



**WEEK 45: Sunday, 1 November - Saturday, 7 November 2020 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-11-01	0500	<b>Ask The Butcher</b>	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	
2020-11-01	0530	<b>Paul Hollywood's Pies And Puds</b>	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	
2020-11-01	0630	<b>The Big Family Cooking Showdown</b>	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	
2020-11-01	0730	<b>Cheese Slices</b>	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	
2020-11-01	0800	<b>Cheese Slices</b>	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	
2020-11-01	0830	<b>Cooking Up A Fortune</b>	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	
2020-11-01	0900	<b>Cooking Up A Fortune</b>	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	
2020-11-01	0930	<b>The Hairy Bikers' Food Tour Of Britain</b>	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	
2020-11-01	1030	<b>Say It To My Face</b>	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	
2020-11-01	1130	<b>Ask The Butcher</b>	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	
2020-11-01	1200	<b>Ask The Butcher</b>	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	
2020-11-01	1230	<b>Paul Hollywood's Pies And Puds</b>	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	
2020-11-01	1330	<b>Cheese Slices</b>	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	
2020-11-01	1400	<b>Say It To My Face</b>	Soul Searching	Julie Peterson has been running R&J Soul Food in Downey, CA for over 19 years, using recipes she has on hand from her Louisianan grandmother, Big Mama.	USA	English-100		PG	
2020-11-01	1500	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 1	Adrian shares his families famous recipe for Lancashire hotpot and his secrets for the prefect sausage.	AUSTRALIA	English-100		G	
2020-11-01	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 2	Adrian pays a visit to Melbourne's Spanish quarter and serves up his delicious version of Portuguese chicken with red capsicum.	AUSTRALIA	English-100		G	
2020-11-01	1600	<b>The Cook And The Chef</b>	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	

2020-11-01	1630	<b>The Cook And The Chef</b>	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	
2020-11-01	1700	<b>The Cook And The Chef</b>	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	
2020-11-01	1730	<b>Hairy Bikers Northern Exposure</b>	Poland	Si and Dave make sausages in the polish countryside with a family who have been making them for generations. They also visit the home of gingerbread and the astronomer, Copernicus.	UNITED KINGDOM	English-100		PG	
2020-11-01	1835	<b>Jimmy Shu's Taste of The Territory</b>	Flavour	The dry season in the Top End is a time for festivals, and one of the most popular is Glenti, a Greek cultural festival. Jimmy meets some of the Greek community and learns how to make dolmades.	AUSTRALIA	English-100	RPT	G	Y
2020-11-01	1905	<b>Bonacini's Italy</b>	Trentino-Alto Adige	Renowned chef Michael Bonacini shows takes viewers on a culinary tour of the Italian region of Trentino-Alto Adige without leaving his own kitchen.	CANADA	English-100		G	
2020-11-01	1930	<b>Rick Stein's Spain</b>	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extramadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-01	2035	<b>Rick Stein's Taste Of Shanghai</b>	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-01	2140	<b>Gino's Italian Escape</b>	Southern Sardinia	Gino is back on the road again, leaving the mountains and heading south to the coast and the capital of Sardinia. On his way he takes a fishing trip.	UNITED KINGDOM	English-100		PG	
2020-11-01	2205	<b>Gino's Italian Escape</b>	Sicily Street Food	Gino says arrivederci to Sardinia and arrives in the capital city of Sicily - Palermo. Home of the mafia, a vibrant street food culture and rich history, this portside city stops Gino in his tracks.	UNITED KINGDOM	English-100		PG	
2020-11-01	2230	<b>Hairy Bikers Northern Exposure</b>	Poland	Si and Dave make sausages in the polish countryside with a family who have been making them for generations. They also visit the home of gingerbread and the astronomer, Copernicus.	UNITED KINGDOM	English-100		PG	
2020-11-01	2335	<b>Jimmy Shu's Taste of The Territory</b>	Flavour	The dry season in the Top End is a time for festivals, and one of the most popular is Glenti, a Greek cultural festival. Jimmy meets some of the Greek community and learns how to make dolmades.	AUSTRALIA	English-100	RPT	G	Y
2020-11-01	2405	<b>Bonacini's Italy</b>	Trentino-Alto Adige	Renowned chef Michael Bonacini shows takes viewers on a culinary tour of the Italian region of Trentino-Alto Adige without leaving his own kitchen.	CANADA	English-100		G	
2020-11-01	2430	<b>Rick Stein's Spain</b>	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extramadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-01	2535	<b>Rick Stein's Taste Of Shanghai</b>	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-01	2640	<b>Gino's Italian Escape</b>	Southern Sardinia	Gino is back on the road again, leaving the mountains and heading south to the coast and the capital of Sardinia. On his way he takes a fishing trip.	UNITED KINGDOM	English-100		PG	
2020-11-01	2705	<b>Gino's Italian Escape</b>	Sicily Street Food	Gino says arrivederci to Sardinia and arrives in the capital city of Sicily - Palermo. Home of the mafia, a vibrant street food culture and rich history, this portside city stops Gino in his tracks.	UNITED KINGDOM	English-100		PG	
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2020-11-01	2830	<b>Jimmy Shu's Taste of The Territory</b>	Flavour	The dry season in the Top End is a time for festivals, and one of the most popular is Glenti, a Greek cultural festival. Jimmy meets some of the Greek community and learns how to make dolmades.	AUSTRALIA	English-100	RPT	G	Y
2020-11-02	0500	<b>Bonacini's Italy</b>	Trentino-Alto Adige	Renowned chef Michael Bonacini shows takes viewers on a culinary tour of the Italian region of Trentino-Alto Adige without leaving his own kitchen.	CANADA	English-100		G	
2020-11-02	0530	<b>Rick Stein's Spain</b>	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extramadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G	Y

2020-11-02	0635	<b>Rick Stein's Taste Of Shanghai</b>	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-02	0740	<b>Gino's Italian Escape</b>	Southern Sardinia	Gino is back on the road again, leaving the mountains and heading south to the coast and the capital of Sardinia. On his way he takes a fishing trip.	UNITED KINGDOM	English-100		PG	
2020-11-02	0805	<b>Gino's Italian Escape</b>	Sicily Street Food	Gino says arrivederci to Sardinia and arrives in the capital city of Sicily - Palermo. Home of the mafia, a vibrant street food culture and rich history, this portside city stops Gino in his tracks.	UNITED KINGDOM	English-100		PG	
2020-11-02	0830	<b>Say It To My Face</b>	Soul Searching	Julie Peterson has been running R&J Soul Food in Downey, CA for over 19 years, using recipes she has on hand from her Louisianan grandmother, Big Mama.	USA	English-100		PG	
2020-11-02	0930	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 1	Adrian shares his families famous recipe for Lancashire hotpot and his secrets for the prefect sausage.	AUSTRALIA	English-100		G	
2020-11-02	1000	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 2	Adrian pays a visit to Melbourne's Spanish quarter and serves up his delicious version of Portuguese chicken with red capsicum.	AUSTRALIA	English-100		G	
2020-11-02	1030	<b>Hairy Bikers Northern Exposure</b>	Poland	Si and Dave make sausages in the polish countryside with a family who have been making them for generations. They also visit the home of gingerbread and the astronomer, Copernicus.	UNITED KINGDOM	English-100		PG	
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2020-11-02	1335	<b>Rachel Allen: All Things Sweet</b>	Classic Twist	Rachel puts a tasty twist on some classic dishes to show how even the most traditional desserts can be given a tantalising new lease of life.	UNITED KINGDOM	English-100		G	
2020-11-02	1400	<b>Nigella Bites</b>	Rainy Days	Nigella Lawson rolls back the rain clouds with her foul-weather recipes, conjuring up elaborate, time-consuming creations, including chocolate cloud cake.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-02	1430	<b>Pati's Mexican Table</b>	Family Favourites	Pati prepares chile rellenos, salsa roja, drunken rice with chicken, and a meringue cake with whipped cream and strawberries.	USA	English-100		G	
2020-11-02	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Lebanese food in country NSW, Cantonese cooking, and Barossa Valley food and wine.	AUSTRALIA	English-100	RPT	G	Y
2020-11-02	1530	<b>Martha Bakes</b>	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	
2020-11-02	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 16	Matt kicks things off with his succulent Korean braised beef ribs, while Courtney dishes up chargrilled beans with a twist. Michael serves up prawn tacos with a refreshing pineapple salsa.	AUSTRALIA	English-100		PG	
2020-11-02	1630	<b>The Cook And The Chef</b>	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100		G	
2020-11-02	1700	<b>The Cook And The Chef</b>	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100		G	
2020-11-02	1730	<b>Paul Hollywood's Bread</b>	Enriched Bread	Paul shares recipes for breads that cross the lines between bread, cake, and pastry, including his impressive citrus and cranberry packed Sicilian lemon and orange bread with a sweet almond glaze.	UNITED KINGDOM	English-100		G	

2020-11-02	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 1	Ainsley Harriott hosts the classic 20-minute cooking challenge with young stars of the West End musical Hairspray - Ben James-Ellis and Leanne Jones.	UNITED KINGDOM	English-100			PG	
2020-11-02	1900	<b>Bake With Anna Olson</b>	Loaf Cakes	Everyone from a novice baker to professional patissier needs a few really tasty sweet breads. Anna shares her recipes for basic banana bread and a honey-spiced bread called pain d'epices.	CANADA	English-100			PG	
2020-11-02	1930	<b>Living On The Veg</b>	Living On The Veg Series 1 Ep 3	The boys prepare their version of Britain's favourite cake - the Victoria sponge, and later prepare a cowboy-inspired pizza, served up Texan-style with smoky, spiced tofu and Bourbon sauce.	UNITED KINGDOM	English-100			G	
2020-11-02	2030	<b>Anthony Bourdain: Parts Unknown</b>	Indonesia	A shadow puppet performance provides an entry into understanding Indonesia - a country comprised of thousands of islands whose people endured political turmoil.	USA	English-100			PG	
2020-11-02	2130	<b>Nigella Kitchen</b>	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100			G	
2020-11-02	2200	<b>Poh's Kitchen</b>	Margaret River With Ian Parmenter	Poh's on the road in WA's Margaret River region with one-time TV chef and good food lover, Ian Parmenter. Ian has invited her to his backyard, the wonderful mecca of the Margaret River region.	AUSTRALIA	English-100	RPT		G	Y
2020-11-02	2230	<b>The Cook And The Chef</b>	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100			G	
2020-11-02	2300	<b>The Cook And The Chef</b>	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100			G	
2020-11-02	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 1	Ainsley Harriott hosts the classic 20-minute cooking challenge with young stars of the West End musical Hairspray - Ben James-Ellis and Leanne Jones.	UNITED KINGDOM	English-100			PG	
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2020-11-02	2630	<b>Nigella Kitchen</b>	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100			G	
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2020-11-02	2730	<b>Rachel Allen: All Things Sweet</b>	Classic Twist	Rachel puts a tasty twist on some classic dishes to show how even the most traditional desserts can be given a tantalising new lease of life.	UNITED KINGDOM	English-100			G	
2020-11-02	2800	<b>Nigella Bites</b>	Rainy Days	Nigella Lawson rolls back the rain clouds with her foul-weather recipes, conjuring up elaborate, time-consuming creations, including chocolate cloud cake.	UNITED KINGDOM	English-100	RPT		G	Y
2020-11-02	2830	<b>Pati's Mexican Table</b>	Family Favourites	Pati prepares chile rellenos, salsa roja, drunken rice with chicken, and a meringue cake with whipped cream and strawberries.	USA	English-100			G	
2020-11-03	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Lebanese food in country NSW, Cantonese cooking, and Barossa Valley food and wine.	AUSTRALIA	English-100	RPT		G	Y
2020-11-03	0530	<b>Martha Bakes</b>	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	
2020-11-03	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 16	Matt kicks things off with his succulent Korean braised beef ribs, while Courtney dishes up chargrilled beans with a twist. Michael serves up prawn tacos with a refreshing pineapple salsa.	AUSTRALIA	English-100			PG	

2020-11-03	0630	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 1	Ainsley Harriott hosts the classic 20-minute cooking challenge with young stars of the West End musical Hairspray - Ben James-Ellis and Leanne Jones.	UNITED KINGDOM	English-100			PG	
2020-11-03	0730	<b>Living On The Veg</b>	Living On The Veg Series 1 Ep 3	The boys prepare their version of Britain's favourite cake - the Victoria sponge, and later prepare a cowboy-inspired pizza, served up Texan-style with smoky, spiced tofu and Bourbon sauce.	UNITED KINGDOM	English-100			G	
2020-11-03	0830	<b>Anthony Bourdain: Parts Unknown</b>	Indonesia	A shadow puppet performance provides an entry into understanding Indonesia - a country comprised of thousands of islands whose people endured political turmoil.	USA	English-100			PG	
2020-11-03	0930	<b>Rachel Allen: All Things Sweet</b>	Classic Twist	Rachel puts a tasty twist on some classic dishes to show how even the most traditional desserts can be given a tantalising new lease of life.	UNITED KINGDOM	English-100			G	
2020-11-03	1000	<b>Martha Bakes</b>	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	
2020-11-03	1030	<b>Bake With Anna Olson</b>	Loaf Cakes	Everyone from a novice baker to professional patissier needs a few really tasty sweet breads. Anna shares her recipes for basic banana bread and a honey-spiced bread called pain d'epices.	CANADA	English-100			PG	
2020-11-03	1100	<b>Nigella Kitchen</b>	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100			G	
2020-11-03	1130	<b>Poh's Kitchen</b>	Margaret River With Ian Parmenter	Poh's on the road in WA's Margaret River region with one-time TV chef and good food lover, Ian Parmenter. Ian has invited her to his backyard, the wonderful mecca of the Margaret River region.	AUSTRALIA	English-100	RPT		G	Y
2020-11-03	1200	<b>Paul Hollywood's Bread</b>	Enriched Bread	Paul shares recipes for breads that cross the lines between bread, cake, and pastry, including his impressive citrus and cranberry packed Sicilian lemon and orange bread with a sweet almond glaze.	UNITED KINGDOM	English-100			G	
2020-11-03	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 1	Ainsley Harriott hosts the classic 20-minute cooking challenge with young stars of the West End musical Hairspray - Ben James-Ellis and Leanne Jones.	UNITED KINGDOM	English-100			PG	
2020-11-03	1330	<b>Rachel Allen: All Things Sweet</b>	Afternoon Tea	Rachel shows how to make sure your afternoon tea guests always come a-knocking, with a selection of tempting snacks that are the perfect accompaniment to a good brew.	UNITED KINGDOM	English-100			G	
2020-11-03	1400	<b>Nigella Bites</b>	Party Girl	Nigella has found a way of providing good food while still enjoying the party. She shares her recipes for a velvety dip, some cheese, toasted nuts and BBQ chicken.	UNITED KINGDOM	English-100	RPT		G	Y
2020-11-03	1430	<b>Pati's Mexican Table</b>	Baked	Baked egg casserole, salsa ranchera, dulce de leche and pecan cinnamon rolls and baked fruit mixiote.	USA	English-100			G	
2020-11-03	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Tasmanian cheese with a Czech cheese pioneer, and Vietnamese vegetable carving.	AUSTRALIA	English-100	RPT		G	Y
2020-11-03	1530	<b>Martha Bakes</b>	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100			G	
2020-11-03	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 17	Michael shows Matt how to make a classic smash burger, while Courtney serves up her most requested dish of all time - tuna tartare tostadas.	AUSTRALIA	English-100			PG	
2020-11-03	1630	<b>The Cook And The Chef</b>	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100			PG	
2020-11-03	1700	<b>The Cook And The Chef</b>	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100			G	
2020-11-03	1730	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 1	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100			G	

2020-11-03	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 2	Ainsley Harriott hosts the classic 20-minute cooking challenge with Sheridan Smith and Will Mellor from Two Pints of Lager And A Packet of Crisps.	UNITED KINGDOM	English-100		PG	
2020-11-03	1900	<b>Bake With Anna Olson</b>	Fudge	Sweet and decadent - fudge can be a candy or an element in a dessert. Anna shares her recipes for chocolate fudge and New Orleans pecan fudge pralines.	CANADA	English-100		PG	
2020-11-03	1930	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT	G	Y
2020-11-03	2000	<b>Classic Mary Berry</b>	Classic Comforts	Mary indulges her love of comfort food with homely recipes to warm the heart, including eggs Benedict-Florentine, lamb shanks, and deliciously rich chocolate truffle pots.	UNITED KINGDOM	English-100		PG	
2020-11-03	2030	<b>How To Cook Like Heston</b>	Eggs	Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-03	2100	<b>Luke Nguyen's France</b>	Ile D'oleron	Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley.	AUSTRALIA	English-100	RPT	G	Y
2020-11-03	2130	<b>Nigella Kitchen</b>	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G	
2020-11-03	2200	<b>Poh's Kitchen</b>	My Place With Ian Parmenter	After a week as Ian Parmenter's guest in Western Australia's Margaret River, has Poh finally become a country girl?	AUSTRALIA	English-100	RPT	G	Y
2020-11-03	2230	<b>The Cook And The Chef</b>	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100		PG	
2020-11-03	2300	<b>The Cook And The Chef</b>	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G	
2020-11-03	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 2	Ainsley Harriott hosts the classic 20-minute cooking challenge with Sheridan Smith and Will Mellor from Two Pints of Lager And A Packet of Crisps.	UNITED KINGDOM	English-100		PG	
2020-11-03	2430	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT	G	Y
2020-11-03	2500	<b>Classic Mary Berry</b>	Classic Comforts	Mary indulges her love of comfort food with homely recipes to warm the heart, including eggs Benedict-Florentine, lamb shanks, and deliciously rich chocolate truffle pots.	UNITED KINGDOM	English-100		PG	
2020-11-03	2530	<b>How To Cook Like Heston</b>	Eggs	Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-03	2600	<b>Luke Nguyen's France</b>	Ile D'oleron	Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley.	AUSTRALIA	English-100	RPT	G	Y
2020-11-03	2630	<b>Nigella Kitchen</b>	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G	
2020-11-03	2700	<b>Poh's Kitchen</b>	My Place With Ian Parmenter	After a week as Ian Parmenter's guest in Western Australia's Margaret River, has Poh finally become a country girl?	AUSTRALIA	English-100	RPT	G	Y
2020-11-03	2730	<b>Rachel Allen: All Things Sweet</b>	Afternoon Tea	Rachel shows how to make sure your afternoon tea guests always come a-knocking, with a selection of tempting snacks that are the perfect accompaniment to a good brew.	UNITED KINGDOM	English-100		G	
2020-11-03	2800	<b>Nigella Bites</b>	Party Girl	Nigella has found a way of providing good food while still enjoying the party. She shares her recipes for a velvety dip, some cheese, toasted nuts and BBQ chicken.	UNITED KINGDOM	English-100	RPT	G	Y

2020-11-03	2830	<b>Pati's Mexican Table</b>	Baked	Baked egg casserole, salsa ranchera, dulce de leche and pecan cinnamon rolls and baked fruit mixiote.	USA	English-100		G	
2020-11-04	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Tasmanian cheese with a Czech cheese pioneer, and Vietnamese vegetable carving.	AUSTRALIA	English-100	RPT	G	Y
2020-11-04	0530	<b>Martha Bakes</b>	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100		G	
2020-11-04	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 17	Michael shows Matt how to make a classic smash burger, while Courtney serves up her most requested dish of all time - tuna tartare tostadas.	AUSTRALIA	English-100		PG	
2020-11-04	0630	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 2	Ainsley Harriott hosts the classic 20-minute cooking challenge with Sheridan Smith and Will Mellor from Two Pints of Lager And A Packet of Crisps.	UNITED KINGDOM	English-100		PG	
2020-11-04	0730	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT	G	Y
2020-11-04	0800	<b>Classic Mary Berry</b>	Classic Comforts	Mary indulges her love of comfort food with homely recipes to warm the heart, including eggs Benedict-Florentine, lamb shanks, and deliciously rich chocolate truffle pots.	UNITED KINGDOM	English-100		PG	
2020-11-04	0830	<b>How To Cook Like Heston</b>	Eggs	Heston Blumenthal reveals the secret to a great boiled egg, the perfect poached egg, and his signature scotch egg. He also challenges his local Holyport Women's Institute to scramble eggs.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-04	0900	<b>Luke Nguyen's France</b>	Ile D'oleron	Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley.	AUSTRALIA	English-100	RPT	G	Y
2020-11-04	0930	<b>Rachel Allen: All Things Sweet</b>	Afternoon Tea	Rachel shows how to make sure your afternoon tea guests always come a-knocking, with a selection of tempting snacks that are the perfect accompaniment to a good brew.	UNITED KINGDOM	English-100		G	
2020-11-04	1000	<b>Martha Bakes</b>	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100		G	
2020-11-04	1030	<b>Bake With Anna Olson</b>	Fudge	Sweet and decadent - fudge can be a candy or an element in a dessert. Anna shares her recipes for chocolate fudge and New Orleans pecan fudge pralines.	CANADA	English-100		PG	
2020-11-04	1100	<b>Nigella Kitchen</b>	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G	
2020-11-04	1130	<b>Poh's Kitchen</b>	My Place With Ian Parmenter	After a week as Ian Parmenter's guest in Western Australia's Margaret River, has Poh finally become a country girl?	AUSTRALIA	English-100	RPT	G	Y
2020-11-04	1200	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 1	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100		G	
2020-11-04	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 2	Ainsley Harriott hosts the classic 20-minute cooking challenge with Sheridan Smith and Will Mellor from Two Pints of Lager And A Packet of Crisps.	UNITED KINGDOM	English-100		PG	
2020-11-04	1330	<b>Rachel Allen: All Things Sweet</b>	Fresh & Fruity	Rachel gives a masterclass in mouth-watering desserts that showcase the flavours of fresh fruit. On the menu are poached peaches with raspberry sherbet, and prosecco and raspberry jelly.	UNITED KINGDOM	English-100		G	
2020-11-04	1400	<b>Nigella Bites</b>	Yellow	In the first program of the new series, Nigella Lawson turns her attention to the apparently humble lemon, with happiness soup, and slow-roasted garlic and lemon chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-04	1430	<b>Pati's Mexican Table</b>	Backyard Picnic	The season four finale features a sandwich with chicken, refried beans, plantain and avocado, potato and poblano rajas salad, mango puff, and grapefruit and guava spritzer.	USA	English-100		G	

2020-11-04	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, jam and pickle ladies, bush food and berries, and Thai and Malaysian cuisines.	AUSTRALIA	English-100	RPT	G	Y
2020-11-04	1530	<b>Martha Bakes</b>	Press-In Crusts	Easy no roll pie crust? Martha teaches a foolproof method to creating perfect crusts in no time - say goodbye to hassle and hello to ease.	USA	English-100		G	
2020-11-04	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 18	Matt prepares a French classic with his onion soup, while Courtney shares her version of a Basque cheesecake.	AUSTRALIA	English-100		PG	
2020-11-04	1630	<b>The Cook And The Chef</b>	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G	
2020-11-04	1700	<b>The Cook And The Chef</b>	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2020-11-04	1730	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100		G	
2020-11-04	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 3	For a special edition celebrating all things love, Ainsley Harriott is joined in the kitchen by Big Mo and Charlie from Eastenders - Laila Morse and Derek Martin.	UNITED KINGDOM	English-100		PG	
2020-11-04	1900	<b>Bake With Anna Olson</b>	Cream Pies	Anna shares her favourite cream pie recipes including chocolate cream pie, double maple cream pie, and mini banoffee pies.	CANADA	English-100		PG	
2020-11-04	1930	<b>Rachel Khoo: My Swedish Kitchen</b>	Swedish Pantry	Follow Rachel as she discovers how Swedish cooking is both resourceful in using what nature has to offer, and maximising its shelf life.	UNITED KINGDOM	English-100		PG	
2020-11-04	2000	<b>French Food Safari</b>	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y
2020-11-04	2030	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 2 Ep 2	The Mildura Wine and Jazz Festival takes place in early summer when the weather is perfect for eating and drinking and listening to jazz outdoors or on a paddle steamer along the Murray River.	AUSTRALIA	English-100		G	
2020-11-04	2100	<b>Sourced</b>	Foraging	Guy takes things back to our hunter-gatherer days as he forages on both land and sea for aromatic truffles, giant mushrooms, and coastal clams.	USA	English-100		PG	
2020-11-04	2130	<b>Nigella Kitchen</b>	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100		G	
2020-11-04	2200	<b>Poh's Kitchen</b>	Macarons With Emmanuel Mollois	This episode Poh and French chef Emmanuel Mollois experiment with two different versions of macarons - one French and one Malaysian.	AUSTRALIA	English-100	RPT	G	Y
2020-11-04	2230	<b>The Cook And The Chef</b>	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G	
2020-11-04	2300	<b>The Cook And The Chef</b>	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2020-11-04	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 3	For a special edition celebrating all things love, Ainsley Harriott is joined in the kitchen by Big Mo and Charlie from Eastenders - Laila Morse and Derek Martin.	UNITED KINGDOM	English-100		PG	
2020-11-04	2430	<b>Rachel Khoo: My Swedish Kitchen</b>	Swedish Pantry	Follow Rachel as she discovers how Swedish cooking is both resourceful in using what nature has to offer, and maximising its shelf life.	UNITED KINGDOM	English-100		PG	
2020-11-04	2500	<b>French Food Safari</b>	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y



2020-11-04	2530	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 2 Ep 2	The Mildura Wine and Jazz Festival takes place in early summer when the weather is perfect for eating and drinking and listening to jazz outdoors or on a paddle steamer along the Murray River.	AUSTRALIA	English-100		G	
2020-11-04	2600	<b>Sourced</b>	Foraging	Guy takes things back to our hunter-gatherer days as he forages on both land and sea for aromatic truffles, giant mushrooms, and coastal clams.	USA	English-100		PG	
2020-11-04	2630	<b>Nigella Kitchen</b>	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100		G	
2020-11-04	2700	<b>Poh's Kitchen</b>	Macarons With Emmanuel Mollois	This episode Poh and French chef Emmanuel Mollois experiment with two different versions of macarons - one French and one Malaysian.	AUSTRALIA	English-100	RPT	G	Y
2020-11-04	2730	<b>Rachel Allen: All Things Sweet</b>	Fresh & Fruity	Rachel gives a masterclass in mouth-watering desserts that showcase the flavours of fresh fruit. On the menu are poached peaches with raspberry sherbet, and prosecco and raspberry jelly.	UNITED KINGDOM	English-100		G	
2020-11-04	2800	<b>Nigella Bites</b>	Yellow	In the first program of the new series, Nigella Lawson turns her attention to the apparently humble lemon, with happiness soup, and slow-roasted garlic and lemon chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-04	2830	<b>Pati's Mexican Table</b>	Backyard Picnic	The season four finale features a sandwich with chicken, refried beans, plantain and avocado, potato and poblano rajas salad, mango puff, and grapefruit and guava spritzer.	USA	English-100		G	
2020-11-05	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, jam and pickle ladies, bush food and berries, and Thai and Malaysian cuisines.	AUSTRALIA	English-100	RPT	G	Y
2020-11-05	0530	<b>Martha Bakes</b>	Press-In Crusts	Easy no roll pie crust? Martha teaches a foolproof method to creating perfect crusts in no time - say goodbye to hassle and hello to ease.	USA	English-100		G	
2020-11-05	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 18	Matt prepares a French classic with his onion soup, while Courtney shares her version of a Basque cheesecake.	AUSTRALIA	English-100		PG	
2020-11-05	0630	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 3	For a special edition celebrating all things love, Ainsley Harriott is joined in the kitchen by Big Mo and Charlie from Eastenders - Laila Morse and Derek Martin.	UNITED KINGDOM	English-100		PG	
2020-11-05	0730	<b>Rachel Khoo: My Swedish Kitchen</b>	Swedish Pantry	Follow Rachel as she discovers how Swedish cooking is both resourceful in using what nature has to offer, and maximising its shelf life.	UNITED KINGDOM	English-100		PG	
2020-11-05	0800	<b>French Food Safari</b>	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y
2020-11-05	0830	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 2 Ep 2	The Mildura Wine and Jazz Festival takes place in early summer when the weather is perfect for eating and drinking and listening to jazz outdoors or on a paddle steamer along the Murray River.	AUSTRALIA	English-100		G	
2020-11-05	0900	<b>Sourced</b>	Foraging	Guy takes things back to our hunter-gatherer days as he forages on both land and sea for aromatic truffles, giant mushrooms, and coastal clams.	USA	English-100		PG	
2020-11-05	0930	<b>Rachel Allen: All Things Sweet</b>	Fresh & Fruity	Rachel gives a masterclass in mouth-watering desserts that showcase the flavours of fresh fruit. On the menu are poached peaches with raspberry sherbet, and prosecco and raspberry jelly.	UNITED KINGDOM	English-100		G	
2020-11-05	1000	<b>Martha Bakes</b>	Press-In Crusts	Easy no roll pie crust? Martha teaches a foolproof method to creating perfect crusts in no time - say goodbye to hassle and hello to ease.	USA	English-100		G	
2020-11-05	1030	<b>Bake With Anna Olson</b>	Cream Pies	Anna shares her favourite cream pie recipes including chocolate cream pie, double maple cream pie, and mini banoffee pies.	CANADA	English-100		PG	
2020-11-05	1100	<b>Nigella Kitchen</b>	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100		G	

2020-11-05	1130	<b>Poh's Kitchen</b>	Macarons With Emmanuel Mollois	This episode Poh and French chef Emmanuel Mollois experiment with two different versions of macarons - one French and one Malaysian.	AUSTRALIA	English-100	RPT	G	Y
2020-11-05	1200	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100		G	
2020-11-05	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 3	For a special edition celebrating all things love, Ainsley Harriott is joined in the kitchen by Big Mo and Charlie from Eastenders - Laila Morse and Derek Martin.	UNITED KINGDOM	English-100		PG	
2020-11-05	1330	<b>Rachel Allen: All Things Sweet</b>	Summer Days	Rachel serves up the flavours of summer with some scrumptious and colourful treats you can enjoy at any time of the year.	UNITED KINGDOM	English-100		G	
2020-11-05	1400	<b>Nigella Bites</b>	Black	Nigella Lawson gives us her personal take on Italian food, from the classic pasta with mussels, through black rice and squid rings to her Anglo-Italian trifle.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-05	1430	<b>Pati's Mexican Table</b>	Chachi's Champoton Kitchen	Pati's in the coastal city of Champoton with her friend Chachi. She learns the secrets behind the area's most prized dishes - pibi pollo, a gigantic tamal cooked underground, and pan de cazon.	USA	English-100		G	
2020-11-05	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Japanese buckwheat noodles in Sydney, and oxtail soup in Perth's Swan Valley.	AUSTRALIA	English-100	RPT	G	Y
2020-11-05	1530	<b>Indian Food Made Easy</b>	Indian Food Made Easy Series 1 Ep 1	Anjum starts with the basics - how to tell how hot a fresh chilli is, what the key spices of Indian food are, and what equipment to use.	UNITED KINGDOM	English-100		G	
2020-11-05	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 19	Matt kicks things off with one of Australia's most iconic dishes - salt and pepper squid, while Courtney cooks up a delicious butter chicken, making the sauce from scratch.	AUSTRALIA	English-100		PG	
2020-11-05	1630	<b>The Cook And The Chef</b>	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G	
2020-11-05	1700	<b>The Cook And The Chef</b>	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G	
2020-11-05	1730	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100		G	
2020-11-05	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 4	There are a few hidden gems in the kitchen today from Cash in the Attic host Angus Purden and Bargain Hunt presenter David Harper, as Ainsley Harriott presents the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2020-11-05	1900	<b>Bake With Anna Olson</b>	Savoury Breads	Like sweet quick breads, every baker at any level needs some good savoury quick breads they can make. Anna shares her recipes for classic cornbread, and a jalapeno and cheddar pull-apart bread.	CANADA	English-100		PG	
2020-11-05	1930	<b>Wok Vs Pot With Marion And Silvia</b>	Wok X Pot With Marion And Silvia Series 1 Ep 1	Marion and Silvia are on the task of creating silky Italian pasta and soft, spongy rice noodles as they turn them into delicious cannelloni and Pad see Yew.	AUSTRALIA	English-100		PG	
2020-11-05	2000	<b>Donal's Asian Baking Adventure</b>	Melaka, Malaysia	Malaysia has a distinguished history of baking and sweet treats have long been part of the Malaysian day. Donal arrives in the historical city of Melaka.	SINGAPORE	English-100		G	
2020-11-05	2030	<b>May's Kitchen</b>	Egypt	Chef May Yacoubi creates an Egyptian favourite - the Alexandrian city dish of kebda iskandarani made from offal, an okra-based bamia, and for the dessert - om ali - Egypt's version of bread pudding.	USA	English-100		PG	
2020-11-05	2100	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 4	Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab.	AUSTRALIA	English-100	RPT	G	Y
2020-11-05	2130	<b>Nigella Express</b>	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-05	2200	<b>Poh's Kitchen</b>	Meat With Neil Perry	Poh is determined to master the art of roasting, so her guest in the kitchen is the master of meat, Neil Perry.	AUSTRALIA	English-100	RPT	G	Y

2020-11-05	2230	<b>The Cook And The Chef</b>	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100			G	
2020-11-05	2300	<b>The Cook And The Chef</b>	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100			G	
2020-11-05	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 4	There are a few hidden gems in the kitchen today from Cash in the Attic host Angus Purden and Bargain Hunt presenter David Harper, as Ainsley Harriott presents the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100			PG	
2020-11-05	2430	<b>Wok Vs Pot With Marion And Silvia</b>	Wok X Pot With Marion And Silvia Series 1 Ep 1	Marion and Silvia are on the task of creating silky Italian pasta and soft, spongy rice noodles as they turn them into delicious cannelloni and Pad see Yew.	AUSTRALIA	English-100			PG	
2020-11-05	2500	<b>Donal's Asian Baking Adventure</b>	Melaka, Malaysia	Malaysia has a distinguished history of baking and sweet treats have long been part of the Malaysian day. Donal arrives in the historical city of Melaka.	SINGAPORE	English-100			G	
2020-11-05	2530	<b>May's Kitchen</b>	Egypt	Chef May Yacoubi creates an Egyptian favourite - the Alexandrian city dish of kebda iskandarani made from offal, an okra-based bamia, and for the dessert - om ali - Egypt's version of bread pudding.	USA	English-100			PG	
2020-11-05	2600	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 4	Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab.	AUSTRALIA	English-100	RPT		G	Y
2020-11-05	2630	<b>Nigella Express</b>	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT		G	Y
2020-11-05	2700	<b>Poh's Kitchen</b>	Meat With Neil Perry	Poh is determined to master the art of roasting, so her guest in the kitchen is the master of meat, Neil Perry.	AUSTRALIA	English-100	RPT		G	Y
2020-11-05	2730	<b>Rachel Allen: All Things Sweet</b>	Summer Days	Rachel serves up the flavours of summer with some scrumptious and colourful treats you can enjoy at any time of the year.	UNITED KINGDOM	English-100			G	
2020-11-05	2800	<b>Nigella Bites</b>	Black	Nigella Lawson gives us her personal take on Italian food, from the classic pasta with mussels, through black rice and squid rings to her Anglo-Italian trifle.	UNITED KINGDOM	English-100	RPT		G	Y
2020-11-05	2830	<b>Pati's Mexican Table</b>	Chachi's Champoton Kitchen	Pati's in the coastal city of Champoton with her friend Chachi. She learns the secrets behind the area's most prized dishes - pibi pollo, a gigantic tamal cooked underground, and pan de cazon.	USA	English-100			G	
2020-11-06	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Japanese buckwheat noodles in Sydney, and oxtail soup in Perth's Swan Valley.	AUSTRALIA	English-100	RPT		G	Y
2020-11-06	0530	<b>Indian Food Made Easy</b>	Indian Food Made Easy Series 1 Ep 1	Anjum starts with the basics - how to tell how hot a fresh chilli is, what the key spices of Indian food are, and what equipment to use.	UNITED KINGDOM	English-100			G	
2020-11-06	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 19	Matt kicks things off with one of Australia's most iconic dishes - salt and pepper squid, while Courtney cooks up a delicious butter chicken, making the sauce from scratch.	AUSTRALIA	English-100			PG	
2020-11-06	0630	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 4	There are a few hidden gems in the kitchen today from Cash in the Attic host Angus Purden and Bargain Hunt presenter David Harper, as Ainsley Harriott presents the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100			PG	
2020-11-06	0730	<b>Wok Vs Pot With Marion And Silvia</b>	Wok X Pot With Marion And Silvia Series 1 Ep 1	Marion and Silvia are on the task of creating silky Italian pasta and soft, spongy rice noodles as they turn them into delicious cannelloni and Pad see Yew.	AUSTRALIA	English-100			PG	
2020-11-06	0800	<b>Donal's Asian Baking Adventure</b>	Melaka, Malaysia	Malaysia has a distinguished history of baking and sweet treats have long been part of the Malaysian day. Donal arrives in the historical city of Melaka.	SINGAPORE	English-100			G	
2020-11-06	0830	<b>May's Kitchen</b>	Egypt	Chef May Yacoubi creates an Egyptian favourite - the Alexandrian city dish of kebda iskandarani made from offal, an okra-based bamia, and for the dessert - om ali - Egypt's version of bread pudding.	USA	English-100			PG	

2020-11-06	0900	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 4	Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab.	AUSTRALIA	English-100	RPT	G	Y
2020-11-06	0930	<b>Rachel Allen: All Things Sweet</b>	Summer Days	Rachel serves up the flavours of summer with some scrumptious and colourful treats you can enjoy at any time of the year.	UNITED KINGDOM	English-100		G	
2020-11-06	1000	<b>Indian Food Made Easy</b>	Indian Food Made Easy Series 1 Ep 1	Anjum starts with the basics - how to tell how hot a fresh chilli is, what the key spices of Indian food are, and what equipment to use.	UNITED KINGDOM	English-100		G	
2020-11-06	1030	<b>Bake With Anna Olson</b>	Savoury Breads	Like sweet quick breads, every baker at any level needs some good savoury quick breads they can make. Anna shares her recipes for classic cornbread, and a jalapeno and cheddar pull-apart bread.	CANADA	English-100		PG	
2020-11-06	1100	<b>Nigella Express</b>	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-06	1130	<b>Poh's Kitchen</b>	Meat With Neil Perry	Poh is determined to master the art of roasting, so her guest in the kitchen is the master of meat, Neil Perry.	AUSTRALIA	English-100	RPT	G	Y
2020-11-06	1200	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100		G	
2020-11-06	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 4	There are a few hidden gems in the kitchen today from Cash in the Attic host Angus Purden and Bargain Hunt presenter David Harper, as Ainsley Harriott presents the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2020-11-06	1330	<b>Rachel Allen: All Things Sweet</b>	Chocoholics	For anyone with a passion for chocolate, you can never have too much of a good thing. Rachel takes us to chocolate heaven with these sweet dishes that showcase one of our favourite guilty pleasures.	UNITED KINGDOM	English-100		G	
2020-11-06	1400	<b>Nigella Bites</b>	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-06	1430	<b>Pati's Mexican Table</b>	Merida: Exploring With The Locals	The Yucatan Peninsula is known for vast jungles, underground cenotes, pristine beaches, ancient architecture and sensational food like chaya empanandas filled with gooey Edam cheese.	USA	English-100		PG	
2020-11-06	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, all there is to know about olive oil, and a third generation Aussie bee keeper.	AUSTRALIA	English-100	RPT	G	Y
2020-11-06	1530	<b>Indian Food Made Easy</b>	Indian Food Made Easy Series 1 Ep 2	Anjum persuades a friend to cook up an Indian feast for their friends as an alternative to takeaway. Together they prepare spicy lamb burgers made with fresh chillies, ginger, mint, and coriander.	UNITED KINGDOM	English-100		G	
2020-11-06	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 20	Matt cooks a cracking chicken parmigiana, while Michael is on location with guest John Said from Fresh Select. Together they create a chargrilled cauliflower dish.	AUSTRALIA	English-100		PG	
2020-11-06	1630	<b>The Cook And The Chef</b>	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100		G	
2020-11-06	1700	<b>The Cook And The Chef</b>	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G	
2020-11-06	1730	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast baked mashed potato.	UNITED KINGDOM	English-100		G	
2020-11-06	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 5	Ainsley Harriott attempts to keep order in the kitchen as he hosts the classic 20-minute cooking challenge with Rav Wilding from Crimewatch and Lisa Maxwell from The Bill.	UNITED KINGDOM	English-100		PG	
2020-11-06	1900	<b>Bake With Anna Olson</b>	Morning Treats	Anna's covered muffins and coffee cakes, but there are many other pastries and breads that bring joy to a morning coffee, including easy cinnamon twists, and classic crumpets.	CANADA	English-100		PG	
2020-11-06	1930	<b>Watts On The Grill</b>	Butter Did It, The	It's all about creamy, velvety butter as chef Spencer Watts shows us that butter makes everything better with some of his favourite recipes.	CANADA	English-100		PG	

2020-11-06	2000	<b>Watts On The Grill</b>	Salt Rocks	It's about to get real savoury! Host Spencer Watts gets creative with the grill by cooking on salt, curing with salt, and then cooking inside of salt.	CANADA	English-100		PG	
2020-11-06	2030	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 9	Maeve explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon, West African condiments, flavoursome smoked lamb, and Kansa City style ribs.	AUSTRALIA	English-100	RPT	G	Y
2020-11-06	2100	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi.	AUSTRALIA	English-100	RPT	G	Y
2020-11-06	2130	<b>Nigella Express</b>	Against The Clock	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-06	2200	<b>Poh's Kitchen</b>	Indulgence With Emmanuel Mollois	Inspired by the excitement of the Fringe Festival Street Party and some decadent desserts afterwards, she decides to cook a very labour intensive and traditional Indonesian Layer Cake.	AUSTRALIA	English-100	RPT	G	Y
2020-11-06	2230	<b>The Cook And The Chef</b>	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100		G	
2020-11-06	2300	<b>The Cook And The Chef</b>	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G	
2020-11-06	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 5	Ainsley Harriott attempts to keep order in the kitchen as he hosts the classic 20-minute cooking challenge with Rav Wilding from Crimewatch and Lisa Maxwell from The Bill.	UNITED KINGDOM	English-100		PG	
2020-11-06	2430	<b>Watts On The Grill</b>	Butter Did It, The	It's all about creamy, velvety butter as chef Spencer Watts shows us that butter makes everything better with some of his favourite recipes.	CANADA	English-100		PG	
2020-11-06	2500	<b>Watts On The Grill</b>	Salt Rocks	It's about to get real savoury! Host Spencer Watts gets creative with the grill by cooking on salt, curing with salt, and then cooking inside of salt.	CANADA	English-100		PG	
2020-11-06	2530	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 9	Maeve explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon, West African condiments, flavoursome smoked lamb, and Kansa City style ribs.	AUSTRALIA	English-100	RPT	G	Y
2020-11-06	2600	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi.	AUSTRALIA	English-100	RPT	G	Y
2020-11-06	2630	<b>Nigella Express</b>	Against The Clock	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-06	2700	<b>Poh's Kitchen</b>	Indulgence With Emmanuel Mollois	Inspired by the excitement of the Fringe Festival Street Party and some decadent desserts afterwards, she decides to cook a very labour intensive and traditional Indonesian Layer Cake.	AUSTRALIA	English-100	RPT	G	Y
2020-11-06	2730	<b>Rachel Allen: All Things Sweet</b>	Chocoholics	For anyone with a passion for chocolate, you can never have too much of a good thing. Rachel takes us to chocolate heaven with these sweet dishes that showcase one of our favourite guilty pleasures.	UNITED KINGDOM	English-100		G	
2020-11-06	2800	<b>Nigella Bites</b>	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-06	2830	<b>Pati's Mexican Table</b>	Merida: Exploring With The Locals	The Yucatan Peninsula is known for vast jungles, underground cenotes, pristine beaches, ancient architecture and sensational food like chaya empanandas filled with gooey Edam cheese.	USA	English-100		PG	
2020-11-07	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, all there is to know about olive oil, and a third generation Aussie bee keeper.	AUSTRALIA	English-100	RPT	G	Y
2020-11-07	0530	<b>Indian Food Made Easy</b>	Indian Food Made Easy Series 1 Ep 2	Anjum persuades a friend to cook up an Indian feast for their friends as an alternative to takeaway. Together they prepare spicy lamb burgers made with fresh chillies, ginger, mint, and coriander.	UNITED KINGDOM	English-100		G	

2020-11-07	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 20	Matt cooks a cracking chicken parmigiana, while Michael is on location with guest John Said from Fresh Select. Together they create a chargrilled cauliflower dish.	AUSTRALIA	English-100		PG	
2020-11-07	0630	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 5	Ainsley Harriott attempts to keep order in the kitchen as he hosts the classic 20-minute cooking challenge with Rav Wilding from Crimewatch and Lisa Maxwell from The Bill.	UNITED KINGDOM	English-100		PG	
2020-11-07	0730	<b>Watts On The Grill</b>	Butter Did It, The	It's all about creamy, velvety butter as chef Spencer Watts shows us that butter makes everything better with some of his favourite recipes.	CANADA	English-100		PG	
2020-11-07	0800	<b>Watts On The Grill</b>	Salt Rocks	It's about to get real savoury! Host Spencer Watts gets creative with the grill by cooking on salt, curing with salt, and then cooking inside of salt.	CANADA	English-100		PG	
2020-11-07	0830	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 9	Maeve explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon, West African condiments, flavoursome smoked lamb, and Kansa City style ribs.	AUSTRALIA	English-100	RPT	G	Y
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2020-11-07	1000	<b>Indian Food Made Easy</b>	Indian Food Made Easy Series 1 Ep 2	Anjum persuades a friend to cook up an Indian feast for their friends as an alternative to takeaway. Together they prepare spicy lamb burgers made with fresh chillies, ginger, mint, and coriander.	UNITED KINGDOM	English-100		G	
2020-11-07	1030	<b>Bake With Anna Olson</b>	Morning Treats	Anna's covered muffins and coffee cakes, but there are many other pastries and breads that bring joy to a morning coffee, including easy cinnamon twists, and classic crumpets.	CANADA	English-100		PG	
2020-11-07	1100	<b>Nigella Express</b>	Against The Clock	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-07	1130	<b>Poh's Kitchen</b>	Indulgence With Emmanuel Mollois	Inspired by the excitement of the Fringe Festival Street Party and some decadent desserts afterwards, she decides to cook a very labour intensive and traditional Indonesian Layer Cake.	AUSTRALIA	English-100	RPT	G	Y
2020-11-07	1200	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast baked mashed potato.	UNITED KINGDOM	English-100		G	
2020-11-07	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 5	Ainsley Harriott attempts to keep order in the kitchen as he hosts the classic 20-minute cooking challenge with Rav Wilding from Crimewatch and Lisa Maxwell from The Bill.	UNITED KINGDOM	English-100		PG	
2020-11-07	1330	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 20	Matt cooks a cracking chicken parmigiana, while Michael is on location with guest John Said from Fresh Select. Together they create a chargrilled cauliflower dish.	AUSTRALIA	English-100		PG	
2020-11-07	1400	<b>Say It To My Face</b>	Those Who Forget The Past	Hosts Andrew Gruel and Anthony Dispensa count down the top five biggest restaurant redemptions on this season of Say It To My Face.	USA	English-100		PG	
2020-11-07	1500	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 3	Adrian serves up his twist on the classic Australian takeaway, the meat pie floater and his families Austrian style recipe for pork with crackling.	AUSTRALIA	English-100		G	
2020-11-07	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 4	Taking influence from his childhood, Adrian creates a Malaysian feast featuring beef rendang and crisp fried pigs head.	AUSTRALIA	English-100		G	
2020-11-07	1600	<b>The Cook And The Chef</b>	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	
2020-11-07	1630	<b>The Cook And The Chef</b>	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	
2020-11-07	1700	<b>The Cook And The Chef</b>	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	

2020-11-07	1730	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 9	Paul Hollywood celebrates the best of British Pies and Puds with the Marshmallowists and their perfect accompaniments to his Sticky Toffee Pudding.	UNITED KINGDOM	English-100		G
2020-11-07	1830	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 1, The Ep 9	It's the semi finals as the Charles, Karim, and the Herbets families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes.	UNITED KINGDOM	English-100		PG
2020-11-07	1930	<b>Cheese Slices</b>	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100		G
2020-11-07	2000	<b>Cheese Slices</b>	France - The Lyonnais Cheese Revolution	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system.	AUSTRALIA	English-100		G
2020-11-07	2030	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 7	It's the last round of the heats and one kitchen will win a place in the weekly final. Cooking today are Old Dhaka Kitchen, The Tiny Italian Kitchen, and Dad's Canteen. Who will nail it?	UNITED KINGDOM	English-100		PG
2020-11-07	2100	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 8	Three new pairs of cooks compete for a place in the final - The Geordie Grub Hub, Sassy and Ginger, and In Wonderland. Who will make the most profit when today's 50 diners arrive?	UNITED KINGDOM	English-100		PG
2020-11-07	2130	<b>The Hairy Bikers' Food Tour Of Britain</b>	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
2020-11-07	2230	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 9	Paul Hollywood celebrates the best of British Pies and Puds with the Marshmallowists and their perfect accompaniments to his Sticky Toffee Pudding.	UNITED KINGDOM	English-100		G
2020-11-07	2330	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 1, The Ep 9	It's the semi finals as the Charles, Karim, and the Herbets families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes.	UNITED KINGDOM	English-100		PG
2020-11-07	2430	<b>Cheese Slices</b>	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100		G
2020-11-07	2500	<b>Cheese Slices</b>	France - The Lyonnais Cheese Revolution	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system.	AUSTRALIA	English-100		G
2020-11-07	2530	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 7	It's the last round of the heats and one kitchen will win a place in the weekly final. Cooking today are Old Dhaka Kitchen, The Tiny Italian Kitchen, and Dad's Canteen. Who will nail it?	UNITED KINGDOM	English-100		PG
2020-11-07	2600	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 8	Three new pairs of cooks compete for a place in the final - The Geordie Grub Hub, Sassy and Ginger, and In Wonderland. Who will make the most profit when today's 50 diners arrive?	UNITED KINGDOM	English-100		PG
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2020-11-07	2830	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 3	Adrian serves up his twist on the classic Australian takeaway, the meat pie floater and his families Austrian style recipe for pork with crackling.	AUSTRALIA	English-100		G