



**WEEK 51: Sunday, 15 December - Saturday, 21 December 2019 ALL MARKETS**

| Date       | Start Time | Title                                       | Episode Title                                     | Digital Epg Synopsis   | Country of Origin | Language    | Repeat | Classification | Closed Captions | Subtitles |
|------------|------------|---|---|--|-------------------|-------------|--------|----------------|-----------------|-----------|
| 2019-12-15 | 0500       | <b>Shane Delia's Moorish Spice Journey</b>  | Shane Delia's Moorish Spice Journey Series 1 Ep 4 | Shane has arrived in the exotic city of Marrakech on a mission to uncover the tastes and techniques that are hidden in the rabbit warren of alleys that make up the bustling souk.                       | AUSTRALIA         | English-100 | RPT    | G              | Y               | Y         |
| 2019-12-15 | 0530       | <b>The Travelling Chef</b>                  | Bangkok, Thailand                                 | Brett travels to Bangkok and, on the streets, stumbles across a vendor making crispy pancakes with Italian merengue. He then is invited to David Thompson's restaurant, Nahm and meets the man himself.  | NEW ZEALAND       | English-100 |        | G              |                 | Y         |
| 2019-12-15 | 0600       | <b>The Travelling Chef</b>                  | Kuala Lumpur, Malaysia                            | Brett travels to the Malaysian capital, Kuala Lumpur, and learns from a master hokien mee chef. The chef then puts him to work over the busy lunch time in his restaurant.                               | NEW ZEALAND       | English-100 |        | G              |                 |           |
| 2019-12-15 | 0630       | <b>Saturday Kitchen</b>                     | Saturday Kitchen Series 3 Ep 13                   | The big hearted and down-to-earth Hairy Bikers, Dave Myers and Si King, host Saturday Kitchen this week with help from two top chefs.  | UNITED KINGDOM    | English-100 |        | PG             |                 |           |
| 2019-12-15 | 0730       | <b>The Urban Vegetarian</b>                 | Energy Boost                                      | Food nerd Desiree Nielsen masters a perfectly cooked eggplant topped with a flavourful charmoula and couscous.   | CANADA            | English-100 |        | G              |                 |           |
| 2019-12-15 | 0800       | <b>The Urban Vegetarian</b>                 | Veggies Galore                                    | Desiree Nielsen shows how beets can make the icing on a delectable cupcake vibrant and delicious.  | CANADA            | English-100 |        | G              |                 |           |
| 2019-12-15 | 0830       | <b>The Cook And The Chef</b>                | Mediterranean Style                               | Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.    | AUSTRALIA         | English-100 |        | G              |                 |           |
| 2019-12-15 | 0900       | <b>The Cook And The Chef</b>                | Apples And Onions                                 | Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.                | AUSTRALIA         | English-100 |        | G              |                 |           |
| 2019-12-15 | 0930       | <b>Delia's How To Cook</b>                  | Pasta   | Delia gives viewers the lowdown on the simple techniques of cooking good pasta to achieve the perfect Italian meal.  | UNITED KINGDOM    | English-100 |        | G              |                 |           |
| 2019-12-15 | 1000       | <b>Sicily With Aldo And Enzo</b>            | Sicily With Aldo And Enzo Series 1 Ep 3           | It could be cooking on the moon in this episode, but on closer inspection, we find that Aldo and Enzo are in fact in a crater at the top of the very active volcano, Mount Etna.                         | UNITED KINGDOM    | English-100 |        | PG             |                 |           |
| 2019-12-15 | 1030       | <b>Jonathan Phang's Gourmet Express</b>     | Perth To Sydney                                   | Starting in Australia's thriving cosmopolitan west coast city of Perth, Jonathan lives like a true Aussie when he cooks prawns on the barbie with chef Russell Blaikie.                                  | UNITED KINGDOM    | English-100 |        | PG             |                 |           |
| 2019-12-15 | 1130       | <b>Amazing Wedding Cakes</b>                | Amazing Wedding Cakes Series 4 Ep 5               | Caroline and David just got engaged and love to cook together. Christopher Garren creates a design for their engagement cake that incorporates lots of their favourite culinary things.                  | USA               | English-100 |        | PG             |                 |           |
| 2019-12-15 | 1230       | <b>Cheese Slices</b>                        | USA   | Will Studd visits the finest cheese shops in down town New York to find out what's driving this extraordinary change, before visiting upstate Vermont, where he meets a new generation of cheese makers. | AUSTRALIA         | English-100 |        | PG             |                 |           |
| 2019-12-15 | 1300       | <b>The Travelling Chef</b>                  | Travelling Chef Series 2, The Ep 1                | In this episode, Brett travels to the exotic island resort of Pangkor Laut, Malaysia. Here he's invited to cook with head chef Firdaous, to learn his famous recipe, curried fish in bamboo.             | NEW ZEALAND       | English-100 |        | G              |                 |           |
| 2019-12-15 | 1330       | <b>The Travelling Chef</b>                  | Travelling Chef Series 2, The Ep 2                | In this episode, Brett travels to the Thai northern city of Chiang Mai in search of the spirit of the north. He learns to be an elephant handler for a day.  | NEW ZEALAND       | English-100 |        | PG             |                 |           |
| 2019-12-15 | 1400       | <b>Saturday Kitchen</b>                     | Saturday Kitchen Series 3 Ep 14                   | Irish television personality, presenter and cook, Donal Skehan, takes charge of Saturday Kitchen this week with two top chefs to back him up.  | UNITED KINGDOM    | English-100 |        | PG             |                 |           |
| 2019-12-15 | 1500       | <b>Donna Hay: Basics To Brilliance Kids</b> | Orchard   | Donna and the girls, in their kitchen amidst the citrus trees, get busy making a lemony coconut and yoghurt cake. Everything can be mixed in just one bowl, so Lily and Maisie help with measuring.      | AUSTRALIA         | English-100 |        | PG             |                 |           |
| 2019-12-15 | 1530       | <b>Donna Hay: Basics To Brilliance Kids</b> | Vegetable Garden                                  | After gathering cauliflower from the veggie patch, Donna and her helpers return to their outdoor kitchen under the big shady tree. They're making everyone's favourite - mac and cheese.                 | AUSTRALIA         | English-100 |        | PG             |                 |           |
| 2019-12-15 | 1600       | <b>Poh's Kitchen</b>                        | Paris With Emmanuel Mollois                       | This episode is all about taking traditional recipes and creating something new and exciting. Poh creates one of her most beautiful desserts - rhubarb lily tart.  | AUSTRALIA         | English-100 | RPT    | G              | Y               |           |
| 2019-12-15 | 1630       | <b>Poh's Kitchen</b>                        | 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               |           |
| 2019-12-15 | 1700       | <b>Loving Gluten Free</b>                   | Loving Gluten Free Series 1 Ep 9                  | Buying gluten free bread can be tricky and expensive, so Helen shares a recipe to make your own bread at home - the addition of buckwheat and chia makes it high fibre.                                  |                   |             |        | PG             |                 | Y         |

|            |      |                                      |   |   |                |             |     |    |    |   |
|------------|------|--------------------------------------|---|---|----------------|-------------|-----|----|----|---|
| 2019-12-15 | 1730 | <b>A Gondola On The Murray</b>       | Gondola On The Murray Series 2 Ep 1         | Spring in Mildura is the season when the gardens are at their colourful best. It's also the time when the grapes are budding on the vines, which causes Stefano to wonder about new varieties of wines. | AUSTRALIA      | English-100 |     |    |    |   |
| 2019-12-15 | 1800 | <b>A Gondola On The Murray</b>       | Gondola On The Murray Series 2 Ep 2         | The Mildura Wine and Jazz Festival takes place in early summer when the weather is perfect for eating and drinking and listening to jazz outdoors or on a paddle steamer along the Murray River.        | AUSTRALIA      | English-100 |     |    |    |   |
| 2019-12-15 | 1830 | <b>Rick Stein's Taste Of The Sea</b> | Rick Stein's Taste Of The Sea Series 1 Ep 3 | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.           | UNITED KINGDOM | English-100 |     |    | G  |   |
| 2019-12-15 | 1900 | <b>Rick Stein's Taste Of The Sea</b> | Rick Stein's Taste Of The Sea Series 1 Ep 4 | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.           | UNITED KINGDOM | English-100 |     |    | G  |   |
| 2019-12-15 | 1930 | <b>Ainsley Eats The Streets</b>      | Osaka                                       | Ainsley's world tour moves on to Osaka, Japan, birthplace of the sushi conveyor belt and the pot noodle. Ainsley prepares local pancake delicacy okonomiyaki, oyster tempura and udon noodles.          | UNITED KINGDOM | English-100 | RPT | G  | Y  | Y |
| 2019-12-15 | 2030 | <b>The Great Australian Cookbook</b> | Great Australian Cookbook Series 1, The     | Matt Stone cooks prawns and a charcoal roasted vegetable salad feast for his family, while Maggie Beer shares one of her all-time favourite recipes - chocolate, pear and almond tart.                  | AUSTRALIA      | English-100 |     |    |    |   |
| 2019-12-15 | 2100 | <b>Luke Nguyen's Railway Vietnam</b> | Luke Nguyen's Railway Vietnam Series 1 Ep 3 | Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline.               |                |             | RPT | PG | Y  | Y |
| 2019-12-15 | 2130 | <b>Food Safari</b>                   | Sri Lankan Safari                           | Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.  | AUSTRALIA      | English-100 | RPT | G  | Y  |   |
| 2019-12-15 | 2200 | <b>Food Safari</b>                   | Brazilian Safari                            | Food Safari is an enticing blend of exotic food with down to earth practicality. Tonight Maeve O'Meara explores the flavour, texture and complexity of Brazilian food.                                  | AUSTRALIA      | English-100 | RPT | G  | Y  |   |
| 2019-12-15 | 2230 | <b>Spirited Traveller</b>            | Rajasthan                                   | For his fill of India's best local brews, Kiran Jethwa has come to Rajasthan, a state with a history as vibrant as its landscape.   | INDIA          | English-100 |     |    | PG |   |
| 2019-12-15 | 2300 | <b>Spirited Traveller</b>            | Bengaluru                                   | You cannot know India's drink culture until you visit this city of mega multinationals and start-up dreams. Kiran is on the prowl for Bengaluru's authentic drinks, from pubs to carts.                 | INDIA          | English-100 |     |    | PG |   |
| 2019-12-15 | 2330 | <b>A Gondola On The Murray</b>       | Gondola On The Murray Series 2 Ep 1         | Spring in Mildura is the season when the gardens are at their colourful best. It's also the time when the grapes are budding on the vines, which causes Stefano to wonder about new varieties of wines. | AUSTRALIA      | English-100 |     |    |    |   |
| 2019-12-15 | 2400 | <b>A Gondola On The Murray</b>       | Gondola On The Murray Series 2 Ep 2         | The Mildura Wine and Jazz Festival takes place in early summer when the weather is perfect for eating and drinking and listening to jazz outdoors or on a paddle steamer along the Murray River.        | AUSTRALIA      | English-100 |     |    |    |   |
| 2019-12-15 | 2430 | <b>Rick Stein's Taste Of The Sea</b> | Rick Stein's Taste Of The Sea Series 1 Ep 3 | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.           | UNITED KINGDOM | English-100 |     |    | G  |   |
| 2019-12-15 | 2500 | <b>Rick Stein's Taste Of The Sea</b> | Rick Stein's Taste Of The Sea Series 1 Ep 4 | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.           | UNITED KINGDOM | English-100 |     |    | G  |   |
| 2019-12-15 | 2530 | <b>Ainsley Eats The Streets</b>      | Osaka                                       | Ainsley's world tour moves on to Osaka, Japan, birthplace of the sushi conveyor belt and the pot noodle. Ainsley prepares local pancake delicacy okonomiyaki, oyster tempura and udon noodles.          | UNITED KINGDOM | English-100 | RPT | G  | Y  | Y |
| 2019-12-15 | 2630 | <b>The Great Australian Cookbook</b> | Great Australian Cookbook Series 1, The     | Matt Stone cooks prawns and a charcoal roasted vegetable salad feast for his family, while Maggie Beer shares one of her all-time favourite recipes - chocolate, pear and almond tart.                  | AUSTRALIA      | English-100 |     |    |    |   |
| 2019-12-15 | 2700 | <b>Luke Nguyen's Railway Vietnam</b> | Luke Nguyen's Railway Vietnam Series 1 Ep 3 | Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline.               |                |             | RPT | PG | Y  | Y |
| 2019-12-15 | 2730 | <b>Food Safari</b>                   | Sri Lankan Safari                           | Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.  | AUSTRALIA      | English-100 | RPT | G  | Y  |   |
| 2019-12-15 | 2800 | <b>Food Safari</b>                   | Brazilian Safari                            | Food Safari is an enticing blend of exotic food with down to earth practicality. Tonight Maeve O'Meara explores the flavour, texture and complexity of Brazilian food.                                  | AUSTRALIA      | English-100 | RPT | G  | Y  |   |
| 2019-12-15 | 2830 | <b>Spirited Traveller</b>            | Rajasthan                                   | For his fill of India's best local brews, Kiran Jethwa has come to Rajasthan, a state with a history as vibrant as its landscape.   | INDIA          | English-100 |     |    | PG |   |
| 2019-12-16 | 0500 | <b>Spirited Traveller</b>            | Bengaluru                                   | You cannot know India's drink culture until you visit this city of mega multinationals and start-up dreams. Kiran is on the prowl for Bengaluru's authentic drinks, from pubs to carts.                 | INDIA          | English-100 |     |    | PG |   |
| 2019-12-16 | 0530 | <b>The Travelling Chef</b>           | Travelling Chef Series 2, The Ep 1          | In this episode, Brett travels to the exotic island resort of Pangkor Laut, Malaysia. Here he's invited to cook with head chef Firdaus, to learn his famous recipe, curried fish in bamboo.             | NEW ZEALAND    | English-100 |     |    | G  |   |
| 2019-12-16 | 0600 | <b>The Travelling Chef</b>           | Travelling Chef Series 2, The Ep 2          | In this episode, Brett travels to the Thai northern city of Chiang Mai in search of the spirit of the north. He learns to be an elephant handler for a day.   | NEW ZEALAND    | English-100 |     |    | PG |   |

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|------------|------|--|---|---|----------------|-------------|-----|----|--|---|---|
| 2019-12-16 | 0630 | <b>Saturday Kitchen</b>                        | Saturday Kitchen Series 3 Ep 14                 | Irish television personality, presenter and cook, Donal Skehan, takes charge of Saturday Kitchen this week with two top chefs to back him up.   | UNITED KINGDOM | English-100 |     | PG |  |   |   |
| 2019-12-16 | 0730 | <b>Donna Hay: Basics To Brilliance Kids</b>    | Orchard   | Donna and the girls, in their kitchen amidst the citrus trees, get busy making a lemony coconut and yoghurt cake. Everything can be mixed in just one bowl, so Lily and Maisie help with measuring.     | AUSTRALIA      | English-100 |     | PG |  |   |   |
| 2019-12-16 | 0800 | <b>Donna Hay: Basics To Brilliance Kids</b>    | Vegetable Garden                                | After gathering cauliflower from the vegie patch, Donna and her helpers return to their outdoor kitchen under the big shady tree. They're making everyone's favourite - mac and cheese.                 | AUSTRALIA      | English-100 |     | PG |  |   |   |
| 2019-12-16 | 0830 | <b>Poh's Kitchen</b>                           | Paris With Emmanuel Mollois                     | This episode is all about taking traditional recipes and creating something new and exciting. Poh creates one of her most beautiful desserts - rhubarb lily tart.                                       | AUSTRALIA      | English-100 | RPT | G  |  | Y |   |
| 2019-12-16 | 0900 | <b>Poh's Kitchen</b>                           | 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 |   |
| 2019-12-16 | 0930 | <b>A Gondola On The Murray</b>                 | Gondola On The Murray Series 2 Ep 1             | Spring in Mildura is the season when the gardens are at their colourful best. It's also the time when the grapes are budding on the vines, which causes Stefano to wonder about new varieties of wines. | AUSTRALIA      | English-100 |     |    |  |   |   |
| 2019-12-16 | 1000 | <b>A Gondola On The Murray</b>                 | Gondola On The Murray Series 2 Ep 2             | The Mildura Wine and Jazz Festival takes place in early summer when the weather is perfect for eating and drinking and listening to jazz outdoors or on a paddle steamer along the Murray River.        | AUSTRALIA      | English-100 |     |    |  |   |   |
| 2019-12-16 | 1030 | <b>Rick Stein's Taste Of The Sea</b>           | Rick Stein's Taste Of The Sea Series 1 Ep 3     | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.           | UNITED KINGDOM | English-100 |     | G  |  |   |   |
| 2019-12-16 | 1100 | <b>Rick Stein's Taste Of The Sea</b>           | Rick Stein's Taste Of The Sea Series 1 Ep 4     | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.           | UNITED KINGDOM | English-100 |     | G  |  |   |   |
| 2019-12-16 | 1130 | <b>Ainsley Eats The Streets</b>                | Osaka   | Ainsley's world tour moves on to Osaka, Japan, birthplace of the sushi conveyor belt and the pot noodle. Ainsley prepares local pancake delicacy okonomiyaki, oyster tempura and udon noodles.          | UNITED KINGDOM | English-100 | RPT | G  |  | Y | Y |
| 2019-12-16 | 1230 | <b>The Great Australian Cookbook</b>           | Great Australian Cookbook Series 1, The         | Matt Stone cooks prawns and a charcoal roasted vegetable salad feast for his family, while Maggie Beer shares one of her all-time favourite recipes - chocolate, pear and almond tart.                  | AUSTRALIA      | English-100 |     |    |  |   |   |
| 2019-12-16 | 1300 | <b>Luke Nguyen's Railway Vietnam</b>           | Luke Nguyen's Railway Vietnam Series 1 Ep 3     | Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline.               |                |             | RPT | PG |  | Y | Y |
| 2019-12-16 | 1330 | <b>Spirited Traveller</b>                      | Rajasthan                                       | For his fill of India's best local brews, Kiran Jethwa has come to Rajasthan, a state with a history as vibrant as its landscape.   | INDIA          | English-100 |     | PG |  |   |   |
| 2019-12-16 | 1400 | <b>Donna Hay: Fast, Fresh, Simple</b>          | Taste, Tips And Tarts                           | Donna has a cheat's version of chicken pie, where you don't have to wait around for it to cool down. She also shows how to achieve the perfect puff pastry every time.                                  | AUSTRALIA      | English-100 |     | G  |  |   |   |
| 2019-12-16 | 1430 | <b>United Plates Of America</b>                | Los Angeles - Healthy Food                      | Los Angeles is not only the centre of the world's biggest film and television industry, it is also the leader in setting trends.  | USA            | English-100 |     | PG |  |   |   |
| 2019-12-16 | 1500 | <b>Bonacini's Italy</b>                        | Tuscany   | Chef Michael Bonacini uses the fresh ingredients from rich Tuscan soil to make regional dishes like Spinach Ricotta Gnudi.  | CANADA         | English-100 |     | G  |  |   |   |
| 2019-12-16 | 1530 | <b>Rachel Allen: Coastal Cookery</b>           | Rachel Allen: Coastal Cookery Series 1 Ep 6     | Rachel collects up herbs and eggs from the farm to use in her pork schnitzel dish. She then heads into Limerick City to meet fermenting expert Val O'Connor, before cooking turbot in beer.             | UNITED KINGDOM | English-100 |     | PG |  |   |   |
| 2019-12-16 | 1600 | <b>Pati's Mexican Table</b>                    | Road Trippin' With Javier Plascencia            | Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero.                  | USA            | English-100 |     | PG |  |   |   |
| 2019-12-16 | 1630 | <b>Rachel Allen: Coastal Cookery Christmas</b> | Rachel Allen: Coastal Cookery Christmas Special | Rachel travels to Roaring Water Bay to meet Helena Hickey and her geese. Then she prepares roast goose with a traditional potato and apple stuffing.  | UNITED KINGDOM | English-100 |     |    |  |   |   |
| 2019-12-16 | 1700 | <b>Rachel Allen's Easy Meals: Xmas</b>         | Rachel Allen's Easy Meals: Xmas 2011            | Rachel reveals what the Christmas season means to her, showcasing some of her favourite recipes in a guide to stress free festive food including smoked salmon fishcakes and chocolate mousse.          | UNITED KINGDOM | English-100 |     |    |  |   |   |

|            |      |  |  |  |                |             |     |    |   |   |
|------------|------|--|--|--|----------------|-------------|-----|----|---|---|
| 2019-12-16 | 1730 | <b>Martha's Cooking School</b>                 | Braising   | Martha explores braising, the technique behind so many iconic dishes. Osso Buco is an Italian specialty and a perfect example of how a less tender cut of meat can be transformed into a delicious dish. | USA            | English-100 |     | PG |   |   |
| 2019-12-16 | 1800 | <b>The Cook And The Chef</b>                   | Brunch   | Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.                                 | AUSTRALIA      | English-100 |     | G  |   |   |
| 2019-12-16 | 1830 | <b>The Cook And The Chef</b>                   | Late Summer Lunch, A                             | Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.  | AUSTRALIA      | English-100 |     | G  |   |   |
| 2019-12-16 | 1900 | <b>Nigella Express</b>                         | Storecupboard SOS                                | This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.            | UNITED KINGDOM | English-100 | RPT | G  |   | Y |
| 2019-12-16 | 1930 | <b>My Greek Table With Diane Kochilas</b>      | Athens Rising                                    | In Diane's adopted city of Athens, the food scene has everything to offer, from mouthwatering souvlaki to Michelin-starred haute Greek.  | USA            | English-100 |     | PG |   |   |
| 2019-12-16 | 2000 | <b>Rachel Allen: Sweet Christmas</b>           | Rachel Allen: All Things Sweet Christmas Special | This festive edition of All Things Sweet has the much-loved cook and broadcaster, Rachel Allen, showcasing delicious recipes as well as passing on tips to help viewers create these treats themselves.  | UNITED KINGDOM | English-100 |     | G  |   |   |
| 2019-12-16 | 2030 | <b>Two Greedy Italians</b>                     | Saints And Miracles                              | Religious sceptic Antonio and fanatical believer Gennaro eat their way along a culinary pilgrimage through Puglia's monasteries, holy shrines and festivals.   | UNITED KINGDOM | English-100 | RPT | PG | Y | Y |
| 2019-12-16 | 2135 | <b>Anthony Bourdain: Parts Unknown</b>         | Los Angeles                                      | An alternative tour of Los Angeles by Bourdain focuses on the impact and contributions of its less photographed and often overlooked Latino communities.   | USA            | English-100 |     |    |   |   |
| 2019-12-16 | 2235 | <b>The Cook And The Chef</b>                   | Brunch   | Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.                                 | AUSTRALIA      | English-100 |     | G  |   |   |
| 2019-12-16 | 2305 | <b>The Cook And The Chef</b>                   | Late Summer Lunch, A                             | Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.  | AUSTRALIA      | English-100 |     | G  |   |   |
| 2019-12-16 | 2335 | <b>Masterchef: The Professionals</b>           | Masterchef: The Professionals Series 7 Ep 6      | It's quarter-final day. The chefs' first challenge is the Invention Test - this one will push them to their limits.  | UNITED KINGDOM | English-100 |     | G  |   |   |
| 2019-12-16 | 2440 | <b>Nigella Express</b>                         | Storecupboard SOS                                | This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.            | UNITED KINGDOM | English-100 | RPT | G  |   | Y |
| 2019-12-16 | 2510 | <b>Martha's Cooking School</b>                 | Braising   | Martha explores braising, the technique behind so many iconic dishes. Osso Buco is an Italian specialty and a perfect example of how a less tender cut of meat can be transformed into a delicious dish. | USA            | English-100 |     | PG |   |   |
| 2019-12-16 | 2540 | <b>Dinner Date</b>                             | Dinner Date Series 8 Ep 12                       | 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 |     | PG |   |   |
| 2019-12-16 | 2630 | <b>Rachel Allen: Coastal Cookery Christmas</b> | Rachel Allen: Coastal Cookery Christmas Special  | Rachel travels to Roaring Water Bay to meet Helena Hickey and her geese. Then she prepares roast goose with a traditional potato and apple stuffing.   | UNITED KINGDOM | English-100 |     |    |   |   |
| 2019-12-16 | 2700 | <b>Rachel Allen's Easy Meals: Xmas</b>         | Rachel Allen's Easy Meals: Xmas 2011             | Rachel reveals what the Christmas season means to her, showcasing some of her favourite recipes in a guide to stress free festive food including smoked salmon fishcakes and chocolate mousse.           | UNITED KINGDOM | English-100 |     |    |   |   |
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| 2019-12-16 | 2830 | <b>Rachel Allen: Coastal Cookery</b>           | Rachel Allen: Coastal Cookery Series 1 Ep 6      | Rachel collects up herbs and eggs from the farm to use in her pork schnitzel dish. She then heads into Limerick City to meet fermenting expert Val O'Connor, before cooking turbot in beer.              | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2019-12-17 | 0500 | <b>Pat's Mexican Table</b>                     | Road Trippin' With Javier Plascencia             | Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero.                   | USA            | English-100 |     | PG |   |   |
| 2019-12-17 | 0530 | <b>Martha's Cooking School</b>                 | Braising   | Martha explores braising, the technique behind so many iconic dishes. Osso Buco is an Italian specialty and a perfect example of how a less tender cut of meat can be transformed into a delicious dish. | USA            | English-100 |     | PG |   |   |
| 2019-12-17 | 0600 | <b>The Cook And The Chef</b>                   | Brunch   | Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try.                                 | AUSTRALIA      | English-100 |     | G  |   |   |
| 2019-12-17 | 0630 | <b>The Cook And The Chef</b>                   | Late Summer Lunch, A                             | Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.  | AUSTRALIA      | English-100 |     | G  |   |   |
| 2019-12-17 | 0700 | <b>Nigella Express</b>                         | Storecupboard SOS                                | This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.            | UNITED KINGDOM | English-100 | RPT | G  |   | Y |



|            |      |   |   |  |                |             |     |    |   |   |
|------------|------|---|---|--|----------------|-------------|-----|----|---|---|
| 2019-12-17 | 2235 | <b>The Cook And The Chef</b>                  | Dinner Party For 6                          | Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.                      | AUSTRALIA      | English-100 |     | PG |   |   |
| 2019-12-17 | 2305 | <b>The Cook And The Chef</b>                  | Party For 20                                | Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.                                | AUSTRALIA      | English-100 |     | G  |   |   |
| 2019-12-17 | 2335 | <b>Masterchef: The Professionals</b>          | Masterchef: The Professionals Series 7 Ep 7 | It's the third week of the heats, and five ambitious chefs from across the country begin their bid for the title with the first challenge - the Signature Dish Test.                               | UNITED KINGDOM | English-100 |     | G  |   |   |
| 2019-12-17 | 2440 | <b>Nigella Express</b>                        | Speedy Gonzalez                             | It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.  | UNITED KINGDOM | English-100 | RPT | G  | Y |   |
| 2019-12-17 | 2510 | <b>Martha's Cooking School</b>                | Rice  | One of the most popular starches, rice can be transformed from plain to extraordinary in a variety of ways, including Martha's fabulous paella.  | USA            | English-100 |     | PG |   |   |
| 2019-12-17 | 2540 | <b>Dinner Date</b>                            | Dinner Date Series 8 Ep 13                  | 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 |     | PG |   |   |
| 2019-12-17 | 2630 | <b>Heston's Feasts</b>                        | Christmas                                   | Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu.  | UNITED KINGDOM | English-100 | RPT | PG | Y | Y |
| 2019-12-17 | 2730 | <b>United Plates Of America</b>               | San Francisco - Vietnamese Food             | After the Vietnam War ended in 1975, many Vietnamese people migrated to California, much of them settling in San Francisco. In this episode we meet several Vietnamese immigrants.                 | USA            | English-100 |     | PG |   | Y |
| 2019-12-17 | 2800 | <b>Bonacini's Italy</b>                       | Le Marche                                   | Celebrity chef Michael Bonacini explores classic dishes from the central Italian region, Le Marche.  | CANADA         | English-100 |     | G  |   |   |
| 2019-12-17 | 2830 | <b>Rachel Allen: Coastal Cookery</b>          | Rachel Allen: Coastal Cookery Series 1 Ep 7 | Rachel heads into the mountainous limestone pavement of The Burren where she meets Sadie whose perfumes are inspired by the landscape. Rachel creates a tarragon mayonnaise to reflect the scent.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2019-12-18 | 0500 | <b>Pati's Mexican Table</b>                   | Godmonth Of Cabo Cuisine, The               | Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area.   | USA            | English-100 |     | PG |   | Y |
| 2019-12-18 | 0530 | <b>Martha's Cooking School</b>                | Rice  | One of the most popular starches, rice can be transformed from plain to extraordinary in a variety of ways, including Martha's fabulous paella.  | USA            | English-100 |     | PG |   |   |
| 2019-12-18 | 0600 | <b>The Cook And The Chef</b>                  | Dinner Party For 6                          | Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.                      | AUSTRALIA      | English-100 |     | PG |   |   |
| 2019-12-18 | 0630 | <b>The Cook And The Chef</b>                  | Party For 20                                | Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.                                | AUSTRALIA      | English-100 |     | G  |   |   |
| 2019-12-18 | 0700 | <b>Nigella Express</b>                        | Speedy Gonzalez                             | It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.  | UNITED KINGDOM | English-100 | RPT | G  | Y |   |
| 2019-12-18 | 0730 | <b>The Hairy Bikers' Food Tour Of Britain</b> | Argyll And Bute                             | Si and Dave explore Argyll and Bute where they cook a traditional county favourite in Tarbet. They also go fishing for langoustines.   | UNITED KINGDOM | English-100 | RPT | G  |   |   |
| 2019-12-18 | 0830 | <b>Rick Stein's Food Heroes</b>               | 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  |   |   |
| 2019-12-18 | 0900 | <b>Rick Stein's Food Heroes</b>               | 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 |   |   |
| 2019-12-18 | 0935 | <b>Anthony Bourdain: Parts Unknown</b>        | San Sebastian                               | Bourdain visits the coastal city of San Sebastian in the Basque Country, famous for its spectacular views and incomparable fresh seafood.  | USA            | English-100 |     |    |   |   |
| 2019-12-18 | 1035 | <b>Masterchef: The Professionals</b>          | Masterchef: The Professionals Series 7 Ep 7 | It's the third week of the heats, and five ambitious chefs from across the country begin their bid for the title with the first challenge - the Signature Dish Test.                               | UNITED KINGDOM | English-100 |     | G  |   |   |
| 2019-12-18 | 1140 | <b>Heston's Feasts</b>                        | Christmas                                   | Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu.  | UNITED KINGDOM | English-100 | RPT | PG | Y | Y |
| 2019-12-18 | 1230 | <b>Martha's Cooking School</b>                | Rice  | One of the most popular starches, rice can be transformed from plain to extraordinary in a variety of ways, including Martha's fabulous paella.  | USA            | English-100 |     | PG |   |   |
| 2019-12-18 | 1300 | <b>The Cook And The Chef</b>                  | Dinner Party For 6                          | Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.                      | AUSTRALIA      | English-100 |     | PG |   |   |
| 2019-12-18 | 1330 | <b>The Cook And The Chef</b>                  | Party For 20                                | Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.                                | AUSTRALIA      | English-100 |     | G  |   |   |

|            |      |  |  |   |                |                         |     |    |  |   |
|------------|------|--|--|---|----------------|-------------------------|-----|----|--|---|
| 2019-12-18 | 1400 | <b>Donna Hay: Fast, Fresh, Simple</b>              | Cheat Eats                                       | Donna likes to keep her weekends relaxed and low key, and shares with us her slow cooked balsamic vinegar garlic lamb followed by cheat chocolate fondant.  | AUSTRALIA      | English-100             |     | G  |  |   |
| 2019-12-18 | 1430 | <b>United Plates Of America</b>                    | Chicago - Italian Food                           | No other cuisine has had such an impact on modern dishes then Italians. Italians arrived here in droves and got straight to work. They are now loved by all, but it wasn't always that way.             | USA            | English-100             |     | PG |  |   |
| 2019-12-18 | 1500 | <b>Bonacini's Italy</b>                            | Abruzzo  | The secluded region of Abruzzo makes for unique Italian cuisine. Chef Michael Bonacini shows us diverse regional recipes like Rolled Meat Crepes.   | CANADA         | English-100             |     | G  |  |   |
| 2019-12-18 | 1530 | <b>Rachel Allen: Coastal Cookery Series 1 Ep 8</b> | Rachel Allen: Coastal Cookery Series 1 Ep 8      | Rachel meets brothers Diarmud and Michael Kelly in Kilcolgan to collect oysters in the bay. Rachel lends a hand and sees champion oyster shucker Michael in action.                                     | UNITED KINGDOM | English-100             |     | PG |  |   |
| 2019-12-18 | 1600 | <b>Pati's Mexican Table</b>                        | Los Cabos By Land And Sea                        | Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest seafood all of Los Cabos has to offer. Pati grills up her catch-of-the-day with Chef Guillermo Gomez.        | USA            | English-100             |     | PG |  |   |
| 2019-12-18 | 1630 | <b>Maggie Beer's Christmas Special</b>             | Maggie Beer's Christmas Special                  | To celebrate the festive season, Maggie Beer invites special guests to her beautiful Barossa Valley property, for the ultimate Australian Christmas Feast.  | AUSTRALIA      | English-100             |     |    |  |   |
| 2019-12-18 | 1700 | <b>Rachel Allen: Sweet Christmas</b>               | Rachel Allen: All Things Sweet Christmas Special | This festive edition of All Things Sweet has the much-loved cook and broadcaster, Rachel Allen, showcasing delicious recipes as well as passing on tips to help viewers create these treats themselves. | UNITED KINGDOM | English-100             |     | G  |  |   |
| 2019-12-18 | 1730 | <b>Martha's Cooking School</b>                     | Vegetables                                       | Martha shows how to make four extremely tasty dishes using vegetables that may not be in everyone's regular rotation - steamed artichokes, braised leeks, fried okra, and whole roasted garlic.         | USA            | English-100             |     | PG |  |   |
| 2019-12-18 | 1800 | <b>The Cook And The Chef</b>                       | Luscious Lunch, A                                | The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.                                       | AUSTRALIA      | English-100             |     | PG |  |   |
| 2019-12-18 | 1830 | <b>The Cook And The Chef</b>                       | Pizzas   | Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.                       | AUSTRALIA      | English-100             |     | PG |  |   |
| 2019-12-18 | 1900 | <b>Nigella Express</b>                             | Quick Quick Slow                                 | Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.            | UNITED KINGDOM | English-100             | RPT | G  |  | Y |
| 2019-12-18 | 1930 | <b>Delicacy Hunter</b>                             | Turpan   | Turpan, nicknamed the world's sweetest city, is the next leg of Jamie's culinary journey. After lending a hand at a vineyard, he learns what makes Turpan grapes so highly prized.                      | SINGAPORE      | English-50; Mandarin-50 |     | PG |  | Y |
| 2019-12-18 | 2000 | <b>Delicacy Hunter</b>                             | Urumqi   | Jamie is at his last stop on the silk road journey, Urumqi, the capital of Xinjiang. He spends time with Kazakh friends in the mountains where he tries Kazakh horsemeat to Uyghur baked buns.          | SINGAPORE      | English-50; Mandarin-50 |     | PG |  | Y |
| 2019-12-18 | 2030 | <b>Remarkable Places To Eat</b>                    | Edinburgh  | Tom Kerridge is taking Fred to Edinburgh, a City that's home to one of the UK's most vibrant food scenes.   | UNITED KINGDOM | English-100             | RPT | PG |  | Y |
| 2019-12-18 | 2130 | <b>Anthony Bourdain: Parts Unknown</b>             | Laos   | The rich sensory experience of Laos with its enchanting scenery, distinctive aromas, and exceptional food are explored in Bourdain's trip to this Southeast Asian country.                              | USA            | English-100             |     |    |  |   |
| 2019-12-18 | 2230 | <b>The Cook And The Chef</b>                       | Luscious Lunch, A                                | The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.                                       | AUSTRALIA      | English-100             |     | PG |  |   |
| 2019-12-18 | 2300 | <b>The Cook And The Chef</b>                       | Pizzas   | Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.                       | AUSTRALIA      | English-100             |     | PG |  |   |
| 2019-12-18 | 2330 | <b>Masterchef: The Professionals Series 7 Ep 8</b> | Masterchef: The Professionals Series 7 Ep 8      | Five more ambitious chefs from across the country begin their bid to be crowned Professional MasterChef by facing three daunting tests.   | UNITED KINGDOM | English-100             |     | G  |  |   |
| 2019-12-18 | 2435 | <b>Nigella Express</b>                             | Quick Quick Slow                                 | Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.            | UNITED KINGDOM | English-100             | RPT | G  |  | Y |
| 2019-12-18 | 2505 | <b>Martha's Cooking School</b>                     | Vegetables                                       | Martha shows how to make four extremely tasty dishes using vegetables that may not be in everyone's regular rotation - steamed artichokes, braised leeks, fried okra, and whole roasted garlic.         | USA            | English-100             |     | PG |  |   |
| 2019-12-18 | 2535 | <b>Dinner Date</b>                                 | Dinner Date Series 8 Ep 14                       | 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             |     | PG |  |   |
| 2019-12-18 | 2630 | <b>Maggie Beer's Christmas Special</b>             | Maggie Beer's Christmas Special                  | To celebrate the festive season, Maggie Beer invites special guests to her beautiful Barossa Valley property, for the ultimate Australian Christmas Feast.  | AUSTRALIA      | English-100             |     |    |  |   |
| 2019-12-18 | 2700 | <b>Rachel Allen: Sweet Christmas</b>               | Rachel Allen: All Things Sweet Christmas Special | This festive edition of Rachel Allen: All Things Sweet has the much-loved cook and broadcaster showcasing delicious recipes as well as passing on tips to help viewers create these treats themselves.  | UNITED KINGDOM | English-100             |     | G  |  |   |
| 2019-12-18 | 2730 | <b>United Plates Of America</b>                    | Chicago - Italian Food                           | No other cuisine has had such an impact on modern dishes then Italians. Italians arrived here in droves and got straight to work. They are now loved by all, but it wasn't always that way.             | USA            | English-100             |     | PG |  |   |
| 2019-12-18 | 2800 | <b>Bonacini's Italy</b>                            | Abruzzo  | The secluded region of Abruzzo makes for unique Italian cuisine. Chef Michael Bonacini shows us diverse regional recipes like Rolled Meat Crepes.   | CANADA         | English-100             |     | G  |  |   |

|            |      |  |  |   |                |                            |     |    |   |
|------------|------|--|--|---|----------------|----------------------------|-----|----|---|
| 2019-12-18 | 2830 | <b>Rachel Allen: Coastal Cookery</b>   | Rachel Allen: Coastal Cookery Series 1 Ep 8      | Rachel meets brothers Diarmud and Michael Kelly in Kilcolgan to collect oysters in the bay. Rachel lends a hand and sees champion oyster shucker Michael in action.                                     | UNITED KINGDOM | English-100                |     | PG |   |
| 2019-12-19 | 0500 | <b>Pati's Mexican Table</b>            | Los Cabos By Land And Sea                        | Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest seafood all of Los Cabos has to offer. Pati grills up her catch-of-the-day with Chef Guillermo Gomez.        | USA            | English-100                |     | PG |   |
| 2019-12-19 | 0530 | <b>Martha's Cooking School</b>         | Vegetables                                       | Martha shows how to make four extremely tasty dishes using vegetables that may not be in everyone's regular rotation - steamed artichokes, braised leeks, fried okra, and whole roasted garlic.         | USA            | English-100                |     | PG |   |
| 2019-12-19 | 0600 | <b>The Cook And The Chef</b>           | Luscious Lunch, A                                | The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.                                       | AUSTRALIA      | English-100                |     | PG |   |
| 2019-12-19 | 0630 | <b>The Cook And The Chef</b>           | Pizzas   | Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.                       | AUSTRALIA      | English-100                |     | PG |   |
| 2019-12-19 | 0700 | <b>Nigella Express</b>                 | Quick Quick Slow                                 | Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.            | UNITED KINGDOM | English-100                | RPT | G  | Y |
| 2019-12-19 | 0730 | <b>Delicacy Hunter</b>                 | Turpan   | Turpan, nicknamed the world's sweetest city, is the next leg of Jamie's culinary journey. After lending a hand at a vineyard, he learns what makes Turpan grapes so highly prized.                      | SINGAPORE      | English-50;<br>Mandarin-50 |     | PG | Y |
| 2019-12-19 | 0800 | <b>Delicacy Hunter</b>                 | Urumqi   | Jamie is at his last stop on the silk road journey, Urumqi, the capital of Xinjiang. He spends time with Kazakh friends in the mountains where he tries Kazakh horsemeat to Uyghur baked buns.          | SINGAPORE      | English-50;<br>Mandarin-50 |     | PG | Y |
| 2019-12-19 | 0830 | <b>Remarkable Places To Eat</b>        | Edinburgh  | Tom Kerridge is taking Fred to Edinburgh, a City that's home to one of the UK's most vibrant food scenes.   | UNITED KINGDOM | English-100                | RPT | PG | Y |
| 2019-12-19 | 0930 | <b>Anthony Bourdain: Parts Unknown</b> | Laos   | The rich sensory experience of Laos with its enchanting scenery, distinctive aromas, and exceptional food are explored in Bourdain's trip to this Southeast Asian country.                              | USA            | English-100                |     |    |   |
| 2019-12-19 | 1030 | <b>Masterchef: The Professionals</b>   | Masterchef: The Professionals Series 7 Ep 8      | Five more ambitious chefs from across the country begin their bid to be crowned Professional MasterChef by facing three daunting tests.   | UNITED KINGDOM | English-100                |     | G  |   |
| 2019-12-19 | 1135 | <b>Maggie Beer's Christmas Special</b> | Maggie Beer's Christmas Special                  | To celebrate the festive season, Maggie Beer invites special guests to her beautiful Barossa Valley property, for the ultimate Australian Christmas Feast.  | AUSTRALIA      | English-100                |     |    |   |
| 2019-12-19 | 1205 | <b>Rachel Allen: Sweet Christmas</b>   | Rachel Allen: All Things Sweet Christmas Special | This festive edition of Rachel Allen: All Things Sweet has the much-loved cook and broadcaster showcasing delicious recipes as well as passing on tips to help viewers create these treats themselves.  | UNITED KINGDOM | English-100                |     | G  |   |
| 2019-12-19 | 1230 | <b>Martha's Cooking School</b>         | Vegetables                                       | Martha shows how to make four extremely tasty dishes using vegetables that may not be in everyone's regular rotation - steamed artichokes, braised leeks, fried okra, and whole roasted garlic.         | USA            | English-100                |     | PG |   |
| 2019-12-19 | 1300 | <b>The Cook And The Chef</b>           | Luscious Lunch, A                                | The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.                                       | AUSTRALIA      | English-100                |     | PG |   |
| 2019-12-19 | 1330 | <b>The Cook And The Chef</b>           | Pizzas   | Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.                       | AUSTRALIA      | English-100                |     | PG |   |
| 2019-12-19 | 1400 | <b>Donna Hay: Fast, Fresh, Simple</b>  | Dinners Updated                                  | Donna has her own take on steak and mash, its called seared beef with garlic white Beans - its so much easier, no peeling potatoes, no boiling, no mashing, all you need is a can of white beans.       | AUSTRALIA      | English-100                |     | PG |   |
| 2019-12-19 | 1430 | <b>United Plates Of America</b>        | St Louis - Bosnian Food                          | Believe it or not there are over 70,000 Bosnian people who migrated to St Louis during the Bosnian war. They love their new country but they have brought some customs that might seem a bit different. | USA            | English-100                |     | PG |   |
| 2019-12-19 | 1500 | <b>Bonacini's Italy</b>                | Puglia   | Host Michael Bonacini makes Apulian classics like Artichoke Cheese Panzerotti.  | CANADA         | English-100                |     | G  |   |
| 2019-12-19 | 1530 | <b>Rachel Allen: Coastal Cookery</b>   | Rachel Allen: Coastal Cookery Series 1 Ep 9      | Rachel's visits Killary Fjord and meets Simon, a rope mussel farmer, and helps to haul in some mussels. Rachel also journeys to Rossaveal to a very unusual farm by the sea that breeds sea cucumbers.  | UNITED KINGDOM | English-100                |     | PG |   |
| 2019-12-19 | 1600 | <b>Pati's Mexican Table</b>            | New York   | Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House, a non-profit culinary arts organisation in New York City.  | USA            | English-100                |     | PG |   |
| 2019-12-19 | 1630 | <b>Poh's Kitchen Christmas Special</b> | Poh's Kitchen Christmas Special                  | Poh Ling Yeow loves to cook and it's time for her to take on Christmas food. Her early years were spent in a country that doesn't celebrate Christmas.  | AUSTRALIA      | English-100                | RPT | G  | Y |
| 2019-12-19 | 1700 | <b>Poh's Kitchen</b>                   | Joyeux Noel With Emmanuel Mollois                | In the season finale, Poh and chef Emmanuel Mollois get caught up in the Christmas spirit when they prepare two delicious Yuletide desserts.  | AUSTRALIA      | English-100                | RPT | G  | Y |
| 2019-12-19 | 1730 | <b>Martha's Cooking School</b>         | Grains   | There are infinite ways to prepare grains. Martha shares three of her favourites including mushroom barley soup, couscous royale, and grits with broiled tomatoes, bubbly cheddar cheese and bacon.     | USA            | English-100                |     | PG |   |
| 2019-12-19 | 1800 | <b>The Cook And The Chef</b>           | Easter In Cooking                                | It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.         | AUSTRALIA      | English-100                |     | G  |   |



|            |      |  |   |  |                |             |     |    |   |
|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2019-12-19 | 1830 | <b>The Cook And The Chef</b>           | Cooking With Kids                           | School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.                 | AUSTRALIA      | English-100 |     | G  |   |
| 2019-12-19 | 1900 | <b>Nigella Express</b>                 | Retro Rapido                                | Nigella's going back in time to give her favourite retro recipes the express treatment. For her school and university friend it's cheese fondue followed by cherry cheesecake.                           | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2019-12-19 | 1930 | <b>Donna Hay: Fast, Fresh, Simple</b>  | Modern Flavours                             | Some flavour combinations just really work together, and quince lamb with blue cheese polenta is one of those classic combinations. And who doesn't love pavlova? Donna shares her easy recipes.         | AUSTRALIA      | English-100 |     | PG |   |
| 2019-12-19 | 2000 | <b>Asia Unplated With Diana Chan</b>   | Vietnamese                                  | The series is off to an energetic start as Diana delves into the vibrant flavours of Vietnamese cooking. With the expertise of her flatmate Khanh Ong, the pair create Kem Chuoi - beef in betel leaves. | AUSTRALIA      | English-100 |     | PG |   |
| 2019-12-19 | 2030 | <b>Loving Gluten Free</b>              | Loving Gluten Free Series 1 Ep 10           | Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta also shares a recipe.                 |                |             |     | PG |   |
| 2019-12-19 | 2100 | <b>Delia's How To Cook</b>             | Chocolate                                   | Surely a food from heaven, chocolate tastes divine and even mimics the sensation of being in love. No wonder everyone adores it.   | UNITED KINGDOM | English-100 |     | G  |   |
| 2019-12-19 | 2130 | <b>Anthony Bourdain: Parts Unknown</b> | Queens                                      | Bourdain discovers a hub of international cuisines and cultures in the New York City Borough of Queens.  | USA            | English-100 |     |    |   |
| 2019-12-19 | 2230 | <b>The Cook And The Chef</b>           | Easter In Cooking                           | It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.          | AUSTRALIA      | English-100 |     | G  |   |
| 2019-12-19 | 2300 | <b>The Cook And The Chef</b>           | Cooking With Kids                           | School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.                 | AUSTRALIA      | English-100 |     | G  |   |
| 2019-12-19 | 2330 | <b>Masterchef: The Professionals</b>   | Masterchef: The Professionals Series 7 Ep 9 | The week's best chefs return for the quarter-finals and this is where the battle really begins. Their first challenge is an Invention Test - but this one has a twist.                                   | UNITED KINGDOM | English-100 |     | G  |   |
| 2019-12-19 | 2435 | <b>Nigella Express</b>                 | Retro Rapido                                | Nigella's going back in time to give her favourite retro recipes the express treatment. For her school and university friend it's cheese fondue followed by cherry cheesecake.                           | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2019-12-19 | 2505 | <b>Martha's Cooking School</b>         | Grains                                      | There are infinite ways to prepare grains. Martha shares three of her favourites including mushroom barley soup, couscous royale, and grits with broiled tomatoes, bubbly cheddar cheese and bacon.      | USA            | English-100 |     | PG |   |
| 2019-12-19 | 2535 | <b>Dinner Date</b>                     | Dinner Date Series 8 Ep 15                  | 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 |     | PG |   |
| 2019-12-19 | 2630 | <b>Poh's Kitchen Christmas Special</b> | Poh's Kitchen Christmas Special             | Poh Ling Yeow loves to cook and it's time for her to take on Christmas food. Her early years were spent in a country that doesn't celebrate Christmas.   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2019-12-19 | 2700 | <b>Poh's Kitchen</b>                   | Joyeux Noel With Emmanuel Mollois           | In the season finale, Poh and chef Emmanuel Mollois get caught up in the Christmas spirit when they prepare two delicious Yuletide desserts.   | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2019-12-19 | 2730 | <b>United Plates Of America</b>        | St Louis - Bosnian Food                     | Believe it or not there are over 70,000 Bosnian people who migrated to St Louis during the Bosnian war. They love their new country but they have brought some customs that might seem a bit different.  | USA            | English-100 |     | PG |   |
| 2019-12-19 | 2800 | <b>Bonacini's Italy</b>                | Puglia                                      | Host Michael Bonacini makes Apulian classics like Artichoke Cheese Panzerotti.   | CANADA         | English-100 |     | G  |   |
| 2019-12-19 | 2830 | <b>Rachel Allen: Coastal Cookery</b>   | Rachel Allen: Coastal Cookery Series 1 Ep 9 | Rachel's visits Killary Fjord and meets Simon, a rope mussel farmer, and helps to haul in some mussels. Rachel also journeys to Rossaveal to a very unusual farm by the sea that breeds sea cucumbers.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2019-12-20 | 0500 | <b>Pat's Mexican Table</b>             | New York                                    | Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House, a non-profit culinary arts organisation in New York City.   | USA            | English-100 |     | PG |   |
| 2019-12-20 | 0530 | <b>Martha's Cooking School</b>         | Grains                                      | There are infinite ways to prepare grains. Martha shares three of her favourites including mushroom barley soup, couscous royale, and grits with broiled tomatoes, bubbly cheddar cheese and bacon.      | USA            | English-100 |     | PG |   |
| 2019-12-20 | 0600 | <b>The Cook And The Chef</b>           | Easter In Cooking                           | It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.          | AUSTRALIA      | English-100 |     | G  |   |
| 2019-12-20 | 0630 | <b>The Cook And The Chef</b>           | Cooking With Kids                           | School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.                 | AUSTRALIA      | English-100 |     | G  |   |
| 2019-12-20 | 0700 | <b>Nigella Express</b>                 | Retro Rapido                                | Nigella's going back in time to give her favourite retro recipes the express treatment. For her school and university friend it's cheese fondue followed by cherry cheesecake.                           | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2019-12-20 | 0730 | <b>Donna Hay: Fast, Fresh, Simple</b>  | Modern Flavours                             | Some flavour combinations just really work together, and quince lamb with blue cheese polenta is one of those classic combinations. And who doesn't love pavlova? Donna shares her easy recipes.         | AUSTRALIA      | English-100 |     | PG |   |
| 2019-12-20 | 0800 | <b>Asia Unplated With Diana Chan</b>   | Vietnamese                                  | The series is off to an energetic start as Diana delves into the vibrant flavours of Vietnamese cooking. With the expertise of her flatmate Khanh Ong, the pair create Kem Chuoi - beef in betel leaves. | AUSTRALIA      | English-100 |     | PG |   |

|            |      |  |  |  |  |                |             |     |  |     |
|------------|------|--|--|--|--|----------------|-------------|-----|--|-----|
| 2019-12-20 | 0830 | <b>Loving Gluten Free</b>                  | Loving Gluten Free Series 1 Ep 10            | Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balabosta also shares a recipe.                  |  |                |             |     |  | PG  |
| 2019-12-20 | 0900 | <b>Delia's How To Cook</b>                 | Chocolate                                    | Surely a food from heaven, chocolate tastes divine and even mimics the sensation of being in love. No wonder everyone adores it.   |  | UNITED KINGDOM | English-100 |     |  | G   |
| 2019-12-20 | 0930 | <b>Anthony Bourdain: Parts Unknown</b>     | Queens                                       | Bourdain discovers a hub of international cuisines and cultures in the New York City Borough of Queens.  |  | USA            | English-100 |     |  |     |
| 2019-12-20 | 1030 | <b>Masterchef: The Professionals</b>       | Masterchef: The Professionals Series 7 Ep 9  | The week's best chefs return for the quarter-finals and this is where the battle really begins. Their first challenge is an Invention Test - but this one has a twist.                                   |  | UNITED KINGDOM | English-100 |     |  | G   |
| 2019-12-20 | 1135 | <b>Poh's Kitchen Christmas Special</b>     | Poh's Kitchen Christmas Special              | Poh Ling Yeow loves to cook and it's time for her to take on Christmas food. Her early years were spent in a country that doesn't celebrate Christmas.   |  | AUSTRALIA      | English-100 | RPT |  | G Y |
| 2019-12-20 | 1205 | <b>Poh's Kitchen</b>                       | Joyeux Noel With Emmanuel Mollois            | In the season finale, Poh and chef Emmanuel Mollois get caught up in the Christmas spirit when they prepare two delicious Yuletide desserts.   |  | AUSTRALIA      | English-100 | RPT |  | G Y |
| 2019-12-20 | 1235 | <b>Martha's Cooking School</b>             | Grains                                       | There are infinite ways to prepare grains. Martha shares three of her favourites including mushroom barley soup, couscous royale, and grits with broiled tomatoes, bubbly cheddar cheese and bacon.      |  | USA            | English-100 |     |  | PG  |
| 2019-12-20 | 1300 | <b>The Cook And The Chef</b>               | Easter In Cooking                            | It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.          |  | AUSTRALIA      | English-100 |     |  | G   |
| 2019-12-20 | 1330 | <b>The Cook And The Chef</b>               | Cooking With Kids                            | School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.                 |  | AUSTRALIA      | English-100 |     |  | G   |
| 2019-12-20 | 1400 | <b>Donna Hay: Fast, Fresh, Simple</b>      | Fresh Flavours                               | This recipe combines two of Donnas' favourite things, garlic prawns and pasta, and combining them together is really simple and extremely tasty.   |  | AUSTRALIA      | English-100 |     |  | PG  |
| 2019-12-20 | 1430 | <b>United Plates Of America</b>            | Nashville - American Food                    | Over the many years of colonisation America has borrowed their fare from the immigrants that settled here. Now there is a cuisine called 'American' and it's delicious.                                  |  | USA            | English-100 |     |  | G   |
| 2019-12-20 | 1500 | <b>Bonacini's Italy</b>                    | Calabria                                     | Chef Michael Bonacini explores the diversity of the Italian region Calabria by making fresh tuna to hearty pork to a sumptuous orange cake.  |  | CANADA         | English-100 |     |  | G   |
| 2019-12-20 | 1530 | <b>Rachel Allen: Coastal Cookery</b>       | Rachel Allen: Coastal Cookery Series 1 Ep 10 | Rachel visits a hill farm in Killadoon to find out about Connemara Hill Lamb, and she has a go at shearing a sheep. She cooks a dish of lamb shanks in local ale.  |  | UNITED KINGDOM | English-100 |     |  | PG  |
| 2019-12-20 | 1600 | <b>Pati's Mexican Table</b>                | Photographic Food Memories                   | Friends and family always tell Pati she has an extraordinary photographic food memory. So, Pati decides to recreate some of her most favorite food memories in her own kitchen.                          |  | USA            | English-100 |     |  | PG  |
| 2019-12-20 | 1630 | <b>Bonacini's Italy Christmas Specials</b> | Italian Christmas                            | From Veneto, Sardinia, Calabria, Sicily, and Emilia Romagna, Michael explores the homey Christmas flavours and traditions of these unique Italian regions.   |  | CANADA         | English-100 |     |  |     |
| 2019-12-20 | 1730 | <b>Martha's Cooking School</b>             | Sauces                                       | A great sauce can take a dish from good to fantastic. Martha goes over some classics including Béarnaise sauce, Kansas City barbecue sauce, tartar sauce, and salsa verde.                               |  | USA            | English-100 |     |  | PG  |
| 2019-12-20 | 1800 | <b>The Cook And The Chef</b>               | Cooking With Grapes                          | Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.   |  | AUSTRALIA      | English-100 |     |  | G   |
| 2019-12-20 | 1830 | <b>The Cook And The Chef</b>               | Bbq's  | Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.  |  | AUSTRALIA      | English-100 |     |  | PG  |
| 2019-12-20 | 1900 | <b>Nigella Express</b>                     | Razzle Dazzle                                | It's party time at Nigella's and this is one party that's full of fast, easy, delicious make in advance recipes and simple, achievable, last minute touches to make the food table and the party itself. |  | UNITED KINGDOM | English-100 | RPT |  | G Y |
| 2019-12-20 | 1930 | <b>Nigellissima</b>                        | Nigellissima Series 1 Ep 3                   | Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.  |  | UNITED KINGDOM | English-100 | RPT |  | G Y |
| 2019-12-20 | 2000 | <b>Nigellissima</b>                        | Nigellissima Series 1 Ep 4                   | Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.  |  | UNITED KINGDOM | English-100 | RPT |  | G Y |
| 2019-12-20 | 2030 | <b>Bill's Tasty Weekends</b>               | Norfolk                                      | Bill is staying in a vertigo inducing water tower on the Sandringham Estate and is inspired to serve up the perfect steak when he gets up close to the Queen's very own cattle.                          |  | UNITED KINGDOM | English-100 |     |  | G   |
| 2019-12-20 | 2130 | <b>Anthony Bourdain: Parts Unknown</b>     | Oman   | Bourdain takes his first journey to the Sultanate of Oman and finds a peaceful land of remarkable beauty that defies expectations.   |  | USA            | English-100 |     |  |     |
| 2019-12-20 | 2230 | <b>The Cook And The Chef</b>               | Cooking With Grapes                          | Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.   |  | AUSTRALIA      | English-100 |     |  | G   |
| 2019-12-20 | 2300 | <b>The Cook And The Chef</b>               | Bbq's  | Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.  |  | AUSTRALIA      | English-100 |     |  | PG  |

|            |      |  |  |  |                |             |     |    |   |   |
|------------|------|--|--|--|----------------|-------------|-----|----|---|---|
| 2019-12-20 | 2330 | <b>Masterchef: The Professionals</b>       | Masterchef: The Professionals Series 7 Ep 10 | With just one hour to cook a stunning plate of food that truly showcases their talent, the professional chefs must pull out all the stops to impress the judges.   | UNITED KINGDOM | English-100 |     | G  |   |   |
| 2019-12-20 | 2435 | <b>Nigella Express</b>                     | Razzle Dazzle                                | It's party time at Nigella's and this is one party that's full of fast, easy, delicious make in advance recipes and simple, achievable, last minute touches to make the food table and the party itself. | UNITED KINGDOM | English-100 | RPT | G  | Y |   |
| 2019-12-20 | 2505 | <b>Martha's Cooking School</b>             | Sauces                                       | A great sauce can take a dish from good to fantastic. Martha goes over some classics including Béarnaise sauce, Kansas City barbecue sauce, tartar sauce, and salsa verde.                               | USA            | English-100 |     | PG |   |   |
| 2019-12-20 | 2535 | <b>Dinner Date</b>                         | Dinner Date Series 8 Ep 16                   | 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 |     | G  |   |   |
| 2019-12-20 | 2630 | <b>Bonacini's Italy Christmas Specials</b> | Italian Christmas                            | From Veneto, Sardinia, Calabria, Sicily, and Emilia Romagna, Michael explores the homey Christmas flavours and traditions of these unique Italian regions.   | CANADA         | English-100 |     | G  |   |   |
| 2019-12-20 | 2730 | <b>United Plates Of America</b>            | Nashville - American Food                    | Over the many years of colonisation America has borrowed their fare from the immigrants that settled here. Now there is a cuisine called 'American' and it's delicious.                                  | USA            | English-100 |     | G  |   |   |
| 2019-12-20 | 2800 | <b>Bonacini's Italy</b>                    | Calabria                                     | Chef Michael Bonacini explores the diversity of the Italian region Calabria by making fresh tuna to hearty pork to a sumptuous orange cake.  | CANADA         | English-100 |     | G  |   |   |
| 2019-12-20 | 2830 | <b>Rachel Allen: Coastal Cookery</b>       | Rachel Allen: Coastal Cookery Series 1 Ep 10 | Rachel visits a hill farm in Killadoon to find out about Connemara Hill Lamb, and she has a go at shearing a sheep. She cooks a dish of lamb shanks in local ale.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2019-12-21 | 0500 | <b>Pati's Mexican Table</b>                | Photographic Food Memories                   | Friends and family always tell Pati she has an extraordinary photographic food memory. So, Pati decides to recreate some of her most favorite food memories in her own kitchen.                          | USA            | English-100 |     | PG |   |   |
| 2019-12-21 | 0530 | <b>Martha's Cooking School</b>             | Sauces                                       | A great sauce can take a dish from good to fantastic. Martha goes over some classics including Béarnaise sauce, Kansas City barbecue sauce, tartar sauce, and salsa verde.                               | USA            | English-100 |     | PG |   |   |
| 2019-12-21 | 0600 | <b>The Cook And The Chef</b>               | Cooking With Grapes                          | Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.   | AUSTRALIA      | English-100 |     | G  |   |   |
| 2019-12-21 | 0630 | <b>The Cook And The Chef</b>               | Bbq's  | Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.  | AUSTRALIA      | English-100 |     | PG |   |   |
| 2019-12-21 | 0700 | <b>Nigella Express</b>                     | Razzle Dazzle                                | It's party time at Nigella's and this is one party that's full of fast, easy, delicious make in advance recipes and simple, achievable, last minute touches to make the food table and the party itself. | UNITED KINGDOM | English-100 | RPT | G  | Y |   |
| 2019-12-21 | 0730 | <b>Nigellissima</b>                        | Nigellissima Series 1 Ep 3                   | Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.  | UNITED KINGDOM | English-100 | RPT | G  | Y |   |
| 2019-12-21 | 0800 | <b>Nigellissima</b>                        | Nigellissima Series 1 Ep 4                   | Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.  | UNITED KINGDOM | English-100 | RPT | G  | Y |   |
| 2019-12-21 | 0830 | <b>Bill's Tasty Weekends</b>               | Norfolk                                      | Bill is staying in a vertigo inducing water tower on the Sandringham Estate and is inspired to serve up the perfect steak when he gets up close to the Queen's very own cattle.                          | UNITED KINGDOM | English-100 |     | G  |   |   |
| 2019-12-21 | 0930 | <b>Martha's Cooking School</b>             | Sauces                                       | A great sauce can take a dish from good to fantastic. Martha goes over some classics including Béarnaise sauce, Kansas City barbecue sauce, tartar sauce, and salsa verde.                               | USA            | English-100 |     | PG |   |   |
| 2019-12-21 | 1000 | <b>The Travelling Chef</b>                 | Travelling Chef Series 2, The Ep 3           | Brett explores the influence of British occupation on culture in Hong Kong. He also experiences some of the luxuries afforded to the city's wealthier residents.   | NEW ZEALAND    | English-100 |     | G  |   |   |
| 2019-12-21 | 1030 | <b>The Travelling Chef</b>                 | Travelling Chef Series 2, The Ep 4           | Brett visits Bangkok and enjoys street culture and one of the best Pad Thai's he's ever had. Brett learns the Pork Rib and Thai Kimchi recipe.   | NEW ZEALAND    | English-100 |     | G  |   |   |
| 2019-12-21 | 1100 | <b>Saturday Kitchen</b>                    | Saturday Kitchen Series 3 Ep 15              | British two-star Michelin chef, Michel Roux Jr., takes command of the Saturday Kitchen hobs this week, with help from two top chefs - Gennaro Contaldo, and Frederick Forster.                           | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2019-12-21 | 1200 | <b>Nigellissima Christmas</b>              | Nigellissima Christmas                       | Nigella loves Christmas and for her a party is the perfect way to celebrate. This year, she kicks off festivities with a glittering buffet party in Nigellissima - an Italian inspired Christmas.        | UNITED KINGDOM | English-100 |     | G  | Y |   |
| 2019-12-21 | 1305 | <b>Heston's Feasts</b>                     | Christmas                                    | Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu.  | UNITED KINGDOM | English-100 | RPT | PG | Y | Y |
| 2019-12-21 | 1400 | <b>Oliver's Twist</b>                      | Christmas                                    | Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.  | UNITED KINGDOM | English-100 |     | G  |   |   |
| 2019-12-21 | 1430 | <b>The Cook And The Chef</b>               | Party Time                                   | Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.  | AUSTRALIA      | English-100 |     | G  |   |   |
| 2019-12-21 | 1500 | <b>The Urban Vegetarian</b>                | Fun And Simple                               | Foodie Desiree Nielsen gives life to spotty bananas, transforming it into melt-in-your-mouth bread.  | CANADA         | English-100 |     | G  |   |   |

|            |      |  |   |   |                |             |     |   |   |   |
|------------|------|--|---|---|----------------|-------------|-----|---|---|---|
| 2019-12-21 | 1530 | <b>The Urban Vegetarian</b>                | Veggies All Day Long                              | It's beets for breakfast with host Desiree Nielsen. This surprising early morning addition gives you a reason to get out of bed.  | CANADA         | English-100 | PG  |   |   |   |
| 2019-12-21 | 1600 | <b>The Cook And The Chef</b>               | Pheasants And Mushrooms                           | Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.                                 | AUSTRALIA      | English-100 | G   |   |   |   |
| 2019-12-21 | 1630 | <b>The Cook And The Chef</b>               | Pumpkins And Hazelnuts                            | Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.   | AUSTRALIA      | English-100 | G   |   |   |   |
| 2019-12-21 | 1700 | <b>Delia's How To Cook</b>                 | Rice  | Many cooks have trouble with rice, but not if they follow Delia's fail-safe advice and, above all, her golden rule - leave it alone.  | UNITED KINGDOM | English-100 | G   |   |   |   |
| 2019-12-21 | 1730 | <b>Jonathan Phang's Gourmet Express</b>    | Cairns To Brisbane                                | In Sydney, Jonathan takes to the skies for a flying visit to picturesque Palm Springs in a sea plane, where he samples the laid back beach life and delicious Patagonian tooth fish at Jonah's.                                     | UNITED KINGDOM | English-100 | PG  |   |   |   |
| 2019-12-21 | 1830 | <b>Sicily With Aldo And Enzo</b>           | Sicily With Aldo And Enzo Series 1 Ep 5           | Sicily is renowned for its wines so it won't be a total surprise to find Aldo and Enzo cooking in one of the local vineyards and creating three very impressive and distinctly Sicilian dishes.                                     | UNITED KINGDOM | English-100 | PG  |   |   |   |
| 2019-12-21 | 1900 | <b>Sicily With Aldo And Enzo</b>           | Sicily With Aldo And Enzo Series 1 Ep 6           | Even the Mafia enjoyed their food and in Corleone, birth place of the infamous crime organisation. Aldo and Enzo set up their kitchen in a tiny picturesque square and offer sardines - Sicilian style.                             | UNITED KINGDOM | English-100 | PG  |   |   |   |
| 2019-12-21 | 1930 | <b>Cheese Slices</b>                       | Basque Sheperds Cheeses                           | Will visits the pretty village of Espelette to sample its red peppers, before travelling into the mountains to one of the few remaining traditional shepherds' huts where where they milk ewe's by hand.                            | AUSTRALIA      | English-100 |     |   |   |   |
| 2019-12-21 | 2000 | <b>Cheese Slices</b>                       | Massif Central And The Auvergne                   | The rugged plateau of the Massif Central and Auvergne is famous for rich green pastures and its six benchmark AOC French cheeses. Will explores the differences between three semi hard varieties.                                  | AUSTRALIA      | English-100 |     |   |   |   |
| 2019-12-21 | 2030 | <b>Avec Eric</b>                           | San Juan Three Caballeros                         | Puerto Rico, an island rich with amazing food, vibrant nightlife and natural beauty has become an annual destination for Eric to visit his dear friends and enjoy this tropical paradise.   | USA            | English-100 | PG  |   |   |   |
| 2019-12-21 | 2100 | <b>Avec Eric</b>                           | Victoria: Melting Pot                             | Eric visits Melbourne's most famous food market and hits some of the hottest restaurants in town. He also pays a visit to David Blackmore, a Wagyu cattle farmer based just outside of the city.                                    | USA            | English-100 | PG  |   |   |   |
| 2019-12-21 | 2130 | <b>Amazing Wedding Cakes</b>               | Amazing Wedding Cakes Series 4 Ep 6               | Two sisters, both engaged, convince Marianne and Lauren in Ohio to make competing cakes for their double engagement party. Which cake will outdo the other? A Minnesota couple celebrates the groom's safe return from Afghanistan. | USA            | English-100 | PG  |   |   |   |
| 2019-12-21 | 2230 | <b>Shane Delia's Moorish Spice Journey</b> | Shane Delia's Moorish Spice Journey Series 1 Ep 5 | Casablanca is Morocco's most famous city, and after navigating the congested roads and skyscrapers, Shane finds himself at a backyard party where a feast awaits.   | AUSTRALIA      | English-100 | RPT | G | Y | Y |
| 2019-12-21 | 2300 | <b>Shane Delia's Moorish Spice Journey</b> | Shane Delia's Moorish Spice Journey Series 1 Ep 6 | Shane Delia arrives in Andalucia, Spain where he finds a rich and complex cuisine that owes much to the 700 years that the Islamic Moors ruled here.  | AUSTRALIA      | English-100 | RPT | G | Y | Y |
| 2019-12-21 | 2330 | <b>Jonathan Phang's Gourmet Express</b>    | Cairns To Brisbane                                | In Sydney, Jonathan takes to the skies for a flying visit to picturesque Palm Springs in a sea plane, where he samples the laid back beach life and delicious Patagonian tooth fish at Jonah's.                                     | UNITED KINGDOM | English-100 | PG  |   |   |   |
| 2019-12-21 | 2430 | <b>Sicily With Aldo And Enzo</b>           | Sicily With Aldo And Enzo Series 1 Ep 5           | Sicily is renowned for its wines so it won't be a total surprise to find Aldo and Enzo cooking in one of the local vineyards and creating three very impressive and distinctly Sicilian dishes.                                     | UNITED KINGDOM | English-100 | PG  |   |   |   |
| 2019-12-21 | 2500 | <b>Sicily With Aldo And Enzo</b>           | Sicily With Aldo And Enzo Series 1 Ep 6           | Even the Mafia enjoyed their food and in Corleone, birth place of the infamous crime organisation. Aldo and Enzo set up their kitchen in a tiny picturesque square and offer sardines - Sicilian style.                             | UNITED KINGDOM | English-100 | PG  |   |   |   |
| 2019-12-21 | 2530 | <b>Cheese Slices</b>                       | Basque Sheperds Cheeses                           | Will visits the pretty village of Espelette to sample its red peppers, before travelling into the mountains to one of the few remaining traditional shepherds' huts where where they milk ewe's by hand.                            | AUSTRALIA      | English-100 |     |   |   |   |
| 2019-12-21 | 2600 | <b>Cheese Slices</b>                       | Massif Central And The Auvergne                   | The rugged plateau of the Massif Central and Auvergne is famous for rich green pastures and its six benchmark AOC French cheeses. Will explores the differences between three semi hard varieties.                                  | AUSTRALIA      | English-100 |     |   |   |   |
| 2019-12-21 | 2630 | <b>Avec Eric</b>                           | San Juan Three Caballeros                         | Puerto Rico, an island rich with amazing food, vibrant nightlife and natural beauty has become an annual destination for Eric to visit his dear friends and enjoy this tropical paradise.   | USA            | English-100 | PG  |   |   |   |
| 2019-12-21 | 2700 | <b>Avec Eric</b>                           | Victoria: Melting Pot                             | Eric visits Melbourne's most famous food market and hits some of the hottest restaurants in town. He also pays a visit to David Blackmore, a Wagyu cattle farmer based just outside of the city.                                    | USA            | English-100 | PG  |   |   |   |
| 2019-12-21 | 2730 | <b>Amazing Wedding Cakes</b>               | Amazing Wedding Cakes Series 4 Ep 6               | Two sisters, both engaged, convince Marianne and Lauren in Ohio to make competing cakes for their double engagement party. Which cake will outdo the other? A Minnesota couple celebrates the groom's safe return from Afghanistan. | USA            | English-100 | PG  |   |   |   |
| 2019-12-21 | 2830 | <b>Shane Delia's Moorish Spice Journey</b> | Shane Delia's Moorish Spice Journey Series 1 Ep 5 | Casablanca is Morocco's most famous city, and after navigating the congested roads and skyscrapers, Shane finds himself at a backyard party where a feast awaits.   | AUSTRALIA      | English-100 | RPT | G | Y | Y |