



WEEK 5: Sunday, 27 January - Saturday, 2 February 2019 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2019-01-27	0500	The Cook And The Chef	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		
2019-01-27	0530	Battle Of The Vines	Sparkling	Liinaa and Frank go head to head to see which Australian state makes the best Sparkling Wine over three rounds and three different price-ranges.	AUSTRALIA	English-100		PG		
2019-01-27	0600	Battle Of The Vines	Chardonnay	Chardonnay is the wine Australia is falling in and out of love with - and the affair is back on hot and strong and the new style Chardonnays are stunning.	AUSTRALIA	English-100		PG		
2019-01-27	0630	Battle Of The Vines	Pinot Noir	The trickiest and most mercurial of all the varietals sends Frank and Liinaa to all corners of Australia and the results are highly surprising.	AUSTRALIA	English-100		PG		
2019-01-27	0700	Ask The Butcher	Lean Meats	Anthony Puharich knows meat. He'll take you behind the farm gate, into the deep freezer and on to the hot grill to learn everything about meat. No steak will be left unturned.	AUSTRALIA	English-100		G		
2019-01-27	0730	Nigella Bites	Brown	Nigella Lawson takes us on a magic carpet ride through the culinary treasure trove of the Middle East. This episode features za'tar chicken with fatoush salad.	UNITED KINGDOM	English-100	RPT	G		Y
2019-01-27	0800	Nigella Bites	Green	Mint has the ability to transform whatever it touches. Nigella Lawson looks at some food combinations that are so natural that it's hard to imagine they were invented.	UNITED KINGDOM	English-100	RPT	G		Y
2019-01-27	0830	The Cook And The Chef	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		
2019-01-27	0900	The Cook And The Chef	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		
2019-01-27	0930	The Cook And The Chef	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		
2019-01-27	1000	Kriol Kitchen	Alex Rogers: Crumbed Barra Fillets With Salad, Steamed Barra With Ginger And Soy, Currv Barra Souo	This episode is a salute to the fighting freshwater and saltwater barramundi. Alex Rogers whips up a simple dish with one of his favourite fish.	AUSTRALIA	English-100	RPT	G		
2019-01-27	1030	Kriol Kitchen	Marie Morgan: Ox Tail Stew & Vegie Bake	Marie Morgan draws on the Kimberley history of station and mission days. Marie shares with us a family recipe that takes us back to a simpler time.	AUSTRALIA	English-100	RPT	G		
2019-01-27	1100	Kriol Kitchen	Bo Carne: Nana's Half Caste Stew & Magpie Goose Gible & Heart Blachan	Everyone has a stew they can brag about. In this episode, Bo Carne shares his Nana's version of the good old billabong stew - in this case his family calls it 'Nana's Half Caste Stew'.	AUSTRALIA	English-100	RPT	G		
2019-01-27	1130	Drive Thru Australia	Geelong And The Great Ocean Road	Geelong's city waterfront is a popular attraction with historic swimming baths, an antique carousel, restaurants and cafes.	AUSTRALIA	English-100		G		

2019-01-27	1200	Drive Thru Australia	Grampians	The Grampians National Park has been 400 million years in the making. It's home to both the largest collection of Aboriginal rock art in Southern Australia and fine local food and wines.	AUSTRALIA	English-100		G	
2019-01-27	1230	Drive Thru Australia	Shepparton	Ben travels to Shepparton, a fantastic place to visit all year round.	AUSTRALIA	English-100		G	
2019-01-27	1300	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 3	Miguel finds time to take a dip at the breathtaking Milla Milla Waterfalls before whipping up a fresh Asian salad that really packs a punch.	AUSTRALIA	English-100		G	
2019-01-27	1330	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 4	Miguel puts on a show at the Cairns Races, dazzling the ladies with his Fruit Skewers Bombe Alaska, and then it's back to the pool for home made Prawn Ravioli that's simply to die for.	AUSTRALIA	English-100		G	
2019-01-27	1400	Poh's Kitchen	My Place With Ian Parmenter	After a week as Ian Parmenter's guest in Western Australia's Margaret River, has Poh finally become a country girl?	AUSTRALIA	English-100	RPT	G	Y
2019-01-27	1430	Poh's Kitchen	Macarons With Emmanuel Mollois	This episode Poh and French chef Emmanuel Mollois experiment with two different versions of macarons - one French and one Malaysian.	AUSTRALIA	English-100	RPT	G	Y
2019-01-27	1500	Battle Of The Vines	Cab Sav Shiraz	It is an age old question - Which do you prefer, Shiraz or Cab Sav? Frank baffles Arthur with that curly question before dazzling him with a Shiraz from the cooler climes of Victoria's Pyrenees.	AUSTRALIA	English-100		PG	
2019-01-27	1530	Battle Of The Vines	Great Whites	Seeking high value whites, Frank brings Queensland into the competition for the first time with Dylan Rhymer's perky SSB from Ballandean Estate in Granite Belt.	AUSTRALIA	English-100		PG	
2019-01-27	1600	Battle Of The Vines	Sexy Reds	This is a heavyweight finale between the recently retired Peter Althaus and recent Halliday winemaker off the year Sarah Crowe, as selected by Liinaa. Arthur starts to lose his cool.	AUSTRALIA	English-100		PG	
2019-01-27	1630	Ask The Butcher	Wagyu	Anthony Puharich heads to Japan to the national Wagyu show and inside the Wagyu processing rooms. This is a world never seen before.	AUSTRALIA	English-100		G	Y
2019-01-27	1700	The Cook And The Chef	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	
2019-01-27	1730	The Cook And The Chef	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	
2019-01-27	1800	The Cook And The Chef	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	
2019-01-27	1830	Cheese Slices	Haloumi: Cyprus	Squeaky, salty haloumi is one of the world's best-loved grilled cheeses. However most of it is now mass produced using cows milk. Will heads to the island of Cyprus to see how it's traditionally made.	AUSTRALIA	English-100		PG	
2019-01-27	1900	Cheese Slices	Artisan Cheese Of The USA	Will's cheese tour takes him across the United States to look at artisan cheese in regions not normally associated with specialist cheese.	AUSTRALIA	English-100		G	
2019-01-27	1930	Hairy Bikers' Bakeation	Eastern Europe	The half-way point of the Hairy Bikers' Bakeation sees them journey to the furthest reaches of Europe culminating in an amazing family party thrown by Dave's wife Lil, who comes from Romania.	UNITED KINGDOM	English-100		PG	Y
2019-01-27	2030	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y

2019-01-27	2135	Destination Flavour China	Hong Kong And Guandong	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city.		English-70; Mandarin-30	RPT	G	Y	Y
2019-01-27	2205	Food Safari	Thai	This week's program enters the world of Thai food where the flavours are intense and are balanced together to create harmony for both the palate and for overall health.	AUSTRALIA	English-100	RPT	G	Y	
2019-01-27	2235	The Cook And The Chef	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		
2019-01-27	2305	The Cook And The Chef	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		
2019-01-27	2335	Anthony Bourdain: No Reservations	Anthony Bourdain: No Reservations Series 3 Ep 3	Chef Tony Bourdain is a New Yorker at heart; he loves the energy and the soul of New York but lately, detests the touristy amusement park that New York City is becoming.	USA	English-100		PG		
2019-01-27	2430	Cheese Slices	Haloumi: Cyprus	Squeaky, salty haloumi is one of the world's best-loved grilled cheeses. However most of it is now mass produced using cows milk. Will heads to the island of Cyprus to see how it's traditionally made.	AUSTRALIA	English-100		PG		
2019-01-27	2500	Cheese Slices	Artisan Cheese Of The USA	Will's cheese tour takes him across the United States to look at artisanal cheese in regions not normally associated with specialist cheese.	AUSTRALIA	English-100		G		
2019-01-27	2530	Hairy Bikers' Bakeation	Eastern Europe	The half-way point of the Hairy Bikers' Bakeation sees them journey to the furthest reaches of Europe culminating in an amazing family party thrown by Dave's wife Lil, who comes from Romania.	UNITED KINGDOM	English-100		PG		Y
2019-01-27	2630	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y	
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2019-01-28	0500	Cheese Slices	Artisan Cheese Of The USA	Will's cheese tour takes him across the United States to look at artisanal cheese in regions not normally associated with specialist cheese.	AUSTRALIA	English-100		G		
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2019-01-28	1500	Surfing The Menu: Next Generation	Sharkbay Station	Dan Churchill and Hayden Quin share a love of cooking, surfing fresh food, travel and adventure. In this episode, they learn that Shark Bay is an Environmental Heritage Area.	AUSTRALIA	English-100		G	
2019-01-28	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 51	At The University of Queensland Ben makes an extremely quick and easy Panzanella salad, the perfect summer dish.	AUSTRALIA	English-100		G	Y
2019-01-28	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Italian buffalo milk mozzarella cheese, and mooncakes for the August Mooncake Festival.	AUSTRALIA	English-100	RPT	G	Y
2019-01-28	1630	Boys Weekend	Boys Weekend Series 1 Ep 11	Four chefs get together in Australia for some weekend fun. This episode, the boys spend a night in a retro house in the clouds mixing martinis and cooking up a storm.	AUSTRALIA	English-100		PG	
2019-01-28	1700	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 1	From the Ultimate Nut Mix to the classic Americano cocktail, we introduce you to Richo's bar with these classic bar snacks.	AUSTRALIA	English-100		G	

2019-01-28	1730	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2019-01-28	1800	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2019-01-28	1830	Oliver's Twist	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100		G	
2019-01-28	1900	Oliver's Twist	Flash In The PAN	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100		G	
2019-01-28	1930	Kylie Kwong: Heart And Soul	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT	G	Y
2019-01-28	2000	Kylie Kwong: Heart And Soul	Spice	Kylie takes us through her Chinese versions of traditional Australian favourites and introduces us to the cross-cultural mix of modern Australian cooking.	AUSTRALIA	English-100	RPT	G	Y
2019-01-28	2030	Donna Hay: Basics To Brilliance Kids	Sunday	First things first, it's time to make everyone's favourite part of a Sunday lunch - dessert. Freya and Jayla help Donna make the pastry for their summer fruit tart.	AUSTRALIA	English-100		G	
2019-01-28	2100	Donna Hay: Basics To Brilliance Kids	Bake Sale	What's a bake sale without cupcakes? They're everyone's favourite, so Donna, Gracie and Natasha make a batch each, with various flavours of icing.	AUSTRALIA	English-100			
2019-01-28	2130	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 3	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100			
2019-01-28	2135	Food Porn	Get A Look	Michael hits the road to find the country's most buzzed about dishes and heads to an Atlanta favourite - Gunshow. They're serving up a fried chicken sandwich that's so popular, it sells out daily.	USA	English-100		G	Y
2019-01-28	2200	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2019-01-28	2230	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2019-01-28	2300	Oliver's Twist	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100		G	
2019-01-28	2330	Oliver's Twist	Flash In The PAN	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100		G	
2019-01-28	2400	Anthony Bourdain: No Reservations	Anthony Bourdain: No Reservations Series 3 Ep 4	Anthony Bourdain has a fondness for China. He's back, and this time in Shanghai, an exploding economic superpower - where buildings go up as old ones go under.	USA	English-100		PG	
2019-01-28	2500	Kylie Kwong: Heart And Soul	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT	G	Y
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2019-01-28	2730	Surfing The Menu: Next Generation	Sharkbay Station	Dan Churchill and Hayden Quin share a love of cooking, surfing fresh food, travel and adventure. In this episode, they learn that Shark Bay is an Environmental Heritage Area.	AUSTRALIA	English-100	G		
2019-01-28	2800	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 51	At The University of Queensland Ben makes an extremely quick and easy Panzanella salad, the perfect summer dish.	AUSTRALIA	English-100	G		Y
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2019-01-29	0530	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 1	From the Ultimate Nut Mix to the classic Americano cocktail, we introduce you to Richo's bar with these classic bar snacks.	AUSTRALIA	English-100		G	
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2019-01-29	1100	Food Porn	Get A Look	Michael hits the road to find the country's most buzzed about dishes and heads to an Atlanta favourite - Gunshow. They're serving up a fried chicken sandwich that's so popular, it sells out daily.	USA	English-100		G	Y

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2019-01-29	1500	Surfing The Menu: Next Generation	Wooramel	Cattleman and Pilot Justin Steadman takes Dan and Hayden Flying to search for a herd of cattle and wild goats. They help in the cattle yards, sort goats, 'Skurf' on a mud flat and cook on a campfire.	AUSTRALIA	English-100			PG		
2019-01-29	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 52	Ben is back down in the beautiful Tarkine cooking a pineapple pork stir fry.	AUSTRALIA	English-100			G	Y	
2019-01-29	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT		G	Y	Y
2019-01-29	1630	Boys Weekend	Boys Weekend Series 1 Ep 12	The four chefs serve up a multicultural feast in the Victorian high country with dishes from Switzerland, Spain and Japan. Then it's off for a bit of downhill mountain biking.	AUSTRALIA	English-100			G		
2019-01-29	1700	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 2	Putting a twist on some of our favourite bar snacks, Richo creates flavour packed Cheeseburger Spring Rolls and a decadent Lemoncello Mousse.	AUSTRALIA	English-100			G		
2019-01-29	1730	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make Asparagus with Soft Boiled Egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100			G		
2019-01-29	1800	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun; spring has arrived, and it's the perfect time to get into fresh vegies. Maggie and Simon love spring vegies.	AUSTRALIA	English-100			G		
2019-01-29	1830	Oliver's Twist	Very British Bbq, A	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100			G		
2019-01-29	1900	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100			G		
2019-01-29	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 3	Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta.	AUSTRALIA	English-100	RPT		PG	Y	
2019-01-29	2000	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 4	The Vietnamese island of Phu Quoc is well known for its production of fish sauce, and its peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke.	AUSTRALIA	English-100	RPT		G	Y	

2019-01-29	2030	Poh's Kitchen	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
2019-01-29	2100	Poh's Kitchen	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
2019-01-29	2130	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 4	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100			
2019-01-29	2135	Food Porn	Deep Dish Delight	Michael hits the road, heading to Chicago for a taste of world renowned deep dish pizza. Then, he hits up San Francisco, where people are lining up for hours at a dim sum style hot spot.	USA	English-100		PG	
2019-01-29	2200	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make Asparagus with Soft Boiled Egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G	
2019-01-29	2230	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun; spring has arrived, and it's the perfect time to get into fresh veges. Maggie and Simon love spring veges.	AUSTRALIA	English-100		G	
2019-01-29	2300	Oliver's Twist	Very British Bbq, A	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100		G	
2019-01-29	2330	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100		G	
2019-01-29	2400	Anthony Bourdain: No Reservations	Anthony Bourdain: No Reservations Series 3 Ep 5	Hong Kong is a wonderland of colors, lights, and speed. A marriage of modern and traditional. It is also a mecca of food in Asia, and Tony arrives in Hong Kong.	USA	English-100		PG	Y
2019-01-29	2500	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 3	Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta.	AUSTRALIA	English-100	RPT	PG	Y
2019-01-29	2530	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 4	The Vietnamese island of Phu Quoc is well known for its production of fish sauce, and its peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke.	AUSTRALIA	English-100	RPT	G	Y
2019-01-29	2600	Poh's Kitchen	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
2019-01-29	2630	Poh's Kitchen	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
2019-01-29	2700	Food Porn	Deep Dish Delight	Michael hits the road, heading to Chicago for a taste of world renowned deep dish pizza. Then, he hits up San Francisco, where people are lining up for hours at a dim sum style hot spot.	USA	English-100		PG	
2019-01-29	2725	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 4	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100			
2019-01-29	2730	Surfing The Menu: Next Generation	Wooramel	Cattleman and Pilot Justin Steadman takes Dan and Hayden Flying to search for a herd of cattle and wild goats. They help in the cattle yards, sort goats, 'Skurf' on a mud flat and cook on a campfire.	AUSTRALIA	English-100		PG	
2019-01-29	2800	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 52	Ben is back down in the beautiful Tarkine cooking a pineapple pork stir fry.	AUSTRALIA	English-100		G	Y

2019-01-29	2830	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-01-30	0500	Boys Weekend	Boys Weekend Series 1 Ep 12	The four chefs serve up a multicultural feast in the Victorian high country with dishes from Switzerland, Spain and Japan. Then it's off for a bit of downhill mountain biking.	AUSTRALIA	English-100		G		
2019-01-30	0530	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 2	Putting a twist on some of our favourite bar snacks, Richo creates flavour packed Cheeseburger Spring Rolls and a decadent Lemoncello Mousse.	AUSTRALIA	English-100		G		
2019-01-30	0600	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make Asparagus with Soft Boiled Egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G		
2019-01-30	0630	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun; spring has arrived, and it's the perfect time to get into fresh vegies. Maggie and Simon love spring vegies.	AUSTRALIA	English-100		G		
2019-01-30	0700	Oliver's Twist	Very British Bbq, A	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100		G		
2019-01-30	0730	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100		G		
2019-01-30	0800	Anthony Bourdain: No Reservations	Anthony Bourdain: No Reservations Series 3 Ep 5	Hong Kong is a wonderland of colors, lights, and speed. A marriage of modern and traditional. It is also a mecca of food in Asia, and Tony arrives in Hong Kong.	USA	English-100		PG		Y
2019-01-30	0900	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 3	Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta.	AUSTRALIA	English-100	RPT	PG	Y	
2019-01-30	0930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 4	The Vietnamese island of Phu Quoc is well known for its production of fish sauce, and its peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke.	AUSTRALIA	English-100	RPT	G	Y	
2019-01-30	1000	Poh's Kitchen	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	
2019-01-30	1030	Poh's Kitchen	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	
2019-01-30	1100	Food Porn	Deep Dish Delight	Michael hits the road, heading to Chicago for a taste of world renowned deep dish pizza. Then, he hits up San Francisco, where people are lining up for hours at a dim sum style hot spot.	USA	English-100		PG		
2019-01-30	1125	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 4	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100				
2019-01-30	1130	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 2	Putting a twist on some of our favourite bar snacks, Richo creates flavour packed Cheeseburger Spring Rolls and a decadent Lemoncello Mousse.	AUSTRALIA	English-100		G		
2019-01-30	1200	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make Asparagus with Soft Boiled Egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G		
2019-01-30	1230	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun; spring has arrived, and it's the perfect time to get into fresh vegies. Maggie and Simon love spring vegies.	AUSTRALIA	English-100		G		

2019-01-30	1300	Oliver's Twist	Very British Bbq, A	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100		G		
2019-01-30	1330	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100		G		
2019-01-30	1400	Anthony Bourdain: No Reservations	Anthony Bourdain: No Reservations Series 3 Ep 5	Hong Kong is a wonderland of colors, lights, and speed. A marriage of modern and traditional. It is also a mecca of food in Asia, and Tony arrives in Hong Kong.	USA	English-100		PG		Y
2019-01-30	1500	Surfing The Menu: Next Generation	Carnarvon	Dan Churchill and Hayden Quinn wander through the cyclone-devastated town, through recovering beds of rocket, green papaya and black Sapote. They meet the local Tongan community.	AUSTRALIA	English-100		G		
2019-01-30	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 53	Ben heads to Launceston to take part in the Taste Walk Talk Tour, a guide through the city's most popular food and beverage locations.	AUSTRALIA	English-100		G		Y
2019-01-30	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Nuevo Latino food, koeksisters - a sticky South African sweet, and Spanish chorizo.	AUSTRALIA	English-100	RPT	G		Y
2019-01-30	1630	Boys Weekend	Boys Weekend Series 1 Ep 13	In the season finale, the four chefs live it up in a luxury resort in tropical Palm Cove, dishing up some exotic South East Asian flavours.	AUSTRALIA	English-100		G		
2019-01-30	1700	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 3	How much heat can you handle? Things warm up in in the bar as Richo puts on a show with his Blowtorch Burgers and Jalapeno Cheese Poppers that will separate the men from the boys.	AUSTRALIA	English-100		PG		
2019-01-30	1730	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's Fish Won Tons and Garlic Prawns.	AUSTRALIA	English-100		G		
2019-01-30	1800	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G		
2019-01-30	1830	Oliver's Twist	World On A Plate	Jamie and New Zealand chef Peter Gordon cook the fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100		G		
2019-01-30	1900	Oliver's Twist	Carnival Brazil	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100		G		
2019-01-30	1930	Yotam Ottolenghi's Mediterranean Feasts	Israel	Yotam's Mediterranean journey concludes in the country where he grew up - Israel. In Tel Aviv, he explores Israel's freshest produce, samples seafood and cooks with some great chefs.	UNITED KINGDOM	English-100	RPT	G		Y
2019-01-30	2030	Lee Chan's World Tour	Germany	Lee discovers Germany, a nation known for its breathtaking countryside and hearty cuisine. Lee tours Germany along its famous Moselle and Rhine rivers.	AUSTRALIA	English-100		G		
2019-01-30	2100	Lee Chan's World Tour	China	From the Great Wall to the Forbidden City, Lee tours China like never before. The streets of Beijing serve up a mix of modern architecture and ancient traditions.	AUSTRALIA	English-100		G		
2019-01-30	2130	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 5	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100		G		
2019-01-30	2135	Food Porn	Mammoth Dishes Worth Waiting For	On this journey, Michael heads to Austin where a spot is cranking out burger creations so deliciously good - people are waiting hours to get their hands on one.	USA	English-100		PG		
2019-01-30	2200	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's Fish Won Tons and Garlic Prawns.	AUSTRALIA	English-100		G		

2019-01-30	2230	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G		
2019-01-30	2300	Oliver's Twist	World On A Plate	Jamie and New Zealand chef Peter Gordon cook the fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100		G		
2019-01-30	2330	Oliver's Twist	Carnival Brazil	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100		G		
2019-01-30	2400	Anthony Bourdain: No Reservations	Anthony Bourdain: No Reservations Series 3 Ep 6	Tahiti evokes imagery of paradise, but there's more to Tahiti than meets the eye. Tony arrives in French Polynesia to seek out its lesser-known attributes.	USA	English-100		PG		Y
2019-01-30	2500	Yotam Ottolenghi's Mediterranean Feasts	Israel	Yotam's Mediterranean journey concludes in the country where he grew up - Israel. In Tel Aviv, he explores Israel's freshest produce, samples seafood and cooks with some great chefs.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-01-30	2600	Lee Chan's World Tour	Germany	Lee discovers Germany, a nation known for its breathtaking countryside and hearty cuisine. Lee tours Germany along its famous Moselle and Rhine rivers.	AUSTRALIA	English-100		G		
2019-01-30	2630	Lee Chan's World Tour	China	From the Great Wall to the Forbidden City, Lee tours China like never before. The streets of Beijing serve up a mix of modern architecture and ancient traditions.	AUSTRALIA	English-100		G		
2019-01-30	2700	Food Porn	Mammoth Dishes Worth Waiting For	On this journey, Michael heads to Austin where a spot is cranking out burger creations so deliciously good - people are waiting hours to get their hands on one.	USA	English-100		PG		
2019-01-30	2725	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 5	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100		G		
2019-01-30	2730	Surfing The Menu: Next Generation	Carnarvon	Dan Churchill and Hayden Quinn wander through the cyclone-devastated town, through recovering beds of rocket, green papaya and black Sapote. They meet the local Tongan community.	AUSTRALIA	English-100		G		
2019-01-30	2800	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 53	Ben heads to Launceston to take part in the Taste Walk Talk Tour, a guide through the city's most popular food and beverage locations.	AUSTRALIA	English-100		G		Y
2019-01-30	2830	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Nuevo Latino food, koeksisters - a sticky South African sweet, and Spanish chorizo.	AUSTRALIA	English-100	RPT	G	Y	
2019-01-31	0500	Boys Weekend	Boys Weekend Series 1 Ep 13	In the season finale, the four chefs live it up in a luxury resort in tropical Palm Cove, dishing up some exotic South East Asian flavours.	AUSTRALIA	English-100		G		
2019-01-31	0530	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 3	How much heat can you handle? Things warm up in in the bar as Richo puts on a show with his Blowtorch Burgers and Jalapeno Cheese Poppers that will separate the men from the boys.	AUSTRALIA	English-100		PG		
2019-01-31	0600	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's Fish Won Tons and Garlic Prawns.	AUSTRALIA	English-100		G		
2019-01-31	0630	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G		
2019-01-31	0700	Oliver's Twist	World On A Plate	Jamie and New Zealand chef Peter Gordon cook the fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100		G		
2019-01-31	0730	Oliver's Twist	Carnival Brazil	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100		G		

2019-01-31	0800	Anthony Bourdain: No Reservations	Anthony Bourdain: No Reservations Series 3 Ep 6	Tahiti evokes imagery of paradise, but there's more to Tahiti than meets the eye. Tony arrives in French Polynesia to seek out its lesser-known attributes.	USA	English-100		PG		Y
2019-01-31	0900	Yotam Ottolenghi's Mediterranean Feasts	Israel	Yotam's Mediterranean journey concludes in the country where he grew up - Israel. In Tel Aviv, he explores Israel's freshest produce, samples seafood and cooks with some great chefs.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-01-31	1000	Lee Chan's World Tour	Germany	Lee discovers Germany, a nation known for its breathtaking countryside and hearty cuisine. Lee tours Germany along its famous Moselle and Rhine rivers.	AUSTRALIA	English-100				
2019-01-31	1030	Lee Chan's World Tour	China	From the Great Wall to the Forbidden City, Lee tours China like never before. The streets of Beijing serve up a mix of modern architecture and ancient traditions.	AUSTRALIA	English-100				
2019-01-31	1100	Food Porn	Mammoth Dishes Worth Waiting For	On this journey, Michael heads to Austin where a spot is cranking out burger creations so deliciously good - people are waiting hours to get their hands on one.	USA	English-100		PG		
2019-01-31	1125	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 5	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100				
2019-01-31	1130	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 3	How much heat can you handle? Things warm up in in the bar as Richo puts on a show with his Blowtorch Burgers and Jalapeno Cheese Poppers that will separate the men from the boys.	AUSTRALIA	English-100		PG		
2019-01-31	1200	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's Fish Won Tons and Garlic Prawns.	AUSTRALIA	English-100		G		
2019-01-31	1230	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G		
2019-01-31	1300	Oliver's Twist	World On A Plate	Jamie and New Zealand chef Peter Gordon cook the fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100		G		
2019-01-31	1330	Oliver's Twist	Carnival Brazil	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100		G		
2019-01-31	1400	Anthony Bourdain: No Reservations	Anthony Bourdain: No Reservations Series 3 Ep 6	Tahiti evokes imagery of paradise, but there's more to Tahiti than meets the eye. Tony arrives in French Polynesia to seek out its lesser-known attributes.	USA	English-100		PG		Y
2019-01-31	1500	Surfing The Menu: Next Generation	Exmouth	Dan Churchill and Hayden Quinn surf with Alex Ramirez. David Ross invites them to the Ningaloo Reef to snorkel and see fish, turtles and manta rays. They try for some mud crabs and go prawning.	AUSTRALIA	English-100		PG		
2019-01-31	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 54	Ben heads to the brand new Cloverhill Cellar Door and creates a dish perfect for a champagne breakfast.	AUSTRALIA	English-100		G		Y
2019-01-31	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT	G	Y	
2019-01-31	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G		
2019-01-31	1700	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 4	If you are going to spend the night in a bar you will need something substantial in your belly. Knackwurst with Sauerkraut, Sake Clams and Slow Cooked Pork Donuts are on the menu.	AUSTRALIA	English-100		G		
2019-01-31	1730	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G		

2019-01-31

1800

The Cook And The Chef

Moveable Feast, A

It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.

AUSTRALIA

English-100

PG

2019-01-31	1830	Oliver's Twist	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100	G	
2019-01-31	1900	Oliver's Twist	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite: oven baked fat chips with rosemary salt, Elvis' burger and American chopped salad.	UNITED KINGDOM	English-100	G	
2019-01-31	1930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100	G	
2019-01-31	2000	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100	PG	
2019-01-31	2030	Big Food Rescue	Big Food Rescue Series 1 Ep 4	Growing fast, things are looking up at the charity set up by David and Robin to try and change the food habits of Britain.	UNITED KINGDOM	English-100		
2019-01-31	2130	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 6	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA			
2019-01-31	2135	Food Porn	Lining Up For Yummy	On this trip, Michael visits an iconic NYC pizzeria that's got one of the longest lines in the country for their classic Margarita pie. Then he travels to a San Francisco spot serving fresh pasta.	USA	English-100	PG	Y
2019-01-31	2200	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100	G	
2019-01-31	2230	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100	PG	
2019-01-31	2300	Oliver's Twist	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100	G	
2019-01-31	2330	Oliver's Twist	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite: oven baked fat chips with rosemary salt, Elvis' burger and American chopped salad.	UNITED KINGDOM	English-100	G	
2019-01-31	2400	Anthony Bourdain: No Reservations	Anthony Bourdain: No Reservations Series 3 Ep 7	Tony gets a call from his old friend and nemesis Michael Ruhlman who convinces him to visit Cleveland, Ohio. Despite his initial cynicism, Tony admits to liking the city.	USA	English-100	PG	
2019-01-31	2500	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100	G	
2019-01-31	2530	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100	PG	
2019-01-31	2600	Big Food Rescue	Big Food Rescue Series 1 Ep 4	Growing fast, things are looking up at the charity set up by David and Robin to try and change the food habits of Britain.	UNITED KINGDOM	English-100		
2019-01-31	2700	Food Porn	Lining Up For Yummy	On this trip, Michael visits an iconic NYC pizzeria that's got one of the longest lines in the country for their classic Margarita pie. Then he travels to a San Francisco spot serving fresh pasta.	USA	English-100	PG	Y
2019-01-31	2725	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 6	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA			

2019-01-31	2730	Surfing The Menu: Next Generation	Exmouth	Dan Churchill and Hayden Quinn surf with Alex Ramirez. David Ross invites them to the Ningaloo Reef to snorkel and see fish, turtles and manta rays. They try for some mud crabs and go prawning.	AUSTRALIA	English-100		PG	
2019-01-31	2800	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 54	Ben heads to the brand new Cloverhill Cellar Door and creates a dish perfect for a champagne breakfast.	AUSTRALIA	English-100		G	Y
2019-01-31	2830	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT	G	Y
2019-02-01	0500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G	
2019-02-01	0530	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 4	If you are going to spend the night in a bar you will need something substantial in your belly. Knackwurst with Sauerkraut, Sake Clams and Slow Cooked Pork Donuts are on the menu.	AUSTRALIA	English-100		G	
2019-02-01	0600	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G	
2019-02-01	0630	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG	
2019-02-01	0700	Oliver's Twist	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100		G	
2019-02-01	0730	Oliver's Twist	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite: oven baked fat chips with rosemary salt, Elvis' burger and American chopped salad.	UNITED KINGDOM	English-100		G	
2019-02-01	0800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT	G	Y
2019-02-01	0830	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G	
2019-02-01	0900	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG	
2019-02-01	0930	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G	
2019-02-01	1000	Big Food Rescue	Big Food Rescue Series 1 Ep 4	Growing fast, things are looking up at the charity set up by David and Robin to try and change the food habits of Britain.	UNITED KINGDOM	English-100		G	
2019-02-01	1100	Food Porn	Lining Up For Yummy	On this trip, Michael visits an iconic NYC pizzeria that's got one of the longest lines in the country for their classic Margarita pie. Then he travels to a San Francisco spot serving fresh pasta.	USA	English-100		PG	Y
2019-02-01	1125	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 6	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA				
2019-02-01	1130	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 4	If you are going to spend the night in a bar you will need something substantial in your belly. Knackwurst with Sauerkraut, Sake Clams and Slow Cooked Pork Donuts are on the menu.	AUSTRALIA	English-100		G	
2019-02-01	1200	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G	

2019-02-01	1230	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG		
2019-02-01	1300	Oliver's Twist	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100		G		
2019-02-01	1330	Oliver's Twist	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite: oven baked fat chips with rosemary salt, Elvis' burger and American chopped salad.	UNITED KINGDOM	English-100		G		
2019-02-01	1400	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G		
2019-02-01	1430	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG		
2019-02-01	1500	Surfing The Menu: Next Generation	Broome	Dan Churchill and Hayden Quin go 4WDing on Cable Beach, try fishing and sample fisherman Chris's fish numus. Broome's ideal for a paddleboard, and eating mango ice cream at a mango farm.	AUSTRALIA	English-100		G		
2019-02-01	1530	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 55	Ben creates a versatile lime and coriander dressing, and Dr Heather Smyth explains a little about the sometimes infamous herb coriander and why some love it and why some hate it.	AUSTRALIA	English-100		G		Y
2019-02-01	1600	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria, and the Rattlesnake Grill in Neutral Bay.	AUSTRALIA	English-100	RPT	G		Y
2019-02-01	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 2	From Green Island, one of the oldest and most beautiful islands in the Great Barrier Reef, Miguel reveals some simple steps to a stunning Tuna Carpaccio.	AUSTRALIA	English-100		G		
2019-02-01	1700	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 5	Pull up a bar stool and grab a drink as Richo shares his recipes for the perfect Espresso Martini, stylish Oyster Shooters and his favourite, Maple and Coffee Glazed Bacon.	AUSTRALIA	English-100		G		
2019-02-01	1730	The Cook And The Chef	Shellfish	What do you do with Sea Urchin? How do you prepare Abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G		
2019-02-01	1800	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG		
2019-02-01	1830	Oliver's Twist	Birthday Boy	It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends.	UNITED KINGDOM	English-100		G		
2019-02-01	1900	Oliver's Twist	Boat Trip	Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.	UNITED KINGDOM	English-100		G		
2019-02-01	1930	Say It To My Face	Fish And Chip Fiasco	British Ex-Pat Sonny Sehmi and his American wife Sage are struggling after opening a British/Indian Fish and Chips shop.	USA	English-100				Y
2019-02-01	2030	Nigella Express	Hey Presto	Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.	UNITED KINGDOM	English-100	RPT	G		Y
2019-02-01	2100	Nigella Express	Workday Wonders	This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.	UNITED KINGDOM	English-100	RPT	G		Y
2019-02-01	2130	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 2	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100				
2019-02-01	2135	Food Porn	No Forks Required	On this trip, Michael heads to a spot in Miami that's taking the classic grilled cheese to the next level with their insane sandwich creations. Next up is a Filipino restaurant in NYC.	USA	English-100		G		

2019-02-01	2200	The Cook And The Chef	Shellfish	What do you do with Sea Urchin? How do you prepare Abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G		
2019-02-01	2230	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG		
2019-02-01	2300	Oliver's Twist	Birthday Boy	It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends.	UNITED KINGDOM	English-100		G		
2019-02-01	2330	Oliver's Twist	Boat Trip	Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.	UNITED KINGDOM	English-100		G		
2019-02-01	2400	Worst Cooks In America	Celebrity Pot (Un) Lucky	With new kid on the block Rachael Ray now beside her, Anne Burrell steps up to a new challenge: celebrities who can't cook. They have six weeks to turn 7 pampered celebs into kitchen stars.	USA	English-100		PG		
2019-02-01	2500	Say It To My Face	Fish And Chip Fiasco	British Ex-Pat Sonny Sehmi and his American wife Sage are struggling after opening a British/Indian Fish and Chips shop.	USA	English-100				Y
2019-02-01	2600	Nigella Express	Hey Presto	Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-02-01	2630	Nigella Express	Workday Wonders	This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-02-01	2700	Food Porn	No Forks Required	On this trip, Michael heads to a spot in Miami that's taking the classic grilled cheese to the next level with their insane sandwich creations. Next up is a Filipino restaurant in NYC.	USA	English-100		G		
2019-02-01	2725	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 2	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100				
2019-02-01	2730	Surfing The Menu: Next Generation	Broome	Dan Churchill and Hayden Quin go 4W/Driving on Cable Beach, try fishing and sample fisherman Chris's fish numus. Broome's ideal for a paddleboard, and eating mango ice cream at a mango farm.	AUSTRALIA	English-100		G		
2019-02-01	2800	Food Lab By Ben Milbourne	Food Lab Series 2 Ep 55	Ben creates a versatile lime and coriander dressing, and Dr Heather Smyth explains a little about the sometimes infamous herb coriander and why some love it and why some hate it.	AUSTRALIA	English-100		G		Y
2019-02-01	2830	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria, and the Rattlesnake Grill in Neutral Bay.	AUSTRALIA	English-100	RPT	G	Y	
2019-02-02	0500	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 2	From Green Island, one of the oldest and most beautiful Islands in the Great Barrier Reef, Miguel reveals some simple steps to a stunning Tuna Carpaccio.	AUSTRALIA	English-100		G		
2019-02-02	0530	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 5	Pull up a bar stool and grab a drink as Richo shares his recipes for the perfect Espresso Martini, stylish Oyster Shooters and his favourite, Maple and Coffee Glazed Bacon.	AUSTRALIA	English-100		G		
2019-02-02	0600	The Cook And The Chef	Shellfish	What do you do with Sea Urchin? How do you prepare Abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G		
2019-02-02	0630	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG		
2019-02-02	0700	Oliver's Twist	Birthday Boy	It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends.	UNITED KINGDOM	English-100		G		

2019-02-02	0730	Oliver's Twist	Boat Trip	Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.	UNITED KINGDOM	English-100		G		
2019-02-02	0800	Worst Cooks In America	Celebrity Pot (Un) Lucky	With new kid on the block Rachael Ray now beside her, Anne Burrell steps up to a new challenge: celebrities who can't cook. They have six weeks to turn 7 pampered celebs into kitchen stars.	USA	English-100		PG		
2019-02-02	0900	Say It To My Face	Fish And Chip Fiasco	British Ex-Pat Sonny Sehmi and his American wife Sage are struggling after opening a British/Indian Fish and Chips shop.	USA	English-100				Y
2019-02-02	1000	Nigella Express	Hey Presto	Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2019-02-02	1030	Nigella Express	Workday Wonders	This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.	UNITED KINGDOM	English-100	RPT	G	Y	
2019-02-02	1100	Food Porn	No Forks Required	On this trip, Michael heads to a spot in Miami that's taking the classic grilled cheese to the next level with their insane sandwich creations. Next up is a Filipino restaurant in NYC.	USA	English-100		G		
2019-02-02	1125	Eat Australia In South Australia	Eat Australia In South Australia Series 1 Ep 2	Join Andy Allen as he discovers South Australia's finest food destinations.	AUSTRALIA	English-100				
2019-02-02	1130	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 5	Pull up a bar stool and grab a drink as Richo shares his recipes for the perfect Espresso Martini, stylish Oyster Shooters and his favourite, Maple and Coffee Glazed Bacon.	AUSTRALIA	English-100		G		
2019-02-02	1200	Thai Street Food With David Thompson	Morning, Bangkok Awakes	Over 13 colourful and vibrant episodes, renowned Australian chef and Thai food expert David Thompson offers a glimpse into the vibrant world of Thailand's streets and markets.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-02-02	1230	Thai Street Food With David Thompson	Chinatown	Chinatown is one of the key epicentres of street food, and in this episode, David explores the rich offerings that can be found in Chinatown's markets, as well as its architecture and history.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-02-02	1300	Rick Stein's Far Eastern Odyssey	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG	Y	
2019-02-02	1405	Lee Chan's World Tour	China	From the Great Wall to the Forbidden City, Lee tours China like never before. The streets of Beijing serve up a mix of modern architecture and ancient traditions.	AUSTRALIA	English-100				
2019-02-02	1435	Thai Street Food With David Thompson	What Goes Around Comes Around	This episode explores just how important the monks are in Thai society. David gets up close with the monks and sees how they interact with the public.	AUSTRALIA	English-100	RPT	G	Y	Y
2019-02-02	1500	Lee Chan's World Tour	Singapore	Singapore is a melting pot of Chinese, Malaysian, Indian and British culture. One way to sample Singaporean culture is through its cuisine.	AUSTRALIA	English-100				
2019-02-02	1530	This Is Brazil!	This Is Brazil! Series 1 Ep 1 - Curitiba & Belo Horizonte	Fernanda de Paula heads home to rediscover her roots, exploring Brazil's cultural diversity, viewing daily life through the eyes of locals.	AUSTRALIA	Portuguese-75; English-25	RPT	G		
2019-02-02	1630	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 3	Miguel finds time to take a dip at the breathtaking Milla Milla Waterfalls before whipping up a fresh Asian salad that really packs a punch.	AUSTRALIA	English-100		G		
2019-02-02	1700	The Cook And The Chef	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		

2019-02-02	1730	The Cook And The Chef	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	
2019-02-02	1800	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G	
2019-02-02	1830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G	Y
2019-02-02	1900	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 6	In Abruzzo, Silva collects eggs from the freshest and most sustainable source possible, the local hens, and makes her son's favourite dunking cake, lemon and ricotta ring cake.	AUSTRALIA	English-100	RPT	G	Y
2019-02-02	1930	The Travelling Chef	Krabi Province, Thailand	Brett goes to Krabi Province in the south west of Thailand to learn how to create a full Thai meal. He learns from a local chef and then talks his way into a Muay Thai class with a Muay Thai master.	NEW ZEALAND	English-100			
2019-02-02	2000	The Travelling Chef	Singapore	Brett goes to Singapore and to learn more about the food of the little known Paranakan local culture. Peranakans surround their recipes in secrecy, but Brett manages to convince two locals to share.	NEW ZEALAND	English-100			
2019-02-02	2030	Dinner Date	Alex	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100			
2019-02-02	2130	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 3	At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu.	AUSTRALIA	English-100	RPT	G	Y
2019-02-02	2200	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 4	Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab.	AUSTRALIA	English-100	RPT	G	Y
2019-02-02	2230	The Cook And The Chef	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	
2019-02-02	2300	The Cook And The Chef	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	
2019-02-02	2330	Worst Cooks In America	Take Out Or Get Out	Rachael and Anne help the celebs lose their biggest kitchen crutch by testing them on making their own take out from scratch. Two recruits with the worst dishes go head-to-head in elimination.	USA	English-100		PG	
2019-02-02	2430	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G	Y
2019-02-02	2500	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 6	In Abruzzo, Silva collects eggs from the freshest and most sustainable source possible, the local hens, and makes her son's favourite dunking cake, lemon and ricotta ring cake.	AUSTRALIA	English-100	RPT	G	Y
2019-02-02	2530	The Travelling Chef	Krabi Province, Thailand	Brett goes to Krabi Province in the south west of Thailand to learn how to create a full Thai meal. He learns from a local chef and then talks his way into a Muay Thai class with a Muay Thai master.	NEW ZEALAND	English-100			
2019-02-02	2600	The Travelling Chef	Singapore	Brett goes to Singapore and to learn more about the food of the little known Paranakan local culture. Peranakans surround their recipes in secrecy, but Brett manages to convince two locals to share.	NEW ZEALAND	English-100			
2019-02-02	2630	Dinner Date	Alex	Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals.	UNITED KINGDOM	English-100			

2019-02-02	2730	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 3	At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu.	AUSTRALIA	English-100	RPT	G	Y
2019-02-02	2800	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 4	Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab.	AUSTRALIA	English-100	RPT	G	Y
2019-02-02	2830	The Cook And The Chef	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	