930	<b>Ainsley's Australian Market Menu</b>	Ainsley's Market Menu Series 1 Ep 1	The first stop on the Ainsley's Australian Market Menu is Willunga, a bustling farmers market in a charming, little town in South Australia.	AUSTRALIA	English-100	RPT		Y	
2019-10-13	2030	<b>Gino's Italian Escape</b>	Amalfi Coast	Chef Gino D'Acampo begins his Italian journey on the stunning Amalfi Coast. He visits the pretty town of Amalfi, a favourite holiday destination from his childhood.	UNITED KINGDOM	English-100				
2019-10-13	2100	<b>Gino's Italian Escape</b>	Naples	Chef Gino D'Acampo continues his Italian Escape in Naples - the area where he was born. Here, he examines the key foods and ingredients that have made the city famous, namely pizza and coffee.	UNITED KINGDOM	English-100				
2019-10-13	2130	<b>Food Safari</b>	Indian	Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.	AUSTRALIA	English-100	RPT	G	Y	
2019-10-13	2200	<b>Food Safari</b>	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good feta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G	Y	
2019-10-13	2230	<b>Destination Flavour China</b>	Beijing	Adam Liaw arrives in his Mum's home town of Beijing to begin a culinary, historical and personal journey through the ancient country of China.		English-70; Mandarin-30	RPT	G	Y	Y
2019-10-13	2300	<b>Destination Flavour China</b>	Anhui	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.		English-70; Mandarin-30	RPT	G	Y	Y
2019-10-13	2330	<b>Rick Stein's Seafood Odyssey</b>	Spain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100		PG		
2019-10-13	2400	<b>Rick Stein's Seafood Odyssey</b>	Goa	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100		PG		
2019-10-13	2430	<b>Ainsley's Australian Market Menu</b>	Ainsley's Market Menu Series 1 Ep 1	The first stop on the Ainsley's Australian Market Menu is Willunga, a bustling farmers market in a charming, little town in South Australia.	AUSTRALIA	English-100	RPT		Y	
2019-10-13	2530	<b>Gino's Italian Escape</b>	Amalfi Coast	Chef Gino D'Acampo begins his Italian journey on the stunning Amalfi Coast. He visits the pretty town of Amalfi, a favourite holiday destination from his childhood.	UNITED KINGDOM	English-100				
2019-10-13	2600	<b>Gino's Italian Escape</b>	Naples	Chef Gino D'Acampo continues his Italian Escape in Naples - the area where he was born. Here, he examines the key foods and ingredients that have made the city famous, namely pizza and coffee.	UNITED KINGDOM	English-100				
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2019-10-13	2800	<b>Destination Flavour China</b>	Anhui	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.		English-70; Mandarin-30	RPT	G	Y	Y
2019-10-13	2830	<b>Rick Stein's Seafood Odyssey</b>	Spain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100		PG		

2019-10-14	0500	<b>The Cook And The Chef</b>	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100		G		
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2019-10-14	0730	<b>Ainsley's Australian Market Menu</b>	Ainsley's Market Menu Series 1 Ep 1	The first stop on the Ainsley's Australian Market Menu is Willunga, a bustling farmers market in a charming, little town in South Australia.	AUSTRALIA	English-100	RPT			Y
2019-10-14	0830	<b>Rick Stein's Seafood Odyssey</b>	Spain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100		PG		
2019-10-14	0900	<b>Rick Stein's Seafood Odyssey</b>	Goa	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100		PG		
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2019-10-14	1100	<b>Gino's Italian Escape</b>	Naples	Chef Gino D'Acampo continues his Italian Escape in Naples - the area where he was born. Here, he examines the key foods and ingredients that have made the city famous, namely pizza and coffee.	UNITED KINGDOM	English-100				
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2019-10-14	1500	<b>Oliver's Twist</b>	Halloween	In preparation for a night of trick-or-treating with his friends' children, Jamie makes some party food to keep the autumn chill at bay.	UNITED KINGDOM	English-100		PG		
2019-10-14	1530	<b>Annabel Langbein: Free Range Cook</b>	Cherry Picker's Picnic	It's cherry season, and Annabel sets off on an adventure with young friends to fill their baskets with juicy, plump fruit and prepares a picnic for the occasion including a bacon and egg pie.	NEW ZEALAND	English-100				
2019-10-14	1600	<b>The Hairy Bikers: Mums Know Best</b>	Simple Suppers	The Hairy Bikers, delve into the legacy of those Simple dishes that send us off to bed feeling warm and satisfied.	UNITED KINGDOM	English-100				
2019-10-14	1705	<b>Miguel's Feasts</b>	Miguel's Feasts Series 2 Ep 13	Today, farm fresh produce with real bite, Miguel puts his churros up against some tasty donuts, a seaside classic you can make at home, and an easy Mother's day treat that kids can manage.	AUSTRALIA	English-100				
2019-10-14	1730	<b>BBQ Crawl</b>	Nashville's Kings Of Q	Danielle and her two favourite BBQ buddies, Randy and Andy, hit up the brightly lit Jack's BBQ in downtown Nashville Tennessee. It's as much a tourist stop as the Grand Ol' Opry!	USA	English-100				
2019-10-14	1800	<b>BBQ Crawl</b>	Tennessee Pork, Pie And Muddy Ribs	In rural Tennessee, Danielle visits Helen's BBQ, a place run by a female pitmaster! She's been stacking wood and hauling pigs since 1995.	USA	English-100				

2019-10-14	1830	<b>Rick Stein's India</b>	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-10-14	1935	<b>Bbq Champ</b>	Bbq Champ Series 1 Ep 3	It's time for the contestants to dust down their pinstripes and power suits as they head to the city for the epic low and slow location challenge.	UNITED KINGDOM	English-100				
2019-10-14	2030	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 5	Maeve O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, prawns, naan, lamb kebabs and an elaborate roast pumpkin.	AUSTRALIA	English-100	RPT	G	Y	
2019-10-14	2100	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 6	Maeve O'Meara explores Argentinian a la cruz style cooking, Brazilian churrasco, Sardinian suckling pig, Portuguese piri piri chicken and a crowd-pleasing Greek Easter lamb.	AUSTRALIA	English-100	RPT	G	Y	
2019-10-14	2130	<b>The Cook And The Chef</b>	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G		
2019-10-14	2200	<b>The Cook And The Chef</b>	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G		
2019-10-14	2230	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 8 Ep 20	It's Finals Week, and two Michelin-starred chef Marcus Wareing, chef and formidable perfectionist Monica Galetti, and maestro Gregg Wallace are just a step away from crowning the next winner.	UNITED KINGDOM	English-100		G		Y
2019-10-14	2335	<b>BBQ Crawl</b>	Nashville's Kings Of Q	Danielle and her two favourite BBQ buddies, Randy and Andy, hit up the brightly lit Jack's BBQ in downtown Nashville Tennessee. It's as much a tourist stop as the Grand Ol' Opry!	USA	English-100				
2019-10-14	2405	<b>BBQ Crawl</b>	Tennessee Pork, Pie And Muddy Ribs	In rural Tennessee, Danielle visits Helen's BBQ, a place run by a female pitmaster! She's been stacking wood and hauling pigs since 1995.	USA	English-100				
2019-10-14	2435	<b>Worst Cooks In America</b>	Two A Day	The recruits wake up to find Anne and Bobby in their pyjamas demanding breakfast at the recruit house. The remaining recruits make breakfast for them based on guest chef Sara Beth's eggs benedict.	USA	English-100		PG		
2019-10-14	2530	<b>Rick Stein's India</b>	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2019-10-14	2635	<b>Oliver's Twist</b>	Halloween	In preparation for a night of trick-or-treating with his friends' children, Jamie makes some party food to keep the autumn chill at bay.	UNITED KINGDOM	English-100		PG		
2019-10-14	2700	<b>Annabel Langbein: Free Range Cook</b>	Cherry Picker's Picnic	It's cherry season, and Annabel sets off on an adventure with young friends to fill their baskets with juicy, plump fruit and prepares a picnic for the occasion including a bacon and egg pie.	NEW ZEALAND	English-100				
2019-10-14	2730	<b>The Hairy Bikers: Mums Know Best</b>	Simple Suppers	The Hairy Bikers, delve into the legacy of those Simple dishes that send us off to bed feeling warm and satisfied.	UNITED KINGDOM	English-100				
2019-10-14	2835	<b>Miguel's Feasts</b>	Miguel's Feasts Series 2 Ep 13	Today, farm fresh produce with real bite, Miguel puts his churros up against some tasty donuts, a seaside classic you can make at home, and an easy Mother's day treat that kids can manage.	AUSTRALIA	English-100				
2019-10-15	0500	<b>BBQ Crawl</b>	Nashville's Kings Of Q	Danielle and her two favourite BBQ buddies, Randy and Andy, hit up the brightly lit Jack's BBQ in downtown Nashville Tennessee. It's as much a tourist stop as the Grand Ol' Opry!	USA	English-100				
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2019-10-15	1100	<b>Annabel Langbein: Free Range Cook</b>	Cherry Picker's Picnic	It's cherry season, and Annabel sets off on an adventure with young friends to fill their baskets with juicy, plump fruit and prepares a picnic for the occasion including a bacon and egg pie.	NEW ZEALAND	English-100				
2019-10-15	1130	<b>The Hairy Bikers: Mums Know Best</b>	Simple Suppers	The Hairy Bikers, delve into the legacy of those Simple dishes that send us off to bed feeling warm and satisfied.	UNITED KINGDOM	English-100				
2019-10-15	1235	<b>Miguel's Feasts</b>	Miguel's Feasts Series 2 Ep 13	Today, farm fresh produce with real bite, Miguel puts his churros up against some tasty donuts, a seaside classic you can make at home, and an easy Mother's day treat that kids can manage.	AUSTRALIA	English-100				
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2019-10-15	1500	<b>Oliver's Twist</b>	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100		G		
2019-10-15	1530	<b>Annabel Langbein: Free Range Cook</b>	To Market To Market	Every Sunday morning Annabel makes the 30-minute journey in her trusty yellow truck to the farmers' market in Old Cromwell Town to stock up on the best local produce.	NEW ZEALAND	English-100				
2019-10-15	1600	<b>The Hairy Bikers: Mums Know Best</b>	Sunday Dinners	There is nothing nicer than your mum's Sunday Dinner and The Hairy Bikers are on a mission to champion this national triumph.	UNITED KINGDOM	English-100				
2019-10-15	1705	<b>Rachel Allen's Everyday Kitchen</b>	Food From Home	Rachel demonstrates how to cook with thrift, sustainability, health and a little 'kitchen cunning' in mind.	UNITED KINGDOM	English-100				
2019-10-15	1735	<b>BBQ Crawl</b>	Texas Brisket, Food Trucks And Heat Waves	Danielle visits Longoria's BBQ outside of Fort Worth for their famous beef jerkey and brisket sausage.	USA	English-100				
2019-10-15	1805	<b>BBQ Crawl</b>	Lockhart's Legendary Q	Danielle heads south to Lockhart, the birthplace of Texas BBQ. First up, is Smitty's Market, a beloved old building that serves up traditional German-style BBQ, which means smoked sausage.	USA	English-100				
2019-10-15	1830	<b>Rick Stein's India</b>	Mumbai And Pondicherry	Rick explores the melting pot that is Mumbai in search of the bombil, the fish that immortalised Bombay Duck. He also gets to enjoy Parsee hospitality and learn about their contribution to India.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-10-15	1935	<b>The Hairy Bikers' Food Tour Of Britain</b>	Herefordshire	Si and Dave explore Herefordshire, where they cook a traditional county favourite at Goodrich Castle. They also visit a snail farm and discover English cassis.	UNITED KINGDOM	English-100	RPT	G		
2019-10-15	2030	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 16	Paul Hollywood celebrates the best of hearty British pies and puds with Michelin Starred Chef Glynn Purnell.	UNITED KINGDOM	English-100		PG		
2019-10-15	2130	<b>The Cook And The Chef</b>	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G		

2019-10-15	2200	<b>The Cook And The Chef</b>	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2019-10-15	2230	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 8 Ep 21	It's the Professional MasterChef final. Two Michelin-starred Marcus Wareing, formidable chef Monica Galetti, and MasterChef maestro Gregg Wallace reach the end of their search for a winner.	UNITED KINGDOM	English-100		G		Y
2019-10-15	2335	<b>BBQ Crawl</b>	Texas Brisket, Food Trucks And Heat Waves	Danielle visits Longoria's BBQ outside of Fort Worth for their famous beef jerkey and brisket sausage.	USA	English-100				
2019-10-15	2405	<b>BBQ Crawl</b>	Lockhart's Legendary Q	Danielle heads south to Lockhart, the birthplace of Texas BBQ. First up, is Smitty's Market, a beloved old building that serves up traditional German-style BBQ, which means smoked sausage.	USA	English-100				
2019-10-15	2430	<b>Worst Cooks In America</b>	Eat, Pray, Love	Four recruits are left and are one week away from a chance of winning \$25,000. Bobby and Anne challenge their recruits to show them how much they've learned by a role reversal teaching tool.	USA	English-100		PG		
2019-10-15	2530	<b>Rick Stein's India</b>	Mumbai And Pondicherry	Rick explores the melting pot that is Mumbai in search of the bombil, the fish that immortalised Bombay Duck. He also gets to enjoy Parsee hospitality and learn about their contribution to India.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-10-15	2635	<b>Oliver's Twist</b>	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100		G		
2019-10-15	2700	<b>Annabel Langbein: Free Range Cook</b>	To Market To Market	Every Sunday morning Annabel makes the 30-minute journey in her trusty yellow truck to the farmers' market in Old Cromwell Town to stock up on the best local produce.	NEW ZEALAND	English-100				
2019-10-15	2730	<b>The Hairy Bikers: Mums Know Best</b>	Sunday Dinners	There is nothing nicer than your mum's Sunday Dinner and The Hairy Bikers are on a mission to champion this national triumph.	UNITED KINGDOM	English-100				
2019-10-15	2835	<b>Rachel Allen's Everyday Kitchen</b>	Food From Home	Rachel demonstrates how to cook with thrift, sustainability, health and a little 'kitchen cunning' in mind.	UNITED KINGDOM	English-100				
2019-10-16	0500	<b>BBQ Crawl</b>	Texas Brisket, Food Trucks And Heat Waves	Danielle visits Longoria's BBQ outside of Fort Worth for their famous beef jerkey and brisket sausage.	USA	English-100				
2019-10-16	0530	<b>The Cook And The Chef</b>	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G		
2019-10-16	0600	<b>The Cook And The Chef</b>	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2019-10-16	0630	<b>Oliver's Twist</b>	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100		G		
2019-10-16	0700	<b>BBQ Crawl</b>	Lockhart's Legendary Q	Danielle heads south to Lockhart, the birthplace of Texas BBQ. First up, is Smitty's Market, a beloved old building that serves up traditional German-style BBQ, which means smoked sausage.	USA	English-100				
2019-10-16	0730	<b>The Hairy Bikers' Food Tour Of Britain</b>	Herefordshire	Si and Dave explore Herefordshire, where they cook a traditional county favourite at Goodrich Castle. They also visit a snail farm and discover English cassis.	UNITED KINGDOM	English-100	RPT	G		
2019-10-16	0830	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 16	Paul Hollywood celebrates the best of hearty British pies and puds with Michelin Starred Chef Glynn Purnell.	UNITED KINGDOM	English-100		PG		
2019-10-16	0930	<b>Masterchef: The Professionals</b>	Masterchef: The Professionals Series 8 Ep 21	It's the Professional MasterChef final. Two Michelin-starred Marcus Wareing, formidable chef Monica Galetti, and MasterChef maestro Gregg Wallace reach the end of their search for a winner.	UNITED KINGDOM	English-100		G		Y
2019-10-16	1035	<b>Oliver's Twist</b>	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100		G		
2019-10-16	1100	<b>Annabel Langbein: Free Range Cook</b>	To Market To Market	Every Sunday morning Annabel makes the 30-minute journey in her trusty yellow truck to the farmers' market in Old Cromwell Town to stock up on the best local produce.	NEW ZEALAND	English-100				
2019-10-16	1130	<b>The Hairy Bikers: Mums Know Best</b>	Sunday Dinners	There is nothing nicer than your mum's Sunday Dinner and The Hairy Bikers are on a mission to champion this national triumph.	UNITED KINGDOM	English-100				

2019-10-16	1235	<b>Rachel Allen's Everyday Kitchen</b>	Food From Home	Rachel demonstrates how to cook with thrift, sustainability, health and a little 'kitchen cunning' in mind.	UNITED KINGDOM	English-100					
2019-10-16	1305	<b>BBQ Crawl</b>	Texas Brisket, Food Trucks And Heat Waves	Danielle visits Longoria's BBQ outside of Fort Worth for their famous beef jerky and brisket sausage.	USA	English-100					
2019-10-16	1335	<b>Worst Cooks In America</b>	Eat, Pray, Love	Four recruits are left and are one week away from a chance of winning \$25,000. Bobby and Anne challenge their recruits to show them how much they've learned by a role reversal teaching tool.	USA	English-100					PG
2019-10-16	1430	<b>BBQ Crawl</b>	Lockhart's Legendary Q	Danielle heads south to Lockhart, the birthplace of Texas BBQ. First up, is Smitty's Market, a beloved old building that serves up traditional German-style BBQ, which means smoked sausage.	USA	English-100					
2019-10-16	1500	<b>Oliver's Twist</b>	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100					G
2019-10-16	1530	<b>Annabel Langbein: Free Range Cook</b>	Show Me The Honey	Annabel needs to replenish one of her pantry essentials - honey. She travels to stunning Alexandra for her favourite organic honey and on the way learns a few tips for cooking with this sweet treat.	NEW ZEALAND	English-100					
2019-10-16	1600	<b>The Hairy Bikers: Mums Know Best</b>	Show Off Dishes	Si King and Dave Myers sample such delights as a Pig's Trotter dish from the Baltics, a Lemon Souffle by order of the Royal family, and they learn the secret behind a perfect baked Alaska.	UNITED KINGDOM	English-100					
2019-10-16	1705	<b>Rachel Allen's Everyday Kitchen</b>	Dinner Party	We're at home with Rachel and family as she reinvents a timeless classic, adding a new and delicious twist to everyone's favourite, roast chicken.	UNITED KINGDOM	English-100					
2019-10-16	1735	<b>BBQ Crawl</b>	Bison Beer And Bbq	Kansas is known for bison, so that's what Danielle is out to find. At 'Public at the Brickyard' they serve up tasty bison burgers complete with crushed espresso seasoning and chipotle aioli.	USA	English-100					
2019-10-16	1805	<b>BBQ Crawl</b>	Firehall Q, Cattle Auctions And Strawberry Banana Cake	Danielle heads to Jet BBQ in Wichita Kansas. Located in a historical firehouse, this is a true drive-thru - drive in one door, order your goods, and drive out.	USA	English-100					
2019-10-16	1830	<b>Rick Stein's India</b>	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands.	UNITED KINGDOM	English-100	RPT		PG	Y	Y
2019-10-16	1935	<b>Bbq Champ</b>	Bbq Champ Series 1 Ep 4	It's the semi-final and the stakes are high with just five BBQers remain in the hunt for the title BBQ Champ 2015 and the £25,000 cash prize.	UNITED KINGDOM	English-100					
2019-10-16	2030	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 7	As the cuisines of the world developed different techniques to capture fire, they also produced a range of pots and pans. Maeve learns about different types of cookware.	AUSTRALIA	English-100	RPT		G	Y	
2019-10-16	2100	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 8	Celebrates Asian recipes all designed to cook over coals. Maeve explores Vietnamese bun cha, Korean beef ribs, Xinjiang lamb skewers, Japanese kushiyaki and Thai gai yang.	AUSTRALIA	English-100	RPT		G	Y	
2019-10-16	2130	<b>The Cook And The Chef</b>	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's Chilli Quail is a crispy explosion of flavours and Maggie uses Quince paste.	AUSTRALIA	English-100					G
2019-10-16	2200	<b>The Cook And The Chef</b>	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100					G
2019-10-16	2230	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 1	One of the larrikin characters from Downton Abbey join James at the bench. Actor Ed Speelers talks about his Agatha Christie series, and then he tucks into a classic Victorian sponge.	UNITED KINGDOM	English-100					G
2019-10-16	2330	<b>BBQ Crawl</b>	Bison Beer And Bbq	Kansas is known for bison, so that's what Danielle is out to find. At 'Public at the Brickyard' they serve up tasty bison burgers complete with crushed espresso seasoning and chipotle aioli.	USA	English-100					
2019-10-16	2400	<b>BBQ Crawl</b>	Firehall Q, Cattle Auctions And Strawberry Banana Cake	Danielle heads to Jet BBQ in Wichita Kansas. Located in a historical firehouse, this is a true drive-thru - drive in one door, order your goods, and drive out.	USA	English-100					
2019-10-16	2430	<b>Worst Cooks In America</b>	Timer's Up	The final two recruits will have to prepare a three-course menu for a panel of culinary titans at a New York City Restaurant with no help from Anne and Bobby.	USA	English-100					PG
2019-10-16	2530	<b>Rick Stein's India</b>	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands.	UNITED KINGDOM	English-100	RPT		PG	Y	Y

2019-10-16	2635	<b>Oliver's Twist</b>	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100			G	
2019-10-16	2700	<b>Annabel Langbein: Free Range Cook</b>	Show Me The Honey	Annabel needs to replenish one of her pantry essentials - honey. She travels to stunning Alexandra for her favourite organic honey and on the way learns a few tips for cooking with this sweet treat.	NEW ZEALAND	English-100				
2019-10-16	2730	<b>The Hairy Bikers: Mums Know Best</b>	Show Off Dishes	Si King and Dave Myers sample such delights as a Pig's Trotter dish from the Baltics, a Lemon Souffle by order of the Royal family, and they learn the secret behind a perfect baked Alaska.	UNITED KINGDOM	English-100				
2019-10-16	2835	<b>Rachel Allen's Everyday Kitchen</b>	Dinner Party	We're at home with Rachel and family as she reinvents a timeless classic, adding a new and delicious twist to everyone's favourite, roast chicken.	UNITED KINGDOM	English-100				
2019-10-17	0500	<b>BBQ Crawl</b>	Bison Beer And Bbq	Kansas is known for bison, so that's what Danielle is out to find. At 'Public at the Brickyard' they serve up tasty bison burgers complete with crushed espresso seasoning and chipotle aioli.	USA	English-100				
2019-10-17	0530	<b>The Cook And The Chef</b>	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's Chilli Quail is a crispy explosion of flavours and Maggie uses Quince paste.	AUSTRALIA	English-100			G	
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2019-10-17	0630	<b>Oliver's Twist</b>	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100			G	
2019-10-17	0700	<b>BBQ Crawl</b>	Firehall Q, Cattle Auctions And Strawberry Banana Cake	Danielle heads to Jet BBQ in Wichita Kansas. Located in a historical firehouse, this is a true drive-thru - drive in one door, order your goods, and drive out.	USA	English-100				
2019-10-17	0730	<b>Bbq Champ</b>	Bbq Champ Series 1 Ep 4	It's the semi-final and the stakes are high with just five BBQers remain in the hunt for the title BBQ Champ 2015 and the £25,000 cash prize.	UNITED KINGDOM	English-100				
2019-10-17	0830	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 7	As the cuisines of the world developed different techniques to capture fire, they also produced a range of pots and pans. Maeve learns about different types of cookware.	AUSTRALIA	English-100	RPT		G	Y
2019-10-17	0900	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 8	Celebrates Asian recipes all designed to cook over coals. Maeve explores Vietnamese bun cha, Korean beef ribs, Xinjiang lamb skewers, Japanese kushiyaki and Thai gai yang.	AUSTRALIA	English-100	RPT		G	Y
2019-10-17	0930	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 1	One of the larrikin characters from Downton Abbey join James at the bench. Actor Ed Speelers talks about his Agatha Christie series, and then he tucks into a classic Victorian sponge.	UNITED KINGDOM	English-100			G	
2019-10-17	1030	<b>Oliver's Twist</b>	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100			G	
2019-10-17	1100	<b>Annabel Langbein: Free Range Cook</b>	Show Me The Honey	Annabel needs to replenish one of her pantry essentials - honey. She travels to stunning Alexandra for her favourite organic honey and on the way learns a few tips for cooking with this sweet treat.	NEW ZEALAND	English-100				
2019-10-17	1130	<b>The Hairy Bikers: Mums Know Best</b>	Show Off Dishes	Si King and Dave Myers sample such delights as a Pig's Trotter dish from the Baltics, a Lemon Souffle by order of the Royal family, and they learn the secret behind a perfect baked Alaska.	UNITED KINGDOM	English-100				
2019-10-17	1235	<b>Rachel Allen's Everyday Kitchen</b>	Dinner Party	We're at home with Rachel and family as she reinvents a timeless classic, adding a new and delicious twist to everyone's favourite, roast chicken.	UNITED KINGDOM	English-100				
2019-10-17	1305	<b>BBQ Crawl</b>	Bison Beer And Bbq	Kansas is known for bison, so that's what Danielle is out to find. At 'Public at the Brickyard' they serve up tasty bison burgers complete with crushed espresso seasoning and chipotle aioli.	USA	English-100				
2019-10-17	1335	<b>Worst Cooks In America</b>	Timer's Up	The final two recruits will have to prepare a three-course menu for a panel of culinary titans at a New York City Restaurant with no help from Anne and Bobby.	USA	English-100			PG	
2019-10-17	1430	<b>BBQ Crawl</b>	Firehall Q, Cattle Auctions And Strawberry Banana Cake	Danielle heads to Jet BBQ in Wichita Kansas. Located in a historical firehouse, this is a true drive-thru - drive in one door, order your goods, and drive out.	USA	English-100				





2019-10-18	0500	<b>BBQ Crawl</b>	Oklahoma Sauce, Smokers And The Cherokee Strip Cookoff	Danielle visits sauce empire 'Head Country', in Ponca City Oklahoma where they churn out 6000 gallons per day. Danielle chows down on the sampler platter - ribs, sausage, a half chickens and brisket.	USA	English-100			
2019-10-18	0530	<b>The Cook And The Chef</b>	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100			G
2019-10-18	0600	<b>The Cook And The Chef</b>	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100			G
2019-10-18	0630	<b>Oliver's Twist</b>	My New Kitchen	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100			G
2019-10-18	0700	<b>BBQ Crawl</b>	Poboy's, Shrimpin' Trawlin And Bbq Crawl'n'	Danielle hits up the lively city of New Orleans to eat at Boucherie, a southern fine dining experience that fuses together traditional BBQ and international cuisine.	USA	English-100			
2019-10-18	0730	<b>Heston's Feasts</b>	80s Feast	Heston returns to the 1980s, cooking up sake champagne in a giant mobile phone with edible sushi money, the ultimate toasted sandwich and a power lobster in the microwave.	UNITED KINGDOM	English-100	RPT		G Y
2019-10-18	0830	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 1	Helen visits Melbourne restaurant 'Shop 225' to taste their authentic Italian gluten free pizzas before heading back to the studio to cook cauliflower pizza crust from scratch.					
2019-10-18	0900	<b>Delia's How To Cook</b>	Store Cupboard	Delia advises on an essential part of a cook's repertoire - store cupboard ingredients. There are around 40 items - from unrefined sugar to star anise - that she wouldn't be without.	UNITED KINGDOM	English-100			G
2019-10-18	0930	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 2	Celebrity chef and all-round good guy Rick Stein, guest hosts this week to steer us through some heavenly dishes. Rick is in fine company with not one but two Michelin starred chefs.	UNITED KINGDOM	English-100			G
2019-10-18	1030	<b>Oliver's Twist</b>	My New Kitchen	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100			G
2019-10-18	1100	<b>Annabel Langbein: Free Range Cook</b>	Good Egg, A	Annabel travels to Waimate to gather eggs from mad keen poultry enthusiast John Davies.	NEW ZEALAND	English-100			
2019-10-18	1130	<b>The Hairy Bikers: Mums Know Best</b>	Birthday Treats	On your one special day, you deserve the best dish on the menu and who better to steer you in the right direction than The Hairy Bikers.	UNITED KINGDOM	English-100			
2019-10-18	1235	<b>Rachel Allen's Everyday Kitchen</b>	Sunny Days	Simply delicious food for hot sunny weather is the order of the day as Rachel whips up a nutty quinoa salad, a potato, smoked salmon and dill tart and a spinach, bacon and gruyère frittata.	UNITED KINGDOM	English-100			
2019-10-18	1305	<b>BBQ Crawl</b>	Oklahoma Sauce, Smokers And The Cherokee Strip Cookoff	Danielle visits sauce empire 'Head Country', in Ponca City Oklahoma where they churn out 6000 gallons per day. Danielle chows down on the sampler platter - ribs, sausage, a half chickens and brisket.	USA	English-100			
2019-10-18	1335	<b>Worst Cooks In America</b>	Worst Of The Worst	Fourteen 'recruits', each nominated by family and friends for their horrendous cooking skills, arrive at Boot Camp to find Anne and Bobby with grocery bags full of food found in their homes.	USA	English-100			PG
2019-10-18	1430	<b>BBQ Crawl</b>	Poboy's, Shrimpin' Trawlin And Bbq Crawl'n'	Danielle hits up the lively city of New Orleans to eat at Boucherie, a southern fine dining experience that fuses together traditional BBQ and international cuisine.	USA	English-100			
2019-10-18	1500	<b>Oliver's Twist</b>	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100			G
2019-10-18	1530	<b>Annabel Langbein: Free Range Cook</b>	Girlfriends Go Fishing In Dusk	When Annabel is offered a weekend on a charter boat in remote Dusky Sound, she invites a couple of girlfriends to join her. After a day of fishing they all relax and celebrate their catch.	NEW ZEALAND	English-100			
2019-10-18	1600	<b>The Hairy Bikers: Mums Know Best</b>	Comforting Food	Si and Dave visit three mums' homes where they cook meals designed to cheer anyone up including tomato soup with spicy rouille and cheesy croutons, homemade fish fingers, and oxtail stew.	UNITED KINGDOM	English-100			
2019-10-18	1705	<b>Rachel Allen's Everyday Kitchen</b>	Slow Food	Take time out to try these slow cook dishes when the pace of life gets too much and take a glimpse behind the scenes at a major international food show.	UNITED KINGDOM	English-100			
2019-10-18	1735	<b>BBQ Crawl</b>	Smoked Tofu, Flyboys And Fun	Danielle visits Johnny Mitchell's Smokehouse, a backwoods BBQ joint. They serve up hand cut steaks, fresh seafood and authentic barbecue slow smoked over cherry and hickory wood.	USA	English-100			

2019-10-18	1805	<b>BBQ Crawl</b>	Huge Sammies, Fishing And Gerogian Gumbo	Danielle stops at the Oink Joint, a smalltown joint in Zebulon Georgia. The Oink Joint has only been around for 3 years but these guys are packed. They have a rep for their huge sandwich creations.	USA	English-100					
2019-10-18	1830	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G	Y		
2019-10-18	1935	<b>Rick Stein's Mediterranean Escapes</b>	Puglia And Corfu	Rick makes his way to the Greek island of Corfu, where he attends a family feast, visits restaurant kitchens all over the island, and learns to make authentic Greek dishes like pastitsio.	UNITED KINGDOM	English-100	RPT	G	Y		
2019-10-18	2040	<b>Nigella Kitchen</b>	Suppertime And The Cooking Is Easy	If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes is the work of moments.	UNITED KINGDOM	English-100				PG	
2019-10-18	2110	<b>Nigella Kitchen</b>	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100				G	
2019-10-18	2140	<b>The Cook And The Chef</b>	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100				G	
2019-10-18	2210	<b>The Cook And The Chef</b>	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100				G	
2019-10-18	2240	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 3	James Martin is back in the kitchen this week, where he's joined by celebrity guest Edith Bowman. Edith shares her stories from her adventures around the UK music festival circuit.	UNITED KINGDOM	English-100				G	
2019-10-18	2335	<b>BBQ Crawl</b>	Smoked Tofu, Flyboys And Fun	Danielle visits Johnny Mitchell's Smokehouse, a backwoods BBQ joint. They serve up hand cut steaks, fresh seafood and authentic barbecue slow smoked over cherry and hickory wood.	USA	English-100					
2019-10-18	2405	<b>BBQ Crawl</b>	Huge Sammies, Fishing And Gerogian Gumbo	Danielle stops at the Oink Joint, a smalltown joint in Zebulon Georgia. The Oink Joint has only been around for 3 years but these guys are packed. They have a rep for their huge sandwich creations.	USA	English-100					
2019-10-18	2430	<b>Worst Cooks In America</b>	Straight Edge Skills	The remaining recruits wake up to a note from Anne and Bobby saying they are going on a culinary field trip on the high seas. They head to the docks and jump aboard a fishing boat.	USA	English-100				PG	Y
2019-10-18	2530	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G	Y		
2019-10-18	2635	<b>Oliver's Twist</b>	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100				G	
2019-10-18	2700	<b>Annabel Langbein: Free Range Cook</b>	Girlfriends Go Fishing In Dusk	When Annabel is offered a weekend on a charter boat in remote Dusky Sound, she invites a couple of girlfriends to join her. After a day of fishing they all relax and celebrate their catch.	NEW ZEALAND	English-100					
2019-10-18	2730	<b>The Hairy Bikers: Mums Know Best</b>	Comforting Food	Si and Dave visit three mums' homes where they cook meals designed to cheer anyone up including tomato soup with spicy rouille and cheesy croutons, homemade fish fingers, and oxtail stew.	UNITED KINGDOM	English-100					
2019-10-18	2835	<b>Rachel Allen's Everyday Kitchen</b>	Slow Food	Take time out to try these slow cook dishes when the pace of life gets too much and take a glimpse behind the scenes at a major international food show.	UNITED KINGDOM	English-100					
2019-10-19	0500	<b>BBQ Crawl</b>	Smoked Tofu, Flyboys And Fun	Danielle visits Johnny Mitchell's Smokehouse, a backwoods BBQ joint. They serve up hand cut steaks, fresh seafood and authentic barbecue slow smoked over cherry and hickory wood.	USA	English-100					
2019-10-19	0530	<b>The Cook And The Chef</b>	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100				G	
2019-10-19	0600	<b>The Cook And The Chef</b>	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100				G	
2019-10-19	0630	<b>Oliver's Twist</b>	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100				G	
2019-10-19	0700	<b>BBQ Crawl</b>	Huge Sammies, Fishing And Gerogian Gumbo	Danielle stops at the Oink Joint, a smalltown joint in Zebulon Georgia. The Oink Joint has only been around for 3 years but these guys are packed. They have a rep for their huge sandwich creations.	USA	English-100					
2019-10-19	0730	<b>Rick Stein's Mediterranean Escapes</b>	Puglia And Corfu	Rick makes his way to the Greek island of Corfu, where he attends a family feast, visits restaurant kitchens all over the island, and learns to make authentic Greek dishes like pastitsio.	UNITED KINGDOM	English-100	RPT	G	Y		

2019-10-19	0835	<b>Nigella Kitchen</b>	Suppertime And The Cooking Is Easy	If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes is the work of moments.	UNITED KINGDOM	English-100		PG		
2019-10-19	0905	<b>Nigella Kitchen</b>	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100		G		
2019-10-19	0935	<b>Saturday Kitchen</b>	Saturday Kitchen Series 1 Ep 3	James Martin is back in the kitchen this week, where he's joined by celebrity guest Edith Bowman. Edith shares her stories from her adventures around the UK music festival circuit.	UNITED KINGDOM	English-100		G		
2019-10-19	1030	<b>Oliver's Twist</b>	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100		G		
2019-10-19	1100	<b>Annabel Langbein: Free Range Cook</b>	Girlfriends Go Fishing In Dusk	When Annabel is offered a weekend on a charter boat in remote Dusky Sound, she invites a couple of girlfriends to join her. After a day of fishing they all relax and celebrate their catch.	NEW ZEALAND	English-100				
2019-10-19	1130	<b>The Hairy Bikers: Mums Know Best</b>	Comforting Food	Si and Dave visit three mums' homes where they cook meals designed to cheer anyone up including tomato soup with spicy rouille and cheesy croutons, homemade fish fingers, and oxtail stew.	UNITED KINGDOM	English-100				
2019-10-19	1235	<b>Rachel Allen's Everyday Kitchen</b>	Slow Food	Take time out to try these slow cook dishes when the pace of life gets too much and take a glimpse behind the scenes at a major international food show.	UNITED KINGDOM	English-100				
2019-10-19	1305	<b>Worst Cooks In America</b>	Straight Edge Skills	The remaining recruits wake up to a note from Anne and Bobby saying they are going on a culinary field trip on the high seas. They head to the docks and jump aboard a fishing boat.	USA	English-100		PG		Y
2019-10-19	1400	<b>Lee Chan's World Tour</b>	Vietnam	Lee is celebrating the Vietnamese New Year as thousands of people line the streets to enjoy song, dance and street style food. Lee soon finds herself cooking up a feast for some hungry locals.	AUSTRALIA	English-100		G		Y
2019-10-19	1430	<b>Anjum's Australian Spice Stories</b>	Getting Started	Anjum Anand gives us a lesson in essential Indian spices, putting them to use in a ginger masala chai that she cooks over an open flame in the countryside.	AUSTRALIA	English-100		G		
2019-10-19	1500	<b>Dinner Date South Africa</b>	Dinner Date South Africa Series 1 Ep 3	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				
2019-10-19	1600	<b>The Cook And The Chef</b>	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100		G		
2019-10-19	1630	<b>The Cook And The Chef</b>	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100		G		
2019-10-19	1700	<b>The Cook And The Chef</b>	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100		G		
2019-10-19	1730	<b>Jonathan Phang's Gourmet Express</b>	Bucharest To Istanbul	Jonathan Phang retraces Queen of crime Agatha Christie's footsteps in a journey which inspired her most famous novel - Murder On The Orient Express.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-10-19	1830	<b>A Shared Table</b>	Victoria's Western District	Stephanie visits her Australian-Hungarian friend George Biron at Sunnybrae, at his restaurant in a paddock located in Birregurra, inland from the Great Ocean Road.	AUSTRALIA	English-100				
2019-10-19	1900	<b>A Shared Table</b>	Melbourne	In her hometown, Stephanie reflects on the fact that Melbourne offers some of the freshest and most diverse food in the world.	AUSTRALIA	English-100				
2019-10-19	1930	<b>Cheese Slices</b>	Bhutan: Yak's Cheese And Butter	Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes.	AUSTRALIA			G		
2019-10-19	2000	<b>Cheese Slices</b>	Turkey: Traditional Cheeses Of Turkey	Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin.	AUSTRALIA			G		
2019-10-19	2030	<b>Avec Eric</b>	Farm To Table	Eric visits Polyface Farms in rural Virginia. Farmer Joel Salatin has worked for 40 years creating a green, sustainable farm raising cattle, chickens, and pigs.	USA	English-100		G		
2019-10-19	2100	<b>Avec Eric</b>	Dinner Social	Eric Ripert visits Ratna Ling, a Buddhist retreat and study centre on the northern coast of California. While there, he enjoys a time of rest and relaxation.	USA	English-100		G		
2019-10-19	2130	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 7	Shane Delia's culinary journey across the Middle East continues as he travels to Iran, home to one of the world's most influential cooking traditions - Persian cuisine.	AUSTRALIA	English-100	RPT	PG	Y	Y

2019-10-19	2200	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 8	In Iran, Shane takes to the silk road to meet nomads that have been keeping ancient methods of bread making alive. He then visits the largest saffron farms in the region.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-10-19	2230	<b>Carnival Eats</b>	Guac To Remember, A	Host Noah Cappe takes the west coast by storm starting with the Pacific National Exhibition in Vancouver, Canada.	USA	English-100		PG		
2019-10-19	2300	<b>Carnival Eats</b>	Cheesy Rider	At the Prince William County Fair in Manassas, Virginia, Host Noah Cappe eats big with the Monumental Grilled Cheese a sandwich piled high with burger patties, bacon, onions, and of course, an egg.	USA	English-100		PG		
2019-10-19	2330	<b>Jonathan Phang's Gourmet Express</b>	Bucharest To Istanbul	Jonathan Phang retraces Queen of crime Agatha Christie's footsteps in a journey which inspired her most famous novel - Murder On The Orient Express.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-10-19	2430	<b>A Shared Table</b>	Victoria's Western District	Stephanie visits her Australian-Hungarian friend George Biron at Sunnybrae, at his restaurant in a paddock located in Birregurra, inland from the Great Ocean Road.	AUSTRALIA	English-100				
2019-10-19	2500	<b>A Shared Table</b>	Melbourne	In her hometown, Stephanie reflects on the fact that Melbourne offers some of the freshest and most diverse food in the world.	AUSTRALIA	English-100				
2019-10-19	2530	<b>Cheese Slices</b>	Bhutan: Yak's Cheese And Butter	Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes.	AUSTRALIA			G		
2019-10-19	2600	<b>Cheese Slices</b>	Turkey: Traditional Cheeses Of Turkey	Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin.	AUSTRALIA			G		
2019-10-19	2630	<b>Avec Eric</b>	Farm To Table	Eric visits Polyface Farms in rural Virginia. Farmer Joel Salatin has worked for 40 years creating a green, sustainable farm raising cattle, chickens, and pigs.	USA	English-100		G		
2019-10-19	2700	<b>Avec Eric</b>	Dinner Social	Eric Ripert visits Ratna Ling, a Buddhist retreat and study centre on the northern coast of California. While there, he enjoys a time of rest and relaxation.	USA	English-100		G		
2019-10-19	2730	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 7	Shane Delia's culinary journey across the Middle East continues as he travels to Iran, home to one of the world's most influential cooking traditions - Persian cuisine.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-10-19	2800	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 8	In Iran, Shane takes to the silk road to meet nomads that have been keeping ancient methods of bread making alive. He then visits the largest saffron farms in the region.	AUSTRALIA	English-100	RPT	PG	Y	Y
2019-10-19	2830	<b>Carnival Eats</b>	Guac To Remember, A	Host Noah Cappe takes the west coast by storm starting with the Pacific National Exhibition in Vancouver, Canada.	USA	English-100		PG		