

Tuesday, 01 May

6:00 Sedap
6:30 Food Chain
7:00 Ho Chak 7
7:30 Tablescapes: Life on a Plate 3
8:00 Licence To Grill
8:30 At the Table With... 1
9:00 Yummy King
9:30 \$2 Wonderfood
10:00 Taste with Jason 4
10:30 Excellent Chef Series - Ah Jiao
11:00 Chalk and Cheese 1
11:30 The Naked Chef 2
12:00 Chef at Home 6 6
12:30 Good Chef Bad Chef
13:00 Yummy Trail 1
14:00 Sedap
14:30 Food Chain
15:00 Taste Takes Off
15:30 Hunger for the Wild 2 2
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 4
18:00 Axian's Food Adventures 1
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Chasing the Yum 1
20:30 Ho Chak 10
21:00 Food Truck 1
21:30 From Spain with Love 1
22:00 Kylie Kwong: Cooking with Heart and Soul
22:30 French Food at Home 3
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 1
0:30 Beyond River Cottage
1:00 Food Truck 1
1:30 From Spain with Love 1
2:00 Kylie Kwong: Cooking with Heart and Soul
2:30 French Food at Home 3
3:00 Yummy King
3:30 \$2 Wonderfood
4:00 Chasing the Yum 1
4:30 Ho Chak 10
5:00 Licence To Grill
5:30 Dosanko Cooking

Wednesday, 02 May

6:00 Just Desserts
6:30 Food Glorious Food 2
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 3
8:00 Licence To Grill
8:30 At the Table With... 1
9:00 Chef Skuter
9:30 Coffee Talk and Hawker Woks
10:00 Taste with Jason 4
10:30 Excellent Chef Series - Ah Jiao
11:00 Food Truck 1
11:30 From Spain with Love 1
12:00 Chef at Home 6 6
12:30 Good Chef Bad Chef
13:00 Chasing the Yum 1
13:30 Ho Chak 10
14:00 Just Desserts
14:30 Food Glorious Food 2
15:00 The Cookworks
15:30 Avec Eric 1
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 4
18:00 Kylie Kwong: Cooking with Heart and Soul
18:30 French Food at Home 3
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Dinner Party Wars 1
21:00 Rude Boy Food 1
21:30 The Boss 1
22:00 Iron Chef
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 1

0:30 Escape To River Cottage
1:00 Rude Boy Food 1
1:30 The Boss 1
2:00 Iron Chef
3:00 Chef Skuter
3:30 Coffee Talk and Hawker Woks
4:00 Dinner Party Wars 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Thursday, 03 May

6:00 Coco Cooks 2
6:30 Star Choice
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 3
8:00 Licence To Grill
8:30 At the Table With... 1
9:00 Yuk Buat Roti
9:30 Sweets for My Sweet
10:00 Taste with Jason 4
10:30 Excellent Chef Series - Ah Jiao
11:00 Rude Boy Food 1
11:30 The Boss 1
12:00 Chef at Home 6 6
12:30 Good Chef Bad Chef
13:00 Dinner Party Wars 1
14:00 Coco Cooks 2
14:30 Star Choice
15:00 Pitchin' In 1
15:30 Chef at Large 5
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 4
18:00 Iron Chef
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Rusiyo Rusi 3
20:30 Tablescapes 5
21:00 New Scandinavian Cooking 2
21:30 Discover Perak 1
22:00 River Cottage Everyday 1
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 1
0:30 Escape To River Cottage
1:00 New Scandinavian Cooking 2
1:30 Discover Perak 1
2:00 River Cottage Everyday 1
3:00 Yuk Buat Roti
3:30 Sweets for My Sweet
4:00 Rusiyo Rusi 3
4:30 Tablescapes 5
5:00 Licence To Grill
5:30 Dosanko Cooking

Friday, 04 May

6:00 Masak Apa 4
6:30 All Star Potluck
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 3
8:00 Licence To Grill
8:30 At the Table With... 1
9:00 Martin Yan's Hidden China
9:30 Chef in Black
10:00 Taste with Jason 4
10:30 Excellent Chef Series - Ah Jiao
11:00 New Scandinavian Cooking 2
11:30 Discover Perak 1
12:00 Chef at Home 6 6
12:30 Good Chef Bad Chef
13:00 Rusiyo Rusi 3
13:30 Tablescapes 5
14:00 Masak Apa 4
14:30 All Star Potluck
15:00 Nigella Bites 2
15:30 The Restaurant Adventures of Caroline and Dave
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 4
18:00 River Cottage Everyday 1
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Driving Miss Foodie 1

20:30 Drive Thru Australia 1
21:00 True Passion - Martin Yan
21:30 The Cookworks
22:00 Spain... on the Road Again 1
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 1
0:30 Escape To River Cottage
1:00 True Passion - Martin Yan
1:30 The Cookworks
2:00 Spain... on the Road Again 1
3:00 Martin Yan's Hidden China
3:30 Chef in Black
4:00 Driving Miss Foodie 1
4:30 Drive Thru Australia 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Saturday, 05 May

6:00 Restaurant Makeover 3
7:00 Rude Boy Food 1
7:30 Chef at Home
8:00 Dinner Party Wars 1
9:00 Food Truck 1
9:30 Chasing the Yum 1
10:00 Yummy Trail 1
11:00 From Spain with Love 1
11:30 Chalk and Cheese 1
12:00 New Scandinavian Cooking 2
12:30 French Food at Home 3
13:00 Drive Thru Australia 1
13:30 The Boss 1
14:00 Food Truck 1
14:30 Rude Boy Food 1
15:00 Discover Perak 1
15:30 Chasing the Yum 1
16:00 True Passion - Martin Yan
16:30 Chalk and Cheese 1
17:00 Iron Chef
18:00 Dinner Party Wars 1
19:00 The Boss 1
19:30 Rusiyo Rusi 3
20:00 Pitchin' In 1
20:30 New Scandinavian Cooking 2
21:00 Food Truck 1
21:30 From Spain with Love 1
22:00 Rude Boy Food 1
22:30 Discover Perak 1
23:00 Spain... on the Road Again 1
0:00 Iron Chef
1:00 The Boss 1
1:30 From Spain with Love 1
2:00 Kylie Kwong: Cooking with Heart and Soul
2:30 Discover Perak 1
3:00 Food Truck 1
3:30 Cook Like a Chef 4
4:00 Axian's Food Adventures 1
5:00 Tablescapes 5
5:30 Chef at Home

Sunday, 06 May

6:00 Restaurant Makeover 3
7:00 Iron Chef
8:00 True Passion - Martin Yan
8:30 Ho Chak 10
9:00 Driving Miss Foodie 1
9:30 Licence To Grill
10:00 River Cottage Everyday 1
11:00 The Boss 1
11:30 Discover Perak 1
12:00 Rude Boy Food 1
12:30 Tablescapes 5
13:00 Dinner Party Wars 1
14:00 Driving Miss Foodie 1
14:30 From Spain with Love 1
15:00 River Cottage Everyday 1
16:00 New Scandinavian Cooking 2
16:30 Ho Chak 10
17:00 Axian's Food Adventures 1
18:00 Rude Boy Food 1
18:30 Tablescapes 5
19:00 Yummy Trail 1
20:00 Chalk and Cheese 1

20:30 True Passion - Martin Yan
21:00 Iron Chef
22:00 The Boss 1
22:30 Tablescapes 5
23:00 River Cottage Everyday 1
0:00 Axian's Food Adventures 1
1:00 Dinner Party Wars 1
2:00 Spain... on the Road Again 1
3:00 True Passion - Martin Yan
3:30 Cook Like a Chef 4
4:00 Yummy Trail 1
5:00 New Scandinavian Cooking 2
5:30 Chef at Home

Monday, 07 May

6:00 Dish ...with Vivien
6:30 Gila Makan
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 3
8:00 Chef at Home 6 6
8:30 At the Table With... 1
9:00 A Fare Exchange 3
9:30 Sajjan
10:00 Taste with Jason 5
10:30 Excellent Chef Series - Ah Jiao
11:00 True Passion - Martin Yan
11:30 The Cookworks
12:00 Licence To Grill
12:30 Good Chef Bad Chef
13:00 Driving Miss Foodie 1
13:30 Drive Thru Australia 1
14:00 Dish ...with Vivien
14:30 Gila Makan
15:00 The Heat with Mark McEwan
15:30 Food Lovers' Guide to Australia
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 4
18:00 Spain... on the Road Again 1
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Yummy Trail 1
21:00 Chalk and Cheese 1
21:30 5 Rencah 5 Rasa 1
22:00 Axian's Food Adventures 1
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 1
0:30 Escape To River Cottage
1:00 Chalk and Cheese 1
1:30 5 Rencah 5 Rasa 1
2:00 Axian's Food Adventures 1
3:00 A Fare Exchange 3
3:30 Sajjan
4:00 Yummy Trail 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Tuesday, 08 May

6:00 Sedap
6:30 Food Chain
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home 6 6
8:30 At the Table With... 1
9:00 Yummy King
9:30 \$2 Wonderfood
10:00 Taste with Jason 5
10:30 Excellent Chef Series - Ah Jiao
11:00 Chalk and Cheese 1
11:30 5 Rencah 5 Rasa 1
12:00 Licence To Grill
12:30 Good Chef Bad Chef
13:00 Yummy Trail 1
14:00 Sedap
14:30 Food Chain
15:00 Taste Takes Off
15:30 Hunger for the Wild 2 2
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 Axian's Food Adventures 1

19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Chasing the Yum 1
20:30 Ho Chak 10
21:00 Food Truck 1
21:30 From Spain with Love 1
22:00 Kylie Kwong: Cooking with Heart and Soul
22:30 French Food at Home 3
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 1
0:30 Escape To River Cottage
1:00 Food Truck 1
1:30 From Spain with Love 1
2:00 Kylie Kwong: Cooking with Heart and Soul
2:30 French Food at Home 3
3:00 Yummy King
3:30 \$2 Wonderfood
4:00 Chasing the Yum 1
4:30 Ho Chak 10
5:00 Licence To Grill
5:30 Dosanko Cooking

Wednesday, 09 May

6:00 Just Desserts
6:30 Food Glorious Food 2
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home 6 6
8:30 At the Table With... 1
9:00 Chef Skuter
9:30 Coffee Talk and Hawker Woks
10:00 Taste with Jason 5
10:30 Excellent Chef Series - Ah Jiao
11:00 Food Truck 1
11:30 From Spain with Love 1
12:00 Licence To Grill
12:30 Good Chef Bad Chef
13:00 Chasing the Yum 1
13:30 Ho Chak 10
14:00 Just Desserts
14:30 Food Glorious Food 2
15:00 The Cookworks
15:30 Avec Eric 1
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 Kylie Kwong: Cooking with Heart and Soul
18:30 French Food at Home 3
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Dinner Party Wars 1
21:00 Rude Boy Food 1
21:30 The Boss 1
22:00 Iron Chef
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 1
0:30 Escape To River Cottage
1:00 Rude Boy Food 1
1:30 The Boss 1
2:00 Iron Chef
3:00 Chef Skuter
3:30 Coffee Talk and Hawker Woks
4:00 Dinner Party Wars 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Thursday, 10 May

6:00 Coco Cooks 2
6:30 Star Choice
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home 6 6
8:30 At the Table With... 1
9:00 Yuk Buat Roti
9:30 Sweets for My Sweet
10:00 Taste with Jason 5
10:30 Excellent Chef Series - Ah Jiao
11:00 Rude Boy Food 1
11:30 The Boss 1
12:00 Licence To Grill

12:30 Good Chef Bad Chef
13:00 Dinner Party Wars 1
14:00 Coco Cooks 2
14:30 Star Choice
15:00 Pitchin' In 1
15:30 Chef at Large 5
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 Iron Chef
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Rusiyo Rusi 3
20:30 Tablescapes 5
21:00 New Scandinavian Cooking 2
21:30 A Cook's Tour 2
22:00 Big Fat Reality 1
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 1
0:30 River Cottage Forever
1:00 New Scandinavian Cooking 2
1:30 A Cook's Tour 2
2:00 Big Fat Reality 1
3:00 Yuk Buat Roti
3:30 Sweets for My Sweet
4:00 Rusiyo Rusi 3
4:30 Tablescapes 5
5:00 Licence To Grill
5:30 Dosanko Cooking

Friday, 11 May

6:00 Masak Apa 4
6:30 All Star Potluck
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home 6 6
8:30 At the Table With... 1
9:00 Martin Yan's Hidden China
9:30 Chef in Black
10:00 Taste with Jason 5
10:30 Excellent Chef Series - Ah Jiao
11:00 New Scandinavian Cooking 2
11:30 A Cook's Tour 2
12:00 Licence To Grill
12:30 Good Chef Bad Chef
13:00 Rusiyo Rusi 3
13:30 Tablescapes 5
14:00 Masak Apa 4
14:30 All Star Potluck
15:00 Nigella Bites 2
15:30 The Restaurant Adventures of Caroline and Dave
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 Big Fat Reality 1
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Driving Miss Foodie 1
20:30 Drive Thru Australia 1
21:00 True Passion - Martin Yan
21:30 The Cookworks
22:00 Spain... on the Road Again 1
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 1
0:30 River Cottage Forever
1:00 True Passion - Martin Yan
1:30 The Cookworks
2:00 Spain... on the Road Again 1
3:00 Martin Yan's Hidden China
3:30 Chef in Black
4:00 Driving Miss Foodie 1
4:30 Drive Thru Australia 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Saturday, 12 May

6:00 Restaurant Makeover 3
7:00 Rude Boy Food 1
7:30 Chef at Home

8:00 Dinner Party Wars 1
9:00 Food Truck 1
9:30 Chasing the Yum 1
10:00 Yummy Trail 1
11:00 From Spain with Love 1
11:30 Chalk and Cheese 1
12:00 New Scandinavian Cooking 2
12:30 French Food at Home 3
13:00 Drive Thru Australia 1
13:30 The Boss 1
14:00 Food Truck 1
14:30 Rude Boy Food 1
15:00 A Cook's Tour 2
15:30 Chasing the Yum 1
16:00 5 Rencah 5 Rasa 1
16:30 Chalk and Cheese 1
17:00 Iron Chef
18:00 Dinner Party Wars 1
19:00 The Boss 1
19:30 Rusiyo Rusi 3
20:00 Pitchin' In 1
20:30 New Scandinavian Cooking 2
21:00 Food Truck 1
21:30 From Spain with Love 1
22:00 Rude Boy Food 1
22:30 A Cook's Tour 2
23:00 Spain... on the Road Again 1
0:00 Iron Chef
1:00 The Boss 1
1:30 From Spain with Love 1
2:00 Kylie Kwong: Cooking with Heart and Soul
2:30 A Cook's Tour 2
3:00 Food Truck 1
3:30 Cook Like a Chef 4
4:00 Axian's Food Adventures 1
5:00 Tablescapes 5
5:30 Chef at Home

Sunday, 13 May

6:00 Restaurant Makeover 3
7:00 Iron Chef
8:00 5 Rencah 5 Rasa 1
8:30 Ho Chak 10
9:00 Driving Miss Foodie 1
9:30 Licence To Grill
10:00 Big Fat Reality 1
11:00 The Boss 1
11:30 The Cookworks
12:00 Rude Boy Food 1
12:30 Tablescapes 5
13:00 Dinner Party Wars 1
14:00 Driving Miss Foodie 1
14:30 From Spain with Love 1
15:00 Big Fat Reality 1
16:00 New Scandinavian Cooking 2
16:30 Ho Chak 10
17:00 Axian's Food Adventures 1
18:00 Rude Boy Food 1
18:30 Tablescapes 5
19:00 Yummy Trail 1
20:00 Chalk and Cheese 1
20:30 5 Rencah 5 Rasa 1
21:00 Iron Chef
22:00 The Boss 1
22:30 Tablescapes 5
23:00 Big Fat Reality 1
0:00 Axian's Food Adventures 1
1:00 Dinner Party Wars 1
2:00 Spain... on the Road Again 1
3:00 True Passion - Martin Yan
3:30 Cook Like a Chef 4
4:00 Yummy Trail 1
5:00 New Scandinavian Cooking 2
5:30 Chef at Home

Monday, 14 May

6:00 Dish ...with Vivien
6:30 Gila Makan
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home 6 6

8:30 At the Table With... 2
9:00 A Fare Exchange 3
9:30 Sajjan
10:00 Taste with Jason 5
10:30 Excellent Chef Series - Ah Jiao
11:00 True Passion - Martin Yan
11:30 The Cookworks
12:00 Licence To Grill
12:30 Sara La Fountain SP: Perfect Day
13:00 Driving Miss Foodie 1
13:30 Drive Thru Australia 1
14:00 Dish ...with Vivien
14:30 Gila Makan
15:00 The Heat with Mark McEwan
15:30 Food Lovers' Guide to Australia
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 Spain... on the Road Again 1
19:00 Licence To Grill
19:30 Sara La Fountain SP: Perfect Day
20:00 Yummy Trail 1
21:00 Chalk and Cheese 1
21:30 5 Rencah 5 Rasa 1
22:00 Axian's Food Adventures 1
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 2
0:30 River Cottage Forever
1:00 Chalk and Cheese 1
1:30 5 Rencah 5 Rasa 1
2:00 Axian's Food Adventures 1
3:00 A Fare Exchange 3
3:30 Sajjan
4:00 Yummy Trail 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Tuesday, 15 May

6:00 Sedap
6:30 Food Chain
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home 6 6
8:30 At the Table With... 2
9:00 Yummy King
9:30 \$2 Wonderfood
10:00 Taste with Jason 5
10:30 Excellent Chef Series - Ah Jiao
11:00 Chalk and Cheese 1
11:30 5 Rencah 5 Rasa 1
12:00 Licence To Grill
12:30 Sara La Fountain SP: Perfect Day
13:00 Yummy Trail 1
14:00 Sedap
14:30 Food Chain
15:00 Taste Takes Off
15:30 Hunger for the Wild 2 2
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 Axian's Food Adventures 1
19:00 Licence To Grill
19:30 Sara La Fountain SP: Perfect Day
20:00 Chasing the Yum 1
20:30 Ho Chak 10
21:00 Food Truck 1
21:30 The Cupcake Girls 2
22:00 Kylie Kwong: Cooking with Heart and Soul
22:30 French Food at Home 3
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 2
0:30 River Cottage Forever
1:00 Food Truck 1
1:30 The Cupcake Girls 2
2:00 Kylie Kwong: Cooking with Heart and Soul
2:30 French Food at Home 3
3:00 Yummy King
3:30 \$2 Wonderfood
4:00 Chasing the Yum 1

4:30 Ho Chak 10
5:00 Licence To Grill
5:30 Dosanko Cooking

Wednesday, 16 May

6:00 Just Desserts
6:30 Food Glorious Food 2
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home 6 6
8:30 At the Table With... 2
9:00 Makansutra
9:30 Coffee Talk and Hawker Woks
10:00 Taste with Jason 5
10:30 Excellent Chef Series - Ah Jiao
11:00 Food Truck 1
11:30 The Cupcake Girls 2
12:00 Licence To Grill
12:30 Sara La Fountain SP: New Scandinavian Cooking
13:00 Chasing the Yum 1
13:30 Ho Chak 10
14:00 Just Desserts
14:30 Food Glorious Food 2
15:00 The Cookworks
15:30 Avec Eric 1
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 Kylie Kwong: Cooking with Heart and Soul
18:30 French Food at Home 3
19:00 Licence To Grill
19:30 Sara La Fountain SP: New Scandinavian Cooking
20:00 Dinner Party Wars 1
21:00 Rude Boy Food 1
21:30 The Boss 1
22:00 Iron Chef
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 2
0:30 River Cottage Forever
1:00 Rude Boy Food 1
1:30 The Boss 1
2:00 Iron Chef
3:00 Makansutra
3:30 Coffee Talk and Hawker Woks
4:00 Dinner Party Wars 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Thursday, 17 May

6:00 Coco Cooks 2
6:30 Star Choice
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home 6 6
8:30 At the Table With... 2
9:00 Yuk Buat Roti
9:30 Sweets for My Sweet
10:00 Taste with Jason 5
10:30 Excellent Chef Series - Ah Jiao
11:00 Rude Boy Food 1
11:30 The Boss 1
12:00 Licence To Grill
12:30 Sara La Fountain SP: Perfect Day
13:00 Dinner Party Wars 1
14:00 Coco Cooks 2
14:30 Star Choice
15:00 Pitchin' In 1
15:30 Chef at Large 5
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 Iron Chef
19:00 Licence To Grill
19:30 Sara La Fountain SP: Perfect Day
20:00 Rusiyo Rusi 3
20:30 Great Dinners of the World 1
21:00 New Scandinavian Cooking 2
21:30 A Cook's Tour 2

22:00 River Cottage Summer's Here 3
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 2
0:30 River Cottage Forever
1:00 New Scandinavian Cooking 2
1:30 A Cook's Tour 2
2:00 River Cottage Summer's Here 3
3:00 Yuk Buat Roti
3:30 Sweets for My Sweet
4:00 Rusiyo Rusi 3
4:30 Great Dinners of the World 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Friday, 18 May

6:00 Masak Apa 4
6:30 All Star Potluck
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home 6 6
8:30 At the Table With... 2
9:00 Martin Yan's Hidden China
9:30 Chef in Black
10:00 Taste with Jason 5
10:30 Excellent Chef Series - Ah Jiao
11:00 New Scandinavian Cooking 2
11:30 A Cook's Tour 2
12:00 Licence To Grill
12:30 Sara La Fountain SP: Perfect Day
13:00 Rusiyo Rusi 3
13:30 Great Dinners of the World 1
14:00 Masak Apa 4
14:30 All Star Potluck
15:00 Nigella Bites 2
15:30 The Restaurant Adventures of Caroline and Dave
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 River Cottage Summer's Here 3
19:00 Licence To Grill
19:30 Sara La Fountain SP: Perfect Day
20:00 Chef School
20:30 Drive Thru Australia 1
21:00 Dining with Death 1
22:00 Spain... on the Road Again 1
23:00 Chef at Home 6 6
23:30 Daily Cooks
0:00 At the Table With... 2
0:30 River Cottage Forever
1:00 Dining with Death 1
2:00 Spain... on the Road Again 1
3:00 Martin Yan's Hidden China
3:30 Chef in Black
4:00 Chef School
4:30 Drive Thru Australia 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Saturday, 19 May

6:00 Restaurant Makeover 4
7:00 Rude Boy Food 1
7:30 Chef at Home
8:00 Dinner Party Wars 1
9:00 Food Truck 1
9:30 Chasing the Yum 1
10:00 Yummy Trail 1
11:00 The Cupcake Girls 2
11:30 Chalk and Cheese 1
12:00 New Scandinavian Cooking 2
12:30 French Food at Home 3
13:00 Drive Thru Australia 1
13:30 The Boss 1
14:00 Food Truck 1
14:30 Rude Boy Food 1
15:00 A Cook's Tour 2
15:30 Chasing the Yum 1
16:00 5 Rencah 5 Rasa 1
16:30 Chalk and Cheese 1
17:00 Iron Chef
18:00 Dinner Party Wars 1

19:00 The Boss 1
19:30 Rusiyo Rusi 3
20:00 Pitchin' In 1
20:30 New Scandinavian Cooking 2
21:00 Food Truck 1
21:30 The Cupcake Girls 2
22:00 Rude Boy Food 1
22:30 A Cook's Tour 2
23:00 Spain... on the Road Again 1
0:00 Iron Chef
1:00 The Boss 1
1:30 The Cupcake Girls 2
2:00 Kylie Kwong: Cooking with Heart and Soul
2:30 A Cook's Tour 2
3:00 Food Truck 1
3:30 Chasing the Yum 1
4:00 Axian's Food Adventures 1
5:00 Great Dinners of the World 1
5:30 Chef at Home

Sunday, 20 May

6:00 Restaurant Makeover 4
7:00 Iron Chef
8:00 5 Rencah 5 Rasa 1
8:30 Ho Chak 10
9:00 Dining with Death 1
10:00 River Cottage Summer's Here 3
11:00 The Boss 1
11:30 The Cookworks
12:00 Rude Boy Food 1
12:30 Great Dinners of the World 1
13:00 Sara La Fountain SP: Perfect Day
13:30 Sara La Fountain SP: Perfect Day
14:00 Chef School
14:30 The Cupcake Girls 2
15:00 River Cottage Summer's Here 3
16:00 New Scandinavian Cooking 2
16:30 Ho Chak 10
17:00 Axian's Food Adventures 1
18:00 Rude Boy Food 1
18:30 Great Dinners of the World 1
19:00 Sara La Fountain SP: Perfect Day
19:30 Sara La Fountain SP: Perfect Day
20:00 Chalk and Cheese 1
20:30 5 Rencah 5 Rasa 1
21:00 Iron Chef
22:00 The Boss 1
22:30 Great Dinners of the World 1
23:00 River Cottage Summer's Here 3
0:00 Axian's Food Adventures 1
1:00 Sara La Fountain SP: Perfect Day
1:30 Sara La Fountain SP: Perfect Day
2:00 Spain... on the Road Again 1
3:00 Dining with Death 1
4:00 Yummy Trail 1
5:00 New Scandinavian Cooking 2
5:30 Chef at Home

Monday, 21 May

6:00 Dish ...with Vivien
6:30 Gila Makan
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home 6 6
8:30 At the Table With... 2
9:00 A Fare Exchange 3
9:30 Sajjan
10:00 Taste with Jason 5
10:30 Excellent Chef Series - Ah Jiao
11:00 Dining with Death 1
12:00 Licence To Grill
12:30 Good Chef Bad Chef
13:00 Chef School
13:30 Drive Thru Australia 1
14:00 Dish ...with Vivien
14:30 Gila Makan
15:00 The Heat with Mark McEwan
15:30 Food Lovers' Guide to Australia
16:00 Sugar 2
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 Spain... on the Road Again 1

19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Yummy Trail 1
21:00 Icip Icip 1
21:30 5 Rencah 5 Rasa 1
22:00 Axian's Food Adventures 1
23:00 Chef at Home 6 6
23:30 Sara La Fountain SP: New Scandinavian Cooking
0:00 At the Table With... 2
0:30 River Cottage Forever
1:00 Icip Icip 1
1:30 5 Rencah 5 Rasa 1
2:00 Axian's Food Adventures 1
3:00 A Fare Exchange 3
3:30 Sajjan
4:00 Yummy Trail 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Tuesday, 22 May

6:00 Sedap
6:30 Food Chain
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home
8:30 At the Table With... 2
9:00 Yummy King
9:30 \$2 Wonderfood
10:00 Taste with Jason 6
10:30 Excellent Chef Series - Ah Jiao
11:00 Icip Icip 1
11:30 5 Rencah 5 Rasa 1
12:00 Licence To Grill
12:30 Good Chef Bad Chef
13:00 Yummy Trail 1
14:00 Sedap
14:30 Food Chain
15:00 Taste Takes Off
15:30 Hunger for the Wild 2 2
16:00 Sugar
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 Axian's Food Adventures 1
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Chasing the Yum 1
20:30 Ho Chak 10
21:00 Food Truck 1
21:30 The Cupcake Girls 2
22:00 Kylie Kwong: Cooking with Heart and Soul
22:30 French Food at Home 3
23:00 Chef at Home
23:30 Sara La Fountain SP: Perfect Day
0:00 At the Table With... 2
0:30 Return to River Cottage
1:00 Food Truck 1
1:30 The Cupcake Girls 2
2:00 Kylie Kwong: Cooking with Heart and Soul
2:30 French Food at Home 3
3:00 Yummy King
3:30 \$2 Wonderfood
4:00 Chasing the Yum 1
4:30 Ho Chak 10
5:00 Licence To Grill
5:30 Dosanko Cooking

Wednesday, 23 May

6:00 Party Guide for an Urbanite
6:30 Food Glorious Food 2
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home
8:30 At the Table With... 2
9:00 Makansutra
9:30 Coffee Talk and Hawker Woks
10:00 Taste with Jason 6
10:30 Excellent Chef Series - Ah Jiao
11:00 Food Truck 1
11:30 The Cupcake Girls 2
12:00 Licence To Grill
12:30 Good Chef Bad Chef
13:00 Chasing the Yum 1

13:30 Ho Chak 10
14:00 Party Guide for an Urbanite
14:30 Food Glorious Food 2
15:00 The Cookworks
15:30 Avec Eric 1
16:00 Sugar
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 Kylie Kwong: Cooking with Heart and Soul
18:30 French Food at Home 3
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Dinner Party Wars 1
21:00 The Naked Chef 3
21:30 The Boss 1
22:00 Big Chef Takes on Little Chef 1
23:00 Chef at Home
23:30 Sara La Fountain SP: Perfect Day
0:00 At the Table With... 2
0:30 Return to River Cottage
1:00 The Naked Chef 3
1:30 The Boss 1
2:00 Big Chef Takes on Little Chef 1
3:00 Makansutra
3:30 Coffee Talk and Hawker Woks
4:00 Dinner Party Wars 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Thursday, 24 May

6:00 Coco Cooks 3
6:30 Star Choice
7:00 Ho Chak 8
7:30 Tablescapes: Life on a Plate 4
8:00 Chef at Home
8:30 At the Table With... 2
9:00 Yuk Buat Roti
9:30 Sweets for My Sweet
10:00 Taste with Jason 6
10:30 Excellent Chef Series - Ah Jiao
11:00 The Naked Chef 3
11:30 The Boss 1
12:00 Licence To Grill
12:30 Good Chef Bad Chef
13:00 Dinner Party Wars 1
14:00 Coco Cooks 3
14:30 Star Choice
15:00 Pitchin' In 1
15:30 Chef at Large 5
16:00 Sugar
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 5
18:00 Big Chef Takes on Little Chef 1
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 A La Chef with Farah Quinn
20:30 Great Dinners of the World 1
21:00 New Scandinavian Cooking 2
21:30 A Cook's Tour 2
22:00 River Cottage Summer's Here 3
23:00 Chef at Home
23:30 Sara La Fountain SP: Perfect Day
0:00 At the Table With... 2
0:30 Return to River Cottage
1:00 New Scandinavian Cooking 2
1:30 A Cook's Tour 2
2:00 River Cottage Summer's Here 3
3:00 Yuk Buat Roti
3:30 Sweets for My Sweet
4:00 A La Chef with Farah Quinn
4:30 Great Dinners of the World 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Friday, 25 May

6:00 Masak Apa 4
6:30 All Star Potluck
7:00 Ho Chak 8
7:30 Tablescapes 5
8:00 Chef at Home
8:30 At the Table With... 2
9:00 Martin Yan's Hidden China

9:30 Chef in Black 2
10:00 Taste with Jason 6
10:30 Excellent Chef Series - Ah Jiao
11:00 New Scandinavian Cooking 2
11:30 A Cook's Tour 2
12:00 Licence To Grill
12:30 Good Chef Bad Chef
13:00 A La Chef with Farah Quinn
13:30 Great Dinners of the World 1
14:00 Masak Apa 4
14:30 All Star Potluck
15:00 Nigella Bites 2
15:30 The Restaurant Adventures of Caroline and Dave
16:00 Sugar
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 6
18:00 River Cottage Summer's Here 3
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Chef School
20:30 Drive Thru Australia 1
21:00 Dining with Death 1
22:00 Spain... on the Road Again 1
23:00 Chef at Home
23:30 Sara La Fountain SP: Perfect Day
0:00 At the Table With... 2
0:30 Return to River Cottage
1:00 Dining with Death 1
2:00 Spain... on the Road Again 1
3:00 Martin Yan's Hidden China
3:30 Chef in Black 2
4:00 Chef School
4:30 Drive Thru Australia 1
5:00 Licence To Grill
5:30 Dosanko Cooking

Saturday, 26 May

6:00 Restaurant Makeover 4
7:00 The Naked Chef 3
7:30 Chef at Home
8:00 Dinner Party Wars 1
9:00 Food Truck 1
9:30 Chasing the Yum 1
10:00 Big Chef Takes on Little Chef 1
11:00 The Cupcake Girls 2
11:30 Icip Icip 1
12:00 New Scandinavian Cooking 2
12:30 French Food at Home 3
13:00 Drive Thru Australia 1
13:30 The Boss 1
14:00 Food Truck 1
14:30 The Naked Chef 3
15:00 A Cook's Tour 2
15:30 Chasing the Yum 1
16:00 5 Rencah 5 Rasa 1
16:30 Icip Icip 1
17:00 Big Chef Takes on Little Chef 1
18:00 Dinner Party Wars 1
19:00 The Boss 1
19:30 Martin Yan's China
20:00 Pitchin' In 1
20:30 New Scandinavian Cooking 2
21:00 Food Truck 1
21:30 The Cupcake Girls 2
22:00 The Naked Chef 3
22:30 A Cook's Tour 2
23:00 Spain... on the Road Again 1
0:00 Big Chef Takes on Little Chef 1
1:00 The Boss 1
1:30 The Cupcake Girls 2
2:00 Kylie Kwong: Cooking with Heart and Soul
2:30 A Cook's Tour 2
3:00 Food Truck 1
3:30 Chasing the Yum 1
4:00 Axian's Food Adventures 1
5:00 Great Dinners of the World 1
5:30 Chef at Home

Sunday, 27 May

6:00 Restaurant Makeover 4
7:00 Big Chef Takes on Little Chef 1

8:00 5 Rencah 5 Rasa 1
8:30 Ho Chak 10
9:00 Dining with Death 1
10:00 River Cottage Summer's Here 3
11:00 The Boss 1
11:30 A La Chef with Farah Quinn
12:00 The Naked Chef 3
12:30 Great Dinners of the World 1
13:00 Sara La Fountain SP: Perfect Day
13:30 Sara La Fountain SP: Perfect Day
14:00 Chef School
14:30 The Cupcake Girls 2
15:00 River Cottage Summer's Here 3
16:00 New Scandinavian Cooking 2
16:30 Ho Chak 10
17:00 Axian's Food Adventures 1
18:00 The Naked Chef 3
18:30 Great Dinners of the World 1
19:00 Sara La Fountain SP: Perfect Day
19:30 Sara La Fountain SP: Perfect Day
20:00 Icip Icip 1
20:30 5 Rencah 5 Rasa 1
21:00 Big Chef Takes on Little Chef 1
22:00 The Boss 1
22:30 Great Dinners of the World 1
23:00 River Cottage Summer's Here 3
0:00 Axian's Food Adventures 1
1:00 Sara La Fountain SP: Perfect Day
1:30 Sara La Fountain SP: Perfect Day
2:00 Spain... on the Road Again 1
3:00 Dining with Death 1
4:00 Yummy Trail 1
5:00 New Scandinavian Cooking 2
5:30 Chef at Home

Monday, 28 May

6:00 Dish ...with Vivien
6:30 Gila Makan
7:00 Ho Chak 8
7:30 Tablescapes 5
8:00 Chef at Home
8:30 At the Table With... 2
9:00 A Fare Exchange 3
9:30 Sajjan
10:00 Taste with Jason 6
10:30 Excellent Chef Series - Ah Jiao
11:00 Dining with Death 1
12:00 Licence To Grill 2
12:30 Good Chef Bad Chef
13:00 Chef School
13:30 Drive Thru Australia 1
14:00 Dish ...with Vivien
14:30 Gila Makan
15:00 The Heat with Mark McEwan 2
15:30 Food Lovers' Guide to Australia
16:00 Sugar
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 6
18:00 Spain... on the Road Again 1
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Yummy Trail 1
21:00 Icip Icip 1
21:30 5 Rencah 5 Rasa 1
22:00 Axian's Food Adventures 1
23:00 Chef at Home
23:30 Daily Cooks
0:00 At the Table With... 2
0:30 Return to River Cottage
1:00 Icip Icip 1
1:30 5 Rencah 5 Rasa 1
2:00 Axian's Food Adventures 1
3:00 A Fare Exchange 3
3:30 Sajjan
4:00 Yummy Trail 1
5:00 Licence To Grill 2
5:30 Dosanko Cooking

Tuesday, 29 May

6:00 Sedap
6:30 Food Chain
7:00 Ho Chak 8

7:30 Tablescapes 5
8:00 Chef at Home
8:30 At the Table With... 2
9:00 Yummy King
9:30 \$2 Wonderfood
10:00 Taste with Jason 6
10:30 Excellent Chef Series - Ah Jiao
11:00 Icip Icip 1
11:30 5 Rencah 5 Rasa 1
12:00 Licence To Grill 2
12:30 Good Chef Bad Chef
13:00 Yummy Trail 1
14:00 Sedap
14:30 Food Chain
15:00 Taste Takes Off
15:30 Hunger for the Wild 2.2
16:00 Sugar
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 6
18:00 Axian's Food Adventures 1
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Chasing the Yum 1
20:30 Ho Chak 10
21:00 Food Truck 1
21:30 The Cupcake Girls 2
22:00 French Food at Home: The Chateau Dinner
23:00 Chef at Home
23:30 Daily Cooks
0:00 At the Table With... 2
0:30 Return to River Cottage
1:00 Food Truck 1
1:30 The Cupcake Girls 2
2:00 French Food at Home: The Chateau Dinner
3:00 Yummy King
3:30 \$2 Wonderfood
4:00 Chasing the Yum 1
4:30 Ho Chak 10
5:00 Licence To Grill 2
5:30 Dosanko Cooking

Wednesday, 30 May

6:00 Party Guide for an Urbanite
6:30 Food Glorious Food 2
7:00 Ho Chak 8
7:30 Tablescapes 5
8:00 Chef at Home
8:30 At the Table With... 3
9:00 Makansutra
9:30 Coffee Talk and Hawker Woks
10:00 Taste with Jason 6
10:30 Excellent Chef Series - Ah Jiao
11:00 Food Truck 1
11:30 The Cupcake Girls 2
12:00 Licence To Grill 2
12:30 Good Chef Bad Chef
13:00 Chasing the Yum 1
13:30 Ho Chak 10
14:00 Party Guide for an Urbanite
14:30 Food Glorious Food 2
15:00 The Cookworks
15:30 Avec Eric 1
16:00 Sugar
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 6
18:00 French Food at Home: The Chateau Dinner
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 Dinner Party Wars 1
21:00 The Naked Chef 3
21:30 The Boss 1
22:00 Big Chef Takes on Little Chef 1
23:00 Chef at Home
23:30 Daily Cooks
0:00 At the Table With... 3
0:30 Beyond River Cottage
1:00 The Naked Chef 3
1:30 The Boss 1
2:00 Big Chef Takes on Little Chef 1
3:00 Makansutra
3:30 Coffee Talk and Hawker Woks
4:00 Dinner Party Wars 1

5:00 Licence To Grill 2
5:30 Dosanko Cooking

Thursday, 31 May

6:00 Coco Cooks 3
6:30 Star Choice
7:00 Ho Chak 8
7:30 Tablescapes 5
8:00 Chef at Home
8:30 At the Table With... 3
9:00 Yuk Buat Roti
9:30 Sweets for My Sweet
10:00 Taste with Jason 6
10:30 Excellent Chef Series - Ah Jiao
11:00 The Naked Chef 3
11:30 The Boss 1
12:00 Licence To Grill 2
12:30 Good Chef Bad Chef
13:00 Dinner Party Wars 1
14:00 Coco Cooks 3
14:30 Star Choice
15:00 Pitchin' In 1
15:30 Chef at Large 5
16:00 Sugar
16:30 Excellent Chef Series - Da Bing
17:00 Restaurant Makeover 6
18:00 Big Chef Takes on Little Chef 1
19:00 Licence To Grill
19:30 Good Chef Bad Chef
20:00 A La Chef with Farah Quinn
20:30 Great Dinners of the World 1
21:00 New Scandinavian Cooking 2
21:30 A Cook's Tour 2
22:00 River Cottage Summer's Here 3
23:00 Chef at Home
23:30 Daily Cooks
0:00 At the Table With... 3
0:30 Beyond River Cottage
1:00 New Scandinavian Cooking 2
1:30 A Cook's Tour 2
2:00 River Cottage Summer's Here 3
3:00 Yuk Buat Roti
3:30 Sweets for My Sweet
4:00 A La Chef with Farah Quinn
4:30 Great Dinners of the World 1
5:00 Licence To Grill 2
5:30 Dosanko Cooking