



WEEK 5: Sunday, 26 January - Saturday, 1 February 2020 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2020-01-26	0500	Secret Meat Business	Secret Meat Business Series 2 Ep 7	This episode, chef Adrian Richardson combines the flavours of the Deep South and Mexico with today's dish, his sweet and succulent Texan-style short rib tacos.	AUSTRALIA	English-100		G		
2020-01-26	0530	Heston's Dinner In Space	Heston's Space Food Series 1 Ep 2	Heston and his team create a nostalgic menu for the first ever dinner party in space. With meals reminiscent of Tim's childhood, Heston puts his out-of-this-world twist on a bacon sandwich.	UNITED KINGDOM	English-100	RPT	G	Y	
2020-01-26	0630	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 2 Ep 5	Aldo and Enzo head to Partenico, where they make fresh limonata that they use to marinade mackerel, along with tuna, and sweet and sour onions.	UNITED KINGDOM	English-100		PG		
2020-01-26	0700	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 2 Ep 6	Aldo and Enzo travel to Bagherua where they prepare a semifreddo, and a pesto made from freshly ground almonds.	UNITED KINGDOM	English-100		PG		
2020-01-26	0730	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 1	Parveen throws open the doors to her kitchen showcasing a family favourites - lamb bhuna, with raita, and rice. In Delhi, Parveen meets with foodie guide and Delhite, Anubhav Sapra.	UNITED KINGDOM	English-100				
2020-01-26	0830	On Country Kitchen	Duck, Tapenade & Abalone	Derek begins his journey with a blessing for his future travels from local indigenous Warden women, something very important to Indigenous peoples across Australia.	AUSTRALIA	English-100	RPT	G		
2020-01-26	0900	On Country Kitchen	Sheep Cheese, Black Garlic & Marron	Derek heads to Cambay Cheese in what he says is a town named after him - Nannup! He tries black garlic in Osmington, teaches a couple of local kids some busking tips before watching a local dive.	AUSTRALIA	English-100	RPT	G		
2020-01-26	0930	On Country Kitchen	Beetroot Pasta, Beef & Bloodroot	Derek learns how to make beetroot pasta, goes cattle herding on a 4 wheeler and even heads on country on a real hunt in the bush for Indigenous bloodroot with a father and son.	AUSTRALIA	English-100	RPT	G		
2020-01-26	1000	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G		
2020-01-26	1030	Born To Cook: Jack Stein Down Under	Red Wine, Finger Limes And Capers	Jack Stein heads to a winery where he blends his own Pinot Noir and enjoys a home-cooked lamb shank. At an elusive finger lime orchard, he sees the budding citrus caviar in Pemberton.	AUSTRALIA	English-100		PG		
2020-01-26	1100	Poh's Kitchen	Darwin With Jimmy Shu	Tonight, Poh is in Darwin to meet internationally renowned chef Jimmy Shu. Jimmy guides Poh through a number of dishes which include paw paw salad and Pad Thai.	AUSTRALIA	English-100	RPT	G	Y	
2020-01-26	1130	Carluccio's Six Seasons	Walyunga National Park	After learning how Indigenous Australians lived in harmony with plants and animals, Antonio utilises Aboriginal ingredients to give European food a unique twist.	AUSTRALIA	English-100	RPT	PG	Y	
2020-01-26	1200	Sara's Australia Unveiled	Northern Territory: Darwin	Sara La Fountain starts her exploration to the Northern Territory in Darwin. She enjoys the cities ethnic nature, and tastes Australian food influenced by Asian and Greek flavours.	UNITED KINGDOM	English-100		PG		
2020-01-26	1230	Rick Stein's Seafood Odyssey	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing.	UNITED KINGDOM	English-100		PG		
2020-01-26	1300	On Country Kitchen	Pork, Lemon Myrtle & Egg	Today, Derek is on the hunt for pork, to find some orchard raised free-range eggs, and investigates a very special Lemon Myrtle herb. He also talks culture with Indigenous Noongar man Joe Northover.	AUSTRALIA	English-100	RPT	G		
2020-01-26	1330	On Country Kitchen	Kim Chi, Maple Smoked Bacon & Honey	Derek starts out with a fun way to harvest cabbages, he then helps prepare smoked meats, and helps a beekeeper put a queen bee into a new hive!	AUSTRALIA	English-100	RPT	G		
2020-01-26	1400	On Country Kitchen	Avocado, Finger Lime Butter & Olive Oil	Aboriginal school kids sing to a proud Derek in their shared Noongar language before he heads out to pick avocados, learns about native finger limes and gets Mark some more of his favorite olive oil.	AUSTRALIA	English-100	RPT	G		
2020-01-26	1430	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland has embraced its reputation as Australia's hippy capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100		G		
2020-01-26	1500	Secret Meat Business	Secret Meat Business Series 2 Ep 8	Chef Adrian Richardson shows us a dish that is sure to wow at the dinner table, a succulent slow roasted Greek-style tender goat with honey, rosemary and garlic.	AUSTRALIA	English-100		G		
2020-01-26	1530	Secret Meat Business	Secret Meat Business Series 2 Ep 9	This episode, chef Adrian Richardson cooks Feijoada - a Brazilian slow cooked stew, packed full of black beans, five types of meat and loads of flavour.	AUSTRALIA	English-100		G		

2020-01-26	1600	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G		
2020-01-26	1630	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro, herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G		
2020-01-26	1700	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100		G		
2020-01-26	1730	A Shared Table	Sydney	Stephanie and fellow chef Janni Kyritsis take a water taxi out on Sydney Harbour to look for the perfect location for a Greek-inspired Easter picnic.	AUSTRALIA	English-100		PG		
2020-01-26	1800	A Shared Table	Noosa And Its Hinterland, Queensland	Stephanie, Elena and local chef Max Porter are busy with preparations for a lunch with tropical flavours.	AUSTRALIA	English-100		PG		
2020-01-26	1830	Rick Stein's Food Heroes	North East England And Scotland	Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for generations.	UNITED KINGDOM	English-100		G		
2020-01-26	1900	Rick Stein's Food Heroes	North Scotland	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front.	UNITED KINGDOM	English-100		PG		
2020-01-26	1935	Ainsley Eats The Streets	Penang	Ainsley meets foodies who come from each of the major communities living in Penang, and discovers how the world's original fusion cuisine was born.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2020-01-26	2030	The Great Australian Cookbook	Ronni Kahn And Paul West	Sydney founder of OzHarvest, Ronni Kahn cooks her mum's veggie lasagne, while Australian River Cottage host, Paul West cooks up braised wild rabbit with salami and warrigal greens.	AUSTRALIA	English-100		PG		
2020-01-26	2100	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 9	Luke's penultimate stop of his train journey is Hanoi, the second largest city of Vietnam located on the Red River. There is one dish Luke always has when he visits Hanoi and that's Bun Cha.			RPT	PG		
2020-01-26	2130	Silvia Colloca's Cook Like An Italian	Silvia Colloca's Cook Like An Italian Series 1 Ep 3	Nothing Silvia makes will be measured or mixed with kitchen appliances, it's all hands on, starting with delicious mini pizzas made from leftover bread, and a delicate prawn and lemon risotto.				G		
2020-01-26	2200	Asia Unplated With Diana Chan	Singaporean	Singaporean cuisine is widely influenced by several ethnic groups that make up the population. MasterChef winner Sashi Cheliah, who grew up in Singapore, shares his quick and easy biryani recipe.	AUSTRALIA	English-100		PG		
2020-01-26	2230	Carnival Eats	Children Of The Corn On The Cob	Noah Cappe starts in the Midwest at the Three Rivers Fest then goes for the gold at the Orange County Fair.	USA	English-100		PG		
2020-01-26	2300	Carnival Eats	Point Break-Fast	Mr. Big Bite Noah Cappe starts the day right at the Shasta District Fair and takes to the skies at the National Balloon Classic in Iowa.	USA	English-100		PG		
2020-01-26	2330	Let's Do Coffee	Let's Do Coffee Series 2 Ep 4	Hosted from the cafe in one of Australia's most historic buildings, we taste their fabulous food, show you how to create an Asian cafe classic right at home, and study latte art.	AUSTRALIA	English-100		PG		
2020-01-26	2400	Let's Do Coffee	Let's Do Coffee Series 2 Ep 5	Hosted from the MCA Cafe and Sculpture Terrace at Sydney's Museum of Contemporary Art, we show you a modern and artistic twist on a cafe classic breakfast.	AUSTRALIA	English-100		PG		
2020-01-26	2430	Let's Do Coffee	Let's Do Coffee Series 2 Ep 6	Hosted from the Botanic Gardens Restaurant, nestled in the heart of the stunning Royal Botanic Garden in Sydney, we find out what makes a master roaster.	AUSTRALIA	English-100		PG		
2020-01-26	2500	Ainsley Eats The Streets	Penang	Ainsley meets foodies who come from each of the major communities living in Penang, and discovers how the world's original fusion cuisine was born.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2020-01-26	2600	The Great Australian Cookbook	Ronni Kahn And Paul West	Sydney founder of OzHarvest, Ronni Kahn cooks her mum's veggie lasagne, while Australian River Cottage host, Paul West cooks up braised wild rabbit with salami and warrigal greens.	AUSTRALIA	English-100		PG		
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2020-01-27	0500	Let's Do Coffee	Let's Do Coffee Series 2 Ep 4	Hosted from the cafe in one of Australia's most historic buildings, we taste their fabulous food, show you how to create an Asian cafe classic right at home, and study latte art.	AUSTRALIA	English-100		PG		
2020-01-27	0530	Let's Do Coffee	Let's Do Coffee Series 2 Ep 5	Hosted from the MCA Cafe and Sculpture Terrace at Sydney's Museum of Contemporary Art, we show you a modern and artistic twist on a cafe classic breakfast.	AUSTRALIA	English-100		PG		
2020-01-27	0600	Let's Do Coffee	Let's Do Coffee Series 2 Ep 6	Hosted from the Botanic Gardens Restaurant, nestled in the heart of the stunning Royal Botanic Garden in Sydney, we find out what makes a master roaster.	AUSTRALIA	English-100		PG		
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2020-01-27	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 6	Ben and Joel are exploring the use of fats in their recipes - melting, emulsifying, and grinding fats to create rich and decadent recipes suited for all occasions.	AUSTRALIA	English-100		G		
2020-01-27	1400	Surfing The Menu	Hunter Valley	Ben and Curtis head for the Mecca of great wine and produce - the Hunter Valley. At the famous Tyrrell winery, they prepare a delicious lunch for the hosts.	AUSTRALIA	English-100		PG		
2020-01-27	1430	Late Nite Eats	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		
2020-01-27	1500	Rachel Allen Dinner Parties	Rachel Allen Dinner Parties Series 1 Ep 1	Rachel is helping keen dinner party host, Jonny Lacey throw a party to remember by teaching him a gorgeous new menu, including a starter of scallops with cabbage, bacon, and orange.	UNITED KINGDOM	English-100				
2020-01-27	1530	Annabel Langbein: Free Range Cook	Fiesta For Friends	Annabel picks heritage apples, then returns to her lakeside cabin to cook a Mexican-style feast of succulent slow-cooked pork with smoky chilli beans and guacamole, followed by apple and berry sorbet.	NEW ZEALAND	English-100		G		

2020-01-27	1600	Annabel Langbein: Free Range Cook	French Country Table, A	Annabel visits her neighbour's hazelnut orchard for the autumn harvest, cooking up a rib-sticking pea and ham soup and a spiced apple cake for lunch.	NEW ZEALAND	English-100		PG		
2020-01-27	1630	Anjum's Australian Spice Stories	Indian Flavours	From garlic, red chilli and tomato chutney to proper date and tamarind chutney, Anjum shows us the secret to her favourite Indian chutney's and how they can add instant flavour to any Indian dish.	AUSTRALIA	English-100		G		
2020-01-27	1700	New Scandinavian Cooking	Northern Sea Passage	Andreas investigates what the sea and land can offer, while travelling north on the Norwegian Coastal Express.	NORWAY	English-100		PG		
2020-01-27	1730	Martha Bakes	Never Enough Cookies	From simple to jam packed, Martha shares some new favourites to add to your cookie repertoire.	USA	English-100		G		
2020-01-27	1800	Bake With Anna Olson	Croissants	Anna gives a lesson on how to bake croissants like a pastry chef. She starts with a basic croissant dough recipe, and then works that dough into classic filled croissants.	CANADA	English-100		G		
2020-01-27	1830	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		
2020-01-27	1900	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		
2020-01-27	1930	How To Cook Like Heston	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	
2020-01-27	2000	How To Cook Like Heston	Cheese	Heston takes on cheese - one of the most popular cooking ingredients in the UK. Heston reveals the key ingredient for the ultimate cheese fondue, and makes a dream cheese toastie.	UNITED KINGDOM	English-100	RPT	G	Y	
2020-01-27	2030	Ottolenghi's Mediterranean Island Feasts	Mallorca	On the Spanish Island of Mallorca, Yotam searches for authentic local cuisine, discovering wonderful local ingredients including ruby red prawns, the star ingredient in his version of paella.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2020-01-27	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 1	Fifteen years ago, Hugh Fearnley-Wittingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW.	AUSTRALIA	English-100	RPT	PG	Y	
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2020-01-27	2330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 15	It's Knockout Week, and two Michelin starred British chef Marcus Wareing, formidable perfectionist chef Monica Galetti, and MasterChef maestro Gregg Wallace continue their search for the next winner.	UNITED KINGDOM	English-100		G		
2020-01-27	2435	Bake With Anna Olson	Croissants	Anna gives a lesson on how to bake croissants like a pastry chef. She starts with a basic croissant dough recipe, and then works that dough into classic filled croissants.	CANADA	English-100		G		
2020-01-27	2505	Martha Bakes	Never Enough Cookies	From simple to jam packed, Martha shares some new favourites to add to your cookie repertoire.	USA	English-100		G		
2020-01-27	2535	The F Word USA	F Word USA Series 1, The Ep 6	Live at The F Word Restaurant, Cat Deeley and Marlon Wayans stop by for some fun as Seoul Food and The Italian Stallions compete with their best take on Fish and Chips.	USA	English-100		PG	Y	
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2020-01-28	1335	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 7	Ben and Joel have a night at home organised for you, entree, main, and dessert. Each recipe explores the science of cooking times and temperatures including chemically cooking a delicious ceviche.	AUSTRALIA	English-100		G			
2020-01-28	1400	Surfing The Menu	Bellarine Peninsula	Home to some of Victoria's best surf spots is the beautiful Bellarine Peninsula. The boys take to the waters to help haul in a catch from a mussel farm.	AUSTRALIA	English-100		PG			
2020-01-28	1430	Late Nite Eats	Charleston	Jordan's southern tour continues in the jewel of the south - Charleston, South Carolina. He starts off his trip at one of the city's finest taprooms, Craftmen Taphouse.	USA	English-100		PG			
2020-01-28	1500	Rachel Allen Dinner Parties	Rachel Allen Dinner Parties Series 1 Ep 2	Rachel is giving keen cook, Michele Davies a dinner party masterclass, starting with a recipe for smoked mackerel and goats cheese soufflé, followed by roast spiced lamb with spinach, mint, and orzo.	UNITED KINGDOM	English-100					
2020-01-28	1530	Annabel Langbein: Free Range Cook	Fish On The Menu	Always up for an adventure, Annabel wades in boots and all to net for flounder on a Nelson beach at the northern tip of New Zealand's South Island.	NEW ZEALAND	English-100		PG			
2020-01-28	1600	Annabel Langbein: Free Range Cook	Life's A Picnic	Annabel and her daughter Rose head off to a local Wanaka orchard to pick one of the South Island's most eagerly anticipated stone fruits - apricots.	NEW ZEALAND	English-100		G			
2020-01-28	1630	Anjum's Australian Spice Stories	Comfort Food	It's cold outside so Anjum shows us how to warm our souls with her take on Indian comfort food - from a rich lamb bhuna to a spicy baked spinach ricotta.	AUSTRALIA	English-100		G			
2020-01-28	1700	New Scandinavian Cooking	Food For A Polar Expedition	Andreas goes on a polar expedition onboard Hurtigruten, and travels north along the beautiful and icy coastline of Norway. He visits the mountains of Northern Norway, where he cooks king crab.	NORWAY	English-100		PG			
2020-01-28	1730	Martha Bakes	Pizza Dough	Learn how easy it is to make it pizza night, every night, with just one dough recipe prepared three ways.	USA	English-100		G			
2020-01-28	1800	Bake With Anna Olson	Jelly Roll Cakes	Anna starts with a classic raspberry jelly roll, and then moves on to a recipe that is a little more complex - tart lemon roulade.	CANADA	English-100		G			
2020-01-28	1830	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			

2020-01-28	1900	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		
2020-01-28	1930	Hairy Bikers Northern Exposure	Poland	Si and Dave make sausages in the polish countryside with a family who have been making them for generations. They also visit the home of gingerbread and the astronomer, Copernicus.	UNITED KINGDOM	English-100		PG		
2020-01-28	2030	Rick Stein's German Bite	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage with his usual appetite seeking out tantalising culinary gems.	UNITED KINGDOM	English-100	RPT		Y	Y
2020-01-28	2135	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	AUSTRALIA	English-100	RPT	PG	Y	
2020-01-28	2230	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		
2020-01-28	2300	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		
2020-01-28	2330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 16	The first two semi-finalists battle it out for a place in Finals Week where they are sent into a busy lunchtime service at the Michelin starred Treby Arms in Devon.	UNITED KINGDOM	English-100		G		
2020-01-28	2435	Bake With Anna Olson	Jelly Roll Cakes	Anna starts with a classic raspberry jelly roll, and then moves on to a recipe that is a little more complex - tart lemon roulade.	CANADA	English-100		G		
2020-01-28	2505	Martha Bakes	Pizza Dough	Learn how easy it is to make it pizza night, every night, with just one dough recipe prepared three ways.	USA	English-100		G		
2020-01-28	2535	The F Word USA	F Word USA Series 1, The Ep 7	Gordon and his daughter Tilly face the McCurdy family in a live rematch for a Guinness World Records egg cracking title. Celebrity guests Cheryl Hines and Justin Hartley are also live with Gordon.	USA	English-100		PG		Y
2020-01-28	2630	Hairy Bikers Northern Exposure	Poland	Si and Dave make sausages in the polish countryside with a family who have been making them for generations. They also visit the home of gingerbread and the astronomer, Copernicus.	UNITED KINGDOM	English-100		PG		
2020-01-28	2730	Rick Stein's German Bite	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage with his usual appetite seeking out tantalising culinary gems.	UNITED KINGDOM	English-100	RPT		Y	Y
2020-01-28	2835	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 7	Ben and Joel have a night at home organised for you, entree, main, and dessert. Each recipe explores the science of cooking times and temperatures including chemically cooking a delicious ceviche.	AUSTRALIA	English-100		G		
2020-01-29	0500	Surfing The Menu	Bellarine Peninsula	Home to some of Victoria's best surf spots is the beautiful Bellarine Peninsula. The boys take to the waters to help haul in a catch from a mussel farm.	AUSTRALIA	English-100		PG		
2020-01-29	0530	Late Nite Eats	Charleston	Jordan's southern tour continues in the jewel of the south - Charleston, South Carolina. He starts off his trip at one of the city's finest taprooms, Craftmen Taphouse.	USA	English-100		PG		
2020-01-29	0600	Rachel Allen Dinner Parties	Rachel Allen Dinner Parties Series 1 Ep 2	Rachel is giving keen cook, Michele Davies a dinner party masterclass, starting with a recipe for smoked mackerel and goats cheese soufflé, followed by roast spiced lamb with spinach, mint, and orzo.	UNITED KINGDOM	English-100				
2020-01-29	0630	Annabel Langbein: Free Range Cook	Fish On The Menu	Always up for an adventure, Annabel wades in boots and all to net for flounder on a Nelson beach at the northern tip of New Zealand's South Island.	NEW ZEALAND	English-100		PG		
2020-01-29	0700	Annabel Langbein: Free Range Cook	Life's A Picnic	Annabel and her daughter Rose head off to a local Wanaka orchard to pick one of the South Island's most eagerly anticipated stone fruits - apricots.	NEW ZEALAND	English-100		G		
2020-01-29	0730	Anjum's Australian Spice Stories	Comfort Food	It's cold outside so Anjum shows us how to warm our souls with her take on Indian comfort food - from a rich lamb bhuna to a spicy baked spinach ricotta.	AUSTRALIA	English-100		G		
2020-01-29	0800	New Scandinavian Cooking	Food For A Polar Expedition	Andreas goes on a polar expedition onboard Hurtigruten, and travels north along the beautiful and icy coastline of Norway. He visits the mountains of Northern Norway, where he cooks king crab.	NORWAY	English-100		PG		
2020-01-29	0830	Martha Bakes	Pizza Dough	Learn how easy it is to make it pizza night, every night, with just one dough recipe prepared three ways.	USA	English-100		G		
2020-01-29	0900	Bake With Anna Olson	Jelly Roll Cakes	Anna starts with a classic raspberry jelly roll, and then moves on to a recipe that is a little more complex - tart lemon roulade.	CANADA	English-100		G		
2020-01-29	0930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	AUSTRALIA	English-100	RPT	PG	Y	

2020-01-29	1030	Hairy Bikers Northern Exposure	Poland	Si and Dave make sausages in the polish countryside with a family who have been making them for generations. They also visit the home of gingerbread and the astronomer, Copernicus.	UNITED KINGDOM	English-100				PG
2020-01-29	1130	Rick Stein's German Bite	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage with his usual appetite seeking out tantalising culinary gems.	UNITED KINGDOM	English-100	RPT		Y	Y
2020-01-29	1235	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 16	The first two semi-finalists battle it out for a place in Finals Week where they are sent into a busy lunchtime service at the Michelin starred Treby Arms in Devon.	UNITED KINGDOM	English-100				G
2020-01-29	1340	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 8	Ben and Joel are doing dessert. Often thought of as difficult and tricky, Ben and Joel will show you some shortcuts and techniques that will make your next attempt almost failproof.	AUSTRALIA	English-100				G
2020-01-29	1405	Surfing The Menu	Byron Bay	Unable to resist the fresh prawns on offer in beautiful Byron Bay, Curtis fries some in a salt and pepper mix and serves them with fresh salad topped with lime.	AUSTRALIA	English-100				PG
2020-01-29	1435	Late Nite Eats	Atlanta	Jordan is in Atlanta where cosmopolitan glamour and southern traditions collide. In this sitting, everyone is vying for a seat at the best tables, and that's even more true late night.	USA	English-100				PG
2020-01-29	1500	Rachel Allen Dinner Parties	Rachel Allen Dinner Parties Series 1 Ep 3	Rachel is helping keen host, Avila Lipsett spice up her dinner party, sharing her recipe for sesame and mint chickpea pancakes, and roasted vegetable and coconut curry.	UNITED KINGDOM	English-100				
2020-01-29	1530	Annabel Langbein: Free Range Cook	Effortless Entertaining	Annabel milks goats at her neighbours' farm and makes haloumi to grill on skewers with prawns and zucchini. Also on the menu are flash-roasted salmon fillets with pesto, and molten chocolate pots.	NEW ZEALAND	English-100				G
2020-01-29	1600	Annabel Langbein: Free Range Cook	Ultimate Barbecue, The	Annabel Langbein jetboats across Lake Wanaka to pick luscious raspberries, then returns to her cabin to cook a glorious dinner of barbecued chicken and vegetables from her garden.	NEW ZEALAND	English-100				G
2020-01-29	1630	Anjum's Australian Spice Stories	Coastal Cooking	Anjum conjures up flavours of the Indian coast with a coconut beef stir fry, malayalee fish curry and spice infused glazed pineapple.	AUSTRALIA	English-100				G
2020-01-29	1700	New Scandinavian Cooking	Whole Salmon, A	Andreas shows how to make his favourite salmon dish using a whole fish, before he discloses his secret family waffle recipe.	NORWAY	English-100				PG
2020-01-29	1730	Martha Bakes	One Bowl Desserts	Less is more with these one-bowl desserts that make the baking, and the clean up, a breeze.	USA	English-100				G
2020-01-29	1800	Bake With Anna Olson	Cheesecake	Anna shares her secrets for creating the delicious smooth and rich dessert that is cheesecake, starting with the classic New York cheesecake.	CANADA	English-100				G
2020-01-29	1830	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
2020-01-29	1900	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
2020-01-29	1930	Donal's Asian Baking Adventure	Singapore 1	Donal heads to Singapore, and begins his stay with tea, toast and kaya jam and a boiled egg at a traditional kopitiam cafe - a classic Singaporean breakfast.	SINGAPORE	English-100				G
2020-01-29	2000	Gourmet Farmer	Apples And Cider	It's raining apples, and Matthew is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake.		English-100	RPT		Y	
2020-01-29	2030	Silvia Colloca's Cook Like An Italian	Silvia Colloca's Cook Like An Italian Series 1 Ep 4	Bread is sacred in Italy, it's there at almost every family meal and should never be wasted. Silvia shares three delicious ways to repurpose leftover bread, starting with a rustic orecchiette pasta.						PG
2020-01-29	2100	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT		Y	Y
2020-01-29	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	AUSTRALIA	English-100	RPT		Y	
2020-01-29	2230	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
2020-01-29	2300	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
2020-01-29	2330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 17	It's the Semi-Finals and the judges are turning up the heat in their hunt for a future culinary superstar.Three more exceptional chefs battle it out for a place in Finals Week.	UNITED KINGDOM	English-100				G

2020-01-29	2435	Bake With Anna Olson	Cheesecake	Anna shares her secrets for creating the delicious smooth and rich dessert that is cheesecake, starting with the classic New York cheesecake.	CANADA	English-100		G			
2020-01-29	2505	Martha Bakes	One Bowl Desserts	Less is more with these one-bowl desserts that make the baking, and the clean up, a breeze.	USA	English-100		G			
2020-01-29	2535	The F Word USA	F Word USA Series 1, The Ep 8	Gordon heads to the Florida Everglades to hunt python, and Martina Servaty flies to Los Angeles all the way from Germany to attempt to break her Guinness World Records title for grape stomping.	USA	English-100		PG			
2020-01-29	2630	Donal's Asian Baking Adventure	Singapore 1	Donal heads to Singapore, and begins his stay with tea, toast and kaya jam and a boiled egg at a traditional kopitiam cafe - a classic Singaporean breakfast.	SINGAPORE	English-100		G			
2020-01-29	2700	Gourmet Farmer	Apples And Cider	It's raining apples, and Matthew is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake.		English-100	RPT	G		Y	
2020-01-29	2730	Silvia Colloca's Cook Like An Italian	Silvia Colloca's Cook Like An Italian Series 1 Ep 4	Bread is sacred in Italy, it's there at almost every family meal and should never be wasted. Silvia shares three delicious ways to repurpose leftover bread, starting with a rustic orecchiette pasta.				PG			
2020-01-29	2800	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G		Y	Y
2020-01-29	2830	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 8	Ben and Joel are doing dessert. Often thought of as difficult and tricky, Ben and Joel will show you some shortcuts and techniques that will make your next attempt almost failproof.	AUSTRALIA	English-100		G			
2020-01-30	0500	Surfing The Menu	Byron Bay	Unable to resist the fresh prawns on offer in beautiful Byron Bay, Curtis fries some in a salt and pepper mix and serves them with fresh salad topped with lime.	AUSTRALIA	English-100		PG			
2020-01-30	0530	Late Nite Eats	Atlanta	Jordan is in Atlanta where cosmopolitan glamour and southern traditions collide. In this sitting, everyone is vying for a seat at the best tables, and that's even more true late night.	USA	English-100		PG			
2020-01-30	0600	Rachel Allen Dinner Parties	Rachel Allen Dinner Parties Series 1 Ep 3	Rachel is helping keen host, Avila Lipsett spice up her dinner party, sharing her recipe for sesame and mint chickpea pancakes, and roasted vegetable and coconut curry.	UNITED KINGDOM	English-100					
2020-01-30	0630	Annabel Langbein: Free Range Cook	Effortless Entertaining	Annabel milks goats at her neighbours' farm and makes haloumi to grill on skewers with prawns and zucchini. Also on the menu are flash-roasted salmon fillets with pesto, and molten chocolate pots.	NEW ZEALAND	English-100		G			
2020-01-30	0700	Annabel Langbein: Free Range Cook	Ultimate Barbeque, The	Annabel Langbein jetboats across Lake Wanaka to pick luscious raspberries, then returns to her cabin to cook a glorious dinner of barbecued chicken and vegetables from her garden.	NEW ZEALAND	English-100		G			
2020-01-30	0730	Anjum's Australian Spice Stories	Coastal Cooking	Anjum conjures up flavours of the Indian coast with a coconut beef stir fry, malayalee fish curry and spice infused glazed pineapple.	AUSTRALIA	English-100		G			
2020-01-30	0800	New Scandinavian Cooking	Whole Salmon, A	Andreas shows how to make his favourite salmon dish using a whole fish, before he discloses his secret family waffle recipe.	NORWAY	English-100		PG			
2020-01-30	0830	Martha Bakes	One Bowl Desserts	Less is more with these one-bowl desserts that make the baking, and the clean up, a breeze.	USA	English-100		G			
2020-01-30	0900	Bake With Anna Olson	Cheesecake	Anna shares her secrets for creating the delicious smooth and rich dessert that is cheesecake, starting with the classic New York cheesecake.	CANADA	English-100		G			
2020-01-30	0930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	AUSTRALIA	English-100	RPT	PG		Y	
2020-01-30	1030	Donal's Asian Baking Adventure	Singapore 1	Donal heads to Singapore, and begins his stay with tea, toast and kaya jam and a boiled egg at a traditional kopitiam cafe - a classic Singaporean breakfast.	SINGAPORE	English-100		G			
2020-01-30	1100	Gourmet Farmer	Apples And Cider	It's raining apples, and Matthew is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake.		English-100	RPT	G		Y	
2020-01-30	1130	Silvia Colloca's Cook Like An Italian	Silvia Colloca's Cook Like An Italian Series 1 Ep 4	Bread is sacred in Italy, it's there at almost every family meal and should never be wasted. Silvia shares three delicious ways to repurpose leftover bread, starting with a rustic orecchiette pasta.				PG			
2020-01-30	1200	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G		Y	Y
2020-01-30	1230	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 17	It's the Semi-Finals and the judges are turning up the heat in their hunt for a future culinary superstar. Three more exceptional chefs battle it out for a place in Finals Week.	UNITED KINGDOM	English-100		G			
2020-01-30	1335	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 9	Ben and Joel are looking into different ways gas interact with our food giving a light and fluffy texture. Joel has a mousse straight out of a laboratory while Ben looks at an Italian staple.	AUSTRALIA	English-100		G			

2020-01-30	1400	Surfing The Menu	Cairns Highlands	World-class Aussie chefs Ben O'Donoghue and Curtis Stone return for another gastronomical trip around Australia. Today, the keen surfers visit Cairns.	AUSTRALIA	English-100		PG	
2020-01-30	1430	Late Nite Eats	Tucson	Jordan's hitting up the southwest with a stop in Tucson, Arizona. Cultures collide in this city with restaurants drawing upon southern, west coast, and Mexican influences.	USA	English-100		G	
2020-01-30	1500	Rachel Allen Dinner Parties Series 1 Ep 4	Rachel Allen Dinner Parties Series 1 Ep 4	Rachel helps keen cook, Jesh Persaud to take her entertaining skills to the next level by giving her ideas for a fabulous new menu.	UNITED KINGDOM	English-100			
2020-01-30	1530	Annabel Langbein: Free Range Cook	Asian Inspiration	Spring has sprung in Annabel Langbein's Wanaka garden and she's already picking the first crisp snow peas of the season to use in a zingy Thai carrot salad.	NEW ZEALAND	English-100		G	
2020-01-30	1600	Annabel Langbein: Free Range Cook	Celebration Of Spring, A	Annabel heads north to sunny Hawkes Bay to meet a farmer who specialises in tender, grass-fed wagyu beef, and stops at a local organic asparagus farm along the way.	NEW ZEALAND	English-100		G	
2020-01-30	1630	Anjum's Australian Spice Stories	Street Food	Anjum hits the bustling night markets of Melbourne to sample the delicious hawker style food before returning to the kitchen to showcase her favourite Indian street foods.	AUSTRALIA	English-100		G	
2020-01-30	1700	New Scandinavian Cooking	Happy Holiday Food	Andreas makes a real Scandinavian Christmas feast, and shares all his favourite Norwegian recipes of the season.	NORWAY	English-100		PG	
2020-01-30	1730	Martha Bakes	Layered Yeast Dough	Whether you're a beginner or a seasoned pro, you'll welcome Martha's expert tips for turning layered yeast dough into masterful creations, starting with the classic kouign-amann.	USA	English-100		G	
2020-01-30	1800	Bake With Anna Olson	Gnache	Anna starts with a simple ganache and makes individual ganache tarts. Next, Anna takes a more complex recipe and creates molten centre chocolate cakes.	CANADA	English-100		G	
2020-01-30	1830	The Cook And The Chef	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	
2020-01-30	1900	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G	
2020-01-30	1930	Donna Hay: Basics To Brilliance Series 1	Donna Hay: Basics To Brilliance Series 1	Donna demonstrates just how easy it is to make perfectly sticky and saucy pork ribs, together with a tantalising Asian-style poached chicken, and the recipe for the ultimate chocolate fudge cake.	AUSTRALIA	English-100		G	
2020-01-30	2000	Asia Unplated With Diana Chan	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100		PG	
2020-01-30	2030	Rick Stein's French Odyssey Series 1 Ep 6	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	Y
2020-01-30	2100	Delia's How To Cook	Low Fat	With most of the Western World on a diet these days, Delia Smith takes up the challenge of low-fat cooking - is it possible to eat well but stay slim?	UNITED KINGDOM	English-100		G	
2020-01-30	2135	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	AUSTRALIA	English-100	RPT	PG	Y
2020-01-30	2230	The Cook And The Chef	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	
2020-01-30	2300	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G	
2020-01-30	2330	Masterchef: The Professionals Series 8 Ep 18	Masterchef: The Professionals Series 8 Ep 18	It's the last semi-final and the remaining three chefs battle it out for a place in Finals Week.	UNITED KINGDOM	English-100		G	
2020-01-30	2435	Bake With Anna Olson	Gnache	Anna starts with a simple ganache and makes individual ganache tarts. Next, Anna takes a more complex recipe and creates molten centre chocolate cakes.	CANADA	English-100		G	
2020-01-30	2505	Martha Bakes	Layered Yeast Dough	Whether you're a beginner or a seasoned pro, you'll welcome Martha's expert tips for turning layered yeast dough into masterful creations, starting with the classic kouign-amann.	USA	English-100		G	
2020-01-30	2535	The F Word USA	F Word USA Series 1, The Ep 9	It's Sass & Class versus Papa Knows Best at The F Word restaurant with their best takes on chicken cacciatore. Plus, celebrity guests Rob Riggle and Brad Garrett.	USA	English-100		PG	
2020-01-30	2630	Donna Hay: Basics To Brilliance Series 1	Donna Hay: Basics To Brilliance Series 1	Donna demonstrates just how easy it is to make perfectly sticky and saucy pork ribs, together with a tantalising Asian-style poached chicken, and the recipe for the ultimate chocolate fudge cake.	AUSTRALIA	English-100		G	

2020-01-30	2700	Asia Unplated With Diana Chan	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100		PG	
2020-01-30	2730	Rick Stein's French Odyssey Series 1 Ep 6	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	Y
2020-01-30	2800	Delia's How To Cook	Low Fat	With most of the Western World on a diet these days, Delia Smith takes up the challenge of low-fat cooking - is it possible to eat well but stay slim?	UNITED KINGDOM	English-100		G	
2020-01-30	2835	Food Lab By Ben Milbourne Series 3 Ep 9	Food Lab By Ben Milbourne Series 3 Ep 9	Ben and Joel are looking into different ways gas interact with our food giving a light and fluffy texture. Joel has a mousse straight out of a laboratory while Ben looks at an Italian staple.	AUSTRALIA	English-100		G	
2020-01-31	0500	Surfing The Menu	Cairns Highlands	World-class Aussie chefs Ben O'Donoghue and Curtis Stone return for another gastronomical trip around Australia. Today, the keen surfers visit Cairns.	AUSTRALIA	English-100		PG	
2020-01-31	0530	Late Nite Eats	Tucson	Jordan's hitting up the southwest with a stop in Tucson, Arizona. Cultures collide in this city with restaurants drawing upon southern, west coast, and Mexican influences.	USA	English-100		G	
2020-01-31	0600	Rachel Allen Dinner Parties Series 1 Ep 4	Rachel Allen Dinner Parties Series 1 Ep 4	Rachel helps keen cook, Jesh Persaud to take her entertaining skills to the next level by giving her ideas for a fabulous new menu.	UNITED KINGDOM	English-100			
2020-01-31	0630	Annabel Langbein: Free Range Cook	Asian Inspiration	Spring has sprung in Annabel Langbein's Wanaka garden and she's already picking the first crisp snow peas of the season to use in a zingy Thai carrot salad.	NEW ZEALAND	English-100		G	
2020-01-31	0700	Annabel Langbein: Free Range Cook	Celebration Of Spring, A	Annabel heads north to sunny Hawkes Bay to meet a farmer who specialises in tender, grass-fed wagyu beef, and stops at a local organic asparagus farm along the way.	NEW ZEALAND	English-100		G	
2020-01-31	0730	Anjum's Australian Spice Stories	Street Food	Anjum hits the bustling night markets of Melbourne to sample the delicious hawker style food before returning to the kitchen to showcase her favourite Indian street foods.	AUSTRALIA	English-100		G	
2020-01-31	0800	New Scandinavian Cooking	Happy Holiday Food	Andreas makes a real Scandinavian Christmas feast, and shares all his favourite Norwegian recipes of the season.	NORWAY	English-100		PG	
2020-01-31	0830	Martha Bakes	Layered Yeast Dough	Whether you're a beginner or a seasoned pro, you'll welcome Martha's expert tips for turning layered yeast dough into masterful creations, starting with the classic kouign-amann.	USA	English-100		G	
2020-01-31	0900	Bake With Anna Olson	Gnache	Anna starts with a simple ganache and makes individual ganache tarts. Next, Anna takes a more complex recipe and creates molten centre chocolate cakes.	CANADA	English-100		G	
2020-01-31	0930	River Cottage Australia Series 1 Ep 4	River Cottage Australia One Hours Series 1 Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	AUSTRALIA	English-100	RPT	PG	Y
2020-01-31	1030	Donna Hay: Basics To Brilliance Series 1	Donna Hay: Basics To Brilliance Series 1	Donna demonstrates just how easy it is to make perfectly sticky and saucy pork ribs, together with a tantalising Asian-style poached chicken, and the recipe for the ultimate chocolate fudge cake.	AUSTRALIA	English-100		G	
2020-01-31	1100	Asia Unplated With Diana Chan	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100		PG	
2020-01-31	1130	Rick Stein's French Odyssey Series 1 Ep 6	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	Y
2020-01-31	1200	Delia's How To Cook	Low Fat	With most of the Western World on a diet these days, Delia Smith takes up the challenge of low-fat cooking - is it possible to eat well but stay slim?	UNITED KINGDOM	English-100		G	
2020-01-31	1235	Masterchef: The Professionals Series 8 Ep 18	Masterchef: The Professionals Series 8 Ep 18	It's the last semi-final and the remaining three chefs battle it out for a place in Finals Week.	UNITED KINGDOM	English-100		G	
2020-01-31	1340	Food Lab By Ben Milbourne Series 3 Ep 10	Food Lab By Ben Milbourne Series 3 Ep 10	Ben and Joel are breaking all the rules, experimenting with flavours that you wouldn't see together. Using great technique they surprise you with these interesting flavours.	AUSTRALIA	English-100		G	
2020-01-31	1405	Surfing The Menu	Ningaloo	Ben and Curtis explore the delights of Western Australia's magnificent Ningaloo coastline. Curtis utilises the fresh seafood to prepare delicious king prawns.	AUSTRALIA	English-100		PG	
2020-01-31	1435	Late Nite Eats	Sacramento	Jordan head to the California's bread basket, Sacramento, where the long growing season and ideal climate make the region home to all manner of amazing produce, meats, and other ingredients.	USA	English-100		G	
2020-01-31	1500	Rachel Allen Dinner Parties Series 1 Ep 5	Rachel Allen Dinner Parties Series 1 Ep 5	Rachel turns keen cook, Kate Smith-Bingham into a dinner party goddess by teaching her a fabulous new menu. She begins with a starter of spinach soup with rosemary oil.	UNITED KINGDOM	English-100			

2020-01-31	1530	Annabel Langbein: Free Range Cook	Fresh From The Farm	Annabel loves to forage, and spring is the perfect time of year to gather tender watercress. She is in her element visiting a sustainable farm, where she also collects fresh eggs.	NEW ZEALAND	English-100		G	
2020-01-31	1600	Annabel Langbein: Free Range Cook	Dinner In A Flash	Nothing sings spring like strawberries, so Annabel is keen to get her hands on the first berries of the new season. She ventures north to a Hawkes Bay strawberry farm with a gift for the farmer.	NEW ZEALAND	English-100		G	
2020-01-31	1630	Anjum's Australian Spice Stories	Light And Healthy	Determined to break the myth that Indian food is heavy and indulgent, Anjum sets out to show us the light and healthy side of Indian cuisine.	AUSTRALIA	English-100		G	
2020-01-31	1700	New Scandinavian Cooking	New Nordic Cuisine	Andreas embarks on a culinary journey, looking for the source of the new Nordic food revolution. The journey begins in Oslo, at Norway's best restaurant, Maaemo.	NORWAY	English-100			
2020-01-31	1730	Martha Bakes	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100		G	
2020-01-31	1800	Bake With Anna Olson	Lady Fingers	Part cake, part cookie, ladyfingers are extremely versatile in the pastry kitchen. Anna starts by showing viewers how to make these light and spongy biscuits.	CANADA	English-100		G	
2020-01-31	1830	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's Chilli Quail is a crispy explosion of flavours and Maggie uses Quince paste.	AUSTRALIA	English-100		G	
2020-01-31	1900	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G	
2020-01-31	1930	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 5	Paul Hollywood raises the humble Fish Pie to the highest of luxury he thinks all the best British Pies and Puds deserve - complete with smoked langoustines and saffron.	UNITED KINGDOM	English-100		PG	
2020-01-31	2030	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 1	Travelling with Stefano on an old bicycle, we meet a wonderful local character, Mrs Mazello, whose eggs are so big she calls them rooster eggs. Stefano uses them to make his homemade pasta.	AUSTRALIA	English-100		PG	
2020-01-31	2100	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 2	Stefano visits the cantina of a farming family where bread is still made in a traditional wood-burning oven. He shares with them a wonderful meal of fresh bruschetta, pickled vegetables and sardines.	AUSTRALIA	English-100		G	
2020-01-31	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	AUSTRALIA	English-100	RPT	PG	Y
2020-01-31	2230	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's Chilli Quail is a crispy explosion of flavours and Maggie uses Quince paste.	AUSTRALIA	English-100		G	
2020-01-31	2300	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G	
2020-01-31	2330	Masterchef: The Professionals	Masterchef: The Professionals Series 8 Ep 19	Five exceptional chefs have made it through to Finals Week and now the fight truly begins. Over the next three nights massive gastronomic adventures lie ahead.	UNITED KINGDOM	English-100		G	Y
2020-01-31	2435	Bake With Anna Olson	Lady Fingers	Part cake, part cookie, ladyfingers are extremely versatile in the pastry kitchen. Anna starts by showing viewers how to make these light and spongy biscuits.	CANADA	English-100		G	
2020-01-31	2505	Martha Bakes	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100		G	
2020-01-31	2535	The F Word USA	F Word USA Series 1, The Ep 10	The Extinguishers compete against The Church Ladies in the kitchen, with each team adding their own twist to a Sesame Crusted Tuna dish to win over diners.	USA	English-100		PG	
2020-01-31	2630	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 5	Paul Hollywood raises the humble Fish Pie to the highest of luxury he thinks all the best British Pies and Puds deserve - complete with smoked langoustines and saffron.	UNITED KINGDOM	English-100		PG	
2020-01-31	2730	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 1	Travelling with Stefano on an old bicycle, we meet a wonderful local character, Mrs Mazello, whose eggs are so big she calls them rooster eggs. Stefano uses them to make his homemade pasta.	AUSTRALIA	English-100		PG	
2020-01-31	2800	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 2	Stefano visits the cantina of a farming family where bread is still made in a traditional wood-burning oven. He shares with them a wonderful meal of fresh bruschetta, pickled vegetables and sardines.	AUSTRALIA	English-100		G	
2020-01-31	2830	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 10	Ben and Joel are breaking all the rules, experimenting with flavours that you wouldn't see together. Using great technique they surprise you with these interesting flavours.	AUSTRALIA	English-100		G	
2020-02-01	0500	Surfing The Menu	Ningaloo	Ben and Curtis explore the delights of Western Australia's magnificent Ningaloo coastline. Curtis utilises the fresh seafood to prepare delicious king prawns.	AUSTRALIA	English-100		PG	

2020-02-01	0530	Late Nite Eats	Sacramento	Jordan head to the California's bread basket, Sacramento, where the long growing season and ideal climate make the region home to all manner of amazing produce, meats, and other ingredients.	USA	English-100		G	
2020-02-01	0600	Rachel Allen Dinner Parties	Rachel Allen Dinner Parties Series 1 Ep 5	Rachel turns keen cook, Kate Smith-Bingham into a dinner party goddess by teaching her a fabulous new menu. She begins with a starter of spinach soup with rosemary oil.	UNITED KINGDOM	English-100			
2020-02-01	0630	Annabel Langbein: Free Range Cook	Fresh From The Farm	Annabel loves to forage, and spring is the perfect time of year to gather tender watercress. She is in her element visiting a sustainable farm, where she also collects fresh eggs.	NEW ZEALAND	English-100		G	
2020-02-01	0700	Annabel Langbein: Free Range Cook	Dinner In A Flash	Nothing sings spring like strawberries, so Annabel is keen to get her hands on the first berries of the new season. She ventures north to a Hawkes Bay strawberry farm with a gift for the farmer.	NEW ZEALAND	English-100		G	
2020-02-01	0730	Anjum's Australian Spice Stories	Light And Healthy	Determined to break the myth that Indian food is heavy and indulgent, Anjum sets out to show us the light and healthy side of Indian cuisine.	AUSTRALIA	English-100		G	
2020-02-01	0800	New Scandinavian Cooking	New Nordic Cuisine	Andreas embarks on a culinary journey, looking for the source of the new Nordic food revolution. The journey begins in Oslo, at Norway's best restaurant, Maaemo.	NORWAY	English-100			
2020-02-01	0830	Martha Bakes	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100		G	
2020-02-01	0900	Bake With Anna Olson	Lady Fingers	Part cake, part cookie, ladyfingers are extremely versatile in the pastry kitchen. Anna starts by showing viewers how to make these light and spongy biscuits.	CANADA	English-100		G	
2020-02-01	0930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	AUSTRALIA	English-100	RPT	PG	Y
2020-02-01	1030	Lyndey Milan's Summer Baking Secrets	Lyndey Milan's Summer Baking Secrets Series 1 Ep 1	Breads, cakes, and muffins are the stars of this show as Lyndey creates both sweet and savoury muffins.	AUSTRALIA	English-100		G	
2020-02-01	1100	Lyndey Milan's Summer Baking Secrets	Lyndey Milan's Summer Baking Secrets Series 1 Ep 2	There are not one but two show-stopping cakes in this show. Lyndey begins with an all-occasion 'Naked Cake' that's sure to impress.	AUSTRALIA	English-100		G	
2020-02-01	1130	Lyndey Milan's Summer Baking Secrets	Lyndey Milan's Summer Baking Secrets Series 1 Ep 3	They say good things come in small packages, and this show has some sweet little coconut cupcakes created from Lyndey's mother's original recipe.	AUSTRALIA	English-100		G	
2020-02-01	1200	Anthony Bourdain: Parts Unknown	Addis Ababa	Tony visits Addis Ababa to sample injera bread, beyaynetu platters, coffee, and music with chef Marcus Samuelsson.	USA	English-100		PG	Y
2020-02-01	1300	Anthony Bourdain: Parts Unknown	Okinawa	Tony visits Okinawa. The Ryukyu Kingdom ruled these islands from the fifteenth to the nineteenth century before being annexed as the Okinawa Prefecture by Japan in 1879.	USA	English-100		PG	Y
2020-02-01	1400	Saturday Kitchen	Saturday Kitchen Series 1 Ep 5	Valentine Warner guest hosts Saturday Kitchen this week with the help of his old friend Nathan Outlaw, the all-conquering king of seafood, and the Stockholm superstar chef Niklas Ekstedt.	UNITED KINGDOM	English-100		G	
2020-02-01	1500	Secret Meat Business	Secret Meat Business Series 2 Ep 10	Chef Adrian Richardson shares his Mum's recipe for an Aussie family favourite, succulent roast chicken. Plus, he whips up a hearty Sicilian chilli beef ragu.	AUSTRALIA	English-100		G	
2020-02-01	1530	Secret Meat Business	Secret Meat Business Series 2 Ep 11	Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison.	AUSTRALIA	English-100		G	
2020-02-01	1600	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G	
2020-02-01	1630	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G	
2020-02-01	1700	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G	
2020-02-01	1730	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 2	Parveen showcases her recipe for spicy lamb burgers - her version of the infamous Chappli kebab.	UNITED KINGDOM	English-100			
2020-02-01	1830	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 2 Ep 7	Aldo and Enzo visit the Gola dell'Alcantara in Motta Camastra where they prepare barbequed trout, grilled eggplant, and an orange and fennel salad.	UNITED KINGDOM	English-100		PG	

2020-02-01	1900	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 2 Ep 8	Aldo and Enzo visit an orange grove on the outskirts of Ribera, an area famous for its oranges. Later at the seaside, they prepare a fish stew and a carpaccio of calamari.	UNITED KINGDOM	English-100		PG		
2020-02-01	1930	Cheese Slices	Famous Cheese Of Wisconsin	The upper Midwest state is famous for its 'cheese heads' and proudly declares itself America's Dairyland because it produces more cheese than any other state in the USA.	AUSTRALIA	English-100		G		
2020-02-01	2000	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		
2020-02-01	2030	Heston's Fantastical Food	Big Breakfast	On the morning menu is a two metre high boiled egg with toast soldiers, a box of cereal fit for a giant, a wacky flavour mash-up of the traditional English fry up, and even an edible daily newspaper.	UNITED KINGDOM	English-100	RPT	PG	Y	
2020-02-01	2130	The Best In Australia	Best Chicken Dinner And The Best Sweet Tart, The	Ben's crispy salt crusted chicken, Anna's Middle Eastern chicken thighs with harrisa and minted yoghurt, and Darren's traditional roast chicken compete for the title of 'best chicken dinner.'	AUSTRALIA	English-100				
2020-02-01	2230	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 7	Shane Delia's culinary journey across the Middle East continues as he travels to Iran, home to one of the world's most influential cooking traditions - Persian cuisine.	AUSTRALIA	English-100	RPT	PG	Y	Y
2020-02-01	2300	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 8	In Iran, Shane takes to the silk road to meet nomads that have been keeping ancient methods of bread making alive. He then visits the largest saffron farms in the region.	AUSTRALIA	English-100	RPT	PG	Y	Y
2020-02-01	2330	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 2 Ep 7	Aldo and Enzo visit the Gola dell'Alcantara in Motta Camastra where they prepare barbequed trout, grilled eggplant, and an orange and fennel salad.	UNITED KINGDOM	English-100		PG		
2020-02-01	2400	Sicily With Aldo And Enzo	Sicily With Aldo And Enzo Series 2 Ep 8	Aldo and Enzo visit an orange grove on the outskirts of Ribera, an area famous for its oranges. Later at the seaside, they prepare a fish stew and a carpaccio of calamari.	UNITED KINGDOM	English-100		PG		
2020-02-01	2430	Cheese Slices	Famous Cheese Of Wisconsin	The upper Midwest state is famous for its 'cheese heads' and proudly declares itself America's Dairyland because it produces more cheese than any other state in the USA.	AUSTRALIA	English-100		G		
2020-02-01	2500	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		
2020-02-01	2530	Heston's Fantastical Food	Big Breakfast	On the morning menu is a two metre high boiled egg with toast soldiers, a box of cereal fit for a giant, a wacky flavour mash-up of the traditional English fry up, and even an edible daily newspaper.	UNITED KINGDOM	English-100	RPT	PG	Y	
2020-02-01	2630	The Best In Australia	Best Chicken Dinner And The Best Sweet Tart, The	Ben's crispy salt crusted chicken, Anna's Middle Eastern chicken thighs with harrisa and minted yoghurt, and Darren's traditional roast chicken compete for the title of 'best chicken dinner.'	AUSTRALIA	English-100				
2020-02-01	2730	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 7	Shane Delia's culinary journey across the Middle East continues as he travels to Iran, home to one of the world's most influential cooking traditions - Persian cuisine.	AUSTRALIA	English-100	RPT	PG	Y	Y
2020-02-01	2800	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 8	In Iran, Shane takes to the silk road to meet nomads that have been keeping ancient methods of bread making alive. He then visits the largest saffron farms in the region.	AUSTRALIA	English-100	RPT	PG	Y	Y
2020-02-01	2830	Secret Meat Business	Secret Meat Business Series 2 Ep 11	Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison.	AUSTRALIA	English-100		G		