



WEEK 44: Sunday, 27 October - Saturday, 2 November 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-10-27	0500	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		
2019-10-27	0530	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		
2019-10-27	0630	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		
2019-10-27	0700	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		
2019-10-27	0730	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	
2019-10-27	0830	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		
2019-10-27	0900	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		
2019-10-27	0930	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		
2019-10-27	1000	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		
2019-10-27	1030	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		
2019-10-27	1100	Lee Chan's World Tour	South Korean	South Korea is a beautiful country, but in this episode, Lee settles in the capital city, Seoul. Like most Asian cuisines, South Korean food has its own identity.	AUSTRALIA	English-100		G		
2019-10-27	1130	Anjum's Australian Spice Stories	Comfort Food	It's cold outside so Anjum shows us how to warm our souls with her take on Indian comfort food - from a rich lamb bhuna to a spicy baked spinach ricotta.	AUSTRALIA	English-100		G		
2019-10-27	1200	Far Flung With Gary Mehigan	India, Part 2	Next stop in India is Chennai, where Gary has organised to meet up with a mate, Dan from Australia, at the fish markets. They discover the freshest fish, and Gary is inspired to cook a fish curry.	AUSTRALIA	English-100		G		Y
2019-10-27	1300	Anjum's Australian Spice Stories	Indian Tapas	There's not a curry in sight when Anjum serves up a selection of contemporary, bite sized Indian snacks that both look and taste delicious.	AUSTRALIA	English-100		G		
2019-10-27	1330	The Spice Trip	India / Cinnamon	Stevie Parle and Emma Grazette visit the southern Indian state of Kerala, where many families grow cinnamon trees and use the spice with fish, fruit and curries.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-10-27	1430	Royal India With Samira	Royal India With Samira Series 1 Ep 10	Settled on magical Lake Nichola, Udaipur is home to one of India's oldest Royal families. Samira visits a nearby summer fort, and a pleasure palace and continues on her royal food journey.	INDIA	English-100				Y
2019-10-27	1500	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 6	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		
2019-10-27	1600	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G		

2019-10-27	1630	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G		Y	
2019-10-27	1700	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G			
2019-10-27	1730	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.				PG			
2019-10-27	1800	Delia's How To Cook	Eggs: Omelettes	Delia continues on the theme of eggs, this time concentrating on the versatile omelette, from light and fluffy, to the classic Spanish tortilla.	UNITED KINGDOM	English-100		G			
2019-10-27	1835	Rick Stein's Seafood Odyssey	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simpleThai dipping sauce to horseshoe crab roes with green mango salad.	UNITED KINGDOM	English-100		PG			
2019-10-27	1905	Rick Stein's Seafood Odyssey	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab.	UNITED KINGDOM	English-100		PG			
2019-10-27	1935	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 3	Ainsley is headed up north to the 'Global Food Market' in Logan to experience one of the world's most culturally diverse markets.	AUSTRALIA	English-100	RPT	PG		Y	
2019-10-27	2035	Gino's Italian Escape	Gragnano	Gino D'Acampo returns to his native Campania - the Italian region where he grew up and where his family still live.	UNITED KINGDOM	English-100		PG			
2019-10-27	2100	Gino's Italian Escape	Matera	Gino D'Acampo's final leg of his Italian Escape starts on the 'heel' of Italy's boot, in Puglia. As a chef, Gino is always on the lookout for amazing food and is rewarded in the town of Altamura.	UNITED KINGDOM	English-100		PG			
2019-10-27	2130	Food Safari	Thai	This week's program enters the world of Thai food where the flavours are intense and are balanced together to create harmony for both the palate and for overall health.	AUSTRALIA	English-100	RPT	G		Y	
2019-10-27	2200	Food Safari	Lebanese	This week Food Safari goes in search of the fresh green flavours of Lebanese food and Maeve visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf.	AUSTRALIA	English-100	RPT	G		Y	
2019-10-27	2230	Destination Flavour China	Shandong	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight.		English-70; Mandarin-30	RPT	PG		Y	Y
2019-10-27	2300	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.		English-70; Mandarin-30	RPT	G		Y	Y
2019-10-27	2330	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.				PG			
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2019-10-28	1430	Sara's Australia Unveiled	Western Australia: More Than Meets The Eye	Wishing to gain an insight to Broome, Sara meets up with a local blogger Katinka, who takes her on a Broome tour. Learning about the multicultural history of Broome, Sara is excited to know more.	UNITED KINGDOM	English-100		G		
2019-10-28	1500	Oliver's Twist	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100		G		
2019-10-28	1530	Annabel Langbein: Free Range Cook	Annabel's Choice	Annabel's at the Agricultural & Pastoral show in search of Wanaka's best home made chutney - which she recreates to serve with her best ever bread.	NEW ZEALAND	English-100		PG		

2019-10-28	1600	The Hairy Bikers: Mums Know Best	Posh Food	'Posh Nosh' can be made from the simplest of ingredients and still become the star of the show. Si and Dave cook lamb cutlets in pastry and double baked cheese soufflee.	UNITED KINGDOM	English-100		PG	
2019-10-28	1705	Rachel Allen's Everyday Kitchen	On The Move	Rachel gives some great alternative ideas for dishes that you can pack up and take with you if you live life on the go.	UNITED KINGDOM	English-100		G	
2019-10-28	1730	Darren Robertson's Charcoal Kitchen	Christmas	As a pom, Darren grew up with a white Christmas, and a table laden with the traditional fare, but now in his adopted home of Australia, he enjoys a hot Christmas day with his closest friends.	AUSTRALIA	English-100		PG	
2019-10-28	1800	Darren Robertson's Charcoal Kitchen	Kitchen Garden, The	Darren hits the highway to visit his mate James, a chef who runs Biota restaurant in Bowral in regional NSW. The restaurant embraces a dining experience that supports local farmers.	AUSTRALIA	English-100		G	
2019-10-28	1830	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100		G	
2019-10-28	1900	The Cook And The Chef	Lambs And Cocksles	Maggie and Simon work their magic with lamb and cocksles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G	
2019-10-28	1930	Watts On The Grill	Fish On The Grill	Watts a great protein to cook on the grill? Fish, of course! Chef Spencer Watts starts with a perfectly flaky wild salmon fillet, drizzled in a tangy raspberry and ginger glaze.	CANADA	English-100			
2019-10-28	2000	Watts On The Grill	Delicious Grilled Shellfish	Shellfish is delicate, tantalizing, and full of flavour, especially when it's grilled to perfection. Host Spencer Watts starts off this episode by barbequing his all-time favourite - scallops.	CANADA	English-100			
2019-10-28	2030	Bbq Crawl	Beer, Bbq And Bratwurst	Danielle and Chad are in search of a good time, and they find it in Greenville, SC. To get the day started, they stop in at the Blue Ridge Brewery for BBQ and beer pairing.	USA	English-100			
2019-10-28	2100	Bbq Crawl	Heritage Hogs, Gullah Cuisine And Charcuterie	Danielle explores the farm-to-table movement in Charleston South Carolina. The Artisan Meat Share is a charcuterie and deli shop that takes leftover cuts of meat and cures them to be sold.	USA	English-100			
2019-10-28	2130	Anthony Bourdain's Parts Unknown	Mississippi	Tony seeks to challenge his notions of Mississippi by taking a road trip to meet a wide cast of Mississippians, enjoying the diverse foodways, and embracing the contemporary music world.	USA	English-100			
2019-10-28	2235	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	AUSTRALIA	English-100	RPT	PG	Y
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2019-10-28	2500	Darren Robertson's Charcoal Kitchen	Kitchen Garden, The	Darren hits the highway to visit his mate James, a chef who runs Biota restaurant in Bowral in regional NSW. The restaurant embraces a dining experience that supports local farmers.	AUSTRALIA	English-100		G	
2019-10-28	2530	Dinner Date	James Hill	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-10-28	2630	Oliver's Twist	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100		G	
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2019-10-29	1430	Sara's Australia Unveiled	Victoria: Southern Melting Pot	After touring the outback, Sara arrives at her final destination - Melbourne. She tours the city and ends up at the famous Vic marker and gets lost for hours talking to the sellers.	UNITED KINGDOM	English-100		G	
2019-10-29	1500	Oliver's Twist	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite: oven baked fat chips with rosemary salt, Elvis' burger and American chopped salad.	UNITED KINGDOM	English-100		G	
2019-10-29	1530	Annabel Langbein: Free Range Cook	White Gold	Annabel is in Haast with friends for a spot of whitebaiting. On the menu she's cooking whitebait soufflés, a fragrant seafood bowl with spicy garlic croutons and strawberry cloud cake.	NEW ZEALAND	English-100		PG	
2019-10-29	1600	The Hairy Bikers: Mums Know Best	Family Classics	Si and Dave celebrate families who have favourite recipes deeply embedded in their history from wherever it may be in the world.	UNITED KINGDOM	English-100		PG	

2019-10-29	1705	Rachel Allen's Everyday Kitchen	Mediterranean	Inspired by flavours of the Mediterranean, Rachel cooks up a feast of classic dishes and sure-fire family favourites like tagliatelle al ragu and a classic lasagne with rosemary bread.	UNITED KINGDOM	English-100		G	
2019-10-29	1730	Darren Robertson's Charcoal Kitchen	Smokin'	The Three Blue Ducks empire has expanded to a seasonal restaurant the boys operate at the snow fields of Falls Creek in Victoria's alpine region.	AUSTRALIA	English-100		G	
2019-10-29	1800	Darren Robertson's Charcoal Kitchen	Teppanyaki Bbq At My Table	When we think of the BBQ, we immediately think of cooking outdoors and of naked flames and smoking grills. In this episode, Darren explores the gentle art of teppanyaki.	AUSTRALIA	English-100		G	
2019-10-29	1830	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G	
2019-10-29	1900	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G	
2019-10-29	1930	The Hairy Bikers' Food Tour Of Britain	Gloucestershire	Si and Dave explore Gloucestershire, where they cook a traditional county favourite at Gloucester's Docks. They find guinea fowl in the Cotswolds and a British alternative to olive oil.	UNITED KINGDOM	English-100	RPT	G	
2019-10-29	2030	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 18	Paul celebrates the best of British pies and puds with a luxurious black pudding sausage plait, a nostalgic pudding flavoured with black liquorice and his take on the classic black forest trifle.	UNITED KINGDOM	English-100		PG	
2019-10-29	2130	Anthony Bourdain's Parts Unknown	Russia	In the shadow of Red Square, in the dining room of the historic and luxurious Metropol Hotel, Tony and Zamir sample the famous beluga caviar and catch up on their friendship.	USA	English-100			Y
2019-10-29	2235	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 7	The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-29	2330	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G	
2019-10-29	2400	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G	
2019-10-29	2430	Darren Robertson's Charcoal Kitchen	Smokin'	The Three Blue Ducks empire has expanded to a seasonal restaurant the boys operate at the snow fields of Falls Creek in Victoria's alpine region.	AUSTRALIA	English-100		G	
2019-10-29	2500	Darren Robertson's Charcoal Kitchen	Teppanyaki Bbq At My Table	When we think of the BBQ, we immediately think of cooking outdoors and of naked flames and smoking grills. In this episode, Darren explores the gentle art of teppanyaki.	AUSTRALIA	English-100		G	
2019-10-29	2530	Dinner Date	Rhea Bailey	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-10-29	2630	Oliver's Twist	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite: oven baked fat chips with rosemary salt, Elvis' burger and American chopped salad.	UNITED KINGDOM	English-100		G	
2019-10-29	2700	Annabel Langbein: Free Range Cook	White Gold	Annabel is in Haast with friends for a spot of whitebaiting. On the menu she's cooking whitebait soufflés, a fragrant seafood bowl with spicy garlic croutons and strawberry cloud cake.	NEW ZEALAND	English-100		PG	
2019-10-29	2730	The Hairy Bikers: Mums Know Best	Family Classics	Si and Dave celebrate families who have favourite recipes deeply embedded in their history from wherever it may be in the world.	UNITED KINGDOM	English-100		PG	
2019-10-29	2835	Rachel Allen's Everyday Kitchen	Mediterranean	Inspired by flavours of the Mediterranean, Rachel cooks up a feast of classic dishes and sure-fire family favourites like tagliatelle al ragu and a classic lasagne with rosemary bread.	UNITED KINGDOM	English-100		G	
2019-10-30	0500	Sara's Australia Unveiled	Victoria: Southern Melting Pot	After touring the outback, Sara arrives at her final destination - Melbourne. She tours the city and ends up at the famous Vic market and gets lost for hours talking to the sellers.	UNITED KINGDOM	English-100		G	
2019-10-30	0530	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G	

2019-10-30	0600	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G		
2019-10-30	0630	Dinner Date	Rhea Bailey	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG		
2019-10-30	0730	Darren Robertson's Charcoal Kitchen	Smokin'	The Three Blue Ducks empire has expanded to a seasonal restaurant the boys operate at the snow fields of Falls Creek in Victoria's alpine region.	AUSTRALIA	English-100		G		
2019-10-30	0800	Darren Robertson's Charcoal Kitchen	Teppanyaki Bbq At My Table	When we think of the BBQ, we immediately think of cooking outdoors and of naked flames and smoking grills. In this episode, Darren explores the gentle art of teppanyaki.	AUSTRALIA	English-100		G		
2019-10-30	0830	The Hairy Bikers' Food Tour Of Britain	Gloucestershire	Si and Dave explore Gloucestershire, where they cook a traditional county favourite at Gloucester's Docks. They find guinea fowl in the Cotswolds and a British alternative to olive oil.	UNITED KINGDOM	English-100	RPT	G		
2019-10-30	0930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 18	Paul celebrates the best of British pies and puds with a luxurious black pudding sausage plait, a nostalgic pudding flavoured with black liquorice and his take on the classic black forest trifle.	UNITED KINGDOM	English-100		PG		
2019-10-30	1030	Anthony Bourdain's Parts Unknown	Russia	In the shadow of Red Square, in the dining room of the historic and luxurious Metropol Hotel, Tony and Zamir sample the famous beluga caviar and catch up on their friendship.	USA	English-100				Y
2019-10-30	1135	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 7	The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him.	AUSTRALIA	English-100	RPT	PG		Y
2019-10-30	1230	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G		
2019-10-30	1300	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G		
2019-10-30	1330	Darren Robertson's Charcoal Kitchen	Smokin'	The Three Blue Ducks empire has expanded to a seasonal restaurant the boys operate at the snow fields of Falls Creek in Victoria's alpine region.	AUSTRALIA	English-100		G		
2019-10-30	1400	Darren Robertson's Charcoal Kitchen	Teppanyaki Bbq At My Table	When we think of the BBQ, we immediately think of cooking outdoors and of naked flames and smoking grills. In this episode, Darren explores the gentle art of teppanyaki.	AUSTRALIA	English-100		G		
2019-10-30	1430	Sara's Australia Unveiled	Victoria	Victoria is not just the area around Melbourne but a diverse and most opulent territory filled with destinations on and off the map.	UNITED KINGDOM	English-100		G		
2019-10-30	1500	Oliver's Twist	Birthday Boy	It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends.	UNITED KINGDOM	English-100		G		
2019-10-30	1530	Annabel Langbein: Free Range Cook	High Country Muster	It's all go on the farm because it's the annual muster so Annabel whips up a treat of sticky buns for the hungry farmers.	NEW ZEALAND	English-100		PG		
2019-10-30	1600	The Hairy Bikers USA	Finger Lickin' Frogs	Bill and Paul arrive in Central, Arkansas on the opening day of frog gigging season. They learn how to spear bullfrogs with a stick and cook them up on the side of the river banks.	UNITED KINGDOM	English-100		PG		
2019-10-30	1630	The Hairy Bikers USA	Roasted River Rat	Rolling into the muggy swamplands of southern Louisiana, the bikers set out to turn a pest problem into a delicious dish. They climb aboard a fan-boat to join the hunt for a large invasive river rat.	UNITED KINGDOM	English-100		PG		
2019-10-30	1700	Rachel Allen's Everyday Kitchen	Dinner With The Girls	A catch up with an old friend over lunch prompts Rachel to whip up the perfect set of dishes for an easy dinner with the girls. A classic white yeast bread is the basis.	UNITED KINGDOM	English-100		G		
2019-10-30	1730	Darren Robertson's Charcoal Kitchen	Camping	Darren is on a surfing safari with his mate Aaron Turner from famed restaurant Loam in Victoria's Bellarine Peninsula. The area is also famous for the stretch of coast know as the 'The Surf Coast'.	AUSTRALIA	English-100		G		
2019-10-30	1800	Darren Robertson's Charcoal Kitchen	Backyard Barbie, The	Darren starts his charcoal story at the place most of us are familiar with - the backyard barbie. Darren shows us how to use our barbie for more than just the traditional steaks and snags.	AUSTRALIA	English-100		PG		
2019-10-30	1830	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G		

2019-10-30	1900	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100			G
2019-10-30	1930	Watts On The Grill	Saucey	Ditch the store-bought barbeque sauce! Host Spencer Watts offers up some foolproof barbeque sauce recipes to make at home.	CANADA	English-100			
2019-10-30	2000	Watts On The Grill	Salsa That Will Dance On Your Tongue	Salsa means undeniable flavour. Host Spencer Watts plays with sweet, salty, and spicy flavour profiles in four amazing salsa recipes.	CANADA	English-100			
2019-10-30	2030	Bbq Crawl	Custom Steak And Momma's Smoked Meatloaf	Danielle flies to Vegas in preparation for the World Food Championships, a contest she's never competed in before. Before the contest, Danielle explores the BBQ scene in Vegas.	USA	English-100			
2019-10-30	2100	Bbq Crawl	World Food Championships, The	Danielle and her BBQ team visit John Mull's Roadkill Grill, a roadside BBQ restaurant with serious history in Nevada.	USA	English-100			
2019-10-30	2130	Anthony Bourdain's Parts Unknown	Thailand	Tony teams up with Chef and Author Andy Ricker of Pok Pok Restaurant fame. Andy's made a name for himself faithfully reproducing the cuisine of Northern Thailand at his restaurants in America.	USA	English-100			Y
2019-10-30	2235	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-30	2330	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100			G
2019-10-30	2400	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100			G
2019-10-30	2430	Darren Robertson's Charcoal Kitchen	Camping	Darren is on a surfing safari with his mate Aaron Turner from famed restaurant Loam in Victoria's Bellarine Peninsula. The area is also famous for the stretch of coast know as the 'The Surf Coast'.	AUSTRALIA	English-100			G
2019-10-30	2500	Darren Robertson's Charcoal Kitchen	Backyard Barbie, The	Darren starts his charcoal story at the place most of us are familiar with - the backyard barbie. Darren shows us how to use our barbie for more than just the traditional steaks and snags.	AUSTRALIA	English-100			PG
2019-10-30	2530	Dinner Date	Andrew Hayden-Smith	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100			PG
2019-10-30	2630	Oliver's Twist	Birthday Boy	It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends.	UNITED KINGDOM	English-100			G
2019-10-30	2700	Annabel Langbein: Free Range Cook	High Country Muster	It's all go on the farm because it's the annual muster so Annabel whips up a treat of sticky buns for the hungry farmers.	NEW ZEALAND	English-100			PG
2019-10-30	2730	The Hairy Bikers USA	Finger Lickin' Frogs	Bill and Paul arrive in Central, Arkansas on the opening day of frog gigging season. They learn how to spear bullfrogs with a stick and cook them up on the side of the river banks.	UNITED KINGDOM	English-100			PG
2019-10-30	2800	The Hairy Bikers USA	Roasted River Rat	Rolling into the muggy swamplands of southern Louisiana, the bikers set out to turn a pest problem into a delicious dish. They climb aboard a fan-boat to join the hunt for a large invasive river rat.	UNITED KINGDOM	English-100			PG
2019-10-30	2830	Rachel Allen's Everyday Kitchen	Dinner With The Girls	A catch up with an old friend over lunch prompts Rachel to whip up the perfect set of dishes for an easy dinner with the girls. A classic white yeast bread is the basis.	UNITED KINGDOM	English-100			G
2019-10-31	0500	Sara's Australia Unveiled	Victoria	Victoria is not just the area around Melbourne but a diverse and most opulent territory filled with destinations on and off the map.	UNITED KINGDOM	English-100			G
2019-10-31	0530	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100			G
2019-10-31	0600	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100			G
2019-10-31	0630	Dinner Date	Andrew Hayden-Smith	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100			PG

2019-10-31	0730	Darren Robertson's Charcoal Kitchen	Camping	Darren is on a surfing safari with his mate Aaron Turner from famed restaurant Loam in Victoria's Bellarine Peninsula. The area is also famous for the stretch of coast know as the 'The Surf Coast'.	AUSTRALIA	English-100		G		
2019-10-31	0800	Darren Robertson's Charcoal Kitchen	Backyard Barbie, The	Darren starts his charcoal story at the place most of us are familiar with - the backyard barbie. Darren shows us how to use our barbie for more than just the traditional steaks and snags.	AUSTRALIA	English-100		PG		
2019-10-31	0830	Watts On The Grill	Saucey	Ditch the store-bought barbeque sauce! Host Spencer Watts offers up some foolproof barbeque sauce recipes to make at home.	CANADA	English-100				
2019-10-31	0900	Watts On The Grill	Salsa That Will Dance On Your Tongue	Salsa means undeniable flavour. Host Spencer Watts plays with sweet, salty, and spicy flavour profiles in four amazing salsa recipes.	CANADA	English-100				
2019-10-31	0930	Bbq Crawl	Custom Steak And Momma's Smoked Meatloaf	Danielle flies to Vegas in preparation for the World Food Championships, a contest she's never competed in before. Before the contest, Danielle explores the BBQ scene in Vegas.	USA	English-100				
2019-10-31	1000	Bbq Crawl	World Food Championships, The	Danielle and her BBQ team visit John Mull's Roadkill Grill, a roadside BBQ restaurant with serious history in Nevada.	USA	English-100				
2019-10-31	1030	Anthony Bourdain's Parts Unknown	Thailand	Tony teams up with Chef and Author Andy Ricker of Pok Pok Restaurant fame. Andy's made a name for himself faithfully reproducing the cuisine of Northern Thailand at his restaurants in America.	USA	English-100				Y
2019-10-31	1135	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	AUSTRALIA	English-100	RPT	PG		Y
2019-10-31	1230	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G		
2019-10-31	1300	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G		
2019-10-31	1330	Darren Robertson's Charcoal Kitchen	Camping	Darren is on a surfing safari with his mate Aaron Turner from famed restaurant Loam in Victoria's Bellarine Peninsula. The area is also famous for the stretch of coast know as the 'The Surf Coast'.	AUSTRALIA	English-100		G		
2019-10-31	1400	Darren Robertson's Charcoal Kitchen	Backyard Barbie, The	Darren starts his charcoal story at the place most of us are familiar with - the backyard barbie. Darren shows us how to use our barbie for more than just the traditional steaks and snags.	AUSTRALIA	English-100		PG		
2019-10-31	1430	Sara's Australia Unveiled	Sara's Favourites	This episode is all about Sara's favourites during her journey. Melbourne melted her heart, so her first item on the favourites list is enjoying one of the city's most beautiful beach - Brighton.	UNITED KINGDOM	English-100		G		
2019-10-31	1500	Oliver's Twist	Boat Trip	Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.	UNITED KINGDOM	English-100		G		
2019-10-31	1530	Annabel Langbein: Free Range Cook	Lunch On The Grill	Annabel Langbein cooks a Middle Eastern-inspired al fresco lunch for the grape pickers at Mt Maude vineyard in New Zealand's Central Otago.	NEW ZEALAND	English-100				
2019-10-31	1600	The Hairy Bikers USA	Wild Wheat Harvest	Bill and Paul roll into central Oklahoma just as the winter wheat harvest is about to begin. They learn how to drive combines, harvest wheat, and turn it into beer.	UNITED KINGDOM	English-100		PG		
2019-10-31	1630	The Hairy Bikers USA	On Fire	Bill and Paul cruise into Houston where there's a growing subculture of chiliheads who test their taste buds and push the limits of pain by eating some of the hottest peppers in the world.	UNITED KINGDOM	English-100		PG		
2019-10-31	1700	Rachel Allen's Everyday Kitchen	Christmas	Clever and crafty cooks know how to get the most out of Christmas left-overs, and Rachel Allen is no exception. Join her as she prepares for the big day with the family.	UNITED KINGDOM	English-100		G		
2019-10-31	1730	Darren Robertson's Charcoal Kitchen	Traditional Feast, The	Darren explores the cultural heritage of cooking with fire and coals. He goes to visit his mate Dan Hong - Sydney chef of the year 2014.	AUSTRALIA	English-100		G		
2019-10-31	1800	Darren Robertson's Charcoal Kitchen	Urban Bbq, The	The BBQ is not all about big backyards in the suburbs. Darren shows us how cooking with charcoal and fire can be just as successful in even the smallest of inner city outdoor spaces.	AUSTRALIA	English-100		G		

2019-10-31	1830	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G	
2019-10-31	1900	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G	
2019-10-31	1930	Jerusalem On A Plate	Jerusalem On A Plate	Internationally renowned chef Yotam Ottolenghi returns to his hometown of Jerusalem to discover the hidden treasures of its extraordinarily rich and diverse food culture.	UNITED KINGDOM	English-100	RPT	G	Y
2019-10-31	2035	Loving Gluten Free	Loving Gluten Free Series 1 Ep 3	Helen honours her Greek roots with a gluten free recipe for lamb pastitsio. Kathy Tsaples, founder of Sweet Greek, shares her recipe for savoury tarts that have a delicious polenta pastry base.				PG	
2019-10-31	2105	Delia's How To Cook	Meat	From the truly traditional to the exciting and exotic, Delia presents a mouth-watering selection of meat dishes for committed carnivores.	UNITED KINGDOM	English-100		G	
2019-10-31	2140	Anthony Bourdain's Parts Unknown	Vietnam	Tony returns to one of his favorite places on Earth, Vietnam. For this trip, he journeys to the center of the country, near the coast, to a city he has never been to, known as The City of Ghosts.	USA	English-100			Y
2019-10-31	2240	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	AUSTRALIA	English-100	RPT	PG	Y
2019-10-31	2335	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G	
2019-10-31	2405	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G	
2019-10-31	2435	Darren Robertson's Charcoal Kitchen	Traditional Feast, The	Darren explores the cultural heritage of cooking with fire and coals. He goes to visit his mate Dan Hong - Sydney chef of the year 2014.	AUSTRALIA	English-100		G	
2019-10-31	2505	Darren Robertson's Charcoal Kitchen	Urban Bbq, The	The BBQ is not all about big backyards in the suburbs. Darren shows us how cooking with charcoal and fire can be just as successful in even the smallest of inner city outdoor spaces.	AUSTRALIA	English-100		G	
2019-10-31	2535	Dinner Date	Jasmin Walia	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-10-31	2630	Oliver's Twist	Boat Trip	Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.	UNITED KINGDOM	English-100		G	
2019-10-31	2700	Annabel Langbein: Free Range Cook	Lunch On The Grill	Annabel Langbein cooks a Middle Eastern-inspired al fresco lunch for the grape pickers at Mt Maude vineyard in New Zealand's Central Otago.	NEW ZEALAND	English-100			
2019-10-31	2730	The Hairy Bikers USA	Wild Wheat Harvest	Bill and Paul roll into central Oklahoma just as the winter wheat harvest is about to begin. They learn how to drive combines, harvest wheat, and turn it into beer.	UNITED KINGDOM	English-100		PG	
2019-10-31	2800	The Hairy Bikers USA	On Fire	Bill and Paul cruise into Houston where there's a growing subculture of chiliheads who test their taste buds and push the limits of pain by eating some of the hottest peppers in the world.	UNITED KINGDOM	English-100		PG	
2019-10-31	2830	Rachel Allen's Everyday Kitchen	Christmas	Clever and crafty cooks know how to get the most out of Christmas left-overs, and Rachel Allen is no exception. Join her as she prepares for the big day with the family.	UNITED KINGDOM	English-100		G	
2019-11-01	0500	Sara's Australia Unveiled	Sara's Favourites	This episode is all about Sara's favourites during her journey. Melbourne melted her heart, so her first item on the favourites list is enjoying one of the city's most beautiful beach - Brighton.	UNITED KINGDOM	English-100		G	
2019-11-01	0530	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G	
2019-11-01	0600	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G	
2019-11-01	0630	Dinner Date	Jasmin Walia	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-11-01	0730	Darren Robertson's Charcoal Kitchen	Traditional Feast, The	Darren explores the cultural heritage of cooking with fire and coals. He goes to visit his mate Dan Hong - Sydney chef of the year 2014.	AUSTRALIA	English-100		G	

2019-11-01	0800	Darren Robertson's Charcoal Kitchen	Urban Bbq, The	The BBQ is not all about big backyards in the suburbs. Darren shows us how cooking with charcoal and fire can be just as successful in even the smallest of inner city outdoor spaces.	AUSTRALIA	English-100		G	
2019-11-01	0830	Jerusalem On A Plate	Jerusalem On A Plate	Internationally renowned chef Yotam Ottolenghi returns to his hometown of Jerusalem to discover the hidden treasures of its extraordinarily rich and diverse food culture.	UNITED KINGDOM	English-100	RPT	G	Y
2019-11-01	0935	Loving Gluten Free	Loving Gluten Free Series 1 Ep 3	Helen honours her Greek roots with a gluten free recipe for lamb pastitsio. Kathy Tsaples, founder of Sweet Greek, shares her recipe for savoury tarts that have a delicious polenta pastry base.				PG	
2019-11-01	1005	Delia's How To Cook	Meat	From the truly traditional to the exciting and exotic, Delia presents a mouth-watering selection of meat dishes for committed carnivores.	UNITED KINGDOM	English-100		G	

2019-11-01	1040	Anthony Bourdain's Parts Unknown	Vietnam	Tony returns to one of his favorite places on Earth, Vietnam. For this trip, he journeys to the center of the country, near the coast, to a city he has never been to, known as The City of Ghosts.	USA	English-100					Y
2019-11-01	1140	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	AUSTRALIA	English-100	RPT	PG			Y
2019-11-01	1230	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100				G	
2019-11-01	1300	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100				G	
2019-11-01	1330	Darren Robertson's Charcoal Kitchen	Traditional Feast, The	Darren explores the cultural heritage of cooking with fire and coals. He goes to visit his mate Dan Hong - Sydney chef of the year 2014.	AUSTRALIA	English-100				G	
2019-11-01	1400	Darren Robertson's Charcoal Kitchen	Urban Bbq, The	The BBQ is not all about big backyards in the suburbs. Darren shows us how cooking with charcoal and fire can be just as successful in even the smallest of inner city outdoor spaces.	AUSTRALIA	English-100				G	
2019-11-01	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	
2019-11-01	1500	Oliver's Twist	Jamie And The Soccer Girls	Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team.	UNITED KINGDOM	English-100				G	
2019-11-01	1530	Annabel Langbein: Free Range Cook	Decadent Dinner, A	Annabel helicopters deep into the Southern Alps high country of New Zealand to cook a hearty lunch for the deer musters.	NEW ZEALAND	English-100					
2019-11-01	1600	The Hairy Bikers USA	Hog Wild	Bill and Paul ride into their hometown of Bryan-College Station Texas, where the town is being over run by Wild Boars.	UNITED KINGDOM	English-100				PG	
2019-11-01	1630	The Hairy Bikers USA	Big Shrimp	Bill and Paul roll into Corpus Christi, Texas where the locals are obsessed with extreme breakfast tacos. They chow down on exotic tacos - including tripe, pig skin and cow's head.	UNITED KINGDOM	English-100				PG	
2019-11-01	1700	Rachel Allen's Everyday Kitchen	Food From Home	Rachel demonstrates how to cook with thrift, sustainability, health and a little 'kitchen cunning' in mind.	UNITED KINGDOM	English-100				G	
2019-11-01	1730	Darren Robertson's Charcoal Kitchen	Formal Bbq, The	A BBQ meal is synonymous with casual dining and sharing relaxed food with friends. But in this episode, Darren shows us how the humble BBQ can be used to create a fine dining experience.	AUSTRALIA	English-100				G	
2019-11-01	1800	Darren Robertson's Charcoal Kitchen	Winter Bbq, The	Darren is in Victoria's high country to visit his mate Dave Angellini at his green tea plantation in Tawonga. Dave and his wife Erin started the Japanese green tea farm in 2002.	AUSTRALIA	English-100				G	
2019-11-01	1830	The Cook And The Chef	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100				G	
2019-11-01	1900	The Cook And The Chef	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100				G	
2019-11-01	1930	Rick Stein's Mediterranean Escapes	Morocco And Turkey	In Morocco, Rick enjoys couscous and tucks into the tagines and mint tea found in the bazaars. His Mediterranean travels end in Turkey, where he feasts on kebabs and lahmacun.	UNITED KINGDOM	English-100	RPT	G			Y
2019-11-01	2035	Nigella Kitchen	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert.	UNITED KINGDOM	English-100				G	
2019-11-01	2105	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100				G	
2019-11-01	2135	Anthony Bourdain's Parts Unknown	Safari	Tony and Saleh chat over a cup of traditional Arabic coffee before everyone disperses at noon for the midday prayers at the nearby mosques.	USA	English-100					Y
2019-11-01	2235	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	AUSTRALIA	English-100	RPT	PG			Y
2019-11-01	2330	The Cook And The Chef	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100				G	

2019-11-01	2400	The Cook And The Chef	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G	
2019-11-01	2430	Darren Robertson's Charcoal Kitchen	Formal Bbq, The	A BBQ meal is synonymous with casual dining and sharing relaxed food with friends. But in this episode, Darren shows us how the humble BBQ can be used to create a fine dining experience.	AUSTRALIA	English-100		G	
2019-11-01	2500	Darren Robertson's Charcoal Kitchen	Winter Bbq, The	Darren is in Victoria's high country to visit his mate Dave Angellini at his green tea plantation in Tawonga. Dave and his wife Erin started the Japanese green tea farm in 2002.	AUSTRALIA	English-100		G	
2019-11-01	2530	Dinner Date	Nicola Hughes	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-11-01	2630	Oliver's Twist	Jamie And The Soccer Girls	Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team.	UNITED KINGDOM	English-100		G	
2019-11-01	2700	Annabel Langbein: Free Range Cook	Decadent Dinner, A	Annabel helicopters deep into the Southern Alps high country of New Zealand to cook a hearty lunch for the deer musters.	NEW ZEALAND	English-100			
2019-11-01	2730	The Hairy Bikers USA	Hog Wild	Bill and Paul ride into their hometown of Bryan-College Station Texas, where the town is being over run by Wild Boars.	UNITED KINGDOM	English-100		PG	
2019-11-01	2800	The Hairy Bikers USA	Big Shrimp	Bill and Paul roll into Corpus Christi, Texas where the locals are obsessed with extreme breakfast tacos. They chow down on exotic tacos - including tripe, pig skin and cow's head.	UNITED KINGDOM	English-100		PG	
2019-11-01	2830	Rachel Allen's Everyday Kitchen	Food From Home	Rachel demonstrates how to cook with thrift, sustainability, health and a little 'kitchen cunning' in mind.	UNITED KINGDOM	English-100		G	
2019-11-02	0500	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	
2019-11-02	0530	The Cook And The Chef	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100		G	
2019-11-02	0600	The Cook And The Chef	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G	
2019-11-02	0630	Dinner Date	Nicola Hughes	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100		PG	
2019-11-02	0730	Darren Robertson's Charcoal Kitchen	Formal Bbq, The	A BBQ meal is synonymous with casual dining and sharing relaxed food with friends. But in this episode, Darren shows us how the humble BBQ can be used to create a fine dining experience.	AUSTRALIA	English-100		G	
2019-11-02	0800	Darren Robertson's Charcoal Kitchen	Winter Bbq, The	Darren is in Victoria's high country to visit his mate Dave Angellini at his green tea plantation in Tawonga. Dave and his wife Erin started the Japanese green tea farm in 2002.	AUSTRALIA	English-100		G	
2019-11-02	0830	Rick Stein's Mediterranean Escapes	Morocco And Turkey	In Morocco, Rick enjoys couscous and tucks into the tagines and mint tea found in the bazaars. His Mediterranean travels end in Turkey, where he feasts on kebabs and lahmacun.	UNITED KINGDOM	English-100	RPT	G	Y
2019-11-02	0935	Nigella Kitchen	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert.	UNITED KINGDOM	English-100		G	
2019-11-02	1005	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100		G	
2019-11-02	1035	Anthony Bourdain's Parts Unknown	Safari	Tony and Saleh chat over a cup of traditional Arabic coffee before everyone disperses at noon for the midday prayers at the nearby mosques.	USA	English-100			Y
2019-11-02	1135	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	AUSTRALIA	English-100	RPT	PG	Y
2019-11-02	1230	Rachel Allen's Everyday Kitchen	Food From Home	Rachel demonstrates how to cook with thrift, sustainability, health and a little 'kitchen cunning' in mind.	UNITED KINGDOM	English-100		G	

2019-11-02	1300	Lee Chan's World Tour	Germany	Lee discovers Germany, a nation known for its breathtaking countryside and hearty cuisine. Lee tours Germany along its famous Moselle and Rhine rivers.	AUSTRALIA	English-100		G		
2019-11-02	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		
2019-11-02	1400	Saturday Kitchen	Saturday Kitchen Series 3 Ep 1	Gordon Ramsay protégé and Michelin starred chef Angela Hartnett is at the helm of Saturday Kitchen this week with help from the master of spice, Cyrus Todiwala.	UNITED KINGDOM	English-100		G		
2019-11-02	1500	Dinner Date South Africa	Dinner Date South Africa Series 1 Ep 7	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		
2019-11-02	1600	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G		
2019-11-02	1630	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G		
2019-11-02	1700	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G		
2019-11-02	1730	Jonathan Phang's Gourmet Express	Penang To Bangkok	In George Town, the historic capital of the Malaysian state of Penang, Jonathan explores a Sunday morning market and ends up buying a 100 year-old egg which he eats back on the train.	UNITED KINGDOM	English-100	RPT	G		Y
2019-11-02	1830	A Shared Table	Noosa And Its Hinterland, Queensland	Stephanie, Elena and local chef Max Porter are busy with preparations for a lunch with tropical flavours.	AUSTRALIA	English-100		PG		
2019-11-02	1900	Tom Kerridge's Proper Pub Food	Food For Friends	This episode features dishes that are perfect for serving up to groups of friends. This is hearty, casual cooking meant for sharing - that means less time fussing in the kitchen.	UNITED KINGDOM	English-100		G		
2019-11-02	1930	Cheese Slices	Gorgonzola / Taleggio	Under the spot light in this episode are gorgonzola and taleggio. Cheese authority Will Studd travels to Northern Italy to see how and where these fascinating cheeses are created.	AUSTRALIA	English-100		G		
2019-11-02	2000	Cheese Slices	Goats Cheese	Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre.	AUSTRALIA	English-100		G		
2019-11-02	2030	Chilli Hunter	Singapore	Tyson Mayr meets local foodie and celebrity Denise Tan to get a taste of the Lion City's heat. He tackles a too-hot-to-handle level ten Chilli Crab.	SINGAPORE	English-100		PG		
2019-11-02	2100	Chilli Hunter	Malaysia	Tyson Mayr gets a spicy sambal masterclass from local culinary legend Chef Ismail, and dials up the heat to make Malaysia's terrifying 911 Pizza.	SINGAPORE	English-100		PG		Y
2019-11-02	2130	Shane Delia's Spice Journey Turkey	Ottomania - Food Fit For Sultans	Back with his new series, Shane Delia witnesses the rebirth of Ottoman cuisine and traditions in Istanbul, the city that straddles the continents of Europe and Asia.	AUSTRALIA	English-100	RPT	PG		Y
2019-11-02	2200	Shane Delia's Spice Journey Turkey	Warriors And Wine-Dark Seas	Shane alights at Gallipoli almost 100 years after the 1915 ANZAC landings. He gets to know the Dardanelles, and witnesses how the local cuisine has been influenced by different cultures.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-11-02	2230	Carnival Eats	50 Shades Of Crepe	Noah Cappe heads to Vancouver to sample some amazing eats like the truly Canadian poutine-stuffed burger, the shrimp fried rice balls and jerk chicken dumplings.	USA	English-100		PG		
2019-11-02	2300	Carnival Eats	Piefidelity	Host Noah Cappe knows Dela-where to find amazing fresh seafood, the Delaware State Fair in Harrington. Noah starts with the shrimp dog - succulent shrimp in a corn dog batter.	USA	English-100		PG		
2019-11-02	2330	Jonathan Phang's Gourmet Express	Penang To Bangkok	In George Town, the historic capital of the Malaysian state of Penang, Jonathan explores a Sunday morning market and ends up buying a 100 year-old egg which he eats back on the train.	UNITED KINGDOM	English-100	RPT	G		Y
2019-11-02	2430	A Shared Table	Noosa And Its Hinterland, Queensland	Stephanie, Elena and local chef Max Porter are busy with preparations for a lunch with tropical flavours.	AUSTRALIA	English-100		PG		
2019-11-02	2500	Tom Kerridge's Proper Pub Food	Food For Friends	This episode features dishes that are perfect for serving up to groups of friends. This is hearty, casual cooking meant for sharing - that means less time fussing in the kitchen.	UNITED KINGDOM	English-100		G		

2019-11-02	2530	Cheese Slices	Gorgonzola / Taleggio	Under the spot light in this episode are gorgonzola and taleggio. Cheese authority Will Studd travels to Northern Italy to see how and where these fascinating cheeses are created.	AUSTRALIA	English-100					
2019-11-02	2600	Cheese Slices	Goats Cheese	Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre.	AUSTRALIA	English-100					
2019-11-02	2630	Chilli Hunter	Singapore	Tyson Mayr meets local foodie and celebrity Denise Tan to get a taste of the Lion City's heat. He tackles a too-hot-to-handle level ten Chilli Crab.	SINGAPORE	English-100		PG			
2019-11-02	2700	Chilli Hunter	Malaysia	Tyson Mayr gets a spicy sambal masterclass from local culinary legend Chef Ismail, and dials up the heat to make Malaysia's terrifying 911 Pizza.	SINGAPORE	English-100		PG			Y
2019-11-02	2730	Shane Delia's Spice Journey Turkey	Ottomania - Food Fit For Sultans	Back with his new series, Shane Delia witnesses the rebirth of Ottoman cuisine and traditions in Istanbul, the city that straddles the continents of Europe and Asia.	AUSTRALIA	English-100	RPT	PG		Y	
2019-11-02	2800	Shane Delia's Spice Journey Turkey	Warriors And Wine-Dark Seas	Shane alights at Gallipoli almost 100 years after the 1915 ANZAC landings. He gets to know the Dardanelles, and witnesses how the local cuisine has been influenced by different cultures.	AUSTRALIA	English-100	RPT	G		Y	Y
2019-11-02	2830	Carnival Eats	50 Shades Of Crepe	Noah Cappe heads to Vancouver to sample some amazing eats like the truly Canadian poutine-stuffed burger, the shrimp fried rice balls and jerk chicken dumplings.	USA	English-100		PG			