



WEEK 43: Sunday, 20 October - Saturday, 26 October 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-10-20	0500	Carnival Eats	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		
2019-10-20	0530	Lee Chan's World Tour	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
2019-10-20	0600	Anjum's Australian Spice Stories	Getting Started	Anjum Anand gives us a lesson in essential Indian spices, putting them to use in a ginger masala chai that she cooks over an open flame in the countryside.	AUSTRALIA	English-100		G		
2019-10-20	0630	Dinner Date South Africa	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		PG		
2019-10-20	0730	The Cook And The Chef	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		
2019-10-20	0800	The Cook And The Chef	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		
2019-10-20	0830	Jonathan Phang's Gourmet Express	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
2019-10-20	0930	A Shared Table	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		PG		
2019-10-20	1000	A Shared Table	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		PG		
2019-10-20	1030	Cheese Slices	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		
2019-10-20	1100	Cheese Slices	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		
2019-10-20	1130	Avec Eric	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		
2019-10-20	1200	Avec Eric	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		
2019-10-20	1230	Shane Delia's Spice Journey	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
2019-10-20	1300	Shane Delia's Spice Journey	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
2019-10-20	1330	Carnival Eats	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		
2019-10-20	1400	Lee Chan's World Tour	Egypt	Travelling back in time, Lee begins her tour like most tourists do - at the Pyramids of Giza.	AUSTRALIA	English-100		G		
2019-10-20	1430	Anjum's Australian Spice Stories	Picnic, The	Anjum decides to create some holiday memories for her family by putting an Indian spin on a family picnic. She kicks off with a traditional home-made Indian cheese known as Paneer.	AUSTRALIA	English-100		G		

2019-10-20	1500	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 4	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			PG		
2019-10-20	1600	The Cook And The Chef	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100			G		
2019-10-20	1630	The Cook And The Chef	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always been part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100			G		
2019-10-20	1700	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas (complete with cakes and cucumber sandwiches) were quite the done thing.	AUSTRALIA	English-100			G		
2019-10-20	1730	Loving Gluten Free	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.							
2019-10-20	1800	Delia's How To Cook	Eggs: Boiling And Scrambling	From how to test for freshness, to how to boil, poach, and scramble eggs to perfection, Delia explains all you need to know about the humble egg.	UNITED KINGDOM	English-100			G		
2019-10-20	1830	Rick Stein's Seafood Odyssey	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing.	UNITED KINGDOM	English-100			PG		
2019-10-20	1900	Rick Stein's Seafood Odyssey	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland in America. The area is famous for striped bass or 'one hell of a big, beefy, bouncy fish' as Rick describes it.	UNITED KINGDOM	English-100			PG		
2019-10-20	1930	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 2	Ainsley's next stop is the coastal town of Warrnambool in Victoria, where rolling green pastures meet the deep blue sea.	AUSTRALIA	English-100	RPT		PG	Y	
2019-10-20	2030	Gino's Italian Escape	Bari	Italian chef Gino D'Acampo explores the intriguing region of Puglia where centuries old tradition meets modern day Italy. The region is world-famous for its olive oil.	UNITED KINGDOM	English-100			PG		
2019-10-20	2100	Gino's Italian Escape	Rome	Gino D'Acampo's Italian Escape continues in the Italy's capital. As a chef, Gino has always been inspired by Rome and its cuisine.	UNITED KINGDOM	English-100			PG		
2019-10-20	2130	Food Safari	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT		G	Y	
2019-10-20	2200	Food Safari	Italian	Maeve takes us into the world of the people who taught us how to drink coffee and appreciate good olive oil; those who showed us the simple deliciousness of pizza and pasta: the Italians.	AUSTRALIA	English-100	RPT		G	Y	
2019-10-20	2230	Destination Flavour China	Jiangsu And Zhejiang	Adam's journey to explore China's history through its food continues as he visits the provinces of Jiangsu and Zhejiang, both considered part of the eight great regional cuisines of China.		English-70; Mandarin-30	RPT		G	Y	Y
2019-10-20	2300	Destination Flavour China	Shanghai	Adam takes a side trip to a city he knew all-too-well during his years working as a corporate lawyer for the Disney company - Shanghai.		English-70; Mandarin-30	RPT		PG	Y	Y
2019-10-20	2330	Loving Gluten Free	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.							
2019-10-20	2400	Delia's How To Cook	Eggs: Boiling And Scrambling	From how to test for freshness, to how to boil, poach, and scramble eggs to perfection, Delia explains all you need to know about the humble egg.	UNITED KINGDOM	English-100			G		
2019-10-20	2430	Rick Stein's Seafood Odyssey	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing.	UNITED KINGDOM	English-100			PG		
2019-10-20	2500	Rick Stein's Seafood Odyssey	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland in America. The area is famous for striped bass or 'one hell of a big, beefy, bouncy fish' as Rick describes it.	UNITED KINGDOM	English-100			PG		
2019-10-20	2530	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 2	Ainsley's next stop is the coastal town of Warrnambool in Victoria, where rolling green pastures meet the deep blue sea.	AUSTRALIA	English-100	RPT		PG	Y	
2019-10-20	2630	Gino's Italian Escape	Bari	Italian chef Gino D'Acampo explores the intriguing region of Puglia where centuries old tradition meets modern day Italy. The region is world-famous for its olive oil.	UNITED KINGDOM	English-100			PG		
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2019-10-20	2800	Food Safari	Italian	Maeve takes us into the world of the people who taught us how to drink coffee and appreciate good olive oil; those who showed us the simple deliciousness of pizza and pasta: the Italians.	AUSTRALIA	English-100	RPT	G	Y	
2019-10-20	2830	Destination Flavour China	Jiangsu And Zhejiang	Adam's journey to explore China's history through its food continues as he visits the provinces of Jiangsu and Zhejiang, both considered part of the eight great regional cuisines of China.		English-70; Mandarin-30	RPT	G	Y	Y
2019-10-21	0500	Destination Flavour China	Shanghai	Adam takes a side trip to a city he knew all-too-well during his years working as a corporate lawyer for the Disney company - Shanghai.		English-70; Mandarin-30	RPT	PG	Y	Y
2019-10-21	0530	Lee Chan's World Tour	Egypt	Travelling back in time, Lee begins her tour like most tourists do - at the Pyramids of Giza.	AUSTRALIA	English-100		G		
2019-10-21	0600	Anjum's Australian Spice Stories	Picnic, The	Anjum decides to create some holiday memories for her family by putting an Indian spin on a family picnic. She kicks off with a traditional home-made Indian cheese known as Paneer.	AUSTRALIA	English-100		G		
2019-10-21	0630	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 4	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		PG		
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2019-10-21	0830	Loving Gluten Free	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.						
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2019-10-21	1000	Rick Stein's Seafood Odyssey	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland in America.The area is famous for striped bass or 'one hell of a big, beefy, bouncy fish' as Rick describes it.	UNITED KINGDOM	English-100		PG		
2019-10-21	1030	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 2	Ainsley's next stop is the coastal town of Warrnambool in Victoria, where rolling green pastures meet the deep blue sea.	AUSTRALIA	English-100	RPT	PG	Y	
2019-10-21	1130	Gino's Italian Escape	Bari	Italian chef Gino D'Acampo explores the intriguing region of Puglia where centuries old tradition meets modern day Italy. The region is world-famous for its olive oil.	UNITED KINGDOM	English-100		PG		
2019-10-21	1200	Gino's Italian Escape	Rome	Gino D'Acampo's Italian Escape continues in the Italy's capital. As a chef, Gino has always been inspired by Rome and its cuisine.	UNITED KINGDOM	English-100		PG		
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2019-10-21	1430	Sara's Australia Unveiled	Northern Territory: Darwin	Sara La Fountain starts her exploration to the Northern Territory in Darwin. She enjoys the cities ethnic nature, and tastes Australian food influenced by Asian and Greek flavours.	UNITED KINGDOM	English-100		PG		
2019-10-21	1500	Oliver's Twist	Flash In The PAN	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100		G		

2019-10-21	1530	Annabel Langbein: Free Range Cook	Garlic Harvest, The	Annabel heads off to harvest garlic with her neighbours and her dinner menu is designed for her teenage children and their friends.	NEW ZEALAND	English-100		PG		
2019-10-21	1600	The Hairy Bikers: Mums Know Best	Taste Of Home, A	Si and Dave cook spaghetti bolognese and Battenburg cake as well as liver and onions with mash and spinach, while in the big top at the recipe fair.	UNITED KINGDOM	English-100				
2019-10-21	1705	Rachel Allen's Everyday Kitchen	Kids	Rachel whips up the recipes that are firm favourites with her children - chorizo dough balls, double chocolate chip cookies and sun-blushed tomato pizza.	UNITED KINGDOM	English-100		G		
2019-10-21	1730	BBQ Crawl	Carolina Whole Hog And Q'n For A Cause	Danielle hits up JB's Smokehouse, the only BBQ joint on Johns Island, SC. She chows down on their smoked ribs and 32 side dishes!	USA	English-100		PG		
2019-10-21	1800	BBQ Crawl	Kc Strip Steak, Burnt End Chilli And Team Diva Q	Danielle arrives at the American Royal Invitational contest in Kansas City Missouri - a city with historical roots in barbecue.	USA	English-100		PG		
2019-10-21	1830	Rick Stein's India	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-10-21	1935	Bbq Champ	Bbq Champ Series 1 Ep 5	It's the final - just four BBQers remain in the competition, but only one of them can win the title of BBQ Champ 2015 and the £25,000 cash prize.	UNITED KINGDOM	English-100		PG		
2019-10-21	2030	Food Safari Fire	Food Safari Fire Series 1 Ep 9	Maeve explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon, West African condiments, flavoursome smoked lamb, and Kansa City style ribs.	AUSTRALIA	English-100	RPT	G	Y	
2019-10-21	2100	Food Safari Fire	Food Safari Fire Series 1 Ep 10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi.	AUSTRALIA	English-100	RPT	G	Y	
2019-10-21	2130	Anthony Bourdain's Parts Unknown	Las Vegas	Tony travels to Las Vegas Nevada with his food author friend Michael Ruhlman. Las Vegas is there to encourage over indulgence.	USA	English-100				
2019-10-21	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 1	Fifteen years ago, Hugh Fearnley-Whittingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW.	AUSTRALIA	English-100	RPT	PG	Y	
2019-10-21	2330	The Cook And The Chef	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100		G		
2019-10-21	2400	The Cook And The Chef	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G		
2019-10-21	2430	BBQ Crawl	Carolina Whole Hog And Q'n For A Cause	Danielle hits up JB's Smokehouse, the only BBQ joint on Johns Island, SC. She chows down on their smoked ribs and 32 side dishes!	USA	English-100		PG		
2019-10-21	2500	BBQ Crawl	Kc Strip Steak, Burnt End Chilli And Team Diva Q	Danielle arrives at the American Royal Invitational contest in Kansas City Missouri - a city with historical roots in barbecue.	USA	English-100		PG		
2019-10-21	2530	Worst Cooks In America	Fire And Ice	Anne Burrell and Bobby Flay train the remaining ten recruits' palettes as this episode is all about creating their own flavour combinations.	USA	English-100		PG		Y
2019-10-21	2630	Sara's Australia Unveiled	Northern Territory: Darwin	Sara La Fountain starts her exploration to the Northern Territory in Darwin. She enjoys the cities ethnic nature, and tastes Australian food influenced by Asian and Greek flavours.	UNITED KINGDOM	English-100		PG		
2019-10-21	2700	Oliver's Twist	Flash In The PAN	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100		G		
2019-10-21	2730	Annabel Langbein: Free Range Cook	Garlic Harvest, The	Annabel heads off to harvest garlic with her neighbours and her dinner menu is designed for her teenage children and their friends.	NEW ZEALAND	English-100		PG		
2019-10-21	2800	The Cook And The Chef	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100		G		
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2019-10-22	0500	Rachel Allen's Everyday Kitchen	Kids	Rachel whips up the recipes that are firm favourites with her children - chorizo dough balls, double chocolate chip cookies and sun-blushed tomato pizza.	UNITED KINGDOM	English-100			G	
2019-10-22	0530	BBQ Crawl	Carolina Whole Hog And Q'n For A Cause	Danielle hits up JB's Smokehouse, the only BBQ joint on Johns Island, SC. She chows down on their smoked ribs and 32 side dishes!	USA	English-100			PG	
2019-10-22	0600	BBQ Crawl	Kc Strip Steak, Burnt End Chilli And Team Diva Q	Danielle arrives at the American Royal Invitational contest in Kansas City Missouri - a city with historical roots in barbecue.	USA	English-100			PG	
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2019-10-22	0830	Anthony Bourdain's Parts Unknown	Las Vegas	Tony travels to Las Vegas Nevada with his food author friend Michael Ruhlman. Las Vegas is there to encourage over indulgence.	USA	English-100				
2019-10-22	0930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 1	Fifteen years ago, Hugh Fearnley-Whittingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW.	AUSTRALIA	English-100	RPT		PG	Y
2019-10-22	1030	Annabel Langbein: Free Range Cook	Garlic Harvest, The	Annabel heads off to harvest garlic with her neighbours and her dinner menu is designed for her teenage children and their friends.	NEW ZEALAND	English-100			PG	
2019-10-22	1100	The Hairy Bikers: Mums Know Best	Taste Of Home, A	Si and Dave cook spaghetti bolognese and Battenburg cake as well as liver and onions with mash and spinach, while in the big top at the recipe fair.	UNITED KINGDOM	English-100				
2019-10-22	1205	Rachel Allen's Everyday Kitchen	Kids	Rachel whips up the recipes that are firm favourites with her children - chorizo dough balls, double chocolate chip cookies and sun-blushed tomato pizza.	UNITED KINGDOM	English-100			G	
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2019-10-22	1400	BBQ Crawl	Kc Strip Steak, Burnt End Chilli And Team Diva Q	Danielle arrives at the American Royal Invitational contest in Kansas City Missouri - a city with historical roots in barbecue.	USA	English-100			PG	
2019-10-22	1430	Sara's Australia Unveiled	Northern Territory: Connecting With The Country	Sara starts her journey into the outback, and she drives to the Kakadu region. As she is passionate about the Aboriginal culture, she starts her journey to Kakadu.	UNITED KINGDOM	English-100			G	
2019-10-22	1500	Oliver's Twist	Very British Bbq, A	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100			G	
2019-10-22	1530	Annabel Langbein: Free Range Cook	Green Grapes For Verjuice	Annabel takes off in her little jetboat to collect sour green grapes, the vital ingredient needed to make a batch of verjuice.	NEW ZEALAND	English-100			PG	
2019-10-22	1600	The Hairy Bikers: Mums Know Best	Alfresco	The bikers go in search of three mums who love cooking and eating outdoors as much as they do.	UNITED KINGDOM	English-100				
2019-10-22	1705	Rachel Allen's Everyday Kitchen	Working From Home	More and more people are working from home and Rachel has some fantastic ideas for simple but wholesome meals to feed mind and body during the working day	UNITED KINGDOM	English-100			G	
2019-10-22	1730	BBQ Crawl	American Royal, The	Danielle and her team compete in the American Royal BBQ Competition. The team kicks off the competition with a huge party located in the dark side of the grounds.	USA	English-100			PG	

2019-10-22	1800	Bbq Crawl	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			
2019-10-22	1830	Royal India With Samira	Royal India With Samira Series 1 Ep 1	Samira arrives in Agra - the city of love. Setting up an outdoor kitchen against the Taj Mahal, Samira whips up recipes including a rare Gold Leaf Chicken Curry and extravagant desserts.	INDIA	English-100			
2019-10-22	1900	Royal India With Samira	Royal India With Samira Series 1 Ep 2	Samira learns more royal recipes in Agra, with a kitchen set up against the view of the iconic Taj Mahal, learns a royal dance that once graced the courts of kings going back to the 17th century.	INDIA	English-100			
2019-10-22	1930	The Hairy Bikers' Food Tour Of Britain	Leicestershire	Si and Dave explore Leicestershire where they cook a traditional county favourite at Leicester Market. They visit the supermodels of the cow world and taste the king of cheeses - stilton.	UNITED KINGDOM	English-100	RPT		G
2019-10-22	2030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 17	Paul joins the lads of the Clifton Chilli Club in eating some of Britain's hottest chillies for his cornbread pies, and creates delicate sugar flowers with Peggy Porschen.	UNITED KINGDOM	English-100			PG
2019-10-22	2130	Anthony Bourdain's Parts Unknown	Punjab	In this episode of Parts Unknown, Tony dives into the ever-changing state of Punjab, India. Starting off his journey in Amritsar, Tony is immediately struck by the chaos around him.	USA	English-100			
2019-10-22	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	AUSTRALIA	English-100	RPT		PG Y
2019-10-22	2330	The Cook And The Chef	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100			G
2019-10-22	2400	The Cook And The Chef	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100			G
2019-10-22	2430	BBQ Crawl	American Royal, The	Danielle and her team compete in the American Royal BBQ Competition. The team kicks off the competition with a huge party located in the dark side of the grounds.	USA	English-100			PG
2019-10-22	2500	Bbq Crawl	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			
2019-10-22	2530	Worst Cooks In America	Do It Yourself Cooking	Anne Burrell and Bobby Flay give the Worst Cooks in America a surprise visit to their house in order to give them a lesson on how to stop relying on others to cook for them.	USA	English-100			PG Y
2019-10-22	2630	Sara's Australia Unveiled	Northern Territory: Connecting With The Country	Sara starts her journey into the outback, and she drives to the Kakadu region. As she is passionate about the Aboriginal culture, she starts her journey to Kakadu.	UNITED KINGDOM	English-100			G
2019-10-22	2700	Oliver's Twist	Very British Bbq, A	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100			G
2019-10-22	2730	Annabel Langbein: Free Range Cook	Green Grapes For Verjuice	Annabel takes off in her little jetboat to collect sour green grapes, the vital ingredient needed to make a batch of verjuice.	NEW ZEALAND	English-100			PG
2019-10-22	2800	The Cook And The Chef	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100			G
2019-10-22	2830	The Cook And The Chef	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100			G
2019-10-23	0500	Rachel Allen's Everyday Kitchen	Working From Home	More and more people are working from home and Rachel has some fantastic ideas for simple but wholesome meals to feed mind and body during the working day	UNITED KINGDOM	English-100			G
2019-10-23	0530	BBQ Crawl	American Royal, The	Danielle and her team compete in the American Royal BBQ Competition. The team kicks off the competition with a huge party located in the dark side of the grounds.	USA	English-100			PG
2019-10-23	0600	Bbq Crawl	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			

2019-10-23	0630	The Hairy Bikers' Food Tour Of Britain	Leicestershire	Si and Dave explore Leicestershire where they cook a traditional county favourite at Leicester Market. They visit the supermodels of the cow world and taste the king of cheeses - stilton.	UNITED KINGDOM	English-100	RPT	G	
2019-10-23	0730	Paul Hollywood's Pies And Puds Series 1 Ep 17	Paul Hollywood's Pies And Puds Series 1 Ep 17	Paul joins the lads of the Clifton Chilli Club in eating some of Britain's hottest chillies for his cornbread pies, and creates delicate sugar flowers with Peggy Porschen.	UNITED KINGDOM	English-100		PG	
2019-10-23	0830	Anthony Bourdain's Parts Unknown	Punjab	In this episode of Parts Unknown, Tony dives into the ever-changing state of Punjab, India. Starting off his journey in Amritsar, Tony is immediately struck by the chaos around him.	USA	English-100			
2019-10-23	0930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-23	1030	Annabel Langbein: Free Range Cook	Green Grapes For Verjuice	Annabel takes off in her little jetboat to collect sour green grapes, the vital ingredient needed to make a batch of verjuice.	NEW ZEALAND	English-100		PG	
2019-10-23	1100	The Hairy Bikers: Mums Know Best	Alfresco	The bikers go in search of three mums who love cooking and eating outdoors as much as they do.	UNITED KINGDOM	English-100			
2019-10-23	1205	Rachel Allen's Everyday Kitchen	Working From Home	More and more people are working from home and Rachel has some fantastic ideas for simple but wholesome meals to feed mind and body during the working day	UNITED KINGDOM	English-100		G	
2019-10-23	1230	Worst Cooks In America	Do It Yourself Cooking	Anne Burrell and Bobby Flay give the Worst Cooks in America a surprise visit to their house in order to give them a lesson on how to stop relying on others to cook for them.	USA	English-100		PG	Y
2019-10-23	1330	BBQ Crawl	American Royal, The	Danielle and her team compete in the American Royal BBQ Competition. The team kicks off the competition with a huge party located in the dark side of the grounds.	USA	English-100		PG	
2019-10-23	1400	Bbq Crawl	California Pig Candy And Chilli 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			
2019-10-23	1430	Sara's Australia Unveiled	Northern Territory: Tranquil And Adrenaline Outback	Cooking on fire is a part of outback life, and ladies from Murumburr tribe teach Sara their traditional ways of cooking. A love for food and pride in cooking joins Sara and the tribal ladies together.	UNITED KINGDOM	English-100		G	
2019-10-23	1500	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100		G	
2019-10-23	1530	Annabel Langbein: Free Range Cook	Big Cheese, The	Annabel travels to Oamaru to source the perfect cheese to use in a caramelised onion and cheese tart from local cheese making company, Whitestone.	NEW ZEALAND	English-100		PG	
2019-10-23	1600	The Hairy Bikers: Mums Know Best	Lazy Weekends	The bikers celebrate the lazy weekend - those precious two days where every hour is yours to do exactly what you please.	UNITED KINGDOM	English-100			
2019-10-23	1705	Rachel Allen's Everyday Kitchen	Grow Your Own	Rachel explores the joy of cooking with home grown ingredients as the local farm provides inspiration for honey roast duck with red cabbage and duck plum spring rolls with sesame pak choi.	UNITED KINGDOM	English-100		G	
2019-10-23	1730	Bbq Crawl	Surfer Dudes And Dirty Fries	Danielle visits That Boy Good BBQ' in Oceanside, California where Chef Mark Millwood is bringing Mississippi-style BBQ to the west coast. She tries their signature dish - 'dirty' fries.	USA	English-100			
2019-10-23	1800	Bbq Crawl	Phoenix Fair Food And Fancy Food Trucks	Danielle visits Primo Foods in Oceanside, California. This is a full service Mexican grocery store with a BBQ pit set up in their parking lot and a takeout window in the back.	USA	English-100			
2019-10-23	1830	Royal India With Samira	Royal India With Samira Series 1 Ep 3	Samira arrives at Jaipur, the city also called the Paris of India, where she visits a Royal medieval fort, enjoys high tea and gets some classic Rajasthani royal recipes from the city's top chefs.	INDIA	English-100			Y
2019-10-23	1900	Royal India With Samira	Royal India With Samira Series 1 Ep 4	Samira arrives at the City Palace Jaipur, where after a tour of the magnificent palace grounds and buildings, she sits down with one of India's most fascinating royals.	INDIA	English-100			
2019-10-23	1930	Watts On The Grill	Barebeque Classic: Ribs, A	Grill master Spencer Watts shows us four ways to barbeque a classic - succulent, tender, mouth-watering ribs.	CANADA	English-100			

2019-10-23	2000	Watts On The Grill	Bananas For Barbeque	Barbecuing bananas? That's crazy! Chef Spencer Watts shows us how to grill the delicate, ever-scrumptious fruit - bananas.	CANADA	English-100			
2019-10-23	2030	Bbq Crawl	Baltimore Pit Beef And Pam The Butcher	While on the road from Baltimore to Washington DC, Danielle explores four completely different styles of 'cue. First up, is Chaps Pit Beef - a Baltimore institution.	USA	English-100			
2019-10-23	2100	Bbq Crawl	Korean Bbq Candied Pork And Whole Hog Bbq	Danielle stops in Raleigh to visit her friend, RV builder, George Campeau. George installs a couple of new bells and whistles on her trailer to help her out at the next competition.	USA	English-100			
2019-10-23	2130	Anthony Bourdain's Parts Unknown	Lyon	Tony accompanies world-renowned chef and restaurateur Daniel Boulud as they travel back to Daniel's hometown of Lyon, France for a once-in-a-lifetime pilgrimage of the city's rich food culture.	USA	English-100			
2019-10-23	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-23	2330	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G	
2019-10-23	2400	The Cook And The Chef	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G	
2019-10-23	2430	Bbq Crawl	Surfer Dudes And Dirty Fries	Danielle visits That Boy Good BBQ' in Oceanside, California where Chef Mark Millwood is bringing Mississippi-style BBQ to the west coast. She tries their signature dish - 'dirty' fries.	USA	English-100			
2019-10-23	2500	Bbq Crawl	Phoenix Fair Food And Fancy Food Trucks	Danielle visits Primo Foods in Oceanside, California. This is a full service Mexican grocery store with a BBQ pit set up in their parking lot and a takeout window in the back.	USA	English-100			
2019-10-23	2530	Worst Cooks In America	Face Your Fears Of Feeding Others	As being some of the six Worst Cooks in America, they haven't been able to give their friends and family a healthy, sufficient meal but today Anne Burrell and Bobby Flay are going to change that.	USA	English-100		PG	Y
2019-10-23	2630	Sara's Australia Unveiled	Northern Territory: Tranquil And Adrenaline Outback	Cooking on fire is a part of outback life, and ladies from Murumburr tribe teach Sara their traditional ways of cooking. A love for food and pride in cooking joins Sara and the tribal ladies together.	UNITED KINGDOM	English-100		G	
2019-10-23	2700	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100		G	
2019-10-23	2730	Annabel Langbein: Free Range Cook	Big Cheese, The	Annabel travels to Oamaru to source the perfect cheese to use in a caramelised onion and cheese tart from local cheese making company, Whitestone.	NEW ZEALAND	English-100		PG	
2019-10-23	2800	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G	
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2019-10-24	0500	Rachel Allen's Everyday Kitchen	Grow Your Own	Rachel explores the joy of cooking with home grown ingredients as the local farm provides inspiration for honey roast duck with red cabbage and duck plum spring rolls with sesame pak choi.	UNITED KINGDOM	English-100		G	
2019-10-24	0530	Bbq Crawl	Surfer Dudes And Dirty Fries	Danielle visits That Boy Good BBQ' in Oceanside, California where Chef Mark Millwood is bringing Mississippi-style BBQ to the west coast. She tries their signature dish - 'dirty' fries.	USA	English-100			
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2019-10-24	0800	Bbq Crawl	Korean Bbq Candied Pork And Whole Hog Bbq	Danielle stops in Raleigh to visit her friend, RV builder, George Campeau. George installs a couple of new bells and whistles on her trailer to help her out at the next competition.	USA	English-100			
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2019-10-24	0930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-24	1030	Annabel Langbein: Free Range Cook	Big Cheese, The	Annabel travels to Oamaru to source the perfect cheese to use in a caramalised onion and cheese tart from local cheese making company, Whitestone.	NEW ZEALAND	English-100		PG	
2019-10-24	1100	The Hairy Bikers: Mums Know Best	Lazy Weekends	The bikers celebrate the lazy weekend - those precious two days where every hour is yours to do exactly what you please.	UNITED KINGDOM	English-100			
2019-10-24	1205	Rachel Allen's Everyday Kitchen	Grow Your Own	Rachel explores the joy of cooking with home grown ingredients as the local farm provides inspiration for honey roast duck with red cabbage and duck plum spring rolls with sesame pak choi.	UNITED KINGDOM	English-100		G	
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2019-10-24	1400	Bbq Crawl	Phoenix Fair Food And Fancy Food Trucks	Danielle visits Primo Foods in Oceanside, California. This is a full service Mexican grocery store with a BBQ pit set up in their parking lot and a takeout window in the back.	USA	English-100			
2019-10-24	1430	Sara's Australia Unveiled	Western Australia: Broome	Sara arrives at the busy airport of Broome and is welcomed by the sunny WA weather. Broome is famous for Cable Beach, and is full of hidden treasures Sara aims to discover.	UNITED KINGDOM	English-100		G	
2019-10-24	1500	Oliver's Twist	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	
2019-10-24	1530	Annabel Langbein: Free Range Cook	Fisherman's Luck	Annabel's fishing for salmon on stunning Lake Wanaka and if she's lucky she'll be serving up a starter of tea smoked salmon, with parmesan and basil dimples.	NEW ZEALAND	English-100		PG	
2019-10-24	1600	The Hairy Bikers: Mums Know Best	Distant Shores	Si and Dave cook up their favourite dishes from around the globe, including mulligatawny soup, roti, chicken and chorizo paella as well as fresh fruit pavlova.	UNITED KINGDOM	English-100			
2019-10-24	1705	Rachel Allen's Everyday Kitchen	Fuel	Go behind the scenes of a typical working day for Rachel and discover the kind of wholesome and nutritious dishes that she thinks make for perfect fuel to keep you going when things get busy.	UNITED KINGDOM	English-100		G	
2019-10-24	1730	Bbq Crawl	Route 66 And A Big Money Contest	It's time for Danielle's next competition, the Smoke on the Water BBQ contest. With \$100,000 in prizes up for grabs, the best BBQ teams in the world have shown up to compete.	USA	English-100			
2019-10-24	1800	Bbq Crawl	Utah Brisket Pizza Taco's And Dutch Oven Cooking	Danielle heads to Salt Lake City, Utah, because of the emerging BBQ scene happening there. First stop, is Smokin Bones BBQ - a family-owned restaurant that serves up brisket pizza.	USA	English-100			
2019-10-24	1830	Royal India With Samira	Royal India With Samira Series 1 Ep 5	Samira visits a 300 year old fort and meets the royal owner who tells her stories of his ancestors and their history, before going to another well known palace to cook a very unusual dish.	INDIA	English-100			
2019-10-24	1900	Royal India With Samira	Royal India With Samira Series 1 Ep 6	Samira is a guest of the Maharaja of Jodhpur at his magnificent royal art deco palace, where she gets to spend a lovely afternoon talking to him about food, family and life as a young prince.	INDIA	English-100			
2019-10-24	1930	Heston's Feasts	Ultimate Feast	Heston picks his favourite dishes from his first series, including meat fruit, a mock turtle soup, an ejaculating cake and an edible monster known as cockatrice.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-10-24	2030	Loving Gluten Free	Loving Gluten Free Series 1 Ep 2	Helen swaps out breadcrumbs for quinoa to make a favourite, crispy gluten free crumbed chicken. Wellness influencer Taline Gabrielian from Hippie Lane drops in for a visit to share a delicious salad.					
2019-10-24	2100	Delia's How To Cook	Fish	Delia removes the 'fear factor' from cooking fish in this programme. She begins by tackling perhaps the most frightening fish of all - the humble herring.	UNITED KINGDOM	English-100		G	

2019-10-24	2130	Anthony Bourdain's Parts Unknown	Mexico	Tony travels to Mexico City, Oaxaca, and Cuernavaca to meet those who fight for the food, the art, and the lives they believe in.	USA	English-100				
2019-10-24	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	AUSTRALIA	English-100	RPT	PG	Y	
2019-10-24	2330	The Cook And The Chef	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G		
2019-10-24	2400	The Cook And The Chef	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G		
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2019-10-24	2530	Worst Cooks In America	Revisit Your Past Before The Last	We have four recruits left and they are one week away from a chance of cooking for a panel of food experts and winning \$25,000. This week is their last chance to impress Anne Burrell and Bobby Flay.	USA	English-100		PG	Y	
2019-10-24	2630	Sara's Australia Unveiled	Western Australia: Broome	Sara arrives at the busy airport of Broome and is welcomed by the sunny WA weather. Broome is famous for Cable Beach, and is full of hidden treasures Sara aims to discover.	UNITED KINGDOM	English-100		G		
2019-10-24	2700	Oliver's Twist	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		
2019-10-24	2730	Annabel Langbein: Free Range Cook	Fisherman's Luck	Annabel's fishing for salmon on stunning Lake Wanaka and if she's lucky she'll be serving up a starter of tea smoked salmon, with parmesan and basil dimples.	NEW ZEALAND	English-100		PG		
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2019-10-25	1100	The Hairy Bikers: Mums Know Best	Distant Shores	Si and Dave cook up their favourite dishes from around the globe, including mulligatawny soup, roti, chicken and chorizo paella as well as fresh fruit pavlova.	UNITED KINGDOM	English-100				

2019-10-25	1205	Rachel Allen's Everyday Kitchen	Fuel	Go behind the scenes of a typical working day for Rachel and discover the kind of wholesome and nutritious dishes that she thinks make for perfect fuel to keep you going when things get busy.	UNITED KINGDOM	English-100	G	
2019-10-25	1230	Worst Cooks In America	Revisit Your Past Before The Last	We have four recruits left and they are one week away from a chance of cooking for a panel of food experts and winning \$25,000. This week is their last chance to impress Anne Burrell and Bobby Flay.	USA	English-100	PG	Y

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2019-10-25	1430	Sara's Australia Unveiled	Western Australia: Driving In The Dusty Kimberley	Sara drives to East Kimberley, soaking in the unforgettable scenery of the Cockburn Range mountains. She makes a stop on her dusty road trip to hike to Emma Gorge's waterfall.	UNITED KINGDOM	English-100			G
2019-10-25	1500	Oliver's Twist	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
2019-10-25	1530	Annabel Langbein: Free Range Cook	Boutique Brewers	Annabel travels to picturesque Arrowtown, to source the best cooking beer to make a batch of morish vegetable pakoras.	NEW ZEALAND	English-100			PG
2019-10-25	1600	The Hairy Bikers: Mums Know Best	High Tea	Si and Dave look at the foods associated with high tea. They cook a egg and bacon pie, a corned beef pie and a lemon curd swiss roll.	UNITED KINGDOM	English-100			
2019-10-25	1705	Rachel Allen's Everyday Kitchen	Family Favourites	Rachel is passionate that families should eat together, so after she's been away working, she loves nothing more than to whip up some family favourites and get everyone round the table.	UNITED KINGDOM	English-100			G
2019-10-25	1730	Bbq Crawl	Big Apple Bbq	Danielle makes the cross country trek to the east coast to explore some more innovative BBQ styles. She kicks it off with her friend and chef, Christo Gonzales, at the Red Hook Market in Brooklyn.	USA	English-100			
2019-10-25	1800	Bbq Crawl	Jersey Shore Parties And Pit Roasted Pig	Danielle and her friend Sean, grab a bite to eat from Legal Beans BBQ in Jersey City, New Jersey. Danielle competes in the Que By The Sea BBQ contest and is shaken up by the competition.	USA	English-100			
2019-10-25	1830	Royal India With Samira	Royal India With Samira Series 1 Ep 7	Samira gets to play polo on the Royal polo fields, and talks to the Maharaja about his love of the game. She also visits Mehrangarh fort.	INDIA	English-100			
2019-10-25	1900	Royal India With Samira	Royal India With Samira Series 1 Ep 8	Samira talks to the cousin of the Maharaja or Jodhpur, a young royal who resides in his own palace close by, and then continues on her quest for true, authentic recipes with the cities top chefs.	INDIA	English-100			
2019-10-25	1930	Rick Stein's Mediterranean Escapes	Mallorca And Catalonia	In Mallorca, Rick eats the most succulent lamb ever tasted and interprets Mallorcan-style cooking with Chicken and sobrasada. Then with Catalonia in mind, he cooks local food of salt cod fritters.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-10-25	2035	Nigella Kitchen	Kitchen Comforts	It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper.	UNITED KINGDOM	English-100			G
2019-10-25	2105	Nigella Kitchen	Kitchen Tourist	Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen.	UNITED KINGDOM	English-100			G
2019-10-25	2135	Anthony Bourdain's Parts Unknown	Brazil	Tony heads back to his much-beloved Salvador, Brazil. The city is often considered Brazil's 'capital of happiness' due to the ever-present street festivals and famous Carnival parade.	USA	English-100			
2019-10-25	2235	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-25	2335	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100			G
2019-10-25	2405	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro, herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100			G
2019-10-25	2435	Bbq Crawl	Big Apple Bbq	Danielle makes the cross country trek to the east coast to explore some more innovative BBQ styles. She kicks it off with her friend and chef, Christo Gonzales, at the Red Hook Market in Brooklyn.	USA	English-100			
2019-10-25	2505	Bbq Crawl	Jersey Shore Parties And Pit Roasted Pig	Danielle and her friend Sean, grab a bite to eat from Legal Beans BBQ in Jersey City, New Jersey. Danielle competes in the Que By The Sea BBQ contest and is shaken up by the competition.	USA	English-100			
2019-10-25	2535	Worst Cooks In America	So Close I Can Almost Taste It	In the final battle, Anne Burrell and Bobby Flay will go head to head for the second time to show who is the better teacher of the Worst Cooks in America.	USA	English-100		PG	Y
2019-10-25	2630	Sara's Australia Unveiled	Western Australia: Driving In The Dusty Kimberley	Sara drives to East Kimberley, soaking in the unforgettable scenery of the Cockburn Range mountains. She makes a stop on her dusty road trip to hike to Emma Gorge's waterfall.	UNITED KINGDOM	English-100			G

2019-10-25	2700	Oliver's Twist	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	
2019-10-25	2730	Annabel Langbein: Free Range Cook	Boutique Brewers	Annabel travels to picturesque Arrowtown, to source the best cooking beer to make a batch of morish vegetable pakoras.	NEW ZEALAND	English-100		PG	
2019-10-25	2800	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G	
2019-10-25	2830	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro, herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G	
2019-10-26	0500	Rachel Allen's Everyday Kitchen	Family Favourites	Rachel is passionate that families should eat together, so after she's been away working, she loves nothing more than to whip up some family favourites and get everyone round the table.	UNITED KINGDOM	English-100		G	
2019-10-26	0530	Bbq Crawl	Big Apple Bbq	Danielle makes the cross country trek to the east coast to explore some more innovative BBQ styles. She kicks it off with her friend and chef, Christo Gonzales, at the Red Hook Market in Brooklyn.	USA	English-100			
2019-10-26	0600	Bbq Crawl	Jersey Shore Parties And Pit Roasted Pig	Danielle and her friend Sean, grab a bite to eat from Legal Beans BBQ in Jersey City, New Jersey. Danielle competes in the Que By The Sea BBQ contest and is shaken up by the competition.	USA	English-100			
2019-10-26	0630	Rick Stein's Mediterranean Escapes	Mallorca And Catalonia	In Mallorca, Rick eats the most succulent lamb ever tasted and interprets Mallorcan-style cooking with Chicken and sobrasada. Then with Catalonia in mind, he cooks local food of salt cod fritters.	UNITED KINGDOM	English-100	RPT	PG	Y
2019-10-26	0735	Nigella Kitchen	Kitchen Comforts	It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper.	UNITED KINGDOM	English-100		G	
2019-10-26	0805	Nigella Kitchen	Kitchen Tourist	Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen.	UNITED KINGDOM	English-100		G	
2019-10-26	0835	Anthony Bourdain's Parts Unknown	Brazil	Tony heads back to his much-beloved Salvador, Brazil. The city is often considered Brazil's 'capital of happiness' due to the ever-present street festivals and famous Carnival parade.	USA	English-100			
2019-10-26	0935	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-26	1030	Annabel Langbein: Free Range Cook	Boutique Brewers	Annabel travels to picturesque Arrowtown, to source the best cooking beer to make a batch of morish vegetable pakoras.	NEW ZEALAND	English-100		PG	
2019-10-26	1100	Lee Chan's World Tour	France	The gastronomic capital of France, Lyon, is Lee's first stop. This stunning town offers cooking classes for those wanting to learn the techniques of French cooking.	AUSTRALIA	English-100		G	
2019-10-26	1130	Anjum's Australian Spice Stories	Indian Flavours	From Garlic, Red Chilli and Tomato Chutney to Proper Date and Tamarind Chutney, Anjum show's us the secret to her favourite Indian Chutney's and how they can add instant flavour to any Indian dish.	AUSTRALIA	English-100		G	
2019-10-26	1200	Lee Chan's World Tour	India	The land of spices welcomes Lee with open arms. With so much colour and spice at the centre of Indian culture, Lee decides to adopt some Indian fashion tips and dress up for the occasion.	AUSTRALIA	English-100		G	
2019-10-26	1230	Far Flung With Gary Mehigan	India, Part 1	Gary starts his travels in Mumbai, with some ideas of what he wants to discover is this incredibly vibrant city. Gary has organised to cook with a catering company that provides Tiffin boxes.	AUSTRALIA	English-100		G	Y
2019-10-26	1330	Anjum's Australian Spice Stories	Coastal Cooking	Anjum conjures up flavours of the Indian coast with a coconut beef stir fry, malayalee fish curry and spice infused glazed pineapple.	AUSTRALIA	English-100		G	
2019-10-26	1400	Food Safari	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
2019-10-26	1430	Royal India With Samira	Royal India With Samira Series 1 Ep 9	Samira visits the stunning Balsamand Palace, the summer retreat of the Kings of Jodhpur going back centuries, where she cooks several delectable dishes against a lake.	INDIA	English-100			
2019-10-26	1500	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 5	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		PG	
2019-10-26	1600	The Cook And The Chef	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100		G	

2019-10-26	1630	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G		
2019-10-26	1700	The Cook And The Chef	Tetsuya Part 1	Fifty years ago, Australia was gastronomically a very bleak part of the world. In the early 1950s, dining out for Maggie's family often meant a meal at the local Chinese restaurant.	AUSTRALIA	English-100		G		
2019-10-26	1730	Jonathan Phang's Gourmet Express	Singapore To Penang	In Singapore, Jonathan meets executive chef Christopher Christie who is in charge of 30 restaurants at the 8 billion dollar 'wonder of the world' that is the Marina Bay Sands.	UNITED KINGDOM	English-100	RPT	G		Y
2019-10-26	1830	A Shared Table	North-East Tasmania	Stephanie and Elena drive through the densely timbered landscape of north-east Tasmania to their planned lunch location at the home of Andrew and Sabrina Pirie at Piper's Brook vineyard.	AUSTRALIA	English-100		PG		
2019-10-26	1900	A Shared Table	Sydney	Stephanie and fellow chef Janni Kyritsis take a water taxi out on Sydney Harbour to look for the perfect location for a Greek-inspired Easter picnic.	AUSTRALIA	English-100		PG		
2019-10-26	1930	Cheese Slices	France: The Last Of The Trappist Monk's Cheese	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA			G		
2019-10-26	2000	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA			G		
2019-10-26	2030	Avec Eric	Dream Dinner	Eric visits the renowned Inn at Little Washington where chef Patrick O'Connell shares his stories about how the dream of a restaurant became a reality.	USA	English-100		PG		
2019-10-26	2100	Avec Eric	Big Flavour	Join super chef Eric Ripert as he takes us inside his world of big flavours. First, we get an inside look at, and introduction to, the legendary saucier at Le Bernardin.	USA	English-100		PG		Y
2019-10-26	2130	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 9	Shane travels from Isfahan, the ancient capital of Persia to Tehran, capital of contemporary Iran. From the ancient city of minarets, palaces and mosques to funky teahouses of the city.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-10-26	2200	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 10	Having travelled close to 2000 kilometres on his journey across the Middle East and gained glimpses into 2000 years of Persian culinary history, Shane arrives in Iran's north.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-10-26	2230	Carnival Eats	Get Him To The Greek Pizza	The Big Butler Fair in Butler Pennsylvania is host Noah Cappe's first stop where he'll dine on Greek pizza, a Euro-fusion pizza pie loaded with feta, olives, and gyro meat.	USA	English-100		PG		
2019-10-26	2300	Carnival Eats	Rainbow Confection, The	Noah heads to the bright lights of the L.A. County Fair in Pomona, California and later finds gold at the end of the rainbow at the Markham County Fair in Markham, Ontario.	USA	English-100		PG		
2019-10-26	2330	Jonathan Phang's Gourmet Express	Singapore To Penang	In Singapore, Jonathan meets executive chef Christopher Christie who is in charge of 30 restaurants at the 8 billion dollar 'wonder of the world' that is the Marina Bay Sands.	UNITED KINGDOM	English-100	RPT	G		Y
2019-10-26	2430	A Shared Table	North-East Tasmania	Stephanie and Elena drive through the densely timbered landscape of north-east Tasmania to their planned lunch location at the home of Andrew and Sabrina Pirie at Piper's Brook vineyard.	AUSTRALIA	English-100		PG		
2019-10-26	2500	A Shared Table	Sydney	Stephanie and fellow chef Janni Kyritsis take a water taxi out on Sydney Harbour to look for the perfect location for a Greek-inspired Easter picnic.	AUSTRALIA	English-100		PG		
2019-10-26	2530	Cheese Slices	France: The Last Of The Trappist Monk's Cheese	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA			G		
2019-10-26	2600	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA			G		
2019-10-26	2630	Avec Eric	Dream Dinner	Eric visits the renowned Inn at Little Washington where chef Patrick O'Connell shares his stories about how the dream of a restaurant became a reality.	USA	English-100		PG		
2019-10-26	2700	Avec Eric	Big Flavour	Join super chef Eric Ripert as he takes us inside his world of big flavours. First, we get an inside look at, and introduction to, the legendary saucier at Le Bernardin.	USA	English-100		PG		Y
2019-10-26	2730	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 9	Shane travels from Isfahan, the ancient capital of Persia to Tehran, capital of contemporary Iran. From the ancient city of minarets, palaces and mosques to funky teahouses of the city.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-10-26	2800	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 10	Having travelled close to 2000 kilometres on his journey across the Middle East and gained glimpses into 2000 years of Persian culinary history, Shane arrives in Iran's north.	AUSTRALIA	English-100	RPT	G	Y	Y

2019-10-26 2830

Carnival Eats

Get Him To The Greek Pizza

The Big Butler Fair in Butler Pennsylvania is host Noah Cappe's first stop where he'll dine on Greek pizza, a Euro-fusion pizza pie loaded with feta, olives, and gyro meat.

USA

English-100

PG