

Ben's Menu Season 01

Episode Synopsis

EP1

In the first episode of Ben's Menu, Ben Milbourne invites us into his home kitchen in Tasmania to cook a restaurant quality lamb and three veg dish.

EP 2

In the second episode of Ben's Menu, Ben Milbourne embarks on a truffle hunt to find the essential ingredient in his 'ultimate cheese toastie,' and cooks a gourmet breakfast inspired by a trip to his favourite Spanish deli.

EP 3

In the third episode of Ben's Menu, Ben Milbourne defies the Nona's of Italy with his flavoursome ragu, and Andy Allen, winner of Masterchef 2012, drops by to help him cook for Australia's 2020 cricket captain.

EP 4

In the fourth episode of Ben's Menu, Ben Milbourne whips up some summer classics at historic Hawley House and create a fish curry that will make you drool.

EP 5

In the fifth episode of Ben's Menu, Ben Milbourne's wife Sally finally shows him how to make her winning shortbread, and Ben cooks up fusion-style lamb curry after a visit to his local butcher.

EP 6

In the sixth episode of Ben's Menu, Ben Milbourne discovers new ingredients at the Cradle Coast Farmers market and designs the perfect bacon sandwich.

EP 7

In the seventh episode of Ben's Menu, Ben Milbourne puts a Mexican twist on a dessert classic, and shows us the secret behind an authentic guacamole.

EP 8

In the eighth episode of Ben's Menu, Ben Milbourne cooks risotto on the open fire with his mate, Andy Allen winner of Masterchef 2012, and 'pimps-up' his Nana's pumpkin soup recipe.

EP 9

In the ninth episode of Ben's Menu, Ben Milbourne teaches us his favourite picnic fare and creates a delicious pasta dish.

EP 10

In the tenth episode of Ben's Menu, Ben Milbourne shows us how to make tortillas from scratch, puts together a quick fix for a dinner, and learns how to make vegan sushi.

EP 11

In the eleventh episode of Ben's Menu, Ben Milbourne heads to Hobart for a little Sweet Envy, and learns how to make a South African classic.

EP12

In the twelfth episode of Ben's Menu, Ben Milbourne experiences his idea of heaven at Hellyer's Road Whiskey Distillery, and cooks a couple of dessert specialties from the whiskey bond store.

EP13

In the thirteenth episode of Ben's Menu, Ben Milbourne cooks a Mexican classic with Masterchef 2012 winner Andy Allen, and creates an Asian salad with a cider twist.

EP 14

In the fourteenth episode of Ben's Menu, Ben Milbourne's little brother show's him up in the kitchen, Ben heads to Hobart to cook a South African classic, and makes his wife happy with a chocy treat.

EP 15

In the fifteenth episode of Ben's Menu, Ben Milbourne learns how to butchering a leg of lamb, cooks a breaky winner at historic Hawley House, and shows you how to make his famous BFC.

EP 16

In the sixteenth episode of Ben's Menu, Ben Milbourne creates his favourite dish of all time, whips-up a one-pan-wonder and dishes up a decadent chochy dessert.

EP 17

In the seventeenth episode of Ben's Menu, Ben Milbourne cooks a dish that is sure-fire-winner with the kids, and revisits a family favourite.

EP 18

In the eighteenth episode of Ben's Menu, Ben Milbourne cooks up a tasty bbq chook with Masterchef 2012 winner Andy Allen, puts his twist on Greek koftas, and dishes up a fantastic fish dish.

EP 19

In the nineteenth episode of Ben's Menu, Ben Milbourne heads to Hobart to cook centre stage at the Royal Theatre with local chef, Dan Cunningham, and reveals what happens in a commercial kitchen.

EP 20

In the twentieth episode of Ben's Menu, Ben Milbourne pays a visit to his local green grocer and cooks up a couple of quinoa specialities from Southeast Asia and South America.

EP 21

In the twenty-first episode of Ben's Menu, Ben Milbourne visits his local avocado and tamarillo grower and creates a tasty dish with the fruits of his labour.

EP 22

In the twenty-second episode of Ben's Menu, Ben Milbourne shows you his fail-safe pork belly recipe, and Jennifer Hunter, local truffle farmer, joins Ben in the kitchen to make a truffle pasta pie.

EP 23

In the twenty-third episode of Ben's Menu, Ben Milbourne Masterchef 2012 winner Andy Allen drops in to show us his take on salmon riellettes, and Ben create the perfect popcorn pork.

EP 24

In the twenty-fourth episode of Ben's Menu, Ben Milbourne creates a delicious upside-down pineapple cake, some moreish candied nuts and a tangy mustard chicken.

EP 25

In the twenty-fifth episode of Ben's Menu, Ben Milbourne whips up a hearty ragu Bolognese, and shows you how to create no fuss apple custard canapés.

EP 26

In the twenty-sixth episode of Ben's Menu, Ben Milbourne creates a quick and easy chicken dish, throws together a bright strawberry and watermelon salad, and reveals the secrets behind a winner pork belly.

EP 27

In the twenty-seventh episode of Ben's Menu, Ben Milbourne heads to Huon Aquaculture for a lesson in everything salmon, and cook some mouth-watering salmon dishes.

EP 28

In the twenty-eighth episode of Ben's Menu, Ben Milbourne cooks the perfect rib eye with Masterchef 2012 winner Andy Allen, and local truffle farmer, Jennifer Hunter, joins Ben in the kitchen to cook decadent truffle cauliflower soup.

EP 29

In the twenty-ninth episode of Ben's Menu, Ben Milbourne creates a crispy skinned salmon with a French twist, an egg and bacon quiche and makes an adults-only espresso cake with whisky cream.

EP 30

In the thirtieth episode of Ben's Menu, Ben Milbourne creates restaurant quality salmon dishes, and a mouth-watering baked lamb meatballs.

EP 31

In the thirty-first episode of Ben's Menu, Ben Milbourne tries his hand at chocolatiering at House of Anvers and creates spectacular chocolate dessert with local chocolatier Igor Van Gerwen.

EP 32

In the thirty-second episode of Ben's Menu, Ben Milbourne creates some tasty chicken sliders, cooks a traditional Jaffa mole, and a delicious baked fish dish.

EP 33

In the thirty-third episode of Ben's Menu, Ben Milbourne cooks with Masterchef 2012 winner Andy Allen, Ben creates some tasty Portugese tarts and an Aussie street food classic.

EP 34

In the thirty-fourth episode of Ben's Menu, Ben Milbourne puts a Mexican twist on classic Italian meatballs, makes a tasty fish pie and shows you how to cook a traditional tarte tatin.

EP 35

In the thirty-fifth episode of Ben's Menu, Ben Milbourne turns a hangover cure into a meal with bloody marry spaghetti, he gets arty with an Eton Mess and makes moreish chicken fajitas.

EP 36

In the thirty-sixth episode of Ben's Menu, Ben Milbourne heads to the Tamar Valley to meet with his favourite organic farmer, cooks a healthy salad amongst the flowers, and puts together a simple poached pear dessert.

EP 37

In the thirty-seventh episode of Ben's Menu, Ben Milbourne learns how to make a proper Italian pizza, and deconstructs an old school apple pie.

EP 38

In the thirty-eighth episode of Ben's Menu, Ben Milbourne bakes a cake with his mate Andy Allen, winner of Masterchef 2012, he creates a healthy salmon salad and a not so healthy halloumi orecchiette.

EP 39

In the thirty-ninth episode of Ben's Menu, Ben Milbourne makes Thai style salmon fishcakes, a fresh pea and mint farfelli and amatricinana pizza that the kids will love.

EP 40

In the fortieth episode of Ben's Menu, Ben Milbourne prepares a beef bourginon, a lamb rump with chorizo and roasted veggies, and some easy chicken shashliks.

EP 41

In the forty-first episode of Ben's Menu, Ben Milbourne creates a Japanese-style scallop sashimi, cooks a slow burn Moroccan lamb stew and finishes with a smoked salmon crostini.

EP 42

In the forty-second episode of Ben's Menu, Ben Milbourne whips-up a tasty chilli salmon bake, create his version of a garden salad and takes the humble pastie to the next level.

EP 43

In the forty-third episode of Ben's Menu, Ben Milbourne makes an easy lemon mousse, Andy Allen winner of Masterchef 2012 joins him in the kitchen to cook a gourmet parma, and Ben cooks cauliflower and cheese pasta.

EP 44

In the forty-fourth episode of Ben's Menu, Ben Milbourne boards the Spirit of Tasmania and on the high seas cooks a crispy skinned salmon, a scallop and tuna tartare and an Amertto dessert.

EP 45

In the forty-fifth episode of Ben's Menu, Ben Milbourne creates a fiery chicken pasta dish, Scotty Mcrae host of a Taste of Travel flies by for a little mojito cheesecake, and the Scotty takes us on a tour of the Star Casino in Sydney.

EP 46

In the forty-second episode of Ben's Menu, Ben Milbourne heads to Melbourne for some traditional Mexican, he learns the art of tortilla making and reminisces while cooking his Mexican favourite breakfast dish.

EP 47

In the forty-seventh episode of Ben's Menu, Ben Milbourne teaches us his perfect steak recipe, recreates an Anzac biscuit and cooks a mouth-watering four cheese pasta bake.

EP 48

In the forty-eighth episode of Ben's Menu, Ben Milbourne cooks a salmon wellington with Andy Allen, winner of Masterchef 2012, creates a decadent French toast, and his unique version of oysters kilpatrick.

EP 49

In the forty-ninth episode of Ben's Menu, Ben Milbourne cooks up spice-crusted salmon with fennel puree, some caramelised pineapple and pasticcio pancakes and tasty shallot and pumpkin tarts.

EP 50

In the fiftieth episode of Ben's Menu, Ben Milbourne creates a chimichurri Caesar salad, makes a banana and apricot jam tart and Scotty Mcrae, host of A Taste of Travel, show us around Canberra's foodie hot spots.

EP 51

In the fifty-first episode of Ben's Menu, Ben Milbourne prepares some tempura mussels with whisky cream, a hot-smoked salmon pasta, and some top-shelf chickpea and chorizo pies.

EP 52

In the fifty-second episode of Ben's Menu, Ben Milbourne teaches you how to make a traditional lamb curry, a spicy bavette pasta and deconstructed vanilla slice.

EP 53

In the fifty-third episode of Ben's Menu, Ben Milbourne cooks casarecci with capsicum ragu with Andy Allen, winner of Masterchef 2012, and Ben bakes some decadent red velvet cupcakes.

EP 54

In the fifty-fourth episode of Ben's Menu, Ben Milbourne teaches you how to make a Masterstock, creates some delicious pear and apricot shortcakes, and whips up some green eggs and ham.

EP 55

In the fifty-fifth episode of Ben's Menu, Ben Milbourne cooks coq au vin and beef carpaccio, and then Scotty McRae, host of A Taste of Travel, takes us back to Canberra for some delectable market fare.

EP 56

In the fifty-sixth episode of Ben's Menu, Ben Milbourne puts together a flavoursome Spanish rice, pork and fennel sausage pasta, and creates the ultimate BLT.

EP 57

In the fifty-seventh episode of Ben's Menu, Ben Milbourne cooks a winner turkey Christmas dinner and a delectable braised lamb and fusilli pasta dish.

EP 58

In the fifty-eighth episode of Ben's Menu, Ben Milbourne cooks spanner crab pasta with Masterchef 2012 winner Andy Allen, creates super healthy minestrone, and put a new twist on the humble sausage roll.

EP 59

In the fifty-ninth episode of Ben's Menu, Ben Milbourne put an Aussie twist on a classic carbonara, cooks South America chimichanga and finish with some easy lemon lime tart.

EP 60

In the sixtieth episode of Ben's Menu, Ben Milbourne serves up a healthy smoked salmon salad and Scotty McRae, host of A Taste of Travel, joins Ben in the kitchen before taking us on a foodie tour of the Northern Territory.

EP 61

In the sixty-first episode of Ben's Menu, Ben Milbourne makes a crushed salad, a tasty macadamia pesto and a delicate king fish sashimi.

EP 62

In the sixty-second episode of Ben's Menu, Ben Milbourne prepares tasty chicken skewers, shows you how to impress a loved one with his Strawberry Royale, and a southern-style jerk chicken.

EP 63

In the sixty-third episode of Ben's Menu, Ben Milbourne cooks a super-food salad with his mate Andy Allen, winner of Masterchef 2012, and Ben shares curry recipe that won over his wife's heart.

EP 64

In the sixty-fourth episode of Ben's Menu, Ben Milbourne creates a classic steak tartare, lifts the lid on chicken Tinga and bakes some mini orange cakes.

EP 65

In the sixty-fifth episode of Ben's Menu, Ben Milbourne learns how to break down a whole chicken with his local butcher and Scotty McRae, host of A Taste of Trave, takes on an adventure-fuelled tour of Penrith in New South Wales.

EP 66

In the sixty-sixth episode of Ben's Menu, Ben Milbourne dishes up oysters with cucumber and shallot dressing, a crumbed chicken schnitzel and coleslaw, and summer spaghetti Bolognese.

EP 67

In the sixty-seventh episode of Ben's Menu, Ben Milbourne cook lamb rump with Greek salad in the great outdoors, a fresh Vietnamese-style salad, and a dish for the veggie lovers.

EP 68

In the sixty-eighth episode of Ben's Menu, Ben Milbourne cooks crab tarts with Andy Allen, winner of Masterchef 2012, a vibrant beetroot and fetta bavette, and poached chicken with julienne salad.

EP 69

In the sixty-nine episode of Ben's Menu, Ben Milbourne makes a winner, winner chicken dinner, a prawn and artichoke dish and the simplest pasta you'll ever make.

EP 70

In the seventy episode of Ben's Menu, Ben Milbourne cooks a hearty chilli con carne, quick and easy peri-peri prawns and Scotty McRae, host of A Taste of Travel, show's us there's more to Penrith in New South Wales than meets the eye.

EP 71

In the seventy-first episode of Ben's Menu, Ben Milbourne heads to Ghost Rock Vineyard to learn how to match food with wine and cooks a classic steak, a deconstructed lamb curry and a rustic cassoulet.

EP 72

In the seventy-second episode of Ben's Menu, Ben Milbourne shows you how to cook with mussels, makes a tasty pork and slaw dish and whip up a delicious eggplant tortellini.

EP 73

In the seventy-third episode of Ben's Menu, Ben Milbourne cooks red onion tarte tartin with Masterchef 2012 winner Andy Allen and creates a unique lasagne rigatoni.

EP 74

In the seventy-fourth episode of Ben's Menu, Ben Milbourne creates Southern style sticky chicken, a cauliflower and chilli pasta and some homemade jam drops.

EP 75

In the seventy-fifth episode of Ben's Menu, Ben Milbourne makes a Pina Colada smoothie, serves up some warming celeriac and leek soup, and Scotty McRae host of A Taste of Travel takes us to the Northern Territory.

EP 76

In the seventy-sixth episode of Ben's Menu, Ben Milbourne cook an Asian-style chicken and greens, shows you how to cook a perfect roast lamb and put together the ultimate club sandwich.

EP 77

In the seventy-seven episode of Ben's Menu, Ben Milbourne cooks spaghetti and meatballs, pork spare ribs that will make you drool, and tasty rhubarb danishes.

EP 78

In the seventy-eighth episode of Ben's Menu, Ben Milbourne cooks his version of carbonara with Andy Allen winner of Masterchef 2012, prepares a chargrilled chicken and chorizo dish and hot smoked salmon and dill salad.

EP 79

In the seventy-ninth episode of Ben's Menu, Ben Milbourne cooks five recipes in one and gets inspired by his veggie patch to create kale pesto pasta.

EP 80

In the eightieth episode of Ben's Menu, Ben Milbourne makes a muesli slice the kids will love, creates some winner sausage rolls and Scotty McRae, host of A Taste of Travel, dishes up a little taste of Bathurst in New South Wales.

EP 81

In the eighty-first episode of Ben's Menu, Ben Milbourne cooks adobo skewers with Andy Allen winner of Masterchef 2012, and creates a tasty Asian style salmon dish.

EP 82

In the eighty-second episode of Ben's Menu, Ben Milbourne gets totally inspired by fresh Tassie fare at Hobart's Salamanca Market creating a market-fruit salad, a radish and kohlrabi salad and an orecchetti with green bean salad.

EP 83

In the eighty-third episode of Ben's Menu, Ben Milbourne cooks smoked-salmon pasta with Andy Allen winner of Masterchef 2012, and helps you sneak veggies into your kid's dinner with some zucchini fritters.

EP 84

In the eighty-fourth episode of Ben's Menu, Ben Milbourne show you how to make sweet and sour chicken, some indulgent four-cheese spaghetti, and a sticky caco quinoa.

EP 85

In the eighty-fifth episode of Ben's Menu, Ben Milbourne make a pretty little haloumi starter, some seriously good triple choc and raspberry muffins and Scotty Mcrae, host of A Taste of Travel, gives us a taste of Orange in New South Wales.

EP 86

In the eighty-sixth episode of Ben's Menu, Ben Milbourne's local butcher Scotty drops by to show him how to break down a chicken, Ben cooks a tasty chicken and corn dish and finishes with a healthy lentil dish.

EP 87

In the eighty-seventh episode of Ben's Menu, Ben Milbourne heads to Hobart's Salamanca Market to create the simplest of fondus, a smashed avocado classic, and a puttanesca penne.

EP 88

In the eighty-eight episode of Ben's Menu, Ben Milbourne cooks an apple and rhubarb pie with Andy Allen winner of Masterchef 2012, and Ben heads back to Ghost Rock Vineyard to make a real beef sandwich and some chicken satay.

EP 89

In the eighty-eight episode of Ben's Menu, Ben Milbourne creates homemade smoky chipotle ketchup and whips up the ultimate potato bake with Scotty McRae host of a Taste of Travel, Scotty then takes us on a truffle hunt.

EP 90

In the ninetieth episode of Ben's Menu, Ben Milbourne cooks blue swimmer crab and a King fish salad at historic Hawley House, and finishes with a classic cobbler.