



**WEEK 47: Sunday, 15 November - Saturday, 21 November 2020 ALL MARKETS**

| Date       | Start Time | Title                                  | Episode Title   | Digital Epg Synopsis  | Country of Origin | Language    | Repeat | Classification | Closed Captions |
|------------|------------|--|---|---|-------------------|-------------|--------|----------------|-----------------|
| 2020-11-15 | 0500       | <b>The Cook And The Chef</b>           | Kumara And Venison                                      | Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.     | AUSTRALIA         | English-100 |        | G              |                 |
| 2020-11-15 | 0530       | <b>Paul Hollywood's Pies And Puds</b>  | Paul Hollywood's Pies And Puds Series 1 Ep 10           | Paul Hollywood celebrates his favourite flavours as Pies and Puds rediscovers a recipe from Cumbria's sea-faring history, and a cheese from Yorkshire that nearly got banned.                           | UNITED KINGDOM    | English-100 |        | G              |                 |
| 2020-11-15 | 0630       | <b>The Big Family Cooking Showdown</b> | Big Family Cooking Showdown Series 1, The Ep 10         | It's the semi finals as the Kings, Boysie, and Gangotras 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             |                 |
| 2020-11-15 | 0730       | <b>Cheese Slices</b>                   | Italy - Cheeses Of The Great Track                      | Will follows the ancient shepherds trail known as the Traturro Magno or Great Track from the mountains of Abruzzo to the plains of Puglia, and discovers the secrets behind the local Pecorino cheese.  | AUSTRALIA         | English-100 |        | G              |                 |
| 2020-11-15 | 0800       | <b>Cheese Slices</b>                   | Sweden - Jamtland Cheese                                | Will travels to the beautiful Jamtland region in central of Sweden to learn about traditional cave ripened goats milk cheese, and an ancient way of preserving long milk.                               | AUSTRALIA         | English-100 |        | G              |                 |
| 2020-11-15 | 0830       | <b>Cooking Up A Fortune</b>            | Cooking Up A Fortune Series 1 Ep 9                      | It's the last day of the heats and one kitchen will win a place in the weekly final. Cooking today are Sassy and Ginger, The Geordie Grub Hub, and In Wonderland.                                       | UNITED KINGDOM    | English-100 |        | PG             |                 |
| 2020-11-15 | 0900       | <b>Cooking Up A Fortune</b>            | Cooking Up A Fortune Series 1 Ep 10                     | It's the finals and tensions are high. Two winners from the heats are back to compete for the chance to try running their own business at one of the UK's busiest food arenas.                          | UNITED KINGDOM    | English-100 |        | PG             |                 |
| 2020-11-15 | 0930       | <b>Watts On The Grill</b>              | Spanish Flare   | Chef Spencer Watts ventures through the barbeque culture of Spain with classic recipes including habanero chargrilled octopus, and paella.  | CANADA            | English-100 |        | G              |                 |
| 2020-11-15 | 1000       | <b>On Country Kitchen</b>              | On Country Kitchen Series 2 Ep 3                        | Mark and Derek learn about the overabundance of sea urchin, and explore a new type of sustainable farming in Berrima. The boys also have a go at bee keeping.   | AUSTRALIA         | English-100 | RPT    | PG             |                 |
| 2020-11-15 | 1030       | <b>On Country Kitchen</b>              | On Country Kitchen Series 2 Ep 4                        | Mark and Derek explore the historic ghost town of Joadja, now a whiskey and gin distillery run by the Jimenez family. Later in Gerringong, they stumble upon a coffee plantation on a picturesque hill. | AUSTRALIA         | English-100 | RPT    | G              |                 |
| 2020-11-15 | 1100       | <b>On Country Kitchen</b>              | On Country Kitchen Series 2 Ep 5                        | Dwayne Bannon-Harrison shares a traditional dance with Mark and Derek. And in Berry, the boys visit a sustainable vineyard.   | AUSTRALIA         | English-100 | RPT    | G              |                 |
| 2020-11-15 | 1130       | <b>On Country Kitchen</b>              | On Country Kitchen Series 2 Ep 6                        | Mark and Derek visit a kitchen garden, help out at a goat dairy, and eat abalone burgers on the beach. Atop Cambewarra mountain, the boys hear the story of the black cockatoo.                         | AUSTRALIA         | English-100 | RPT    | G              |                 |
| 2020-11-15 | 1200       | <b>On Country Kitchen</b>              | On Country Kitchen Series 2 Ep 7                        | Mark and Derek visit a chicken farm with a view, take in an afternoon of fishing together and learn about the methode traditionnelle of sparkling winemaking. Mark takes Derek sightseeing.             | AUSTRALIA         | English-100 | RPT    | PG             |                 |
| 2020-11-15 | 1230       | <b>On Country Kitchen</b>              | On Country Kitchen Series 2 Ep 8                        | Mark and Derek visit a mushroom farm, help out at a community garden, and get their hands sticky in confectionary making. At Mount Keira lookout, Mark tells Derek the story of the mountain.           | AUSTRALIA         | English-100 | RPT    | G              |                 |
| 2020-11-15 | 1300       | <b>On Country Kitchen</b>              | On Country Kitchen Series 2 Ep 9                        | Mark and Derek host a dinner party at Silos Estate to thank everyone. They visit a cattle farm and collect native berries and bimbaldas with Noel Butler.   | AUSTRALIA         | English-100 | RPT    | G              |                 |
| 2020-11-15 | 1330       | <b>Kriol Kitchen</b>                   | Patty Mamid: Creamy Chilli Squid & Soybean Seafood Soup | Patty Mamid shows us how to prepare Creamy Chilli Squid and Soybean Seafood Soup. Drawing on her multicultural heritage, Patty cooks up two exotic dishes of her own making.                            | AUSTRALIA         | English-100 | RPT    | G              |                 |
| 2020-11-15 | 1400       | <b>Late Nite Eats</b>                  | Providence  | Jordan heads to Providence, Rhode Island, a small town bursting with late night eating opportunities. He starts off in College Hill at Durk's BBQ, the city's only Texas BBQ joint.                     | USA               | English-100 |        | G              |                 |

|            |      |  |                                     |  |                |             |     |  |    |   |
|------------|------|--|-------------------------------------|--|----------------|-------------|-----|--|----|---|
| 2020-11-15 | 1430 | <b>Late Nite Eats</b>                      | Portland                            | Jordan hits up Portland, Maine, a tiny New England town with a tremendous amount to offer late night. He starts off his night at Nosh, a late night hangout known for supersized sandwiches.     | USA            | English-100 |     |  | PG |   |
| 2020-11-15 | 1500 | <b>Secret Meat Business</b>                | Secret Meat Business Series 1 Ep 9  | Celebrity chef Adrian Richardson shares his version of a Thai green curry, with fresh, spicy ingredients.  | AUSTRALIA      | English-100 |     |  | G  |   |
| 2020-11-15 | 1530 | <b>Secret Meat Business</b>                | Secret Meat Business Series 1 Ep 10 | Adrian reconnects with his Italian heritage and shares his recipe for veal saltimbocca with pancetta, garlic and sage.   | AUSTRALIA      | English-100 |     |  | G  |   |
| 2020-11-15 | 1600 | <b>The Cook And The Chef</b>               | Salmon And Wasabi                   | Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.  | AUSTRALIA      | English-100 |     |  | G  |   |
| 2020-11-15 | 1630 | <b>The Cook And The Chef</b>               | Olives And Mussels                  | Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.         | AUSTRALIA      | English-100 |     |  | G  |   |
| 2020-11-15 | 1700 | <b>The Cook And The Chef</b>               | Feijoa And Kiwi Fruit               | Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.   | AUSTRALIA      | English-100 |     |  | G  |   |
| 2020-11-15 | 1730 | <b>Hairy Bikers Northern Exposure</b>      | Russia                              | The bikers preconceptions of Russia are challenged as they spend a night back-stage at the ballet courtesy of one of Russia's most powerful Oligarchs.   | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-11-15 | 1835 | <b>Jimmy Shu's Taste of The Territory</b>  | Bush Foods                          | Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes harvesting with local landowners for various bush foods.    | AUSTRALIA      | English-100 | RPT |  | G  | Y |
| 2020-11-15 | 1905 | <b>Bonacini's Italy</b>                    | Molisa                              | Michael highlights the tiny region of Molise, exposing some of its best kept savoury secrets including a multi-layered chicory timbale - a pie filled with fresh chicory and ripe roma tomatoes. | CANADA         | English-100 |     |  | G  |   |
| 2020-11-15 | 1930 | <b>Gourmet Farmer Afloat</b>               | Thar She Blows!                     | Spirits are high on board Solquest as Matthew, Ross, and Nick sail toward Maria Island, following in the wake of Baudin's French expedition in the early 1800s.                                  | AUSTRALIA      | English-100 | RPT |  | G  | Y |
| 2020-11-15 | 2030 | <b>Rick Stein's Far Eastern Odyssey</b>    | Vietnam And Thailand                | Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.                                      | UNITED KINGDOM | English-100 | RPT |  | G  | Y |
| 2020-11-15 | 2135 | <b>Gino's Italian Escape: Hidden Italy</b> | Abruzzo                             | Starting in the coastal town of Pescara, Gino though first starts his food odyssey learning about the Abruzzo region's unique contribution to the culinary landscape - chitarra pasta.           | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-11-15 | 2200 | <b>Gino's Italian Escape: Hidden Italy</b> | Trentino Alto-Adige                 | Tto uncover the secrets of Trentino Alto-Adige, Gino rolls up his sleeves and gets stuck into two local products - cheese, and speck.  | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-11-15 | 2230 | <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 |     |  | G  |   |
| 2020-11-15 | 2300 | <b>The Cook And The Chef</b>               | Feijoa And Kiwi Fruit               | Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.   | AUSTRALIA      | English-100 |     |  | G  |   |
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| 2020-11-15 | 2435 | <b>Jimmy Shu's Taste of The Territory</b>  | Bush Foods                          | Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes harvesting with local landowners for various bush foods.    | AUSTRALIA      | English-100 | RPT |  | G  | Y |
| 2020-11-15 | 2505 | <b>Bonacini's Italy</b>                    | Molisa                              | Michael highlights the tiny region of Molise, exposing some of its best kept savoury secrets including a multi-layered chicory timbale - a pie filled with fresh chicory and ripe roma tomatoes. | CANADA         | English-100 |     |  | G  |   |
| 2020-11-15 | 2530 | <b>Gourmet Farmer Afloat</b>               | Thar She Blows!                     | Spirits are high on board Solquest as Matthew, Ross, and Nick sail toward Maria Island, following in the wake of Baudin's French expedition in the early 1800s.                                  | AUSTRALIA      | English-100 | RPT |  | G  | Y |
| 2020-11-15 | 2630 | <b>Rick Stein's Far Eastern Odyssey</b>    | Vietnam And Thailand                | Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.                                      | UNITED KINGDOM | English-100 | RPT |  | G  | Y |

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| 2020-11-15 | 2800 | <b>Gino's Italian Escape: Hidden Italy</b> | Trentino Alto-Adige          | Tto uncover the secrets of Trentino Alto-Adige, Gino rolls up his sleeves and gets stuck into two local products - cheese, and speck.  | UNITED KINGDOM | English-100 |     |  | G  |   |
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| 2020-11-16 | 0500 | <b>The Cook And The Chef</b>               | Feijoa And Kiwi Fruit        | Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.   | AUSTRALIA      | English-100 |     |  | G  |   |
| 2020-11-16 | 0530 | <b>Hairy Bikers Northern Exposure</b>      | Russia                       | The bikers preconceptions of Russia are challenged as they spend a night back-stage at the ballet courtesy of one of Russia's most powerful Oligarchs.   | UNITED KINGDOM | English-100 |     |  | PG |   |
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| 2020-11-16 | 0705 | <b>Bonacini's Italy</b>                    | Molisa                       | Michael highlights the tiny region of Molise, exposing some of its best kept savoury secrets including a multi-layered chicory timbale - a pie filled with fresh chicory and ripe roma tomatoes.     | CANADA         | English-100 |     |  | G  |   |
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| 2020-11-16 | 1100 | <b>Late Nite Eats</b>                      | Providence                   | Jordan heads to Providence, Rhode Island, a small town bursting with late night eating opportunities. He starts off in College Hill at Durk's BBQ, the city's only Texas BBQ joint.                  | USA            | English-100 |     |  | G  |   |
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| 2020-11-16 | 1335 | <b>Rachel Allen: All Things Sweet</b>      | Continental Creations        | Rachel takes her inspiration from the continent for another mouth-watering selection of gorgeous desserts. On the menu is lavender and honey panna cotta.  | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-11-16 | 1400 | <b>Africa On A Plate</b>                   | Cape Town Textures           | Host Lentswe Bhengu is in search of the unique flavours and textures found in the cuisines of the seaside city of Cape Town, where the cosmopolitan vibe is on.                                      | USA            | English-100 | RPT |  | PG |   |
| 2020-11-16 | 1430 | <b>Pati's Mexican Table</b>                | Valladolid: A Day To Explore | Pati's in Valladolid, where she tries the specialties of Lomitos de Valladolid and Longaniza Valladolid. Pati makes her own version of her favourite lomitos, and a soup found on every menu - lima. | USA            | English-100 |     |  | PG |   |

|            |      |   |  |   |                |             |     |    |   |
|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2020-11-16 | 1500 | <b>Food Lovers Guide To Australia</b>   | Food Lovers Guide To Australia Series 4 Ep 6         | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, we meet local baking legend Dorothy Press at the Condobolin annual show.               | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-16 | 1530 | <b>Indian Food Made Easy</b>            | Gujerati (Leicester)                                 | Anjum shows Leicester local and rugby captain Michael Scott how to prepare a simple Indian meal for the players at the rugby club, as an alternative to their traditional takeaway.           | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-16 | 1600 | <b>Cook's Pantry With Matt Sinclair</b> | Cook's Pantry With Matt Sinclair Series 2, The Ep 26 | Matt kicks things off with a simple yoghurt cake with homemade anglaise, while Michael shares a versatile miso glaze that can be used on just about anything.                                 | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-16 | 1630 | <b>The Cook And The Chef</b>            | Hand Food  | How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.                                     | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-16 | 1700 | <b>The Cook And The Chef</b>            | Macadamia Nuts And Pasta                             | Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.                          | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-16 | 1730 | <b>Lidia's Kitchen</b>                  | Cooking With Wine                                    | Lidia prepares sausage crostini with taleggio cheese, linguine with white clam sauce, and braised beef rolls with prosciutto, provolone, and raisins.   | USA            | English-100 |     | G  |   |
| 2020-11-16 | 1800 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 11              | Chat and chopping from Blue Peter presenter Gethin Jones and England rugby player Dan Scarborough, as Ainsley Harriott hosts the classic 20-minute cooking challenge.                         | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-16 | 1900 | <b>Bake With Anna Olson</b>             | Pie Dough  | Anna shares her secrets to making the perfect pie dough. She starts off with her standard pie dough recipe and forms it into sweet, sticky pecan butter tarts.                                | CANADA         | English-100 |     | G  |   |
| 2020-11-16 | 1930 | <b>Living On The Veg</b>                | Living On The Veg Series 1 Ep 5                      | Henry and Ian's first dish will set your taste buds tingling with all the flavours of Thailand in their Thai-no-fishcakes!  | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-16 | 2030 | <b>Anthony Bourdain: Parts Unknown</b>  | Bourdain's Impact                                    | The people who made Parts Unknown select moments from their episodes and pull back the curtain, to talk about collaboration, creative freedom, and moments when Bourdain had their back.      | USA            | English-100 |     | PG |   |
| 2020-11-16 | 2130 | <b>Nigella Express</b>                  | Storecupboard SOS                                    | This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks. | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-16 | 2200 | <b>Poh's Kitchen</b>                    | Poh In Penang  | As Poh's Malaysian adventure continues, she heads north to the 'Pearl of the Orient', the island of Penang.   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-16 | 2230 | <b>The Cook And The Chef</b>            | Hand Food  | How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.                                     | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-16 | 2300 | <b>The Cook And The Chef</b>            | Macadamia Nuts And Pasta                             | Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.                          | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-16 | 2330 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 11              | Chat and chopping from Blue Peter presenter Gethin Jones and England rugby player Dan Scarborough, as Ainsley Harriott hosts the classic 20-minute cooking challenge.                         | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-16 | 2430 | <b>Living On The Veg</b>                | Living On The Veg Series 1 Ep 5                      | Henry and Ian's first dish will set your taste buds tingling with all the flavours of Thailand in their Thai-no-fishcakes!  | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-16 | 2530 | <b>Anthony Bourdain: Parts Unknown</b>  | Bourdain's Impact                                    | The people who made Parts Unknown select moments from their episodes and pull back the curtain, to talk about collaboration, creative freedom, and moments when Bourdain had their back.      | USA            | English-100 |     | PG |   |
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| 2020-11-16 | 2730 | <b>Rachel Allen: All Things Sweet</b>   | Continental Creations                                | Rachel takes her inspiration from the continent for another mouth-watering selection of gorgeous desserts. On the menu is lavender and honey panna cotta.  | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-11-16 | 2800 | <b>Africa On A Plate</b>                | Cape Town Textures                                   | Host Lentswe Bhengu is in search of the unique flavours and textures found in the cuisines of the seaside city of Cape Town, where the cosmopolitan vibe is on.  | USA            | English-100 | RPT |  | PG |   |
| 2020-11-16 | 2830 | <b>Pati's Mexican Table</b>             | Valladolid: A Day To Explore                         | Pati's in Valladolid, where she tries the specialties of Lomitos de Valladolid and Longaniza Valladolid. Pati makes her own version of her favourite lomitos, and a soup found on every menu - lima.   | USA            | English-100 |     |  | PG |   |
| 2020-11-17 | 0500 | <b>Food Lovers Guide To Australia</b>   | Food Lovers Guide To Australia Series 4 Ep 6         | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, we meet local baking legend Dorothy Press at the Condobolin annual show.                        | AUSTRALIA      | English-100 | RPT |  | G  | Y |
| 2020-11-17 | 0530 | <b>Indian Food Made Easy</b>            | Gujerati (Leicester)                                 | Anjum shows Leicester local and rugby captain Michael Scott how to prepare a simple Indian meal for the players at the rugby club, as an alternative to their traditional takeaway.                    | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-11-17 | 0600 | <b>Cook's Pantry With Matt Sinclair</b> | Cook's Pantry With Matt Sinclair Series 2, The Ep 26 | Matt kicks things off with a simple yoghurt cake with homemade anglaise, while Michael shares a versatile miso glaze that can be used on just about anything.  | AUSTRALIA      | English-100 |     |  | PG |   |
| 2020-11-17 | 0630 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 11              | Chat and chopping from Blue Peter presenter Gethin Jones and England rugby player Dan Scarborough, as Ainsley Harriott hosts the classic 20-minute cooking challenge.                                  | UNITED KINGDOM | English-100 |     |  | PG |   |
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| 2020-11-17 | 1030 | <b>Cook's Pantry With Matt Sinclair</b> | Cook's Pantry With Matt Sinclair Series 2, The Ep 26 | Matt kicks things off with a simple yoghurt cake with homemade anglaise, while Michael shares a versatile miso glaze that can be used on just about anything.  | AUSTRALIA      | English-100 |     |  | PG |   |
| 2020-11-17 | 1100 | <b>Nigella Express</b>                  | Storecupboard SOS                                    | This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.          | UNITED KINGDOM | English-100 | RPT |  | G  | Y |
| 2020-11-17 | 1130 | <b>Living On The Veg</b>                | Living On The Veg Series 1 Ep 5                      | Henry and Ian's first dish will set your taste buds tingling with all the flavours of Thailand in their Thai-no-fishcakes!   | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-11-17 | 1230 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 11              | Chat and chopping from Blue Peter presenter Gethin Jones and England rugby player Dan Scarborough, as Ainsley Harriott hosts the classic 20-minute cooking challenge.                                  | UNITED KINGDOM | English-100 |     |  | PG |   |
| 2020-11-17 | 1330 | <b>Rachel Allen: All Things Sweet</b>   | American Inspired                                    | America has given us some of our best-loved cakes and desserts, and Rachel pays homage to the nation with the sweetest tooth with her own take on some good ol' US classics.                           | UNITED KINGDOM | English-100 |     |  | G  |   |
| 2020-11-17 | 1400 | <b>Africa On A Plate</b>                | Ubuntu! We Are One                                   | Host Lentswe Bhengu hits the streets of the townships to experience the spirit of Ubuntu 'we are one' and he'll see firsthand how South Africans share their homebrew feast with street vendor crowds. | USA            | English-100 | RPT |  | PG |   |
| 2020-11-17 | 1430 | <b>Pati's Mexican Table</b>             | Isla Mujeres Inspired                                | Isla Mujeres has become a haven for people from all over the world, and Pati takes a day to explore this gorgeous island and try the local delicacy, Tikin Xic, fish marinated in a thick red sauce.   | USA            | English-100 |     |  | PG |   |
| 2020-11-17 | 1500 | <b>Food Lovers Guide To Australia</b>   | Food Lovers Guide To Australia Series 4 Ep 7         | Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, Romano Rotelli of Pensiero Restaurant, and the Danish horn of plenty at Bonjour Patisserie.                 | AUSTRALIA      | English-100 | RPT |  | G  | Y |

|            |      |   |  |  |                |             |     |    |   |
|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2020-11-17 | 1530 | <b>Indian Food Made Easy</b>            | Bengali (London)                                     | With East London's trendy Brick Lane nearby (the home of authentic Bengali cuisine in the UK), Anjum introduces a local to the delicious fish dishes available on their doorstep.                      | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-17 | 1600 | <b>Cook's Pantry With Matt Sinclair</b> | Cook's Pantry With Matt Sinclair Series 2, The Ep 27 | Matt soaks some oats to make one of his breakfast favourites - bircher muesli, while Michael shares a perfect date night dish - crispy skin barramundi.  | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-17 | 1630 | <b>The Cook And The Chef</b>            | Slow Food  | A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.         | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-17 | 1700 | <b>The Cook And The Chef</b>            | Food For A Cold Winter                               | There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.  | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-17 | 1730 | <b>Lidia's Kitchen</b>                  | All About Eggs                                       | Lidia shares her favourite egg recipes - a simple chicken stock with ribbons of egg and spinach, frittata with ricotta, tomatoes, onions, and basil, and baked eggplant with eggs.                     | USA            | English-100 |     | PG |   |
| 2020-11-17 | 1800 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 12              | There's fancy footwork in the kitchen today from ballroom dancer Anton du Beke and his Strictly Come Dancing partner Kate Garraway, as Ainsley Harriott hosts the classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-17 | 1900 | <b>Bake With Anna Olson</b>             | Chocolate Cake                                       | Anna starts by teaching the fundamentals of chocolate cake when she prepares a classic Devil's Food cake. She then advances the lesson with a delicious Red Velvet cake that is sure to impress.       | CANADA         | English-100 |     | G  |   |
| 2020-11-17 | 1930 | <b>Food Safari</b>                      | Moroccan   | Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-17 | 2000 | <b>Classic Mary Berry</b>               | Green And Pleasant Land, A                           | Mary embraces the British countryside with cooking inspired by what we grow on our farms and gardens. She takes a journey on one of the Watercress Line's 19th century steam trains.                   | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-17 | 2030 | <b>How To Cook Like Heston</b>          | Chicken  | It might be the most popular meat in the world but Heston Blumenthal thinks the old bird needs a bit of a makeover. First up, he attempts a new way to roast a chicken.                                | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-17 | 2100 | <b>Luke Nguyen's Vietnam</b>            | Luke Nguyen's Vietnam Series 2 Episode 1             | Acclaimed chef Luke Nguyen takes us on a culinary journey through the northern regions of Vietnam. In this episode, Luke explores the food and culture of Hue.   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-17 | 2130 | <b>Nigella Express</b>                  | Speedy Gonzalez                                      | It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.  | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-17 | 2200 | <b>Poh's Kitchen</b>                    | Breakfasts Of The World With Emmanuel Mollois        | To find out more about breakfast traditions around the world Poh shares amazing meals with her Indian friend Ragini Dey and Moroccan restaurateur Mohamed Bartaouch.                                   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-17 | 2230 | <b>The Cook And The Chef</b>            | Slow Food  | A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.         | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-17 | 2300 | <b>The Cook And The Chef</b>            | Food For A Cold Winter                               | There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.  | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-17 | 2330 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 12              | There's fancy footwork in the kitchen today from ballroom dancer Anton du Beke and his Strictly Come Dancing partner Kate Garraway, as Ainsley Harriott hosts the classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-17 | 2430 | <b>Food Safari</b>                      | Vietnamese   | The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-17 | 2500 | <b>Classic Mary Berry</b>               | Green And Pleasant Land, A                           | Mary embraces the British countryside with cooking inspired by what we grow on our farms and gardens. She takes a journey on one of the Watercress Line's 19th century steam trains.                   | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-17 | 2530 | <b>How To Cook Like Heston</b>          | Chicken  | It might be the most popular meat in the world but Heston Blumenthal thinks the old bird needs a bit of a makeover. First up, he attempts a new way to roast a chicken.                                | UNITED KINGDOM | English-100 | RPT | G  | Y |

|            |      |   |  |  |                |             |     |    |   |
|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2020-11-17 | 2600 | <b>Luke Nguyen's Vietnam</b>            | Luke Nguyen's Vietnam Series 2 Episode 1             | Acclaimed chef Luke Nguyen takes us on a culinary journey through the northern regions of Vietnam. In this episode, Luke explores the food and culture of Hue.   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-17 | 2630 | <b>Nigella Express</b>                  | Speedy Gonzalez                                      | It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.  | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-17 | 2700 | <b>Poh's Kitchen</b>                    | Breakfasts Of The World With Emmanuel Mollois        | To find out more about breakfast traditions around the world Poh shares amazing meals with her Indian friend Ragini Dey and Moroccan restaurateur Mohamed Bartaouch.                                   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-17 | 2730 | <b>Rachel Allen: All Things Sweet</b>   | American Inspired                                    | America has given us some of our best-loved cakes and desserts, and Rachel pays homage to the nation with the sweetest tooth with her own take on some good ol' US classics.                           | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-17 | 2800 | <b>Africa On A Plate</b>                | Ubuntu! We Are One                                   | Host Lentswe Bhengu hits the streets of the townships to experience the spirit of Ubuntu 'we are one' and he'll see firsthand how South Africans share their homebrew feast with street vendor crowds. | USA            | English-100 | RPT | PG |   |
| 2020-11-17 | 2830 | <b>Pati's Mexican Table</b>             | Isla Mujeres Inspired                                | Isla Mujeres has become a haven for people from all over the world, and Pati takes a day to explore this gorgeous island and try the local delicacy, Tikin Xic, fish marinated in a thick red sauce.   | USA            | English-100 |     | PG |   |
| 2020-11-18 | 0500 | <b>Food Lovers Guide To Australia</b>   | Food Lovers Guide To Australia Series 4 Ep 7         | Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, Romano Rotelli of Pensiero Restaurant, and the Danish horn of plenty at Bonjour Patisserie.                 | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-18 | 0530 | <b>Indian Food Made Easy</b>            | Bengali (London)                                     | With East London's trendy Brick Lane nearby (the home of authentic Bengali cuisine in the UK), Anjum introduces a local to the delicious fish dishes available on their doorstep.                      | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-18 | 0600 | <b>Cook's Pantry With Matt Sinclair</b> | Cook's Pantry With Matt Sinclair Series 2, The Ep 27 | Matt soaks some oats to make one of his breakfast favourites - bircher muesli, while Michael shares a perfect date night dish - crispy skin barramundi.  | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-18 | 0630 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 12              | There's fancy footwork in the kitchen today from ballroom dancer Anton du Beke and his Strictly Come Dancing partner Kate Garraway, as Ainsley Harriott hosts the classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-18 | 0730 | <b>Food Safari</b>                      | Moroccan   | Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-18 | 0800 | <b>Classic Mary Berry</b>               | Green And Pleasant Land, A                           | Mary embraces the British countryside with cooking inspired by what we grow on our farms and gardens. She takes a journey on one of the Watercress Line's 19th century steam trains.                   | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-18 | 0830 | <b>How To Cook Like Heston</b>          | Chicken  | It might be the most popular meat in the world but Heston Blumenthal thinks the old bird needs a bit of a makeover. First up, he attempts a new way to roast a chicken.                                | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-18 | 0900 | <b>Luke Nguyen's Vietnam</b>            | Luke Nguyen's Vietnam Series 2 Episode 1             | Acclaimed chef Luke Nguyen takes us on a culinary journey through the northern regions of Vietnam. In this episode, Luke explores the food and culture of Hue.   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-18 | 0930 | <b>Africa On A Plate</b>                | Ubuntu! We Are One                                   | Host Lentswe Bhengu hits the streets of the townships to experience the spirit of Ubuntu 'we are one' and he'll see firsthand how South Africans share their homebrew feast with street vendor crowds. | USA            | English-100 | RPT | PG |   |
| 2020-11-18 | 1000 | <b>Lidia's Kitchen</b>                  | All About Eggs                                       | Lidia shares her favourite egg recipes - a simple chicken stock with ribbons of egg and spinach, frittata with ricotta, tomatoes, onions, and basil, and baked eggplant with eggs.                     | USA            | English-100 |     | PG |   |
| 2020-11-18 | 1030 | <b>Cook's Pantry With Matt Sinclair</b> | Cook's Pantry With Matt Sinclair Series 2, The Ep 27 | Matt soaks some oats to make one of his breakfast favourites - bircher muesli, while Michael shares a perfect date night dish - crispy skin barramundi.  | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-18 | 1100 | <b>Nigella Express</b>                  | Speedy Gonzalez                                      | It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.  | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-18 | 1130 | <b>Food Safari</b>                      | Moroccan   | Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.   | AUSTRALIA      | English-100 | RPT | G  | Y |

|            |      |   |  |  |                |             |     |    |   |
|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2020-11-18 | 1200 | <b>Classic Mary Berry</b>               | Green And Pleasant Land, A                           | Mary embraces the British countryside with cooking inspired by what we grow on our farms and gardens. She takes a journey on one of the Watercross Line's 19th century steam trains.                   | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-18 | 1230 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 12              | There's fancy footwork in the kitchen today from ballroom dancer Anton du Beke and his Strictly Come Dancing partner Kate Garraway, as Ainsley Harriott hosts the classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-18 | 1330 | <b>Rachel Allen: Coastal Cookery</b>    | Rachel Allen: Coastal Cookery Series 1 Ep 1          | Rachel travels from Dungarvan to Ballycotton. There, she recreates the food memory of her friend, chef Paul Flynn, by catching a lobster and cooking it on the shore.                                  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-18 | 1400 | <b>Africa On A Plate</b>                | Upliftment And Empowerment                           | In South Africa's stunning wine capital, host Lentswe Bhengu is put to the test at his alma mater, and is inspired by the the country's first Black-owned winery.                                      | USA            | English-100 | RPT | G  |   |
| 2020-11-18 | 1430 | <b>Pati's Mexican Table</b>             | Cancun: We Meet Again                                | Pati explores the Yucatan Peninsula, tasting some of the most inventive dishes at the Crab House, like their Alaskan Wontons.  | USA            | English-100 |     | PG |   |
| 2020-11-18 | 1500 | <b>Food Lovers Guide To Australia</b>   | Food Lovers Guide To Australia Series 4 Ep 8         | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to the Ord River to learn about a chickpea called the macarena.                         | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-18 | 1530 | <b>Indian Food Made Easy</b>            | Punjabi (Glasgow)                                    | Anjum Anand travels to Edinburgh to meet Wendy Barrie. Wendy is a champion of Scottish food and a local culinary celebrity, thanks to her popular cookery demonstrations.                              | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-18 | 1600 | <b>Cook's Pantry With Matt Sinclair</b> | Cook's Pantry With Matt Sinclair Series 2, The Ep 28 | Matt prepares a lamb and hummus wrap, Courtney makes almond butter and blueberry jam, and Michael makes one of America's favourite bar snacks - the jalapeno popper.                                   | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-18 | 1630 | <b>The Cook And The Chef</b>            | Kids In The Kitchen                                  | Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.       | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-18 | 1700 | <b>The Cook And The Chef</b>            | Soup And Rice  | Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.   | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-18 | 1730 | <b>Lidia's Kitchen</b>                  | Italian Garden, The                                  | Italy is one big garden with a year round growing season. Vegetables are often the stars of the meal, and Lidia highlights the versatility of delicious bitter vegetables including broccoli rabe.     | USA            | English-100 |     | PG |   |
| 2020-11-18 | 1800 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 13              | TV and radio presenters JK and Joel team up with chefs Nick Nairn and Paul Rankin, as Ainsley Harriott presents the classic 20-minute cooking challenge.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-18 | 1900 | <b>Bake With Anna Olson</b>             | French Meringue                                      | Anna shares her secrets for making perfect French meringues. She starts by teaching the fundamentals with birds nests, and moves to a more exacting meringue recipe - classic passion fruit pavlova.   | CANADA         | English-100 |     | G  |   |
| 2020-11-18 | 1930 | <b>Rachel Khoo: My Swedish Kitchen</b>  | Forest Sets The Flavour, The                         | As autumn approaches Rachel heads into the woods in search of mushrooms. The foraged forest mushrooms become the base for a Scandinavian-style mushroom risotto, using pearl barley instead of rice.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-18 | 2000 | <b>French Food Safari</b>               | French Food Safari Series 1 Episode 6                | Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.           | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-18 | 2030 | <b>A Gondola On The Murray</b>          | Gondola On The Murray Series 2 Ep 4                  | The PS 'Marion' is an historic paddle steamer. On board a variety of dishes are served including hare terrine, ravioli stuffed with quail meat and roasted milk fed lamb.                              | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-18 | 2100 | <b>Sourced</b>                          | At The Frontlines Of Food                            | Guy connects with local artisans and farmers throughout Spain and California to get a closer look at the people who grow olives, raise goats, and make bread.  | USA            | English-100 |     | PG |   |
| 2020-11-18 | 2130 | <b>Nigella Express</b>                  | Quick Quick Slow                                     | Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.           | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-18 | 2200 | <b>Poh's Kitchen</b>                    | Food Traditions With Emmanuel Mollois                | When Poh finds that Emmanuel, whose passion is food history, has never had the full Peking Duck banquet experience she treats him to the 600 year old tradition that's still practised today.          | AUSTRALIA      | English-100 | RPT | G  | Y |



|            |      |   |  |  |                |             |     |    |   |
|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2020-11-18 | 2230 | <b>The Cook And The Chef</b>            | Kids In The Kitchen                                  | Rolled sleeves, flour covered fingers and chocolate smeared grins - its winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.     | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-18 | 2300 | <b>The Cook And The Chef</b>            | Soup And Rice  | Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.   | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-18 | 2330 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 13              | TV and radio presenters JK and Joel team up with chefs Nick Nairn and Paul Rankin, as Ainsley Harriott presents the classic 20-minute cooking challenge.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-18 | 2430 | <b>Rachel Khoo: My Swedish Kitchen</b>  | Forest Sets The Flavour, The                         | As autumn approaches Rachel heads into the woods in search of mushrooms. The foraged forest mushrooms become the base for a Scandinavian-style mushroom risotto, using pearl barley instead of rice. | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-18 | 2500 | <b>French Food Safari</b>               | French Food Safari Series 1 Episode 6                | Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.         | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-18 | 2530 | <b>A Gondola On The Murray</b>          | Gondola On The Murray Series 2 Ep 4                  | The PS 'Marion' is an historic paddle steamer. On board a variety of dishes are served including hare terrine, ravioli stuffed with quail meat and roasted milk fed lamb.                            | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-18 | 2600 | <b>Sourced</b>                          | At The Frontlines Of Food                            | Guy connects with local artisans and farmers throughout Spain and California to get a closer look at the people who grow olives, raise goats, and make bread.  | USA            | English-100 |     | PG |   |
| 2020-11-18 | 2630 | <b>Nigella Express</b>                  | Quick Quick Slow                                     | Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.         | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-18 | 2700 | <b>Poh's Kitchen</b>                    | Food Traditions With Emmanuel Mollois                | When Poh finds that Emmanuel, whose passion is food history, has never had the full Peking Duck banquet experience she treats him to the 600 year old tradition that's still practised today.        | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-18 | 2730 | <b>Rachel Allen: Coastal Cookery</b>    | Rachel Allen: Coastal Cookery Series 1 Ep 1          | Rachel travels from Dungarvan to Ballycotton. There, she recreates the food memory of her friend, chef Paul Flynn, by catching a lobster and cooking it on the shore.                                | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-18 | 2800 | <b>Africa On A Plate</b>                | Upliftment And Empowerment                           | In South Africa's stunning wine capital, host Lentswe Bhengu is put to the test at his alma mater, and is inspired by the the country's first Black-owned winery.                                    | USA            | English-100 | RPT | G  |   |
| 2020-11-18 | 2830 | <b>Pati's Mexican Table</b>             | Cancun: We Meet Again                                | Pati explores the Yucatan Peninsula, tasting some of the most inventive dishes at the Crab House, like their Alaskan Wontons.  | USA            | English-100 |     | PG |   |
| 2020-11-19 | 0500 | <b>Food Lovers Guide To Australia</b>   | Food Lovers Guide To Australia Series 4 Ep 8         | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to the Ord River to learn about a chickpea called the macarena.                       | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-19 | 0530 | <b>Indian Food Made Easy</b>            | Punjabi (Glasgow)                                    | Anjum Anand travels to Edinburgh to meet Wendy Barrie. Wendy is a champion of Scottish food and a local culinary celebrity, thanks to her popular cookery demonstrations.                            | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-19 | 0600 | <b>Cook's Pantry With Matt Sinclair</b> | Cook's Pantry With Matt Sinclair Series 2, The Ep 28 | Matt prepares a lamb and hummus wrap, Courtney makes almond butter and blueberry jam, and Michael makes one of America's favourite bar snacks - the jalapeno popper.                                 | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-19 | 0630 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 13              | TV and radio presenters JK and Joel team up with chefs Nick Nairn and Paul Rankin, as Ainsley Harriott presents the classic 20-minute cooking challenge.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-19 | 0730 | <b>Rachel Khoo: My Swedish Kitchen</b>  | Forest Sets The Flavour, The                         | As autumn approaches Rachel heads into the woods in search of mushrooms. The foraged forest mushrooms become the base for a Scandinavian-style mushroom risotto, using pearl barley instead of rice. | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-19 | 0800 | <b>French Food Safari</b>               | French Food Safari Series 1 Episode 6                | Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.         | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-19 | 0830 | <b>A Gondola On The Murray</b>          | Gondola On The Murray Series 2 Ep 4                  | The PS 'Marion' is an historic paddle steamer. On board a variety of dishes are served including hare terrine, ravioli stuffed with quail meat and roasted milk fed lamb.                            | AUSTRALIA      | English-100 |     | G  |   |

|            |      |  |  |  |                |             |     |    |   |
|------------|------|--|--|--|----------------|-------------|-----|----|---|
| 2020-11-19 | 0900 | <b>Sourced</b>                           | At The Frontlines Of Food                            | Guy connects with local artisans and farmers throughout Spain and California to get a closer look at the people who grow olives, raise goats, and make bread.  | USA            | English-100 |     | PG |   |
| 2020-11-19 | 0930 | <b>Africa On A Plate</b>                 | Upliftment And Empowerment                           | In South Africa's stunning wine capital, host Lentswe Bhengu is put to the test at his alma mater, and is inspired by the the country's first Black-owned winery.                                    | USA            | English-100 | RPT | G  |   |
| 2020-11-19 | 1000 | <b>Lidia's Kitchen</b>                   | Italian Garden, The                                  | Italy is one big garden with a year round growing season. Vegetables are often the stars of the meal, and Lidia highlights the versatility of delicious bitter vegetables including broccoli rabe.   | USA            | English-100 |     | PG |   |
| 2020-11-19 | 1030 | <b>Cook's Pantry With Matt Sinclair</b>  | Cook's Pantry With Matt Sinclair Series 2, The Ep 28 | Matt prepares a lamb and hummus wrap, Courtney makes almond butter and blueberry jam, and Michael makes one of America's favourite bar snacks - the jalapeno popper.                                 | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-19 | 1100 | <b>Nigella Express</b>                   | Quick Quick Slow                                     | Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.         | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-19 | 1130 | <b>Rachel Khoo: My Swedish Kitchen</b>   | Forest Sets The Flavour, The                         | As autumn approaches Rachel heads into the woods in search of mushrooms. The foraged forest mushrooms become the base for a Scandinavian-style mushroom risotto, using pearl barley instead of rice. | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-19 | 1200 | <b>French Food Safari</b>                | French Food Safari Series 1 Episode 6                | Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.         | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-19 | 1230 | <b>Ready Steady Cook UK</b>              | Ready Steady Cook UK Series 18/19 Ep 13              | TV and radio presenters JK and Joel team up with chefs Nick Nairn and Paul Rankin, as Ainsley Harriott presents the classic 20-minute cooking challenge.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-19 | 1330 | <b>Rachel Allen: Coastal Cookery</b>     | Rachel Allen: Coastal Cookery Series 1 Ep 2          | Rachel arrives at the pretty harbour town of Kinsale, where she dives for crab with restaurateur Olivier Queva. Back on dry land, she prepares a crab and blood orange salad.                        | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-19 | 1400 | <b>Africa On A Plate</b>                 | Jeffrey's Bay  | Host and chef Lentswe Bhengu explores the surf culture in 'JBay - voted the second best surf spot in the world, and famous for its seafood.  | USA            | English-100 | RPT | PG |   |
| 2020-11-19 | 1430 | <b>Pati's Mexican Table</b>              | Turkey Day   | Pati is preparing an epic Thanksgiving meal like no other, because this one has a Yucatecan twist. Trade in your turkey for a citrus brined bird.  | USA            | English-100 |     | PG |   |
| 2020-11-19 | 1500 | <b>Food Lovers Guide To Australia</b>    | Food Lovers Guide To Australia Series 4 Ep 9         | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, old fashioned fish and chips, fantastic fruit flavoured gels, and soft tofu.                  | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-19 | 1530 | <b>Indian Food Made Easy</b>             | Goan (London)  | Anjum is in London, where she meets Jonathan Readman to share with him three gorgeous Goan dishes, including fried eggplant, Goan sausages, and an authentic vindaloo.                               | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-19 | 1600 | <b>Cook's Pantry With Matt Sinclair</b>  | Cook's Pantry With Matt Sinclair Series 2, The Ep 29 | Matt prepares a humble carrot cake - a recipe from his friend's mother, while Michael cooks up a winter warmer - Thai-style pumpkin and carrot soup.   | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-19 | 1630 | <b>The Cook And The Chef</b>             | Winter Menus   | Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.  | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-19 | 1700 | <b>The Cook And The Chef</b>             | Oysters And Pastry                                   | For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.  | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-19 | 1730 | <b>Lidia's Kitchen</b>                   | Ragu   | Lidia prepares two types of ragu - lamb and pepper, and chestnut and mushroom.   | USA            | English-100 |     | PG |   |
| 2020-11-19 | 1800 | <b>Ready Steady Cook UK</b>              | Ready Steady Cook UK Series 18/19 Ep 14              | Holby City stars Sharon D Clarke and Luke Roberts join Ainsley Harriott for today's classic 20-minute cooking challenge.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-19 | 1900 | <b>Bake With Anna Olson</b>              | Pastry Cream   | Anna knows that all great pastry chefs have a recipe for pastry cream in their repertoire. She shows how to perfect this thick, rich custard filling to create delicious cakes and pastries.         | CANADA         | English-100 |     | G  |   |
| 2020-11-19 | 1930 | <b>Wok Vs Pot With Marion And Silvia</b> | Wok X Pot With Marion And Silvia Series 1 Ep 3       | When it comes to traditional Italian and Thai food, you can't go past a classic bolognese and pad Thai. Marion and Silvia share their recipes for their favourite traditional recipes.               | AUSTRALIA      | English-100 |     | G  |   |

|            |      |  |  |  |                |             |     |    |   |
|------------|------|--|--|--|----------------|-------------|-----|----|---|
| 2020-11-19 | 2000 | <b>Donal's Asian Baking Adventure</b>    | Tokyo 2  | Donal is exploring Japan, whose bakeries have been a big influence in the rise in popularity of wheat flour in Asia, and Kyoto has a reputation for great food.                                      | SINGAPORE      | English-100 |     | G  |   |
| 2020-11-19 | 2030 | <b>May's Kitchen</b>                     | South Africa                                   | Chef May Yacoubi highlights the melting pot of flavours found in South African cuisine starting with the country's national dish - bobotie - followed by the famous peri peri sauce.                 | USA            | English-100 |     | PG |   |
| 2020-11-19 | 2100 | <b>Destination Flavour Singapore</b>     | Destination Flavour Singapore Series 1 Ep 6    | Adam's in search of Singapore's best vegetable dishes. His journey kicks off with a very Singaporean breakfast at the Singapore Zoo. He demonstrates how to prepare a Hainanese breakfast favourite. | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-19 | 2130 | <b>Nigella Express</b>                   | Retro Rapido                                   | Nigella's going back in time to give her favourite retro recipes the express treatment. For her school and university friend it's cheese fondue followed by cherry cheesecake.                       | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-19 | 2200 | <b>Poh's Kitchen</b>                     | More Meat With The Butcher Boys                | This episode is definitely one for the meat lovers as Poh offers her service as apprentice to butchers, Jason Bradley and Bill Smith.  | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-19 | 2230 | <b>The Cook And The Chef</b>             | Winter Menus                                   | Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.  | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-19 | 2300 | <b>The Cook And The Chef</b>             | Oysters And Pastry                             | For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.  | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-19 | 2330 | <b>Ready Steady Cook UK</b>              | Ready Steady Cook UK Series 18/19 Ep 14        | Holby City stars Sharon D Clarke and Luke Roberts join Ainsley Harriott for today's classic 20-minute cooking challenge.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-19 | 2430 | <b>Wok Vs Pot With Marion And Silvia</b> | Wok X Pot With Marion And Silvia Series 1 Ep 3 | When it comes to traditional Italian and Thai food, you can't go past a classic bolognese and pad Thai. Marion and Silvia share their recipes for their favourite traditional recipes.               | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-19 | 2500 | <b>Donal's Asian Baking Adventure</b>    | Tokyo 2  | Donal is exploring Japan, whose bakeries have been a big influence in the rise in popularity of wheat flour in Asia, and Kyoto has a reputation for great food.                                      | SINGAPORE      | English-100 |     | G  |   |
| 2020-11-19 | 2530 | <b>May's Kitchen</b>                     | South Africa                                   | Chef May Yacoubi highlights the melting pot of flavours found in South African cuisine starting with the country's national dish - bobotie - followed by the famous peri peri sauce.                 | USA            | English-100 |     | PG |   |
| 2020-11-19 | 2600 | <b>Destination Flavour Singapore</b>     | Destination Flavour Singapore Series 1 Ep 6    | Adam's in search of Singapore's best vegetable dishes. His journey kicks off with a very Singaporean breakfast at the Singapore Zoo. He demonstrates how to prepare a Hainanese breakfast favourite. | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-19 | 2630 | <b>Nigella Express</b>                   | Retro Rapido                                   | Nigella's going back in time to give her favourite retro recipes the express treatment. For her school and university friend it's cheese fondue followed by cherry cheesecake.                       | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-19 | 2700 | <b>Poh's Kitchen</b>                     | More Meat With The Butcher Boys                | This episode is definitely one for the meat lovers as Poh offers her service as apprentice to butchers, Jason Bradley and Bill Smith.  | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-19 | 2730 | <b>Rachel Allen: Coastal Cookery</b>     | Rachel Allen: Coastal Cookery Series 1 Ep 2    | Rachel arrives at the pretty harbour town of Kinsale, where she dives for crab with restaurateur Olivier Queva. Back on dry land, she prepares a crab and blood orange salad.                        | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-19 | 2800 | <b>Africa On A Plate</b>                 | Jeffrey's Bay                                  | Host and chef Lentswe Bhengu explores the surf culture in 'JBay - voted the second best surf spot in the world, and famous for its seafood.  | USA            | English-100 | RPT | PG |   |
| 2020-11-19 | 2830 | <b>Pati's Mexican Table</b>              | Turkey Day                                     | Pati is preparing an epic Thanksgiving meal like no other, because this one has a Yucatecan twist. Trade in your turkey for a citrus brined bird.  | USA            | English-100 |     | PG |   |
| 2020-11-20 | 0500 | <b>Food Lovers Guide To Australia</b>    | Food Lovers Guide To Australia Series 4 Ep 9   | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, old fashioned fish and chips, fantastic fruit flavoured gels, and soft tofu.                  | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-20 | 0530 | <b>Indian Food Made Easy</b>             | Goan (London)                                  | Anjum is in London, where she meets Jonathan Readman to share with him three gorgeous Goan dishes, including fried eggplant, Goan sausages, and an authentic vindaloo.                               | UNITED KINGDOM | English-100 |     | G  |   |

|            |      |  |  |  |                |             |     |    |   |
|------------|------|--|--|--|----------------|-------------|-----|----|---|
| 2020-11-20 | 0600 | <b>Cook's Pantry With Matt Sinclair</b>  | Cook's Pantry With Matt Sinclair Series 2, The Ep 29 | Matt prepares a humble carrot cake - a recipe from his friend's mother, while Michael cooks up a winter warmer - Thai-style pumpkin and carrot soup.   | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-20 | 0630 | <b>Ready Steady Cook UK</b>              | Ready Steady Cook UK Series 18/19 Ep 14              | Holby City stars Sharon D Clarke and Luke Roberts join Ainsley Harriott for today's classic 20-minute cooking challenge.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-20 | 0730 | <b>Wok Vs Pot With Marion And Silvia</b> | Wok X Pot With Marion And Silvia Series 1 Ep 3       | When it comes to traditional Italian and Thai food, you can't go past a classic bolognese and pad Thai. Marion and Silvia share their recipes for their favourite traditional recipes.               | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-20 | 0800 | <b>Donal's Asian Baking Adventure</b>    | Tokyo 2  | Donal is exploring Japan, whose bakeries have been a big influence in the rise in popularity of wheat flour in Asia, and Kyoto has a reputation for great food.                                      | SINGAPORE      | English-100 |     | G  |   |
| 2020-11-20 | 0830 | <b>May's Kitchen</b>                     | South Africa   | Chef May Yacoubi highlights the melting pot of flavours found in South African cuisine starting with the country's national dish - bobotie - followed by the famous peri peri sauce.                 | USA            | English-100 |     | PG |   |
| 2020-11-20 | 0900 | <b>Destination Flavour Singapore</b>     | Destination Flavour Singapore Series 1 Ep 6          | Adam's in search of Singapore's best vegetable dishes. His journey kicks off with a very Singaporean breakfast at the Singapore Zoo. He demonstrates how to prepare a Hainanese breakfast favourite. | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-20 | 0930 | <b>Africa On A Plate</b>                 | Jeffrey's Bay  | Host and chef Lentswe Bhengu explores the surf culture in 'JBay - voted the second best surf spot in the world, and famous for its seafood.  | USA            | English-100 | RPT | PG |   |
| 2020-11-20 | 1000 | <b>Lidia's Kitchen</b>                   | Ragu   | Lidia prepares two types of ragu - lamb and pepper, and chestnut and mushroom.   | USA            | English-100 |     | PG |   |
| 2020-11-20 | 1030 | <b>Cook's Pantry With Matt Sinclair</b>  | Cook's Pantry With Matt Sinclair Series 2, The Ep 29 | Matt prepares a humble carrot cake - a recipe from his friend's mother, while Michael cooks up a winter warmer - Thai-style pumpkin and carrot soup.   | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-20 | 1100 | <b>Nigella Express</b>                   | Retro Rapido   | Nigella's going back in time to give her favourite retro recipes the express treatment. For her school and university friend it's cheese fondue followed by cherry cheesecake.                       | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-20 | 1130 | <b>Wok Vs Pot With Marion And Silvia</b> | Wok X Pot With Marion And Silvia Series 1 Ep 3       | When it comes to traditional Italian and Thai food, you can't go past a classic bolognese and pad Thai. Marion and Silvia share their recipes for their favourite traditional recipes.               | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-20 | 1200 | <b>Donal's Asian Baking Adventure</b>    | Tokyo 2  | Donal is exploring Japan, whose bakeries have been a big influence in the rise in popularity of wheat flour in Asia, and Kyoto has a reputation for great food.                                      | SINGAPORE      | English-100 |     | G  |   |
| 2020-11-20 | 1230 | <b>Ready Steady Cook UK</b>              | Ready Steady Cook UK Series 18/19 Ep 14              | Holby City stars Sharon D Clarke and Luke Roberts join Ainsley Harriott for today's classic 20-minute cooking challenge.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-20 | 1330 | <b>Rachel Allen: Coastal Cookery</b>     | Rachel Allen: Coastal Cookery Series 1 Ep 3          | Rachel visits Fingal Ferguson at Gubbeen Farm in Schull to see him make a chef's knife. She uses this to make a dish of roast cod with white bean and chorizo mash.                                  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-20 | 1400 | <b>Africa On A Plate</b>                 | Durban   | Host and chef Lentswe Bhengu is at home planning a traditional Indian meal for his sister in Durban after fulfilling his mission to find out how to make the perfect curry.                          | USA            | English-100 | RPT | PG |   |
| 2020-11-20 | 1430 | <b>Pati's Mexican Table</b>              | Alan Goes To College                                 | Pati's eldest son, Alan, is heading off to college. Pati wants to make sure he's well prepared with some basic cooking techniques since mum won't be doing the cooking at school.                    | USA            | English-100 |     | PG |   |
| 2020-11-20 | 1500 | <b>Food Lovers Guide To Australia</b>    | Food Lovers Guide To Australia Series 4 Ep 10        | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, spelt - a grain that's been cultivated since ancient times, and voluptuous nougat.            | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-20 | 1530 | <b>Indian Food Made Easy</b>             | 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  |   |
| 2020-11-20 | 1600 | <b>Cook's Pantry With Matt Sinclair</b>  | Cook's Pantry With Matt Sinclair Series 2, The Ep 30 | Matt is joined by chef Sarah Todd to bake a tres leche - a simple cake with only a few ingredients. MasterChef contestant Dani Venn joins Courtney, and together they cook up bacon and egg cups.    | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-20 | 1630 | <b>The Cook And The Chef</b>             | Tasmanian Fresh                                      | Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.   | AUSTRALIA      | English-100 |     | G  |   |

|            |      |                                       |  |  |                |             |     |    |   |
|------------|------|---------------------------------------|--|--|----------------|-------------|-----|----|---|
| 2020-11-20 | 1700 | <b>The Cook And The Chef</b>          | Desserts And Tagines                         | From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.       | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-20 | 1730 | <b>Lidia's Kitchen</b>                | Italian American Favourites                  | Lidia prepares Italian-American favourites including Caesar salad, baked eggplant stuffed with meat and vegetables, and stuffed mushrooms.   | USA            | English-100 |     | PG |   |
| 2020-11-20 | 1800 | <b>Ready Steady Cook UK</b>           | Ready Steady Cook UK Series 18/19 Ep 15      | Ainsley Harriott hosts the classic 20-minute cooking challenge with Hollyoaks stars Tony Hirst and Zoë Lister.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-20 | 1900 | <b>Bake With Anna Olson</b>           | Choux Paste                                  | Choux Paste, also known as pate a choux or cream puff dough, is a wonderful airy pastry that can be used in countless ways to prepare cream-filled desserts.   | CANADA         | English-100 |     | G  |   |
| 2020-11-20 | 1930 | <b>Rick Stein's Fruits Of The Sea</b> | Rick Stein's Fruits Of The Sea Series 1 Ep 1 | It's the start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-20 | 2000 | <b>Rick Stein's Fruits Of The Sea</b> | Rick Stein's Fruits Of The Sea Series 1 Ep 2 | The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.  | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-20 | 2035 | <b>Rick Stein's Long Weekends</b>     | Lisbon                                       | Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-20 | 2140 | <b>Nigella Express</b>                | Razzle Dazzle                                | It's party time at Nigella's and this is one party that's full of fast, easy, delicious make in advance recipes and simple, achievable, last minute touches to make the food table and the party itself. | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-20 | 2210 | <b>Poh's Kitchen</b>                  | Modern Thai With Martin Boetz                | In her kitchen tonight, Poh's guest is Martin Boetz. Martin cooks orange sour curry and a crispy fish salad.   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-20 | 2240 | <b>The Cook And The Chef</b>          | Tasmanian Fresh                              | Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.   | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-20 | 2310 | <b>The Cook And The Chef</b>          | Desserts And Tagines                         | From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.       | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-20 | 2340 | <b>Ready Steady Cook UK</b>           | Ready Steady Cook UK Series 18/19 Ep 15      | Ainsley Harriott hosts the classic 20-minute cooking challenge with Hollyoaks stars Tony Hirst and Zoë Lister.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-20 | 2430 | <b>Rick Stein's Fruits Of The Sea</b> | Rick Stein's Fruits Of The Sea Series 1 Ep 1 | It's the start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-20 | 2500 | <b>Rick Stein's Fruits Of The Sea</b> | Rick Stein's Fruits Of The Sea Series 1 Ep 2 | The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.  | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-20 | 2535 | <b>Rick Stein's Long Weekends</b>     | Lisbon                                       | Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-20 | 2640 | <b>Nigella Express</b>                | Razzle Dazzle                                | It's party time at Nigella's and this is one party that's full of fast, easy, delicious make in advance recipes and simple, achievable, last minute touches to make the food table and the party itself. | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-20 | 2710 | <b>Poh's Kitchen</b>                  | Modern Thai With Martin Boetz                | In her kitchen tonight, Poh's guest is Martin Boetz. Martin cooks orange sour curry and a crispy fish salad.   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-20 | 2740 | <b>Rachel Allen: Coastal Cookery</b>  | Rachel Allen: Coastal Cookery Series 1 Ep 3  | Rachel visits Fingal Ferguson at Gubbeen Farm in Schull to see him make a chef's knife. She uses this to make a dish of roast cod with white bean and chorizo mash.                                      | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-20 | 2805 | <b>Africa On A Plate</b>              | Durban                                       | Host and chef Lentswe Bhengu is at home planning a traditional Indian meal for his sister in Durban after fulfilling his mission to find out how to make the perfect curry.                              | USA            | English-100 | RPT | PG |   |

|            |      |   |  |  |                |             |     |    |   |
|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2020-11-20 | 2835 | <b>Pati's Mexican Table</b>             | Alan Goes To College                                 | Pati's eldest son, Alan, is heading off to college. Pati wants to make sure he's well prepared with some basic cooking techniques since mum won't be doing the cooking at school.                        | USA            | English-100 |     | PG |   |
| 2020-11-21 | 0500 | <b>Food Lovers Guide To Australia</b>   | Food Lovers Guide To Australia Series 4 Ep 10        | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, spelt - a grain that's been cultivated since ancient times, and voluptuous nougat.                | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2020-11-21 | 0530 | <b>Indian Food Made Easy</b>            | 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  |   |
| 2020-11-21 | 0600 | <b>Cook's Pantry With Matt Sinclair</b> | Cook's Pantry With Matt Sinclair Series 2, The Ep 30 | Matt is joined by chef Sarah Todd to bake a tres leche - a simple cake with only a few ingredients. MasterChef contestant Dani Venn joins Courtney, and together they cook up bacon and egg cups.        | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-21 | 0630 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 15              | Ainsley Harriott hosts the classic 20-minute cooking challenge with Hollyoaks stars Tony Hirst and Zoë Lister.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-21 | 0730 | <b>Rick Stein's Fruits Of The Sea</b>   | Rick Stein's Fruits Of The Sea Series 1 Ep 1         | It's ths start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-21 | 0800 | <b>Rick Stein's Fruits Of The Sea</b>   | Rick Stein's Fruits Of The Sea Series 1 Ep 2         | The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.  | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-21 | 0835 | <b>Rick Stein's Long Weekends</b>       | Lisbon   | Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-21 | 0940 | <b>Africa On A Plate</b>                | Durban   | Host and chef Lentswe Bhengu is at home planning a traditional Indian meal for his sister in Durban after fulfilling his mission to find out how to make the perfect curry.                              | USA            | English-100 | RPT | PG |   |
| 2020-11-21 | 1010 | <b>Lidia's Kitchen</b>                  | Italian American Favourites                          | Lidia prepares Italian-American favourites including Caesar salad, baked eggplant stuffed with meat and vegetables, and stuffed mushrooms.   | USA            | English-100 |     | PG |   |
| 2020-11-21 | 1035 | <b>Cook's Pantry With Matt Sinclair</b> | Cook's Pantry With Matt Sinclair Series 2, The Ep 30 | Matt is joined by chef Sarah Todd to bake a tres leche - a simple cake with only a few ingredients. MasterChef contestant Dani Venn joins Courtney, and together they cook up bacon and egg cups.        | AUSTRALIA      | English-100 |     | PG |   |
| 2020-11-21 | 1100 | <b>Nigella Express</b>                  | Razzle Dazzle  | It's party time at Nigella's and this is one party that's full of fast, easy, delicious make in advance recipes and simple, achievable, last minute touches to make the food table and the party itself. | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2020-11-21 | 1130 | <b>Rick Stein's Fruits Of The Sea</b>   | Rick Stein's Fruits Of The Sea Series 1 Ep 1         | It's ths start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-21 | 1200 | <b>Rick Stein's Fruits Of The Sea</b>   | Rick Stein's Fruits Of The Sea Series 1 Ep 2         | The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.  | UNITED KINGDOM | English-100 |     | G  |   |
| 2020-11-21 | 1235 | <b>Ready Steady Cook UK</b>             | Ready Steady Cook UK Series 18/19 Ep 15              | Ainsley Harriott hosts the classic 20-minute cooking challenge with Hollyoaks stars Tony Hirst and Zoë Lister.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2020-11-21 | 1330 | <b>Africa On A Plate</b>                | Durban   | Host and chef Lentswe Bhengu is at home planning a traditional Indian meal for his sister in Durban after fulfilling his mission to find out how to make the perfect curry.                              | USA            | English-100 | RPT | PG |   |
| 2020-11-21 | 1400 | <b>Late Nite Eats</b>                   | St. Louis  | Jordan is headed to St. Louis. Known as the gateway to the west, this city is a gateway to a wide variety of culinary delights. Jordan kicks off his journey at a restaurant close to his own heart.     | USA            | English-100 |     | G  |   |
| 2020-11-21 | 1430 | <b>Late Nite Eats</b>                   | Nashville  | Jordan's journey takes a turn full south with a trip to Music City. While Nashville may be best known for its music, it's next known for its mouthwatering cuisine.                                      | USA            | English-100 |     | G  |   |
| 2020-11-21 | 1500 | <b>Secret Meat Business</b>             | Secret Meat Business Series 1 Ep 11                  | Adrian shares his favourite recipes from Asia including Japanese wagyu beef and Chinese peking duck with pancakes.   | AUSTRALIA      | English-100 |     | G  |   |
| 2020-11-21 | 1530 | <b>Secret Meat Business</b>             | Secret Meat Business Series 1 Ep 12                  | Adrian shares his favourite recipes from the Mediterranean and the Middle East including Spanish rabbit hot pot and lamb kofta.  | AUSTRALIA      | English-100 |     | G  |   |

|            |      |   |   |  |                |             |     |    |
|------------|------|---|---|--|----------------|-------------|-----|----|
| 2020-11-21 | 1600 | <b>The Cook And The Chef</b>                  | Lamb And Saffron                                  | Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.  | AUSTRALIA      | English-100 |     | PG |
| 2020-11-21 | 1630 | <b>The Cook And The Chef</b>                  | Root Veg And Guinea Fowl                          | After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo. | AUSTRALIA      | English-100 |     | G  |
| 2020-11-21 | 1700 | <b>The Cook And The Chef</b>                  | Fish  | Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.                                   | AUSTRALIA      | English-100 |     | G  |
| 2020-11-21 | 1730 | <b>Paul Hollywood's Pies And Puds</b>         | Paul Hollywood's Pies And Puds Series 1 Ep 11     | Paul Hollywood truly celebrates British home cooking when Michelin Starred Pub Gub chef Tom Kerridge shares his favourite Pud with Paul - his own mums Bread and Butter Pudding.                       | UNITED KINGDOM | English-100 |     | PG |
| 2020-11-21 | 1830 | <b>The Big Family Cooking Showdown</b>        | Big Family Cooking Showdown Series 1, The Ep 11   | It's the semi finals as the Bellamoore, Piggot, and Masochaseys 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 |
| 2020-11-21 | 1930 | <b>Cheese Slices</b>                          | USA - New Farmstead Producers Of Washington State | Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.   | AUSTRALIA      | English-100 |     | G  |
| 2020-11-21 | 2000 | <b>Cheese Slices</b>                          | New Zealand                                       | After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.   | AUSTRALIA      | English-100 |     | G  |
| 2020-11-21 | 2030 | <b>Cooking Up A Fortune</b>                   | Cooking Up A Fortune Series 1 Ep 11               | Three new pairs of cooks compete for a place in the final - Different Fravas, SassyFoodie, and Jum Jo Ji. Who will make the most profit when the 50 diners arrive?                                     | UNITED KINGDOM | English-100 |     | PG |
| 2020-11-21 | 2100 | <b>Cooking Up A Fortune</b>                   | Cooking Up A Fortune Series 1 Ep 12               | It's the last day of the heat and one kitchen will win a place in the weekly final. Cooking today are Different Fravas, SassyFoodie, and Jum Jo Ji.  | UNITED KINGDOM | English-100 |     | PG |
| 2020-11-21 | 2130 | <b>The Hairy Bikers' Food Tour Of Britain</b> | Carmarthenshire                                   | Si and Dave explore Carmarthenshire where they cook a traditional county favourite in the National Botanic Garden of Wales.They go cockling at Laugharne and source cheese from a happy herd of goats. | UNITED KINGDOM | English-100 | RPT | G  |
| 2020-11-21 | 2230 | <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 |     | G  |
| 2020-11-21 | 2300 | <b>The Cook And The Chef</b>                  | Fish  | Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.                                   | AUSTRALIA      | English-100 |     | G  |
| 2020-11-21 | 2330 | <b>Paul Hollywood's Pies And Puds</b>         | Paul Hollywood's Pies And Puds Series 1 Ep 11     | Paul Hollywood truly celebrates British home cooking when Michelin Starred Pub Gub chef Tom Kerridge shares his favourite Pud with Paul - his own mums Bread and Butter Pudding.                       | UNITED KINGDOM | English-100 |     | PG |
| 2020-11-21 | 2430 | <b>The Big Family Cooking Showdown</b>        | Big Family Cooking Showdown Series 1, The Ep 11   | It's the semi finals as the Bellamoore, Piggot, and Masochaseys 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 |
| 2020-11-21 | 2530 | <b>Cheese Slices</b>                          | USA - New Farmstead Producers Of Washington State | Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.   | AUSTRALIA      | English-100 |     | G  |
| 2020-11-21 | 2600 | <b>Cheese Slices</b>                          | New Zealand                                       | After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.   | AUSTRALIA      | English-100 |     | G  |
| 2020-11-21 | 2630 | <b>Cooking Up A Fortune</b>                   | Cooking Up A Fortune Series 1 Ep 11               | Three new pairs of cooks compete for a place in the final - Different Fravas, SassyFoodie, and Jum Jo Ji. Who will make the most profit when the 50 diners arrive?                                     | UNITED KINGDOM | English-100 |     | PG |
| 2020-11-21 | 2700 | <b>Cooking Up A Fortune</b>                   | Cooking Up A Fortune Series 1 Ep 12               | It's the last day of the heat and one kitchen will win a place in the weekly final. Cooking today are Different Fravas, SassyFoodie, and Jum Jo Ji.  | UNITED KINGDOM | English-100 |     | PG |
| 2020-11-21 | 2730 | <b>The Hairy Bikers' Food Tour Of Britain</b> | Carmarthenshire                                   | Si and Dave explore Carmarthenshire where they cook a traditional county favourite in the National Botanic Garden of Wales.They go cockling at Laugharne and source cheese from a happy herd of goats. | UNITED KINGDOM | English-100 | RPT | G  |

2020-11-21 2830

**Watts On The Grill**

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

G