



WEEK 44: Sunday, 25 October - Saturday, 31 October 2020 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-10-25	0500	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	
2020-10-25	0530	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 7	Paul Hollywood's favourite Pies and Puds pack a real punch in this episode with a tart created from three types of onion.	UNITED KINGDOM	English-100		G	
2020-10-25	0630	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 7	The Bellamys and the Bellamoore families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		G	
2020-10-25	0735	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	English-100		G	
2020-10-25	0800	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	English-100		G	
2020-10-25	0830	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 3	Three new pairs of cooks compete for a place in the final. The teams include Mayfair Mezze, V-Gangsters, and Lisa's Jamaican Kitchen. Who will make the most profit when today's 50 diners arrive?	UNITED KINGDOM	English-100		PG	
2020-10-25	0900	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 4	It's the last day of the heat and one kitchen will win a place in the weekly final. Things are heating up as things become more competitive in the kitchen.	UNITED KINGDOM	English-100		PG	
2020-10-25	0930	The Hairy Bikers' Food Tour Of Britain	Herefordshire	Si and Dave explore Herefordshire, where they cook a traditional county favourite at Goodrich Castle. They also visit a snail farm and discover English cassis.	UNITED KINGDOM	English-100	RPT	G	
2020-10-25	1030	Say It To My Face	This Is Effing Personal	La Pescadora is a family run Mexican restaurant in Whittier, CA that specialises in Mexican food with a bit of an American flare. But owner April Gallegos is at her wits end with online reviewers.	USA	English-100		PG	
2020-10-25	1130	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 7	Paul Hollywood's favourite Pies and Puds pack a real punch in this episode with a tart created from three types of onion.	UNITED KINGDOM	English-100		G	
2020-10-25	1230	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 7	The Bellamys and the Bellamoore families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		G	
2020-10-25	1335	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	English-100		G	
2020-10-25	1400	Say It To My Face	Cater Haters	Chef Jen Story is a freelance caterer and owner of 'Cooking Thyme' in Lawndale, CA. Even though she has managed to produce a successful catering business all by herself, Jen is beginning to struggle.	USA	English-100		PG	
2020-10-25	1500	Ask The Butcher	Cured Meats	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	
2020-10-25	1530	Ask The Butcher	Poultry	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	
2020-10-25	1600	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	
2020-10-25	1630	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	

2020-10-25	1700	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	
2020-10-25	1730	A Cook Abroad	Rachel Khoo's Malaysia	Cook and food writer, Rachel Khoo, heads to Malaysia, home of her extended family, to explore one of the most exciting cuisines on the planet.	UNITED KINGDOM	English-100		PG	
2020-10-25	1835	Jimmy Shu's Taste of The Territory	Fresh Produce	Jimmy visits the bustling Rapid Creek markets and it's abuzz with activity from the produce growers, food stalls, and locals doing their weekly shop.	AUSTRALIA	English-100		G	Y
2020-10-25	1905	Bonacini's Italy	Emilia Romagna	Emilia Romagna is the culinary heart of Italy and chef Michael Bonacini shows viewers how to make some of the region's most delicious dishes.	CANADA	English-100		G	
2020-10-25	1930	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	The blue sea of the Mediterranean beckons. Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-25	2035	Ainsley's Mediterranean Cookbook	Jordan: Petra And Aqaba	Ainsley visits the stunning city of Petra, finding out about its hidden history, and he sets up his traveling kitchen at Ayla Resort, where chicken shawarma is on the menu.	UNITED KINGDOM	English-100		G	
2020-10-25	2130	Gino's Italian Escape	Northern Sardinia	Having made Sardinia his home from home for the past three years, Gino is keen to explore this beautiful island, through its food, people and unique landscape.	UNITED KINGDOM	English-100		PG	
2020-10-25	2200	Gino's Italian Escape	Secrets Of Sardinia	Gino leaves the coast behind and heads deep into the mountains, to unlock the secrets to Sardinia. The island is home to more 100 year olds than any other, and it's all down to its landscape and diet.	UNITED KINGDOM	English-100		G	
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2020-10-25	2430	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	The blue sea of the Mediterranean beckons. Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch.	UNITED KINGDOM	English-100	RPT	G	Y
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2020-10-26	1000	Gino's Italian Escape	Secrets Of Sardinia	Gino leaves the coast behind and heads deep into the mountains, to unlock the secrets to Sardinia. The island is home to more 100 year olds than any other, and it's all down to its landscape and diet.	UNITED KINGDOM	English-100		G	
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2020-10-26	1335	Oliver's Twist	East Meets West	Chef Jamie Oliver rustles up another delicious meal. Today, he makes some Japanese food including gyozas with dipping sauce, sakatini cocktails, and shabu shabu.	UNITED KINGDOM	English-100		G	
2020-10-26	1400	Nigella Bites	Trashy	Nigella Lawson turns her back on food snobs, preparing the type of recipes most chefs wouldn't be seen dead making, including ham baked in cola and a chocolate lime cheesecake.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-26	1430	Pati's Mexican Table	Mexamericana	Mexican crab cakes with jalapeno aioli, corn and zucchini pizza, carne asada plus chorizo hamburgers.	USA	English-100		G	
2020-10-26	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, prawn fishermen on the Clarence River, and Ukrainian Easter egg decorating.	AUSTRALIA	English-100	RPT	G	Y
2020-10-26	1530	Martha Bakes	Never Enough Cookies	From simple to jam packed, Martha shares some new favourites to add to your cookie repertoire.	USA	English-100		G	
2020-10-26	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 11	Matt kicks things off with a knockout midweek dinner - zesty Greek lamb gyros. Courtney shares her delicious chilli salt prawns recipe, and Michael prepares a classic BLT.	AUSTRALIA	English-100		PG	
2020-10-26	1630	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G	
2020-10-26	1700	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies.	AUSTRALIA	English-100		G	
2020-10-26	1730	Paul Hollywood's Bread	Basic Bread	Celebrate the history and traditional flavours of great British bread. Paul explains the basics of breadmaking by making a classic white bloomer - a gorgeous crusty, everyday bread.	UNITED KINGDOM	English-100		G	
2020-10-26	1800	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 6	Silvia makes divine ricotta filled Italian crepes, and then using the leftover ingredients shows us how to create a rustic story pie from the north of Italy and a heart baked pasta, pasta al forno.	AUSTRALIA	English-100		G	

2020-10-26	1830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 6	In Abruzzo, Silva collects eggs from the freshest and most sustainable source possible, the local hens, and makes her son's favourite dunking cake, lemon and ricotta ring cake.	AUSTRALIA	English-100	RPT	G	Y
2020-10-26	1900	Bake With Anna Olson	Souffles	Some may tremble at the thought of making a souffle, but Anna will share the tips and tools needed to make a fluffy, airy souffle with utmost confidence.	CANADA	English-100		PG	
2020-10-26	1930	Living On The Veg	Living On The Veg Series 1 Ep 2	Henry and Tom cook up a completely plant-based classic lasagne, as well as their ultimate vegan breakfast packed with flavours that rival any full English, including smoky BBQ beans.	UNITED KINGDOM	English-100		G	
2020-10-26	2030	Anthony Bourdain: Parts Unknown	Asturias, Spain	Bourdain travels to the enchanted region of Asturias, Spain with chef and humanitarian Jose Andres, as he makes a return to his homeland.	USA	English-100		PG	
2020-10-26	2130	Nigella Kitchen	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100		G	
2020-10-26	2200	Poh's Kitchen	Traditional Cooking With David Thompson	Thai food guru, David Thompson, returns to Poh's kitchen to share with us an ancient Thai recipe, a shrimp paste relish, Nahm Prik Gapi. Poh impresses David with a traditional Malaysian stir fry.	AUSTRALIA	English-100	RPT	G	Y
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2020-10-26	2330	Two Greedy Italians... Still Hungry	Liguria And La Bella Figura	Chefs Antonio and Gennaro explore how Italy's social history has created a culture of admiration for superficial accoutrements in the showbiz port of Portofino.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-26	2435	Living On The Veg	Living On The Veg Series 1 Ep 2	Henry and Tom cook up a completely plant-based classic lasagne, as well as their ultimate vegan breakfast packed with flavours that rival any full English, including smoky BBQ beans.	UNITED KINGDOM	English-100		G	
2020-10-26	2535	Anthony Bourdain: Parts Unknown	Asturias, Spain	Bourdain travels to the enchanted region of Asturias, Spain with chef and humanitarian Jose Andres, as he makes a return to his homeland.	USA	English-100		PG	
2020-10-26	2630	Nigella Kitchen	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100		G	
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2020-10-27	1335	Oliver's Twist	New Kids On The Block	Jamie prepares a dinner party for some of his new trainees.	UNITED KINGDOM	English-100		G	
2020-10-27	1400	Nigella Bites	Temple Food	For anyone suffering after a heavy night of partying, Nigella Lawson has just the tonic, offering suggestions for dishes that cleanse the mind and body.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-27	1430	Pati's Mexican Table	Cooking With The Fans	Pati dishes up three of her favourites - tart pico de guat, chipotle chicken pasta casserole, and marbled tres leches cake.	USA	English-100		G	
2020-10-27	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, gourmet foods in Darwin, and a master barista demonstrates fine coffee making.	AUSTRALIA	English-100	RPT	G	Y
2020-10-27	1530	Martha Bakes	Pizza Dough	Learn how easy it is to make it pizza night, every night, with just one dough recipe prepared three ways.	USA	English-100		G	
2020-10-27	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 12	Matt prepares a burnt honey panna cotta - a set and forget type of dessert that's perfect for entertaining, while Courtney makes healthy silver beet rolls.	AUSTRALIA	English-100		PG	
2020-10-27	1630	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100		G	
2020-10-27	1700	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G	
2020-10-27	1730	Paul Hollywood's Bread	Flatbread	With little more than corn flour and water, Paul makes authentic corn tortilla served stacked and layered with spicy roast chicken, guacamole and sour cream in a mouth-watering corn tortilla tower.	UNITED KINGDOM	English-100		PG	

2020-10-27	1800	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	AUSTRALIA	English-100		G	
2020-10-27	1830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 7	Silvia Colloca journeys to her mother's birthplace in Abruzzo, where she learns how to transform locally grown organic goods into the joys of a summer BBQ Italian style.	AUSTRALIA	English-100	RPT	G	Y
2020-10-27	1900	Bake With Anna Olson	Charlottes	A charlotte is a dessert with a cake exterior holding a fruit, mousse, or other filling within - as opposed to layered. These look pretty from the outside, and reveal gorgeous fillings once sliced.	CANADA	English-100		PG	
2020-10-27	1930	Italian Food Safari	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G	Y
2020-10-27	2000	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace, including a one-pot tuna pasta method.	AUSTRALIA	English-100		G	
2020-10-27	2030	How To Cook Like Heston	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-27	2100	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. Pastry chef Didier shows him how to make a gateau cake.	AUSTRALIA	English-100	RPT	G	Y
2020-10-27	2130	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	
2020-10-27	2200	Poh's Kitchen	Cooking Chinese With Neil Perry	Neil Perry takes Poh on a trip through Chinatown before heading back to the kitchen to cook Chinese, and Neil shows why he is at the cutting edge of Modern Asian cuisine.	AUSTRALIA	English-100	RPT	G	Y
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2020-10-27	2330	Two Greedy Italians... Still Hungry	Alps And Arrangiarsi, The	Chefs Antonio and Gennaro explore Italian resourcefulness through the enterprising food skills of the Lombards. They also visit some of the last remaining partisans.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-10-27	2435	Italian Food Safari	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G	Y
2020-10-27	2505	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace, including a one-pot tuna pasta method.	AUSTRALIA	English-100		G	
2020-10-27	2530	How To Cook Like Heston	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-27	2600	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. Pastry chef Didier shows him how to make a gateau cake.	AUSTRALIA	English-100	RPT	G	Y
2020-10-27	2630	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	
2020-10-27	2700	Poh's Kitchen	Cooking Chinese With Neil Perry	Neil Perry takes Poh on a trip through Chinatown before heading back to the kitchen to cook Chinese, and Neil shows why he is at the cutting edge of Modern Asian cuisine.	AUSTRALIA	English-100	RPT	G	Y
2020-10-27	2730	Two Greedy Italians... Still Hungry	Alps And Arrangiarsi, The	Chefs Antonio and Gennaro explore Italian resourcefulness through the enterprising food skills of the Lombards. They also visit some of the last remaining partisans.	UNITED KINGDOM	English-100	RPT	PG	Y

2020-10-27	2835	Oliver's Twist	New Kids On The Block	Jamie prepares a dinner party for some of his new trainees.	UNITED KINGDOM	English-100		G	
2020-10-28	0500	Nigella Bites	Temple Food	For anyone suffering after a heavy night of partying, Nigella Lawson has just the tonic, offering suggestions for dishes that cleanse the mind and body.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-28	0530	Pati's Mexican Table	Cooking With The Fans	Pati dishes up three of her favourites - tart pico de guat, chipotle chicken pasta casserole, and marbled tres leches cake.	USA	English-100		G	
2020-10-28	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, gourmet foods in Darwin, and a master barista demonstrates fine coffee making.	AUSTRALIA	English-100	RPT	G	Y
2020-10-28	0630	Martha Bakes	Pizza Dough	Learn how easy it is to make it pizza night, every night, with just one dough recipe prepared three ways.	USA	English-100		G	
2020-10-28	0700	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 12	Matt prepares a burnt honey panna cotta - a set and forget type of dessert that's perfect for entertaining, while Courtney makes healthy silver beet rolls.	AUSTRALIA	English-100		PG	
2020-10-28	0730	Paul Hollywood's Bread	Flatbread	With little more than corn flour and water, Paul makes authentic corn tortilla served stacked and layered with spicy roast chicken, guacamole and sour cream in a mouth-watering corn tortilla tower.	UNITED KINGDOM	English-100		PG	
2020-10-28	0800	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	AUSTRALIA	English-100		G	
2020-10-28	0830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 7	Silvia Colloca journeys to her mother's birthplace in Abruzzo, where she learns how to transform locally grown organic goods into the joys of a summer BBQ Italian style.	AUSTRALIA	English-100	RPT	G	Y
2020-10-28	0900	Bake With Anna Olson	Charlottes	A charlotte is a dessert with a cake exterior holding a fruit, mousse, or other filling within - as opposed to layered. These look pretty from the outside, and reveal gorgeous fillings once sliced.	CANADA	English-100		PG	
2020-10-28	0930	Italian Food Safari	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G	Y
2020-10-28	1000	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace, including a one-pot tuna pasta method.	AUSTRALIA	English-100		G	
2020-10-28	1030	How To Cook Like Heston	Beef	Heston challenges the way that beef is typically cooked and confronts one of the biggest culinary myths out there - searing a steak doesn't in fact keep in the meat's juices.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-28	1100	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. Pastry chef Didier shows him how to make a gateau cake.	AUSTRALIA	English-100	RPT	G	Y
2020-10-28	1130	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	
2020-10-28	1200	Poh's Kitchen	Cooking Chinese With Neil Perry	Neil Perry takes Poh on a trip through Chinatown before heading back to the kitchen to cook Chinese, and Neil shows why he is at the cutting edge of Modern Asian cuisine.	AUSTRALIA	English-100	RPT	G	Y
2020-10-28	1230	Two Greedy Italians... Still Hungry	Alps And Arrangiarsi, The	Chefs Antonio and Gennaro explore Italian resourcefulness through the enterprising food skills of the Lombards. They also visit some of the last remaining partisans.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-10-28	1335	Oliver's Twist	Late Night Munchies	Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.	UNITED KINGDOM	English-100		G	
2020-10-28	1400	Nigella Bites	Legacy	Nigella Lawson lovingly recreates the flavours of her childhood, using recipes handed down to her from her mother and grandmother, including Italian sausages with lentils.	UNITED KINGDOM	English-100	RPT	G	Y

2020-10-28	1430	Pati's Mexican Table	Street Food Favourites	Cooked and seasoned corn, miner-style enchiladas, homemade cajeta, and churros con cajeta.	USA	English-100		G	
2020-10-28	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, French cooking with home grown produce, and Australian grown mustard seed.	AUSTRALIA	English-100	RPT	G	Y
2020-10-28	1530	Martha Bakes	One Bowl Desserts	Less is more with these one-bowl desserts that make the baking, and the clean up, a breeze.	USA	English-100		G	
2020-10-28	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 13	MasterChef Australia semi-finalist Khanh Ong is in the kitchen with Matt, where they demonstrate how easy it is to make a tasty caramel chicken with only a few ingredients.	AUSTRALIA	English-100		PG	
2020-10-28	1630	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G	
2020-10-28	1700	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG	
2020-10-28	1730	Paul Hollywood's Bread	Continental Bread	Paul reveals the secrets of some of the most iconic breads from the continent and using them to make delicious, colourful and irresistible dishes.	UNITED KINGDOM	English-100		G	
2020-10-28	1800	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 8	For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana.	AUSTRALIA	English-100		G	
2020-10-28	1830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 8	Heading south to Castelbottaccio in Molise, Silvia and her mother embark on a quest to find a long lost recipe - pesche di Castelbottaccio (sponge cake peaches).	AUSTRALIA	English-100	RPT	G	Y
2020-10-28	1900	Bake With Anna Olson	Country Breads	Nothing beats the smell of fresh bread coming out of the oven and these rustic styles will have you running to the kitchen to bake.	CANADA	English-100		PG	
2020-10-28	1930	Indian Food Made Easy	Kashmeri (Yorkshire)	Anjum travels to the multicultural town of Bradford in the north of England to meet and share recipes with the locals, including a rogan josh - a rich, hearty, meat and tomato curry.	UNITED KINGDOM	English-100		G	
2020-10-28	2000	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y
2020-10-28	2030	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 1	Spring in Mildura is the season when the gardens are at their colourful best. It's also the time when the grapes are budding on the vines, which causes Stefano to wonder about new varieties of wines.	AUSTRALIA	English-100		G	
2020-10-28	2100	Sourced	Regional Favourites	Whether it's mole in Mexico or tiramisù in Italy, Guy gets a taste of regional specialties and uncovers the ingredients that give them their characteristic flavour.	USA	English-100		PG	
2020-10-28	2130	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	
2020-10-28	2200	Poh's Kitchen	Kormas With Ragini Dey	Poh invites trail-blazing Indian chef Ragini Dey to her kitchen so she can learn a few secrets of Indian cooking.	AUSTRALIA	English-100	RPT	G	Y
2020-10-28	2230	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G	
2020-10-28	2300	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG	
2020-10-28	2330	Two Greedy Italians... Still Hungry	Rome And Machismo	Rome and Machismo - Gennaro and Antonio look at the modern Italian man and ask if there is still a place in Italy for 'macho' men. They start in the rugged mountain villages of Lazio.	UNITED KINGDOM	English-100	RPT	PG	Y

2020-10-28	2435	Indian Food Made Easy	Kashmeri (Yorkshire)	Anjum travels to the multicultural town of Bradford in the north of England to meet and share recipes with the locals, including a rogan josh - a rich, hearty, meat and tomato curry.	UNITED KINGDOM	English-100			G	
2020-10-28	2505	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT		G	Y
2020-10-28	2535	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 1	Spring in Mildura is the season when the gardens are at their colourful best. It's also the time when the grapes are budding on the vines, which causes Stefano to wonder about new varieties of wines.	AUSTRALIA	English-100			G	
2020-10-28	2605	Sourced	Regional Favourites	Whether it's mole in Mexico or tiramisu in Italy, Guy gets a taste of regional specialties and uncovers the ingredients that give them their characteristic flavour.	USA	English-100			PG	
2020-10-28	2630	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	
2020-10-28	2700	Poh's Kitchen	Kormas With Ragini Dey	Poh invites trail-blazing Indian chef Ragini Dey to her kitchen so she can learn a few secrets of Indian cooking.	AUSTRALIA	English-100	RPT		G	Y
2020-10-28	2730	Two Greedy Italians... Still Hungry	Rome And Machismo	Rome and Machismo - Gennaro and Antonio look at the modern Italian man and ask if there is still a place in Italy for 'macho' men. They start in the rugged mountain villages of Lazio.	UNITED KINGDOM	English-100	RPT		PG	Y
2020-10-28	2835	Oliver's Twist	Late Night Munchies	Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.	UNITED KINGDOM	English-100			G	
2020-10-29	0500	Nigella Bites	Legacy	Nigella Lawson lovingly recreates the flavours of her childhood, using recipes handed down to her from her mother and grandmother, including Italian sausages with lentils.	UNITED KINGDOM	English-100	RPT		G	Y
2020-10-29	0530	Pati's Mexican Table	Street Food Favourites	Cooked and seasoned corn, miner-style enchiladas, homemade cajeta, and churros con cajeta.	USA	English-100			G	
2020-10-29	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, French cooking with home grown produce, and Australian grown mustard seed.	AUSTRALIA	English-100	RPT		G	Y
2020-10-29	0630	Martha Bakes	One Bowl Desserts	Less is more with these one-bowl desserts that make the baking, and the clean up, a breeze.	USA	English-100			G	
2020-10-29	0700	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 13	MasterChef Australia semi-finalist Khanh Ong is in the kitchen with Matt, where they demonstrate how easy it is to make a tasty caramel chicken with only a few ingredients.	AUSTRALIA	English-100			PG	
2020-10-29	0730	Paul Hollywood's Bread	Continental Bread	Paul reveals the secrets of some of the most iconic breads from the continent and using them to make delicious, colourful and irresistible dishes.	UNITED KINGDOM	English-100			G	
2020-10-29	0800	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 8	For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana.	AUSTRALIA	English-100			G	
2020-10-29	0830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 8	Heading south to Castelbottaccio in Molise, Silvia and her mother embark on a quest to find a long lost recipe - pesche di Castelbottaccio (sponge cake peaches).	AUSTRALIA	English-100	RPT		G	Y
2020-10-29	0900	Bake With Anna Olson	Country Breads	Nothing beats the smell of fresh bread coming out of the oven and these rustic styles will have you running to the kitchen to bake.	CANADA	English-100			PG	
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2020-10-29	1000	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT		G	Y

2020-10-29	1030	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 1	Spring in Mildura is the season when the gardens are at their colourful best. It's also the time when the grapes are budding on the vines, which causes Stefano to wonder about new varieties of wines.	AUSTRALIA	English-100		G	
2020-10-29	1100	Sourced	Regional Favourites	Whether it's mole in Mexico or tiramisu in Italy, Guy gets a taste of regional specialties and uncovers the ingredients that give them their characteristic flavour.	USA	English-100		PG	
2020-10-29	1130	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	
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2020-10-29	1230	Two Greedy Italians... Still Hungry	Rome And Machismo	Rome and Machismo - Gennaro and Antonio look at the modern Italian man and ask if there is still a place in Italy for 'macho' men. They start in the rugged mountain villages of Lazio.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-10-29	1335	Oliver's Twist	Big Cheese, The	Foodie fun with Jamie Oliver. Here, he visits a friend at her new cheese shop, then returns home with some of her produce and prepares the ultimate cheese board.	UNITED KINGDOM	English-100		G	
2020-10-29	1400	Nigella Bites	Slow Cook Weekend	Nigella Lawson turns her hand to slow-cook recipes that take little preparation, ideal for anyone wanting to rustle up a weekend dinner party.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-29	1430	Pati's Mexican Table	Sami's Big Day	Pati prepares her son Sami some of his favourite foods - smashed baby potatoes, chipotle salmon, a bacon and avocado sandwich, and homemade cookies.	USA	English-100		G	
2020-10-29	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chestnut trees in the alps, new organic produce, and eel farming in New England.	AUSTRALIA	English-100	RPT	G	Y
2020-10-29	1530	Martha Bakes	Layered Yeast Dough	Whether you're a beginner or a seasoned pro, you'll welcome Martha's expert tips for turning layered yeast dough into masterful creations, starting with the classic kouign-amann.	USA	English-100		G	
2020-10-29	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 14	Matt kicks things off with a lovely yoghurt semifreddo, while Courtney prepares a sabich - a popular Israeli sandwich.	AUSTRALIA	English-100		PG	
2020-10-29	1630	The Cook And The Chef	Shellfish	What do you do with sea urchin? How do you prepare abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G	
2020-10-29	1700	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG	
2020-10-29	1730	Paul Hollywood's Bread	Sourdough	Paul demonstrates how to cultivate a sourdough starter at home - harnessing natural, airborne yeasts to leaven and give amazing flavour to bread.	UNITED KINGDOM	English-100		PG	
2020-10-29	1800	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 9	Silvia prepares a super quick seafood risotto, cooks a Sicilian pesto penne in eight minutes flat, and a lemon and almond sweet treat that can be prepared in a jiffy.	AUSTRALIA	English-100		G	
2020-10-29	1830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 9	Silvia Colloca journeys to the medieval village Roccascalenga, and calls upon the expertise of the local to learn how to make heavenly hand rolled cannelloni with slow braised meat.	AUSTRALIA	English-100	RPT	G	Y
2020-10-29	1900	Bake With Anna Olson	Candy	Yay! Candy! A pastry kitchen can also include a confectionery, where candies are made. Anna prepares the staples that every pastry chef learns to make.	CANADA	English-100		PG	
2020-10-29	1930	Just Jen	Feeling Social	Feeling social? Jen breaks out recipes and projects perfect for your next get together.	USA	English-100		PG	
2020-10-29	2000	Donal's Asian Baking Adventure	Singapore 2	Another famous Malaysian bread is roti, usually served and energetically stretched and cooked on a griddle at street stalls, a knack Donal tries to master.	SINGAPORE	English-100		G	
2020-10-29	2030	May's Kitchen	Lebanon	Chef May Yacoubi presents the fresh goodness, and tradition of Lebanese cuisine, starting with a mezza table - a table of colourful appetizers including batata harra, fatoush, and tabbouleh.	USA	English-100		PG	

2020-10-29	2100	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 3	At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu.	AUSTRALIA	English-100	RPT	G	Y
2020-10-29	2130	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	
2020-10-29	2200	Poh's Kitchen	Fish With Neil Perry	Poh and Neil Perry demonstrate that fish is an incredibly versatile ingredient and prepare snapper in four different ways. Poh also looks at some aquaculture innovations helping to save the plan.	AUSTRALIA	English-100	RPT	G	Y
2020-10-29	2230	The Cook And The Chef	Shellfish	What do you do with sea urchin? How do you prepare abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G	
2020-10-29	2300	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG	
2020-10-29	2330	Heston's Dinner In Space	Heston's Space Food Series 1 Ep 1	Heston undergoes space training where he experiences zero gravity amongst other challenging conditions. Inspired by the occasion, he also creates some delicious space food.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-29	2430	Just Jen	Feeling Social	Feeling social? Jen breaks out recipes and projects perfect for your next get together.	USA	English-100		PG	
2020-10-29	2500	Donal's Asian Baking Adventure	Singapore 2	Another famous Malaysian bread is roti, usually served and energetically stretched and cooked on a griddle at street stalls, a knack Donal tries to master.	SINGAPORE	English-100		G	
2020-10-29	2530	May's Kitchen	Lebanon	Chef May Yacoubi presents the fresh goodness, and tradition of Lebanese cuisine, starting with a mezza table - a table of colourful appetizers including batata harra, fatoush, and tabbouleh.	USA	English-100		PG	
2020-10-29	2600	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 3	At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu.	AUSTRALIA	English-100	RPT	G	Y
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2020-10-30	0500	Nigella Bites	Slow Cook Weekend	Nigella Lawson turns her hand to slow-cook recipes that take little preparation, ideal for anyone wanting to rustle up a weekend dinner party.	UNITED KINGDOM	English-100	RPT	G	Y
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2020-10-30	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chestnut trees in the alps, new organic produce, and eel farming in New England.	AUSTRALIA	English-100	RPT	G	Y
2020-10-30	0630	Martha Bakes	Layered Yeast Dough	Whether you're a beginner or a seasoned pro, you'll welcome Martha's expert tips for turning layered yeast dough into masterful creations, starting with the classic kouign-amann.	USA	English-100		G	
2020-10-30	0700	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 14	Matt kicks things off with a lovely yoghurt semifreddo, while Courtney prepares a sabich - a popular Israeli sandwich.	AUSTRALIA	English-100		PG	

2020-10-30	0730	Paul Hollywood's Bread	Sourdough	Paul demonstrates how to cultivate a sourdough starter at home - harnessing natural, airborne yeasts to leaven and give amazing flavour to bread.	UNITED KINGDOM	English-100		PG	
2020-10-30	0800	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 9	Silvia prepares a super quick seafood risotto, cooks a Sicilian pesto penne in eight minutes flat, and a lemon and almond sweet treat that can be prepared in a jiffy.	AUSTRALIA	English-100		G	
2020-10-30	0830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 9	Silvia Colloca journeys to the medieval village Roccascalenga, and calls upon the expertise of the local to learn how to make heavenly hand rolled cannelloni with slow braised meat.	AUSTRALIA	English-100	RPT	G	Y
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2020-10-30	0930	Just Jen	Feeling Social	Feeling social? Jen breaks out recipes and projects perfect for your next get together.	USA	English-100		PG	
2020-10-30	1000	Donal's Asian Baking Adventure	Singapore 2	Another famous Malaysian bread is roti, usually served and energetically stretched and cooked on a griddle at street stalls, a knack Donal tries to master.	SINGAPORE	English-100		G	
2020-10-30	1030	May's Kitchen	Lebanon	Chef May Yacoubi presents the fresh goodness, and tradition of Lebanese cuisine, starting with a mezza table - a table of colourful appetizers including batata harra, fatoush, and tabbouleh.	USA	English-100		PG	
2020-10-30	1100	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 3	At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu.	AUSTRALIA	English-100	RPT	G	Y
2020-10-30	1130	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	
2020-10-30	1200	Poh's Kitchen	Fish With Neil Perry	Poh and Neil Perry demonstrate that fish is an incredibly versatile ingredient and prepare snapper in four different ways. Poh also looks at some aquaculture innovations helping to save the plan.	AUSTRALIA	English-100	RPT	G	Y
2020-10-30	1230	Heston's Dinner In Space	Heston's Space Food Series 1 Ep 1	Heston undergoes space training where he experiences zero gravity amongst other challenging conditions. Inspired by the occasion, he also creates some delicious space food.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-30	1330	Oliver's Twist	Night Shift	Jamie takes time to try out some new bread recipes. As the sun begins to rise John and Jamie gather all the left over dough and make a delicious breakfast pizza.	UNITED KINGDOM	English-100		G	
2020-10-30	1400	Nigella Bites	Suppertime	Nigella Lawson offers ideas for amateur cooks wanting to impress their friends with professional-looking suppertime specialities that satisfy the tastebuds.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-30	1430	Pati's Mexican Table	Modern Mexico	Boston lettuce salad with avocado dressing, candied pineapple and spicy pumpkin seeds, beef and vegetable mole stew, chocolate hibiscus cookies and tea.	USA	English-100		G	
2020-10-30	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, ocean trout, stuffed zucchini flowers, and an Ethiopian feast.	AUSTRALIA	English-100	RPT	G	Y
2020-10-30	1530	Martha Bakes	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100		G	
2020-10-30	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 15	Matt kicks things off with a simple and nourishing miso soup, while Courtney jazzes up a sweet potato and chicken salad.	AUSTRALIA	English-100		PG	
2020-10-30	1630	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G	
2020-10-30	1700	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G	
2020-10-30	1730	Paul Hollywood's Bread	Soda Bread	Paul demonstrates a method of preparing soda bread from start to finish that can be made in under an hour. No kneading, no proving- all that's needed is to mix, shape and bake the loaf.	UNITED KINGDOM	English-100		G	

2020-10-30	1800	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace, including a one-pot tuna pasta method.	AUSTRALIA	English-100		G	
2020-10-30	1830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 10	Silvia Colloca ventures north to Abruzzo and finds inspiration from the delicious meat cold cuts that the region is renowned for to make an Italian savoury pie.	AUSTRALIA	English-100	RPT	G	Y
2020-10-30	1900	Bake With Anna Olson	Icings And Glazes	Having a good repertoire of icings and glazes add flair and panache to cakes and cookies. Here we get a handle on the major styles and some delicious recipes where they are used.	CANADA	English-100		PG	
2020-10-30	1930	Watts On The Grill	Fire And Spice	Chef Spencer Watts kicks things up a notch with four spicy recipes on the grill that'll heat up your tastebuds.	CANADA	English-100		PG	
2020-10-30	2000	Watts On The Grill	Spanish Flare	Chef Spencer Watts ventures through the barbeque culture of Spain with classic recipes including habanero chargrilled octopus, and paella.	CANADA	English-100		PG	
2020-10-30	2030	Food Safari Fire	Food Safari Fire Series 1 Ep 7	As the cuisines of the world developed different techniques to capture fire, they also produced a range of pots and pans. Maeve learns about different types of cookware.	AUSTRALIA	English-100	RPT	G	Y
2020-10-30	2100	Food Safari Fire	Food Safari Fire Series 1 Ep 8	Celebrates Asian recipes all designed to cook over coals. Maeve explores Vietnamese bun cha, Korean beef ribs, Xinjiang lamb skewers, Japanese kushiyaki and Thai gai yang.	AUSTRALIA	English-100	RPT	G	Y
2020-10-30	2130	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	
2020-10-30	2200	Poh's Kitchen	Barbecue With Neil Perry	Poh's been invited to Neil Perry's home in Sydney to help cook up a feast for his family. Before they fire up the barbeque, Neil takes Poh to his local butchers to check out the best cuts of meat.	AUSTRALIA	English-100	RPT	G	Y
2020-10-30	2230	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G	
2020-10-30	2300	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G	
2020-10-30	2330	Heston's Dinner In Space	Heston's Space Food Series 1 Ep 2	Heston and his team create a nostalgic menu for the first ever dinner party in space. With meals reminiscent of Tim's childhood, Heston puts his out-of-this-world twist on a bacon sandwich.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-30	2430	Watts On The Grill	Fire And Spice	Chef Spencer Watts kicks things up a notch with four spicy recipes on the grill that'll heat up your tastebuds.	CANADA	English-100		PG	
2020-10-30	2500	Watts On The Grill	Spanish Flare	Chef Spencer Watts ventures through the barbeque culture of Spain with classic recipes including habanero chargrilled octopus, and paella.	CANADA	English-100		PG	
2020-10-30	2530	Food Safari Fire	Food Safari Fire Series 1 Ep 7	As the cuisines of the world developed different techniques to capture fire, they also produced a range of pots and pans. Maeve learns about different types of cookware.	AUSTRALIA	English-100	RPT	G	Y
2020-10-30	2600	Food Safari Fire	Food Safari Fire Series 1 Ep 8	Celebrates Asian recipes all designed to cook over coals. Maeve explores Vietnamese bun cha, Korean beef ribs, Xinjiang lamb skewers, Japanese kushiyaki and Thai gai yang.	AUSTRALIA	English-100	RPT	G	Y
2020-10-30	2630	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	
2020-10-30	2700	Poh's Kitchen	Barbecue With Neil Perry	Poh's been invited to Neil Perry's home in Sydney to help cook up a feast for his family. Before they fire up the barbeque, Neil takes Poh to his local butchers to check out the best cuts of meat.	AUSTRALIA	English-100	RPT	G	Y
2020-10-30	2730	Heston's Dinner In Space	Heston's Space Food Series 1 Ep 2	Heston and his team create a nostalgic menu for the first ever dinner party in space. With meals reminiscent of Tim's childhood, Heston puts his out-of-this-world twist on a bacon sandwich.	UNITED KINGDOM	English-100	RPT	G	Y

2020-10-30	2830	Oliver's Twist	Night Shift	Jamie takes time to try out some new bread recipes. As the sun begins to rise John and Jamie gather all the left over dough and make a delicious breakfast pizza.	UNITED KINGDOM	English-100		G	
2020-10-31	0500	Nigella Bites	Suppertime	Nigella Lawson offers ideas for amateur cooks wanting to impress their friends with professional-looking suppertime specialities that satisfy the tastebuds.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-31	0530	Pati's Mexican Table	Modern Mexico	Boston lettuce salad with avocado dressing, candied pineapple and spicy pumpkin seeds, beef and vegetable mole stew, chocolate hibiscus cookies and tea.	USA	English-100		G	
2020-10-31	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, ocean trout, stuffed zucchini flowers, and an Ethiopian feast.	AUSTRALIA	English-100	RPT	G	Y
2020-10-31	0630	Martha Bakes	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100		G	
2020-10-31	0700	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 15	Matt kicks things off with a simple and nourishing miso soup, while Courtney jazzes up a sweet potato and chicken salad.	AUSTRALIA	English-100		PG	
2020-10-31	0730	Paul Hollywood's Bread	Soda Bread	Paul demonstrates a method of preparing soda bread from start to finish that can be made in under an hour. No kneading, no proving- all that's needed is to mix, shape and bake the loaf.	UNITED KINGDOM	English-100		G	
2020-10-31	0800	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace, including a one-pot tuna pasta method.	AUSTRALIA	English-100		G	
2020-10-31	0830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 10	Silvia Colloca ventures north to Abruzzo and finds inspiration from the delicious meat cold cuts that the region is renowned for to make an Italian savoury pie.	AUSTRALIA	English-100	RPT	G	Y
2020-10-31	0900	Bake With Anna Olson	Icings And Glazes	Having a good repertoire of icings and glazes add flair and panache to cakes and cookies. Here we get a handle on the major styles and some delicious recipes where they are used.	CANADA	English-100		PG	
2020-10-31	0930	Watts On The Grill	Fire And Spice	Chef Spencer Watts kicks things up a notch with four spicy recipes on the grill that'll heat up your tastebuds.	CANADA	English-100		PG	
2020-10-31	1000	Watts On The Grill	Spanish Flare	Chef Spencer Watts ventures through the barbeque culture of Spain with classic recipes including habanero chargrilled octopus, and paella.	CANADA	English-100		PG	
2020-10-31	1030	Food Safari Fire	Food Safari Fire Series 1 Ep 7	As the cuisines of the world developed different techniques to capture fire, they also produced a range of pots and pans. Maeve learns about different types of cookware.	AUSTRALIA	English-100	RPT	G	Y
2020-10-31	1100	Food Safari Fire	Food Safari Fire Series 1 Ep 8	Celebrates Asian recipes all designed to cook over coals. Maeve explores Vietnamese bun cha, Korean beef ribs, Xinjiang lamb skewers, Japanese kushiyaki and Thai gai yang.	AUSTRALIA	English-100	RPT	G	Y
2020-10-31	1130	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	
2020-10-31	1200	Poh's Kitchen	Barbecue With Neil Perry	Poh's been invited to Neil Perry's home in Sydney to help cook up a feast for his family. Before they fire up the barbeque, Neil takes Poh to his local butchers to check out the best cuts of meat.	AUSTRALIA	English-100	RPT	G	Y
2020-10-31	1230	Heston's Dinner In Space	Heston's Space Food Series 1 Ep 2	Heston and his team create a nostalgic menu for the first ever dinner party in space. With meals reminiscent of Tim's childhood, Heston puts his out-of-this-world twist on a bacon sandwich.	UNITED KINGDOM	English-100	RPT	G	Y
2020-10-31	1330	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 15	Matt kicks things off with a simple and nourishing miso soup, while Courtney jazzes up a sweet potato and chicken salad.	AUSTRALIA	English-100		PG	
2020-10-31	1400	Say It To My Face	Health Hazard Pizza	Ramy Abdh and Damon Tavis are the owners and best friends of Uncle Red's Pizza place in Bellflower, CA. They thought that opening up a pizza place would be the perfect way to break free.	USA	English-100		PG	
2020-10-31	1500	Ask The Butcher	Lean Meats	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G	

2020-10-31	1530	Ask The Butcher	Wagyu	Anthony Puharich heads to Japan to the national Wagyu show and inside the Wagyu processing rooms. This is a world never seen before.	AUSTRALIA	English-100		G
2020-10-31	1600	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
2020-10-31	1630	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. 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
2020-10-31	1700	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
2020-10-31	1730	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 8	Paul Hollywood truly uncovers the best of British Pies and Puds with Scotland's World Champion Scotch Pie maker Andrew Chisholm.	UNITED KINGDOM	English-100		G
2020-10-31	1830	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 8	The Rignalls and the Boysie families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		PG
2020-10-31	1930	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese.	AUSTRALIA	English-100		PG
2020-10-31	2000	Cheese Slices	Spain - Traditional Galician Cheese	Galicia is known as 'Green Spain' and its high rainfall is perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past.	AUSTRALIA	English-100		G
2020-10-31	2030	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 5	It's a battle of the couples in the kitchen with Lisa's Jamaican Kitchen and The Dorset Gourmet compete in the Food Arena. Who will crack under the pressure?	UNITED KINGDOM	English-100		PG
2020-10-31	2100	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 6	Three new pairs of cooks compete for a place in the final - Old Dhaka Kitchen, Dad's Canteen, and The Tiny Italian Kitchen. Who will make the most profit when the 50 diners arrive?	UNITED KINGDOM	English-100		PG
2020-10-31	2130	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
2020-10-31	2230	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 8	Paul Hollywood truly uncovers the best of British Pies and Puds with Scotland's World Champion Scotch Pie maker Andrew Chisholm.	UNITED KINGDOM	English-100		G
2020-10-31	2330	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 8	The Rignalls and the Boysie families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		PG
2020-10-31	2430	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese.	AUSTRALIA	English-100		PG
2020-10-31	2500	Cheese Slices	Spain - Traditional Galician Cheese	Galicia is known as 'Green Spain' and its high rainfall is perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past.	AUSTRALIA	English-100		G
2020-10-31	2530	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 5	It's a battle of the couples in the kitchen with Lisa's Jamaican Kitchen and The Dorset Gourmet compete in the Food Arena. Who will crack under the pressure?	UNITED KINGDOM	English-100		PG
2020-10-31	2600	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 6	Three new pairs of cooks compete for a place in the final - Old Dhaka Kitchen, Dad's Canteen, and The Tiny Italian Kitchen. Who will make the most profit when the 50 diners arrive?	UNITED KINGDOM	English-100		PG
2020-10-31	2630	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
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2020-10-31 2830 **Ask The Butcher**

Lean Meats

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AUSTRALIA English-100

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