



WEEK 9: Sunday, 23 February - Saturday, 29 February 2020 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2020-02-23	0500	Shane Delia's Recipe for Life	Shane Delia's Recipe for Life Ep 4	As well as supercharging the school garden with new plants and herbs, Shane also takes a punt on two new staff members for Biggie Smalls. Meanwhile, he continues to develop healthy school lunches.	Australia-100	English-100	RPT	G	Y	
2020-02-23	0530	Secret Meat Business	World Meats	Watch out, Adrian's wielding a sword. This time to skewer and woodfire quail kebabs. Then, tender tripe is served with Caribbean spice, chilli and pirate rum.	Australia-100	English-100		G		
2020-02-23	0600	Secret Meat Business	Argentinean	Adrian is up to his elbows in beef ribs, taking a traditional Argentinean dish to a whole new level.	Australia-100	English-100		G		
2020-02-23	0630	The Cook And The Chef	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	Australia-100	English-100		G		
2020-02-23	0700	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	Australia-100	English-100		G		
2020-02-23	0730	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	Australia-100	English-100		G		
2020-02-23	0800	Shane Delia's Recipe for Life	Shane Delia's Recipe for Life Ep 3	Shane Delia's expanding his new business by launching a food truck. He takes potential new staff members to Melbourne food charity Fare Share to see how they cope in a commercial kitchen.	Australia-100	English-100	RPT	PG	Y	
2020-02-23	0830	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 5	Parveen showcases a vegan family favourite - tarka daal, as well as a simple technique for making chappatis at home.	United Kingdom-100	English-100		PG		
2020-02-23	0930	Heston's Fantastical Food	Giant Sweet Factory	Heston celebrates the biggest excitement of childhood - sweets - by making his own Willy Wonka inspired giant sweet shop.	United Kingdom-100	English-100	RPT	G	Y	
2020-02-23	1030	The Best In Australia	Best Vegetarian Dinner And The Best Seafood Barbie, The	Cooking together in a converted church, Anna, Ben, and Darren are on a quest for their vegetarian and barbequed seafood dishes to be judged the best by a panel of food-loving judges.	Australia-100	English-100		PG		
2020-02-23	1130	Shane Delia's Recipe for Life	Shane Delia's Recipe for Life Ep 4	As well as supercharging the school garden with new plants and herbs, Shane also takes a punt on two new staff members for Biggie Smalls. Meanwhile, he continues to develop healthy school lunches.	Australia-100	English-100	RPT	G	Y	
2020-02-23	1200	Anthony Bourdain: Parts Unknown	Senegal	Tony lands in Senegal's capital, Dakar, which is the furthest western point on the entire continent. He gets his bearings by meeting up with Ofiebia Quist-Arcton at a local market.	USA-100	English-100		PG		Y
2020-02-23	1300	Anthony Bourdain: Parts Unknown	Buenos Aires	Tony ventures to Buenos Aires. Against popular wisdom, he arrives in the middle of summer, when most Portenos leave the city to escape the heat.	USA-100	English-100		PG		
2020-02-23	1400	Saturday Kitchen	Saturday Kitchen Series 1 Ep 12	Hollywood comedy superstar Nick Frost joins Saturday Kitchen this week to promote his autobiography and to tackle the heaven or hell challenge.	United Kingdom-100	English-100		G		
2020-02-23	1500	Secret Meat Business	Japanese	Japanese pancakes at their finest. This combination of chicken, soba noodles and traditional flavours makes for a super impressive dish.	Australia-100	English-100		G		
2020-02-23	1530	Secret Meat Business	Korean	Inspired by a Korean fan, Adrian's making his version of beef bulgogi: marinated and grilled meat with some classic Korean flavours.	Australia-100	English-100		G		
2020-02-23	1600	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing sub tropical food enterprises.	Australia-100	English-100		G		
2020-02-23	1630	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	Australia-100	English-100		G		
2020-02-23	1700	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland has embraced its reputation as Australia's hippy capital and the influence of the counter culture extends way beyond the main street.	Australia-100	English-100		G		
2020-02-23	1730	Simply Italian	Linguine, Farfalle, Bologna, Ragu	Michela shows us how easy it is to make delicious fresh pasta at home - without the use of any gadgets.	United Kingdom-100	English-100		G		Y

2020-02-23	1800	Simply Italian	Tortelli, Lobster Ravioli, Cinque Terre, Pasta Reale	This episode is all about how to create the perfect filled pasta. Michela takes us back to Italy to the stunning Cinque Terre coastline in north east Italy.	United Kingdom-100	English-100	PG	
2020-02-23	1830	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 7	In the Clovelly area of North Devon, Rick goes fishing for herring with Steve Perham, whose family have been fishermen for over 200 years.	United Kingdom-100	English-100	G	
2020-02-23	1900	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 8	Rick and Chalky travel to Loch Torridon in Scotland to go fishing with John McGreggor for langoustines. Here the prawns are protected by the Marien Stewardship Council.	United Kingdom-100	English-100	G	
2020-02-23	1935	Ainsley's Caribbean Kitchen	Tobago	Ainsley takes the 20 minute plane trip to the island of Tobago, where seafood is king! Ainsley meets with Miss Trim, who cooks up the best 'Crab n Dumplings' on the island.	United Kingdom-100	English-100	G	
2020-02-23	2030	The Great Australian Cookbook	Alla Wolf-Tasker And Rodney Dunn	Alla Wolf-Tasker prepares her share platter recipe, while Agrarian Cook Rodney Dunn showcases his Tasmanian property's produce, baking a rhubarb and berry crumble with goats milk and vanilla custard.	Australia-100	English-100	PG	
2020-02-23	2100	Donal's Cook, Eat, Burn	Bootcamp	Donal cooks recipes specially picked to help him fuel up and prepare for a tough boot camp work out, including squash tagine with quinoa, a selection of smoothies, and sweet potato 'shepherdless' pie.	Ireland-100	English-100	PG	
2020-02-23	2130	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	Australia-100	English-100	PG	Y
2020-02-23	2205	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood. She invites two guests to demonstrate their favourite home-style recipes.	Australia-100	English-100	PG	
2020-02-23	2230	Carnival Eats	King Crab And I, The	The Alaska State Fair is older than the state itself! Noah tries some state secrets including the Sasquatch sandwich, and local fresh seafood options.	USA-100	English-100	PG	
2020-02-23	2300	Carnival Eats	Waffle Truth, The	Autumn is in the air at the Circleville Pumpkin Show in Ohio. At the North Carolina State Fair, Noah gets down to business with grits and barbeque.	USA-100	English-100	PG	
2020-02-23	2330	Ainsley's Caribbean Kitchen	Tobago	Ainsley takes the 20 minute plane trip to the island of Tobago, where seafood is king! Ainsley meets with Miss Trim, who cooks up the best 'Crab n Dumplings' on the island.	United Kingdom-100	English-100	G	
2020-02-23	2430	The Great Australian Cookbook	Alla Wolf-Tasker And Rodney Dunn	Alla Wolf-Tasker prepares her share platter recipe, while Agrarian Cook Rodney Dunn showcases his Tasmanian property's produce, baking a rhubarb and berry crumble with goats milk and vanilla custard.	Australia-100	English-100	PG	
2020-02-23	2500	Donal's Cook, Eat, Burn	Bootcamp	Donal cooks recipes specially picked to help him fuel up and prepare for a tough boot camp work out, including squash tagine with quinoa, a selection of smoothies, and sweet potato 'shepherdless' pie.	Ireland-100	English-100	PG	
2020-02-23	2530	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	Australia-100	English-100	PG	Y
2020-02-23	2605	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood. She invites two guests to demonstrate their favourite home-style recipes.	Australia-100	English-100	PG	
2020-02-23	2630	Carnival Eats	King Crab And I, The	The Alaska State Fair is older than the state itself! Noah tries some state secrets including the Sasquatch sandwich, and local fresh seafood options.	USA-100	English-100	PG	
2020-02-23	2700	Carnival Eats	Waffle Truth, The	Autumn is in the air at the Circleville Pumpkin Show in Ohio. At the North Carolina State Fair, Noah gets down to business with grits and barbeque.	USA-100	English-100	PG	
2020-02-23	2730	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing sub tropical food enterprises.	Australia-100	English-100	G	
2020-02-23	2800	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	Australia-100	English-100	G	
2020-02-23	2830	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland has embraced its reputation as Australia's hippy capital and the influence of the counter culture extends way beyond the main street.	Australia-100	English-100	G	
2020-02-24	0500	Simply Italian	Linguine, Farfalle, Bologna, Ragu	Michela shows us how easy it is to make delicious fresh pasta at home - without the use of any gadgets.	United Kingdom-100	English-100	G	Y
2020-02-24	0530	Simply Italian	Tortelli, Lobster Ravioli, Cinque Terre, Pasta Reale	This episode is all about how to create the perfect filled pasta. Michela takes us back to Italy to the stunning Cinque Terre coastline in north east Italy.	United Kingdom-100	English-100	PG	
2020-02-24	0600	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 7	In the Clovelly area of North Devon, Rick goes fishing for herring with Steve Perham, whose family have been fishermen for over 200 years.	United Kingdom-100	English-100	G	

2020-02-24	0630	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 8	Rick and Chalky travel to Loch Torridon in Scotland to go fishing with John McGregor for langoustines. Here the prawns are protected by the Marien Stewardship Council.	United Kingdom-100	English-100		G	
2020-02-24	0705	Secret Meat Business	Japanese	Japanese pancakes at their finest. This combination of chicken, soba noodles and traditional flavours makes for a super impressive dish.	Australia-100	English-100		G	
2020-02-24	0735	Ainsley's Caribbean Kitchen	Tobago	Ainsley takes the 20 minute plane trip to the island of Tobago, where seafood is king! Ainsley meets with Miss Trim, who cooks up the best 'Crab n Dumplings' on the island.	United Kingdom-100	English-100		G	
2020-02-24	0830	The Great Australian Cookbook	Alla Wolf-Tasker And Rodney Dunn	Alla Wolf-Tasker prepares her share platter recipe, while Agrarian Cook Rodney Dunn showcases his Tasmanian property's produce, baking a rhubarb and berry crumble with goats milk and vanilla custard.	Australia-100	English-100		PG	
2020-02-24	0900	Donal's Cook, Eat, Burn	Bootcamp	Donal cooks recipes specially picked to help him fuel up and prepare for a tough boot camp work out, including squash tagine with quinoa, a selection of smoothies, and sweet potato 'shepherdless' pie.	Ireland-100	English-100		PG	
2020-02-24	0930	Cook Like An Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	Australia-100			PG	Y
2020-02-24	1005	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood. She invites two guests to demonstrate their favourite home-style recipes.	Australia-100	English-100		PG	
2020-02-24	1030	Carnival Eats	King Crab And I, The	The Alaska State Fair is older than the state itself! Noah tries some state secrets including the Sasquatch sandwich, and local fresh seafood options.	USA-100	English-100		PG	
2020-02-24	1100	Carnival Eats	Waffle Truth, The	Autumn is in the air at the Circleville Pumpkin Show in Ohio. At the North Carolina State Fair, Noah gets down to business with grits and barbeque.	USA-100	English-100		PG	
2020-02-24	1130	Ainsley's Caribbean Kitchen	Tobago	Ainsley takes the 20 minute plane trip to the island of Tobago, where seafood is king! Ainsley meets with Miss Trim, who cooks up the best 'Crab n Dumplings' on the island.	United Kingdom-100	English-100		G	
2020-02-24	1230	Secret Meat Business	Korean	Inspired by a Korean fan, Adrian's making his version of beef bulgogi: marinated and grilled meat with some classic Korean flavours.	Australia-100	English-100		G	
2020-02-24	1300	Delia's How To Cook	Cakes And Biscuits	Aspiring cooks with a sweet tooth will love this episode, as Delia demystifies cakes and biscuits. Home-made varieties contain no preservatives or E numbers.	United Kingdom-100	English-100		G	
2020-02-24	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 26	Ben and his younger brother Grant wake up in the unique Avalon City Retreat before they begin their day visiting Con Vailas at his restaurant - Born in Brunswick.	Australia-100	English-100		G	
2020-02-24	1400	Surfing The Menu New Zealand	Otago And Canterbury	Mark Gardner and Ben O'Donoghue take off on a Kiwi Food Surfari. Ben and Mark soar above the spectacular snow-covered Southern Alps in Gliders. Down below them is the Mt Cook Salmon Farm.	Australia-100	English-100		PG	
2020-02-24	1430	The Chefs' Line	Vietnamese	Home cooks try to outcook an entire chefs' line, to prove that passion can beat professionals. Apprentice chef Vincent from modern Vietnamese restaurant Dandelion goes up against four home cooks.	Australia-100	English-50, Vietnamese-50	RPT	G	Y
2020-02-24	1500	Mercurio's Menu	Sunshine Coast	With the surf and sun as a backdrop, Paul's going 'bananas' in pursuit of fabulous food on Queensland's Sunshine Coast.	Australia-100	English-100		PG	
2020-02-24	1530	Pat's Mexican Table	Family Favorites	Chile rellenos; salsa roja (red sauce); drunken rice with chicken;meringue cake with whipped cream and strawberries.	USA-0	English-100		G	Y
2020-02-24	1600	Watts On The Grill	Fowl Play	Whether for a small family dinner or a big backyard barbeque, host Spencer Watts shows us the best ways to grill up tasty duck, turkey, capon, and quail.	Canada-100	English-100		G	
2020-02-24	1630	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	Australia-100	English-100		G	
2020-02-24	1700	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	Australia-100	English-100		G	
2020-02-24	1730	Martha Bakes	Updated Classics	Martha shows how to replace typical ingredients with wholesome substitutes in three updated classics - rhubarb and raspberry rye crisps, buttermilk barley biscuits, and a spelt layer cake.	USA-100	English-100		PG	
2020-02-24	1800	Bake With Anna Olson	Rolls And Buns	Rolls and buns are small little breads that are more decorative than a slice of loaf bread and come in countless styles and flavours. Anna starts with the basics - classic Parker House rolls.	Canada-100	English-100		PG	
2020-02-24	1830	Great British Food Revival	James Martin On Apples	Chef and proud Yorkshireman James Martin takes on the challenge of reviving the British apple, which has been forced off supermarket shelves by fruits that have been shipped from overseas.	United Kingdom-100	English-100	RPT	G	Y

2020-02-24	1900	Great British Food Revival	Glynn Purnell On Cheese	Michelin-starred chef Glynn Purnell rides to the rescue of British cheese. Purnell has his work cut out for him, thanks to cheap foreign imports and misleading labelling.	United Kingdom-100	English-100	RPT	G	Y	
2020-02-24	1935	Rachel Khoo: My Swedish Kitchen	Swedish Pantry	Follow Rachel as she discovers how Swedish cooking is both resourceful in using what nature has to offer, and maximising its shelf life.	United Kingdom-100	English-100		PG		
2020-02-24	2005	Rachel Khoo: My Swedish Kitchen	Sausages From Scratch	Rachel explores Sweden's love for the humble sausage, where there is a long tradition of hotdog stands and sausage making.	United Kingdom-100	English-100		PG		
2020-02-24	2035	Yotam Ottolenghi's Mediterranean Feasts	Turkey	Yotam's journey continues in Turkey's most historical and cultural city, Istanbul. There he tastes fish from the magnificent waters of the Bosphorus and is amazed by local vegetables.	United Kingdom-100	English-100	RPT	G	Y	Y
2020-02-24	2130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	Australia-100	English-100	RPT	PG	Y	
2020-02-24	2230	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	Australia-100	English-100		G		
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2020-02-24	2330	The Hairy Bikers USA	Finger Lickin' Frogs	Bill and Paul arrive in Central, Arkansas on the opening day of frog gigging season. They learn how to spear bullfrogs with a stick and cook them up on the side of the river banks.	United Kingdom-100	English-100		PG		
2020-02-24	2400	Martha's Cooking School	Eggs	Want to know how to cook the perfect soft- or hard-cooked egg? Or the fluffiest scramble? Martha shares these and other secrets as she teaches viewers all they need to know about eggs.	USA-100	English-100		G		
2020-02-24	2430	Bake With Anna Olson	Rolls And Buns	Rolls and buns are small little breads that are more decorative than a slice of loaf bread and come in countless styles and flavours. Anna starts with the basics - classic Parker House rolls.	Canada-100	English-100		PG		
2020-02-24	2500	Martha Bakes	Updated Classics	Martha shows how to replace typical ingredients with wholesome substitutes in three updated classics - rhubarb and raspberry rye crisps, buttermilk barley biscuits, and a spelt layer cake.	USA-100	English-100		PG		
2020-02-24	2530	Bbq Champ	Bbq Champ Series 1 Ep 1	Kuldip from London takes the 'Personality On A Plate' challenge to extremes and makes the judges dig in to his 'Dinosaur Ribs' dish.	United Kingdom-100	English-100		PG		
2020-02-24	2630	Great British Food Revival	James Martin On Apples	Chef and proud Yorkshireman James Martin takes on the challenge of reviving the British apple, which has been forced off supermarket shelves by fruits that have been shipped from overseas.	United Kingdom-100	English-100	RPT	G	Y	
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2020-02-25	0530	Mercurio's Menu	Sunshine Coast	With the surf and sun as a backdrop, Paul's going 'bananas' in pursuit of fabulous food on Queensland's Sunshine Coast.	Australia-100	English-100		PG		
2020-02-25	0600	Pat's Mexican Table	Family Favorites	Chile rellenos; salsa roja (red sauce); drunken rice with chicken;meringue cake with whipped cream and strawberries.	USA-0	English-100		G		Y
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2020-02-25	0830	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	Australia-100	English-100	RPT	PG	Y
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2020-02-25	1000	Bake With Anna Olson	Rolls And Buns	Rolls and buns are small little breads that are more decorative than a slice of loaf bread and come in countless styles and flavours. Anna starts with the basics - classic Parker House rolls.	Canada-100	English-100		PG	
2020-02-25	1030	The Hairy Bikers USA	Finger Lickin' Frogs	Bill and Paul arrive in Central, Arkansas on the opening day of frog gigging season. They learn how to spear bullfrogs with a stick and cook them up on the side of the river banks.	United Kingdom-100	English-100		PG	
2020-02-25	1100	Martha's Cooking School	Eggs	Want to know how to cook the perfect soft- or hard-cooked egg? Or the fluffiest scramble? Martha shares these and other secrets as she teaches viewers all they need to know about eggs.	USA-100	English-100		G	
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2020-02-25	1235	Watts On The Grill	Fowl Play	Whether for a small family dinner or a big backyard barbeque, host Spencer Watts shows us the best ways to grill up tasty duck, turkey, capon, and quail.	Canada-100	English-100		G	
2020-02-25	1300	Delia's How To Cook	Sauces And Batters	Delia takes another look at flour power, this time demonstrating the art of making light, lump-free sauces and batters which will never curdle if you follow her simple rules.	United Kingdom-100	English-100		G	
2020-02-25	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 27	Ben and Grant make their way from Born in Brunswick down the road to one of Ben's favourite spots at Sweet Envy. Ben sits down and enjoys a delicious cupcake whilst he watches Grant do a challenge.	Australia-100	English-100		PG	
2020-02-25	1400	Surfing The Menu New Zealand	Gisborne	Gisborne is Mark's hometown. He knows everyone and everyone seems to know him. Mark Checks up on his new surfboard being finished off nearby.	Australia-100	English-100		PG	
2020-02-25	1430	The Chefs' Line	Vietnamese	Next in the chefs' line is station chef Tam, from modern Vietnamese restaurant Dandelion. Tam and three passionate home cooks engage in a culinary battle to make it to the end of the chefs' line.	Australia-100	English-100	RPT	G	Y
2020-02-25	1500	Mercurio's Menu	Victoria's High Country	Paul visits the home of Australia's high country cattlemen and The Man From Snowy River, seeking out free-range chickens, hand-picked olives, apples, and hazelnuts, plus some of the best beef around.	Australia-100	English-100		PG	
2020-02-25	1530	Pati's Mexican Table	Baked	Baked egg casserole, salsa ranchera, dulce de leche and pecan cinnamon rolls and baked fruit mixiote.	USA-0	English-100		G	Y
2020-02-25	1600	Watts On The Grill	Sides And Sweets With Heat	Never underestimate the power of a good side or dessert. Host Spencer Watts grills up the perfect sides and treats for your next barbeque.	Canada-100	English-100		G	
2020-02-25	1630	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	Australia-100	English-100		G	
2020-02-25	1700	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	Australia-100	English-100		G	
2020-02-25	1730	Martha Bakes	Coffee Shop Favorites	Discover Martha's tips and techniques for recreating the delectable baked goods found in some of her favourite coffee shops.	USA-100	English-100		PG	
2020-02-25	1800	Bake With Anna Olson	Gingerbread	Anna starts the gingerbread lesson with her recipe for basic gingerbread cut-out cookies, and then prepares a moist and fragrant classic gingerbread cake.	Canada-100	English-100		PG	
2020-02-25	1830	Great British Food Revival	Gary Rhodes On Tomatoes	Gary Rhodes looks at the tomato, which is often ignored during British growing season.	United Kingdom-100	English-100	RPT	G	Y
2020-02-25	1900	Great British Food Revival	Ainsley Harriott On Honey	Ainsley Harriott shows off his sweet side as he starts a campaign for the revival of British honey.	United Kingdom-100	English-100	RPT	G	Y
2020-02-25	1935	Hairy Bikers Northern Exposure	Sweden Part 1, The North	Crossing the Arctic Circle into Lapland, the bikers cook with the Sami people who introduce them to the traditional techniques of smoking to cure meat, and manufacturing their own hunting knives.	United Kingdom-100	English-100		PG	
2020-02-25	2035	Flintoff's Great British Road Trip	West Country, The	Freddie and Rob continue their fish and chip road trip in the West Country. After attempting to surf the world famous Severn bore, they face off in a sand sculpture competition.	United Kingdom-100	English-100		PG	

2020-02-25	2135	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	Australia-100	English-100	RPT	PG	Y
2020-02-25	2230	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	Australia-100	English-100		G	
2020-02-25	2300	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	Australia-100	English-100		G	
2020-02-25	2330	The Hairy Bikers USA	Roasted River Rat	Rolling into the muggy swamplands of southern Louisiana, the bikers set out to turn a pest problem into a delicious dish. They climb aboard a fan-boat to join the hunt for a large invasive river rat.	United Kingdom-100	English-100		PG	
2020-02-25	2400	Martha's Cooking School	Sauces	Join Martha as she teaches the classic sauces everyone should know how to make - hollandaise, bechamel, beurre blanc, and marinara.	USA-100	English-100		G	
2020-02-25	2430	Bake With Anna Olson	Gingerbread	Anna starts the gingerbread lesson with her recipe for basic gingerbread cut-out cookies, and then prepares a moist and fragrant classic gingerbread cake.	Canada-100	English-100		PG	
2020-02-25	2500	Martha Bakes	Coffee Shop Favorites	Discover Martha's tips and techniques for recreating the delectable baked goods found in some of her favourite coffee shops.	USA-100	English-100		PG	
2020-02-25	2530	Bbq Champ	Bbq Champ Series 1 Ep 2	The seven remaining contestants must first take on the regally named King of the Kebab challenge. Will Solomon, the youth worker from Brixton, be able to impress the judges with his spicy kebab?	United Kingdom-100	English-100		G	
2020-02-25	2630	Great British Food Revival	Gary Rhodes On Tomatoes	Gary Rhodes looks at the tomato, which is often ignored during British growing season.	United Kingdom-100	English-100	RPT	G	Y
2020-02-25	2700	Great British Food Revival	Ainsley Harriott On Honey	Ainsley Harriott shows off his sweet side as he starts a campaign for the revival of British honey.	United Kingdom-100	English-100	RPT	G	Y
2020-02-25	2735	Delia's How To Cook	Sauces And Batters	Delia takes another look at flour power, this time demonstrating the art of making light, lump-free sauces and batters which will never curdle if you follow her simple rules.	United Kingdom-100	English-100		G	
2020-02-25	2805	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 27	Ben and Grant make their way from Born in Brunswick down the road to one of Ben's favourite spots at Sweet Envy. Ben sits down and enjoys a delicious cupcake whilst he watches Grant do a challenge.	Australia-100	English-100		PG	
2020-02-25	2830	Surfing The Menu New Zealand	Gisborne	Gisborne is Mark's hometown. He knows everyone and everyone seems to know him. Mark Checks up on his new surfboard being finished off nearby.	Australia-100	English-100		PG	
2020-02-26	0500	The Chefs' Line	Vietnamese	Next in the chefs' line is station chef Tam, from modern Vietnamese restaurant Dandelion. Tam and three passionate home cooks engage in a culinary battle to make it to the end of the chefs' line.	Australia-100	English-100	RPT	G	Y
2020-02-26	0530	Mercurio's Menu	Victoria's High Country	Paul visits the home of Australia's high country cattlemen and The Man From Snowy River, seeking out free-range chickens, hand-picked olives, apples, and hazelnuts, plus some of the best beef around.	Australia-100	English-100		PG	
2020-02-26	0600	Pati's Mexican Table	Baked	Baked egg casserole, salsa ranchera, dulce de leche and pecan cinnamon rolls and baked fruit mixiote.	USA-0	English-100		G	Y
2020-02-26	0630	Hairy Bikers Northern Exposure	Sweden Part 1, The North	Crossing the Arctic Circle into Lapland, the bikers cook with the Sami people who introduce them to the traditional techniques of smoking to cure meat, and manufacturing their own hunting knives.	United Kingdom-100	English-100		PG	
2020-02-26	0730	Flintoff's Great British Road Trip	West Country, The	Freddie and Rob continue their fish and chip road trip in the West Country. After attempting to surf the world famous Severn bore, they face off in a sand sculpture competition.	United Kingdom-100	English-100		PG	
2020-02-26	0830	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	Australia-100	English-100	RPT	PG	Y
2020-02-26	0930	Martha Bakes	Coffee Shop Favorites	Discover Martha's tips and techniques for recreating the delectable baked goods found in some of her favourite coffee shops.	USA-100	English-100		PG	
2020-02-26	1000	Bake With Anna Olson	Gingerbread	Anna starts the gingerbread lesson with her recipe for basic gingerbread cut-out cookies, and then prepares a moist and fragrant classic gingerbread cake.	Canada-100	English-100		PG	
2020-02-26	1030	The Hairy Bikers USA	Roasted River Rat	Rolling into the muggy swamplands of southern Louisiana, the bikers set out to turn a pest problem into a delicious dish. They climb aboard a fan-boat to join the hunt for a large invasive river rat.	United Kingdom-100	English-100		PG	
2020-02-26	1100	Martha's Cooking School	Sauces	Join Martha as she teaches the classic sauces everyone should know how to make - hollandaise, bechamel, beurre blanc, and marinara.	USA-100	English-100		G	

2020-02-26	1130	Great British Food Revival	Gary Rhodes On Tomatoes	Gary Rhodes looks at the tomato, which is often ignored during British growing season.		United Kingdom-100	English-100	RPT	G	Y	
2020-02-26	1200	Great British Food Revival	Ainsley Harriott On Honey	Ainsley Harriott shows off his sweet side as he starts a campaign for the revival of British honey.		United Kingdom-100	English-100	RPT	G	Y	
2020-02-26	1235	Watts On The Grill	Sides And Sweets With Heat	Never underestimate the power of a good side or dessert. Host Spencer Watts grills up the perfect sides and treats for your next barbeque.		Canada-100	English-100		G		
2020-02-26	1300	Delia's How To Cook	Potato, The	A filling staple in meals around the world, Delia shows there is much more to the humble spud than chips.		United Kingdom-100	English-100		G		
2020-02-26	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 28	Ben and Grant make their way from Sweet Envy down to the Lark Distillery, where they walk through the factory and see step-by-step how the award winning whisky is mad.		Australia-100	English-100		PG		
2020-02-26	1400	Surfing The Menu New Zealand	Marlborough	From the tranquil Marlborough Sounds, the region spreads south along some amazing beaches with spectacular views, plus vineyard after vineyard.		Australia-100	English-100		PG		
2020-02-26	1430	The Chefs' Line	Vietnamese	Chef Ennis from Vietnamese restaurant Dandelion goes up against two home cooks, witness the competition, camaraderie and spectacular skills of these cooks and chefs.		Australia-100	English-100	RPT	G	Y	
2020-02-26	1500	Mercurio's Menu	Townsville Queensland	Paul goes topless in the tropical paradise of Townsville to fish for barramundi and prawns. He enjoys some uniquely flavoured ice-creams, and finds out why sugar means big business in these parts.		Australia-100	English-100		G		
2020-02-26	1530	Pati's Mexican Table	Backyard Picnic	The season four finale features a sandwich with chicken, refried beans, plantain and avocado, potato and poblano rajas salad, mango puff, and grapefruit and guava spritzer.		USA-0	English-100		G	Y	
2020-02-26	1600	Watts On The Grill	Pork Was Made For Barbeques	Pork and the grill are good buddies and host Spencer Watts shows us four of his favourite pork recipes that will have you salivating.		Canada-100	English-100		G		
2020-02-26	1630	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.		Australia-100	English-100		G		
2020-02-26	1700	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.		Australia-100	English-100		G		
2020-02-26	1730	Martha Bakes	Cookie Jar	Martha shares her recipes for cookies with some wholesome additions.		USA-100	English-100		PG		
2020-02-26	1800	Bake With Anna Olson	Doughnuts	There is nothing as tasty as a homemade doughnut. Anna starts with the basics as she deep-fries to perfection sour cream and apple fritters.		Canada-100	English-100		PG		
2020-02-26	1830	Great British Food Revival	Clarissa Dickson Wright On Pork	Clarissa Dickson Wright meets some of the hardworking farmers battling to preserve rare breed porkers.		United Kingdom-100	English-100	RPT	G	Y	
2020-02-26	1900	Great British Food Revival	Matt Tebbutt On Mutton	Knocked out by cheap imports of lamb, mutton has lost its place as a family staple, but Tebbutt's determined to win back its reputation.		United Kingdom-100	English-100	RPT	G	Y	
2020-02-26	1935	Donal's Asian Baking Adventure	Tokyo 2	Donal is exploring Japan, whose bakeries have been a big influence in the rise in popularity of wheat flour in Asia, and Kyoto has a reputation for great food.		Singapore-100	English-100		G		
2020-02-26	2005	Gourmet Farmer	Illegal Dinner	Hosting a Bastille Day lunch to showcase a range of delicacies to stall patrons seems like a good idea to Matthew - but it requires a licence; and possums are decimating his garden.		Australia-100	English-100	RPT	PG	Y	
2020-02-26	2035	Cook Like An Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 8	For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana.		Australia-100			PG		
2020-02-26	2110	French Food Safari	French Food Safari Series 1 Episode 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.		Australia-100	English-100	RPT	G	Y	Y
2020-02-26	2140	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.		Australia-100	English-100	RPT	PG	Y	
2020-02-26	2235	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.		Australia-100	English-100		G		
2020-02-26	2305	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.		Australia-100	English-100		G		

2020-02-26	2335	The Hairy Bikers USA	Wild Wheat Harvest	Bill and Paul roll into central Oklahoma just as the winter wheat harvest is about to begin. They learn how to drive combines, harvest wheat, and turn it into beer.	United Kingdom-100	English-100		PG		
2020-02-26	2400	Martha's Cooking School	Vegetables 101	Martha shares her favourite methods for preparing vegetables so that they retain their delicious flavors, bright colours, and nutritional properties.	USA-100	English-100		G		
2020-02-26	2430	Bake With Anna Olson	Doughnuts	There is nothing as tasty as a homemade doughnut. Anna starts with the basics as she deep-fries to perfection sour cream and apple fritters.	Canada-100	English-100		PG		
2020-02-26	2500	Martha Bakes	Cookie Jar	Martha shares her recipes for cookies with some wholesome additions.	USA-100	English-100		PG		
2020-02-26	2530	Bbq Champ	Bbq Champ Series 1 Ep 3	It's time for the contestants to dust down their pinstripes and power suits as they head to the city for the epic low and slow location challenge.	United Kingdom-100	English-100		G		
2020-02-26	2630	Great British Food Revival	Clarissa Dickson Wright On Pork	Clarissa Dickson Wright meets some of the hardworking farmers battling to preserve rare breed porkers.	United Kingdom-100	English-100	RPT	G	Y	
2020-02-26	2700	Great British Food Revival	Matt Tebbutt On Mutton	Knocked out by cheap imports of lamb, mutton has lost its place as a family staple, but Tebbutt's determined to win back its reputation.	United Kingdom-100	English-100	RPT	G	Y	
2020-02-26	2735	Delia's How To Cook	Potato, The	A filling staple in meals around the world, Delia shows there is much more to the humble spud than chips.	United Kingdom-100	English-100		G		
2020-02-26	2805	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 28	Ben and Grant make their way from Sweet Envy down to the Lark Distillery, where they walk through the factory and see step-by-step how the award winning whisky is mad.	Australia-100	English-100		PG		
2020-02-26	2830	Surfing The Menu New Zealand	Marlborough	From the tranquil Marlborough Sounds, the region spreads south along some amazing beaches with spectacular views, plus vineyard after vineyard.	Australia-100	English-100		PG		
2020-02-27	0500	The Chefs' Line	Vietnamese	Chef Ennis from Vietnamese restaurant Dandelion goes up against two home cooks, witness the competition, camaraderie and spectacular skills of these cooks and chefs.	Australia-100	English-100	RPT	G	Y	
2020-02-27	0530	Mercurio's Menu	Townsville Queensland	Paul goes topless in the tropical paradise of Townsville to fish for barramundi and prawns. He enjoys some uniquely flavoured ice-creams, and finds out why sugar means big business in these parts.	Australia-100	English-100		G		
2020-02-27	0600	Pati's Mexican Table	Backyard Picnic	The season four finale features a sandwich with chicken, refried beans, plantain and avocado, potato and poblano rajas salad, mango puff, and grapefruit and guava spritzer.	USA-0	English-100		G	Y	
2020-02-27	0630	Donal's Asian Baking Adventure	Tokyo 2	Donal is exploring Japan, whose bakeries have been a big influence in the rise in popularity of wheat flour in Asia, and Kyoto has a reputation for great food.	Singapore-100	English-100		G		
2020-02-27	0700	Gourmet Farmer	Illegal Dinner	Hosting a Bastille Day lunch to showcase a range of delicacies to stall patrons seems like a good idea to Matthew - but it requires a licence, and possums are decimating his garden.	Australia-100	English-100	RPT	PG	Y	
2020-02-27	0730	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 8	For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana.	Australia-100			PG		
2020-02-27	0805	French Food Safari	French Food Safari Series 1 Episode 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	Australia-100	English-100	RPT	G	Y	Y
2020-02-27	0835	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	Australia-100	English-100	RPT	PG	Y	
2020-02-27	0935	Martha Bakes	Cookie Jar	Martha shares her recipes for cookies with some wholesome additions.	USA-100	English-100		PG		
2020-02-27	1005	Bake With Anna Olson	Doughnuts	There is nothing as tasty as a homemade doughnut. Anna starts with the basics as she deep-fries to perfection sour cream and apple fritters.	Canada-100	English-100		PG		
2020-02-27	1035	The Hairy Bikers USA	Wild Wheat Harvest	Bill and Paul roll into central Oklahoma just as the winter wheat harvest is about to begin. They learn how to drive combines, harvest wheat, and turn it into beer.	United Kingdom-100	English-100		PG		
2020-02-27	1100	Martha's Cooking School	Vegetables 101	Martha shares her favourite methods for preparing vegetables so that they retain their delicious flavors, bright colours, and nutritional properties.	USA-100	English-100		G		
2020-02-27	1130	Great British Food Revival	Clarissa Dickson Wright On Pork	Clarissa Dickson Wright meets some of the hardworking farmers battling to preserve rare breed porkers.	United Kingdom-100	English-100	RPT	G	Y	

2020-02-27	1200	Great British Food Revival	Matt Tebbutt On Mutton	Knocked out by cheap imports of lamb, mutton has lost its place as a family staple, but Tebbutt's determined to win back its reputation.	United Kingdom-100	English-100	RPT	G	Y
2020-02-27	1235	Watts On The Grill	Pork Was Made For Barbeques	Pork and the grill are good buddies and host Spencer Watts shows us four of his favourite pork recipes that will have you salivating.	Canada-100	English-100		G	
2020-02-27	1300	Delia's How To Cook	Pasta	Delia gives viewers the lowdown on the simple techniques of cooking good pasta to achieve the perfect Italian meal.	United Kingdom-100	English-100		G	
2020-02-27	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 29	Ben and Grant walk from Lark distillery down to Small Fry to visit one of Ben's mates, Rhys Hannon, who puts together a delicious lunch for the three of them.	Australia-100	English-100		PG	
2020-02-27	1400	Surfing The Menu New Zealand	Southern Lakes	Bender and Mark are in a hopper with wilderness expert Jeremaia, who takes them out to Big Bay past snow-covered peaks and thick dense forests to meet backwoodsman Dale Hunter.	Australia-100	English-100		PG	
2020-02-27	1430	The Chefs' Line	Vietnamese	Executive chef Geoff Lindsay from Vietnamese restaurant Dandelion in Melbourne goes up against this week's best home cook. In the final show down, can a passionate cook beat a professional chef?	Australia-100	English-100	RPT	G	Y
2020-02-27	1500	Mercurio's Menu	Outback Queensland	Welcome to Outback Queensland and a true Australian food experience not to be missed. Bush tucker, emu, kangaroo, and prime Australian beef are all on the menu.	Australia-100	English-100		G	
2020-02-27	1530	Pati's Mexican Table	Chachi's Champoton Kitchen	Pati's in the coastal city of Champoton with her friend Chachi. She learns the secrets behind the area's most prized dishes: Pibi Pollo, a gigantic tamal cooked underground; and Pan de Cazon.	USA-0	English-100		G	Y
2020-02-27	1600	Chinese Food In Minutes	Gospel Singers	Two gospel singers cook up a feast for the rest of their choir, and on the menu is a sizzling Chicken and Black Bean Stir Fry and succulent Sweet and Sour ribs.	United Kingdom-100	English-100		G	
2020-02-27	1630	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	Australia-100	English-100		G	
2020-02-27	1700	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	Australia-100	English-100		G	
2020-02-27	1730	Martha Bakes	Alternative Crusts	Martha shares some great ideas for switching up traditional crusts with wholesome substitute ingredients.	USA-100	English-100		PG	
2020-02-27	1800	Bake With Anna Olson	Chocolate Mousse	Anna starts the lesson with an easy to prepare classic dark chocolate mousse. Advancing, she makes individual frozen desserts with a hint of mint - milk chocolate mousse semifreddos.	Canada-100	English-100		PG	
2020-02-27	1830	Great British Food Revival	Michel Roux Jr. On Bread	Michel gets passionate about the lost art of baking bread, concerned that machine-made, bland tasting loaves have become the norm.	United Kingdom-100	English-100	RPT	PG	Y
2020-02-27	1900	Great British Food Revival	Greg Wallace On Potatoes	Gregg makes a case for the revival of the humble potato, which is all too often replaced by rice or pasta. Potatoes deserve more respect, Wallace believes.	United Kingdom-100	English-100	RPT	G	Y
2020-02-27	1935	Donna Hay: Fast, Fresh, Simple	Fresh Spin On Old Favourites	When the sun comes out the perfect place to cook is outside on the BBQ and what better place for Donna to show off her recipe for gourmet burgers, followed by cheats raspberry brulee.	Australia-100	English-100		G	
2020-02-27	2005	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 1	In this first episode, Michela prepares meatballs, cooks up her favourite version of the rice dish risotto, and reveals a delicious recipe for gelato.	United Kingdom-100	English-100		G	
2020-02-27	2035	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	United Kingdom-100	English-100	RPT	G	Y
2020-02-27	2140	Bonacini's Italy	Sicily	Rice Balls Stuffed with Seafood and Pistachio Cannoli are on the menu as chef Michael Bonacini explores dishes from the Italian island of Sicily.	Canada-100	English-100		G	
2020-02-27	2205	Bonacini's Italy	Piemonte	Piemonte cuisine is influenced by its mountainous terrain. Chef Michael Bonacini shows us how to make its warm regional dishes like Bagna Cauda.	Canada-100	English-100		G	
2020-02-27	2235	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	Australia-100	English-100		G	
2020-02-27	2305	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	Australia-100	English-100		G	
2020-02-27	2335	The Hairy Bikers USA	On Fire	Bill and Paul cruise into Houston where there's a growing subculture of chilheads who test their taste buds and push the limits of pain by eating some of the hottest peppers in the world.	United Kingdom-100	English-100		PG	
2020-02-27	2405	Martha's Cooking School	Stocks	Martha shares recipes and techniques for the three most common stocks - chicken, including a time-saving pressure-cooker version, beef, and vegetable.	USA-100	English-100		G	

2020-02-27	2435	Bake With Anna Olson	Chocolate Mousse	Anna starts the lesson with an easy to prepare classic dark chocolate mousse. Advancing, she makes individual frozen desserts with a hint of mint - milk chocolate mousse semifreddos.	Canada-100	English-100		PG	
2020-02-27	2505	Martha Bakes	Alternative Crusts	Martha shares some great ideas for switching up traditional crusts with wholesome substitute ingredients.	USA-100	English-100		PG	
2020-02-27	2535	Bbq Champ	Bbq Champ Series 1 Ep 4	It's the semi-final and the stakes are high with just five BBQers remain in the hunt for the title BBQ Champ 2015 and the 25,000 cash prize.	United Kingdom-100	English-100		PG	Y
2020-02-27	2630	Great British Food Revival	Michel Roux Jr. On Bread	Michel gets passionate about the lost art of baking bread, concerned that machine-made, bland tasting loaves have become the norm.	United Kingdom-100	English-100	RPT	PG	Y
2020-02-27	2700	Great British Food Revival	Greg Wallace On Potatoes	Gregg makes a case for the revival of the humble potato, which is all too often replaced by rice or pasta. Potatoes deserve more respect, Wallace believes.	United Kingdom-100	English-100	RPT	G	Y
2020-02-27	2735	Delia's How To Cook	Pasta	Delia gives viewers the lowdown on the simple techniques of cooking good pasta to achieve the perfect Italian meal.	United Kingdom-100	English-100		G	
2020-02-27	2805	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 29	Ben and Grant walk from Lark distillery down to Small Fry to visit one of Ben's mates, Rhys Hannon, who puts together a delicious lunch for the three of them.	Australia-100	English-100		PG	
2020-02-27	2830	Surfing The Menu New Zealand	Southern Lakes	Bender and Mark are in a hopper with wilderness expert Jeremaia, who takes them out to Big Bay past snow-covered peaks and thick dense forests to meet backwoodsman Dale Hunter.	Australia-100	English-100		PG	
2020-02-28	0500	The Chefs' Line	Vietnamese	Executive chef Geoff Lindsay from Vietnamese restaurant Dandelion in Melbourne goes up against this week's best home cook. In the final show down, can a passionate cook beat a professional chef?	Australia-100	English-100	RPT	G	Y
2020-02-28	0530	Mercurio's Menu	Outback Queensland	Welcome to Outback Queensland and a true Australian food experience not to be missed. Bush tucker, emu, kangaroo, and prime Australian beef are all on the menu.	Australia-100	English-100		G	
2020-02-28	0600	Pati's Mexican Table	Chachi's Champoton Kitchen	Pati's in the coastal city of Champoton with her friend Chachi. She learns the secrets behind the area's most prized dishes: Pibi Pollo, a gigantic tamal cooked underground; and Pan de Cazon.	USA-0	English-100		G	Y
2020-02-28	0630	Donna Hay: Fast, Fresh, Simple	Fresh Spin On Old Favourites	When the sun comes out the perfect place to cook is outside on the BBQ and what better place for Donna to show off her recipe for gourmet burgers, followed by cheats raspberry brulee.	Australia-100	English-100		G	
2020-02-28	0700	Michela's Classic Italian	Michela's Classic Italian Series 1 Ep 1	In this first episode, Michela prepares meatballs, cooks up her favourite version of the rice dish risotto, and reveals a delicious recipe for gelato.	United Kingdom-100	English-100		G	
2020-02-28	0730	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	United Kingdom-100	English-100	RPT	G	Y
2020-02-28	0835	Bonacini's Italy	Sicily	Rice Balls Stuffed with Seafood and Pistachio Cannoli are on the menu as chef Michael Bonacini explores dishes from the Italian island of Sicily.	Canada-100	English-100		G	
2020-02-28	0900	Bonacini's Italy	Piemonte	Piemonte cuisine is influenced by its mountainous terrain. Chef Michael Bonacini shows us how to make its warm regional dishes like Bagna Cauda.	Canada-100	English-100		G	
2020-02-28	0930	Martha Bakes	Alternative Crusts	Martha shares some great ideas for switching up traditional crusts with wholesome substitute ingredients.	USA-100	English-100		PG	
2020-02-28	1000	Bake With Anna Olson	Chocolate Mousse	Anna starts the lesson with an easy to prepare classic dark chocolate mousse. Advancing, she makes individual frozen desserts with a hint of mint - milk chocolate mousse semifreddos.	Canada-100	English-100		PG	
2020-02-28	1030	The Hairy Bikers USA	On Fire	Bill and Paul cruise into Houston where there's a growing subculture of chiliheads who test their taste buds and push the limits of pain by eating some of the hottest peppers in the world.	United Kingdom-100	English-100		PG	
2020-02-28	1100	Martha's Cooking School	Stocks	Martha shares recipes and techniques for the three most common stocks - chicken, including a time-saving pressure-cooker version, beef, and vegetable.	USA-100	English-100		G	
2020-02-28	1130	Great British Food Revival	Michel Roux Jr. On Bread	Michel gets passionate about the lost art of baking bread, concerned that machine-made, bland tasting loaves have become the norm.	United Kingdom-100	English-100	RPT	PG	Y
2020-02-28	1200	Great British Food Revival	Greg Wallace On Potatoes	Gregg makes a case for the revival of the humble potato, which is all too often replaced by rice or pasta. Potatoes deserve more respect, Wallace believes.	United Kingdom-100	English-100	RPT	G	Y
2020-02-28	1235	Chinese Food In Minutes	Gospel Singers	Two gospel singers cook up a feast for the rest of their choir, and on the menu is a sizzling Chicken and Black Bean Stir Fry and succulent Sweet and Sour ribs.	United Kingdom-100	English-100		G	
2020-02-28	1300	Delia's How To Cook	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-100	English-100		G	

2020-02-28	1330	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 30	Ben and Grant say goodbye to Rhys from Small Fry and head into the city to their accommodation at the Avalon City Retreat, where Ben puts together a light seafood dish.	Australia-100	English-100		G	
2020-02-28	1400	Surfing The Menu New Zealand	Wairarapa	Bender and Mark surf an amazing break on a black volcanic beach. Nearby they help a lobsterman beach his boat with the help of a bulldozer.	Australia-100	English-100		G	
2020-02-28	1430	The Chefs' Line	Vietnamese	Maeve O'Meara goes inside the kitchen of hatted restaurant Dandelion where she's taught how to make Vietnamese rolls, makes an inventive chocolate parfait and is served Full Moon Chilli Mud Crabs.	Australia-100	English-100	RPT	G	Y
2020-02-28	1500	Mercurio's Menu	Hunter Valley	Paul returns to the Hunter to uncover a whole lot more in this famous wine region. It's avocado harvest season, and Paul's there to give a hand. Plus, he learns the art of pasta making.	Australia-100	English-100		G	
2020-02-28	1530	Pat's Mexican Table	Merida: Exploring With The Locals	The Yucatan Peninsula is known for vast jungles, underground cenotes, pristine beaches, ancient architecture and sensational food like chaya empanandas filled with gooey Edam cheese.	USA-0	English-100		PG	Y
2020-02-28	1600	Chinese Food In Minutes	Barmen	Two barmen want to ditch the takeaways, on the menu is a saucy Chicken and Snake Bean Stir Fry, Sweet and Sour Duck, and sizzling yellow bean scallops with wild rice salad.	United Kingdom-100	English-100		G	
2020-02-28	1630	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	Australia-100	English-100		G	
2020-02-28	1700	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	Australia-100	English-100		G	
2020-02-28	1730	Martha Bakes	Flour Power	Martha shares her tips and tricks for cooking with a variety of different flours.	USA-100	English-100		PG	
2020-02-28	1800	Bake With Anna Olson	Coffee Cakes	Anna begins the lesson with a basic coffee cake - sour cream pecan coffee cake. This cake has a crumbly streusel layer in the middle and on top.	Canada-100	English-100		PG	
2020-02-28	1830	Great British Food Revival	Angela Hartnett On Crab	Desperate to turn around attitudes, Hartnett goes to great lengths, including a bout of seasickness, to make a case for crab.	United Kingdom-100	English-100	RPT	PG	Y
2020-02-28	1900	Great British Food Revival	Hairy Bikers On Cauliflower, The	The Hairy Bikers bang the drum for the revival of the British cauliflower. It has fallen out of fashion as broccoli became viewed as a greener, healthier option.	United Kingdom-100	English-100	RPT	G	Y
2020-02-28	1935	Outback Gourmet	Outback Gourmet Series 1 Ep 7	Justine travels from Darwin to Alice Springs. She joins Chef Bob Taylor for a cultural tour of Sampson's Gap and later prepares a quick Spaghetti dish at ANZAC Hill.	Australia-100	English-100		G	
2020-02-28	2005	Outback Gourmet	Outback Gourmet Series 1 Ep 8	Justine stops by Alice Vietnamese Restaurant and prepares some traditional Vietnamese dishes. Later she visits Earth Sanctuary and prepares a delicious dessert over a camp fire.	Australia-100	English-100		G	
2020-02-28	2035	Rick Stein's Mediterranean Escapes	Puglia And Corfu	Rick makes his way to the Greek island of Corfu, where he attends a family feast, visits restaurant kitchens all over the island, and learns to make authentic Greek dishes like pastitsio.	United Kingdom-100	English-100	RPT	G	Y
2020-02-28	2140	Hairy Bikers' Asian Adventure	Japan - Tokyo	Japanese is the Hairy Bikers' all-time favourite cuisine and now they're fulfilling a lifetime's ambition to visit this incredible country.	United Kingdom-100	English-100	RPT	PG	Y
2020-02-28	2240	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	Australia-100	English-100		G	
2020-02-28	2310	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	Australia-100	English-100		G	
2020-02-28	2340	The Hairy Bikers USA	Hog Wild	Bill and Paul ride into their hometown of Bryan-College Station Texas, where the town is being over run by Wild Boars.	United Kingdom-100	English-100		PG	
2020-02-28	2410	Martha's Cooking School	Butchering	Fifth-generation New York City butcher Evan Lobel joins Martha for a master class on meat. Together, they teach viewers how to choose and cook the best cuts of meat, from tender to lean.	USA-100	English-100		G	
2020-02-28	2440	Bake With Anna Olson	Coffee Cakes	Anna begins the lesson with a basic coffee cake - sour cream pecan coffee cake. This cake has a crumbly streusel layer in the middle and on top.	Canada-100	English-100		PG	
2020-02-28	2510	Martha Bakes	Flour Power	Martha shares her tips and tricks for cooking with a variety of different flours.	USA-100	English-100		PG	
2020-02-28	2540	Bbq Champ	Bbq Champ Series 1 Ep 5	It's the final - just four BBQers remain in the competition, but only one of them can win the title of BBQ Champ 2015 and the 25,000 pound cash prize.	United Kingdom-100	English-100		PG	
2020-02-28	2630	Great British Food Revival	Angela Hartnett On Crab	Desperate to turn around attitudes, Hartnett goes to great lengths, including a bout of seasickness, to make a case for crab.	United Kingdom-100	English-100	RPT	PG	Y

2020-02-28	2700	Great British Food Revival	Hairy Bikers On Cauliflower, The	The Hairy Bikers bang the drum for the revival of the British cauliflower. It has fallen out of fashion as broccoli became viewed as a greener, healthier option.	United Kingdom-100	English-100	RPT	G	Y
2020-02-28	2735	Delia's How To Cook	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-100	English-100		G	
2020-02-28	2805	Food Lab By Ben Milbourne	Food Lab By Ben Milbourne Series 3 Ep 30	Ben and Grant say goodbye to Rhys from Small Fry and head into the city to their accommodation at the Avalon City Retreat, where Ben puts together a light seafood dish.	Australia-100	English-100		G	
2020-02-28	2830	Surfing The Menu New Zealand	Wairarapa	Bender and Mark surf an amazing break on a black volcanic beach. Nearby they help a lobsterman beach his boat with the help of a bulldozer.	Australia-100	English-100		G	
2020-02-29	0500	The Chefs' Line	Vietnamese	Maeve O'Meara goes inside the kitchen of hatted restaurant Dandelion where she's taught how to make Vietnamese rolls, makes an inventive chocolate parfait and is served Full Moon Chilli Mud Crabs.	Australia-100	English-100	RPT	G	Y
2020-02-29	0530	Mercurio's Menu	Hunter Valley	Paul returns to the Hunter to uncover a whole lot more in this famous wine region. It's avocado harvest season, and Paul's there to give a hand. Plus, he learns the art of pasta making.	Australia-100	English-100		G	
2020-02-29	0600	Pat's Mexican Table	Merida: Exploring With The Locals	The Yucatan Peninsula is known for vast jungles, underground cenotes, pristine beaches, ancient architecture and sensational food like chaya empanandas filled with gooey Edam cheese.	USA-0	English-100		PG	Y
2020-02-29	0630	Outback Gourmet	Outback Gourmet Series 1 Ep 7	Justine travels from Darwin to Alice Springs. She joins Chef Bob Taylor for a cultural tour of Sampson's Gap and later prepares a quick Spaghetti dish at ANZAC Hill.	Australia-100	English-100		G	
2020-02-29	0700	Outback Gourmet	Outback Gourmet Series 1 Ep 8	Justine stops by Alice Vietnamese Restaurant and prepares some traditional Vietnamese dishes. Later she visits Earth Sanctuary and prepares a delicious dessert over a camp fire.	Australia-100	English-100		G	
2020-02-29	0730	Rick Stein's Mediterranean Escapes	Puglia And Corfu	Rick makes his way to the Greek island of Corfu, where he attends a family feast, visits restaurant kitchens all over the island, and learns to make authentic Greek dishes like pastitsio.	United Kingdom-100	English-100	RPT	G	Y
2020-02-29	0835	Hairy Bikers' Every Day Gourmet	Party Food	The bikers show how to create a gourmet party in lean times. They cook up canapes, cakes and tasty party treats, and learn from history how to create a party centrepiece without blowing the budget.	United Kingdom-100	English-100		PG	
2020-02-29	0930	Nigella Bites	Party Girl	Nigella has found a way of providing good food while still enjoying the party. She shares her recipes for a velvety dip, some cheese, toasted nuts and BBQ chicken.	United Kingdom-100	English-100	RPT	G	Y
2020-02-29	1000	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	Australia-100	English-100		G	
2020-02-29	1030	Rachel Allen's Everyday Kitchen	Dinner Party	We're at home with Rachel and family as she reinvents a timeless classic, adding a new and delicious twist to everyone's favourite, roast chicken.	United Kingdom-100	English-100		G	
2020-02-29	1100	The Cook And The Chef	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-100	English-100		G	
2020-02-29	1130	Pat's Mexican Table	Summer Evening Party	Pati throws a beautiful summer evening party. On the menu is cherry tomato jam with red wine and scallions.	USA-0	English-100		G	Y
2020-02-29	1200	Oliver's Twist	Peter's Party	Jamie caters his friend Peter's birthday party.	United Kingdom-100	English-100		G	
2020-02-29	1230	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	Australia-100	English-100		G	
2020-02-29	1300	Pat's Mexican Table	Backyard Picnic	The season four finale features a sandwich with chicken, refried beans, plantain and avocado, potato and poblano rajas salad, mango puff, and grapefruit and guava spritzer.	USA-0	English-100		G	Y
2020-02-29	1330	Delia's How To Cook	Party Food	Delia Smith rounds off her series with essential advice on party planning and stress-free entertaining. From menus to checklists, she has plenty of tips for perfect parties and gatherings.	United Kingdom-100	English-100		G	
2020-02-29	1400	Saturday Kitchen	Saturday Kitchen Series 1 Ep 13	It's all fish, all the way in this episode of Saturday Kitchen with a stunning pescatarian menu. TV host Fearnie Cotton faces the heaven or hell challenge, crossing her fingers for her idea of heaven.	United Kingdom-100	English-100		G	
2020-02-29	1500	Secret Meat Business	Turkish	Adrian creates a fantastic Turkish chicken dish, fresh and juicy. Complete with homemade flat bread, it's a dinner party delight.	Australia-100	English-100		G	
2020-02-29	1530	Richo's Bar Snacks	Richo's Bar Snacks Series 1 Ep 1	From the Ultimate Nut Mix to the classic Americano cocktail, we introduce you to Richo's bar with these classic bar snacks.	Australia-100	English-100		G	
2020-02-29	1600	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	Australia-100	English-100		G	

2020-02-29	1630	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	Australia-100	English-100		G	
2020-02-29	1700	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	Australia-100	English-100		G	
2020-02-29	1730	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 6	Parveen uses spices to put an Indian spin on roast chicken and potatoes, and shares her recipes for marinated lamb chops and garam masala. She also pays a visit to a family-run business in Jaipur.	United Kingdom-100	English-100		PG	
2020-02-29	1830	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 5	Gino travels through the spectacular landscape of Tuscany, and is eager to experience the glorious, timeless city of Siena.	United Kingdom-100	English-100		G	
2020-02-29	1900	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 6	Gino's final leg of his Italian escape takes place in the fascinating city of Bologna - the city seen as Italy's gastronomic capital. He samples Bolognese sauce, mortadella, and toretellini.	United Kingdom-100	English-100		G	
2020-02-29	1930	Cheese Slices	Rare Traditional Cheeses From The Hills And Alps: Piedmont	No Italian region boasts as many traditional cheeses as Piedmont. Will investigates the many different types of Toma cheese made in the Alps before travelling to the Langhe Hills.	Australia-100	English-100		G	
2020-02-29	2000	Cheese Slices	Artisan Cheese Champions: Wales	Many people think the only traditional cheese made in Wales is mild young crumbly Caerphilly, but they're wrong.	Australia-100	English-100		G	
2020-02-29	2030	Heston's Fantastical Food	Pub In A Pie	With local British pubs seemingly on the decline, creative chef Heston puts the fun back into pub grub, building a giant, edible pie and turning it into a fully functioning public house.	United Kingdom-100	English-100	RPT	PG	Y
2020-02-29	2130	The Best In Australia	Best Pie And The Best Pizza, The	Ben, Darren, and Anna pit their wits, skills and wills against each other as they attempt to produce the very best pie and pizza dishes in Australia.	Australia-100	English-100		PG	
2020-02-29	2230	Shane Delia's Recipe for Life	Shane Delia's Recipe for Life Ep 5	As launch day for his new food truck approaches, Shane Delia needs to bed down design, menu and fit out. He also continues to develop healthy meal options for his trial school.	Australia-100	English-100	RPT	PG	Y
2020-02-29	2300	Shane Delia's Recipe for Life	Shane Delia's Recipe for Life Ep 6	Shane Delia turns his attention to marketing this venture to the students. He works on a social media campaign to help sell the concept.	Australia-100	English-100	RPT	PG	Y
2020-02-29	2330	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 6	Parveen uses spices to put an Indian spin on roast chicken and potatoes, and shares her recipes for marinated lamb chops and garam masala. She also pays a visit to a family-run business in Jaipur.	United Kingdom-100	English-100		PG	
2020-02-29	2430	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 5	Gino travels through the spectacular landscape of Tuscany, and is eager to experience the glorious, timeless city of Siena.	United Kingdom-100	English-100		G	
2020-02-29	2500	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 6	Gino's final leg of his Italian escape takes place in the fascinating city of Bologna - the city seen as Italy's gastronomic capital. He samples Bolognese sauce, mortadella, and toretellini.	United Kingdom-100	English-100		G	
2020-02-29	2530	Cheese Slices	Rare Traditional Cheeses From The Hills And Alps: Piedmont	No Italian region boasts as many traditional cheeses as Piedmont. Will investigates the many different types of Toma cheese made in the Alps before travelling to the Langhe Hills.	Australia-100	English-100		G	
2020-02-29	2600	Cheese Slices	Artisan Cheese Champions: Wales	Many people think the only traditional cheese made in Wales is mild young crumbly Caerphilly, but they're wrong.	Australia-100	English-100		G	
2020-02-29	2630	Heston's Fantastical Food	Pub In A Pie	With local British pubs seemingly on the decline, creative chef Heston puts the fun back into pub grub, building a giant, edible pie and turning it into a fully functioning public house.	United Kingdom-100	English-100	RPT	PG	Y
2020-02-29	2730	The Best In Australia	Best Pie And The Best Pizza, The	Ben, Darren, and Anna pit their wits, skills and wills against each other as they attempt to produce the very best pie and pizza dishes in Australia.	Australia-100	English-100		PG	
2020-02-29	2830	Shane Delia's Recipe for Life	Shane Delia's Recipe for Life Ep 5	As launch day for his new food truck approaches, Shane Delia needs to bed down design, menu and fit out. He also continues to develop healthy meal options for his trial school.	Australia-100	English-100	RPT	PG	Y